

HANDOUT AT CFPDISTILLED.COM



BREAKING NEWS

**THE YEAR'S BEST
CFP JOURNAL ARTICLES**

Grants/Research Support: None
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Other: None

DISCLOSURES

DR. SIMON MOORE MD CCFP
DR. PAUL DHILLON MB BCh CCFP



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YOUR HOSTS

DR. SIMON MOORE MD CCFP
DR. PAUL DHILLON MB BCh CCFP




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This program has received financial support from The Review Course in Family Medicine in the form of an educational grant and literature review.

*Speakers have received **no funding from organizations** whose products or medications are being discussed in this program.*

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We have **NO RELATION** to the Canadian Family Physician journal.

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MD CCFP

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NEW GUIDELINE

SPORTS

TOP HEADLINES

KIDS NEWS

COOKING NEWS

TRAVEL NEWS

POLITICS

TODAY'S SHOW

TOP ARTICLES IN
CFP JOURNAL THIS YEAR

LIVE



The FMF Committee has mitigated the bias for this presentation as follows:
Presenter agrees to adhere to all Mainpro+ and National Standards
Presenter has received the COI Quick Tips document
Presenter agrees to present only evidence-based content or declare otherwise
Presenter agrees to refrain from using brand names wherever possible
Presenter agrees to include COI slides and verbal mention in each presentation

MITIGATING BIAS

DR. SIMON MOORE

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CFP May 2019, 65 (5) 321-330

**MANAGING OPIOID USE
DISORDER IN PRIMARY
CARE.**

BREAKING NEWS

CFP JOURNAL THIS YEAR:
NEW GUIDELINE

LIVE



CFP May 2019, 65 (5) 321-330

HARM REDUCTION

1. Never use alone
2. Clean supplies
3. Naloxone

NEW GUIDELINE

**MANAGING OPIOID USE DISORDER
IN PRIMARY CARE**

LIVE

CFP May 2019, 65 (5) 321-330

TOOLS

1. Urine Drug Tests*
2. Opioid Contracts*
3. Prescription Opioid Misuse Tool (POMI)

*Evidence is limited

NEW GUIDELINE

**MANAGING OPIOID USE DISORDER
IN PRIMARY CARE**

LIVE

CFP May 2019, 65 (5) 321-330

OPIOID AGONIST THERAPY

1. Methadone
2. Buprenorphine/Naloxone*

*Presentation tomorrow at 3pm in Room 223

NEW GUIDELINE

**MANAGING OPIOID USE DISORDER
IN PRIMARY CARE**

LIVE

**PRESCRIPTION
OPIOID
MISUSE TOOL**

P.O.M.I.

NEW GUIDELINE

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TOP ARTICLES IN CFP JOURNAL THIS YEAR

LIVE

CFP-DISTILLED

CFP April 2019, 65 (4) 271–272;

P.R.E.P.

P.R.E.P. = Pre-Exposure Prophylaxis
Emtricitabine/tenofovir disoproxil fumarate

Decreases HIV acquisition by > 90%

ANYONE CAN DO IT!

HIV P.R.E.P. IN CANADIAN PRIMARY CARE & COMMUNITY

LIVE

CFP-DISTILLED

CFP April 2019, 65 (4) 271–272;

HIV Preexposure Prophylaxis
in Canadian primary care
and community settings

HEADLINES

HIV P.R.E.P. IN CANADIAN PRIMARY CARE

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CFP-DISTILLED

CFP April 2019, 65 (4) 271–272;

Prescribe PREP for	If having sex with
Men	Men
Trans individuals	Individuals of unknown HIV serostatus
Anyone	Individuals with detectable HIV viral load
Anyone sharing IV drug supplies	–

HEADLINES

HIV P.R.E.P. IN CANADIAN PRIMARY CARE & COMMUNITY

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CFP April 2019, 65 (4) 271–272;

P.R.E.P.

Baseline labs (STI screen, CBC, Cr & U/A,HCG)

Take 1 tablet daily OR on-demand

HEADLINES

HIV P.R.E.P. IN CANADIAN PRIMARY CARE & COMMUNITY

LIVE

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CFP July 2019, 65 (7) 480;

NOT TO BE CONFUSED WITH
SECONDARY PREVENTION

HEADLINES

ASA FOR PRIMARY PREVENTION?

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CFP-DISTILLED

CFP July 2019, 65 (7) 480;

ASA for primary prevention
of CVD

HEADLINES

ASA FOR PRIMARY PREVENTION?

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CFP July 2019, 65 (7) 480;

DON'T START ASA

For low, moderate-risk, elderly & diabetic patients

BENEFIT: 1% LESS MI

RISK: 1% BLEED

HEADLINES

ASA FOR PRIMARY PREVENTION?

LIVE

CFP-DISTILLED

CFP July 2019, 65 (7) 480;

Update on ASA for primary prevention of CVD

HEADLINES

ASA FOR PRIMARY PREVENTION?

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CFP Jan 2019, 65 (1) 14-24;

Diabetes Canada 2018 Clinical Practice Guidelines

HEADLINES

DIABETES 2018 GUIDELINES: KEY POINTS FOR FAMILY DOCS

LIVE

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CFP July 2019, 65 (7) 481-482;

SO...STOP ASA?

“Not starting is not the same as discontinuing”

Evidence unclear

HEADLINES

ASA FOR PRIMARY PREVENTION?

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CFP 2019, 65 (1) 14-24;

NEW: 2-4-6 RULE FOR DRIVING ON INSULIN

2: Check every 2 hrs if at risk

4: Check every 4 hrs... don't drive for 40 mins if low

6: Keep 6 lifesavers handy

HEADLINES

DIABETES 2018 GUIDELINES: KEY POINTS FOR FAMILY DOCS

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NEW GUIDELINE

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Newer Iron Supplements for Anemia

COOKING NEWS

NEWER IRON FORMULATIONS ARE INFERIOR

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NEXT SEGMENT...

THE CFP-DISTILLED KITCHEN

LIVE

CFP-DISTILLED

"SOMETHING IS WRONG WITH YOUR MILK"

COOKING NEWS

BREASTFEEDING: DIETARY ELIMINATION? HARM > GOOD

LIVE

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CFP March 2019, 65 (3) 204–211

MATERNAL DIET AND COLIC

Little evidence exists for any intervention*

*Exception: Cow's milk allergy

COOKING NEWS

BREASTFEEDING: DIETARY ELIMINATION? HARM > GOOD

LIVE





NEXT SEGMENT...

SPORTS UPDATE

CONCUSSION CARE: 3 STAGES

LIVE



NEW GUIDELINE

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Managing a Patient with a Sports-Related Concussion

SPORTS UPDATE

CONCUSSION CARE: 3 STAGES

LIVE



CFP March 2019, 65 (3) 198–199;

STAGE 1. INITIAL VISIT

Use the SCAT5

SPORTS UPDATE

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CONCUSSION CARE: 3 STAGES

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CFP March 2019, 65 (3) 198–199;

STAGE 3. PERSISTENT SYMPTOMS?

Focal neuro?

Followed recommendations?

Forgetting something else?
(e.g. Mood, Anxiety, other i.e. c-spine, vestibular, migraine, sleep)

SPORTS UPDATE

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CONCUSSION CARE: 3 STAGES

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CFP March 2019, 65 (3) 198–199;

STAGE 2. RETURN TO PLAY?

Free of concussion & cognitive symptoms at rest & exercise

Focal neuro normal

Former problems considered (e.g. health, previous concussion)

SPORTS UPDATE

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CONCUSSION CARE: 3 STAGES

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NEXT SEGMENT...

CFP-DISTILLED POLITICAL NEWS

LIVE



CFP April 2019, 65 (4) 267;

MRSA COVERAGE INCREASES CURE

For single, uncomplicated abscess
i.e. clindamycin or trimethoprim-sulfamethoxazole
NNT = 15 vs placebo

POLITICAL NEWS

**ABSCESSES:
IF THERE'S PUS, PRESCRIBE**

LIVE



Adding Antibiotics for
Abscess Management

POLITICAL NEWS

**ABSCESSES:
IF THERE'S PUS, PRESCRIBE**

LIVE



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NEXT SEGMENT...

CFP: DISTILLED KIDS NEWS

LIVE



CFP April 2019, 65 (4) 260–263;

RECURRENT SEIZURE LESS FREQUENT

WITH ACETAMINOPHEN (NNT = 7 AT 24 HRS)
RCT (n=438)

KIDS NEWS

ACETAMINOPHEN PREVENTS FEBRILE SEIZURES

LIVE



Top Studies Relevant to Primary Care 2018

KIDS NEWS

ACETAMINOPHEN PREVENTS FEBRILE SEIZURES

LIVE



Rourke Baby Record 2017

KIDS NEWS

ROURKE 2017 (YES 2017)

LIVE



CFP March 2019, 65 (3) 183–191;

KIDS PREVENTIVE CARE

- SCREEN TIME 0 HRS < 2 YRS
- SCREEN FOR POVERTY
- ADDED BMI
- LOOK FOR BRUISING

KIDS NEWS

ROURKE 2017

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CFP-DISTILLED

**FOOD ALLERGY PREVENTION
WITH EARLY FOOD
INTRODUCTION**

KIDS NEWS

INTRODUCE ALLERGENS EARLY

LIVE

CFP-DISTILLED

CFP March 2019, 65 (3) 183–191;

KIDS PREVENTIVE CARE

- USE GRIEG TOOL FOR ADOLESCENTS
- DON'T DELAY EGGS, PEANUTS

KIDS NEWS

ROURKE 2017

LIVE

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CFP Sep 2019, 65 (9) 637–638;

START AT ABOUT 6 MOS

- EARLIEST: 4 MOS
Eg. Milk, Eggs, Peanuts
- REFEED REGULARLY

KIDS NEWS

INTRODUCE ALLERGENS EARLY

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NEW GUIDELINE

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TOP ARTICLES IN CFP JOURNAL THIS YEAR

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Travelers Diarrhea

TRAVEL NEWS

TRAVELER'S DIARRHEA CHANGES

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NEXT SEGMENT...

CFP: DISTILLED TRAVEL NEWS

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CFP July 2019, 65 (7) 483-486;

OLD: Use Traveler's Diarrhea vaccine

NEW: Placebo is just as good

TRAVEL NEWS

TRAVELER'S DIARRHEA CHANGES

LIVE

CFP-DISTILLED

CFP July 2019, 65 (7) 483–486;

OLD: Don't use loperamide
NEW: Don't use it if there is dysentery

TRAVEL NEWS

TRAVELER'S DIARRHEA CHANGES

LIVE

CFP-DISTILLED

CFP July 2019, 65 (7) 483–486;

OLD: Ciprofloxacin
NEW: Azithromycin

TRAVEL NEWS

TRAVELER'S DIARRHEA CHANGES

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CFP-DISTILLED

CFP July 2019, 65 (7) 483–486;

OLD: "How many diarrheas per day?"
NEW: "How is it affecting your function?"

TRAVEL NEWS

TRAVELER'S DIARRHEA CHANGES

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CFP-DISTILLED

CFP July 2019, 65 (7) 483–486;

THINGS TO PACK

- Loperamide
- Antibiotic
- Oral Rehydration Solution
- Bismuth subsalicylate (Optional: Q.I.D. for prevention)

TRAVEL NEWS

TRAVELER'S DIARRHEA CHANGES

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- *If there's pus, prescribe!*
- *Loperamide for non-dysentery diarrhea*

RECAP

TOP HEADLINES

LIVE



- *New iron: not better*
- *Acetaminophen for febrile seizures*

RECAP

TOP HEADLINES

LIVE

