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2022-2023

**Office of  
Lifelong  
Learning**

ANNUAL  
REPORT



UNIVERSITY  
OF ALBERTA

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# Land Acknowledgment

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*“The University of Alberta respectfully acknowledges that we are located on Treaty 6 territory, a traditional gathering place for diverse Indigenous peoples including the Cree, Blackfoot, Métis, Nakota Sioux, Iroquois, Dene, Ojibway/Saulteaux/Anishinaabe, Inuit, and many others whose histories, languages, and cultures continue to influence our vibrant community.”*

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# Messages from our Team



**Denise Campbell-Scherer** MD, PhD, CCFP, FCFP

*Associate Dean, Office of Lifelong Learning and Physician Learning Program*

The Office of Lifelong Learning (L3) continues to grow, develop, and deliver high quality programs that support our Faculty and community. With an outstanding Senior Leadership Team with Dr. Andrea Davila Cervantes, Dr. Karen Hunter, Dr. Rose Yeung, and Dr. Khalid Aziz, we have expanded our offerings in leadership, communication, coaching, and quality improvement.

Our goal is for L3 to be the academic home for interdisciplinary health professionals interested in the improvement sciences needed for a learning health system. Our aim is to build a vibrant implementation hub which connects an engaged community, harnessing ideas and emergent solutions, and reinvigorating our collective dialogue and collaborative actions to advance healthcare for the benefit of all Albertans.

## We do this through our work, which includes:

- Supporting multi-stakeholder collaboration in the Provincial Continuous Professional Development Network;
- Offering highly impactful quality improvement training through our Advanced Quality Improvement Program providing leadership development, coaching, and communication training;
- Creating tools and resources that support Physician Practice Improvement efforts with MyLifelong Learning Plan;
- Offering a constellation of educational offerings and courses on diverse clinical areas.

L3 aims to be a leader in fostering excellence in lifelong professional growth and development.



**Karen Hunter** MBA, PhD

*Managing Director, Office of Lifelong Learning and Physician Learning Program*

The Office of Lifelong Learning has grown significantly over the past few years, and continues to support a range of stakeholders in ongoing learning and professional development. In this work, we have been fortunate to collaborate with very talented and passionate professionals who share our commitment to delivering exceptional quality learning opportunities and fostering professional development across a range of leadership skills. When individuals and teams build capacity in leadership and quality improvement, they help foster an environment where people can thrive and do their best work. As we continue to emerge from the COVID-19 pandemic, we hope that our leadership courses and other events help re-energize people through meaningful and interactive learning.



**Andrea Davila-Cervantes, MD, MEd**  
*Senior Program Officer, Office of Lifelong Learning*



**Rose Yeung, MD, FRCPC, MPH**  
*Senior Medical Director, Specialty Linkages, Office of Lifelong Learning and Physician Learning Program*

On behalf of the Office of Lifelong Learning (L3), we are pleased to share with you our annual report for 2022-2023. L3 is dedicated to offering high-quality educational opportunities for physicians and other healthcare professionals in Alberta and beyond. By working closely with partners, collaborators, and team members, and using strong pedagogical approaches, we aim to support clinicians in advancing the skills and knowledge required to deliver safe and effective care to the populations they serve.

We have bolstered professional growth opportunities, including increasing the types of quality improvement workshops, as well as our newly launched leadership program. Importantly, we have created MyL3Plan, an accredited and freely available platform to track practice improvement and personal development in alignment with the College of Physicians and Surgeons of Alberta.

We want to thank the exceptional and committed team at L3/ PLP and our speakers, moderators, and faculty for their time and support in fulfilling our mandate to foster excellence in lifelong professional growth to help physicians advance their practice.



**Khalid Aziz, MBBS, BA, MA, MEd(IT), FRCPC**  
*Medical Director, Quality Improvement*

This has been a busy and exciting year for the Office of Lifelong Learning. Our focus has been enabling and empowering lifelong professional growth in individuals and practice by offering both individual and team-based learning opportunities in leadership and quality improvement. Through leadership courses, webinars, and team-based workshops for individuals, facilitators, and teams we have reached over 5,000 participants, including non-physician team members in Alberta and Canada-wide.

Professional and regulatory bodies both in Alberta and across Canada have raised the bar by making quality improvement a core component of clinical practice to be reported as a continuing professional development activity. My Lifelong Learning Plan and our quality improvement workshops and courses will support physicians in carrying out and documenting their improvement activities. Our collaboration with other educational and clinical stakeholders in the CPD (Continuing Professional Development) provincial network will catalyze further growth in this important area. The Office of Lifelong Learning will continue to identify the needs of physicians and medical teams, promoting the value of physician education improvement and science in the health care of Albertans. I would also like to take this opportunity to thank our amazing staff members at the Office of Lifelong Learning who work so hard in the front office and behind the scenes, and to appreciate our partners, all of whom are committed to continuous improvement.

# Vision and Mission

## Vision

We are the academic home of graduate physicians, researchers, and healthcare professionals to advance excellence in improvement science and clinical care for the benefit of Albertans.

## Mission

The Office of Lifelong Learning catalyzes the connection between the University of Alberta Faculty of Medicine & Dentistry and our partners to foster excellence in lifelong professional growth with a focus on adaptive leadership skills, improvement science, and evidence based practice.



## Thank You

We would like to thank all the Faculty that supported the Office of Lifelong Learning in developing and delivering high quality educational offerings this past year. We are most grateful for your time and enthusiasm to help us fulfill our mandate to foster excellence in lifelong professional growth to help physicians advance their practice and improve health outcomes for Albertans.



# The Year at a Glance



**29** Hosted webinars



**3** Leadership courses



**1,667** Participants



- 1 Crucial Conversations
- 1 Coaching
- 1 Dare to Lead



**3,222** Asynchronous participants



**47** Participants



**8** Peer reviewed publications L3/PLP



**40** Quality Improvement Workshops



**3,530** Newsletter subscribers



**700** licenses sold



**575** Twitter followers



**999** Trained in QI

# Quality Improvement Workshops

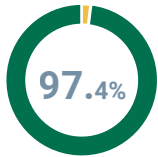
## EPIQ Workshops

Sept 2019 to March 2023

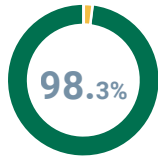
123 workshops with 2,936 participants

- 74 in Canada
- 48 in Australia, New Zealand, Uganda, Egypt, India, Hong Kong and the United States

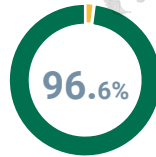
EPIQ workshop evaluations: Percentage of participants who agree, or strongly agree



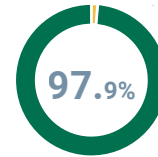
They will apply what they learned in the workplace



The QI tools are something their team can use



The workshop achieved its objectives



The workshop promoted a team approach to QI

Strongly Agree/ Agree

Other Ratings



# L3-Advanced Quality Improvement Program (AQI)

The L3-Advanced Quality Improvement Program (AQI) is a key educational pillar at the Office of Lifelong Learning. Our goal is to create an implementation hub where one of the specific areas is building QI capacity throughout the healthcare system using a train-the-trainer model and a well-established quality improvement approach.

The L3-AQI program includes workshops and courses that use a straightforward hands-on process that helps individuals and teams successfully implement quality improvement together to improve the care they provide.

In 2019, L3 partnered with the Canadian Neonatal Foundation to deliver QI training using the Evidence-based Practice for Improving Quality (EPIQ) workshops, which is an accredited, simulation-based educational activity. EPIQ teaches participants to use a series of 10 steps that build a team's understanding of QI using evidence-based tools and realistic improvement opportunities.

In 2022, L3 launched a new QI Course, which uses an extended delivery model (20 hours) where healthcare teams complete the EPIQ workshop followed by course modules over several weeks, while working through a real-world QI project, and receive additional coaching by L3-QI expert facilitators to see their project through to completion.

L3 offers basic and train-the-trainer EPIQ workshops in Canada and internationally. In addition, we provide registrar services for all EPIQ educational programming with international partner universities in Australia, and New Zealand, and emergent programs in India, Uganda, Hong Kong, and the United States, as well as Canadian partner universities in Quebec, Alberta, and Nova Scotia.

One of our goals is creating a Community of Practice among QI facilitators, and showcasing various projects where facilitators have had a major impact in the QI area. To that end, in 2022, L3 organized and delivered two webinars to help bring people together.

The first webinar was presented in February 2022 and focused on providing an update on the EPIQ workshop and discuss the Australian experience of using EPIQ to establish a perinatal quality improvement program in Adelaide, South Australia.

The second webinar was presented to an audience of **529 participants** on November 30, 2022. Dr Abou Mehrem presented on the Alberta Collaborative Quality Improvement Strategies (ABC-QI) trial and discussed the use of the EPIQ methodology to address gaps in research and QI in moderate and late preterm infants and how to establish a QI collaborative beyond tertiary centers.

**100% Agree** 

The program met their expectations and the content was relevant to their practice

# Physician Practice Improvement

In 2019, the Future of Medical Education in Canada Continuing Professional Development (FMEC-CPD) report outlined a vision for a remodeled and improved CPD framework to advance physician practice improvement and learning. It included 11 recommendations, at the individual level, recommendation #9 addresses physician practice improvement (PPI), and states that “all physicians will be expected to participate in a continuous cycle of practice improvement that is supported by understandable and trusted individual or aggregate practice data with facilitated feedback for the benefit of patients”.



**My Lifelong Learning Plan™**

The Royal College of Physicians and Surgeons of Canada (RCPSC) and the College of Family Physicians of Canada (CFPC), as well as the Provincial regulators, are requiring physicians to incorporate into their practice the following activities: practice-driven QI activity using objective data (CQI), and personal development activities (PD).

In order to support physicians in this endeavor, the Office of Lifelong Learning developed My Lifelong Learning Plan (MyL3Plan), a self-paced educational tool that uses a quality improvement approach. The MyL3Plan is a **free** self-assessment tool that enables physicians to recognize areas for improvement and select appropriate resources and learning opportunities to achieve their learning goals by completing a PPI learning cycle in one of the following areas:

- 1) Practice-driven quality improvement activity using objective data (CQI)**
- 2) Personal Development or wellness activity (PD)**
- 3) Standards of Practice quality improvement activity (SOP)**

This tool was launched in early 2023. Currently there are 66 physicians registered who are completing their practice improvement cycles.

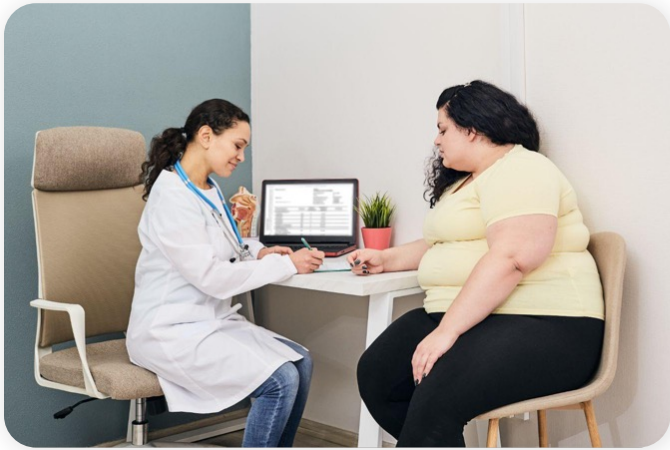
This tool is certified by the College of Family Physicians of Canada as a 3 credit-per-hour Self-Learning activity for up to 24 Mainpro+ certified credits. Members of the Royal College of Physicians and Surgeons of Canada can claim MOC Section 2-Self-Learning Activities: PLP (Personal Learning Project) (2 credits per hour).

**For more information visit**

<https://www.ualberta.ca/medicine/programs/lifelong-learning/my-l3-plan.html>

# L3 Programs

## Learn How to Help Your Patients Living with Obesity Course



The Office of Lifelong learning partnered with the 5As Team who developed a comprehensive educational program that was piloted, and refined for use with medical residents, physicians, and interdisciplinary team members. In January 2023, the training program was adapted for the virtual environment using a flipped classroom design.

The *Learn How to Help your Patients Living with Obesity* course is a four-week, comprehensive educational initiative designed to help healthcare providers better

manage patients living with obesity, closely following the new Canadian Clinical Practice Guidelines for Adult Obesity. The course provides participants with foundational knowledge in regards to the pathophysiology, drivers, and science of obesity, as well as guide them through a therapeutic approach to assessment and management for both adults and pediatric patients. In addition, participants are introduced to, and have an opportunity to, practice using an evidence-based approach to consultations that healthcare providers can use in their own practice. The instructors of this course are Dr. Denise Campbell-Scherer, who heads the 5As Team (5AsT) Program and Dr. Tasneem Sajwani. This course will be delivered again in the Fall 2023.

“

*“I love the course! Supportive teachers and an excellent opportunity to meet other professionals!”*

*“Excellent course from very passionate and dedicated physicians”*

*“Loved the program. Very professional. Full of energy. Can tell that the presenters were very passionate. I have come away much more confident and have already done the tool 4-5 times with patients and it’s been great.”*



# Crucial Conversations®



## Debrah Wirtzfeld,

MD, ACC, MBA  
Certified Facilitator

*Crucial Conversations®*, teaches skills for creating alignment and agreement by fostering open dialogue around high-stakes, emotional, or risky topics. By learning how to speak and be heard (and encouraging others to do the same), participants surface the best ideas, make the highest-quality decisions, and then act on decisions with unity and commitment. L3 would like to thank Dr. Debra Wirtzfeld for her dedication to teaching and her unwavering commitment to the participants. This activity is accredited by both colleges: Up to 10 hours (30 credits) of Section 3 credits with the Royal College of Physicians and Surgeons of Canada, and 2 credits per hour, up to 18.5 credits, with the College of Family Physicians of Canada.

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*“Crucial Conversations is one of the best leadership courses that I have ever taken. Partway through the course, I already was using the skills that were being taught. I have substantially more confidence and skills to have crucial conversations, and appreciate the ability to analyze when I need to shift gears and what I can shift. I will be recommending Crucial Conversations to people who are entering leadership positions or even those who want to have more effective conversations with their teams.”*

*“Excellent use of my professional development time. I learned a lot of new skills that I can practice and apply at work or at home.”*

*“Thank you for opening my mind to new topics of personal reflection.”*

*“This was a phenomenal course and I really wish I had taken it 10 or 20 years ago; I really believe every learner should take it. So insightful and helpful in terms of strategies to change a conversation from a huge conflict to a common goal. ”*

*“Debrah you are a gifted instructor; the pace, moderation, and instruction around these tools was crystal clear and relevant to everyday conversations. A million thanks to you and Melanie!”*

## Coaching Skills

Coaching develops adaptive communication and leadership skills, and promotes reflection and self-awareness, two critical abilities that are foundational to lifelong learning.

## Coaching in Action Course: Coaching Out of the Box

L3 offers the 5/5/5 Coaching Skills Training Program from *Coaching Out of the Box®*. In this program, learners build their coaching skills with practical approaches to coaching, including listening with intent and asking powerful questions for the purposes of moving to action. *Coaching Out of the Box®* has a positive impact on leadership skills, including improving relationships, managing conflict, and strengthening the ability to encourage others.

# L3 Collaborations and Partnerships

## Heart Failure Disease Care Path Integration- Evidence-based Guideline Recommended Best Care- Course

### Heart Failure Disease Care Path Integration- Evidence-based Guideline Recommended Best Care



Heart Failure (HF) is a complex syndrome and a major public health problem. Recent (2021) updates in the Canadian Cardiovascular Society guidelines for the management of HF define a new standard of pharmacologic care for HF with reduced Ejection Fraction (HFrEF) that incorporates 4 key therapeutic drug classes as standard therapy for most patients. These foundational Guideline Directed Medical Therapies (GDMT) will be reviewed in addition to secondary therapies to improve outcomes in patients with HFrEF. Furthermore, recent evidence for Sodium-Glucose Cotransporter-2 Inhibitors (SGLT2i) for HF patients with preserved ejection fraction (HFpEF), regardless of the presence or absence of diabetes, will be presented. HF diagnosis, pathophysiology, and treatment options will also be reviewed.

This free accredited eLearning course provides an overview of Care Paths in Connect Care and details the HF-specific Care Path, identifying benefits and clinical decision supports.

#### Registration for individuals from Alberta with AHS login

Please sign in through MLL and complete the module there as the relevant EPIC content for the Alberta Connect Care Paths are part of your mandatory training – this content is not available for copyright reasons to those outside of AHS

Please use this link:  
[MyLearningLink](#)

#### Registration for individuals outside of Alberta and non-AHS Alberta employees

Please use this link:  
[Heart Failure course](#)

In 2022, the Office of Lifelong Learning partnered with AHS CvHS Strategic Clinical Network which focuses on accessing supporting research, creating partnerships and engaging patients and families to find new solutions to improve patient care.

L3 collaborated with the CvHSCN and created a registration platform for non-AHS users and is currently hosting the course on the L3 website. The Heart Failure Disease Care Path Integration and Evidence-Based Guideline Recommended Best Care Is an accredited eLearning module that provides an overview of Care Paths in Connect Care and details the HF specific Care Path, identifying benefits and clinical decision support.

## Help your Patients & Colleagues Manage Work, Stress, and Activity-Course

The six-week virtual course facilitated by Dr. Quentin Durand-Moreau is one of the L3 partnered educational activities. In this course participants assess the relevance of positive psychology methods and mindfulness in workplaces taking into account ethical frameworks in occupational health. It also provides participants with the tools to identify barriers and facilitators for successful interventions in workplaces.

The course includes six modules that cover the following information: Work and health, Models of Stress, Burnout and Bullying &, Addiction and doping. Dr. Durand-Moreau will be delivering a pilot course in the fall 2023.



**Help your Patients & Colleagues Manage Work, Stress, and Activity**

# L3/PLP Engagement Events

The Office of Lifelong Learning and the Physician Learning Program (PLP) aim to integrate both practice and emerging evidence in implementation science and quality improvement to support physicians and teams in advancing practice. This past year, 18 engagement events were organized and delivered in collaboration with the PLP.


## Preventing diabetes and its complications Webinar series

In partnership with PLP and the Diabetes, Obesity, and Nutrition Strategic Clinical Network (DON SCN), a series of webinars were developed to inform physicians and clinical teams on recent Alberta-based data and tools and pathways available for patients with prediabetes and diabetes. L3 worked with PLP in order to enhance knowledge translation. There were a total of 6 webinars and the sessions were delivered in June and September/October 2022.

- **Type 2 Diabetes Remission: How to make this a healthier reality.** Held on June 15, 2022 and presented by *Drs. Norm Boule and Rose Yeung.*
- **Stop the finger pokes! What you need to know about continuous glucose monitors.** June 29, 2022 and presented by *Drs. Darren Lau, Rose Yeung and Donna Manca.*
- **In-the-moment health coaching to prevent or delay Type 2 diabetes - an Alberta virtual diabetes prevention program.** Sept 13, 2022, and presented by *Dr. Peter Sargious and Dr. Jane Ballentine.*
- **Toe-morrow never dies: An approach to the diabetic foot.** Sept 20, 2023, and presented by *Dr. Michael Yan.*
- **Top 10 pediatric hormone tests ordered by family doctors.** Held on Sept 27, 2022, and presented by *Dr. Kate Potter.*
- **Addressing food insecurity and diabetes through healthy food prescriptions.** Presented on October 12, 2022 by *Dr. David Campbell.*

895   
Participants

100%  Met my learning needs

100%  was relevant to my practice


## Treating alcohol use disorder in primary care

This webinar series builds on the 2021-22 webinar series *Managing alcohol use disorder in liver disease*, which was developed for both gastroenterologists and family physicians. Based on feedback from family physicians, L3 and PLP in collaboration with Cirrhosis Care Alberta, developed a related webinar series for family physicians and their teams. In addition to orienting healthcare providers to the many resources available at the [cirrhosiscare.ca](http://cirrhosiscare.ca) website, these sessions provided information on caring for these patients in the primary care setting. These education events used a flipped classroom format, which was well received by participants. The sessions were recorded and a Pearls for Practice educational resource which highlighted the most important aspects of each session was provided to all registrants.

- **Managing alcohol use disorder in primary care: Screening, brief intervention, and patient-centered goals** - February 23, 2023. Presented by **Drs. Mellinger and Winder**. 120 participants attended the session either live or accessed the resources and recording asynchronously.
- **Managing Alcohol Use Disorder in Primary Care: Pharmacotherapy and behavioural therapy** - March 2, 2023. Presented by **Dr. Anne Fernandez**.
- **Managing alcohol use disorder in primary care: Alcohol use 101** - March 9, 2023. Presented by **Drs. Kirkwood and Gosh**.

449   
Participants

100% **Met my learning needs** 

100% **was relevant to my practice** 

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## ADHD across the lifespan Workshop series

In partnership with the Physician Learning Program and Edmonton Southside PCN, a 3-part quality improvement workshop series was developed and delivered in the Fall of 2022. L3 and PLP team members along with PCN quality improvement facilitators worked with the speakers to craft learning objectives, develop the content and facilitate the small-group session.

- **Workshop 1: ADHD in pediatric population:** October 4, 2022  
**Dr. Alice Leung** presented this event. 112 physicians and team members registered for this webinar, representing 14 different PCNs in Alberta.
- **Workshop 2: ADHD in adolescent population:** Oct 25, 2022  
**Dr. Alec Oskin** presented this session.
- **Workshop 3: ADHD in adults:** Nov 15, 2022  
**Dr. Tania Oommen** was the speaker for this third webinar and QI workshop.

337   
Participants

100% **Met my learning needs** 

100% **was relevant to my practice** 




## GLA:D Back Pain Program Webinar Series

The GLA:D Back program is an evidence-based education and exercise program to help patients manage and reduce chronic and recurrent low back pain. In collaboration with Dr. Greg Kawchuk and Jen Glumpak, the Office of Lifelong Learning facilitated the planning and delivery of 2 webinar series where expert international speakers presented the recent developments in low back pain research, and the most up-to-date data regarding the impact of the GLA:D program.

- **State of the art in low back pain**, Saturday, October 15, 2022 & February 4, 2023.  
Presented by *Dr. Jan Hartvigsen*
- **GLA:D Back: Principles and preliminary results**, Saturday, October 15, 2022 & February 4, 2023, *Dr. Alice Kongsted*

100% Met my learning needs 

100% was relevant to my practice 

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## Concussion Overview & Update Webinar Series

The Office of Lifelong Learning and the PLP collaborated with Alberta Health Services (AHS) (Population Health Promotion) to plan and deliver a webinar series on Concussion to spread best practices for concussion recognition and care among family physicians. The webinar series is scheduled for Spring 2023 and will include recommendations for concussion management and the latest protocols. Recorded content videos and a Pearls for Practice educational resources will be available on the L3 website so that healthcare professionals and community members can access the material asynchronously.

- **Updates to pediatric concussion care: The living guideline for pediatric concussion care**, April 18, 2023, Dr. Jennifer Dawson.
- **Improving concussion awareness and recognition in the community: Implications for physicians**, April 18, 2023, Stephanie Cowle.
- **Concussion diagnosis and management: Utilizing the concussion awareness training tool**, April 25, 2023, Dr. Shelina Babul.
- **When symptoms do not resolve: What are our options for patients with concussion symptoms?** May 2, 2023, Drs. Constance Lebrun & Terry de Freitas.

# L3/Child and Adolescent Psychiatry Grand Rounds 2022-2023 Webinar Series

As part of our mandate to advance the professional growth of the members of our Faculty and community physicians, the Office of Lifelong Learning partnered with the Division of Child and Adolescent Psychiatry to support delivery of their monthly virtual grand rounds. These webinars were attended by 1,413 healthcare professionals in Alberta and across Canada. These educational offerings were recorded and can be accessed and downloaded from the L3 website.

- **Eating disorders part 2: Management of eating disorders in children and youth.** April 19, 2022, Presenter: Dr. Leanna Isserlin.
- **Adverse childhood experiences (ACEs): What are they and should we screen for them?** May 17, 2022, Presenter: Dr. John McLennan.
- **E-mental health: A PCN/school-based intervention in youth.** June 21, 2022, Presenters: Caroline Peel, Prab Gill, and, Dr. Suzanne Squires (Westview PCN) Jason Gondziola and Lily Le of the AHS e-Mental Health for Youth & Young Adult.
- **Autism with a focus on the 2022 Canadian academy of health sciences report.** September 20, 2022, Presenter: Dr. Lonnie Zwaigenbaum.
- **Measurement-based care.** October 18, 2022, Presenter: Dr. Rajeev Krishna.
- **Fetal alcohol spectrum disorders.** November 15, 2022 Presenter: Dr. Kyle Sue.
- **Using motivational interviewing to support patient change.** December 13, 2022, Presenter: Bev Drew.
- **Sleep Disorder.** January 17, 2023, Presenter: Dr. Roger Godbout.
- **Child adolescent psychiatry in the Yukon: Lessons and takeaway.** February 21, 2023, Presenter: Dr. Sophie Flor-Henry.
- **CASA services re-envisioned.** March 21, 2023, Presenters: Dr. Dena Pedersen & Dr. Andrea Yu.

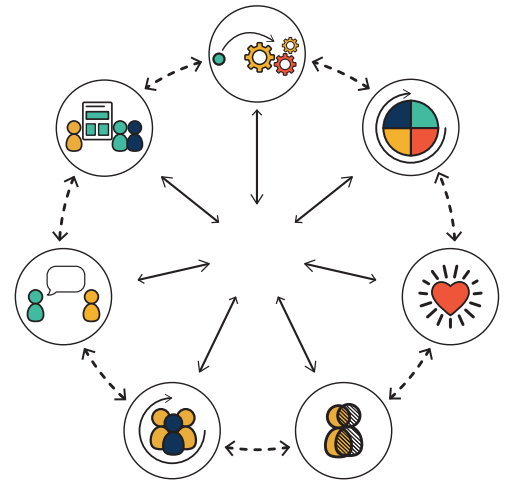
# L3 Contributions to a Learning Health System

## The Alberta Continuing Professional Development (CPD) Provincial Network

In 2019, the Future of Medical Education in Canada Continuing Professional Development (FMEC-CPD) report was released as the third in a series of reports. The FMEC-CPD report outlines 11 recommendations and key strategies related to individuals, institutions, and infrastructure.

The CPD Network is specifically focused on Recommendation 11, to “facilitate the monitoring, planning, and evaluation of educational interventions required to address patient, community, and population health needs and priorities using the best available evidence”.<sup>[1]</sup>

The Office of Lifelong Learning (L3) at the University of Alberta and the Office of Continuing Medical Education and Professional Development (CME & PD) at the University of Calgary have engaged and collaborated with multiple stakeholder groups to identify opportunities for alignment to catalyze this change. Co-led by Dr. Denise Campbell-Scherer and Dr. Thomas Raedler, the emergent network includes representatives from key system stakeholders who have an interest in working effectively together to align efforts, reduce duplication, and advance towards more data-driven, practice-based CPD.



The goal of the CPD Provincial Network is to deliver on the Quintuple Aim; the ultimate outcome is to make healthcare work better by enhancing patient experiences in an efficient, sustainable system with an improved work-life balance for healthcare providers. The Alberta Provincial CPD Network is working to develop a structure to support how physician practice improvement (PPI) is implemented and ensure that primary care physicians, specialists, and teams are supported in this process.

The early steps of forming the CPD Network was to understand the current PPI environment and ensure representation from those organizations in the province who are well established to support PPI within the Network. A large amount of effort from the Operations team Co-leads **Dr. Andrea Davila-Cervantes from L3 and Drs. Michelle Bailey and Eliana Castillo from CME & PD**, involved building relationships and inviting key stakeholders to participate on a variety of levels in the Network, which has been an ongoing effort considering the changes in leadership and environmental context.

The CPD Network was officially launched on April 28, 2022 and two working groups were created: 1) Data and Information; and 2) Quality Improvement and Coaching. During this past year, the working groups have reviewed and refined the current state, created a SWOT analysis, identified short term actions and have started to move forward with the deliverables approved by the Steering Committee.

[1] Supporting learning and Continuous Practice Improvement for physicians in Canada. A New way forward Summary Report of the Future of Medical Education In Canada (FMEC) Project, Dr. Craig Campbell, RCPSC (co-chair) Dr. Jeff Sisler, CFPC (co-chair) On behalf of the FMEC CPD Steering Committee. April, 2019

# Provincial CPD Network Steering Committee Members And Working Group Co-Leads

Thank you to the College of Physicians and Surgeons of Alberta (CPSA) for providing funding and to the multiple organizations and stakeholders for the tremendous amount of in-kind support. Special thanks to the Steering Committee members and the Data and QI Working group Co-leads for their time and support.

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## Thank You



# Awards And Notable Achievements, Conference Presentations, And Publications

## Awards and Notable Achievements

- Dr. Denise Campbell-Scherer was awarded the **University of Alberta's 2022 Excellence in Leadership Award** in October 2022. This award recognizes an outstanding leader or leadership team for their awareness of and attention to issues and concerns that impact the quality of the work and learning environment and for their significant demonstration of exemplary leadership.
- Dr. Denise Campbell-Scherer and her co-authors were honored to receive the **2022 CFPC Outstanding Family Medicine Research Article** award, for their PLP-partnered publication:  

Campbell-Scherer D, Chiu Y, Ofosu NN, Hunter KH, Jabbour B, Luig T, Farooq S, Mahdi A, Gayawira A, Awasis F, Olokude F, Goa H, Syed H, Sillito J, Yip L, Belle L, Akot M, Nutter M, Farhat N, Wang Y, Jalal N, Khalif S, Chapagain S, Fernandez S, Azarcon S, Hama Z. Illuminating and mitigating the evolving impacts of COVID-19 on ethnocultural communities: A participatory action mixed methods study. *CMAJ*, 2021;193(31): 1203-12. doi.org/10.1503/cmaj.210131
- An L3/PLP publication was ranked #25 on CMAJ Open's Top 25 most read papers of 2022.  

Rukia Swaleh, Taylor McGuckin, Tyler W. Myroniuk, Donna Manca, Karen Lee, Arya M. Sharma, Denise Campbell-Scherer, Roseanne O. Yeung (2021.) Using the Edmonton Obesity Staging System in the real world: a feasibility study based on cross-sectional data Oct 2021, 9 (4) E1141-E1148; DOI: 10.9778/cmajo.20200231

## Conference presentations

- Boisvenue JJ, Yeung RO. A mixed methods approach to reshaping healthcare through patient and clinician led research in understanding type 1 diabetes lived experiences and clinical care in Alberta. Oral presentation delivered at the Division of Endocrinology, Critical Appraisal and Research Rounds, University of Alberta –Edmonton, Alberta on June 20, 2022.
- Boisvenue JJ, Yeung RO. The Reshape T1D Study: Using the strengths of participatory quantitative ethnography to understand the type 1 diabetes lived experience in Alberta. Oral presentation delivered at the Alberta Diabetes Institute Seminars, Alberta Diabetes Institute, University of Alberta –Edmonton, Alberta on June 23, 2022.
- Campbell-Scherer DL. Cultivating care. Plenary delivered at the EMBLIVE Conference –Oxford, UK on July 19, 2022.
- Campbell-Scherer DL. Implementing obesity staging in medical practice. Oral presentation delivered virtually at the Diabetes Kongress –Berlin, Germany on May 27, 2022.

- Campbell-Scherer DL. Obesity management in primary care in Canada. Invited presentation delivered virtually at the Cardiovascular Metabolic Management Conference –Foshan, China on June 10, 2022.
- Campbell-Scherer DL. The 5As Team approach to holistic obesity assessment and management in primary care. Invited presentation delivered at the Congress on Obesity –Lancaster, UK on September 7, 2022.
- Campbell-Scherer DL, Yeung RO, Myroniuk T, Mathe N, Hunter, K. Embracing complexity, advancing medical practice, and the need for wicked teams. Workshop delivered at the EBMLive Conference –Oxford, UK on July 18, 2022.

## Publications

- Ells L, Ashton M, Li R, Logue J, Griffiths C, Torbahn G, Marwood J, Stubbs J, Clare K, Gately P, Campbell-Scherer D. Can we deliver person-centred obesity care across the globe? *Current Obesity Reports*. [In Press].
- Hao R, Myroniuk T, McGuckin T, Manca D, Campbell-Scherer D, Lau D, Yeung RO. Underuse of cardiorenal protective agents in high-risk diabetes patients in primary care: A cross-sectional study. *BMC Primary Care*, 2022;23(124): 1-8. doi.org/10.1186/s12875-022-01731-w
- Johnson E, Ghosh SM, Daniels VJ, Wild CT, Campbell-Scherer DL, Tandon P. The development and evaluation of a provider-focused educational intervention about alcohol use disorder in patients in cirrhosis. *Canada Liver Journal*. [In Press].
- Ali A, Rashid M, Davila-Cervantes A, Dennett L, Thompson-Hodgetts S, & Goetz H. Parents' Immediate Reaction and Responses to their Child's ASD Diagnosis: A Synthesis Review. *Journal on Developmental Disabilities*, 2023; 28(1). <https://doi.org/10.5281/zenodo.8061003>
- Swaleh R, McGuckin T, Myroniuk T, Manca D, Lee K, Sharma A.M, Campbell-Scherer D, Yeung R.O (2021.) Using the Edmonton Obesity Staging System in the real world: a feasibility study based on cross-sectional data Oct 2021, 9 (4) E1141-E1148; DOI: 10.9778/cmajo.20200231
- Ofosu NN, Luig T, Mumtaz N, Chiu Y, Lee KK, Yeung RO, Campbell-Scherer DL. Healthcare providers' perspectives on challenges and opportunities for intercultural healthcare in diabetes and obesity management: a qualitative study. *CMAJ Open*. [In Press].
- Shiva N, Manca D, Yeung RO, Lau D. Achievement of treatment targets among patients with type 2 diabetes in 2015 and 2020 in Canadian primary care. *CMAJ*, 2023;195(1): E1-E9. doi.org/10.1503/cmaj.220673
- Swaleh R, McGuckin T, Campbell-Scherer DL, Setchell B, Senior P, Yeung RO. Real world challenges in integrating electronic medical record and administrative health data for regional quality improvement in diabetes: A retrospective cross-sectional analysis. *BMC Health Services Research*, 2023;23(1): 1-9. doi: 10.1186/s12913-022-088

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