

2022 | A Year at a Glance

ACFP Look Book

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President's Message

While the Alberta College of Family Physicians (ACFP) continues to advance excellence in family medicine, it is also important to take the opportunity to review and reflect on the year gone by.

Your continued persistence and commitment to high quality patient care has not gone unnoticed this past year. The ACFP recognizes that many of our members are working in less than ideal conditions. We appreciate all that you do in continuing to care for Albertans. Meanwhile, the ACFP and our partners are engaging in conversations and discussions we hope will make positive differences for your patients, your teams, and yourselves.

Throughout the year, the ACFP has worked hard to deliver a number of valuable initiatives including:

- Updating the ACFP Strategic Framework in response to discussions that took place at ACFP Future of Family Medicine events. With the guidance of consultants, the ACFP Board and staff have taken a critical look at our Strategic Plan and reaffirmed our organization's direction given our current practice environments
- Engaging with government relations consultants who have been providing guidance on the ACFP's activities as we ramp up to a provincial election
- Planning of valuable continuing professional development (CPD) events (in person and online) that provide members with opportunities to expand their capacity and build connection during times of isolation

We sincerely thank you so much for your support in 2022 so that we could fully engage in these initiatives on your behalf. We have every confidence that these will lead to positive changes in 2023.



Sudha Koppula, BSc, MD, MCISc, CCFP, FCFP President Alberta College of Family Physicians



Board of Directors

The ACFP Board of Directors is comprised of nine Directors. They are:



Dr. Sudha Koppula, President Edmonton



Dr. Vishal Bhella, Past President Calgary



Dr. Noel DaCunha, President-Elect Westlock



Dr. Melanie Hnatiuk, Secretary Calgary



Dr. Donna Mumert, Member-at-Large Beaverlodge



Dr. Anila Ramaliu, Member-at-Large Calgary



Dr. Douglas Tuck, Treasurer St. Albert



Dr. Dinesh Witharana, Member-at-Large Edmonton



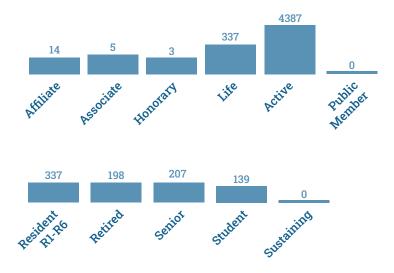
Dr. Everett Zdrill, Member-at-Large Edson

The ACFP Board meets six times throughout the year to fulfill their role of strategic governance responsibility. Implementation of this strategy is passed on to the Executive Director, Terri Potter. In addition to providing a strategic framework to the organization, the Board is responsible for ensuring that the ACFP is properly managed, its property and assets are suitably cared for, and high-quality services are provided to all its members.



Membership Growth 2022

From 2021 to 2022, ACFP membership increased by nearly 100 members. The ACFP represents more than 5,600 family physicians, family medicine residents, and medical students as the provincial chapter of the College of Family Physicians of Canada (CFPC).



Online Community Building

Through innovative technology, the ACFP has begun fostering virtual member engagement opportunities through its new online community, ACFP Networks. This platform provides a safe and secure space for ACFP members to connect, share, and support one another while advancing best practices. A number of different communities are available to members including an exclusive ACFP members only group, the Collaborative Mentorship Network for Chronic Pain and Addiction (CMN) group, and other areas of interest!



Early Careers

Strengthening the Future of Family Medicine

The ACFP understands the importance of providing positive, family medicine programs and experiences which connect learners (medical students and family medicine residents) with practising family physicians. The ACFP continues to invest in the future of family medicine by:

- Encouraging medical students to pursue family medicine as their specialty of choice
- Offering leadership development opportunities
- Amplifying learners' voices in strategy development, CPD engagement events, and provincial projects
- Sponsoring and attending learner-lead initiatives and events like orientation days
- Celebrating and recognizing early learners' dedication to family medicine through the ACFP Awards Program

Student Shadowing Program

This year saw the return of the ACFP Incoming Medical Student Shadowing Program. With the support from the Sections of Family Medicine and Rural Medicine through the Alberta Medical Association (AMA) and the amazing ACFP member volunteers, the program was able to provide authentic experiences in both urban and rural family practice settings to over 60 participants!







47 Physicians
many with more than 1 student



First Five Years in Family Practice

The First Five Years in Family Practice (FFYFP) Committee continues to contribute blog posts to the ACFP's eNews. The FFYFP Committee shares lessons learned, quick tips, and valuable resource recommendations from their unique perspective.



8 Blogs

Always first or second most read among members

Most Engaging

"Medicine for the Gender Spectrum" by Dr. Charissa Ho (17 comments)

Most Popular

"F***; One of the Worst Words to Hear in Your Busy Workday" by Dr. Nathan Turner (165 clicks)

Shaping the Future of Family Medicine

Moving Forward with Purpose

"The past two years have provided an object lesson in constant change. The COVID-19 pandemic has accelerated pre-existing trends and drivers, revealing systemic vulnerabilities. It is anticipated that the health system will experience continued burdens due the indirect effects of the pandemic and the delays in diagnosis and treatment. Family physicians and primary care are also facing significant challenges with practice survivability.

While the context is fraught with stresses, the upheaval has opened the door for significant positive disruptions to the status quo. The flipside of a crisis is an opportunity. The ACFP Board recognized this and seized the moment. 2022 became a pivotal year to facilitate a positive dialogue within family medicine as a foundation for setting its strategic direction."

- An excerpt from the ACFP's Future of Family Medicine: A strategic vision video

ACFP's Future of Family Medicine: A strategic vision video



Watch Video



2023 Strategic Framework

To inform and guide strategic and operational planning efforts, ACFP members were surveyed and the ACFP Board struck a Future of Family Medicine Strategic Committee to help tackle the work. The ACFP refreshed and relaunched its Strategic Framework to better reflect the needs of members and a Strategic Vision video was developed to represent the future that the ACFP hopes to manifest.

Read Framework



Awards and Recognition

Celebrating Member Excellence



In recognition of members for accomplishments and professional commitment to delivering quality patient care through education, research, and best practice, the ACFP is honoured to present this year's award recipients.



ACFP Family Physician of the Year

Dr. Marjan Abbasi (Edmonton)

Recognition of Excellence

Dr. Akolisa Anyaduba (Red Deer)

Dr. Jovita Ojadi (Red Deer)

Dr. Karen V. Brunner (Didsbury)

Patient's Medical Home Outstanding Family Practice

South Health Campus Family Medicine Teaching Clinic (Calgary)

ACFP Student Leadership – Rising Star Award

Jocelyne Beelen (University of Alberta) Julia Robertson (University of Calgary)

Family Medicine Resident Leadership Award

Dr. Yegor Korchemagin (University of Calgary)

ACFP Outstanding New Professional Award

Dr. Molly Whalen-Browne (Edmonton)

ACFP Long-term Service Award

Dr. Mike Kolber (Edmonton)



2022 Family Physician of the Year

Dr. Marjan Abbasi

Dr. Marjan Abbasi is a family physician with extra training in Care of the Elderly. She is the Site Lead of the Geriatric Program at the Misericordia Hospital in Edmonton and an Associate Clinical Professor at the University of Alberta in the Division of Care of Elderly, Department of Family Medicine. The focus of her practice (both as a family physician and as a consultant in areas such as inpatient, outpatient, and assisted living) is the care for older adults living with frailty. She is happily married and a mother of three children. She enjoys learning new languages and interacting with people of diverse backgrounds.

Hear more of Dr. Abbasi's passion in Episode 12 of the ACFP Heart of Family Medicine Podcast: "Healthy aging through efficient, coordinated, and collaborative models of care" at www.heartoffamilymedicine.com.

The one thing I love about family medicine is:

The long-term therapeutic relationships with my patients and their families.

My family medicine mentor is:

Dr. Nigel Flook.

One thing that surprised me about being a family physician is:

How connected you get with your patients and how much you care for them.

If I weren't a family physician I'd be:

A family physician again.



"To put it simply, Dr. Marjan Abbasi is an outstanding leader. Marjan is a strong advocate for her patients and their families. She has personally developed high functioning primary health care teams that are skilled in supporting older adults with complex health and social needs in various clinical settings."

- Nominator, Dr. Sheny Khera



Advancing Excellence

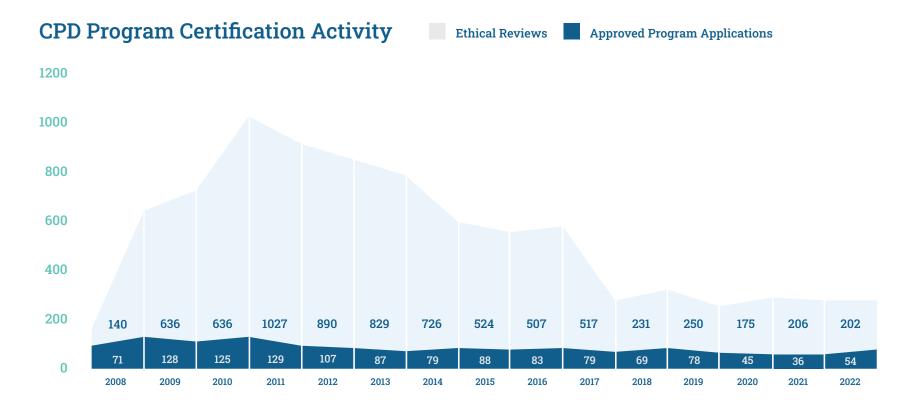
Highlights in Continuing Professional Development



CERT+ Activity

The ACFP supports certification of its members by providing CPD and upholding the established standards for CPD delivery set by the CFPC. This ensures members have access to quality continuing education and best practices resources that meet the changing needs of the patients and communities they serve.

CERT+ Activity from 2021 to 2022 showed a 2% decrease in the number of ethical reviews/sessions submitted, and a 50% increase in the number of program applications reviewed. The ACFP will continues to monitor certification activity and take note of trends.



ACFP Conferences





67th Annual Family Medicine Summit

Due the unpredictability of the pandemic, the ACFP's Family Medicine Summit Planning Committee made the decision to once again, host the annual Family Medicine Summit (Summit) conference completely online.

The virtual event saw more than 350 attendees who were able to earn up to 24 Mainpro+® credits and access session recordings for up to 90 days after the Summit.

2022 Summit Highlights:

- One feature film, Kimmapiiyipitssini, with panel discussion
- One Virtual Attendee Hub platform experience featuring virtual social events
- Two "Talks With Docs" breakout sessions for attendees to continue discussions with session speakers
- 6 Keynote sessions
- **15 Concurrent sessions** including 3 Research Showcases and 2 Short snapper sessions

Practical Evidence for Informed Practice (PEIP)

After 10 successful years as co-presenters, in the spring of 2022, the ACFP and PEER (Patients, Experience, Evidence, Research) made the decision to leave PEER as the sole organization responsible for the delivery of the PEIP conference. Throughout the course of this partnership, ACFP and PEER delivered a practice-changing CPD opportunity to more than 5,500 family physicians, pharmacists, nurses, residents, and students.

CPD and Practice Supports Online













A CHAPTER OF THE COLLEGE OF FAMILY PHYSICIANS OF CANADA UNE SECTION DU COLLÈGE DES MÉDECINS DE FAMILLE DU CANADA





Tools for Practice Articles

The Tools for Practice (TFP) articles continue to be a coveted program distributed to over 37,000 family physicians, allied health care professionals, learners, and subscribers across Canada and internationally.

In 2022 alone, over 925,000 individual articles were distributed to subscribers. With over 30 authors and co-authors, each article is written by at least one practising family physician and PEER team member. The articles are developed around clinically relevant questions, free of industry bias, focused on best evidence available, and peer reviewed by family physicians and allied health care professionals within the field.

Knowledge Experts and Tools Initiative – Partner Contribution

The ACFP is one of four funding partners of the Knowledge Experts and Tools Initiative and continues to support the national dissemination of the TFP articles and add to the content libraries of CFPCLearn.

26TEPS

Over
37,000
Subscribers







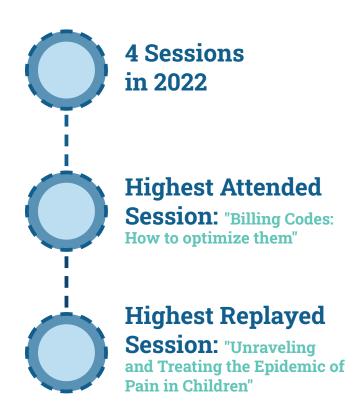
Virtual Education

As the professional landscape continues to morph for members, the ACFP has maintained the importance of offering versatile CPD and continuing medical education (CME) programming through online opportunities.

Meeting Members Where They're at With a New Webinar Series

This fall, the ACFP introduced its free virtual education series *ACFP Thursday Evening Webinars*. This program offered a great way to feature two of the ACFP's existing virtual CPD programs — the *CMN Virtual Collaboration Forums* and the *Virtual Doctors' Lounge* webinar series. ACFP Webinars is an opportunity for members to partake in quality CPD sessions focused on highly sought-after topics including chronic pain, addiction, harm reduction, and others chosen by members. In an effort to build bridges and emphasize the importance of team-based care, the ACFP opened registration for these sessions to ACFP members, their teams, and other primary care providers.

This series is scheduled to run until June of 2023.





Collaborative Mentorship Network for Chronic Pain and Addiction

Building a Community of Practice

The CMN continued to grow its community of multidisciplinary health care providers who have a desire to improve the treatment of complex patients with chronic pain and substance use across Alberta. Over the course of the year, the CMN greatly expanded the resources provided to members.

Chronic Pain Gains in Alberta: An ECHO® Series

This spring and fall series included 12 interactive sessions delivered online. Each session featured a didactic presentation followed by a real case submitted by care providers for attendees to discuss with support from a hub team of experts. Overall attendee feedback was positive with 90% of participants better understanding how their team members provide interventions for chronic pain patients.



Adaptive Mentorship Training

The Adaptive Mentorship Training one-day program included presentations and interactive workshops that informed participants of practical tools and strategies to improve mentoring and leadership abilities within their respective practices. Seventy-five percent of attendees felt the information presented was relevant to their practice and intended to change their practice based on the information they learned.

Observership

The Observership program allowed members to gain new skills and connect with experts by observing chronic pain and substance use professionals on-site. The participating 8 learning sites includes The Alex Community Health Centre, Calgary Drop-In Centre, CUPS Health Clinic, Addiction Recovery and Community Health, and Radius Community Health and Healing (formerly the Boyle-McCauley Health Centre).

CMN also provided members with:



3 Pain BC Courses



6 Virtual Collaboration Forums



45 active mentor/ mentee relationships



Supporting Family Medicine Research in Alberta

Research Showcase at Summit

The 2022 virtual What's Up Doc? Research Showcase highlighted 32 individual family medicine and primary care research projects and hosted over 38 researchers across Alberta with a total of 24 poster displays and six oral presentations accepted into the showcase. Presentations, posters, and a short video synopsis was included on the event website for the entire conference weekend.

Adjudication of the six highest scored abstracts in each category (Poster Display and Oral) was performed by seven peer researchers from across Alberta. The Research Showcase award recipients were recognized in the Summit's ACFP Awards video spotlights and presented during the Summit program. The ACFP is appreciative of the commitment by the volunteer team behind the Research Showcase to sharing their expertise and integrity throughout the process.



Poster Display: 1st Place

"Improving Senior's Health with Recreational Therapy: Quantitative Findings from a Mixed Method Study"



Oral Presentations: 1st Place
"Providing Contraceptive Care to
Transgender People"

2022 ACFP Reviewer's Choice Research Award Recipients

The following research projects were awarded the ACFP Reviewer's Choice Awards.

Oral Presentations:



1st Place: Providing Contraceptive Care to Transgender People

Anderson N, Carter J, Cobb H, Demers J, Kellet P, Lokanc-Diluzio W, McQuiston M, Moorji A, Troute-Wood T



2nd Place: Beyond Restitution: Using Chaos Narratives to Improve Harm Reduction Care

Nixon L, McInnes A, Punungwe FB, Sampson M, Kelly M



3rd Place: Acceptability, Safety, and Cost Analysis of Digestive Health Primary Care Pathways in Alberta

Carter J, Novak K, Reeb L, Jelinski S, Arain M, Kembal L, Maracle B, Plaisier A, Jalbert S, Scott S

Poster Display:



1st Place: Improving Senior's Health with Recreational Therapy: Quantitative Findings from a Mixed Method Study

Nixon L, Naugler G, Punungwe FB, Sampson M, McInnes A, Kelly M



2nd Place: Polypharmacy and Potentially Inappropriate Medication Use in Patients with Chronic Kidney Disease Managed in Canadian Primary Care

Tinwala MM, Zaidi D, Ye F, Muneer S, Ghimire A, Khan M, Sultana N, Okpechi IG, Ronksley PE, Drummond N, Mangin D, Bello AK



3rd Place: Assessing Changes in Relational Continuity of Care Among Adults with Vulnerable Housing in a Transitional Case Management Program

Chiew A, Fabeau G, Ronksley P, Rondeau K, Williamson T, McBrien K



Amplifying Voices

Partnerships and Advocacy Efforts

Weathering the Storm

With a return to in-person activity, a tridemic, and family medicine crisis, the ACFP continued to work diligently towards amplifying the voices of family physicians across the province by connecting with multiple partners.

The ACFP escalated its members' observations and continued to shift the tides in favour of well-resourced and integrated care in community by:

- Continuing to work with the Joint Physicians Advocacy Committee (JPAC) forming collaborative responses to AMA
- Connecting regularly with Alberta Health Deputy Minister, Chief Medical Officer of Health, Executive Directors, and bureaucrats
- Supporting physician members on working groups and committees that bring evidence and experience to discussions on swabbing, testing, therapeutics, and coordination of efforts relating to the emerging fall 2022 tridemic
- Coordinating dissemination of valuable resources to members with Alberta Health Services (AHS), AHS Primary Health Care Integration Network (PHC IN), AMA, Alberta Health (AH), faculties of medicine, and Primary Care Network (PCN) leadership
- Contributing to system level challenges to help increase access and enable appropriate care for patients as partners in the treatment of pain or substance use

Partnerships

Primary Care

- Women's Health Coalition
- Provincial CPD Steering Committee Working Groups
- Health Quality Council of Alberta Primary Care Panel Reports Steering Committee: Looking at measurements of the unattached patients as well as measurement of chronic pain and substance use disorders
- · Alberta Pain Strategy Steering Committee
- National Adaptive Mentorship Network Steering Committee

COVID-19

- Swabbing and Testing Steering Committee
- COVID Therapeutics Committee: active both with vaccine recommendations as well as treatment recommendations including hospital and outpatient treatments
- Community Physician Communications Working Group

Stakeholder Relations

Primary Care Interdisciplinary Summit

In October, the ACFP co-hosted the Primary Care Interdisciplinary Summit with the Alberta Association of Nurses (AAN) and the Alberta Primary Care Nurses Association (APCNA).

The virtual event provided primary care professionals with a space to come together to discuss ongoing challenges and gaps while also bringing forward potential solutions to realizing a shared vision. Along with other initiatives, this event may become an annual occurrence to facilitate more opportunities for interdisciplinary discussion.

Primary Care Alliance

As a member of the Primary Care Alliance (PCA) the ACFP contributed to the development of the renewed PCA vision, mission, and tagline.

- **Vision:** Primary health care is the foundation of Alberta's world-class integrated health care system.
- Mission: The PCA is the collaborative table where Alberta's primary care stakeholders strategize to advance patient and provider experience within a world-class integrated health care system.
- Tagline: Primary Care Alliance Where Leaders Connect and Strategize

Through the fostering of its own interdisciplinary partnerships, the ACFP is strongly advocating for expansion of the PCA to include other team-based care providers.

Key partners & stakeholders include:























Stepping up for Our Members

Government Relations

In 2022, the Board agreed to invest accumulated surplus funding into the engagement of a consulting firm to support government relations efforts. With an opportunity to ensure that primary care and family medicine are included in the priorities of all provincial parties leading into the election coming May 2023, the ACFP knew that the work had to start early. With the support of Global Public Affairs, strong political and bureaucratic relationships have been established to assist the ACFP in becoming a valued resource to decision makers within the government.

Modernizing Alberta's Primary Health Care System (MAPS)

Working with the Future of Family Medicine Strategic Committee, Membership Advisory Committee, and First Five Years in Family Practice Committee, the ACFP submitted recommendations and supporting evidence to Alberta Health's MAPS Initiative. The submission focuses on implementing significant improvement for patient access to primary care and creating a sustainable world class primary health care system.

Volunteer Appreciation Gala and Workshop

In September, the ACFP hosted a gala and workshop for its committee members. The evening celebrated volunteers with a cocktail hour and dinner.

The Shaping the Future of Family Medicine Workshop provided committee members with an opportunity to share perspectives and provide recommendations on the ACFP strategic initiatives.



Heart of Family Medicine

Inspiring Trust in Family Physicians and the Patient's Medical Home

Gratitude

As part of the Heart of Family Medicine campaign, a "Gratitude" video featuring multiple stories submitted by patients over the years was released at the Summit. Following last year's ACFP member profile on Dr. Jessica Kirkwood, 2022 saw the release of a profile featuring the work of Dr. Bonnie Larson. These videos, patients' stories, and podcast episodes were more prominently featured through the creation of video reels, graphics, and a regular "Feel Good Feature" in the monthly eNews.

World Family Doctor Day

Using the annual celebration of World Family Doctor Day (WFDD), the ACFP spends May heavily promoting the Heart of Family Medicine Campaign. First declared by World Organization of Family Doctors (WONCA) in 2010, it has become a day to highlight the role and contribution of family doctors in health care systems around the world. The ACFP's WFDD campaign resulted in almost 30 partners posting to their social media channels to celebrate, an increase in traffic to the ACFP Heart of Family Medicine website, and WFDD features in three online articles.



28 stories submitted in 2022



Dr. Ernst Greyvenstein feature



Gratitude Video – **90 views**

Dr. Bonnie Larson Physician Profile – **135 views**

Financial Highlights

Statement of Financial Position December 31, 2022

	2022	2021
ASSETS		
CURRENT		
Cash and cash equivalents	\$1,732,943	\$1,718,722
Accounts receivable	501,834	649,235
Prepaid expenses	31,403	17,754
	2,266,180	2,385,711
TANGIBLE CAPITAL ASSETS	17,513	22,211
	\$2,283,693	\$2,407,922
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities	\$ 166,640	\$ 85,198
Goods and services tax payable	6,904	822
Deferred revenue	705,409	702,238
	878,953	788,258
EMPLOYEE FUTURE BENEFITS OBLIGATION	168,600	172,200
	1,047,553	960,458
NET ASSETS		
Unrestricted operating fund	427,383	647,339
Internally restricted fund	791,244	777,914
Invested in tangible capital assets	17,513	22,211
	1,236,140	1,447,464
	\$2,283,693	\$ 2,407,922

Statement of Operations Year Ended December 31, 2022

	2022	2021
Revenue		
Membership fees	\$ 1,278,401	\$ 1,396,897
Substance Use and Addictions program	651,070	540,410
Family Medicine Summit	91,737	147,444
Continuing medical education	43,000	35,700
Special Projects	33,145	10,720
Interest	23,530	1,486
Other Grants	23,235	69,839
GoMainPro alliance and subscription fees	9,120	16,986
Evidence Based Medical Conference		230,237
Education Outreach	-	10,220
Share of FMF Surplus from National	_	11,365
	2,153,238	2,471,304
Expenses		
Substance Use and Addictions Program	651,070	540,410
Salaries and wages	626,817	647,399
Family Medicine Summit	184,137	167,295
Evidence Based Programs	149,068	190,384
Professional fees	127,852	47,046
Board expenses	115,471	98,523
Office and telephone	100,322	74,685
Special Projects	80,867	135,412
Rent and occupancy costs	76,380	70,248
Research and Innovation Initiatives	64,641	53,583
Education Outreach	53,740	64,288
Other events	36,740	1,626
Early Career Support	26,656	19,414
Travel	25,687	7,458
Public relations	18,279	46,331
Goods and services tax	16,308	11,696
Amortization	7,505	9,519
Operational Committees	3,022	3,235
Evidence Based Medical Conference		115,583
	2,364,562	2,304,135
EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES	\$(211,324)	\$167,169

Message From the Executive Director

This past year has been all about getting focused, leaning in, renewal, and growth. Family medicine has been in crisis for too long and as an organization representing family physicians, we have had to build a new strategy to respond. The year was spent bringing members together, talking about a desired future, and strategizing. As your executive director and on behalf of your Board of Directors, we feel that we have created a clear and compelling set of strategic priorities. We have organized our staff team around delivering programs and initiatives to get things done.

We are looking forward to 2023 as the year of action and outreach. Our staff team and operational committees have already begun working on what is needed in order to make you feel valued, supported, and inspired. We will ensure that family physicians continue to be highly skilled resources to their communities. We will advocate incessantly so that Alberta has a fully integrated health system with family medicine as the foundation. And finally, we will continue to work hard on your behalf, to make this happen.

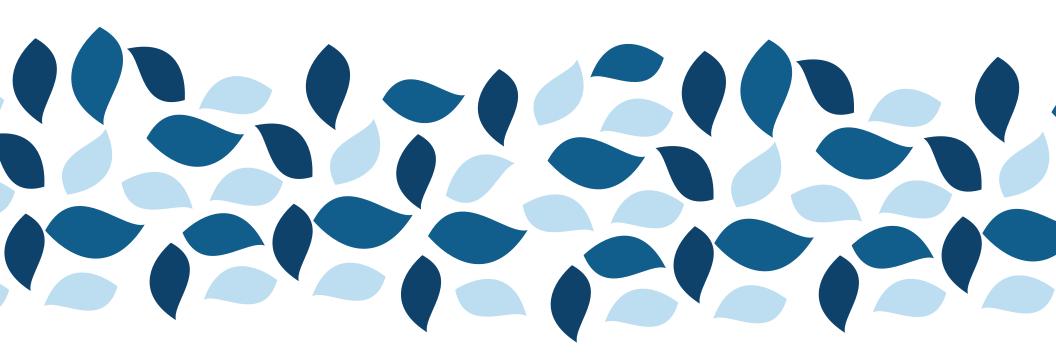
Thank you to the ACFP Board of Directors, staff, volunteers, and partners for all the work and planning that has gone into making 2022 a success. The future is now, we need to shape it!



In the spirit of collaboration,

Terri Potter, BA, PMP, CAE Executive Director

Alberta College of Family Physicians





#370, 10403 - 172 Street | Edmonton, Alberta | T5S 1K9 780-488-2395 | info@acfp.ca