

# 2023-24 Family Medicine Grand Rounds

September 6, 2023

# Land Acknowledgement

# Overall Learning Objectives

**At the end of the 2023-24 *Grand Rounds in Family Medicine* program participants will be able:**

- 1. Identify, discuss and appraise pertinent and relevant clinical family practice guidelines and literature;**
- 2. Identify and discuss current evidence supporting treatment of common conditions in primary care; and**
- 3. Discuss challenges family medicine physicians face in their current practices.**

# Disclosure of Financial Support

**This program has received no external support.**

# Scientific Planning Committee COI Disclosures

## SPC Chair: Dr. Scott McKay

Relationships with organizations that involves direct financial payments including receipt of honorarium:

Organization: St. Joseph's Health Care London  
Relationship: Chief, Department of Family Medicine

Organization: Schulich School of Medicine, Western University  
Relationship: Chair, Department of Family Medicine

Organization: London Health Sciences Centre  
Relationship: Physician Department Executive, Family Medicine

# Scientific Planning Committee COI Disclosures

## SPC Member: Dr. Laura Lyons

Relationships with organizations that involves direct financial payments including receipt of honorarium:

Organization: Schulich School of Medicine, Western University  
Relationship: Faculty, Department of Family Medicine

Organization: London Health Sciences Centre  
Relationship: Associate Chief, Family Medicine

# Scientific Planning Committee COI Disclosures

## SPC Member: Dr. Richard Pawliszyn

Relationships with organizations that involves direct financial payments including receipt of honorarium:

Organization: St. Joseph's Health Care London  
Relationship: Associate Chief, Department of Family Medicine

# Scientific Planning Committee

## COI Disclosures

### SPC Member: Dr. Anita Singh

Relationships with organizations that involves direct financial payments including receipt of honorarium:

Organization: St. Joseph's Health Care London  
Relationship: Palliative Care Program Leader

Organization: Schulich School of Medicine, Western University  
Relationship: Faculty, Department of Family Medicine

Organization: London Health Sciences Centre  
Relationship: Palliative Care Program Leader



# Mitigating Potential Bias

- Presenters received a detailed letter from the Organizing Committee outlining the learning objectives and content expectations for each presentation.
- *Conflict of Interest* disclosure forms have been completed by all presenters and reviewed by the Organizing Committee.
- Presentations have been reviewed by the SPC Chair to ensure balance in content and the absence of bias.

# Housekeeping

- Returning to a hybrid format for rounds
- We will no longer be recording and posting Grand Rounds presentations
- Handouts and/or slides will be posted following Grand Rounds with speaker permission (web site info coming soon!)
- Use the chat and/or raise your hand to ask a question

# Upcoming Events & Rounds

## **Family Medicine Connections: Hospital and Community meeting**

Tuesday, October 10<sup>th</sup> 8:00 – 8:45 AM (virtual only)

Improving Communication and Hand-off between the Emergency Room and Primary Care

Presenters: Dr. Christie MacDonald, Physician Department Executive, LHSC and Chief, SJHC –  
Department of Emergency Medicine

## **Palliative Care Grand Rounds**

Wednesday, October 11<sup>th</sup> 8:30 – 9:30 AM (virtual only)

Driving Change: The Road to Providing High-Quality Palliative Care Within the West Region of Ontario Health

Presenters: Lora VanBerlo, NP; Dr. Jitin Sondhi; Laura Sheridan, RN

## **Family Medicine Grand Rounds**

Wednesday, November 1<sup>st</sup> 8:30 – 9:30 AM (hybrid)

Respiratory Season update

Presenter: Dr. Alex Summers



# Mindset in Medicine: Thinking Slowly to Wellbeing

Devon Shewfelt MD, CCFP

Adjunct Professor

Schulich School of Medicine & Dentistry

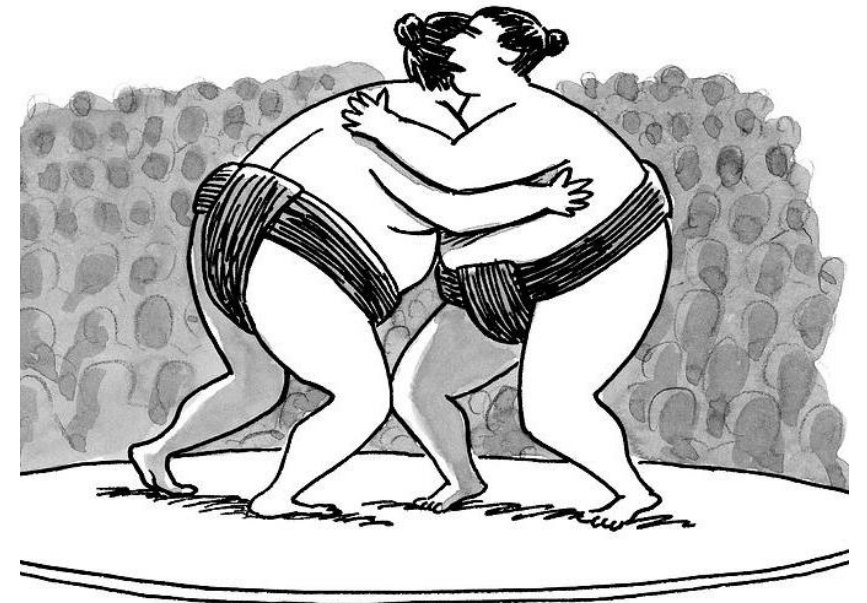
# Speaker COI Disclosure

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**Presenter: Devon Shewfelt MD, CCFP**

**Relationships with financial sponsors:**

**No affiliation (financial or otherwise) with any for-profit or not-for-profit organizations.**




JOEATO

*“Full disclosure—I really need this hug.”*



# Session Specific Learning Objectives

**At the conclusion of these Grand Rounds, participants will be able to...**

- 1. Review the power our mindset has in shaping our default thoughts and beliefs.**
  - 2. Review the use of mottos and their ability to help us think more deliberately.**
  - 3. Examine several mottos and their possible role in improving our day to day wellbeing.**
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# MINDSET

What is a Mindset?

Fixed vs. Growth Mindset

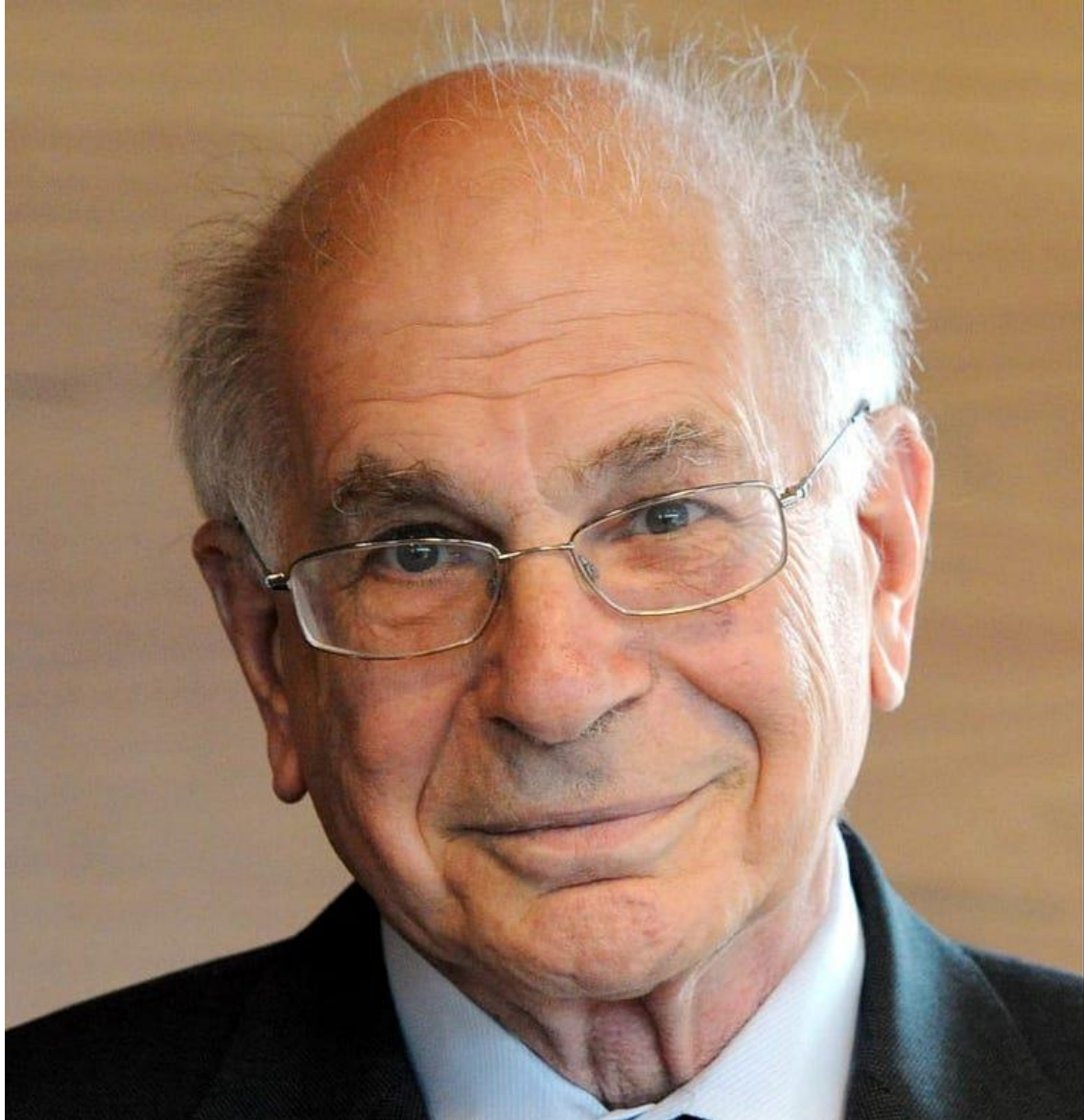
Scarcity vs. Abundance Mindset

Confirmation Bias – you see what you know!









THINKING,  
FAST AND SLOW



DANIEL  
KAHNEMAN

# Unhelpful Thinking Habits



**Mental Filter** - When we notice only what the filter allows or wants us to notice, and we dismiss anything that doesn't 'fit'. Like looking through dark blinkers or 'gloomy specs', or only catching the negative stuff in our 'kitchen strainers' whilst anything more positive or realistic is dismissed. *Am I only noticing the bad stuff? Am I filtering out the positives? Am I wearing those 'gloomy specs'? What would be more realistic?*



**Judgements** - Making evaluations or judgements about events, ourselves, others, or the world, rather than describing what we actually see and have evidence for. *I'm making an evaluation about the situation or person. It's how I make sense of the world, but that doesn't mean my judgements are always right or helpful. Is there another perspective?*

**Prediction** - Believing we know what's going to happen in the future. *Am I thinking that I can predict the future? How likely is it that that might really happen?*



**Emotional Reasoning** - I feel bad so it must be bad! I feel anxious, so I must be in danger. *Just because it feels bad, doesn't necessary mean it is bad. My feelings are just a reaction to my thoughts - and thoughts are just automatic brain reflexes*



**Mind-Reading** - Assuming we know what others are thinking (usually about us). *Am I assuming I know what others are thinking? What's the evidence? Those are my own thoughts, not theirs. Is there another, more balanced way of looking at it?*



**Mountains and Molehills** Exaggerating the risk of danger, or the negatives. Minimising the odds of how things are most likely to turn out, or minimising positives *Am I exaggerating the bad stuff? How would someone else see it? What's the bigger picture?*

**Compare and despair** Seeing only the good and positive aspects in others, and getting upset when comparing ourselves negatively against them. *Am I doing that 'compare and despair' thing? What would be a more balanced and helpful way of looking at it?*



**Catastrophising** - Imagining and believing that the worst possible thing will happen *OK, thinking that the worst possible thing will definitely happen isn't really helpful right now. What's most likely to happen?*



**Critical self** Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our responsibility *There I go, that internal bully's at it again. Would most people who really know me say that about me? Is this something that I am **totally** responsible for?*



**Black and white thinking** - Believing that something or someone can be only good or bad, right or wrong, rather than anything in-between or 'shades of grey'. *Things aren't either totally white or totally black - there are shades of grey. Where is this on the spectrum?*



**Shoulds and musts** - Thinking or saying 'I should' (or shouldn't) and 'I must' puts pressure on ourselves, and sets up unrealistic expectations. *Am I putting more pressure on myself, setting up expectations of myself that are almost impossible? What would be more realistic?*

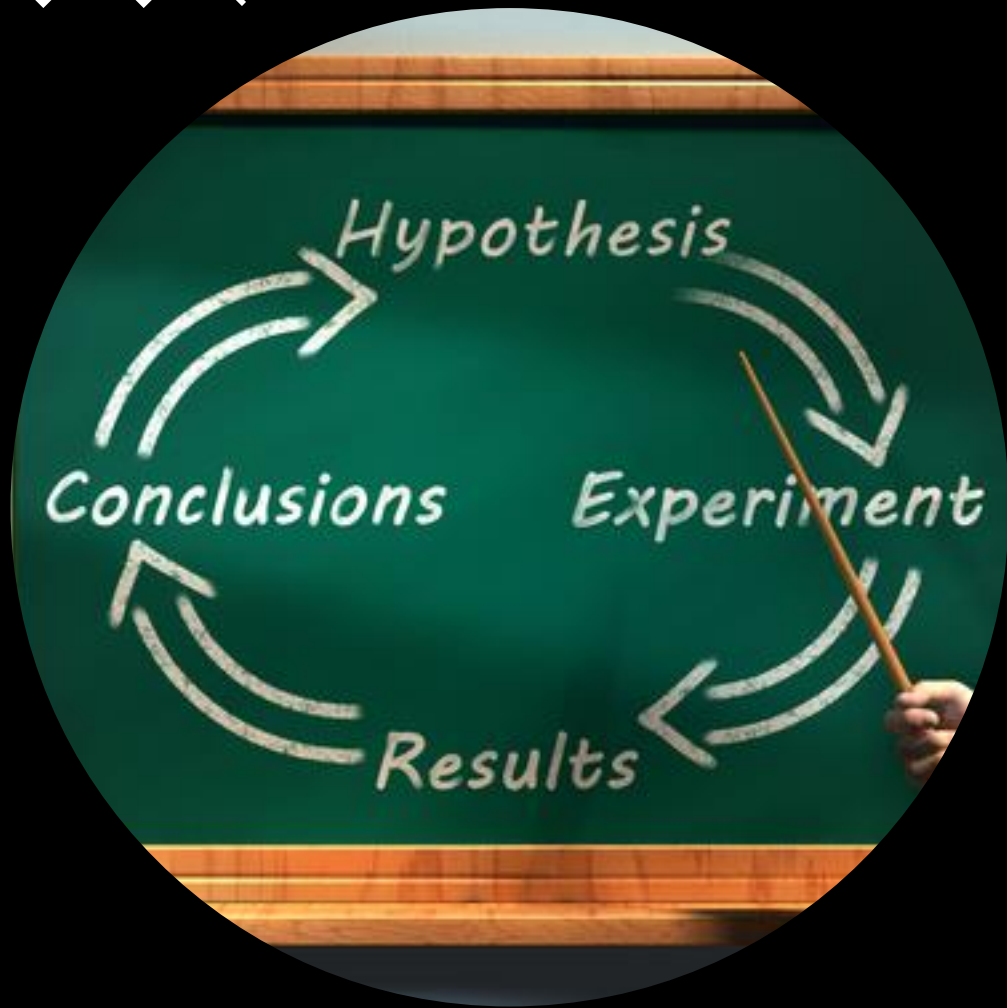


**Memories** - Current situations and events can trigger upsetting memories, leading us to believe that the danger is here and now, rather than in the past, causing us distress right now. *This is just a reminder of the past. That was then, and this is now. Even though this memory makes me feel upset, it's not actually happening again right now.*



The image features two crumpled paper heads, one black and one white, positioned in profile and facing each other. They are set against a background of horizontal wooden planks. A vertical line runs down the center of the image, separating the two heads. The text "Black & White Thinking" is overlaid in the center in a white, sans-serif font.

# Black & White Thinking



- “I wish people would treat their thoughts not like conclusions, but instead like hypotheses to be tested”
  - Dr. Adam Grant – Organizational Psychologist, TEDtalks, Podcasts





# Mottos...Why Mottos?

- I'm lovin' it!
- Just do it!
  
- Work smart, not hard
- See one, do one, teach one
  
- Why do we make mistakes?  
So we learn!



A photograph of a lighthouse at night. The lighthouse is a tall, white, cylindrical tower with a red-tinted lantern room at the top. Several powerful beams of light emanate from the lantern room, fanning out across the dark, starry night sky. The sky is a deep blue-black color, dotted with stars. The lighthouse is positioned on the left side of the frame. At the bottom of the image, there is a dark silhouette of a hillside with some trees and a staircase leading up to the lighthouse.

Uncomfortable Emotions = Signals



Control what you  
can control.

Andre Agassi



Boundaries are a gift



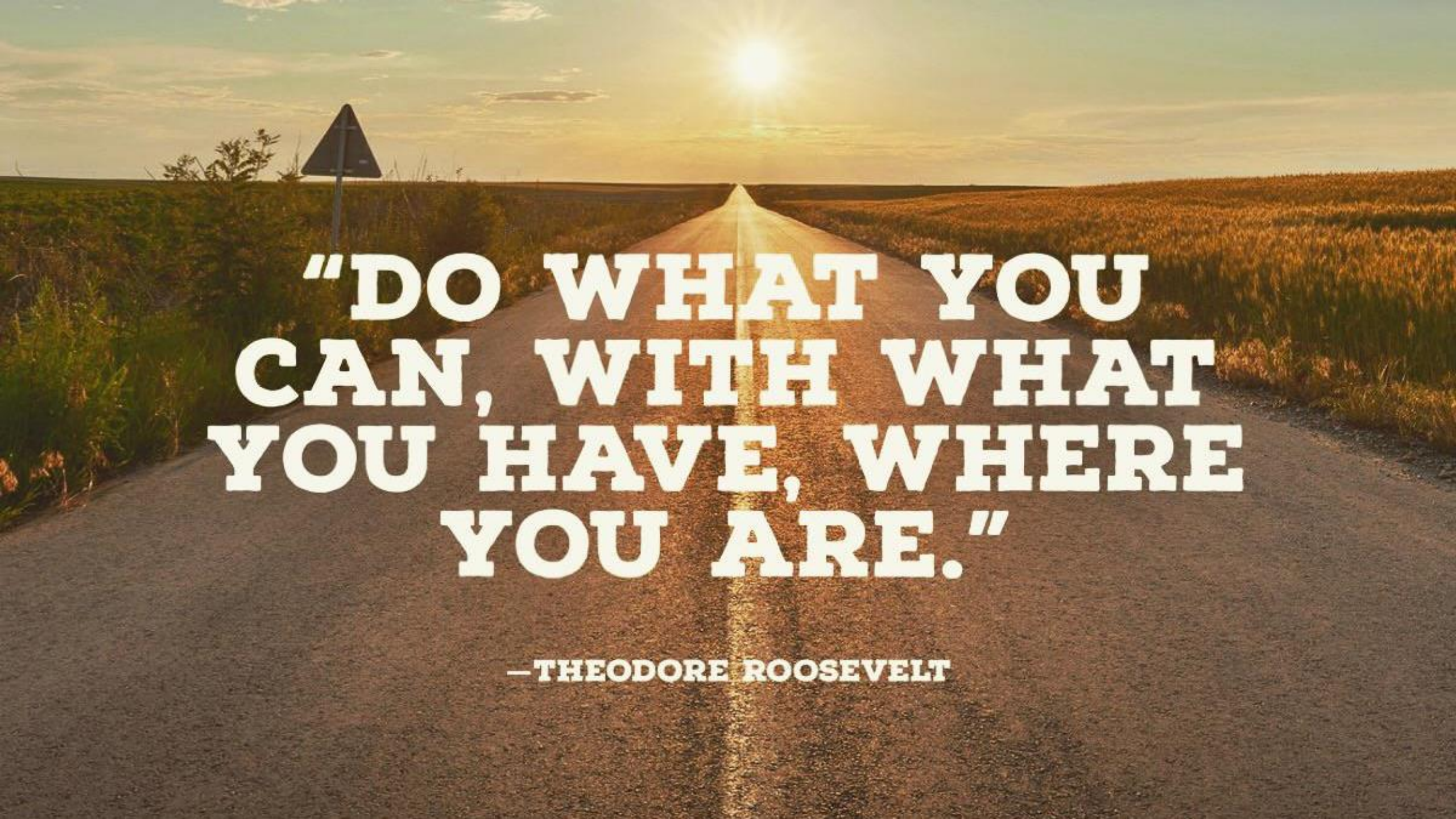


PHOTO: TIM BEAR/CONZ/BETTER LIFE MEDIA

Your systems are perfectly designed  
to get the results that you are  
getting.

— *Stephen Covey* —

AZ QUOTES

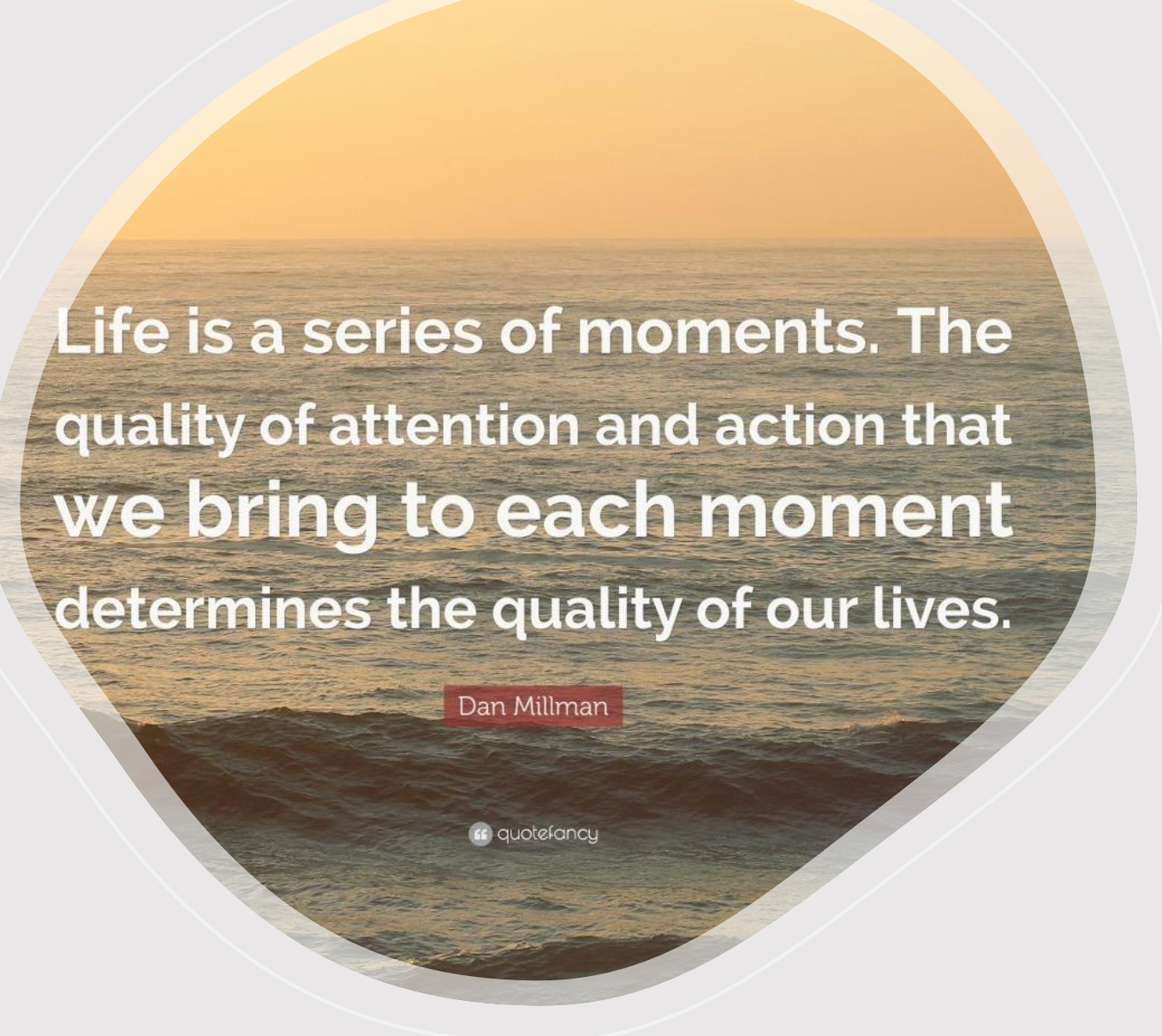
A photograph of a long, straight road stretching towards the horizon under a bright sun. The road is flanked by green fields on the left and golden fields on the right. A signpost with a triangular sign is visible on the left side of the road. The sun is low in the sky, creating a lens flare effect.

**"DO WHAT YOU  
CAN, WITH WHAT  
YOU HAVE, WHERE  
YOU ARE."**

**—THEODORE ROOSEVELT**




Everyone is doing what they can,  
with what they have, where they are



Life is a series of moments. The quality of attention and action that **we bring to each moment** determines the quality of our lives.

Dan Millman

quotefancy




**There is no such thing as a bad day; just bad moments that we choose to take with us all day long.**

A photograph of laboratory glassware including beakers and test tubes containing various colored liquids (yellow, green, red) against a dark background with a blurred molecular structure. The text "Treat Life Like A Science Experiment" is overlaid in white. An orange bar is at the bottom.

Treat Life Like A Science  
Experiment

The background is a solid teal color. In the top-left and middle-left corners, there are decorative yellow streamers or ribbons that appear to be blowing or falling. The text is centered and written in a bold, white, sans-serif font.

**SEE ONE  
DO ONE  
TEACH ONE**



Thank you all  
for your time &  
attention

Any feedback or thoughts?

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