

Collaborative Mentorship Networks (CMN) for Chronic Pain and Addiction

Operational Approach

Purpose

At the heart of family practice is a priority to anticipate and meet patient needs. Family physicians, as leaders in their practice and their communities, regularly manage expectations of them and their teams. The Collaborative Mentorship Network (CMN) acknowledges that patients expect their family doctor to be able to treat any condition, and family physicians and providers continually strive to further develop their skills including diagnosis and treatment of complex conditions amid the co-morbidities and social issues that patients present with.

Through established and trusting mentoring relationships with their peers, the CMN will allow family doctors and their teams to build confidence and capacity in identifying and treating patients with chronic pain and addictions (including Opioid Use Disorder); and serve as resources in their communities for other practitioners.

Approach

The Alberta CMN is modelled after the successful Mentoring Networks program at the Ontario College of Family Physicians, with a dedicated resource based at the Alberta College of Family Physicians (ACFP) to coordinate the development, implementation and ongoing activities of the network.

Recruitment and Matching

The CMN will communicate and socialize the network and participation opportunities through zone PCN committees and working groups, health system partners (AHS, AMA) and existing publications and communication mechanisms.

Self-identified participants (mentees) will complete an intake survey that identifies expectations, local context and will serve as a baseline for evaluation purposes before being matched with a mentor in the same geographic area.

Mentors may be self-identified or approached by the CMN team because of their expertise, experience or involvement in chronic pain and addictions. Mentors will also complete an intake survey that identifies their areas of expertise for matching and evaluation purposes.

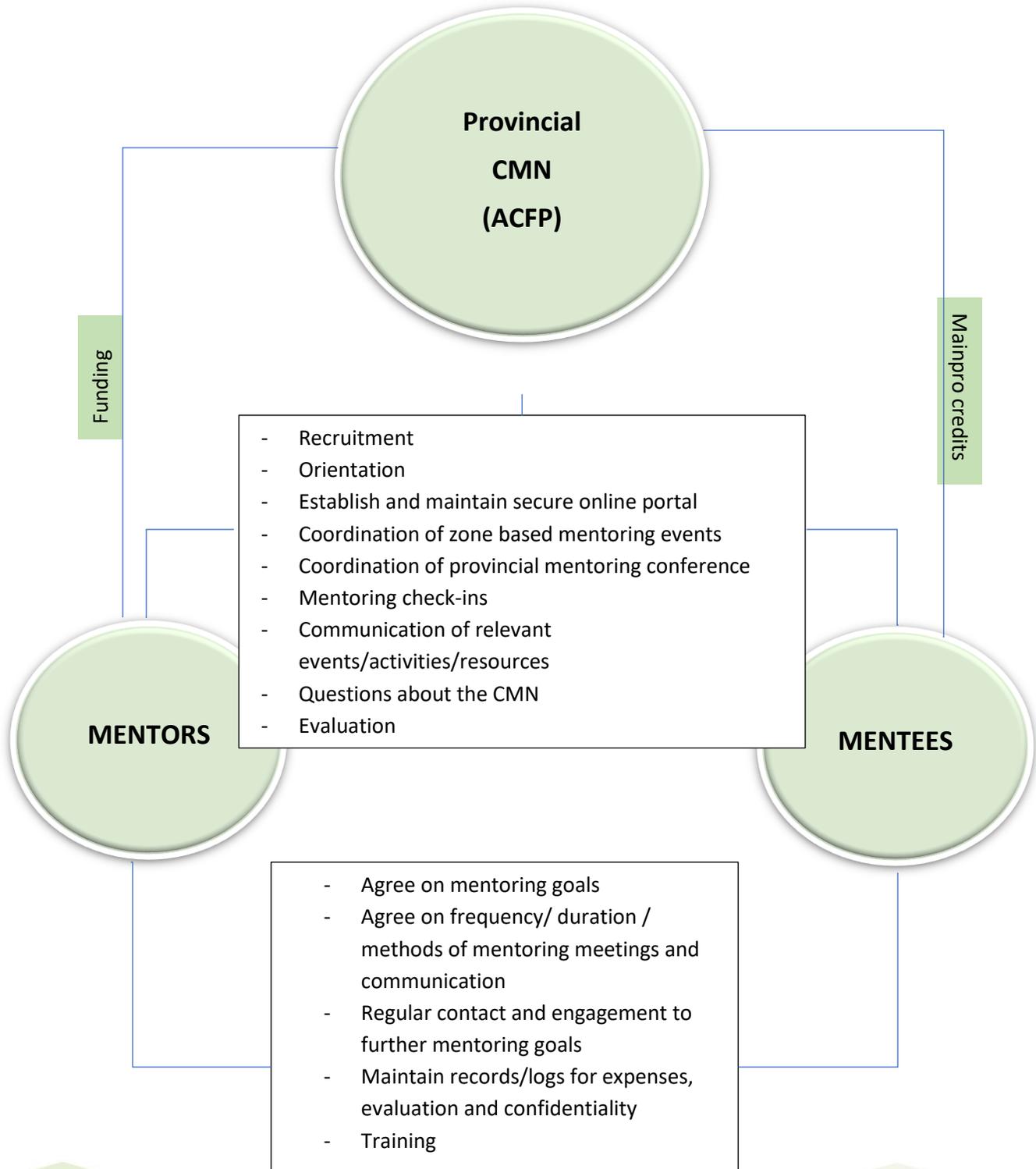
Matching mentors with mentees

Based on the responses of the intake surveys, mentees will be matched with mentors in their geographic area. Mentors may be matched with more than one mentee based on need.

Relationships

The value of the CMN exists in the development of trusted mentor/mentee relationships. Therefore, the provincial CMN provides the infrastructure that supports mentors to support mentees.

Mentors will receive a facilitated orientation session and a mentoring guide that outlines the expectations as well as some guiding principles and resources available to initiate and support their mentoring relationship.



Commitment

The CMN would recommend a commitment of one year with approximately 30 hours of mentoring time to achieve mentoring goals. The mentor / mentee may determine a shorter or longer time is required to meet the agreed goals.

Certification

An application is in process. Following the OCFP program, mentees can apply for up to 15 Mainpro+ credits for mentoring time plus additional credits for attending mentoring events coordinated by the CMN (dependent on approval).

The ACFP Opioid Task Force will serve at the Scientific Committee for Certification.

Existing Support and Training

The CMN aims to connect, collaborate and compliment the wealth of support available in Alberta for the treatment of opioid use disorder, mental health, and pain management. The mentoring guide and the secure online portal will include links to and resources from:

- Opioid Use Disorder – Telephone Consultation (AHS)
- Patients Collaborating with Teams (PaCT) (AMA/AHS/HQCA)
- Physician Leaders’ Network (AMA)
- Rural Opioid Dependency Network (AHS)
- Publicly Funded Treatment Programs (AHS)
- Opioid Task Force (ACFP)
- ODT Virtual Training (AHS)
- ODT Virtual Health Learning (AHS)

Assessment

Feedback received through surveys and at events will be used to assess the value and impact of the network and for further development.