

# Collaborative Mentorship Networks (CMN)

## Medical Mentoring for Chronic Pain and Addiction

### Overview

The CMN provides an environment and infrastructure for family physicians to connect with colleagues who have experience or expertise treating patients with chronic pain and addictions in a trusted mentoring relationship.

Mentors are practitioners (GPs and specialists) with pain management and/or addictions focus who are currently engaged in the opioid response work and will receive an honorarium for their mentoring time.

Mentors and mentees will meet informally by phone or email or online forum, and formally through small group, zone based meetings, provincial conferences and online meetings coordinated by the CMN.

The CMN is not one-off advice, training or coaching but a trusted professional relationship where mentees have a safe, secure place to ask tough questions and challenge recommendations. The CMN is collaborating with health system partners (Alberta Medical Association and Alberta Health Services) to incorporate training, learning and coaching activities into the mentoring guide and online platform.

### Objectives

- Support family physicians and other healthcare professionals in providing complex clinical care
- Enhance the quality of complex clinical care
- Provide practical and relevant complex clinical care continuing professional development (CPD) based on learning needs
- Increase the number of family physicians and other healthcare professionals who are able to treat complex clinical care patients
- Provide the means for improving integration among primary and specialty care.

### Certification

An application for CME credits is in process where mentees could earn up to 15 credits for mentoring time (additional credits may also be available for training tools and conferences).

### The CMN Pilot

In response to the urgent focus of increasing Opioid Agonist Therapy (OAT) in family practice by December 2018, the CMN will be conducting a pilot program that will launch in September with 2 mentors in each zone. The immediate goals for mentor/mentee relationships will be to increase confidence and capacity in administering and managing patients through OAT.

A free Mentorship Information Session will be held at the [Practical Evidence for Informed Practice \(PEIP\) pre-conference](#) on October 19, 2018, where the pilot group and interested participants will inform the next stages of development. The official launch of the CMN is anticipated in March 2019.

The pilot project will end in February 2019 to allow for data gathering and modifications before the official launch, however mentoring relationships will be encouraged to continue where the mentoring goals may be expanded to include:

- Screening and diagnosis
- Psychotherapy, pharmacology, rehabilitation therapies, interventional therapies, appropriate prescribing, and management of pharmacotherapies.
- Exposure to different and innovative approaches to of complex clinical care
- Supporting patient/physician interactions
- Increased knowledge and use of evidence in the context of physician experience and patient preferences and values
- Increased knowledge and use of community resources
- Development of advocacy skills for patients, families and communities dealing with mental health issues and addictions
- Appropriate and timely referral to specialists

## Recruitment

The CMN is currently recruiting participants for both the pilot program and the official launch. We are looking for:

- Family physicians who wish to increase their confidence and capacity in identifying and treating patients with pain and addiction, with an immediate focus on administering OAT for patients with Opioid Use Disorder.
- GPs and specialists with pain management and/or addictions focus who are currently engaged in the opioid response work who would like the opportunity to develop professional relationships, increase their recognition among peers and participate in an initiative that matters.

## Contacts

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