

FAMILY MEDICINE CONFERENCE POST-CONFERENCE DISCUSSION PROMPTS



Use these questions as prompts to engage in further discussion with small groups of colleagues and identify actions you can apply to your practice. Form a REAL Group or complete a Linking Learning Exercise to earn extra Mainpro+® credits. Details can be found on the [CPD section of bccfp.bc.ca](https://www.bccfp.bc.ca).

Maintaining wellness

- How can we better identify patients' mental health and wellness issues at an earlier stage?
- What strategies do we have for maintaining our own wellness and resilience?
- How can we support colleagues' resilience and wellness?
- In the coming months, what stressors do we anticipate for both patients and physicians?

Racism in medicine

- How has systemic racism impacted the health of my local community members?
- How can we practise cultural safety and humility in a typical patient interaction?
- What can we do when we identify a microaggression or discriminatory act at work?
- What is the family physician's role in addressing systemic racism?

Envisioning the future together

- What changes do we hope to see in primary care in the next 5-10 years?
- What are the barriers to family physician access for British Columbians?
- What's one step I/we can take to advocate for the future we want to see for our primary care patients?
- What challenges do we anticipate in achieving the future we want to see and how can we tackle them?

We all make mistakes

- Share a time you made a mistake. How did it impact you psychologically and how did you respond?
- How can we support colleagues when a mistake is made?
- What strategies can we implement to minimize future mistakes?

Health impact of climate change

- What will be the family physician's role in managing the impact of climate change?
- How might my local community be affected by climate change?
- How might patient presentations change because of climate change? What changes will I need to make in my approach to symptom presentations as a result?

Managing grief

- What are some of the different types of grief patients and physicians have been experiencing this year?
- How can we approach the subject of grief with our patients?
- How might patients present with long-term, complex grief?
- How can we support colleagues experiencing grief?

Transforming your work

- What is an example of something you find fulfilling in your typical day at work?
- What is an example of something that is a barrier to feeling fulfilled in your typical day at work?
- What action can you take tomorrow that will result in a greater feeling of fulfillment?