

number of patients who have participated so far—14 000 patients have been referred by 1500 family physicians across the province.

Starting this winter, physician wellness will be the focus of a UBC CPD series of CBT groups and workshops, where specialists and family physicians can meet virtually to support their personal well-being and gain grounding in group facilitation (including trauma-informed care and inclusivity training). Practical aspects of CBT will also be taught for physicians to share with patients.

Selected physicians can choose to continue training with the CBT Skills Groups Society to offer their own CBT skills groups to patients across the province.

Visit <https://ubccpd.ca/collaborate/portfolios/cbt-skills> for details on how physicians can participate in this program. ■

—**Joanna Cheek, MD**
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Library reading lists

Staying current to provide the highest level of patient care is an ongoing challenge. The College Library has many options to help, including curated reading lists. Reading lists are designed to support physicians' ongoing learning, with emphasis given to cultural sensitivity, humility, and other socially significant themes, and topics of rapid change where resources outside the scope of a conventional literature search may be helpful. The Library currently maintains seven lists: Pain Management, Pandemic Management, Point of Care Ultrasound, Race and Health Equity, Sexual and Gender Diversity, Trauma-Informed Care, and Virtual Care.

Reading lists are continually updated to adapt to changing situations. For example, in 2020 the Library's Pandemic Management list highlighted epidemiology, infectious disease,

and physician wellness in general, and now includes COVID-19-specific resources for busy clinicians.

The lists also incorporate different resource types: point-of-care modules from BMJ Best

Practice and DynaMed, journals, online and print books, current guidelines, and videos. The Library's online resources can be accessed from anywhere by College registrants, and print items can be mailed anywhere in British Columbia. Reading lists may also spark an idea for a literature search, and the Library is happy to send a customized list of the latest articles on topics of your

choosing. Either a one-time list or monthly updates may be requested. Similarly, if any journal titles stand out, the Library can send tables of contents monthly for selected titles and forward the full text of articles of particular interest. As always, please contact the Library for more information: <https://www.cpsbc.ca/registrants/library/make-request>. ■

—**Paula Osachoff**
Librarian

This article is the opinion of the Library of the College of Physicians and Surgeons of BC and has not been peer reviewed by the BCMJ Editorial Board.



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