

Name of app / website	Type	Link if applicable	Cost	Brief description
PedMed	Website	PedMed.org	free	BC Children's & Women's Hospital Online Formulary for pediatric dosing.
PediStat	App	Pedi_STAT	\$6.99 once	Pediatric medication dosages and equipment sizing, helpful for EM.
TREKK	App	TREKK	free	Emergency med recommendations for peds cases (eg croup management).
BiliTool	Website	BiliTool™	free	Calculator for stratifying neonates >35 weeks for risk of hyperbilirubinemia, from American guidelines.
InfantRisk	App / Website	InfantRisk	\$9.99/yr	App for Rx safety for pregnancy and breastfeeding.
Firstline (previously Spectrum)	App	Firstline	free	Location based pediatric antibiotic recommendations/antibiograms; ex. choose CHEO for Ottawa residents.
BC Children's Growth Calculator	Website	BCCH Growth	free	Fillable growth plots for pediatric patients.
OBWheel	App		free	Weekly pregnancy dating by LMP, EDD etc.
LITFL (Life in the Fast Lane)	Website	LITFL	free	EM review info and critical care compendium. Excellent for EKGs. Quizzes and cases for US, XR, EKGs.
EMCrit	Website / Podcast	EMCrit	\$20/yr (residents)	American EM and critical care reviews/topics.
Airway Management in Emergencies	Website	AIME Airway	free	Digital textbook for airway topics. Videos coming soon.
First 10 EM	Website	First10EM	free	Website done by Canadian EM doc, critically appraises EM and CCM articles, provides bedside resus plans.
The Ottawa Rules	App		free	Compendium of Ottawa rules (ankle, knee, head etc), useful in ED/clinic.
airRx	App	airRx	free	App with helpful info for providing medical care on a commercial flight.
iCCS	App		free	App with Canadian Cardiovascular Society guidelines.
Lanthier	App	Lanthier	\$24.99/yr	Canadian IM guidelines for common presentations.
VisualDx	App	VisualDx	\$20-50/mo (USD)	Clinical reference tool for skin diseases, incl. therapy suggestions. >30,000 peer reviewed skin images.
STI-ITS	App	STI-ITS	free	Canadian Guidelines on STIs.
Developmental Disabilities Primary Care F	Website	DDPCP	free	Ontario based, approaches and screening guidelines for FPs and patients with developmental disabilities.
CFP: Distilled	Website	CFP: Distilled	free	Video summaries of monthly CFP articles. Requires registration.
Merck Manuals	Website	Merck Manuals	free	Concise reads on most medical topics. Provider and patient versions available.
UpToDate	App / Website	UpToDate	\$\$\$	More than you could ever want to know about anything. The real Doctor Google. Usually paid for in residency.
Hippo Education	Website	Hippo Education	\$\$\$	American based CME courses. Parent site of a number of podcasts / audio shows.
Evidence Alerts	Website	Evidence Alerts	free	Subscribe through McMaster to get weekly alerts about new articles in medicine that you are interested in.
Geeky Medics	App / Website	Geeky Medics	free	Technically for medical student review, but has great videos, OSCE guides etc for all medicine topics.
MD on call	App	MD on Call	\$14	App with approach and management for common on-call issues.
Diagnostic Checklist	Website	Diagnostic	free	Aims to broaden physician differential by suggesting other diagnoses based on presenting complaints.
CMA	Website	CMA	free	Access journals and books for free.
Anti-infective Guidelines	App / Website	Orange Book	\$24.99	Digital version of the Mums Orange Book for community infections + antibiotics. No Android app thus far.
Bugs and Drugs 2.0	App	Bugs & Drugs	free	Canadian antibiotic recommendations with treatment durations.
CAADRA	Website	CADDRA	free	ADHD resources website, with medication prescribing charts and formulary.
Prescribe Smart	App	Prescribe Smart	free	Canadian formulary to look up what drugs are covered in each province, find alternatives, etc.
Drug Search	Website	Drug Search	free	BC online formulary for drug coverage.
SwitchRx	Website	SwitchRx	free	Guide for cross-titrating psych meds. Requires registration.
MedStopper	Website	MedStopper	free	Geriatric deprescribing tool - tells you what meds to stop in order of priority based on BEERS/STOPP criteria.
Opioid Manager	App / Website	Opioid Manager	free	POC tool for prescribing opioids based on Canadian Opioid Guidelines. Requires registration.
Rx Files	App / Website	RxFiles	\$95/yr	Canadian drug information resource. Not funded by pharma.
Eye Chart HD	App	Eye Chart HD	free	Visual acuity chart designed for smartphone.

MDCalc	App / Website	MDCalc	free	Calculations, scores, criteria (ex. Ottawa ankle rules).
Med Interpret	App	Medical Interpret	free	App with French translation of medical terms.
Cree Medical	App	Cree Medical	free	App with Cree medical terminology for cancer care.
Mindshift CBT	App	MindShift CBT	free	Evidence-based anxiety relief program.
WebMap	App	WebMap	free	Interactive app for teens to learn behavioural and cognitive skills for managing chronic pain.
OHIP Codes	Website	OHIPcodes	free	Suggested Ontario billing codes for procedures etc. Done by ERFaster.ca .
MommyMeds for Moms	App / Website	Mommy Meds	free	App for all pregnant and breastfeeding mothers for safe use of prescription and over-the-counter medication.

Name of podcast	Link if applicable	Cost	Brief description
Emergency Medicine Cases	Emergency Med	free	Review of ED presentations and expert advice on management.
SGEM (Skeptics Guide to Emerg Med)	SGEM	free	Weekly podcast and blog, clinical and research discussions.
RnR Rounds	RnR Rounds Podcast	free	Rural and remote EM case discussions.
CrackCAST	CRACKCast	free	Hosted by CanadiEM, discusses trauma approaches in the ED.
EM RAP	EM:RAP	\$195 US/yr	Monthly audio series about all topics EM.
BS (Best Science) Medicine	BS Medicine	free	Review and appraisal of recent FM literature.
Primary Care RAP	Primary Care RAP	\$395 US/yr	American-based concise primary care topics (Hippo Education). \$95 US/yr for residents.
Dr. Mike Kirlaw Presents	Dr. Mike Kirlaw Preser	free	Ontario rural doc Mike Kerlew goes through CFPC topics. Also on apple podcasts.
Really Rural Surgery and Obstetrics	Really Rural Surg and	free	For enhanced surgical skills GPs; analyzes surgical studies in the context of rural Canada.
Peds RAP	Peds Rap	\$395 US/yr	American-based concise peds topics (Hippo Education). \$95 US/yr for residents.
The Curbsiders	The Curbsiders	free	IM podcast hosted by internists, bringing pearls and practice-changing info.
CMAJ	Podcasts CMAJ	free	Discuss clinical and social medicine in Canada, wide spectrum of topics.
Sickboy (CBC)	Sickboy Podcast	free	Interviews with people with chronic illness, breaking down stigma associated with disease.

Name of book	Link if applicable	Cost	Brief description
The Surprising Lives of Small-Town Doctors	The Surprising Lives	\$20	Book by Paul Dhillon. A collection of stories submitted by rural Canadian MDs that capture the essence of rural medicine.
CBT for Adults: A Practical Guide for Clinicians	CBT for Adults	\$50	Book by Dr. Drummond for treating patients with psych conditions using cognitive and behavioural interventions.
SPRC Manual of Rural Practice	Manual of Rural Practice	Free for members	Practical approaches to many of the procedures that a rural doctor may provide.
McMaster Textbook of IM	McMaster IM	\$50	Hardcopy from 2019 available, or up to date digital access via app store.

Name of conference / course	Link if applicable	Cost	Brief description
Banff Emergency Medicine	Banff EM conference	\$450 - \$1100	Emergency Medicine for Rural Hospitals conference. End of January in Banff.
CASTED	CASTED courses	\$1000 - \$1500	Casting and splinting course for the ED.
EDE Bootcamp	EDE Bootcamps	\$4500 for 3 days	1-3 day POCUS workshops.
MTL-SONO	MTL-SONO	\$500	Introductory med student / resident POCUS conference.
ACLS / ATLS / PALS / NRP / ACoRN	Various platforms	Variable	Resus and trauma courses.
SEME	SEME	You get paid!	Mini emerg fellowship for rural GPs. Three-month, full time, remunerated +1 in EM.
emc2	emc2	\$450 - \$550	ED ECG course - usually in Toronto, twice a year in March and November.
Banff Family Practice Anesthesia	Banff Anesthesia	\$400 - \$650	Intensive course for GPAs, didactic and interactive. End of January in Banff.
SRPC R&R	SRPC R&R	\$430 - \$1400	Annual conference, peer-to-peer rural teaching. Various locations.
Family Medicine Forum	FMF 2022	Variable	Canadian family med conference for evidence-based education.
The Review Course in FM	The Review Course	\$1200 - \$1700	Prep course for CCFP exam, with virtual and in-person options.
Rural Virtual Conference Series	RVCS	Free - \$250	Weekly online CME sessions for rural providers. Free for Alberta physicians/residents.
ALARM	ALARM	\$1200 (FM res)	Labour emergencies course.
myoActivation	Core Training Series	\$1200 (residents)	Assess and treat chronic pain conditions; developed by Dr. Greg Siren. BC based.
Name of organization	Link if applicable	Cost	Brief description
Rural Education Action Plan (BC)	REAP	free	An organization that supports and funds residents, med students, and physicians with rural training.
WONCA	WONCA	free	International organization of GPs. Include conference, special interest articles, working groups, advocacy.
Canadian Wilderness Medicine Society	CAWM	\$40 / yr	Non-profit connecting practitioners, researchers, educators, and professionals in Wilderness Medicine.
Canadian Assoc of Emergency Physicians	CAEP	\$140 - \$550/yr	Canadian Emergency Physician Association. Membership gives you sweet corporate discounts (EM:RAP etc).
KEY			
Medications			
Pediatrics			
OB			
EM			
IM / specialties			
Fam med specific			
General med info			
Non specific			