

MindMatters

The Newsletter for the Regional Clinical Department of Psychiatry

Volume 11, Issue 2

Summer 2002

From the Department Head

The fall of 2001 and the winter of 2002 saw a pause in the development of mental health services in Region 4. Even spring seemed to arrive late, but a number of issues appeared to be moving forward again. In particular, the Geriatric Psychiatry Rehabilitation Unit at the Glenview Nursing Home is moving ahead. Planning for additional acute care beds at the Rockyview General Hospital is also moving ahead. The permanent building to house the Short Stay Unit of the Peter Lougheed Centre has broken ground.

In anticipation of a second term as Head of Psychiatry for the University of Calgary and the Calgary Health Region, the Department has come forward with an integrated set of proposals that if implemented, could significantly improve the practice of psychiatry in Calgary and Southern Alberta. These four proposals are made in the

context of two provincial initiatives. The first, which is primarily focused on mental health services, is the divestment of clinical service delivery from the Alberta Mental Health Board to the Regions. The second, which is a broader health care initiative, is the Health Care Reform Team, which is implementing the Mazankowski recommendations.

All of these individual proposals have been circulated to all psychiatrists in Calgary. The proposals include:

1. A five-year Workforce Plan that looks at our Department as part of a Southern Alberta integrated network. The

plan calls for a doubling of the number of psychiatrists.



Have a great summer!

2. A position paper on funding and governance recommends that mental health services be funded through a population-based

funding formula, using the integrated Regional and AMHB services in Region 10 (Edmonton) as a benchmark.

3. A third document proposes that all mental health services should be provided by Regional Health Authorities with funding on a population-based funding model. Forensic Services should be outside this model and should be funded through the province-wide services model used for some other provincial health services.

Accountability for the services delivered should be to a newly established Health Services Utilization and Outcomes Commission.

4. Finally, a fourth document proposes the development of a provincial Mental Health Services Research Unit that would support the work of the Health Services Utilization and Out-

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Residents' Corner

Expansion

The Residency Training Program has received formal notification from the Postgraduate Medical Education Office regarding the Allocations Committee review of residency positions at the University of Calgary. Our Department will be receiving a fifth first-year residency spot in July 2003, which will increase our numbers to twenty-two. I would like to welcome the new residents Drs. Sara Binder, Kristin Bristow, Ian Forbes and Nina Ishkanian who will be starting in the program July 2002.

Research

In research news, three residents have received additional recognition for their research projects. Dr. Suparna Madan's investigations into the effects of music intervention in treating disruptive behaviors in demented long term care residents have received institutional approval from the CHR's Adult Research Committee. Dr. Cynthia Baxter's review of residency teaching in transcultural psychiatry has been accepted for publication in the *Annals of the Royal College*. Dr. Baxter recently presented on this topic at Psychiatry Grand Rounds in Edmonton at the invitation of their Department Head. Dr. Rup Pandya has been invited to present his findings on the CES-D Scale in treatment of candidates with multiple sclerosis

at the World Congress of Psychiatry in Yokohama, Japan.

Dr. David Crockford, Residency Research Director, has requested that each second year residents acquire a research preceptor. If any faculty are approached regarding this opportunity and have questions, please contact Dr. Crockford. Residents will be expected to present at Grand Rounds at least once during their training.


Psychotherapy

The Residency Training Committee has received approval at all levels to revamp the psychotherapy training aspect of the program. Effective the upcoming residency year (July 2002), residents will receive training one half day per week in Cognitive Behavioral Therapy, Family Therapy and Group Therapy within their second and third years of residency. I would like to thank Drs. Assen Alladin, Patrick Lynch, Sarban Brar, Debbie Dobson, Kerry Mothersill, as well as Dr. Maureen Leahy in the Psychology Department for agreeing to assist in providing the residents with psychotherapy training. Within the Department, I would like to acknowledge Drs. Karl Tomm and Tim Yates for their ongoing support in this area, as well as Drs. John Toews, Mohamed Abdel-Keriem and Chris Wilkes for their teaching sessions with the second year residents.

Emergency Psychiatry

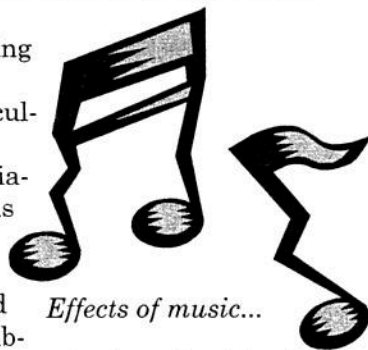
In response to a nationwide effort to provide residency training in the area of Emergency Psychiatry to new residents, Dr. Phil Stokes and the staff in Emergency Psychiatry at the PLC have agreed to

develop a one-month rotation for all first year residents in our program. I would like to extend my thanks to the staff for supporting this new and vital area of learning for the residents.

Congratulations! 

Just before going to press, news arrived that all six candidates who wrote their exams passed. Congratulations to Drs. Clint Hirst, Lloyd Maybaum, Mitch Spivak, Karen Tanguay, Ania Wisniewska and David Gibbs!

Bev Adams



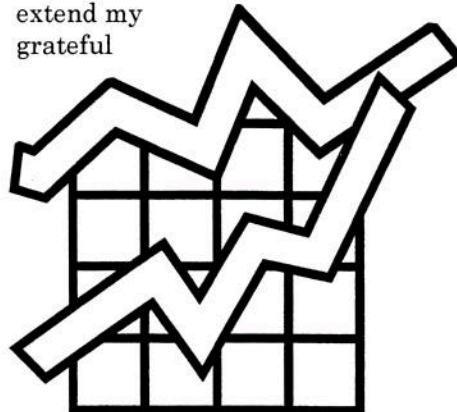
Undergraduate Education

Faculty, residents, students and support staff turned out in enthusiastic numbers at the MIND course retreat on May 31 to assist in planning revisions to the medical school's psychiatry unit, commonly known as the MIND course. This was a very fruitful meeting with presentations from both Undergraduate Medical Education (Dr. J.-G. DesCoteaux) and our Department - Drs. Chris Blashko (core document), Michael Trew (evaluations and clinical correlation), Lauren Zanussi and Will White (small groups). There are still teaching opportunities for August 2002 in regards to clinical correlation and small groups; please contact Gail Cooke at 670-2637 for further information. Due to the expansion of the medical school, class size will be approximately 115.

I would also like to point out that Dr. Zanussi is planning to take a residency administration elective

this summer, with the end product of guidelines to assist our specialty support the educational process in the undergraduate program.

Our clinical clerk numbers have grown this year to 99 - each of the eight rotations has increased by two to three clerks. I would like to extend my grateful



Expansion of Medical School

thanks to the faculty at the Rockyview and Units 21 and 22 at the Foothills for offering to accom-

modate the additional numbers.

I would also like to thank all staff that stepped forward to provide medical students with a "window" into Psychiatry through the Medical Encounters program. We have ten medical students who have requested to spend a few hours each week over three months learning about our specialty. This can be a rewarding opportunity to encourage students to look at Psychiatry, regardless of whether they choose the specialty as their ultimate career path. If you would like to be involved in the future with this program, please contact Pauline Burgess at 670-1271.

Nancy Brager

Research Milestones at the Addiction Centre

The Canadian Psychological Association will present, in June, the New Researcher's Award to Dr. Shawn Currie for his work on a cognitive behavioural approach to treat sleeplessness stemming from chronic pain.

The US National Council on Problem Gambling this year will present, also in June, its PhD Best Dissertation Award to Dr. Hermano Tavares for his work on the relationship between pathological gambling and personality features. This is the third year in a row that a trainee affiliated with the Addiction Centre wins one of the awards. The last two were won by Dr. David Hodgins' Master's students.

Dr. Nady el-Guebaly has just celebrated the acceptance of his 100th peer-reviewed publication in the scientific literature. A long journey! He has been elected as Chair, Alberta Gaming Research Institute, a consortium of the three Alberta universities, for a three-year term.



100th publication

This is a celebration of a multi-disciplinary clinical program's concerted effort to achieve excellence in integrated patient care, training and research activities.

What's New in Inpatient Psychiatry

In spite of the process of integration or devolution, the Inpatient Services and Emergency Services continue to become busier and busier, especially at the Rockyview General Hospital site. Despite these demands, the staff at all three sites have provided commendable service.

There have been many exciting developments in the past few months. The construction of a permanent 15-bed Short Stay Unit at the Peter Lougheed Centre has been approved and is scheduled to start in the fall of 2002. With the assistance of an anonymous donor for \$408,500, the Region has committed \$800,000 to make improvements on Units 21 and 22 at the Foothills Medical Centre, including construction of more high observation rooms. Currently, negotia-

tions have recommenced for additional psychiatric beds at the Rockyview since the development of the modular units has been approved by the city.

During the next three months, Mr. Garth Mihalcheon, Program Director for the Adult Mental Health & Psychiatric Inpatient Program, has been seconded to be project leader for Continuity of Care. His duties have been assumed by Ms. Sharon Anderson, Program Director for Geriatric Mental Health. She will be assisted by Ms. Maureen Coleman, Administrative Director, Mental Health, who has been assigned as site coordinator at the FMC and by Mr. Jim Merchant, Program Director for Adult Mental Health & Psychiatric Primary & Community Care, who has been assigned site coordinator at the PLC.

In closing, I would like to express my sincere appreciation to all of you who have generously contributed to the Residents Scholar Development Fund, which has been established to acknowledge the valuable service the residents are providing. To date, we have received a commitment for more than \$10,000.

It is hoped that the First Annual Invitational Golf Tournament at Elbow Springs Golf Course on June 17 will provide an opportunity to meet with your colleagues from across the Region.

David Miyauchi

Quality Improvement Physician Appointed

After a call for applicants for the position of Quality Management/Quality Improvement Physician went out to all psychiatrists in the Region, interviews were held in May and a physician was selected: Dr. Jane McCrudden will take on the role of lead psychiatrist for Quality Improvement and Quality Management. This is part of a process of both the Calgary Health Region and the Alberta Mental Health Board developing an infrastructure to support Quality Improvement. In 2001, Lisa Stewart was appointed as the QI Consultant for the Mental Health & Psychiatric Pro-

gram. You can read more about her activities on page 5. In addition, the capacity of the Information & Evaluation Unit to support QI projects has increased.

The role of the QM/QI Physician will be to provide leadership in QI in their area of clinical responsibility. She will function as champion for the QI ethics within the Department as well as throughout the organization; as educator for her team members and for other members of the Department; and will coordinate QI functions in the Department in collaboration with the Regional

Clinical Department of Psychiatry Executive. She will represent the Department on the Regional Quality Council and will serve as Chair of the Departmental Quality Management Committee.

Dr. McCrudden believes QI is a vital part of excellent patient care. She sat on the Quality Assurance Committee in the early 1990's at Calgary General Hospital.

Please join me in congratulating Dr. McCrudden on her appointment.

Don Addington

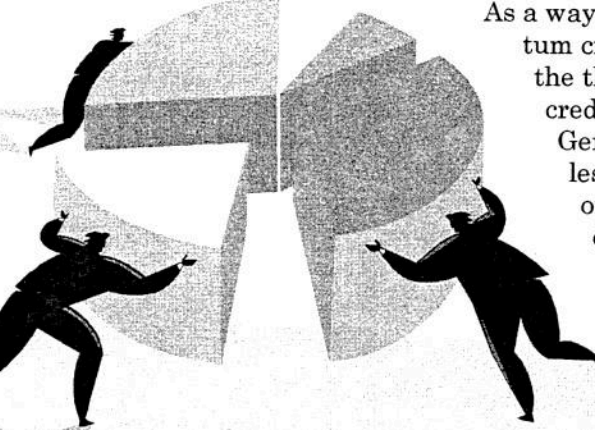
Quality Improvement & Mental Health

Quality Improvement (QI) is an emergent area of focus as both the province and regions move towards making the health system more efficient, effective and accountable to the people that it serves. In the Calgary Health Region, the Department of Quality Improvement & Health Information (QIHI) serves to support QI initiatives through the provision of resources and training to clinical departments. Part of the QIHI mission is to support and build knowledge in both clinical and non-clinical teams throughout the Region to ensure integrated, coordinated and measurable QI activities.

The principles used to guide this purpose are:

- 👍 Customer focused
- 👍 Begin with front-line staff (as opposed to top-down approach)
- 👍 Stay process focused
- 👍 View people as a resource
- 👍 Teams and teamwork are at the heart
- 👍 Apply a structured and consistent approach to problem-solving
- 👍 Long-term evidence-based decisions are the aim
- 👍 Staff education is paramount
- 👍 Information management is key in the pursuit of quality

One of the strategies used for achieving this goal is to provide departments and portfolios with Clinical Enhancement Teams (CET) and/or QI consultation/facilitation. The purpose of the CETs or QI Consultation is to provide resources to each department/portfolio so that:



Team-Based Process Improvement

- (1) a structured and consistent approach to QI is engendered,
- (2) infrastructure and communication mechanisms are in place, and
- (3) innovations and learning are shared both within departments and across the Region.

I am the QI Consultant for Mental Health. Since being hired in October 2001, I have been working with staff and managers in the portfolio to collect a baseline of QI activities, promote a unified vision of QI, educate staff around QI tools and strategies as well as link the Mental Health & Psychiatry Program to regional QI initiatives. A recent focus of my activities has been to establish a departmental Quality Council that represents

both CHR and AMHB programs and services. The council's mandate is to develop QI priorities and assist QI working teams by providing them with support and resources. The Quality Council will hold its first meeting in June 2002.

As a way to build on the momentum created by accreditation, the three Mental Health accreditation teams (Adult, Geriatrics and Child & Adolescent) will go through the one-day Team-Based Process Improvement (TBPI) workshop beginning in June 2002. This training will help launch the teams' effort in building on their accreditation recommendations by providing them

with a model for creating evidence-based change.

If you would like more information on any of the above activities please do not hesitate to contact me at 219-1557 or by e-mail: lisa.stewart@calgaryhealthregion.ca.

Lisa Stewart

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comes Commission.

At present, these are all recommendations that are being advocated first within the Mental Health & Psychiatric Program, then within the Calgary Health Region. They will finally be presented to the Outcomes Commission, the AMHB Devolution Committee and the Provincial Health Reform Team. You can all play a part in advocating the key principles enunciated to the organiza-

From the Department Head

tional and political constituencies with which you are involved.

Congratulations to Dr. Beverly Adams, our new Residency Training Director. She began her term by obtaining one extra residency training position. Over time, this should lead to a twenty-five percent increase in the size of our Residency Training Program.

Don Addington

PSYCHIATRISTS' CORNER

We have space available in Mind Matters for commentary from any member of the Department. Any news you would like to share with colleagues, good or bad, announcements of events, etc. please send to:

✉ janny.postema@calgaryhealthregion.ca

☎ 670-1296

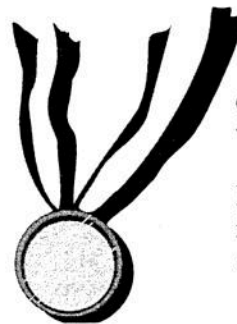
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Ceremony

Dr. Denis Morrison reported to us from the University of Sherbrooke, where he currently is Head of the Department of Psychiatry. On April 8, Dr. Morrison represented the University of Calgary Department of Psychiatry at the ceremony and reception held at the French

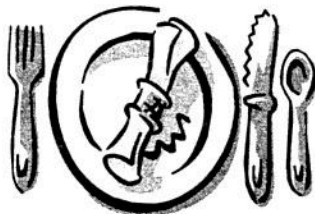


embassy in Ottawa where Professor David Weisstub was honoured with the Legion of Honour Knightship.

Dr. Weisstub was given a medal by ambassador Philippe Gueilly in the name of French President Jacques Chirac.

MARK YOUR CALENDARS:

University of Calgary
Department of Psychiatry
FALL SOCIAL 2002
MEET & GREET DINNER



Friday, October 18, 2002
University of Calgary
Faculty Club

Invitations will be sent closer to the date

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The Newsletter for the Regional Clinical Department of Psychiatry

is distributed quarterly to
all psychiatry medical staff and faculty,
psychiatry residents, Program Directors,
CHR Medical and Executive Directors,
CHR CMO and COO, Chair MAB,
Mental Health Executive Director &
Executive Medical Director,
and psychiatry support staff.

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