

MindMatters

The Newsletter for the Regional Clinical Department of Psychiatry

Volume III, Issue I

Spring 2003

From the Department Head

There will be two major organizational changes occurring on April 1.

One is the formation of a new Region 3, which expands the Calgary Health Region. The second is the transfer of AMHB clinical mental health services to the new Region 3. This will bring the Claresholm Care Centre and a number of rural mental health clinics together with the five mental health clinics in the Calgary Health Region into one organizational structure. The intent is to make the change with no immediate discernible change to clinical services.

The transfer of services from Alberta Mental Health Board to Region 3 does not address the service delivery problems for mental health services in Southern Alberta, which were identified in the Mazankowski report. Addressing those concerns is supposed to be part of a second round of mental health restructuring. Planning for this re-

structuring will begin as soon as the transfer of services is complete.

The Royal College of

Physicians and Surgeons of Canada review of residency training programs has been completed.

Spring 2003
The Department of Psychiatry was given full accreditation for the next six years. During the last year, Dr. Bev Adams and the Residency Training Committee have made a few key changes to address the concerns of the last internal review. They deserve our thanks and congratulations. In addition, the accreditor was impressed by the large

number of clinical faculty who came to meet with her. The quality and commitment of our faculty are critical to the

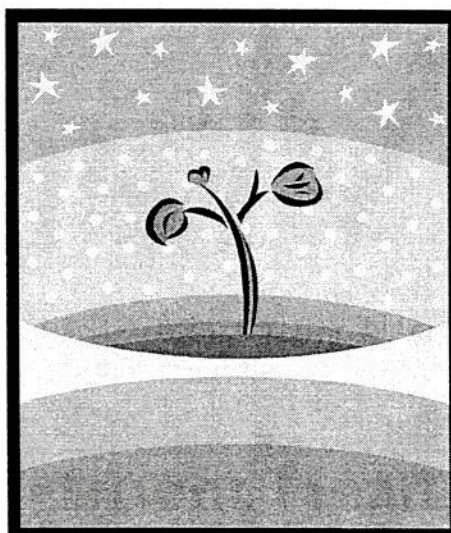
success of the Residency Training Program. My thanks to all of you.

Dr. Alan Weston will be retiring from

the Department of Psychiatry effective April 1. At age 80, he is our senior psychiatrist and has been a support and mentor to many of us. He is most widely known for his patient-focused care to individuals in legal difficulties. Less widely known is his broad knowledge and experience of legislative issues in mental health and his experience in administrative leadership. Alan has been appointed to

honorary status in the Calgary Regional Medical Staff Association and will continue to make educational contributions.

Don Addington



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Residents' Corner

Awards and Research

I was strongly encouraged to see such excellent staff attendance at each of the resident presentations at Littmann Day. Congratulations go to Dr. Suparna Madan for the Best Resident Research Project Scientific Award as presented by Lundbeck Pharmaceuticals. Dr. Rup Pandya received the Psychiatry Resident Innovative Research Award as presented by Janssen Pharmaceuticals. I would also like to acknowledge the presentations of Drs. Heather Scott and Will White, and thanks to Dr. Alana Holt Seitz for her contributions to the research project I presented.

At the urging of Dr. Patten, Dr. Cindy Baxter and Dr. William White submitted a case report on psychogenic coma to the International Journal of Psychiatry in Medicine. It has been accepted for publication.

New faces

The program has bid Dr. Carmen Ionescu good-bye as she resumes her residency training in Saskatoon. Dr. Ionescu's position will be filled by Dr. Tyler Pirlot on April 1 upon his transfer from the UofS

Psychiatry training program. Please join me in welcoming Tyler into the program.

The best news of the New Year for our program was the successful match of five PGY-1 residency positions for July 1, 2003. Psychiatry programs across the Prairies experienced difficulty in filling all their positions, which made me that much more appreciative. We've already had cake to celebrate! In July, we will be introducing Drs. Darcy Muir (UofS), Yuri Power (Memorial), Misty Stach (UofA), Rob Urquhart (UofM) and Helen Yeung (UofA). You may notice that there are five names listed - the Postgraduate Office has reinstated our fifth residency position effective the new residency year.

Rounding out

In an effort to provide well-rounded training for all residents, we have incorporated several new workshops this year to improve teaching skills, to provide exposure to Quality Improvement, and to enhance their interview and therapy skills. I realize these workshops take time away from clinical rotations and I would like

to thank all of the physicians for accommodating the required time for these workshops. A special thanks to Dr. Mohamed Abdel-Keriem for providing spots for residents free of charge for the Narrative Therapy workshop in late February.

Faculty input

The Residency Curriculum Committee is looking for a few good men or women to assist in Dr. Simpson's ongoing efforts to keep the curricula vital and up to date. Please contact the program office (944-1271) if you would like to join the monthly meeting.

Psychotherapy

Dr. Tim Yates has agreed to co-chair the Psychotherapy Subcommittee with the assistance of Dr. Kathleen Bryden. If you have any inquiries regarding psychotherapy training or supervision, please contact Dr. Yates (943-2214). Please join me in thanking Dr. John Toews for his years as chair of this committee.

Bev Adams



Mark Your Calendar!

Monday, June 23, 2003
2nd Annual Invitational
GOLF TOURNAMENT
Elbow Springs Golf Course
 Tee-Off Commencing 1:00 pm
 Proceeds to Residents Scholar
 Development Fund

All levels of golfers and non-golfers welcome. Also possible to donate to the Fund without entering the tournament. For further information contact Lenora at 944-1297.

Undergraduate Education

Undergraduate teaching continues to keep preceptors and seminar leaders busy on all 4 sites. Clerk numbers this year will increase from 97 to 108, increasing the average per block size from 10 to 12, keeping 4 preceptors on the go at all 3 main sites.

Of note, a couple of faces have already changed in clerkship:

- Dr. Carlos Tesler-Mabe has taken over the role of Site Coordinator for the Foothills from me.
- Dr. Hussam Bawa has agreed to take over the Site Coordinator role at PLC from Dr. Nandini Singh. Many thanks to Dr. Singh and Helen Field for their many years of support to the legions of clerks that have gone through the PLC with their assistance.

The undergraduate MIND course will run September 26 to October 20, 2003. Based on feedback from both the committees and the students, and with the blessings of

the Faculty's Undergraduate Curriculum Committee, we are continuing to revamp the curriculum to incorporate increased teaching in the areas of geriatric and child & adolescent, as well as updating all chapters in the core document. Dr. Chris Blashko is overseeing changes to the core document and urges current lecturers to contact him (943-8704) to discuss revisions. Due to the increased size of our medical school (from 100 to 115), we will require 23 small group leaders on all 3 sites to conduct the clinical experience portion of the MIND course - further information will be sent out in late March.

We are also considering a departmental Undergraduate Retreat in early May - look for information to come in the near future. This retreat will address both the development of teaching skills and updating our current test question banks.

I have a new academic secretary,

Valerie Simpson, who will be assisting in gathering information from our department for the various aspects of the MIND course. Valerie can be reached at 944-2637.

Please note that clerkship ACCESS funds (provincial moneys to support the department's expanded teaching responsibilities) are being submitted to the Faculty for payment to elective preceptors, committee members, site coordinators, etc. Please contact the program office (944-1271) if you have any questions in this area.

On behalf of the students and faculty, I wish to extend my gratitude to all individuals who contribute to undergraduate teaching. Without your support the program would not be possible, nor would it be the successful program it is.

Nancy Brager

Inpatient Psychiatry

Since the last Mind Matters, I am pleased to announce that ward physicians have been introduced on the Psychiatric Inpatient Services at FMC and PLC to provide comprehensive medical care. There has also been a change in the resident-on-call duties, which commences at 1600 hours on workdays rather than 0800 hours to meet the Royal College of Physicians and Surgeons of Canada requirements.

Recently, Dr. Adeyinka Marcus

was nominated by the Psychiatric Emergency nurses at FMC for the Bravo Award in appreciation of his contributions to the service. He will be given the award at the Site Managers Meeting on April 2, 2003.

Speaking of contributions, it is getting to that time of year when we will be having our second annual Invitational Golf Tournament for the Residents Scholar Development Fund, which will be held at the Elbow Springs Golf

Course on Monday, June 23, 2003, commencing at 1300 hours. In recognition of the strong endorsement from Dr. de Vries, we have increased the number of available tee times from 48 to 60 so more people can participate in the fun. If there is greater interest, we will attempt to make more times available. For information and registration, contact Lenora Forchert at 944 - 1297.

David Miyauchi



Updates in Quality Improvement

Since the establishment of the Quality Council for Mental Health and Psychiatric Services a number of Quality Improvement projects have begun to get under way. One of the most unique is the 8th & 8th Transfer Project. The 8th & 8th Transfer Project is piloting a new transfer process for mental health patients suitable for the Short-Stay Unit. The previous process for patients deemed appropriate for the service involved having patients go through on average three assessments: one at 8th & 8th, one at Psychiatric Emergency Services and another

upon arrival at the Short-Stay Unit. This often resulted in long delays and decreased capacity in Psychiatric Emergency Services. The pilot process to alleviate wait times and delays involves having the Admitting Physician at the Short-Stay Unit approve the mental health assessments from 8th & 8th without those patients having to be re-assessed prior to admission on the Short-Stay Unit. Currently, this role is being fulfilled by Dr. Thomas MacKay.

"Essentially, my role in the pilot is to make sure that the referrals

are appropriate", says Dr. MacKay. To date, eight patients have gone through the process and wait times and delays have decreased significantly. Furthermore, "the assessments are the same quality we get from PES", says Dr. MacKay. The pilot will continue until May 2003 when the 8th & 8th Transfer Project QI team will re-assess and make recommendations to the Quality Council for implementation and future monitoring.

Lisa Stewart

Holiday Spirit at the Clinics



During the recent holiday season, staff and clients in various clinics in the CHR and AMHB celebrated the Christmas tradition by sharing the holiday spirit with one another. At the Carnat Centre of the Peter Lougheed Hospital, Clinic Manager Janet Thompson has, for the past 20 years (since the Clinic was still at the imploded Calgary General Hospital), spearheaded turkey dinners for the more than 200 patients who attended the Day Program there. This time, the Clinic used up 4 turkeys, 5-gallon pails of mashed potatoes, and a stockpot of gravy. In addition, staff and psychiatrists took turns in serving food to the patients, making the occasion more enjoyable and meaningful.

At the AMHB Central Clinic, staff donated money to buy Christmas stockings and stuffed them with

various practical items for clients. Healthy food and refreshments were also provided in the waiting room for the duration of the holiday season. The Clinic was able to obtain Zoo passes for clients and their families to attend the Christmas festivities at the park.

Assertive Community Treatment (ACT) has always been successful at soliciting goods from various clothing stores and warehouses, which were happy to donate new attire for clients in need of clothing. This occurred in a timely fashion: when clients are in need of winter wear. Christmas 2002, the ACT team held their Christmas party in Kananaskis, at the William Watson Lodge. Each client put together a wish list, and with the donations received from numerous different corporations, we were able to purchase at least

one gift for each client from their list. Each client also received a stocking with some goodies inside. The clients then received a home-made Christmas dinner with all the fixings that was prepared by staff. The staff and clients enjoyed a great outing; wonderful bus ride, and a warm meal. Great fun was had by all.

The clients in turn were able to share in the holiday spirit of giving. Some of the gifts that we received from grateful patients included soft drinks, home made cakes, chocolates, brushes, shampoo, chips, and other treats. It is really heartening to experience this atmosphere of sharing from both sides. Let's hope that this act of giving will continue throughout the year.

Henry Chuang

Forensic Psychiatry to Remain Province-Wide Program

Forensic Psychiatry became a province wide service in August 2000. The Alberta Mental Health Board and the Calgary Health Region collaboratively managed services in Southern Alberta. The rationale for the provincial program was to allow the delivery of highly specialized services to Albertans in all health care regions in a provincially coordinated fashion.

Throughout the recent mental health transitions Forensic Psychiatry, as other areas in mental health, have remained committed to providing the best service possible to our patients and stakeholders. In recent years we have seen a significant expansion of our Forensic Adolescent Program and

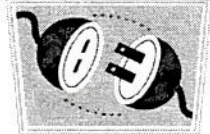
the implementation of Community Geographic Teams providing dedicated resources to the health care regions in Southern Alberta. We have also seen the development of a number of provincial initiatives with respect to family violence, diversion and young offenders. In this last year we have also seen the development of a province-wide Telemental Health Forensic Psychiatry Service. In the future, we look forward to an expansion and eventual relocation of the Forensic Assessment Outpatient Service within the community. Significant work has also been put into a proposed expansion of Forensic Inpatient Services in a free standing mental health facility in Calgary.

Further to the governments most recent announcements regarding mental health services, the Provincial Forensic Psychiatry Program will continue to be governed by the Alberta Mental Health Board as a province wide program. Service delivery will be contracted to the regional health authorities under contract with the Alberta Mental Health Board.

We look forward to working in a collaborative fashion with our stakeholders, ensuring that Forensic Psychiatric Services will continue to be delivered in a comprehensive and coordinated manner.

Ken Hashman

AMHB / CHR Integration



Beginning April 1, a new health region will be formed incorporating Calgary, the former Headwaters and part of Region 5. An additional challenge for Mental Health will be the migration of many of AMHB's former services into the new region.

There are psychiatrists who have had privileges only with Calgary, only with Headwaters, or only with AMHB. Working groups have been established to manage the issues of the medical staff in the new region. With respect to AMHB, a working group met in the fall of 2002. This group developed a set of principles to deal with the transition of medical staff into the regions. The Minister approved these principles recently.

Privileges

- A. Prior to transfer, AMHB medical staff privileges will be grandfathered by the relevant RHA.
- B. Following the transfer, AMHB medical staff will abide by the relevant RHA Medical Staff Bylaws, Rules and Regulations.
- C. Following the transfer, AMHB medical staff credentialing, privileging and appeal processes will follow the relevant RHA processes.
- D. AMHB medical staff will be integrated in the relevant RHA medical governance structure.

Compensation

- A. AMHB sessional, administra-

tive, and on-call budgets will be transferred to the relevant RHA and maintained according to current AMHB physician compensation practices for 2 years or prior to 2 years when a Provincial Mental Health Strategic Plan is in place.

- B. AMHB medical contracts will be maintained by the relevant RHA for 2 years or prior to 2 years when a Provincial Mental Health Strategic Plan is in place.

A steering group is being formed to effect a smooth transition. Any questions or concerns at this time would best be directed to Dr. Don Addington, Dr. Rollie Nichol, Dr. Gerry McDougall, or Dr. Doug Watson.

Rollie Nichol

Research Office



The Department of Psychiatry has established a Research Office, which is located at the Peter Lougheed Centre in Rm. 3644. I have been appointed to direct the activities of this Office and will be available on Tuesday mornings to meet with researchers and/or research teams. Unfortunately, because of a sabbatical, I won't be available for such meetings until September 2003. Dr. JianLi Wang has kindly offered to be available for any technical support during my absence.

The ultimate objective of the Research Office is to advance the mission of the Regional Department of Psychiatry, as this pertains to research. This objective will be accomplished in two ways. First, the office will be available to provide consultation and technical assistance with the preparation (and internal peer review) of research proposals and research re-

ports. Second, during 2003, I will be preparing a strategic plan for research in the Department. The plan will include some long-term objectives with the ultimate intention of having a positive impact on the academic standing of the Department.

For more information, please contact me at:
scott.patten@calgaryhealthregion.ca.

During my absence from March 1 - August 31, for technical support please contact Dr. JianLi Wang at:
jianli.wang@calgaryhealthregion.ca.

Scott Patten

Congratulations

Congratulations are in order to Dr. Chris Wilkes for having been elected a Distinguished Fellow by the American Psychiatric Association.

Dr. Safeer Khan recently passed his American Board of Psychiatry & Neurology Exam, and was granted recognition as a Specialist in Psychiatry by the College of Physicians and Surgeons of Alberta.

Congratulations to Dr. John de Vries who was nominated for the Long Term Education Contributions Award, and to Dr.

Chris Blashko who was nominated for the Undergraduate Medical Education Award. Dr. John Tuttle received the Continuing Medical Education Award and Dr. Shawn Currie received the Research Award.

Dr. Cindy Beck was promoted to the rank of Clinical Assistant Professor, and Dr. Stephen Simpson to Associate Professor.



Consultation-Liaison Career Opportunity at PLC

An opening will become available in the Peter Lougheed Centre Consultation-Liaison Service in the fall of 2003. Prior to that time, there will be opportunity to fill in shifts during the summer and fall of 2003 to experience the service before any commitment.

If you are interested and would like more information please contact:

Dr. Nandini Singh
943-8673
or Dr. Michael Trew
944-2168

Mind Matters

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.

Submissions & Inquiries:
janny.postema@calgaryhealthregion.ca
Phone 944-1296
Fax 270-3451