

# MindMatters

The Newsletter for the Regional Clinical Department of Psychiatry

Volume III, Issue 2

Summer 2003

## From the Department Head

Welcome to summer in Calgary. We now have an early warning sign that summer is upon us: the Residents Scholar Development Fund Golf Tournament. Thank you again to Dr. David Miyauchi for all of the work in organizing this tournament.

### Mental Health Planning

The transfer of services from the Alberta Mental Health Board to the Calgary Health Region has gone smoothly at the clinical level. This means that patients should not notice that there has been a change. This transfer has greatly simplified the reporting relationships for the senior leadership of the Mental Health Program. Instead of reporting to two boards, we are now reporting only to the Calgary Health Region. This is reflected in a simplified organizational structure, which has been posted online.

Within the Region, the

Department of Psychiatry and the Mental Health Program have been involved in the Strategic Services Distribution Plan. At the time of writing, there were two major out-comes to this. One is that Psy-



Summer in Calgary

chiatry and Mental Health are considered as part of core services for all hospitals in the Region. Second, we have made a decision to add significant mental health acute care beds at the proposed South Hospital. At this point we are estimating about 75 beds. The target for opening the new hospital is 2008. These plans need to go through the Calgary Health Region Board and to the provin-

cial government for funding.

The second round of planning for mental health reform in Alberta is getting started. A committee of senior representatives from around the province, including mental health

specialists, board members and senior administrators, will oversee the work of a number of task forces.

The project is being sponsored by the Minister of Health and he will receive a report by late fall with recommendations to be implemented in April 2004. The first stage of reform was about *who* delivered services, the second should be about *how* services are funded and delivered.

### AFP

The University of Cal-

gary Department of Psychiatry has reviewed the current environment for Alternative Funding Plans. Alternative Funding Plans are plans that integrate clinical, academic and administrative sources of funding into an integrated budget. AFP's have been on the scene for 15 years. In the last 2 years, governments have become more

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## Residents' Corner

As the residency year winds down at the end of June, I realize there hasn't been a dull moment in the whole cycle! My thanks to everyone who helped make revisions to the training program this year a success. As my first full year in this role ends, I have to say it has been very 'full'! Next residency year (July 2003) our numbers will grow; four will be leaving the program and five will be joining. You may notice that the residents are becoming more creative in choosing their content for their elective rotations (i.e. combinations of various preceptors and community clinics) as we accommodate increasing numbers into the core rotations.

A big 'thank you' to the faculty that participated in the practice examinations and clinical stations in May. With eighteen residents, this required over forty psychiatrists to participate - no small

task! In response to both resident and faculty requests, I am planning an examiners workshop in the autumn; a memo will be sent out to confirm this event hopefully in late September or October.

Congratulations to Rup Pandya, PGY-3, for winning the Chairman's Award for Best Resident Presentation at the Alberta Psychiatric Association AGM in March!

At the time of submissions for Mind Matters, the PGY-5s are in Edmonton for their final exams. These exams were revised last year to incorporate several vignette stations as well as the long interview to better assess resident comprehension. For the first time in many years, all of the final year residents are planning to remain in the city to practise. Best wishes go out to Shahid Hosain, Suparna Madan, Heather Scott and Lauren

Zanussi.

However, we do have to say goodbye to one resident. Kristin Bristow, PGY-1, will be transferring to the University of Manitoba effective July 1, 2003. Kristin is a graduate of Calgary's medical school and will be missed by the program. Best wishes on her future training.

Dr. Addington has begun the process of revising the departmental web site. The postgraduate training portion will be reviewed by the residents and myself to update and improve its presentation.

Last but not least, I look forward to seeing you at the departmental golf tournament on June 23. Cross your fingers for good weather and wish me luck on adding to my collection of crying towels!

*Bev Adams*

## Undergraduate Education

As mentioned in the previous Mind Matters, departmental staff involved in undergraduate education gathered for a retreat in early May at the Calgary Zoo. After adapting to the guest appearances of the peacocks, we enjoyed presentations from the University's Curriculum Information System's group and our own faculty. Time was also given to developing questions for the test banks. Dr. Trew will be revising the current bank of questions in the upcoming year; keep in mind that devel-

opment of student questions could help you accrue Maintenance of Competence credits. If you are interested, please contact Dr. Trew at 944-2168 or via e-mail michael.trew@calgaryhealthregion.ca.

I would like to acknowledge Dr. Bawa's agreement to act as coordinator for the clinical correlation portion of the MIND course. This is the clinical exposure segment of the course, where small groups of students accompany a psychiatrist to the inpatient units in an effort to provide first hand experi-

ences in seeing various psychiatric disorders over a period of three visits.

Up and coming in departmental plans is the inclusion of the undergraduate training program in a revised web site profiling the department. We hope to provide interested students with a clear description of both elective and core rotation opportunities that will assist them in understanding what is available at all of our teaching hospitals.

*Nancy Brager*





# Inpatient Psychiatry

Many of the upcoming graduates have concerns about what will be available to them after they receive their fellowship qualifications. There will certainly be a need to meet ongoing manpower requirements but there are greater, more exciting opportunities to develop a more comprehensive innovative mental health system, with inpatient acute care as one component. Presently, there is considerable activity in acute care to develop a Strategic Services Distribution Plan. As a result, there will be a significant increase in beds for psychiatry for the future. Regardless, there will be a need to develop alternatives to hospitalization to cope with the increasing population growth of the city.

## Emergency

Steps are being taken to increase psychiatric support during working hours in all the Emergency Departments to improve more rapid assessment and transfer of patients from Emergency. Some discussions have started to enhance the Mobile Crisis Team so that acute care inpatients can be more quickly discharged to respite beds or patients can be admitted directly to them from Emergency or their homes. The Acute Care, Mental Health Program also proposed in the Master Plan to develop a regional tertiary care intensive care unit, a short stay unit



Mobile Crisis Team

at the proposed south hospital, a rehabilitation unit, and residential care models to meet the

needs of persons with severe and persistent mental illness. Preliminary discussions have started to look at the feasibility of a program in the City of Calgary to have health professionals treat patients within or close to their communities. There are still many service gaps for energetic, enthusiastic new psychiatrists to pursue. One only needs to grasp the opportunity to make a meaningful contribution for the future.

## Thank you

I would be remiss if I did not mention individuals presently making valuable contributions and acknowledge others who are quietly going about providing excellent patient care, as well as being involved in teaching and research. Dr. Ken Sargeant has taken the medical lead in the planning of the new Unit 45 at RGH to be opened around mid-September. One of the focuses is to make it a multidisciplinary teaching unit. Regular weekly journal meetings are now being held at all sites, led by Dr. Carlos Tesler-Mabe, Dr. Bev Adams, Dr. Dave Gibbs, Dr. Chris Gorman, Dr. Mohamed Abdel-Keriem, and Dr. John Naylor. An excellent quality improvement project on transfer of care has been completed on Unit 27 Adult Inpatient with the support of Dr. Jane McCrudden, QI Physician for the Department of Psychiatry, and Ms. Lisa Stewart, QI Consultant. Presently, Patrick Sully of the Information & Evaluation Unit is working on an ECT review project.

## Leaving

I regretfully announce that Dr. Wayne Swart has made a decision to return to Michigan to practise

psychiatry. During his time here he provided a valuable service to the Emergency Department at RGH. I also reluctantly announce that Dr. Tom MacKay will be stepping down as Clinical Medical Director of the Short Stay Unit. Without him, we would not have had such a great start in establishing a highly received, effective service for the Region. He has given his word that he will help the next Director of the SSU get established. I am, however, happy to report that he has been appointed as Clinical Medical Director of FAOS and there is no doubt that Dr. MacKay, in his usual fashion, will be making a valuable contribution to this service.

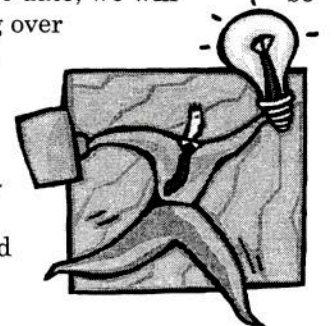
## Contributions

In closing, it is exciting that we are getting considerable support for the Residents Scholar Development Fund, which will be used to develop great minds for a brighter future. To date, we will be receiving over \$10,000.

Please remember that contributions to this Fund can be made

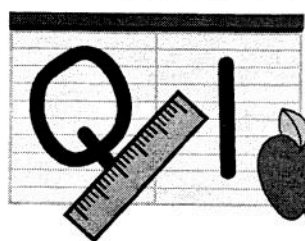
at any *Great minds for a brighter future* time of

the year. I look forward to seeing the golf enthusiasts at Elbow Springs Golf Course on June 23, 2003. The tee-off time has been changed to 12:30 p.m. On behalf of the faculty, I would like to express my appreciation for your support of the fund.



David Miyauchi





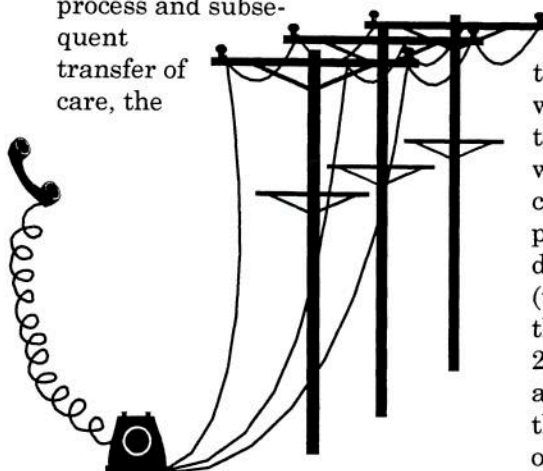
# Updates in Quality Improvement

Over the past eight months, a working group of physicians and staff on Unit 27 have been meeting to strategize on ways to ensure patients' transfer safely from inpatient to community services. The transfer of care from inpatient to community services is a priority area for change as identified by the Adult Mental Health Accreditation Team (2002). With the support of Dr. Jane McCruden, the QI Physician and myself (QI Consultant), as well as the Mental Health Quality Council, the Unit 27 QI Project Team has successfully mapped their admission to discharge process and identified several opportunities for improvement.

A major barrier to patient transfer from inpatient to community services is the lack of a formal discharge process. The team noted that often a formal discharge did not occur upon admission due to a lack of information critical for discharge. The root causes attributed to this absence of information were: the lack of communication between key team members/departments, and lack

of formal documentation around discharge. The team, in consultation with the larger unit, developed a patient care/discharge plan that will follow the patient from admission, through care conferences to discharge.

In addition to testing the impact of documentation on the discharge process and subsequent transfer of care, the



*Improving communication*

team will also test the effect of two separate process changes. The first will be to test the impact that having physician/RN team assessments within 24 - 72 hours of patient admission has on patient

discharge and transfer of care. The goal of the physician/RN team assessment is to establish 1) a tentative discharge date based on what is known of the patient, and 2) to trigger other consults before the first care conference.

A second process change is to have the RN's document requests for consults in the MD binder kept on the unit. Again, as with the team assessment, the binder would function as a communication tool, alerting the team as to what consults were needed and to convey key information relating to patient care/discharge. The new documentation and Cycle 1 test (team assessment) will begin at the end of June. Two of the Unit 27 QI team physicians, Drs. Bawa and Naylor, have agreed to test the new form and process for five of their patients. The team is currently finalizing the test methodology. For further information on the project please contact me at 943-5557.

*Lisa Stewart*

# Congratulations

Congratulations to Dr. Patrick Baillie, Ph.D., Psychologist at the Forensic Assessment and Outpatient Services, Peter Lougheed Centre on obtaining his Law Degree LL.B. He is the second psychologist from the Forensic Service to have accomplished this.

*William Weston*



Just before this Newsletter went to press, word reached us that all final year residents passed their exams. Congratulations to Drs. Shahid Hosain, Suparna Madan, Heather Scott and Lauren Zanussi!

*Don Addington*



# Geriatric Mental Health News

The Geriatric Mental Health Rehab and Recovery Unit is now confirmed to be opened in September 2003 (Cheers!). Dr. de Vries and I will be giving Grand Rounds on September 9, to allow an opportunity to describe the philosophy and function of this unit.

We are hoping that patients with psychosis and mood disorders will be able to move off acute psychiatry units or possibly even directly from Consultation-Liaison to the Rehab Unit for management and treatment. The purpose of this unit is not so much pharmacological stabilization, as it will be regaining social skills and community integration. It should have some impact on particularly those elderly patients with depression and anxiety disorders that, due to pressure on beds, tend to reappear in the emergency department shortly after discharge!

The second exciting event is that Dr. Suparna Madan has been

awarded a fellowship by the Canadian Academy of Geriatric Psychiatry. This is the first time that this fellowship has been awarded outside of Eastern Canada and it also represents the first time that we have had the opportunity of offering a fellowship in Geriatric Psychiatry in Calgary. This is an exciting event for the Division and hopefully represents just the first opportunity for a fellowship. Congratulations to Dr. Madan!

The Division remains active with journal clubs occurring every two months. In the spring of 2003 the Southern Alberta Geriatric



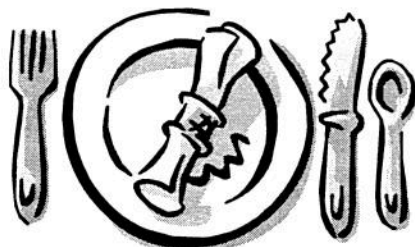
Journal Club

ric Mental Health Program held its annual conference in Calgary. Yet again, the weather was atrocious and it means that next year the date is likely to be shifted to the fall, though the exact date is yet to be determined.

The last issue of note is that the 3-month geriatric resident rotation has been adjusted. This now consists of 6 weeks inpatients on Unit 48 at the Rockyview Hospital and 6 weeks with Dr. Marlene Smart and myself in the community. This provides residents with an excellent opportunity for home visits and nursing home visits, as well as learning how to participate as a member of a multidisciplinary team. Based on the experience of the first resident to go through this rotation, Dr. Carl Adrian, it should prove to be successful.

*Stuart Sanders*

**Faculty & Residents  
Mark Your Calendar!**



**Friday, September 19, 2003  
University of Calgary  
Department of Psychiatry  
FALL SOCIAL 2003  
MEET & GREET DINNER**

*Invitations will be sent closer to the date.*

University of Calgary Faculty Club  
6:30 pm cocktails  
7:00 pm dinner

*Continued from front page*

aware of what is required to make them effective and a number of local plans have either been implemented or are in development. The University Department will be inviting members of the Clinical Department to participate in



an evaluation of a potential AFP. More information will be coming to each of you over the summer.

### **Welcome**

The Department of Psychiatry looks forward to welcoming six new psychiatrists in July, four of whom are graduates from our own Residency Training Program, and we are happy that we are keeping the whole group of senior residents in Calgary. These are Dr. Shahid Hosain, who will practise in the adolescent part of Child & Adolescent Mental Health Services, Dr. Suparna Madan, who will be practising in Geriatric Psychiatry, Dr. Heather Scott, who will be working on the

Short Stay Unit at the Peter Lougheed Centre, and Dr. Lauren Zanussi, who will focus on Consultation-Liaison and Acute Care at the Foothills Hospital.

Two non-Calgary residents will also be joining us. Dr. Roy Turner will come to practise General Adult Psychiatry, focused on the Social Rehab Program and initially some acute care beds at the Foothills Hospital. Dr. Michael Kounine will complete Psychiatry training for the second time. He practised in Russia on a Mobile Response Team for acute, in-home psychiatric care. He has completed residency training in Saskatoon and comes to Calgary to make a major commitment to Emergency Room Psychiatry across

*From the Department Head*

the Region with a half time focus at the Rockyview General Hospital.

I very much appreciate the flexibility of many members of the Department in creating the opportunities for new colleagues to practise. We can only influence the Region to obtain more resources for Mental Health Services. We do control, as a group, how supportive and flexible we are in welcoming new members of the Department.

Have a good summer!

*Don Addington*

## **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.

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