

MindMatters

The Newsletter for the Regional Clinical Department of Psychiatry

Volume IV, Issue I

Spring 2004

From the Department Head

Over the winter, there have been a few administrative changes and we have had a glimpse of the Provincial Mental Health Plan. The administrative changes should have little impact on the functioning of the Department of Psychiatry. On April 1, 2003, the Calgary Health Region took over 11 rural mental health clinics, which were in the former Headwaters Region. It also took over 5 mental health clinics, three in Calgary, one in Airdrie and one in Cochrane. Once the transfer was complete, the Region undertook a senior administrative review that went across all programs, including Psychiatry and Mental Health. This resulted in the termination of two administrative positions, the Executive Medical Director specifically focused on Mental Health and the former position of Alberta Mental Health Board Calgary Medical Director. Dr. Rollie Nichol has moved on to a role in Physician Remuneration

in the Chief Medical Officer's office. Dr. Gerry McDougall will continue with a mixture of clinical

not be called the Alberta Mental Health Board, will continue to function to provide accountability for per-



practice and a Clinical Medical Director role with a number of specific initiatives within the Mental Health Program.

The Provincial Mental Health Plan is more of a framework for funding and governance of mental health services. It calls for each Region to develop its own specific Mental Health Plan and recommends a population-based funding formula. It recommends one provincial program to be funded outside the population-based envelope, and that is the Forensic Program. A provincial level organization, which may or may

not be called the Alberta Mental Health Board, will continue to function to provide accountability for performance measurement. No specific figures have been suggested for the funding level. The report should be available by the end of March, however, previous deadlines have already been exceeded.

Dr. Beryl Gardner will be retiring at the end of March 2004. She has spent her career working in Child & Adolescent Mental Health Services, primarily with the Mental Health Board, but also at the Alberta Children's Hospital. Her departure will leave a significant gap in Child & Adolescent Mental

Health. On December 31 of last year, Dr. Alan Weston passed away, following a fairly brief illness. Many members of the Department attended his funeral. A separate obituary can be found on the back page.

Don Addington

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Residents' Corner

On March 24, the Canadian Resident Matching Service (CaRMS) will advise our program of the six new first year residents that will begin training on July 2, 2004. We had an overwhelming number of requests for interviews from medical schools across western Canada, particularly in Calgary and Vancouver. The residents and faculty that were able to assist in both interviewing applicants and attending the CaRMS lunches did an excellent job in promoting our department - Pauline and I thank you all for your help and good will during the January and February CaRMS activities.

The Psychotherapy Subcommittee has been meeting regularly to develop learning and evaluating standards for core training in CBT, family and group. Second year residents from all sites will participate in psychotherapy skill building sessions on Wednesday afternoons at FMC from September to December, i.e. prior to the start of their training in the various modalities. If you would like to assist in these Wednesday afternoon sessions, please contact Pauline at 944-1271.



Exam Time

The Curriculum Committee held a retreat in the latter half of February to discuss possible revisions and additions to the seminar series. With the institution of the Calgary Brain Institute, opportunities to pursue an additional degree within the University of Calgary will become more viable. To that end, Dr. Scott Patten, along with Dr. Rajamannar Ramasubbu and Dr. JianLi Wang, will be researching the development of an academic stream to run parallel with the traditional residency seminars to assist in accumulating university credits during residency. As well, the curriculum series had not been reviewed in its entirety since the two seminar year cycle for second and third year residents began approximately a decade ago. Attendance at the retreat was quite high - Dr. Steve Simpson would like to thank all the residents and faculty for participating in this event; curriculum unit managers, several full time academics as well as curriculum committee members participated in the retreat.

Final year residents have been preparing for their exams with increased study time and practice interviews. While I recognize that assistance in the interviews takes considerable time away from other duties, my thanks to all the psychiatrists that have been helping Drs. Cindy Baxter, Cherelyn Lakusta, Ray Tang-Wai and Will White prepare for this most important period in their training. Written exams will occur in late April and oral exams will be in the first half of June.

Mock orals are currently being planned for May. There will be nine residents requiring examiners; fifth year residents will have already completed sufficient practice exams by this time. You will be advised by memo if your help is required for the exams prior to the end of March.



I would also like to extend the program's thanks to Dr. David Miyuchi and Lenora Forchert as they embark on this year's planning for the departmental Golf Tournament on June 28, 2004. Please consider sponsoring a resident to participate in this activity, as well as attending yourself. The past two tournaments have focused more on fun than skill (I speak from experience...), but certainly still a worthwhile event in terms of spending time with colleagues and upcoming psychiatrists. Proceeds from the tournament will enrich resident opportunities for research and educational pursuits.

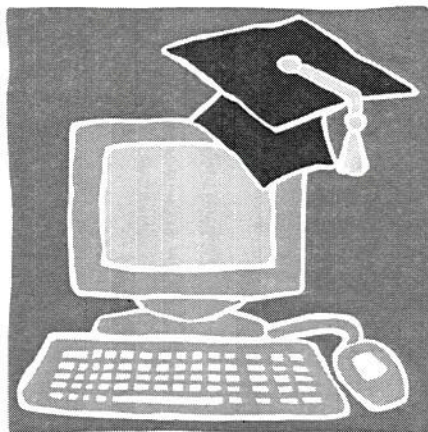
Bev Adams

Undergraduate Education

Clinical clerks completed their interviews with training programs across Canada (also known as CaRMS) in late February, concluding six weeks of on-and-off travel and time away from rotations. The situation for these students differed from past years; potential residency positions now match (no 'extra' positions) the number of applicants. In response to the reduced ratio of positions to applicants, clinical clerks increased the number of interviews. Within our department, the fourteen mandatory rotation clerks and one elective clerk missed 124 weekdays and 166 total days (i.e. including weekends and statutory holidays) during their six weeks in Psychiatry. The undergraduate department is currently reviewing the implications resulting from students missing large amounts of their core training.

Please note that students unsuc-

cessful in the first round of the match will be notified by the undergraduate office on March 22 and will likely need time away from their rotations to register



Curriculum Information System

and participate in the second match.

The new clerkship year will begin in late April with 105 clinical clerks slated for mandatory rota-

tions over the three sites. This translates into approximately 13 clerks per six week block.

We are slowly gathering steam in preparation for the MIND Course in August. Invitations to a preparatory retreat in late April have been sent out. The purpose of this retreat will be to review feedback from last year, discuss possible revamping and receive updates from the Faculty's Curriculum Information System (CIS) - this year, the MIND Course goes electronic! In May, various faculty and residents will be approached to participate in lecturing, small group teaching, and clinical correlation ('bedside teaching'). Last year, we incorporated several new portions to the MIND Course: Neuropsychiatry, Geriatrics and a larger component of Child Psychiatry with favorable results.

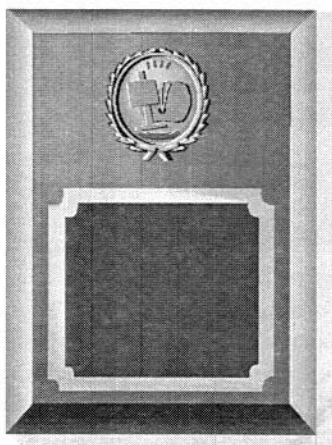
Nancy Brager

2004 Sebastian K. Littmann Research Day

The Annual Sebastian K. Littmann Research Day was held on March 5, 2004 at the Village Park Inn. The event was attended by approximately 80 participants and included a keynote presentation by Dr. Paul Waraich from the University of British Columbia and 18 submitted abstracts. The program included presentations on evidence-based medicine (Dr. Cindy Beck) and information sessions on the Centre for Advancement of Health (Nadine Gall) and the Conjoint Ethics Review Board (Dr. Stacey Page).

The awards for best resident research presentation went to Dr.

Will White, who presented results



Residents Awards

from a pilot study comparing Gabapentin to Bupropion for

smoking cessation. The award for most innovative research went to Dr. Jeremy Quickfall, who presented a very detailed literature review of neuroimaging data in marijuana users. Dr. Carl Adrian also presented an excellent example of state-of-the-art research conducted by a resident - a protocol for a pilot study of Venlafaxine in the treatment of depressed subjects with psoriasis.

The next Sebastian K. Littmann Research Day will be held on March 4, 2005 - mark your calendar!

Scott Patten

Geriatric Psychiatry

The past few months have seen some significant changes within Geriatric Mental Health, although the Department of Psychiatry and Division of Geriatric Psychiatry remain untouched. Reorganization within the Calgary Health Region means that Geriatric Mental Health Services and Specialized Adult Services are now combined under one portfolio. This means the loss of Ms. Sharon Look, who has been one of the major reasons the program has expanded as much as it has! She is going to be sorely missed in her role as Program Director. However, the combination with Specialized Services does provide for new opportunities, not least of which are the roles of Claresholm and the specialized clinics and their relationship with Geriatric Mental Health. We welcome Ms. Susan Rawlings, now Program Director for both Specialized Services and Geriatric Psychiatry.

The Rehabilitation and Recovery Unit is now up and running as noted in the last Mind Matters by Dr. de Vries, and so far this program is proving very successful. The unit is full, a waitlist is developing and we still anticipate an expansion from the existing twelve inpatient beds to twenty inpatient beds at the beginning of April.

The Journal Club remains active and well attended by geriatric psychiatrists and residents alike (possibly because of the good food!) Our most recent presentation was by a Family Practice Resident from Black Diamond who presented on the relationship of anti-hu antibodies and their relationship to various neuropsychiatric syndromes. So let it not

be said that Journal Club does not challenge the mind!

Dr. Bev Adams is currently reviewing the three-month rotation in Geriatric Psychiatry, with regards to the balance between inpatient and community activities. Any residents who have strong feelings on this issue should talk to Dr. Adams directly. Having said that, it looks as though we can expect two or three residents involved in Geriatric Psychiatry at all times over the next few years. We all look forward to encouraging residents to consider Geriatric Psychiatry as a career choice, particularly with the probable creation of twenty geriatric inpatient beds at the Peter Lougheed Centre in the next couple of years and also to support the rapidly expanding Community Mental Health Services. Over the last five years, we have seen an expansion in the community for Mental Health Consulting Services, Community Geriatric Mental Health Services and the Alberta Mental Health Board Central Clinic, Geriatric Program from a total of nine FTE's to a current total of twenty-one and these folks need more psychiatric hours to support them.

The Annual Southern Alberta Geriatric Mental Health Conference is planned for the fall of 2004. I will forward details as they emerge. As in past years, it is hoped that this is an opportunity for all people interested in geriatric mental health issues across Southern Alberta to get together, as well as to hear some excellent presentations from staff both within this Region and others. As usual, residents will be able to attend for free!



Geriatric Mental Health

Lastly, we welcome to active staff at Rockyview General Hospital Dr. Suparna Madan, who is currently halfway through a fellowship program and taking an active role in inpatient and consultation liaison. She is proving to be a valuable asset to the consultation service and inpatient service as well as to the Division staff.

Stuart Sanders

Inpatient Psychiatry

With spring just around the corner I am anticipating another strong support for our 3rd Invitational Golf Tournament to support the Residents Scholar Development Fund, as well as to share in the esprit de corps. For those who have yet to sign up, it is on Monday, June 28, 2004 at the Elbow Springs Golf Course. Tee-off is at 1230 hours. For more information or to register, contact Lenora Forchert at 944-1297.

I am pleased to announce that there may be additional funds for residents, since I have recently been approached by a donor who wants to establish an annual scholarship to deserving students amounting to 5% of \$50,000 or \$2,500 to conduct research in the area of Child and Adolescent psychiatry.

It is my pleasure to inform you that all four PGY-5 residents have chosen to remain with the Calgary Health Region, namely Drs. Cynthia Baxter, Cherelyn Lakusta, Ray Tang-Wai and Will White. Another former resident, Dr. Mitch Spivak, is returning to Calgary from Thunder Bay to work at the Central Clinic and the Rockyview General Hospital Emergency Department. He will be starting on March 17, 2004. Regardless of these recruitments, there is an acute need for another

psychiatrist for the Short Stay Unit at the Peter Lougheed Centre.

In anticipation of major capital expansion at the Peter Lougheed site, a committee was struck for acute care expansion. This com-

Design Phase for the Rockyview General Hospital Emergency Department, additions and renovations was completed on December 8, 2003. This plan provides for an additional assessment area.

There will be closure of seven beds on Unit 21 at the Foothills site for approximately five months to allow for an increase of high observation rooms, from three to five rooms. An interim solution will be sought to alleviate some of the bed pressures during this period.

From a clinical standpoint, I am pleased to announce that Mr. Patrick Sully of the Information & Evaluation Unit has completed the Electroconvulsive Therapy Process Review. It is in the process of being reviewed by the Steering Committee of this Quality Improvement project. Also in progress is an Evaluation of Unit 45 at the Rockyview, which is scheduled to be completed in the fall of 2004. The Clinical Medical Directors of the Inpatient Units have been meeting to share, exchange and develop innovative solutions to increasing demands on the existing system.

In closing, I would like to pay tribute to all of you who have had to cope with so many uncovered nights.

David Miyauchi



mittee identified four regional priorities for acute inpatient care at the Peter Lougheed:

- Complex Needs Units
- Short Stay Unit
- Intensive Care Unit
- Psychogeriatric Unit

A briefing report on the Schematic

Curriculum Committee

The Curriculum Committee is busily working on the possibility of offering a Master's in Psychiatry degree, with the first set of incoming students beginning in September 2005. Presently, Drs. Rajamannar Ramasubbu and JianLi Wang are the individuals who are designated to develop this program. They will be joining the Curriculum Committee in order to ensure that the seminar series is coordinated with the Master's program.

If we have a formal program listed in the University of

Curriculum Committee

Calgary calendar, it will help us to attract residency candidates from other universities who are interested in pursuing an academic career stream.

The present PGY-2 and PGY-3 Thursday afternoon seminars would be the main core of the course work. However, only a subset of the seminars will form the core program for the Master's Degree.

The Curriculum Committee is looking for trainee Unit Managers. There are nine units of PGY-2 and PGY-3 Seminars: Biological Treatments, Major Psychiatric Disorders, Psychotherapy I and II, Research, Neurosciences, Practice of Psychiatry, Child and Adolescent Psychiatry, and Forensic Psychiatry. The Unit Managers are responsible for organizing the

teaching within the units. They report to the Curriculum Committee and are an integral part of the curriculum development process. It is the intention that the current Unit Managers will continue in their roles. However, in order to ensure a process of continuity as these individuals' careers develop,

we are looking for interested individuals who would like to contribute to the resident teaching in this type of role.

Any psychiatrist interested in providing direction to the departmental teaching effort

is invited to contact us. For further details, please contact Dr. Steve Simpson, Curriculum Committee Chair, 944-1272, simpson@calgaryhealthregion.ca, or Janet Caldwell, Psychiatry Administration, 944-4781, janet.caldwell@calgaryhealthregion.ca.

We have a separate group of people working on developing the Master's Degree. Offering to be a Unit Manager does not obligate you to help with this project.

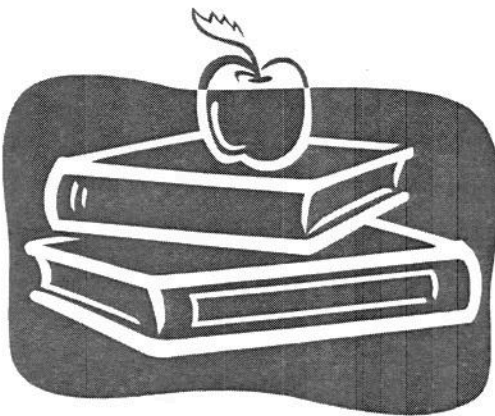
Steve Simpson

Telemental Health Pilot Project

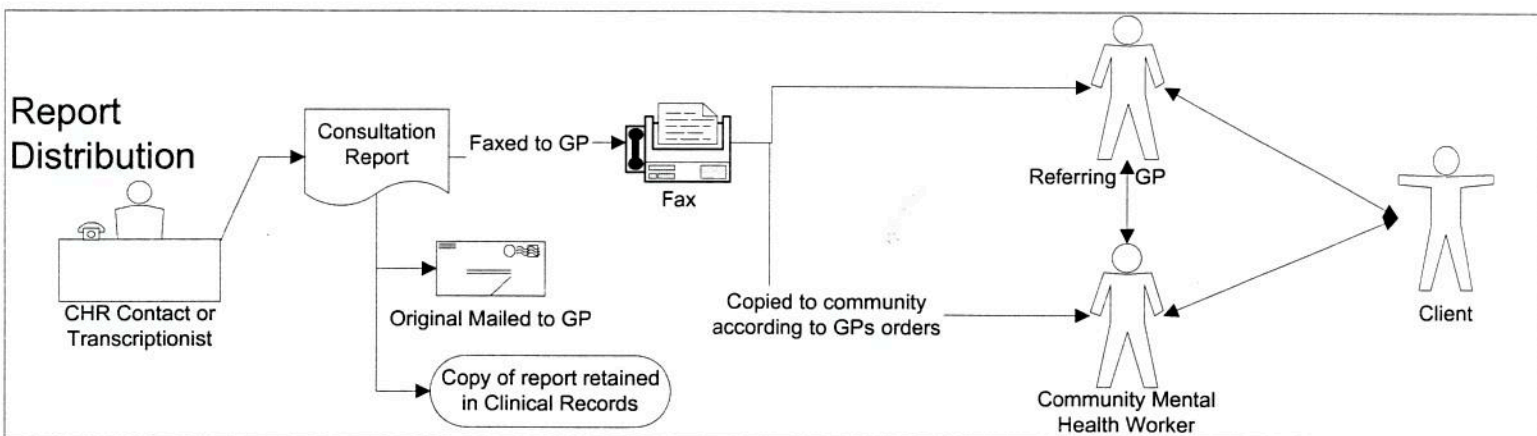
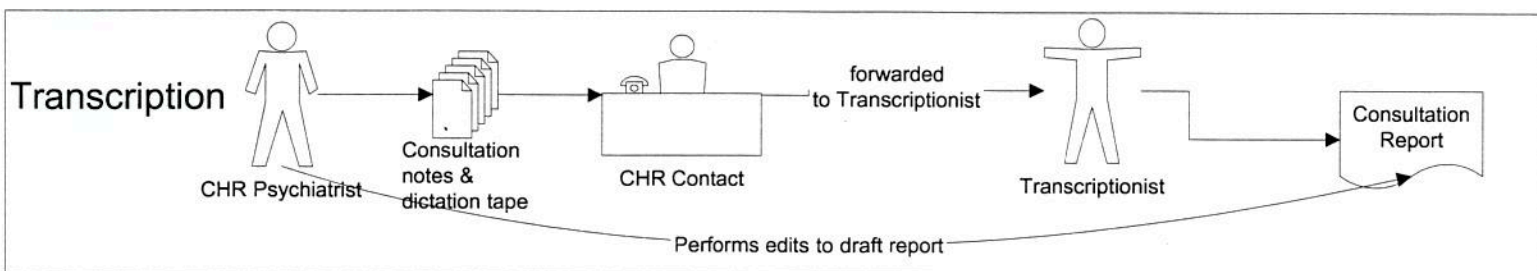
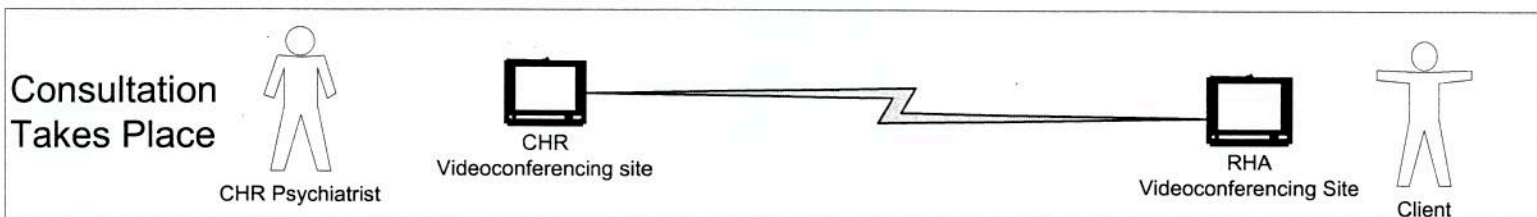
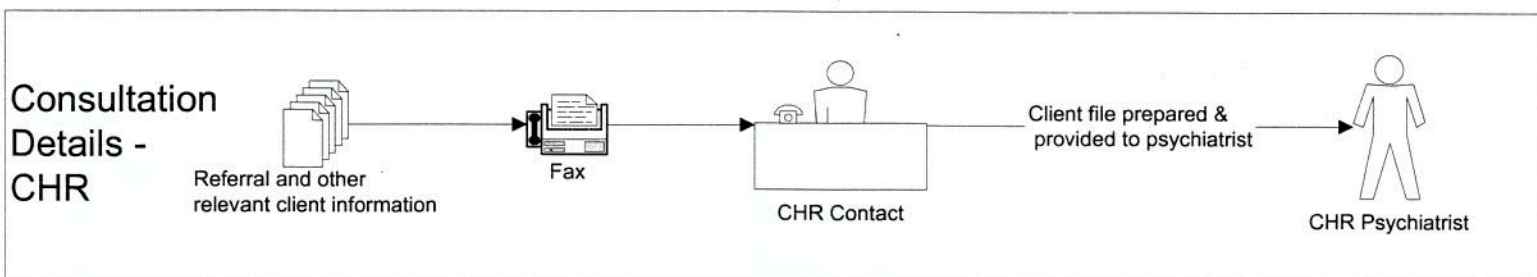
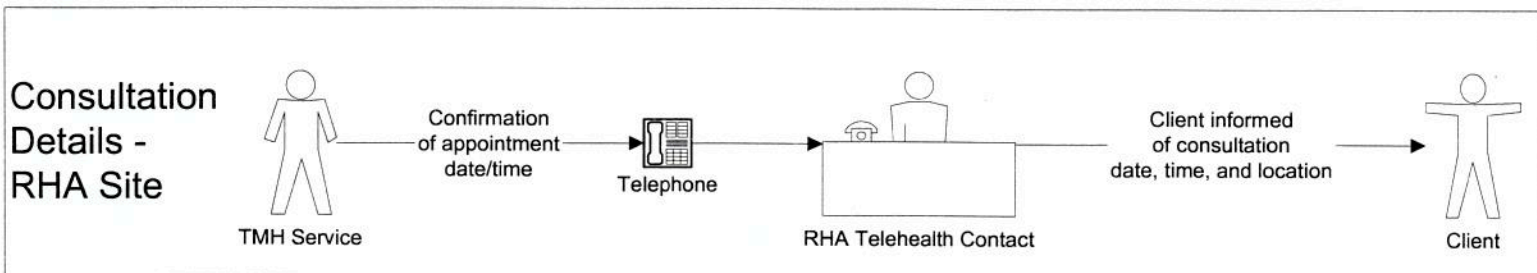
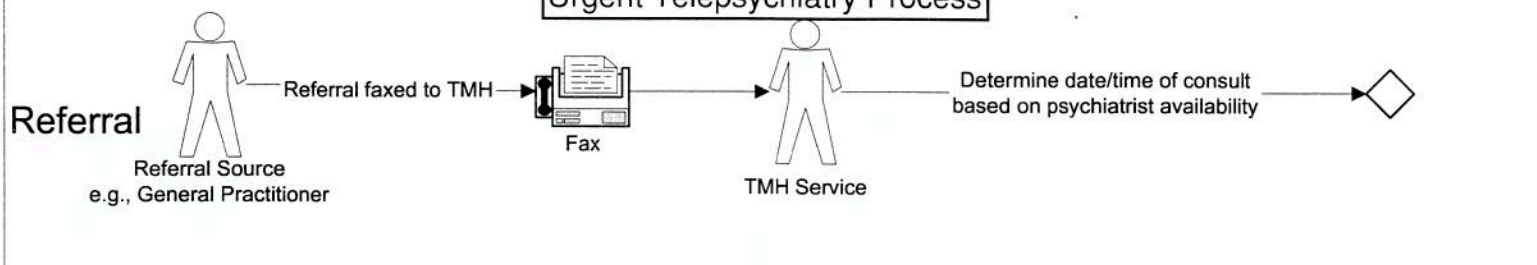
In December 2003, the Department of Psychiatry launched an exciting new pilot project: The Telemental Health Pilot Project. The purpose of the project is to deliver urgent psychiatric consultations to rural patients from across the province by utilizing videoconferencing technology. The project enables general practitioners and their urgent patients to access specialized psychiatric services in a more timely and cost effective manner. The project is administered by the Telehealth Team at Ponoka and is currently delivered through the Foothills Medical Centre site, with Drs. Tim Culver, Adeyinka Marcus and Lauren Zanussi providing the consultations. A flow chart describing the process can be found on page 7.

To date, we have successfully completed 12 telehealth consultations, with additional consultations occurring every week. The pilot project is anticipated to continue until early summer, at which time we hope to convert it into an ongoing service offered from multiple sites. To facilitate the increasing number of consultations being done at the Foothills, the Department has constructed a dedicated, telemental health videoconference room, which is scheduled to open March 15th, 2004. Videoconferencing equipment for the room has been provided by the Telehealth Team in Ponoka. If you are interested in learning more about this exciting new project, please contact Mischelle vanThiel at 944-1295.

Mischelle vanThiel



Urgent Telepsychiatry Process



Dr. Nady el-Guebaly was the first recipient of the Faculty of Medicine Guenter Distinguished Achievement Award for outstanding contributions in international health. This award acknowledges in particular his work as President of the International Society of Addiction Medicine.

Dr. Beverly Adams was nominated by the Department for the Faculty of Medicine McLeod Distinguished Achievement Award for excellence in teaching for her contributions as Director of the Residency Training Program and Director of the Inpatient Clinical Teaching Unit at FMC.

Dr. Lauren Zanussi was the recipient of the Department of Psychiatry Undergraduate Education Award 2003 for his

work on the MIND Course and the Communications Course.



Congratulations are in order for Dr. Donald Addington, who was awarded the Canadian College of Neuropsychopharmacology (CCNP) Medal for 2004.

Drs. Joann McIlwrick and Zahinoor Ismail received the CMSA Letter of Excellence 2003 for their contributions as preceptor and lecturer in the MIND Course. The 2003 Gold Star Awards went to Dr. Philip Stokes and Michael Trew for their contributions to the MIND Course.

Congratulations to all and many thanks for their considerable contributions!

Dr. Alan Weston passed away peacefully at the Rosedale Hospice on December 31, 2003.

Alan was born in England and served in the Royal Navy in World War II. At the end of the war, he entered medical school in Liverpool, England and qualified in medicine. He first worked in general practice and also spent a two-year period working in Africa. On returning to England, he trained in psychiatry and has had a long and distinguished career working in forensic and general psychiatry. He will be remembered for his compassion and care of his



patients and their families.

Alan will be lovingly remembered by his wife Glenys; daughters Chris and Anne; son-in-law Bill; and grandchildren Harry and Jessica. He also leaves behind a sister and brother-in-law, relatives, friends and colleagues.

In Memoriam
Dr. William "Alan" Weston
1922 - 2003

Shared Mental Health Care Career Opportunity

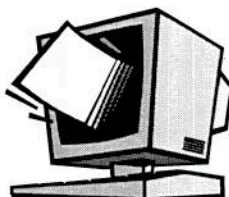
The Shared Mental Health Care Program is expanding and is presently seeking Psychiatrists to do shared care with Family Physicians in the community.

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

Dr. Jane McCrudden
943-5469

MIND MATTERS ONLINE

As of this issue, Mind Matters will be available online! Check it out at www.calgaryhealthregion.ca/clin/psych (click on Mind Matters icon).



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, and psychiatry support staff.

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