

MindMatters

The Newsletter for the Regional Clinical Department of Psychiatry

Volume IX, Issue I

Spring 2009

From the Department Head

We have had lots of good news since our last newsletter. Congratulations and many thanks to Bev Adams and all those who successfully recruited seven new grads into the Residency Training Program for July 2009. Thanks especially to all the residents who put so much effort into recruiting their junior colleagues, and to Pauline Burgess for her tireless support.

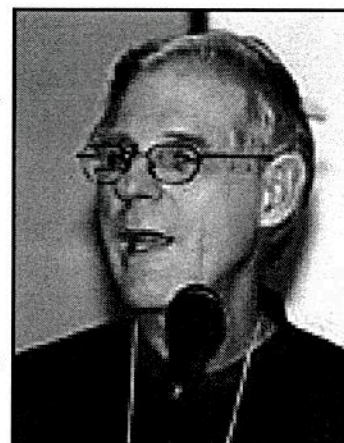
The CaRMS match was exceeded only in excitement by the accreditation of the Faculty of Medicine that occurred in the last week of February. Once again, many thanks to Bev Adams, Pauline Burgess and all the residents and educators who contributed to the accreditation of the Psychiatry Residency Training Program. The Program was recognized with full accreditation. Full accreditation not only recognizes the significant effort of many people in the last six years, it validates the Program across the country and keeps us in a good position to maintain the success that we have enjoyed in the CaRMS match. Full accreditation also leaves us free to focus on how to make the Program even better and more innovative, rather than having to focus on remediation of deficits. Full accreditation required years of persistent commitment from Bev, Pauline and all involved in the Residency Program, but a successful and vibrant training program is at the heart of all academic departments and it is worth it.

The Department also recently had a chance to celebrate strengths in scholarship with this year's Littmann Research Day. This year was a festschrift to Dr. John Toews in recognition of his many years of contributions to the Department. In keeping with one of Dr. Toews's core interests, the theme was Medical Education. Dr. Brian Hodges from the University of Toronto was the plenary speaker with a

focus on evaluation processes in medical education in a presentation entitled, "Medical Education and the Maintenance of Incompetence". His presentation was followed by tributes to Dr. Toews from Drs. Jordan Cohen, Jocelyn Lockyer, Joann McIlwrick, Bud Rickhi and Mike Trew.

Dr. David Miyauchi spoke at dinner the night before Littmann Day and I think that all presenters would agree that although Dr. Toews is not a particularly easy man to 'roast', he is an easy man to honor. Many residents and faculty gave excellent research day presentations that were widely appreciated. Special recognition was given to Drs. Diana Czechowsky and Greg Montgomery, recipients of the residents' awards for Best Resident Research Project and Most Innovative Resident Research respectively. We appreciate that Dr. Ji-anLi Wang did a great job organizing the day and keeping a busy day flowing and on time. Thanks also to Dr. Scott Patten for coordinating this day before he went off to Melbourne on sab-

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Dr. John Toews

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Residents' Corner

The best way to start off a challenging season of accreditation, CaRMS and record members of practice exams? Have a party. With the collective efforts of numerous residents under the stage-management skills of Ursula Zanussi, about eighty of the staff, faculty residents, and clerks joined together in early October to celebrate



Pauline Burgess 10 year anniversary

Pauline's ten years as training coordinator for the department. It was a wonderful evening that exemplified the cohesiveness of the department when it comes to the support of education.

After that, it was down to a lot of hard work. Policies were reviewed, discussed and revamped; ITERs were hunted down from the past two years; QI projects and teaching were collected and presented; stats on diagnoses/sites/teaching faculty were compiled; schedules were drawn and redrawn. The actual Accreditation day on February 23 was almost anti-climatic, but the resounding approval of the surveying team was no less valued because of that. Thank you to everyone for your efforts in making this external review such a success.

Professional Development activities did not take a back seat during all this. Lisa Harpur continued her training to become a CBT supervisor with certification from the Beck Institute in Philadelphia through a series of weekend seminars, taped interviews and long distance training with her supervisor, Dr. Nicola Wright. We were successful in also arranging in early March for Dr. Wright to spend a few hours in Calgary with interested residents and faculty to learn about using CBT with psychotic patients. Twenty residents from all years of training that attended CPA had access to PD funding to cover most if not all of the travel costs. With support from Joann McIlwrick and her assistant Tanille, another portion of PD funds brought in Professional Assault Response Training in early

February to give several residents and psychiatric nurses the skills to train others in Crisis Intervention.

Amidst all this, regular schedules of seminars and long case exams kept rolling. October and November practice exams required the help of thirty-five faculty; certifying exams needed another twenty-four psychiatrists. The next round of practice exams will run May 1st and 8th. Certifying exams are also slated for this spring.

New procedures are being put in place to allow for payment to Professional Corporations for resident teaching. An e-mail has been sent out to ask faculty if they would like their teaching payments directed to their PC and if so, the PC title and mailing address. Faculty will all be given Vendor Identification numbers. (Undergrad is also initiating a similar process.)

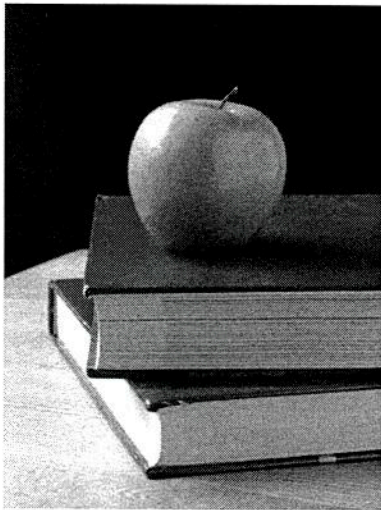
Saving the best news for last, we successfully matched a record seven CaRMS spots on March 9. This was in no small part due to a resident-driven effort to welcome and educate thirty-seven applicants over the course an activity filled CaRMS day. Residents hosted a hospitality room to give applicants a chance to ask informal questions about the program. Faculty joined the residents and applicants over the noon hour, with Dr. MacQueen easily winning the award for "Best Attendance". The day was topped off with an evening at Sky 360 in the Calgary Tower, where applicants and residents moved among the tables to meet each other and learn about our program. We've been able to track some of the students that were not given a spot here in our department; the majority seem to have matched to psychiatry programs elsewhere. There were only four unmatched Calgary positions (second to only U of T). I am very happy to name the seven successful applicants:

Rhea Balderston (UBC)
Amanda Berg (UofC)
Eric Fung (UofA)
Raymond Lau (UofA)
Darrin Leung (UofA)
Kanwal Mohan (UofC)
Thomas Stark (UofC)

Psychiatry programs across Canada did well, with UBC, Toronto, U of A also matching all spots. Other programs had one or two unmatched spots.

Bev Adams

Undergraduate Education



Teaching Awards: Drs. Lloyd Maybaum, Phil Stokes, Lauren Zanussi, Tim Ayas & Aaron Mackie

Everywhere I turn, the term "result of expansion" seems to pop up. We were near-to-bursting in Course VII, with 31 groups of 5-6 students needing 6 hours of clinical correlation and 14 groups needing small group teachers for Psychosis, Addictions, Mood, Personality, Anxiety and Child and Adolescent topics. Talk about teaching hours! We did it though, and Dr.

Lauren Zanussi was happy to announce at Littmann Day that the Psychiatry course was once again the highest rated course by students completing their two years of medical school training. Thanks and congratulations to everyone who helped make it a success! Teaching awards went to three faculties - Drs. Lauren Zanussi, Phil Stokes and Lloyd Maybaum, and two residents - Drs. Tim Ayas and Aaron Mackie, the latter structuring his rotation on an education elective around Course VIII. We should be immensely proud of our faculty and residents' efforts to continue to provide optimal teaching.

Some of you may not be aware that the medical school has been in the process of revamping the duration of the mandatory clinical rotations. There has been a strong push for our specialty to reduce training time from six to four weeks. Thanks to some strong words from our key undergraduate faculty we have been able to keep training at six weeks. Remind me, though, to reimburse Dr. Phil Stokes for his Kevlar vest before the next time this issue comes up - the man has truly shown his mettle in undergraduate meetings with other departments!

Our new clerkship year begins the Monday after the Class of 2009 ends, so starting April 13, and the class size goes from 126 clerks to 137 clerks. We welcome Unit 23 at FMC - Drs. Bernard Sowa, Stephen Amadala and Sam Oluwadairo - to per-

manent clerkship training status, with hopes this will help meet our teaching needs. We are also in the process of considering the Young Adult Program as a permanent fourth spot for the one week of pediatric training. Clerks beginning their clerkship year have six weeks (March 2-April 11) dedicated to electives. Several clerks have opted to use 2 out of their 3 two-week electives in our specialty. Approximately 18 clerks (out of a class size of 137 = 13%) are slated for electives with psychiatrists; schedules have gone out to the involved faculty. Students from other schools generally have elective time from mid September to late November; we are already working on approximately 15 requests from other schools, ranging from 2 to 4 weeks in duration. I think our ability to provide excellent electives to the external clerks has really been exemplified in our latest CaRMS match - 4 out of the 7 incoming PGY-1s had at least one elective in our department.

As you may have noticed, we are grappling with increasing the efficiency of our clerkship payments. We hope with this latest change to a self-directed operating account we will have greater control over ensuring payments are timely and accurate. The University is implementing a program to provide physicians with the opportunity for teaching payments to go to their Professional Corporations. Each physician is also being assigned a Vendor ID to ensure accuracy in delivery of payments. Supervision of clerks is now paid at a rate equal to residency - \$250 a week. Seminar teaching and site coordinators will also receive increased rates (\$125 and \$150 respectively).

The Undergraduate Medical Education office is undergoing some restructuring; it has been announced that Alison Turner will take over the psychiatry clerkship program. Rachel Waldon will remain assigned to Course VIII.

Nancy Brager

Adult Inpatient Psychiatry and Psychiatric Emergency

Although there have been no additional new adult psychiatric beds in the past few years, the staff in the Region has had to work as though there were 21 extra beds at times due to use of overcapacity beds. The staff has had to also cope with the increase in acuity and severity of illness, as well as an increase in potential violence with certain privileges being restricted. In addition, there has been frustration and low job satisfaction when placements could not be found for patients who no longer required acute care. Despite these difficult challenges, the staff has to be commended for taking every step to optimize care for the patients.

It is however important that we continue to advocate for appropriate numbers of new beds to effectively treat patients with respect and dignity, as well as providing an environment where there is no overcrowding and where the workplace becomes a safe community for both patients and staff.

In the interim, there have been several projects to review utilization of high observation rooms, establishment of quiet rooms, need for alternate placement, as well as ongoing planning for psychiatric inpatient and short stay units at the South Health Campus.

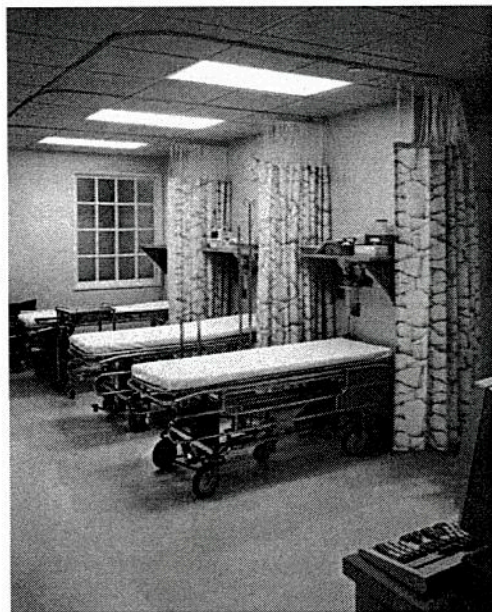
I am pleased to announce that each of the adult sites now have emergency psychiatric coverage during the day since Dr. John Tuttle is providing coverage on Fridays at RGH.

The 6-bed Medical/Psychiatric Unit at the Peter Lougheed Hospital is expected to open mid May. These beds are from existing beds on Medicine. It will be based on a collaborative care model and will be headed by Dr. Michelle Desreux, internist, and Dr. Rup Pandya, psychiatrist.

I would like to acknowledge Dr. Stephen Amadala for being Interim Clinical Medical Director on Unit 23 at FMC, as well as for his leadership during the renovation of that unit. I also extend a warm welcome to Dr. Bernard Sowa, who joined us in the fall from Edmonton to become the new Clinical Medical Director of Unit 23. There has been welcome addition of our new psychiatric graduates, Drs. Sara Binder, Sheri-Lynn Cassity, Darcy Muir, Yuri

Power, Paul Reinhardt, Rory Sellmer, Misty Stach and Rob Urquhart. They have direct involvement on the units or are participating in on-call. I would like to express my

gratitude to Dr. Beverly Adams, Clinical Medical Director of Unit 21, who in her role as Director, Residency Training Program has helped to produce a long line of very strong and competent psychiatrists.



"It is important that we continue to advocate for appropriate numbers of beds"

With the establishment of Alberta Health Services, and Cathy Pryce moving on to a provincial role, Jim Merchant was made Interim

Executive Director, Mental Health and Addictions. His previous role as Program Director was assigned to Susan Rich and Beverley Thompson as Interim Program Directors. Jim will be retiring effective May 1st however. Kim Frache has agreed to step into the Interim Lead role.

In closing, I would like to express my thanks and appreciation for your dedication to health care under difficult circumstances.

David Miyauchi

Professional Assault Response Training (PART)

Last year, the PGME office granted my request for funding to cover the cost of a "Train the Trainer" workshop from the Professional Assault Response Training (PART) program, based in Saskatchewan. In February of this year, a team of residents and nurses from the PES completed the 4-day workshop, and are now licensed PART trainers for Calgary. PART is a different program from the Non Violent Crisis Intervention training that is presently offered in the region. PART essentially teaches the approach to a Code White (violence or aggression in the workplace).

The new instructors are:

- Laureen Button (FMC-PES)
- Twyla Lindstrom Peters (FMC-PES)
- Dr. Aaron Mackie (Psychiatry Resident)
- Dr. Lindsay Blair (Psychiatry Resident)
- Dr. Claire Hart (Psychiatry Resident)

As the team of instructors works towards training as many residents, nurses and medical students as possible, I hope this will enhance resident safety in PES, which is a particularly relevant issue during an accreditation year.

Thanks to Tanille Hunik-Kosolofski for her work on coordinating the event, and thank you in advance for recognizing the Calgary PART instructors!

Joann McIlwrick



FULL-TIME/PART-TIME PSYCHIATRISTS NEEDED

Looking for Full-time/Part-time psychiatrists to join a friendly, professionally managed, dynamic group of well-established psychiatrists in the Hillhurst/Kensington area; spacious and newly-renovated offices.

Please contact:
Henry Chuang MD
403-571-2480 or
htchuang@ucalgary.ca.

Dr. Doug Watson & Community Treatment Orders

As integration into one health system progresses, staffing changes continue for the former "AMHB". It is with regret that I advise you that effective May 1, 2009, Dr. Doug Watson will no longer continue in his role as Executive Medical Director. Although Dr. Watson will not continue in this particular role, I am delighted to inform you that he will remain as the executive lead on work being undertaken related to Community Treatment Orders, along with Darlene Harris. I would like to thank Dr. Watson for the many years of clinical expertise he has provided us across all sectors, and his commitment to mental health. I know that you will all agree that his advice and words of wisdom have undeniably contributed to the past successes of our organization. We wish Dr. Watson well, and look forward to his continued involvement in future projects.

Laurie Beverley



CLINICAL MEDICAL DIRECTOR SHARED CARE MENTAL HEALTH

The Shared Care Mental Health program is active both in the city of Calgary and the surrounding rural area. It is an active and interesting model of care supported by its own ARP for physician involvement (both psychiatrists and family physicians).

The role of Clinical Medical Director is currently vacant and with the growth of this program, and its "sister" program the Behavioral Health Consultants, there is the need for a CMD to support the psychiatric part of SMHC.

For further information, or to apply, please contact:
Michael Trew MD, FRCPC
Program Medical Director,
Consultation-Liaison and Primary Care Psychiatry
403-944-3369 or
michael.trew@albertahealthservices.ca.

4th Annual Curling Bonspiel February 2

I would like to express my appreciation and thanks to all of the participants, as well as all of the volunteers for another smashing success. Fortunately, there were no serious injuries, but two regular entrants, Drs. Nancy Brager and Thomas Raedler, were sidelined by injuries before the Bonspiel. Dr. Margaret Oakander had recovered from her knee injury to successfully lead her team in points, but lost out to Dr. Michael Trew, as the "phantom player" on his 3-person team gave him more points. Although the Administrative Team was not able to win the competition at curling, it did win for Best Team Name, which was put forward by Dr. Glenda MacQueen, our new Department Head: "The Freudian Slippers". It was not known if the judges made a "Freudian Slip" to recognize Administration...

The Bonspiel did raise sufficient funds for the cash prizes awarded to residents at the Sebastian Littmann Research Day on March 6. This is very helpful since previous outside donations have ceased.

It was the wish of the participants to have another Bonspiel next year. We'll look forward to seeing you there. In the meantime, mark your calendars for the 8th Annual Golf Tournament which will be held on June 15 this year.

David Miyauchi



"Raging Hormones" wins the prize for Best Dressed: L to R: Drs. Miyauchi (presenter), Hogg, Cohen, Hosain and Malhotra

More pictures on back page!

Awards

Congratulations to **Dr. Tom Mackay** who was presented with the PLC Physician of Merit Award at a Dinner, Dance & Awards Night during the 23rd Annual PLC/CGH Medical Staff Association Dinner on January 31. This award is regarded as a great honour at the PLC and a highlight for mental health and psychiatry.

The Annual Littmann Research Day Resident Awards presented on March 6 went to **Drs. Diana Czechowsky and Greg Montgomery** for Best Resident Research Project and Most Innovative Resident Research respectively. Congratulations!



Drs. Diana Czechowsky and Greg Montgomery accepting their awards from Dr. Glenda MacQueen

Drs. Joann McIlwrick and Jeremy Quickfall received FMC Appreciation Program certificates, recognizing their exemplary attitude and outstanding contribution to the advancement of patient care and/or the environment of the hospital and the Calgary Health Region. With thanks and appreciation for their dedication to health care!

Congratulations to **Dr. Lyle Caldwell** who has been nominated for a PeopleFirst Award. With the creation of Alberta Health Services, the awards event has been cancelled, however this clearly does not diminish the fact that Dr. Caldwell has gone above and beyond his everyday responsibilities. The PeopleFirst Awards were a celebration of excellence among employees, physicians and volunteers who exceed the expectations of their jobs to reinforce the (former) Region's goals and embrace its vision, mission and values.

Glenda MacQueen

Welcome & Goodbye

Kimberly Corrigan recently joined the Safety, Risk Management and Business Practices Team with Mental Health and Addictions Services as our new Risk Management Coordinator. Kimberly comes to us from the Short Stay Unit, where she filled the role of Patient Flow Evaluator & Intensive Outreach Nurse. Prior to this, she was trained and practiced as a Mental Health Nurse in Scotland, where she received experience in both facility and community settings. We are very excited to include Kimberly in our team, as she possesses excellent clinical skills and a good understanding of patient safety. Her focus as Risk Management Coordinator will be in policy development/modification, patient safety initiatives, and education. Please join us in welcoming her aboard!

We are most pleased to welcome **Dr. David Crockford** as the Interim Program Medical Director of the Addictions Program effective April 1, 2009. We anticipate this will provide medical leadership in the ongoing evolution of the Addictions Program and Addiction Centre within Mental Health and Addictions in Calgary as Alberta Health Services integrates Mental Health and Addictions programs throughout Alberta.

As you are aware, despite all of our best efforts to coerce **Jim Merchant** into working a little longer, he will be leaving his current position effective May 1, 2009. We want to thank Jim for many things, not the least of which was his willingness to assume the interim lead role for Mental Health and Addiction in the Calgary Zone since November 2009. His leadership has been greatly appreciated.

As you are also aware, we are still operating within the new Alberta Health Services enabling structure. We anticipate that we will be moving forward shortly with recruitment into permanent positions at both the provincial and zone levels. Until that time, we are very pleased (and grateful) to be able to advise you that **Kim Frache** has agreed to step into the Interim Lead role for Mental Health and Addiction. We appreciate Kim's support and have every confidence that she and Jim will be able to ensure a smooth transition.

Glenda MacQueen

Medical Psychiatric Unit

The Medical Psychiatry Unit will be a 6-bed pilot project based at Unit 43 at the Peter Lougheed Centre. Renovations are currently ongoing and are scheduled to be completed by mid-May 2009.

The key features of this unit will be co-management of patients with active medical and active psychiatric issues. Each patient will have two attending physicians of which one will be a psychiatrist and one an internal medicine specialist.

I will primarily be responsible for the psychiatric management of these patients. A group of 10 to 11 internists will be rotating through on a weekly basis to manage these patients. There will likely be psychiatric residents that will be rotated through this unit.

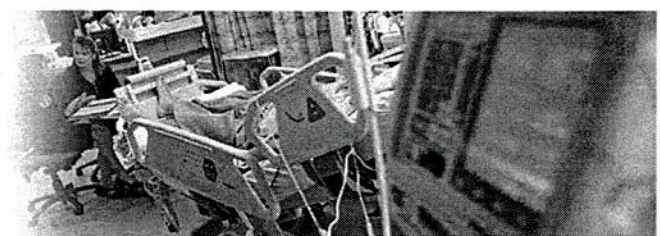
In terms of the initial phase of the opening, the Department of Internal Medicine will be primarily responsible for the initial admission to this unit. Thus, if a psychiatrist is asked to admit a patient to this unit, they should be directed to the Internal Medicine consultation service for final determination of eligibility for this unit.

While on call, psychiatrists may occasionally be consulted to review psychiatric issues only. If there are medical issues that emerge on these patients, please defer these questions to the Internal Medicine team.

At this time, the unit will have coverage from Monday to Friday during the daytime hours. If emergent issues develop after hours, they will be directed to contact the on-call psychiatry team.

We are hopeful that this unit will be a success over the next two years and if so, expansion of the current unit will be likely, as will possible future units at other hospitals.

Rup Pandya



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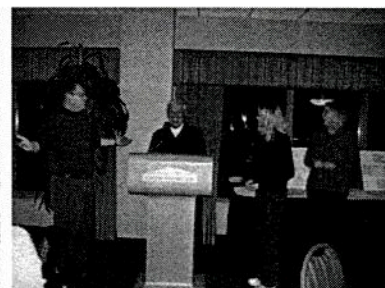
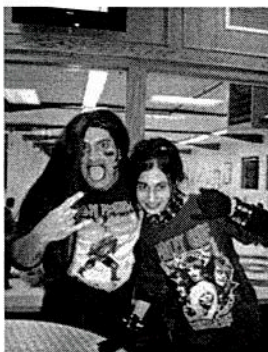
batical and to Yvette Kosidowski for all her effort in making this day a success.

Speaking of Dr. Patten, we expect that he is celebrating somewhere in Australia right now: AHFMR announced the results of its September 2008 Independent Investigators Awards Competition this week. Scott received a Health Senior Scholar Award for his submission entitled, "Major Depression, Health and Psychosocial Status Change." These are highly competitive awards and we extend our sincere congratulations to Scott on this success.

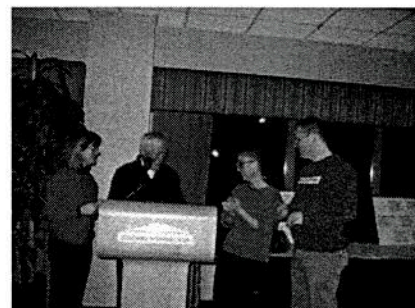
Apart from celebrations of scholarship, several of us were happy to celebrate the simple fact of having survived the Department's Annual Curling Bonspiel with all our teeth intact and no major head injuries (or perhaps I was the only one using those criteria as a measure of success). The event was organized as usual by Dr. Miyauchi, and we thank him for his efforts in organizing a time for us to get together, socialize and relax with colleagues and do some fundraising for the Residents Scholar Development Fund. The pictures tell the tale of that event!

In keeping with the cold weather, the frozen markets and gloomy economic situation across the world continue to make it a challenge to plan for expansion in clinical service provision and scholarship. Despite these challenges, however, and the changes that continue to swirl around us as the provision of health services is restructured at the provincial level, it is obvious that the Department not only survived the winter, but is thriving. As we are just beginning to contemplate spring, we are also looking forward to welcoming our senior residents as they transition to practice. It is a pleasure to see plans emerging to include the senior residents as staff at various locations across the city. We wish them all good luck with their exams in April and look forward to the ways in which, with their skills, energy and enthusiasm, they will contribute to the continual process of renewal that is necessary to maintain the vibrancy of our services.

Glenda MacQueen



**Curling Bonspiel
February 2, 2009**



Mind Matters

The Newsletter for the Regional Clinical Department of Psychiatry

is distributed three times a year to
all psychiatry medical staff and faculty,
psychiatry residents,
Program Directors and Program Medical Directors,
Alberta Health Services Executives,
and psychiatry support staff.

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