

Mind Matters

The Newsletter for the Regional Clinical Department of Psychiatry

Volume X, Issue 11

Fall 2010

From the Department Head

One of the great things about July is that it is the time that we welcome our new residents into the Department. This year we welcome Drs. Karen Bouchard, Karen Duncalf, Brooke Duncan, Benjamin Grintuch, Stephanie Hyder, Rachel Maser, Sylvia Mousa and David Pocock. I have had the privilege of meeting with several of our newest colleagues and it seems certain the current PGY1s will maintain the high standards that our residents have set for years.

Recently, we had the pleasure of welcoming other new members to the department, who are also new to Calgary. Dr. Ali Milani has joined us from Saskatchewan and is settling into clinical work in the North East Clinic and at Central Clinic. Dr. Frank MacMaster has arrived, most recently from Detroit, to take the Cuthbertson Fischer Chair in Pediatric Mental Health. Dr. Blair Ritchie has joined the Adolescent Inpatient unit and the Child and Adolescent Psychiatry Division.



Dr. Karen Bouchard
PGY 1



Dr. Karen Duncalf
PGY 1



Dr. Brooke Duncan
PGY 1



Dr. Benjamin Grintuch
PGY 1



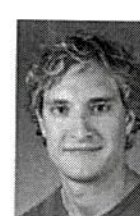
Dr. Stephanie Hyder
PGY 1



Dr. Rachel Maser
PGY 1



Dr. Sylvia Mousa
PGY 1



Dr. David Pocock
PGY 1

The residents that graduated this year are moving on to exciting endeavors—some of which are profiled in this newsletter. We are pleased to welcome into new roles those who are making the transition from trainee to staff. Lisa Harpur has joined the staff at Rockyview, and Jason Taggart is joining the staff at the Alberta Children's Hospital as well as spending some time at ARNIKA. Christine Chang and Aaron Mackie are completing fellowships. Both have developed exciting plans to maintain and enhance their work in this department while expanding their training environments to take advantage of terrific learning opportunities in other departments here (for Christine in sleep medicine) and in Vancouver (for Aaron in neuropsychiatry). As many of you will know, Heidi Solty is off to Toronto to complete a fellowship in psycho-oncology. Kamran Kheirani is heading to Vancouver, but he will retain contact with the clinical services here.

In addition to welcomes, we have some notable farewells. Dr. Shahid Hosain is returning to Winnipeg at the end of the summer. We wish him all the best in his new ventures. His contributions to the child and adolescent division will be missed enormously, as will his contributions to education and to the overall good spirit in the department.

I hope that everyone has a chance this fall to enjoy the remarkable beauty of this province—and to take some time for rejuvenation and relaxation.

Glenda MacQueen

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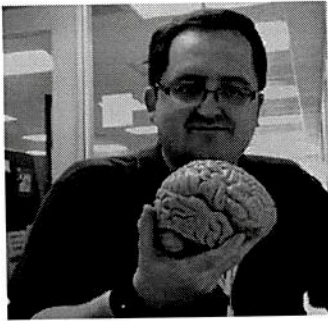
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Who's New?

Allow me to introduce our new faculty members...

Dr. Frank MacMaster

Dr. Frank MacMaster is the Cuthbertson and Fischer Chair in Pediatric Mental Health in the Departments of Psychiatry and Pediatrics. Dr. MacMaster comes to us from Wayne State University in Detroit, Michigan. His educational background is a Bachelors of Arts in Psychology from Saint Mary's University, a Masters in Science in Neuroscience and a Doctorate in Anatomy and Neurobiology from Dalhousie University.

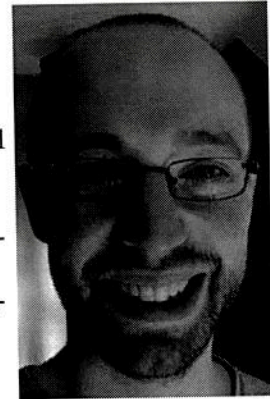


In 1996, Dr. MacMaster began his work in pediatric mental illness using brain imaging. Brain imaging offers a safe, non-invasive method for examining brain function, structure and chemistry. The nature of MRI also allows for safe repeated exams, allowing for studies over the course of development. The broad goal of Dr. MacMaster's research is to study the impact of the stress response on the regulation of emotion, particularly in young people. Dysfunction in emotional regulation is at the heart of major depression and bipolar disorder, and there is no doubt that stress often plays a pivotal role in these illnesses. Uncovering the neurobiology of mood disorders is the core focus of Dr. MacMaster's work. Reward processing (an aspect of emotional regulation) in addictions and obesity is a developing interest as well. Dr. MacMaster has studied and maintains an interest in other psychiatric disorders found in young people, such as Attention Deficit Hyperactivity Disorder, Schizophrenia, and Obsessive Compulsive Disorder. His primary aspiration is for his outcome-focused research to have a positive and useful impact on clinical practice in ways that will better the lives of children affected by mental illness.

Dr. MacMaster is a strong believer in interdisciplinary collaboration. He is also interested in hearing from clinicians/mental health professionals as to what they would like to see from research (fmacmast@ucalgary.ca).

Dr. Blair Ritchie

Dr. Blair Ritchie started work in youth inpatients, youth addictions, and general youth outpatients in August of this year. He completed his medical training and residency in psychiatry in Kingston, Ontario at Queen's University. Before moving to Calgary this summer, he completed a one-year fellowship in child and youth psychiatry at the Children's Hospital of Eastern Ontario in Ottawa. Dr. Ritchie has a special interest in shared care and is involved with groups in Ottawa and Hamilton in developing online toolkits for family doctors. Outside of psychiatry, Dr. Ritchie enjoys many outdoor activities and has been taking advantage of Calgary's proximity to the mountains. He looks forward to meeting his colleagues as he settles in Calgary.



Dr. Jason Taggart

Dr. Jason Taggart has a Bachelor of Science (with Honours) degree in Neuroscience from Dalhousie University and received his medical degree from Dalhousie Medical School. He recently finished his psychiatry residency here in Calgary.



Dr. Taggart's professional interests include general child and adolescent psychiatry and adult patients with intellectual disabilities and co-morbid psychiatric conditions.

Currently, Dr. Taggart is working at the Alberta Children's Hospital's Mental Health Patient Care Unit and Mental Health Day Treatment Program. He also works at the Arnika Centre for Dual Diagnosis.

Dr. Ali Milani

Dr. Ali Milani recently joined our team in May and

has been working at the Active Treatment Team program, Sunridge Community Adult Mental Health and Airdrie Addictions and Mental Health Services.

Dr. Milani received his medical degree in 1992 and did his psychiatry residency at Mashhad University of Medical Sciences in Iran. He completed a one-year clinical fellowship in forensic psychiatry at Queen's University (Kingston, ON) and a two-year fellowship in the Dual Diagnosis Program at CAMH, University of Toronto.

Most recently, Dr. Milani worked for three-and-a-half years as a general psychiatrist in Swift Current, Saskatchewan. He also collaborated with the Mood Program at the University of Saskatchewan and was involved in a research project on mood instability. His primary interest is mood disorders.

Dr. Lisa Harpur

Dr. Lisa Harpur completed a Bachelor and Master's degree in Experimental Psychology with a thesis in Perception, Cognition and Aging at the University of Calgary. She earned a PhD in Clinical Psychology at the University of Saskatchewan. Her research focused on theories of stress and interpersonal coping in women with gynecological cancer. Her clinical internship at Alberta Hospital Edmonton included a subspecialty in geriatrics. Lisa worked as a psychologist in the community, in private practice, and was the Clinical Director of Mental Health on a First Nations Reserve before taking a tenure track academic position at the University of Calgary in Applied Psychology. There, she conducted research, published, taught assessment and psychotherapy, supervised several Master's and PhD level students, and continued to serve as adjunct professor until 2008.



In 2006, Dr. Harpur obtained her degree in medicine and began residency in psychiatry at the University of Calgary. During residency, she had the opportunity to present grand rounds for internal medicine and palliative care. She also became a Cognitive Therapy Supervisor through the Beck Institute in Philadelphia and trained in Transcranial Magnetic Stimulation (TMS) through the In-

ternational Society for Neurostimulation.

Dr. Harpur looks forward to collaborating with colleagues in teaching and research, and providing supervision and mentorship to medical students and residents.

Dr. Christine Chang

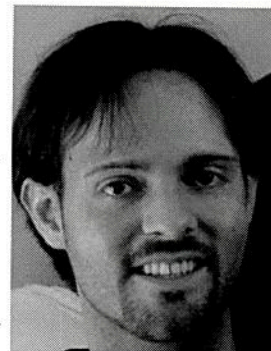
Dr. Christine Chang is doing a one-year clinical fellowship in Sleep Medicine, based out of the Sleep Centre at the Foothills Hospital. It is a joint collaboration between the Departments of Psychiatry and Respiriology. During this fellowship, Dr. Chang will be learning the skills of a sleep specialist, including the interpretation of sleep studies, an approach to insomnia and excessive sleepiness, and the assessment and management of sleep disorders including sleep apnea, narcolepsy, parasomnias, circadian rhythm disorders, and sleep-related movement disorders.



During her fellowship, one of Dr. Chang's goals will be to help integrate Psychiatry with the "Sleep" community. The creation of this fellowship has already started this process, as Dr. Chang is the first psychiatrist to be trained in sleep medicine by the Calgary Department of Respiriology. In addition, Dr. Chang will receive training from University of Alberta sleep psychiatrists and community sleep physicians in the Calgary area.

Dr. Aaron Mackie

Dr. Aaron Mackie is doing a joint Neuropsychiatry fellowship between the University of Calgary and the University of British Columbia (UBC). He completed his first year of fellowship in Calgary, working in the Movement Disorders, Cognitive, Multiple Sclerosis, Epilepsy, Headache, and Neuromuscular Clinics. He also taught in the Neurology program.



Dr. Mackie's work in BC is predominantly clinical. He splits his work days between the Neuropsychiatry Inpatient Unit and various outpatient clinics.

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In addition to his clinical work, Dr. Mackie will be teaching UBC residents the UBC Neuropsychiatry curriculum. He hopes to develop a similar curriculum, with the assistance of Dr. Jordan Cohen, for University of Calgary psychiatry residents and possibly some neuropsychiatry lectures for our medical school.

Another of Dr. Mackie's goals is to build connections between clinicians in Vancouver and Calgary who are interested in the patient population with Neuropsychiatric illness. He and Dr. Steven Simpson are hoping to further develop the online journal club to include a subgroup that discusses articles from Neuropsychiatry journals.

Finally, Dr. Mackie and his wife are proud parents to a new baby boy: Pierce David Robert Mackie. *That should keep him busy!*

Glenda MacQueen

Best Wishes

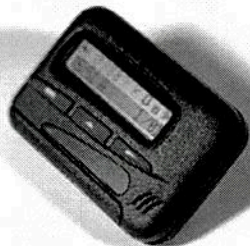
As many of you know, Janny Postema has left our department to move to Nova Scotia. Janny was a central figure in the department for years, and she is greatly missed. However, acknowledging that I have a personal bias, I think she has chosen a beautiful part of the country to make her new home, and I am sure that she will be welcomed into her new community. Many thanks go along with all our best wishes to her as she starts a new chapter of her life.

Glenda MacQueen

Inpatients Division Update

The Inpatients division has been busy dealing with ongoing issues of capacity and flow at all sites. A pilot project has been initiated whereby psychiatrists at the Foothills Medical Centre (FMC) and Peter Lougheed Centre (PLC) admit directly to the Short Stay Unit. This has worked well, with a few minor issues. The goal is to reduce the on-call burden on psychiatrists at the PLC. Continuity of care

is central, as the psychiatrist or resident who knows the patient best takes care of issues over the phone through the night.



Interview rooms for Units 25 and 27 at the PLC are in the works. These rooms will be essential for providing a safe meeting space for psychiatrists and their patients. Plans continue to improve the multidisciplinary-team approach at this site.

Two meetings have been held with consultation/liaison psychiatrists and nursing directors regarding an expansion of services in the Calgary Zone. The goals are to expand available services and pro-

vide better coordination between inpatient and outpatient services. There was also discussion of embedding psychiatrists within existing medical clinics. A request has been made for regular academic meetings (rounds/journal clubs) for C/L psychiatrists, to maintain a cohesive group. The ultimate goal will be the creation of a Division of Psychosomatic Medicine.

Congratulations to two recent graduates: Dr. Christine Chang is completing a fellowship in sleep medicine and Dr. Aaron Mackie is working on a neuropsychiatry fellowship. Both will aid in expanding our repertoire of C/L services.

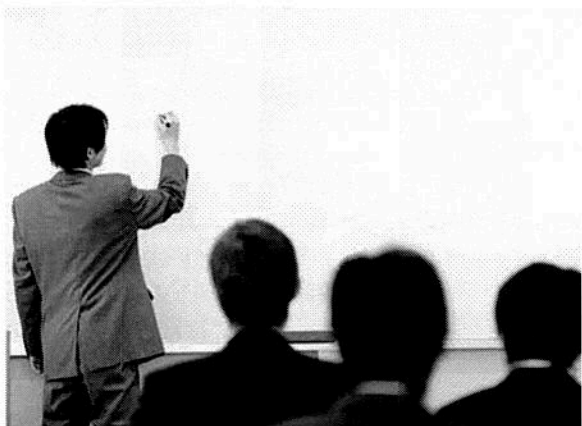
Calgary emergency rooms face issues of capacity and flow, with particular concern being raised at the Rockyview General Hospital. Recently, Rockyview General Hospital has undergone a renovation of the emergency area – where some concerns about the psychiatric interview area are currently being addressed.

Finally, we would like to welcome Dr. Lisa Harpur, a recent graduate from our residency program, to the Rockyview General Hospital where she will be working both on inpatients and outpatient programs.

Bev Adams

HoNOS Highlights

In Fall 2009 the Health of the Nation Outcome Scales (HoNOS) were selected by provincial and Calgary Zone Addictions and Mental Health (AMH) executive leadership as a standard client-level outcome measurement tool. This tool was to be used routinely across all Addiction and Mental Health (AMH) services in Alberta Health Services (AHS). Consistent use of this instrument across services is expected to increase understanding of service and system-level performance, provide a common language for care planning, and facilitate regular tracking of client progress in care. When implemented for routine use in Nova Scotia, the HoNOS was shown to have satisfactory sensitivity to change and good predictive validity in relation to service use (Kisely et al, Canadian Journal of Psychiatry, July 2010).



Training in use of the HoNOS—a requirement of the Royal College of Psychiatrists (United Kingdom) who developed the scales—began in Calgary in March 2010. All programs/services were expected to begin using the HoNOS by June 1, 2010. As the following highlights show, HoNOS implementation is progressing well in Calgary Zone AMH:

- Since March 2010, over 970 clinical staff (including about 20 psychiatrists) have been trained to use the adult and/or child and adolescent versions of the HoNOS using the train-the-trainer model of training. Starting in October 2010, HoNOS training for new staff members will be incorporated into the Addiction and Mental Health New Employee Orientation.
- Between June 1st and August 10th approxi-

mately 6,600 completed HoNOS forms were sent to IMER. Just over 6,000 of these have been entered in IMER's database; these represent 5,730 clients and approximately 80 programs/services.

- Analysis and reporting has begun, focusing initially on the number of forms received from each program and the completeness of each form. Summaries of this information are being sent to program/service managers and trainers. Service-level compliance rates and profiles of problem severity at admission will be reported to each program in September 2010.
- Planning is underway to report HoNOS-based indicators through the AHS Performance Indicator & Management Dashboard (piMD): <http://sigma/eqc/PortalDefault.asp>
- Development of a web-based interim database for the Calgary Zone is progressing well. Clinicians will soon have access to this database allowing them to enter data directly into the system and to check their clients' previous HoNOS scores.
- A discussion forum to facilitate HoNOS-related knowledge exchange has been set up at: <http://honos.myfreeforum.org>.

For more information about the Calgary Zone HoNOS Implementation Project, please contact the Information Management, Evaluation and Research (IMER) Unit.

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Donna Rutherford at 943-2270
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Undergraduate Education

There is a steady hum in the air these days, almost like bees – constantly saying “busy, busy, busy.” The class of 2010 graduated 152 eager young MDs this year. As I look forward to the upcoming classes, I see an ever-increasing tide of new students. This year, 170 new students were enrolled in the medical school. While this figure is down from a projected 180, it still means a lot of new warm bodies helping to heat these buildings (can we apply for energy credits?).

As always, it's a struggle to balance educating new medical students with providing excellent patient care and decreasing wait times for all. We are currently in the third block of the class of 2011, and there are 15 mandatory clerkship students in Calgary with an additional 2 students at Alberta Hospital Ponoka. This is in addition to the elective students in Med 440. In fact, Med 440 was so over-subscribed that we, unfortunately, had to turn two students away because of a lack of preceptors.

Interest among medical students in Psychiatry as a specialty program reached an all-time high earlier

Interest among medical students in Psychiatry as a specialty program reached an all-time high earlier this spring. A record 20 percent of the class of 2010 applied for our residency program.

this spring. A record 20 percent of the class of 2010 applied for our residency program. There are many people to be thanked for cultivating this interest, particularly our preceptors and course directors for Course VII and Med 440 and the students leading the Psychiatry Interest Group. Of course, it's possible that the high quality of our residency program over the years is making it an even more desirable program.

Results from the year-end student questionnaire on clerkship were very positive. Overall, students rated the clerkship year as 3.8 out of 5.0. Thirty students rated the certifying evaluations in the psychiatry

clerkship as being of excellent quality (2nd overall). It was also rated the least stressful clerkship rotation. Future considerations for clerkship will include discussions with clerk preceptors about resident teaching, with respect to loss of time on wards.

Finally, congratulations to Shari Ingalls, my secretary for the past two years, on the birth of her baby boy. Shari will be on maternity leave for the next year. I wish her well as she adjusts to the new addition to her family. I'm also pleased to welcome Salimah Muhammad as my interim secretary.

Nancy Brager

Mark your calendars!

The annual Undergraduate Medical Education Retreat is coming to a Zoo near you on October 29, 2010. Please send your RSVPs to Pauline Burgess at pauline.burgess@albertahealthservices.ca.



Postgraduate Education

I hope everyone is having a good summer, despite our weather (smile). However, the weather cannot dampen my spirit, since the spring has left us with wonderful news. I am very pleased to report that all the PGY-5 residents were successful in their Royal College examinations and are either starting work as our faculty colleagues or continuing in subspecialty training, with plans to return once these fellowships are complete. Please join me in congratulating Drs. Heidi Solty, Christine Chang, Jason Taggart, Lisa Harpur, Kamran Kheirani and Aaron Mackie on their success. I wish them a successful start to their careers.

I also want to recognize our current PGY-5s who have passed their qualifying viewed interviews and, pending the completion of their FITER evaluations, are now qualified for sitting their Royal College examinations next spring. This includes Drs. Tim Ayas, Diana Czechowsky, Eriika Halboom, Susan Brownell, Wanda Lester, Greg Montgomery, Adrian Norbash and Ursula Zanussi. You will soon be seeing our new PGY-1 residents. I anticipate great things from this group of recruits and know they will fit in well with our program.

We will be working on several new projects during the upcoming academic year including initiating a formal mentoring program for the residents. Many of you have been contacted regarding this initiative. If you are interested in mentoring, please contact Anabella Montero (anabella.montero@albertahealthservices.ca).

Other new projects will include adding "horizontal" clinical experience to our Chronic Care rotation (as per Royal College directives), formally assimilating shared care into our training program, and adding a physician-health clinical assessment rotation into senior-level training. I will try to keep everyone informed about these exciting new projects as they unfold.

Thank you to the faculty and support staff who are involved in resident education. I appreciate your time and effort. I wish everyone a great summer and fall, and I look forward to future collaborations in this new academic year.

Jordan Cohen

Congratulations

We are pleased to share that **Dr. Cynthia Baxter** was awarded the Continuing Medical Education Award for clinical, adjunct and research faculty. This award acknowledges Dr. Baxter's significant achievements in 2009 in the area of continuing medical education. As the recipient of this award, she is recognized, by her peers, as being in the top one percent of members in the Faculty of Medicine. Congratulations Cynthia!

Congratulations to Drs. **Carl Adrian, Rup Pandya, Aaron Mackie and Cristin Fitzgerald** on receiving 2009-2010 Gold Star Awards for teaching.

In addition, congratulations to the following faculty members who have received academic promotions:

Dr. Jordan Cohen

Clinical Associate Professor

Dr. Margaret Oakander

Clinical Associate Professor

Dr. Shahid Hosain

Clinical Assistant Professor

Dr. Joan Besant

Clinical Assistant Professor

Dr. Tyler Pirlot

Clinical Assistant Professor

Glenda MacQueen

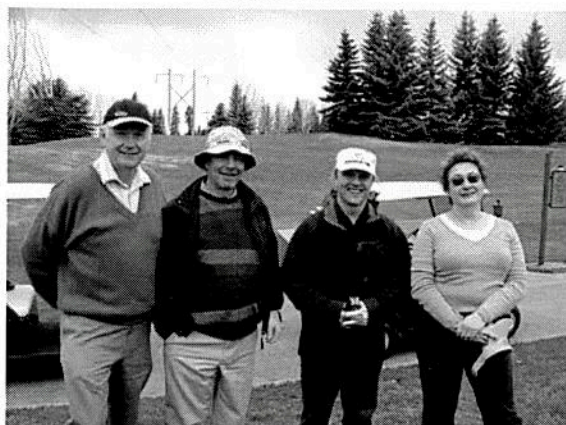
2010 Psychiatry Golf Tournament



Manrit Takhar, Cristin Fitzgerald, Chuck Terlesky,
Brienne McLane



Pat Coll, Julie Janzen, Breid Coll, Glenda MacQueen,
John deVries



John Tuttle, Kent Sargeant, Roy Turner, Elena Petrov




Leanne Owens, David Miyauchi, Bernard Sowa



Bev Adams, Cathy Grant, Darren Chapman,
Thomas Raedler



Eric Fung, Michael Trew, Milt Nickel

Mind  **M**atters

The Newsletter for the Regional Clinical Department of Psychiatry

Mind Matters 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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