

MindMatters

The Newsletter for the Regional Clinical Department of Psychiatry

Volume X, Issue I

Spring 2010

From the Department Head

We've intentionally had some of the world's worst kept secrets in the last few months. As many of you know, we had the opportunity to restructure physician administration in the department. We now have a Deputy Head for Clinical and Strategic Affairs. In January, Dr. David Miyauchi stepped into this role; Dr. Beverly Adams stepped into the role of Program Medical Director, inpatients; and Dr. Hugh Colohan stepped into the role of Program Medical Director, Addictions and Claresholm.

Deputy Head for Clinical and Strategic Affairs

The position of Deputy Head for Clinical and Strategic Affairs was created to meet the growing needs of the clinical department and in response to recommendations from the zone. It has a number of key priorities including safety, quality assurance and complaints. Among other responsibilities, the Deputy Head plays a major role in guiding program reviews and will work closely with the Information Management, Evaluation and Research Unit as we increasingly use evidence from local practice to guide decisions in the department. Incidentally, I think it is clear that Dr. Don Addington, Dr. Shawn Currie and others were visionary in their early support for the I&E Unit. With the current focus on performance management and evaluation across the province, we are well positioned to use these processes to improve what we do.

Dr. David Miyauchi

It is my pleasure to announce that Dr. David Miyauchi has assumed the role of Deputy Head, Clinical and Strategic Affairs for the Department of Psychiatry. Dr. Miyauchi is a Clinical Professor in the Department of Psychiatry and has been on medical staff at the Foothills Hospital since 1967. Did you know

that before that, he was a Captain (1962), then Major (1964) and then Lt Colonel (1967) in the Royal Canadian Army Military Corps? He has held the role of Program Medical



Dr. David Miyauchi

Director, Inpatient Programs, as well as Site Coordinator for Psychiatry at the Foothills Medical Centre since 1997. He has been actively involved in the Medical Staff organization of the Foothills; has been President of the Medical Staff; and has been a member of and chaired a large number of committees within the Hospital and across the Region.

Dr. Miyauchi is also a well-recognized consultant for the College of Physicians and Surgeons of Alberta. He represented Psychiatry at the University of Calgary Medical Group from 1988-2010. He has given dozens of invited addresses and has acted as a consultant for governments at all levels. He is widely regarded as a mentor—nurturing and supportive to colleagues and staff. David advocated consistently for the development of a Medical-Psychiatric Unit in Calgary. This vision was realized at the Peter Lougheed Centre within the last year.

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By no means least of all, David has hosted annual curling and golf events for the Southern Alberta catchment area. These events encourage cohesion both among the staff and between staff and residents. They bring us together and allow us to relax with each other away from the demands of the clinical sites and meeting rooms.

People have noted that David has a “rare combination of clinical and administrative experience” and that he is a “wise consultant and visionary colleague.” I saw a letter once that noted he had held “every conceivable role” in the department—including Interim Department Head. David is one of a small number of physicians who, in the early days of the University of Calgary, laid the strong foundations for the health and health education systems, enabling them to grow into the nationally competitive systems they are today. I am very grateful that he has accepted this new role. We continue to benefit from his expertise.

We have heard many wonderful things about her, including the fact that she has been “instrumental in educating a new cohort of physicians and psychiatrists”, that she has a “profound kindness” and that she is “a true leader and team player”.

PMD Inpatients

It is my pleasure to announce that Dr. Beverly Adams has assumed the role of Program Medical Director for Inpatients. This role will remain largely as it was under Dr. Miyauchi’s capable direction. Bev will also oversee Psychiatric Emergency Services (PES), as it is critically important that PES and Inpatients have seamless flow and communication. Consultation-Liaison (C-L) services also fall under the Inpatient PMD portfolio. As many people know, a proposal to make C-L a separate division was a hair’s breadth away from approval when the regions were dissolved; the approval process has since stalled. We will continue to work to expand C-L, which is already very strong both clinically and academically within the department. We will advocate for its formal recognition as a distinct sub-specialty in psychiatry.

Dr. Beverly Adams

Dr. Beverly Adams obtained an MD from the University of Saskatchewan in 1987 and completed her residency in psychiatry at the University of Alberta in 1993. From 1993 to 2001 she was on

Unit 21 at the Foothills Medical Centre in a clinical faculty role. In 2000 she assumed a geographic full time (GFT) position with the University, and in 2002 she became Residency Training Director, while continuing to provide both academic and administrative leadership on Unit 21. She has been an oral examiner with the Royal College since 1998. She also participated in the written exam board from 2000 to 2006. Bev has provided extensive continuing professional development on the CanMEDS roles, including a lecture on the updated CanMED roles at the 2005 Canadian Psychiatric Association Meeting.

In the past few months Bev has been recognized for the remarkable job she did as Director, Residency Training Program. We have heard many wonderful things about her, including the fact that she has been “instrumental in educating a new

cohort of physicians and psychiatrists”, that she has a “profound kindness” and that she is “a true leader and team player”. Her wealth of experience as Clinical Medical Director of an Inpatient Unit; her familiarity

with all aspects of our system, which she acquired as post-grad director; and the personal qualities that have been recently celebrated are all obvious reasons why we are so pleased that she has agreed to turn her skills to this new role. We are looking forward to working with her and hope that everyone will support Bev in this new role.

PMD Addictions and Claresholm

We were fortunate when Dr. David Crockford agreed many moons ago to provide interim coverage as the Program Medical Director for Addictions. He guided the Addictions Program through a time of significant transition and uncertainty, particularly during the integration of Addictions and Mental Health Services across the province. Thank you to David for his work as PMD for Addictions and his other roles within the Addictions Centre, on the Inpatient Unit and as a University GFT. For various reasons, the PMD Addictions role has been reconfigured to be PMD Addictions and Claresholm.

Dr. Hugh Colohan

It is my pleasure to announce that Dr. Hugh Colohan has transitioned from PMD Specialized Services to assume the role of Program Medical Director for Addictions and Claresholm. Dr. Colohan completed his medical degree at the University College in Dublin in 1983, his MRC Psych in 1988 and his FRCPC in 1997. Upon coming to Canada, he worked as a consultant in Lethbridge and at Claresholm. He became Clinical Medical Director at Claresholm in 1998. He is a Clinical Lecturer with the University of Calgary, has been involved in over 10 clinical trials and research studies, has given invited addresses and published a number of papers, including in the British Medical Journal and the British Journal of Psychiatry.

Dr. Colohan has worked very effectively with addictions services in the Claresholm region and in many ways represented the best of front-line collaboration with AADAC even before the provincial focus on integration of AADAC and the mental health system. As PMD for Specialized Services, he is familiar with the system issues across the zone and we are pleased that he will be focusing his skills on addictions across the zone in addition to Claresholm. Dr. Colohan is described repeatedly as "solid and insightful" and "he's always there to help." His reasoned and collaborative style of engagement; his work to date at the Claresholm Centre for Mental Health & Addictions and in that community; and his demonstrated success in building bridges with AADAC position him well for success in his new role. We have an Addiction Centre here that has provided international leadership in addictions and concurrent treatment, and we are well-placed to continue that leadership in developing new ways of working with patients who have concurrent disorders.

Other PMD roles

Drs. Ken Hashman, Suparna Madan and Chris Wilkes are all continuing in their vitally important roles as Program Medical Directors for Forensics, Geriatrics and Child & Adolescent, respectively. These roles have not changed and we are glad for the stable and effective leadership that these physicians provide.

However, we have gaps in the PMD positions that used to be filled by Dr. Mike Trew (Primary Care) and Dr. Hugh Colohan (Specialized Services). Our proposal is to re-configure these two roles into one

PMD position for Outpatients. We hope that this blended role will enhance the seamlessness of care in all our general and specialized adult outpatient programs. Elements of each of the former positions have been allocated to other roles to manage the workload. We are waiting for positions to wind their way through channels before we can post this role. We are anxious to fill the position, as it represents an opportunity for us to develop another strong physician leader in the department. Outpatient services figure prominently in the proposed strategic plan for Addictions and Mental Health across the province. The new PMD for outpatients will have the opportunity to make a positive impact on mental health services in Calgary.

Also on the Move

As Dr. Adams stepped down from Unit 21 to accept the role of Program Medical Director Inpatients, we were fortunate to have Dr. Bernard Sowa take her place as Clinical Medical Director on Unit 21. Dr. Sowa has a wealth of inpatient and administrative experience. In addition to accepting this role on Unit 21, Dr. Sowa is representing the department on the Addictions and Mental Health Quality Assurance Committee, along with Dr. Miyauchi. Dr. Sowa has previously assumed a leadership role with safety reviews and will continue to use this expertise to deal with the sensitive and complex issues that often arise in these contexts.

Dr. Stephen Amadala took over from Dr. Sowa as Clinical Medical Director, Unit 23 at the Foothills Medical Centre. Dr. Amadala covered this position as Interim Clinical Medical Director after Dr. Pamela Manning stepped down last year.

Dr. Darcy Muir took over as Clinical Medical Director, Northeast Community Health Centre from Dr. Salim Hamid. Dr. Hamid stepped down last year to pursue a career in private practice.

Thanks to all for taking on these new roles and continuing to provide excellent leadership in existing roles!

Glenda MacQueen

Undergraduate Education

Well, we must be doing something right in undergraduate medical education because everyone wants a piece of us. From 76 CaRMS applicants to our residency program, to Course VII earning the honour of most popular course in the med school, it's good to give credit where credit is due.



Course VII has been the highest rated course in the med school for the past three years. This is largely due to the efforts of our entire faculty with Dr. Lauren Zanussi and Dr. Phillip Stokes at the helm. Their hard work and dedication have been rewarded with a much-deserved Gold Star in Teaching. Dr. Zanussi also won the 2009-2010 Kakapo's Choice Top Lecturer Award as voted by the class of 2011. Other award winners included Dr. Aaron Mackie and Dr. Lloyd Maybaum, who received Letters of Excel-

lence, and the ACT team who received a multidisciplinary team teaching award. Please join me in thanking the entire Course VII faculty for their contributions to the most excellent course in the med school.

A new course has been added this past year to the medical school curriculum. Course VIII (the Pre-Clerkship course) is presented as a series of workshops throughout the second year to prepare students for the realities of their clerkship year. Previous Chief Resident, Dr. Tim Ayas, presented a workshop entitled "An Introduction to Psychiatry: The Fundamentals of a Mental Status Examination". According to Dr. Ayas, "It was a PowerPoint presentation with lots of incorporated movie clips. About twenty students were present, and it was quite well-received."

This year, the Psychiatry Clerkship program expanded to Ponoka. Dr. Phillip Stokes and the Clerkship Committee have done a lot of background work to coordinate this effort. One of the questions that came up during this process was, "How do we broadcast our weekly academic seminars to the clerks in Ponoka, so that their clerkship experience is equivalent with the urban clerks?" Dr. Stokes was able to get a commitment from the AHS Telehealth department to broadcast the seminars in a secure fashion on a weekly basis and so solve this problem. With the capabilities provided by Telehealth, the Psychiatry Clerkship program should be able to keep pace with the future expansion of the med school. Expansion of the program also requires more preceptors; we welcome Dr. Dale Danyluk to the ranks of newly recruited preceptors.

Nancy Brager

Welcome

We welcome Kim Frache to the role of Director, Geriatrics and Adult South, Addiction and Mental Health, Community and Rural Health, Calgary Zone.

Kim is a clinical psychologist with experience in geriatric mental health. She brings strong leadership and team-building skills to this position. In addition, she is very knowledgeable and passionate about coordinated, integrated services across the continuum, particularly with respect to concurrent disorders, screening, assessment and building of core competencies.

Glenda MacQueen

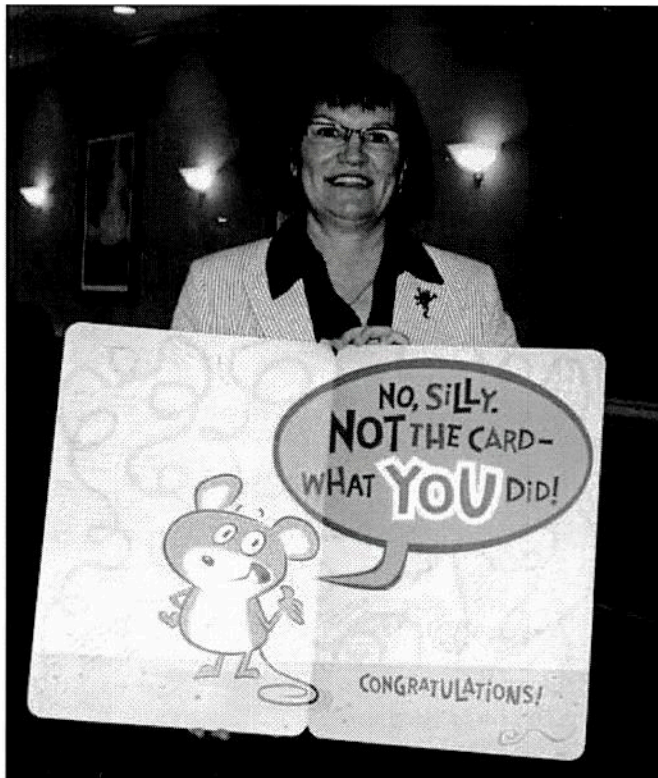
Clinical Research Unit of the Hotchkiss Brain Institute

The Clinical Research Unit (CRU) is a core facility of the Hotchkiss Brain Institute (HBI) dedicated to facilitate and promote clinical and translational research by members of the HBI. The type of research supported by the CRU is not in any way restricted to clinical trials, but involves patient-related research in all its facets, ranging from Phase II clinical trials to cohort studies, surveys, clinic-based research and audits, single, multi-centre and international studies, etc. The CRU consists of a Steering Committee representing the various clinical and research disciplines. This Steering Committee provides direction to the activities of the CRU. The principle activities of the CRU are supported by a research database platform (IDATAFAX), which permits formal study set up, creation of CRFs, remote faxed or on-line data entry and data quality control. It uses an electronic data capture system that is FDA com-

pliant. The CRU has dedicated staff to assist with setting up studies, designing CRFs, and maintaining the integrity of the database. In addition, the CRU has an annual competition for pilot funding, focusing on studies that are designed to gather initial data that will result in formal, larger scale proposals. Full HBI members are eligible to apply for these pilot project funds. We encourage you to explore how the CRU can help your clinical research initiatives. For further information contact Christina Ma, CRU Manager:

Email - christina.ma@albertahealthservices.ca
Phone – 403-210-6372

*S Wiebe, Director
Clinical Research Unit
Hotchkiss Brain Institute*



Thanks

"I would like to thank the people that contributed towards my gift. I have already purchased an airline ticket. It was a nice surprise at Littmann when they made a special presentation in honor of my 40 years of service. I received a signed oversized card, lovely flowers and visa gift cards. I appreciated the many congratulations and well wishers. Once again, thank you very much."

~Yvette Kosidowski

I would like to formally thank Yvette for her dedication and service to the Department of Psychiatry and our health care system. I applaud her commitment.

Glenda MacQueen

Postgraduate Education

I am incredibly privileged to be taking over for Bev Adams as residency training director as of December 1, 2009. It has been a busy and exciting first few months and I am enthusiastic about all the opportunities. To date, I have completed Royal College final ITERs (In Training Evaluation Reports) for the six PGY-5s, and I have sifted through record numbers of CaRMS applicants to try to shortlist 46 out of 76 well-qualified students for interviews. We are pleased to announce our first international medical graduate, Sylvia Mousa. Sylvia is currently in preparatory Alberta International Medical Graduate training and will join our new PGY-1 group on July 1, 2010, bringing the group's number to eight.

In response to the record number (25) of local CaRMS applicants, we added a second full-day of interviewing. Thank you to Bev and Rup Pandya for their generous offers to oversee that portion of the interview roster. The faculty on the residency training committee stepped up to the plate to provide at least one and sometimes two half days of interviewing. I am indebted to the outgoing Chief, Tim Ayas, who was the mainstay for all 46 interviews, despite illness and newborn twins. Talk about stamina!

We are exceptionally pleased with the CaRMS matches.

We are exceptionally pleased with the CaRMS matches. Karen Bouchard (nee Arnelien), Karen Duncalf, Ben Grintuch, Stephanie Hyder, Brooke Karperien, Rachel Maser and Dave Pocock—along with Sylvia Mousa—will be our eight gleaming new PGY-1s on July 1, 2010. Kudos to all of the residents on the CaRMS committee who hosted jittery applicants in the hospitality room, shared their experiences in residency over tapas in the evening, and pushed carts through Costco to keep within the CaRMS budget—despite the surprise addition of a fourth day of interviewing.

The residency program hosted two useful and entertaining professional development presentations over the winter. In November, Dr. Jose Maldonado (Stanford) presented on delirium at Grand Rounds



Dr. Beverly Adams and Dr. Jordan Cohen

(with nary a prompt card or a pause), followed by a teaching round on Dr. Pandya's Med Psych unit. Dr. Maldonado presented again in the afternoon to approximately 25 faculty and residents. He was an engaging presenter. I can see why Dr. Pandya enjoyed his residency elective with Dr. Maldonado and wanted to share some of Dr. Maldonado's knowledge with us.

In February, upon the advice of his local 'fans' from the University of Western Ontario (UWO) exam preparation course, we invited Dr. Dave Robinson (UWO) to present at Grand Rounds. We had a packed house. Twenty-four of the attendees were given audience response devices that scored their responses to Dr. Robinson's questions. (A PGY-4 was one of the top scorers.) The presentation was followed by a session for residents on how to maximize learning in OSCE (Objective Structured Clinical Examination) situations. The afternoon was then devoted to a workshop with interested faculty on how to develop OSCEs that would enhance resident learning. As a follow-up, we are investigating a possible role for an OSCE coordinator in our own department. With all graduating residents now having to complete close to ten OSCE stations as part of their final exams, it is important we give them the tools they need to succeed.

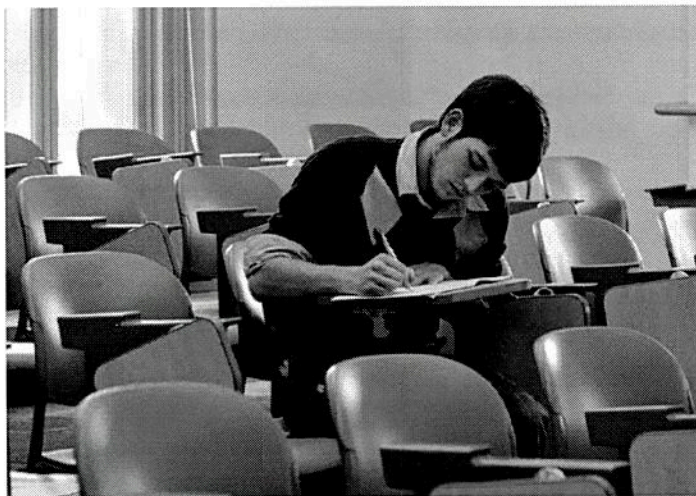
The residency program recently began receiving a

regular endowment to provide learning and training specifically in addictions. Last fall, half of the residents were able to attend the International Society of Addiction Medicine conference in Calgary. Several of the residents will be taking (or have taken) the American Academy of Addiction Psychiatry (AAAP) course in the U.S. We are also investigating bringing in a speaker from the addictions subspecialty, so that all residents and preceptors can benefit from this endowment.

At the March retreat, Tim Ayas stepped down from his one year term as Chief Resident. Tim met many challenges head-on this year—call coverage issues not being the least—with determination, professionalism and a great sense of humor. He has earned the respect of the residency body, and I am eager to welcome him as a peer upon completion of his training. We welcome Anna Wesenberg as the new Chief Resident. Anna spearheaded 'Call for the Cause' at Christmas time (raising over \$4300) and is in the midst of her term as the COPE (Canadian Organization of Psychiatric Educators) representative for our program. I know Anna will be eminently capable in her role, and we all look forward to working with her.

Best of luck to our graduating residents as they prepare for their written exams April 7 and 8, as well as their OSCE/PDM exams in the first week of May in Ottawa. I am confident in your abilities and will look forward to working with you as colleagues.

Jordan Cohen



Congratulations

Congratulations to the following individuals who received awards for their 2009-2010 undergraduate medical teaching in Course VII (Mind and Family):

Dr. Philip Stokes

Gold Star Award

Dr. Lauren Zanussi

Gold Star Award

Dr. Aaron Mackie

Letter of Excellence Award

Dr. Lloyd Maybaum

Letter of Excellence Award

In addition, congratulations to **Dr. Lauren Zanussi** on receiving the 2009-2010 Kakapo's Choice Top Lecturer Award.

Congratulations to **Dr. Jean Addington** on receiving an Alberta Heritage Foundation for Medical Research (AHFMR) Health Scientist Award. This is an extremely competitive and prestigious seven-year award. We are very pleased that Dr. Addington's work has been recognized in this way.

Glenda MacQueen

Job Opportunities

Postdoctoral Fellowship in Research in Early Psychosis

The Psychosis Research Program of the Hotchkiss Brain Institute at the University of Calgary is recruiting postdoctoral fellows funded through the Alberta Mental Health Centennial Chairs Program to start in 2010.

The post-doctoral positions will focus on developing original research and participating in ongoing research in early detection and intervention studies that are being conducted with individuals in the pre-psychotic phase of schizophrenia or in the first stages of a psychotic illness.

For additional information, including criteria and application procedure, please go to:
<http://people.ucalgary.ca/~psyc/tree/PostdocResearchEarlyPsychosis.pdf>

Primary Care Opportunity!

The Primary Care Networks (PCNs) in Calgary are fostering closer relationships with Addictions and Mental Health and the Department of Psychiatry. A pilot project is starting wherein GPs and staff will work with patients with Major Depression, using a structured stepped-care model. If patients do not respond adequately to two trials of treatment, a psychiatric assessment is indicated (note: no implication of transfer of care). Starting in June of this year, we require a psychiatrist to provide these assessments, beginning with a half-day per week. Payment will be fee-for-service, augmented as required, to ensure fully-used time slots.

We anticipate that the pilot will expand and further stepped-care protocols will be developed in the future. This is an opportunity to be involved in the development of better primary care treatment of various mental health disorders.

Please direct inquiries to Dr. Michael Trew: Michael.Trew@albertahealthservices.ca

Psychiatrist for Students

University Health Services is looking for a new psychiatrist for our student population. Available hours for fall 2010 are: Monday, Tuesday, Wednesday from 1 - 4:30 PM and all day Friday. The Wellness Centre at the University of Calgary is the integration of Health Services, Counseling and the Multi-Faith Chaplains Centre. We are looking for a strong team player who enjoys working in a dynamic setting.

Please direct inquiries to Debbie Bruckner, Director, Wellness Centre, (403) 210-8904 or debbie.bruckner@ucalgary.ca



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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Online at: www.calgaryhealthregion.ca/clin/psych/index.html