

Pam Forsberg

MIND MATTERS

Department of Psychiatry Newsletter

Spring 2011

From the Department Head

Preparing the 'spring' edition of Mind Matters while the snow falls and the walkways are icy feels a bit like a hopeful exercise. To my amazement, however, we have officially entered a new season. While I am looking forward to spring, I am also trying to understand how the winter passed so quickly.

One of the winter highlights was definitely the department's Research Day. Dr. Allen Frances gave a provocative and entertaining plenary lecture that was relevant for clinicians and researchers alike. This was followed by a series of excellent presentations that reflected the breadth of expertise in the department. Thanks to all who participated and many thanks to Scott Patten for organizing another successful event. We also recently enjoyed having Dr. Tony Phillips visit the department as part of an Hotchkiss Brain Institute-Psychiatry event. There will be two more invited speakers as part of this series in the next couple of months. Dr. Jeff Meyers will be here in April and Dr. Ron Duman will be here in June. Like Dr. Phillips, they are superb scientists whose work has relevance for both neuroscience and clinical psychiatry. You can find more details on their upcoming lectures in this Mind Matters.

Also inside this edition, you'll find a profile of Val Wiebe. Val has been Executive Director of Addictions and Mental Health for a while now, but we realized that you might not know some of the really neat things about her. Those of you who do know her are aware that she works tirelessly for addictions and mental health, she has a great sense of humor and a lot of common sense, and she always endeavors to put patients' best interests at the centre of every discussion. I feel fortunate to have her number on speed dial—she and her team are great partners for addiction and mental health.

There has been a lot of discussion recently both within AHS and beyond about physician intimidation. Some of the discussion has centered on our department. I hope that it goes without saying that our department does not endorse or support intimidation of our members. Many of us struggle from time to time with how to balance the need to advocate vigorously for people with psychiatric disorders, the people we treat every day, with the need to work for the good of a larger system, of which we are a part. This is a complex and nuanced issue, one in which each situation probably has unique features that make sweeping generalizations impossible. In our own department, we'll do our best to provide as much transparency as we can when issues arise, to respect as many voices and opinions as we can when we speak as a department, and to acknowledge that we will never achieve unanimity of opinion on how to approach issues as complex as those currently facing health care systems across the world.

I hope that everyone experiences the rejuvenation that comes with the warmth and light that this season brings.

Submitted by
Dr. Glenda
MacQueen

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Littmann Research Day

Thank you to those who contributed to and attended the 24th Annual Sebastian K. Littmann Research Day on February 25th, 2011. We were privileged to have Dr. Allen Frances, Chair of the DSM-IV task force, as our keynote speaker. Dr. Frances shared cautionary notes and concerns about the development of the DSM-V, due to be released in May 2013.

In addition to the keynote speaker, our event hosted many insightful presentations, research abstracts and clinical reviews. Below are some of the many highlights:

- Over 20 abstracts, including graduate student projects, post-doctoral research, undergraduate projects and presentations from faculty members within the Department
- Dr. Stephen Boucher's clinical review, "Post-traumatic Stress Disorder, a Hidden Diagnosis"
- Dr. Ian Kroll's review, "The Role of Brain Health in Optimal End-of-Life Care"
- Dr. Adam Moscovitch's presentation on the "North American Fatigue Management Program for Commercial Motor Vehicles"

- Sabine Moritz's presentation describing outcome data from a spirituality teaching program for depression, a major initiative with collaborators Dr. Badri Rickhi and Dr. John Toews.
- A presentation by Dr. Raj Ramasubbu on brain predictors of differential treatment response to antidepressants
- Data presented by Dr. Chris Wilkes concerning health costs associated with mental health diagnoses
- Dr. Jean Addington's presentation on the issue of "false positives" in the NAPLS at risk of psychosis cohort



Dr. David Terriff is presented the award for Best Research by a Resident by Dr. Scott Patten



Dr. Andriyka Papish is presented the award for Most Innovative Research by a Resident by Dr. Scott Patten

Congratulations to Drs. Andriyka Papish and David Terriff on winning resident research awards. Dr. Papish won the award for most innovative research by a resident. Her work concerns combating stigma about psychiatry among medical undergraduates. Dr. David Terriff won the Best Research by a Resident award for an epidemiologic study of disability and health-related impairments in people with Parkinson's disease.

Planning is underway for next year's event, which will be held during reading week on February 24, 2012 at the

University Health Sciences Centre. I encourage you to mark your calendars, for what will hopefully be a full-day event.

Submitted by Dr. Scott Patten

This year's abstracts have been archived in dspace (<https://dspace.ucalgary.ca/handle/1880/48429>) and can also be accessed through Google Scholar.

Congratulations

Congratulations to the following individuals on their recent awards.

Dr. Philip Stokes received the Canadian Association of Medical Education (CAME) Certificate of Merit for 2011.

Dr. Katalin Mayer received the Gold Star award for undergraduate medical teaching in Course 1.

Undergraduate Education Update

It's fiscal year end for both Alberta Health Services and the University and we're busy managing and reviewing our budgets in the Psychiatry Undergraduate Education program. We are pleased to be partially funding 10 students from the Psychiatry Medical Interest Group to attend the upcoming provincial conference. In addition, some unused funds from Undergraduate Medical Education (UME) will be used to update our audio-visual equipment for student teaching purposes.

Another exciting development in our program is a pilot project to expand the child psychiatry rotation. Clerks interested in additional exposure to child psychiatry will have the opportunity to do three weeks of rotation in child psychiatry and three weeks in adult psychiatry, instead of the usual 1 week/5 week split. Six clerks from the class of 2012 will be participating in this one-year pilot program. Drs. Waqar Waheed and Jason Taggart will be the child psychiatry preceptors for these clerks. We will be carefully reviewing the project to make sure that the clerks are able to meet all the adult psychiatry objectives and perform well on the exam.

Other plans for the undergraduate education program include finding a new clerkship site coordinator for the Foot-hills site and hosting a thank you lunch for residents, faculty and interest group students. We'll also need to recruit plenty of clinical instructors. Starting this month, 143 clinical clerks will begin clerkship. Next year, 175 clinical clerks will need clinical teaching.

Finally, congratulations to Dr. Philip Stokes on being awarded the Canadian Association of Medical Education (CAME) Certificate of Merit for 2011. This award is presented annually to one undergraduate educator and one postgraduate educator from the University of Calgary medical school. Dr. Stokes will receive his award at the Annual Clinical Clerkship Directors/Administrators Program in Toronto on May 7th.

Submitted by Dr. Nancy Brager



Outpatient Division Update

The new Calgary Zone Outpatient Psychiatry section was formed in the summer of 2010. This section emerged from the merger of the Specialized Services Program and the Shared Care Program. The section was created in recognition of the major role that outpatient psychiatry plays in the provision of clinical psychiatric services. In addition, our leaders acknowledged the need to streamline and strengthen that role, thus providing relief to inpatient services. The leaders of Zonal Addictions and Mental Health services are to be applauded for their vision in creating and emphasizing the role of this new Outpatient program.

In a recent vision document, the important role of psychiatric outpatient clinics in servicing specific demographics, diagnostic groups and geographic sectors of

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Some of the significant achievements in the Outpatient section in the past year include:

1. Creation of a second Assertive Community Treatment program to help with managing some of our most challenging patients in the community. Dr. Toba Oluboka and his team are to be commended for their persistent hard work in bringing this to fruition.
2. Significant reductions in the Psychiatric Assessment Services (PAS) waiting list. This has been achieved with the assistance of the provincial AIM program. PAS continues to provide valuable services to Psychiatric Emergency Services and to patients referred by community physicians. These outcomes were achieved thanks to the significant goodwill and willingness to innovate of the staff in PAS.

the zone was recognized. Our focus will be to strengthen these clinics through improved resources and assistance in improving efficiencies within the clinics. Our ultimate goals are to promote access to services, maintain quality care and reduce waiting lists.

Some of the major initiatives in the Outpatient program will be:

- Creation of an ambulatory (day hospital/partial hospitalization) service on Unit 24 at the Foothills Medical Centre. This will provide an active treatment buffer between the emergency department and specialized clinics. A similar service is envisioned for the Peter Lougheed Centre.
- Development of a psychiatric home-support team that will further reduce inpatient admission rates.
- Providing stable care and skills-training for some of our more chronic patients through the opening of 58 community beds. Funding for this is already established.
- Accelerated planning for the opening of Outpatient Services at the South Campus.

Finally, while clinical service continues to be the core of our efforts in the Outpatient program, we hope to continue to create an attractive and enabling environment for teaching and research excellence.

Submitted by Dr. Bernard Sowa

A Message from Executive Director, Valerie Wiebe

Having been in the role of Executive Director of Addiction and Mental Health Services (A&MH) for a little over a year, I appreciate everyone's patience and assistance in helping me to understand the many complexities within our programs and services. Each day as I continue to learn more about the services we provide and the difference that our psychiatrists and staff make to the lives of patients, I am humbled and excited to be a part of this amazing purpose.

My role, as I see it, is to:

1. Advocate for the patient.
2. Provide direction, leadership and support to our dedicated, expert staff and physicians to overcome barriers to patient care.
3. Collaborate with and facilitate alignment between A&MH operations, the Department of Psychiatry and senior AHS leadership to optimize patient care.



Valerie Wiebe
Executive Director

I am passionate about improving access to care in the most appropriate setting and facilitating staff engagement, work-life satisfaction, equity and accountability.

Thank you for welcoming me as part of your team.

Submitted by Valerie Wiebe

More About Val...

Education:

Baccalaureate degree in Nursing, Masters of Nursing with a focus on Gerontology, Certificate of Theology

Previous leadership roles:

Departments of Surgery, Medicine, Regional Pain Program, Geriatrics, Public Health, Residential Long Term Care, and teaching at Mount Royal University

Publications:

1. "Improving Patient Access to Medical Services: Preventing the patient from being lost in translation", Allison Bichel, Shannon Erfle, Valerie Wiebe, Dick Axelrod and John Conly. *Health-care Quarterly*. Vol.13 (Special Issue), 2009 pp61-68.
2. "Moving Forward to Improve Migraine Management in Canada", Werner J. Becker, Rose Giammarco, Valerie Wiebe. *The Canadian Journal of Neurological Sciences*. 34:4 (Supplement 4) November, 2007 pp. 20-26.

Pastimes:

- Enjoying adventures with her two nephews, Nathan (16) and Solomon (13)
- Participating in short-term missions projects (So far, Val has been to Africa and Mexico.)
- Working-out at the gym
- Going to the theatre
- Cycling
- Scuba diving

HoNOS Update

An average of 678 HoNOS forms arrive at the Information Management, Evaluation and Research (IMER) unit each week, totalling approximately 27,600 forms since the implementation of HoNOS in the Calgary Zone in June 2010. IMER staff will continue to enter the HoNOS data; however, clinicians will soon have direct access to the data as well. Using a new web-based database, clinicians will be able to review previous HoNOS scores and enter new data. The database will be rolled out in spring 2011.

HoNOS summary reports have now been distributed to managers and HoNOS trainers for most Addiction and Mental Health services in the Calgary Zone. These reports address:

- Data quality (completeness of required information on HoNOS forms, scale completion and frequency of omitted/unknown ratings on each scale item, percentage of admitted and discharged clients for whom a HoNOS was completed)
- Descriptive statistics for total and sub-scale HoNOS scores at admission, midpoint and discharge
- Profiles of problem types and severity levels for clients at admission, midpoint and discharge
- Comparative admission versus discharge profiles and mean and median total scores, if sufficient paired

admission and discharge data was available (i.e., both admission and discharge HoNOS forms were completed for a client).

As an example from these reports, the graph below compares the percentage of Short Stay Unit patients who had moderate or severe ratings on each HoNOS scale at admission with the percentage who had moderate or severe ratings at discharge.

HoNOS/HoNOSCA training will soon be offered directly to psychiatry residents who are in their final year of training. The training will provide background information on HoNOS (including current and future use in Alberta Health Services) and instruction on the tool's rating principles and its appropriate use. The first training session will be offered in June 2011.

For more information about the Calgary Zone HoNOS Implementation Project, please contact the Information Management, Evaluation and Research (IMER) Unit by email (CAL.HONOS@albertahealthservices.ca) or by phone (Brian Marriott at 943-2269; Donna Rutherford at 943-2270).

Submitted by Donna L. Rutherford

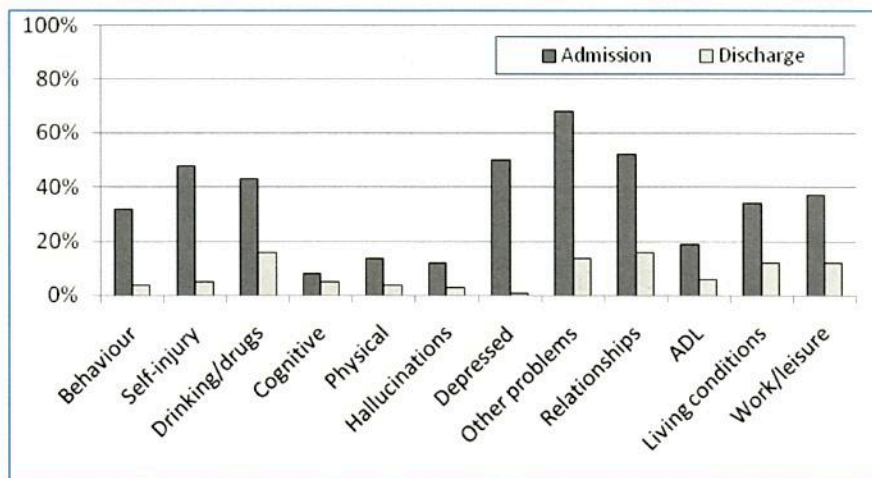


Figure 1: Percentages of Short Stay Unit patients with moderate or severe problems on each scale at admission compared to percentages with moderate or severe problems on each scale at discharge (n = 82)

The HoNOS web pages on the Calgary Zone Addictions and Mental Health intranet (iweb.calgary-healthregion.ca/mh/sites/honos/honos.htm) were recently updated. See new information on analysis and reporting plans, HoNOS score interpretation, how to get HoNOS/HoNOSCA training, and ideas for practicing HoNOS ratings and improving inter-rater agreement.

Provincial Addiction & Mental Health Update

As you are probably aware, Alberta Health Services (AHS) and Alberta Health and Wellness (AHW) have been engaged in a process to develop one integrated strategy for Addictions and Mental Health for the province. This strategy will be linked with two action plans, one for AHS and one for AHW. The process of developing the strategy is helping us to better understand roles and responsibilities and to align priorities between AHW and AHS.

Some of you have been engaged in the process, others will receive more information in the coming months as the strategy proceeds through approval processes. This strategy builds on previous foundational documents but will have much more emphasis on cross-ministerial collaboration. For example, the Ministries of Seniors and Community Support (who also manage AISH), Housing and Urban Affairs, and Education will be involved. Our hope is that this collaboration will positively impact our population.

We will all need to be involved in developing a workplan to proceed with implementation of the Strategy and you will be hearing more about this later in the spring.

In addition to the strategy work, more progress is being

made with a provincial approach to policies and procedures for suicide response on inpatient units. Some of you have

I see many people trying to make this organization work for both patients and staff. We have some way to go, but I think there are benefits to standardization, equity and unity.

provided excellent input, which will help make suicide response and risk management safer and more practical. We understand that there is no perfectly safe management for suicide risk, but we want to find the best balance with safety, respect and compassion. Despite it being awkward, we know that the smoking problem needs to be part of this equation.

Finally, it would seem that criticizing “the system” and AHS has become rather common. However, I see many people trying to make this organization work for both patients and staff. We have some way to go, but I think there are benefits to standardization, equity and unity. I see much more communication between the different parts of the province than in the past, and I am sure that this will reap benefits for all of us.

Clearly there has been money saved in the “behind-the-scenes” part of AHS, and the way I see it, this leaves more for direct patient care. We do not have it all figured out yet, but I think we are on the right track.

*Submitted by Dr. Michael Trew
Senior Medical Director,
Addiction & Mental Health*



Events

4th Annual Addiction Day Conference & Networking Fair

Keynote Presentations

**Perception Management: 45 Minutes on How
to Get the Most Out of Your Lies**

Jeth Weinrich
Canadian Filmmaker and Director

Brain Plasticity and Addiction

Bryan Kolb, PhD
Fri. April 29, 2011
Red and White Club, McMahon Stadium
www.addictionday.ca

HBI Speaker Series

**New Treatments for Depression: Keeping Neu-
rons Alive, Healthy, and Connected**

Dr. Ron Duman

Fri. June 24, 2011 12-1 pm
Theatre 3, U of C Health Sciences Centre

Myalgic Encephalomyelitis/ Chronic Fatigue Syndrome Conference

**Diagnosis and Management: The Basics and
Beyond**

Daniel Peterson, MD & Logan Chamberlain, PhD

April 29 - May 1, 2011
Blackfoot Inn, Calgary

Email espc@shaw.ca for details/registration

2011 Forensic Annual Spring Conference

**Transforming Clinical Gremlins: Revitalizing
Stalled Healing, Uncovering Personality
Dysfunction and Taboo Secrets, and Spotting
Dangerous Psychotic Process**

Shawn Christopher Shea, MD

Fri. April 29, 2011
www.forensiccpd.org

Classifieds

Office Available for Lease

Bow River Psychiatric Consultants
312, 4411 16th Avenue NW
Phone: 403.571.5160 Fax: 403.571.5167

Wanted - Supervisor for Observership

Dr. Ritu Parmar
ECFMG certified international medical graduate
Email: rparmar@live.ca

Psychiatrist Wanted

Mount Royal University is looking to contract the services of a psychiatrist interested in a flexible 8-12 hours/week at our Health Services clinic located in the Encana Wellness Centre. Position is available to begin anytime between July to September 2011.

Contact: Francesca Mancini
Wellness Services Administrator
T: 403.440.6015 E: fmancini@mtroyal.ca

Mind Matters is distributed quarterly 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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