



Mind | Matters

TAIHO | TATSUGL2



Summer 2020
Department of Psychiatry Newsletter
Calgary Zone

Message from the Department Head

Dr. Valerie Taylor

To say that this has been a time of unprecedented change for the Department, and health care in general, would be an understatement. I do not think any of us could have predicted what the last few months have brought us but the response from all of you has been unprecedented as well. The nimbleness with which people embraced virtual care and adopted a new model of interacting with clients has been inspiring, and a positive of COVID-19 has been the capacity for the system to provide virtual care which will continue in to the future. This creativity and adaptability has presented itself in other ways, and it is exciting to see the ways people are innovating in research, education and clinical care. The department continues to grow and we are still building, increasing the size of our residency program and offering the full complement of subspecialty training, with our recently approved training program in Forensics joining Geriatrics and Child Psychiatry, a program that also increased its numbers for the next match. We have also added to our ranks in terms of both our clinical and academic colleagues and we continue to build strengths in both areas.



Our infrastructure also continues to grow and construction planning is now under way for the much needed expansion of the mental health ER at the Peter Lougheed Hospital and work continues on the new children's mental health facility.

As the Department Head I know how challenging it is to stay up to date on the rapid changes occurring I also know that communication is key, especially during challenging times. As of September we hope to launch a monthly update that allows us to ensure everyone is aware of what is happening as we move forward.

Stay safe and support each other.

Best,
Valerie

Summer 2020
Department of Psychiatry Newsletter
Calgary Zone

Department of Psychiatry Updates

Job Opportunity!

Title: Psychiatrist (0.2 FTE)

Reports to: Physician Lead / Director of Health

Location: CUPS

Position Summary:

This position is a part of the Health Clinic at CUPS, working in close partnership with the Shared Care Mental Health (SCMH) team. The SCMH team provides services to individuals who are struggling with mental illness, active addictions, poverty and/or homelessness.

For details go to: [Indeed Jobs](#)

Women's Mental Health Clinic

The Run for Women, brought to you by the LOVE YOU by Shoppers Drug Mart™ Program has had an incredible impact on the Women's Mental Health Clinic in Calgary and families in our community. This clinic provides a much needed service to women with mental health issues who are considering pregnancy, are pregnant or are within a year of postpartum. Nearly one in five women will experience mental health difficulties, such as major depression or anxiety disorders, during this reproductive stage of life. Mental health problems can impact fetal and child development, causes families to suffer and, in fact, suicide is a leading cause of death in pregnancy and postpartum in Alberta. Thanks to additional

support made possible by the Run for Women, approximately 150 more patients can access individual and / or couple therapy.

To read more about families who recovered with the help of the Women's Mental Health Clinic, visit:

<http://www.calgaryhealthtrust.ca/courtneystory>

Calgary Health Trust

Health care touches us all! Our donors know that health care is a vital part of our community and the foundation for a great life. It is something that will impact our



family, friends, neighbours and one day, even ourselves. Calgary Health Trust raises funds for health and wellness initiatives to ensure that everyone – young and old – is able to experience the highest quality of life! We have been raising funds for state-of-the-art technology, innovative programs,

Summer 2020
Department of Psychiatry Newsletter
Calgary Zone

research and education in health care for over 20 years and together with the generosity of our donors, sponsors and volunteers, we have raised over \$480 Million.

Calgary Health Trust fundraisers for Foothills Medical Centre, Peter Lougheed Centre, Rockyview General Hospital, South Health Campus, Carewest and hundreds of community-based health care programs.

Undergraduate Medical Education (UME) Program

Dr. Nancy Brager

Despite the interruption of COVID-19, UME continues to deliver!

Students were sent home, clinical clerks were pulled off units, all with very little warning. There were many, many Zoom calls in order to coordinate with AHS and other medical schools across Canada who had similarly removed students from lecture halls, clinical wards and other high risk settings. Electives were cancelled. There was amazing cooperation from students and staff as courses pivoted to provide online learning for both pre-clerkship and clerkship.

The clerkships provided the academic portion of their curriculum online for the Class of 2021 anticipating a return to clinical settings June 15, 2020. Clinical rotations, including Psychiatry were reduced to 4 weeks in order to provide the clerks with sufficient clinical weeks in order to graduate. Previously, our clerkship was 6 weeks in duration with 4 weeks of adult psychiatry and 2 weeks of child and adolescent psychiatry which were not necessarily contiguous. With the reduction to 4 weeks total, clerks are now doing 3

weeks adult and 1 week of child and adolescent. Formal academic teaching was provided during interruption. Clerks are now being provided with online teaching with the residents. There is a conversion to a teaching methodology developed at U of C called Cards. Podcasts of Course 7 are available to clerks as well. Call is now only adult call, given the short clinical exposure. Quarterbacking all of this has been Dr. Tim Ayas, our Clerkship Director. He has been enormously helped by Dr. Alex Di Ninno, Evaluations Coordinator; Dr. Huntae Kim, Child and Adolescent Coordinator; our site coordinators: our administrative assistants and especially, Tania Pander of UME. A special shout out to the residents, especially Dr. Susan Poon during this time of crisis.

Additional, and very importantly, it was the UME position that students would not be placed in settings which were high risk of contracting COVID-19, such situations requiring N95 respirators. PPE is required for student involvement with patients with low risk but are awaiting swab results. These requirements and restrictions can change rapidly, thus the need for ongoing

Summer 2020
Department of Psychiatry Newsletter
Calgary Zone

coordination and communication and more Zoom calls.

Out of town electives are not being allowed. Both students and staff are under pressure to arrange electives in a timely fashion. CL is not taking mandatory clerks but is accepting elective students.

Course 7 was to be delivered in December but now is running August 17 to September 4, 2020 which is essentially the same amount of total teaching time as before. We are grateful to Dr. Stokes as he has been able to make these changes seamlessly but not without effort. As ever, Dr. Stokes is looking for Clinical Correlations preceptors and likely, Small Group teachers given that the course is running in the summer and at the “back to school busy time” if schools reopen in September! Summary podcasts were a big hit last year and it is hoped that all lectures will have summary podcasts this year. The Resident Teaching Elective was

interrupted this year but the research component is likely a go with Dr. Joey Prisne.

Our Undergraduate Retreat will be delivered virtually this year. This is disappointing as it was the one opportunity for all those involved in undergraduate education to come together to share experiences, to create new ideas and get to know each other. Zoom is good but not that good. Save the date, in any case, November 6, 2020.

The delivery of Undergraduate Medical Education has always been complex and multi-modal. It has required dedication, enthusiasm and talent. It has required cooperation between students, residents, faculty and administration. This year, like no other, has asked for these qualities, and indeed, it was and is being delivered. A humble thank you to you all.

Subspecialty Programs

Dr. Sterling Sparshu/Kary Zaminski

Child and Adolescent Psychiatry Update

We would like to offer our congratulations and well wishes to Drs. Banas and Hirani who completed their subspecialty training and have now entered into practice as newly minted Child and Adolescent Psychiatrists.

Drs. Pauls and Dutcher have been promoted to PGY6 as they continue their training and we welcome 3 new trainees this year; Drs.

Vince Lee (UofA), Dean Mrozowich (UofC) and Wauldron Afflick (UofC).

We are continuing to prepare for the launch of CBD in Child and Adolescent Psychiatry in 2021. We are pleased to announce that Dr. Banas will be lending us the skills and knowledge that she acquired while serving with CAP COPE and taking on the role of CBD Lead. Drs. Tan and Grintuch will be our Academic Advisors and we continue to

Summer 2020
Department of Psychiatry Newsletter
Calgary Zone

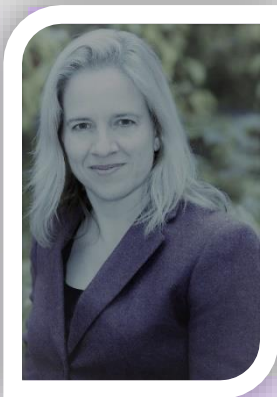
look for an interested candidate to serve in the role of Assessment Lead. If interested in learning more about this position, please contact our Program Director, Dr. Sterling Sparshu.

Thank you to all the members of our RPC, faculty and staff who have continued to

support the program during these difficult times. This has allowed us to continue to thrive and grow even in the midst of adversity. We look forward to this new academic year and all of the opportunities that it will present.

Mathison Centre Updates
Dr. Paul Arnold/ Josephine Adda

Mathison Centre supports team of international experts on the treatment of Eating Disorders



Principal investigators Frank MacMaster and Gina Dimitropoulos are leading an international team of researchers and trainees in a pilot study to explore the use of repetitive transcranial magnetic stimulation (rTMS) combined with family

based treatment (FBT) for adolescents with anorexia nervosa (AN). AN is a serious mental illness with significant medical and psychosocial consequences, the highest mortality rate of all psychiatric disorders and if left untreated may develop a chronic illness course. It is estimated that 10% of individuals with AN will die within 10 years of the onset of the disorder.

The study team were successful in the Mathison Centre's inaugural open research grant competition. The grant is designed to support innovative ideas that advance research priorities of the Mathison centre.



Other members of the team are Drs. Scott Patten and Stephanie Borgland, Mathison Centre, Dr. Daniel Le Grange, Professor, University of California, San Francisco (UCSF), Dr. Sasha Gorrell, Post Doctoral Fellow, UCSF, and Drs. Kayla Stone and Pardis Pedram, Post Doctoral Fellows, Mathison Centre.

Summer 2020
Department of Psychiatry Newsletter
Calgary Zone

Mathison Centre researchers lead the establishment of the Tourette OCD Alberta Network

People with Tourette syndrome (TS) and/or Obsessive-Compulsive Disorder (OCD) in

The Tourette OCD Alberta Network will achieve this goal by creating resources for patients and families affected by these conditions and health care providers seeing affected individuals. Through the provision of care navigation to patients, knowledge



Alberta are subject to a large service delivery gap. Patients across Alberta struggle to find appropriate care providers to meet their multiple health care needs.

A team of Mathison Centre researchers led by Dr. Tamara Pringsheim received funding from the Maternal Newborn Child and Youth Strategic Clinical Network to develop the “[Tourette OCD Alberta Network](#)”. The main goal of the network is to increase capacity and improve access to patient and family centered care for people with TS and OCD province wide.

and skill development with mental health care workers across Alberta, psychoeducation and peer support, and an educational outreach program, the team hopes to connect patients with the resources they need and improve provincial capacity for care.

The network is offering various educational resources through their [website](#) including an upcoming webinar series for health care providers, patients and educators.

Summer 2020
Department of Psychiatry Newsletter
Calgary Zone

COVID-19 & mental health research

In response to the COVID-19 pandemic, some Mathison Centre researchers have embarked on a wide range of projects (15 innovative projects were proposed as at the end of June 2020) to advance insights on relevant mental health impacts. Members have secured funding to advance some of these projects including investigating the [impact of the pandemic during pregnancy](#), virtual care solutions for youth & families and assessing school-based suicide risk using eHealth tools.



- ✚ [Impact of the pandemic during pregnancy](#) – A research team led by Dr. Catherine Lebel are conducting a Canada-wide study in pregnant women during the COVID-19 pandemic. Their short-term goals are to assess the birth outcomes for women with greater COVID-related stress, anxiety, and social isolation. The team's longer term goals are to assess the effects of stress on child development. More information about the study can be found at: www.pregnancyduringthepandemic.com

- ✚ Virtual care solutions for youth & families – Dr. Kathryn Birnie (PI) and team (including Drs. Paul Arnold and Melanie Noel) are gathering evidence and developing a gap map of virtual care solutions for youth and families to mitigate the impact of the COVID-19 pandemic on pain, mental health, and substance use.
- ✚ School-based suicide risk assessment using eHealth – Mathison Centre researcher Deinera Exner (PI) and team (including Drs. Paul Arnold, and Kelly Schwartz) are conducting a scoping review to understand the use of eHealth tools in assessing suicide risk in school environments.

- ✚ Online Psychotherapy Intervention to Support UC Students during the Pandemic – Dr. Gina Dimitropoulos and team are interested in addressing the recent spike in emotional distress among university students related to stress about the pandemic. The team is assessing the feasibility, acceptability and tolerability of a brief transdiagnostic cognitive-behavioural intervention delivered through telehealth by the mental health team of the Student Wellness Services at the U of C.

Summer 2020
Department of Psychiatry Newsletter
Calgary Zone

Awards and Achievements

“Behind the Scenes” Presented to **Dr. Susan Poon**. In Recognition of Outstanding Enthusiasm, Significant Contributions and Support of students for Pre-Clerkship’s Course 7 for Undergraduate Medical Education 2019 – 2020

Upcoming Events

The [Run for Women, brought to you by the LOVE YOU by Shoppers Drug Mart™ Program](#) benefits the Women’s Mental Health Clinic through Calgary Health Trust. We are proud to partner with Shoppers Drug Mart for the 8th year for this uplifting event! In just the past three years, over \$550,000 has been raised. This year, due to COVID-19, the Run for Women will be happening virtually, from September 17-27th!



Department of Psychiatry Grants

1. \$50,000 Canadian Institutes of Health Research. Depression In community Residing Elders (DIRE): A Rapid Review and Network Meta-Analysis of Depression Telemedicine Treatments for Older Adults Living in the Community. Goodarzi Z (PI), Ismail Z (co-I) Seitz D (co-I) (May – Nov 2020)
2. \$20,000 HBI Pilot Research Fund Program. Neurofilament Light in Mild Behavioural Impairment – A Proof of Concept Study. Ismail Z (PI), McGirr A (April 2020- March 2022)
3. \$1,072,743.00 Weston Brain Institute Transformational Research Grant. AmiraSpec: a fluorescence spectroscopy-based method for early detection of AD from blood. Stys P (PI), Barber P, Breitner J, Camicioli R, Ismail Z, Smith E, Templeton G, Tsutsui S
4. \$1,048,050 Canadian Institutes of Health Research. The impact of mild behavioral impairment on cognitive decline and associated patterns of anatomical and functional neuroimaging in Parkinson’s disease. Monchi O (PI), Ismail Z (Co-PI), Forkert N, Martino D, Sajobi T, Pike B, Sarna J, Smith E (Oct 2019- Sept 2024)

Summer 2020
Department of Psychiatry Newsletter
Calgary Zone

5. \$1,400,000 USD Alzheimer's Drug Discovery Foundation. Nabilone for Agitation Blinded Intervention Trial (NAB-IT). Investigators: KL Lanctôt (PI), N Herrmann (co-PI), A Andreatza, A Burhan (site PI), SE Black, D Gallagher, Z Ismail (site PI), A Kiss, B Pollock, T Rajji (site PI), M Rapoport (Sep 2019 – Aug 2023)

Publications

1. Jago, C.A., Crawford, S., Gill, S.J. & Gagnon, L. *Mental Health and Maternal Mortality - when new life doesn't bring joy*. Journal of Obstetrics and Gynaecology Canada. JOGC1519 PII S1701-2163(20)30532-6, (In press)
2. Fischer CE, **Ismail Z (co-first author)**, Youakim JM, Creese B, Kumar S, Nuñez N, Darby RR, Di Vita A, D'Antonio F, de Lena C, McGeown WJ, Ballard C. Revisiting Criteria for Psychosis in Alzheimer's Disease and Related Dementias: Toward Better Phenotypic Classification and Biomarker Research. Journal of Alzheimer's Disease. 2020, (In press)
3. Montero-Odasso M, **Ismail Z**, Camicioli R. *Alzheimer Disease, Biomarkers, and Clinical Symptoms—Quo Vadis?*. JAMA neurology. 2020 77:3; 393-394
4. Gill S, Mouches P, Hu S, Rajashekar D, MacMaster FP, Smith EE, Forkert ND, **Ismail Z**. *Using machine learning to predict dementia from neuropsychiatric and neuroimaging data*. Journal of Alzheimers Disease. 2020. March 31 Preprint pp 1-2
5. Naude J, Gill S, Hu S, **McGirr A**, Forkert N, Monchi O, Stys P, Smith EE, **Ismail Z**. *Plasma Neurofilament Light: a marker of cognitive decline in Mild Behavioural Impairment*. Journal of Alzheimer's Disease. 2020, (in press)
6. Montero-Odasso M, **Ismail Z**, Livingston G. *One third of dementia cases can be prevented within the next 25 years by tackling risk factors. The case "for" and "against"*. Alzheimer's Research & Therapy. 2020 Dec; 12(1):1-5
7. Ehrhard S, Porsteinsson A, Munro C, Rosenberg Pollock B, Devanand D, Mintzer J, Rajji T, **Ismail Z**, Schneider L, Baksha, Drye L, Avramopoulos D, Shade D, Lyketsos C. *Escitalopram for agitation in Alzheimer's disease (S-CitAD): Methods and design of an investigator-initiated, randomized, controlled, multicenter clinical trial* *Alzheimer's & Dementia* 2019, 15(11) 1427-36
8. Gosselin PA, **Ismail Z**, Faris PD, Benkoczi CL, Fraser TL, Cherry SW, Faulkner TI, Islam MS. *Effect of Hearing Ability and Mild Behavioural Impairment on MoCA and Memory Index Scores*. Canadian Geriatrics Journal. 2019 Sep; 22(3):165
9. Ng KP, Chiew HJ, Rosa-Neto P, Kandiah N, **Ismail Z**, Gauthier S. Brain metabolic dysfunction in early neuropsychiatric symptoms of dementia. Frontiers in Pharmacology. 2019; 10.1398 doi: 10.3389/fphar.2019.01398
10. Mallo SC, Patten SB, **Ismail Z**, Pereiro AX, Facal D, Otero C, Juncos-Rabadán O. *Does the neuropsychiatric inventory predict progression from mild cognitive impairment to dementia? A systematic review and meta-analysis*. Ageing Research Reviews. 2020 March: 58. 101004
11. **Ismail Z**, Goodarzi Z. *Neuropsychiatric Aspects of Alzheimer's Disease*. Practical Neurology. 2019 Jun. 78-83
12. Joyce JM, Monchi O, **Ismail Z**, Kibreab M, Cheetham J, Kathol I, Sarna J, Martino D, Debert CT. *The impact of traumatic brain injury on cognitive and neuropsychiatric symptoms of Parkinson's disease*. International Review of Psychiatry. 2019 Oct 10:1-5
13. Lussier FZ, Pascoal TA, Chamoun M, Theriault J, Tissot C, Savard M, Kang MS, Mathotaarachchi S, Benedet AL, Parsons M, Qureshi MN, Thomas EM, Shin M, Dion L,

Summer 2020
Department of Psychiatry Newsletter
Calgary Zone

- Massaraweh G, Soucy JP, Tsai I, Vitali P, **Ismail Z**, Rosa-Neto P, Gauthier S. *Mild behavioral impairment is associated with β -amyloid but not tau or neurodegeneration in cognitively intact elderly individuals*. *Alzheimer's & Dementia*. 2020 Jan; 16(1):192-9
14. Nogovitsyn N, Muller M, Souza R, Hassel S, Arnott SR, Davis AD, Hall GB, Harris JK, Zamyadi M, Metzack PD, **Ismail Z**, Downar J, Parikh S, Soares C, Addington J, Roumen M, Harkness K, Frey B, Lam R, Strother S, Rotzinger S, Kennedy S, MacQueen G. *Hippocampal tail volume as a predictive biomarker of antidepressant treatment outcomes in patients with major depressive disorder: a CAN-BIND report*. *Neuropsychopharmacology*. 2020 Jan; 45(2):283-91
15. Wu Y, Levis B, Sun Y, Krishnan A, He C, Riehm KE, Rice DB, Azar M, Yan XW, Neupane D, Bhandari PM, **Patten S**, **Ismail Z**, Thombs B. *Probability of major depression diagnostic classification based on the SCID, CIDI and MINI diagnostic interviews controlling for Hospital Anxiety and Depression Scale-Depression subscale scores: An individual participant data meta-analysis of 73 primary studies*. *Journal of Psychosomatic Research*. 2020 Feb 1; 129:109892
16. Nogovitsyn N, Souza R, Muller M, Srajer A, Metzack PD, Hassel S, **Ismail Z**, Protzner A, Bray SL, Lebel C, MacIntosh BJ. *Aberrant limbic brain structures in young individuals at risk for mental illness*. *Psychiatry and Clinical Neurosciences*. 2020 74(5) 294-302
17. Huang V, Hogan DB, **Ismail Z**, Maxwell CJ, Smith EE, Callahan BL. *Real-world representativeness of Canadian research subjects with mild cognitive impairment*. *Innovation in Aging*. 2019 Nov; 3(Suppl 1):S660
18. Levis B, Benedetti A, Ioannidis JP, Sun Y, Negeri Z, He C, Wu Y, Krishnan A, Bhandari PM, Neupane D, Imran M, **Patten S**, **Ismail Z**, Thombs B. *Patient Health Questionnaire-9 scores do not accurately estimate depression prevalence: individual participant data meta-analysis*. *Journal of Clinical Epidemiology*. 2020 Feb 24. (In press)
19. Lang S, Yoon EJ, Kibreab M, Kathol I, Cheetham J, Hammer T, Sarna J, **Ismail Z**, Monchi O. *Mild behavioral impairment in Parkinson's disease is associated with altered corticostriatal connectivity*. *NeuroImage: Clinical*. 2020 Mar 27:102252
20. Fiest KM, Krewulak KD, Ely EW, Davidson JE, **Ismail Z**, Sept BG, Stelfox HT. *Partnering With Family Members to Detect Delirium in Critically Ill Patients*. *Critical Care Medicine*. 2020 Apr 23
21. Tuladhar A, Gill S, **Ismail Z**, Forkert ND. *Alzheimer's Disease Neuroimaging Initiative. Building machine learning models without sharing patient data: a simulation-based analysis of distributed learning by ensembling*. *Journal of Biomedical Informatics*. 2020 Apr 23:103424
22. Lang S, **Ismail Z**, Kibreab M, Kathol I, Sarna J, Monchi O. *Common and unique connectivity at the interface of motor, neuropsychiatric, and cognitive symptoms in Parkinson's disease: A commonality analysis*. *Human Brain Mapping*. 2020 Jun 1
23. Meade N, Shi L, Meehan SR, Weiss C, **Ismail Z**. *Efficacy and safety of brexpiprazole in patients with schizophrenia presenting with severe symptoms: Post-hoc analysis of short-and long-term studies*. *Journal of Psychopharmacology*. 2020 Jul 10:0269881120936485



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE
Department of Psychiatry



Mind Matters is distributed to psychiatry medical staff and faculty, psychiatry residents, program directors and section chiefs, Alberta Health Services executives, and psychiatry support staff.

Submissions & Inquiries: Nancy Colp nancy.colp@ahs.ca

Phone (403) 944-2637