

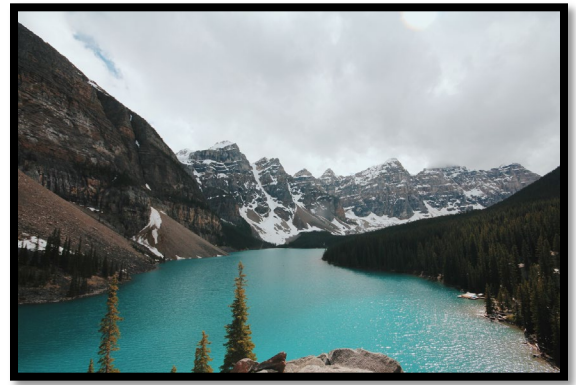
Mind Matters

Summer 2021

Department of Psychiatry Newsletter

Calgary Zone

Volume XXII/Issue 2



Department of Psychiatry

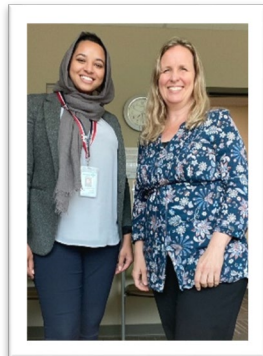
Central Clinic

Dr. Kathy Fitch, CMD Central Clinic

We are delighted to have Dr. Mim Fatmi joining CAMH-Central as our newest team psychiatrist.

Dr. Fatmi is known to us as a resident who trained at Central and DBT over several rotations, joining us as staff psychiatrist at the beginning of July! She has also started work at the UofC Student Wellness Centre, and comes to us with a broad array of training experiences and expertise.

I particularly wanted to share this piece ([see page 2](#)) which Mim wrote for a local publication in March, early in the series of highly publicized hate incidents Canadians have been experiencing in recent months. At the time it was just a pleasure to anticipate sharing it with our group, knowing how the values reflected in it would be echoed by so many on the team. Now as I got ready to send it out, Mim and I checked in and discussed how Canadian hate incident reports have only continued and become more physical, and more deeply threatening, in recent months. We reflected on our current situation, one where we ask ourselves to look for ways to make each other feel safer, and be safer. I appreciate Mim speaking out with authenticity and grace, and hope you enjoy getting to know a little more about our newest member of the Department in this way.



In this edition:

1. Hate Won't Stop Me From Taking Up Space In My City – Dr. Mim Fatmi ([page 2](#))
2. RGH U48 Gardens ([page 3](#))
3. Dr. Hussam ul Haq Bawa 1953-2021 ([page 6](#))

Hate Won't Stop Me From Taking Up Space In My City

Dr. Mim Fatmi

In the wake of the seventh attack on Muslim women in Alberta over the last three months, I have a message for my fellow Muslim women: don't be intimidated.

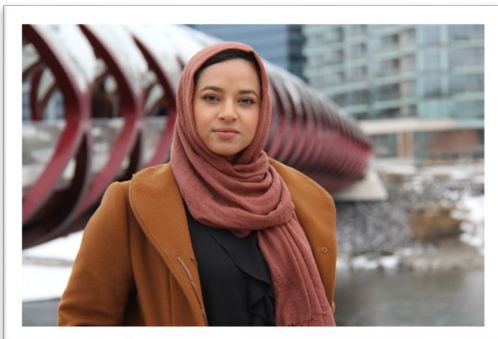
I know that several women have recently been assaulted for doing nothing more than being visibly Muslim in public spaces, and I know it's scary. In the most recent incident, two girls under the age of 16 were attacked in Prince's Island Park in Calgary by a 28-year-old woman who instigated the incident by shouting racial slurs.

This follows a series of assaults in Edmonton on Black Muslim women, all of whom were wearing a hijab. These women were sitting in their cars, waiting for the bus, or shopping. They have reported that hateful obscenities were yelled at them, including, "I'm going to kill you! Take off the hijab!"

It is incomprehensible that in 2021, women continue to face death threats for wearing a head-covering or for looking different. Not entirely unlike the sobering deaths of six Asian women in Atlanta, these Muslim women were simply living their lives when they were approached and physically assaulted by apparent strangers.

It is a disheartening reality that although the fiery reach of xenophobia transcends gender, it is very often women who bear the brunt of these attacks...

– The Sprawl, March 26, 2021. To see full article click on link below.



[Hate won't stop me from taking up space in my city | The Sprawl](https://www.sprawlalberta.com/2021/03/26/hate-wont-stop-me-from-taking-up-space-in-my-city/)

The last thing I want is for these incidents to reinforce the misconception that our downtown communities are inherently unsafe. The attacks in Edmonton took place at various ends of the city, from shopping malls and transit centres to the University campus.

www.sprawlalberta.com

Gardening Group of Geriatric Mental Health at Rockyview Hospital

“Gardening is not for everyone”
We had some patients say this

to us on our first invitation to participate in gardening. But increasingly this idea has been changed among the patients of inpatient Geriatric Mental Health Unit 48 of Rockyview General Hospital.

We started this “Garden to table” therapy group three years ago with few planters of kale, tomato, spinach, spring onion and lettuce. With the overwhelming response and feedback from our patients, families, and visitors we expanded our

“Patient garden “to the thriving little garden we have today. Patients get the opportunity to learn the skills of preparing the soil, plant the seeds, turning the soil, weeding, watering and harvesting during the activity. Other than that, the real learning is in connecting with people becoming confident and feeling good about themselves.

One of our patients said “these plants are like our kids, we raise them, feed them, nourish them and see them grow and take the pride when they turn out well”.

There are a few other activities related to gardening group that provide them with purpose, such as making

trellis or covers for the plants, making salads, and cooking or baking with harvest are few to mention.

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Summer 2021
Department of Psychiatry Newsletter
Calgary Zone

Most importantly, even the people who aren't gardeners are able to reap the benefit of being outside working with nature and all the things associated with it.

Our garden has become a small community within the hospital. Even the patients on the other units, families, visitors and staff tend to stop by to enjoy the beauty of it. Most of all the gardening has helped our patients recover from their conditions, and relax and reduce stress levels while improving physical, cognitive, psychological and social activity to improve mental wellbeing.



First Harvest of the Season!
Unit 48 – RGH Geriatric MH started a "Salad Thursday". June 10th was the first harvest from their garden! The salad was enough for all the patients and staff on unit 48.

Summer 2021
Department of Psychiatry Newsletter
Calgary Zone

Youth Mental Health Research Registry

Mathison Centre researchers Dr. Signe Bray, Dr. Paul Arnold, and Dr. Susan Graham of the Owerko Centre are leading the development of a research registry connected with the new Calgary Centre for Child and Adolescent Mental Health. The registry will help to facilitate participant recruitment into youth mental health research studies. It is expected to contain contact information for youth and families that are willing to participate in mental health research along with brief demographic, health and history information that can be used as an initial screen for study eligibility.

The research group would like to garner the interest of the mental health community in this research registry through a brief 1 minute [survey](#) as well as invite interested researchers to provide feedback on the screening questions that would be useful for their research studies. All interested are invited to complete the [survey](#) and contact wfalpaug@ucalgary.ca for more information if needed.

Retirement

Congratulations Dr. Stuart Saunders!

It is with a great deal of sadness that I must inform you that I have made arrangements to retire, which is a bit of a complicated process! I have made the decision for several reasons including my age, the recommendation of my doctor but most importantly that since my hospitalization I find I fatigue very easily and

doubt that I could do the job to the standard that both you and I would expect.

It is a difficult decision firstly because I have never worked with a finer, more dedicated and fun group of people in my life, who just happen to have the highest level of commitment and expertise one could ever expect. As some of you know I have been involved in Geriatric Mental Health since 1986 in various roles both in Calgary and on Vancouver Island, but my role with the Community Geriatric Mental Health teams has been by far the longest time with any one team. When I returned to Calgary in 1998 the team was just a dream, which was realized within a year and at that time consisted of just 4 therapists! Of course, the consulting team had been around since 1986 and strangely I was there at the beginning of that team too, so I can say I have a long history with you all, therefore I think you can see this is not an easy decision to take and it goes without saying I shall miss you all.

As for myself, I have several things to keep me occupied in retirement and as my health and strength continue to improve, as seems to be the case, you can expect me to get more involved in community activities, I've always been something of a political animal and I see myself getting involved in the background in that regard. (Most of you know for which party!)

I wish you all well and know the program will continue to go from strength to strength. Calgary was very much a backwater for Geriatric Mental Health when I started but is now very much on the National radar these days and you can all take pride in that. With fondest wishes. - Dr Stuart Sanders

Summer 2021
Department of Psychiatry Newsletter
Calgary Zone

In Memoriam

Dr. Hussam ul Haq Bawa 1953-2021



Dr. Hussam ul Haq Bawa passed away in Calgary in the early hours of Sunday, June 13, 2021.

He was a practicing physician at the time of his death. Right to the day of a cardiac event on Tuesday night few days before his death, he was doing what he loved the most -serving humanity.

Dr. Bawa was born in Chittagong then East Pakistan. He had his medical education from Dow Medical College Karachi from where he graduated in 1980. After working in Civil Hospital Karachi for a short period of time, he travelled to Ireland and then London England for his Psychiatry training. In early 90s, he went back to Pakistan for serving his Alma mater.

In 1996, the family decided to move to Canada and settled in Moosejaw before moving to Calgary in 1999.

In Calgary, Dr Bawa joined Alberta Health Services and started working at Peter Lougheed Centre, where he continued to

practice till June 10, 2021. His colleagues at the PLC remember him fondly for his mild manners, his caring personality, his gentle smile, and his professionalism. He won many teaching and service awards due to his dedication to teaching and his exceptional clinical skills.

Dr Bawa's has had a profound impact on the community of Calgary through his dedication, volunteer work and leadership. He was part of the building of many institutions, including Islamic Association NW Calgary, MOSAIC Volunteers Association, Justvote Calgary, MD International, Canadian Muslims for Peace and Justice and APPNA Alberta Chapter. He also led the team of volunteers from the Muslim community of Calgary to purchase a building now housing Maryam Masjid in Northwest Calgary. He was also a member of the inaugural Board of Directors of International Development and Relief Foundation, Calgary Chapter. In addition to his heavy involvement in these institutions, he also supported many others through his charity work and encouragement. He always reached out to those who needed advice or help.

Calgary has lost a giant. He will be missed for a very long time.

Dr. Bawa is survived by his wife Musarrat Bawa, his sons Faraz Bawa (a lawyer), Unaiz Bawa (an accountant) and daughter Heba Bawa (a kinesiologist).

With his contributions to the community over last 22 years, and the institutions he helped to build or develop, his legacy will continue for a long time to come.

Summer 2021
Department of Psychiatry Newsletter
Calgary Zone

Undergraduate Medical Education (UME) Program

*Dr. Nancy Brager Prof., MD FRCPC
Director of Undergraduate Education
and the Undergrad team*

Thank you for your ongoing interest in our department's undergraduate activities.

We recently had an excellent Grand Rounds presented by Drs. Stokes and Ayas as well as UME representatives Drs. Busche and Weeks, Assistant Deans of Clerkship and Pre-clerkship respectively. The focus was on the impacts of COVID but most importantly the innovations which resulted from the pandemic as well the evolution of some curriculum changes.

Course 7 will return to its usual December slot this year. The duration of the course will be as it had been in pre-COVID times and hopefully, we will be able to offer clinical correlations again.

There will be a discussion at the Retreat with regards to some content change within the course so all are encouraged to attend the retreat for this and all reasons that this meeting contributes to the successful delivery of clerkship and pre-clerkship.

Our plan is to return to the Zoo for the meeting on Oct 8th, 2021. All of you who are involved in undergrad or would like to become involved are invited.

We congratulate Dr. Ayas for his award by the Canadian Organization of Undergraduate Educators as the recipient of the Early Career Educator Award! Well done!

*Dr. Tim Ayas MD FRCPC CCFP MPH BSc
Clinical Associate Professor, Uof C
Section Chief Community, Addictions, &
Rural South
Clerkship Director, Department of
Psychiatry, U of C UME*

I want to give you a few updates from the Clerkship Committee. As you may remember, multiple rotations were shortened for the pandemic year. Due to provisions for a potentially shortened year due to the ongoing pandemic, clerkship rotations are still shortened for the 2021-22 Class. Hence we will continue to be a four week rotation consisting of three weeks Adult psychiatry and one week of Child/Adolescent psychiatry. We are hopeful that the length of this rotation will be increased once again for the Class of 2023, back to four weeks of Adult Psychiatry and two weeks of Child Psychiatry.

Visiting electives are still on hold as per national consensus by all the medical schools. Future updates will be shared as they develop. Pre-clerkship shadowing for our local students has been approved to begin once again.

Grand rounds on Undergraduate Medical Education on June 22nd, 2021 was well attended and a great success. Dr. Kevin Busche, Dr. Sarah Weekes, Dr. Phil Stokes, and I were grateful for the invitation by Dr. Thomas Raedler to discuss the current status of Undergraduate Medical Education.

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Summer 2021
Department of Psychiatry Newsletter
Calgary Zone

Thank you also to Dr. Nancy Brager for skillfully moderating this session. A number of issues were discussed, including the incorporation of Entrustable Professional Activities into practice.

There have been some questions regarding the ability of mandatory and elective clerks to participate in electroconvulsive therapy with their preceptors. All of the clerks have had N95 testing, hence depending on their comfort level, they can choose to either attend ECT in person or participate in a learning module consisting of a video and reading available on their clerkship network Osler.

Dr. Hussam Bawa passed away on June 13, 2021. He was an integral part of the clerkship committee for many years, being the site leader at the PLC until a few years ago. He often attended our education retreats and attended many of our clerkship meetings. He was an excellent teacher to our clerks and will be missed.

Once again, I want to thank all of you for your time and dedication to undergraduate medical education, it is greatly appreciated by all of us, and most importantly by your future colleagues.

Subspecialty Programs

Geriatric Psychiatry Update

Darrin Leung MD FRCPC

*Geriatric Psychiatry Subspecialty Program
Director*

As our first full year of geriatric psychiatry Subspecialty training draws to an end we have learned many valuable lessons and have established a solid foundation for our training program. Dr. Ehsan Dorri has been an excellent first resident in our program and with his feedback and open mindedness has helped us iron out the bugs that a first year program can have. He has paved the way for our subsequent residents and provided valuable information about rotations and the half day curriculum which will benefit those that come after him.

On that note, we are excited to welcome Dr. Harry Zhou who will start his training with us in July 2021 as our inaugural CBD based

resident. We are excited to implement this new training paradigm and are confident it will lead to more proficient and able clinicians in the future.

The updated application for training starting in July 2022 has now been posted on the [Geriatric Subspecialty](#) website. We are accepting applications from current PGY4 and 5 residents. We have one confirmed position for July 2022 but an application has been submitted for a potential second position. The deadline for applications will be September 1, 2021. If any interested residents have questions about our program Ehsan, Harry and I would be delighted for you to reach out to us.

Have a relaxing and rejuvenating summer!

Summer 2021
Department of Psychiatry Newsletter
Calgary Zone

Child and Adolescents Subspecialty Program

Dr. Sterling Sparshu, Kary Zamiski

Although the pandemic may seem interminable, the residents in the Child and Adolescent Psychiatry training program have done an admirable job of coping with the stress and uncertainty in order to continue growing personally and professionally.

I am pleased to announce the graduation of Drs. Andrew Dutcher and Ashley Pauls and wish them well as they transition into practice.

Although the bulk of their subspecialty training has taken place during COVID, I have no doubt that they are fully prepared for the challenges and rewards of being staff members.

Their future patients are fortunate to have these two skilled and compassionate clinicians on their team.

Drs. Wauldron Afflick, Vince Lee, and Dean Mrozowich continue to progress in their training and are our final group of trainees in the traditional time-based curriculum. Drs. Jennifer Woo and Joey Prisnie are our inaugural class in the Competence by Design

(CBD) model, which officially launches on June 30, 2021. We look forward to learning and growing with them as we begin to navigate this new educational paradigm.

I'd like to thank Dr. Krystyna Banas who has done a wonderful job leading the transition to CBD and look forward to collaborating more with Drs. Michael Stubbs, Jon Tan, and Ben Grintuch who round out the CAP CBD team. We were also very fortunate to have the excellent leadership and learning opportunities provided by Drs. Rory Sellmer and Greg Montgomery as they prepared the general psychiatry program for CBD last year.



Left to right: Dr. Ashely Pauls (Graduate), Dr. Sterling Sparshu (Program Director), Dr. Andrew Dutcher (Graduate)

Overall, I am excited to see this change in medical education and believe it is a wonderful growth opportunity that should allow our graduates to be even better prepared for independent practice.

(Con't on next page)

Summer 2021
Department of Psychiatry Newsletter
Calgary Zone

I regret to announce that I have decided to step down from my position as Program Director for Child and Adolescent Psychiatry, effective August 31, 2021. I am hopeful that a suitable replacement can be found and am keen to support this individual in assuming leadership of the program. I have provided as much warning as possible in order to minimize the impact on the

program and the trainees. I would like to thank Kary Zamiski as well as Drs. Iliana Ortega, Cherelyn Lakusta, Huntai Kim, and Chris Wilkes for their support over the last two years. I know that whoever takes my place is lucky to have such a dedicated and thoughtful group of individuals supporting them.

Continuing Professional Development (CPD)

Dr. Thomas J Raedler, MD
Anne Enders, CPD Coordinator

The multi-disciplinary departmental CPD committee oversees all CPD-activities through our department. We meet on the second Monday of each month for one hour. We are always looking for new members for our committee. Please let us know if you are interested in joining our team.

The Spring 2021 Grand Rounds semester ended on June 29, 2021. We had a total of 25 Grand Rounds presentations that covered a variety of different topics. All presentations were available via Zoom.

The Fall 2021 Grand Rounds semester will commence Tuesday, September 7, 2021. We have a full schedule until Christmas and will cover a wide array of topics. The CPD committee will start scheduling Grand Rounds for the Spring 2022 Grand Rounds semester after our November 2021 meeting. Please forward suggestions for topics or speakers for Grand Rounds by the end of October 2021.

Grand Rounds will continue to be available via Zoom at <https://ucalgary.zoom.us/j/91288206268> until further notice. Once the University of Calgary has given the permission to resume Grand Rounds in person, we may try a hybrid approach of both Zoom and in person.

On Friday, June, 25, 2021, the CPD Committee, in a joint collaboration with CANMAT, AHS and The Mathison Centre, put on a very successful event on “Psychedelics, Ketamine and Cannabis in Psychiatry – Where Do We Stand?”

Our esteemed presenters were Dr. David Nutt (Imperial College London), Dr. Gerard Sanacora (Yale University) and Dr. Mohini Rananathan (Yale University). There were a total of 305 registrants who received 2.25 hours of Section 1 credits.

(Con't on next page)

Summer 2021
Department of Psychiatry Newsletter
Calgary Zone

The Psychiatry Online Literature Review Course (POLRC) 2021 is scheduled to run from September 7, 2021 through until December 5, 2021. POLRC covers 12 journal articles with a focus on 'Highlights of 2020'. POLRC offers participants the option of obtaining up to 38 MOC Section 1 and 3 MOC Section 3 CME-credits from the convenience of home. Dr. Thomas Raedler (chair), Dr. Cindy Beck, Dr. David Crockford and Dr. Waqar Waheed have selected the top articles on Child & Adolescent, General and Geriatric psychiatry as well as Psychotherapy.

Please notify Anne Enders at margaret.enders@ucalgary.ca if you are not receiving our weekly email updates. For physicians, please let Anne Enders know if you are not receiving the weekly online surveys (your CME-credits will be based on the completion of this online survey).

Thank you again for your ongoing support of our CPD-activities and have a great summer. Please join us again in the Fall of 2021.

Mathison Centre
Dr. Paul Arnold, Josephine Adda

**Parker Psychedelic Research Chair
in mental health established at the
Mathison Centre**

A trailblazing effort by the HBI and the Department of Psychiatry has resulted in the establishment of the Parker Psychedelic Research Chair, the first of its kind in Canada at the University of Calgary.



The Chair to be established under the Mathison Centre for Mental Health Research & Education is made possible by a \$3-million commitment by UCalgary alumnus Jim Parker. The mandate of the Chair is to conduct research on the potential use of psychedelics to improve mental health. The field of psychedelics research for mental health is fast growing and Parker believes further research is needed to understand critical aspects such as efficacy and safety of treatments.

The Parker Psychedelic Research Chair places the University of Calgary at the forefront of research geared at understanding the therapeutic potential of novel compounds in the treatment of mental illness. [More...](#)

Mathison Centre & SickKids examine genetic risk factors for pediatric OCD

Mathison Centre director Dr. Paul Arnold is co-principal investigator with a team of researchers from The Hospital for Sick Children (SickKids), in Toronto examining genetic risk factors for OCD that could help pave the way for earlier diagnosis and improved treatment for children and youth.



The study team deployed the Toronto Obsessive-Compulsive Scale (TOCS - a questionnaire used to evaluate

obsessive-compulsive traits developed by Dr. Arnold and the team at SickKids). After looking across millions of genetic variants from the saliva samples, the team identified that children and youth with a genetic variant in the gene PTPRD had a greater risk for more obsessive-compulsive traits. The findings were published in Translational Psychiatry on Feb. 3, 2021. [More...](#)

Mathison Centre member at the forefront of perinatal mental health

The [HOPE](#) digital platform is an innovative initiative by Mathison Centre member Dr. Dawn Kingston to provide accessible, affordable, quality mental health care to women that can be embedded in primary or acute care. The project was recently lauded by Innovate Calgary as a

unique scalable and sustainable solution to support the mental health of new mothers.

The [Healthy Outcomes for Pregnancy & Post-partum Experiences](#) (HOPE) project is driven by the passion of Dr. Kingston, for better outcomes for new



mothers. The project was recently awarded a \$500,000 grant through the provincial Mental Health and Addiction COVID-19 Community Funding grant, to

support the platform's expansion to offer women e-screening, e-referral, and e-therapy.

Mathison Centre & partners collaborate in developing Youth Mental Health Registry

The Mathison Centre researchers Dr. Signe Bray, Dr. Paul Arnold, and Dr. Susan Graham of the Owerko Centre are leading the development of a research registry connected with the new Calgary Centre for Child and Adolescent Mental Health. The registry will help to facilitate participant recruitment into youth mental health research studies. It expected to contain contact information for youth and families that are willing to participate in mental health research along with brief demographic, health and history information that can be used as an initial screen for study eligibility.

(Con't on next page)

Summer 2021 Department of Psychiatry Newsletter Calgary Zone

The research group would like to garner the interest of the mental health community in this research registry through a brief 1 minute [survey](#) as well as invite interested researchers to provide feedback on the screening questions that



would be useful for their research studies.

All interested are invited to complete the [survey](#) and contact wfalpaug@ucalgary.ca for more information if needed.

Research Projects

Mental Health Clinical Trials Unit (MHCTU)

Thomas J Raedler, MD, Medical Director, Mental Health Clinical Trials Unit (MHCTU)

Thanks to the introduction of several highly effective and safe vaccines for COVID-19, we now have different treatment options available to bring this devastating viral infection under control. Prior to being approved by the regulatory agencies (e.g. Health Canada), all compounds had to go through a rigorous process, called clinical trials.

The Mental Health Clinical Trials Unit (MHCTU) continues to pursue the goal of finding new and better pharmacological treatments for psychiatric disorders. We participate in phase 2, phase 3 and phase 4 clinical trials. Our recent clinical trials cover the areas of schizophrenia, attenuated psychosis syndrome (prodromal psychosis) and ADHD. Being in a clinical trial offers participants the opportunity of receiving treatment with novel pharmaceutical

compounds that are not yet commercially available as well as receiving frequent assessments. Many participants experience an improvement in their symptoms while participating in a clinical trial.

I would like to use this opportunity to thoroughly thank Geri Anderson and Jeff Cheng for their help, support and dedication to clinical trials conducted through MHCTU. As both Geri and Jeff are considering to pursue other opportunities, we recently had to question the future of our research unit. With the help of the clinical trials program through the W21C Research and Innovation Centre we are looking into options to continue our clinical trials activities. We were approached different pharmaceutical companies to participate in phase 2 and phase 3 clinical trials in major depressive disorder that could result in novel treatment options. More information to come...

(Con't on next page)

Summer 2021
Department of Psychiatry Newsletter
Calgary Zone

The MHCTU is currently participating in the following **clinical trials**:

NaBen Studies:

NaBen (sodium benzoate) is already approved as a food-additive (E211). This compound is being tested in clinical trials as it is thought to improve the function of the NMDA-receptor. Previous studies have shown excellent efficacy and safety for NaBen in improving symptoms of schizophrenia.

The **NaBen Adolescent Schizophrenia Study (NCT01908192)** assesses the effects of sodium benzoate as an add-on medication to ongoing antipsychotic treatment on symptoms of schizophrenia in adolescents with schizophrenia between the ages of 12 and 17 years.

The **NaBen Adult Schizophrenia study (NCT02261519)** assesses the effects of add-on treatment with sodium benzoate in adults with schizophrenia, who continue to struggle with psychotic symptoms despite ongoing antipsychotic treatment.

The **NaBen Clozapine study (NCT03094429)** assesses sodium benzoate as add-on treatment in subjects who failed to experience sufficient benefits from treatment with clozapine.

BI Cognition Study in Schizophrenia 1346-0038 (NCT03859973):

BI 425809 is an orally administered glycine transporter-1 inhibitor and may improve the function of the glutamate NMDA-receptor. This phase II clinical trial assesses whether treatment with this compound, in combination with regular computerized cognitive training, helps improve cognition in schizophrenia.

Biohaven 4157-303 Adjunctive Troriluzole in Obsessive Compulsive Disorder (NCT04693351):

This phase 3 clinical trial assesses the efficacy and safety of troriluzole, a glutamate modulator, in the treatment of obsessive compulsive disorder (PI Dr. Paul Arnold).

The MHCTU is also involved in the **SPICE-P and SPICE-T studies**. The studies look at prevention and treatment of cannabis use disorder in subjects with first episode psychosis (PI: Dr. David Crockford).

We continue to rely on your support for our clinical trials program. Please feel free to contact myself (Thomas.raedler@ahs.ca), Geri Anderson ph: 403.210.6903 email: Geri.Anderson@ahs.ca, or Jeff Cheng ph: 403.210.8679 email: cfj.cheng@ucalgary.ca if you wish to have more information about our current clinical trials, or if you wish to refer a patient for possible participation.

Upcoming Events

Conference: Collaborations for Change: Connecting Research and Practice in Post-Secondary Mental Health

Join us for a 1.5 day virtual event as we bridge the gap between research and practice that has been around for many years and exists in various sectors. Featuring Keynote Speakers, Panel Discussions, and Education Sessions ranging from 20 to 45 minutes, Ted Talks and Virtual Poster Sessions and opportunities to connect and collaborate to create change.

Hosted by: The University of Calgary Campus Mental Health Strategy (<https://www.ucalgary.ca/mentalhealth>) and the Best Practices in Canadian Higher Ed Network (<https://bp-net.ca/>). With support from the Canadian Association of College and University Student Services (CACUSS).

Thursday, August 12 & Friday, August 13 Virtual Conference
Learn more and [register](#).

Registration Fees:

All Access Pass: \$50 plus GST

All Access Pass for Students \$25 plus GST

UME Retreat - 2021

Venue: Calgary Zoo

Date: Friday, October 8th

Time: 08:00 – 16:00

Contact: Lori Burnie-Watson 403-944-2637 / lori.Burnie-Watson@ahs.ca

Agenda: TBA

Awards and Achievements

1. Dr. Izu Nwachukwu:
 - a. Dr. Izu Nwachukwu Foundation was founded on June 12, 2021 and is dedicated to ensuring that children in rural sub-Saharan African communities can access quality education and better opportunities. Please kindly visit www.izunwachukwufoundation.org to donate or volunteer towards this cause.
 - b. Medical Director, Alberta International Medical Graduates Program (AIMG)
 - c. Appointed to Faculty Council, Cumming School of Medicine, University of Calgary
2. Dr. Ismail:
 - a. PhD student Bria Mele successfully defended her thesis and started medical school in July 2021
 - b. Dylan Guan - Canadian Frailty Network Summer Student Awards Program
 - c. Tanaeem Rehman - Alberta Innovates Summer Research Studentship
 - d. Dinithi Mudalige - Alberta Innovates Summer Research Studentship

Publications

1. Hrabok M, Nwachukwu Izu, Gusnowski A, Shalaby R, Vuong W, Surood S, Li D, Greenshaw AJ, Agyapong VIO. Mental Health Outreach via Supportive Text Messages during the COVID-19 Pandemic: One-week Prevalence and Correlates of Anxiety Symptoms. *Can J Psychiatry*. 2021 Jan; 66(1):59-61. doi: 10.1177/0706743720969384. Epub 2020 Nov 2. PMID: 33131318; PMCID: PMC7874378
2. Daniel J Lane, Lauren Roberts, Shawn Currie, Rachel Grimminck, Eddy Lang. Association of emergency department boarding times on hospital length of stay for patients with psychiatric illness. *Emergency Medicine Journal* Published Online First: 29 June 2021. doi: 10.1136/emermed-2020-210610
3. Matuskova V, **Ismail Z**, Nikolai T, Markova H, Cechova K, Nedelska Z, Laczo J, Wang M, Hort J, Vyhnaek M. Mild behavioral impairment is associated with atrophy of entorhinal cortex and hippocampus in a memory clinic cohort. *Frontiers in aging neuroscience*. 2021 May 24; 13: 643271
4. Miao R*, Chen HY, Gill S*, Naude J*, Smith EE, **Ismail Z**. Plasma β -amyloid in mild behavioural impairment-neuropsychiatric symptoms on the Alzheimer's continuum. *Journal of Geriatric Psychiatry and Neurology*. 2021 Jan 11:08919887211016068
5. Xu L, Li T, Xiong L, Wang X, **Ismail Z**, Fukuda M, Sun Z, Wang J, Gauthier S, Yu X, Wang H. Reliability and Validity of the Chinese Version of Mild Behavioral Impairment Checklist in Mild Cognitive Impairment and Mild Alzheimer's Disease. *Journal of Alzheimer's Disease*. 2021 Apr 26(Preprint):1-9

Summer 2021
Department of Psychiatry Newsletter
Calgary Zone

6. Mortby ME, Adler L, Agüera-Ortiz L, Bateman DR, Brodaty H, Cantillon M, Geda Y, **Ismail Z**, Lanctôt KL, Marshall GA, Padala PR. Apathy as a treatment target in Alzheimer's disease: implications for clinical trials. *The American Journal of Geriatric Psychiatry*. 2021 Jul 1
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This year's Fall Edition of Mind Matters marks the 20th Anniversary of our newsletter. Let's make it extra special. For any submissions or ideas please feel free to contact me. In person, phone or email I look forward to hearing from you all!

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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.

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