

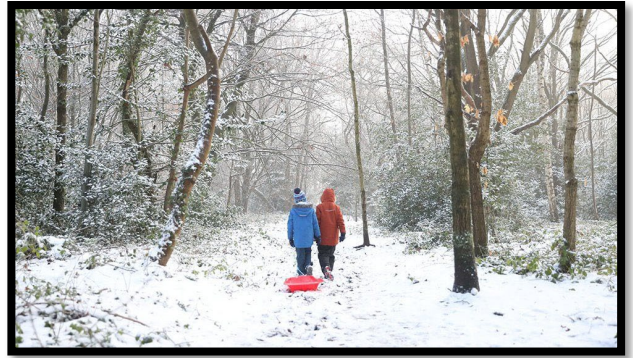
# Mind Matters

Spring 2024

Department of Psychiatry Newsletter

Calgary Zone

Volume XXVII Issue 1



## Message from the Department Head

*Dr. Valerie Taylor*

Thank you all for the contributions to this issue of Mind Matters. It is exciting to see the growth and successes within the Department. The work invested in our undergraduate and post graduate programs are evident in the successes we are seeing. In March we will be able to welcome new residents into our program, and for the first time we are expanding from 8 to 9 residents. We have also welcomed a number of Clinical Assistants to our program. Our strong academic strengths will also be on display at the Littman Research Day on March 15, 2024 so please attend if you are able. We are hosting more in person events now, with a focus on building connections and a sense of community. I was recently able to attend a great networking event held by RGH and I hope we see more of those in the future. Much fun was had by all, and I think those types of touch points are very

important as the Department continues to grow. I hope you continue to be proud to be members of our Department. There is much to be proud of, as this update exemplifies.



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CAP Subspecialty Program  
Dr. Nneka Orakwue-Ononye

The CAP program has ushered in the new year with zest and excitement following the holiday season. Staff and trainees remain committed to their work and upholding the integrity of the program.

The Residency Program Committee has held their first meeting for the year and reviewed activities planned for this year, with focus on promoting recruitment and continuous quality improvement.

The program and CAP faculty were happy to acknowledge and appreciate our trainees during the Residents Appreciation Week (first week of February). We remain thankful for their hard work and the differences they make daily in the course of their training.

Our PGY5 Sunny Kang and Jamie Hickey, have been immersed in their exam preparations and look forward to getting it out of the way. In addition, they continue to commit to meeting their training requirements.

Our PGY6 Dr Sean Andrea, recently returned from an elective rotation in Edmonton which he found very helpful in enriching his clinical experience as he navigates his Transition to Practice (TTP) requirements. Sean has also continued to excel in leadership and scholarly work. We are pleased to announce his recent awards including

- The PARA Leadership Award – Honorable Mention (Jan 2024)
- McMaster University PGME Quality Assurance Award (Nov 2023), alongside his colleague Megan Puckering

Sean delivered Grand Rounds on “**An approach to disengaged learners for clinical supervisors**”, February 27<sup>th</sup>, which was well received and a great learning experience for staff and trainees. He will also be presenting two of his projects at the upcoming Alberta Psychiatry Association (APA) conference in March including “**Medical education in psychiatry: A national needs assessment**” and “**Qualitative analysis of learner experience in the psychiatry emergency call setting**”. Please look out for these presentations and lend him your support!

Congratulations Sean on these stellar achievements and more wins!

We look forward to welcoming our new trainees Emily Cooley and Keely Murphy and remain thankful to all faculty and staff both within and outside AHS who support our trainees. Looking forward to the warmth of spring!!



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## Clerkship

Dr. Tim Ayas

We have had a full year of having six weeks of psychiatry again in clerkship, with four weeks of adult psychiatry and two weeks of child/adolescent psychiatry. Clerkship numbers will continue to increase this coming year moving forward. Thank you to all of you who take these students under your wing, our teachers/residents are integral reasons we remain as one of the highest-rated mandatory clerkship rotations at this University for many years running.

Dr. Phil Stokes steered the final iteration of the Mind Course, we would like to thank him for many years of making this course such a success, often being a primary influence in students wanting to pursue psychiatry as a career.



Dr. Huntai Kim and Dr. Sterling Sparshu will be integral to instilling ongoing gold-star psychiatric teaching within the spiral RIME Curriculum moving forward.

I also want to thank Dr. Suneina Mohan for her dedicated work as Clerkship Evaluations

Coordinator for years before moving to Vancouver, and am grateful her role is in good hands with Dr. Alex Di Ninno, who finished her role as the Mind Course Evaluations Coordinator.

Dr. Nancy Brager and Dr. Chris Wilkes have published a fascinating study on the mental health and wellness of students at the University of Calgary Cumming School of Medicine. It is a fascinating article outlining the mental health trials and tribulations our students undergo throughout their journey in medical school.

We had an enormously successful UME Retreat on November 17th, 2023, at the Calgary Zoo with a fantastic mix of medical students, residents, administrative staff and preceptors attending. I want to personally thank the Department of Psychiatry for their support of this event. We will be working more in conjunction with the Psychiatry Interest group moving forward to ensure ongoing enthusiasm towards pursuing careers in mental health.

Dr. Kelly Burak has created an excellent podcast I encourage all teachers to watch which outlines effective methods to give feedback to your learners.

<https://ucalgary.yuja.com/V/Video?v=450363&node=1850600&a=1281329534&autoplay=1>

Lastly, as per accreditation standards, if you are a teacher of clinical clerks in psychiatry you need to periodically review our clinical objectives in the core document.

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Mathison Centre

***Mathison members demonstrate excellence in research***

The Clarivate list of most highly cited researchers in their fields for 2023 includes Mathison Centre researchers [Jean Addington](#), [Tamara Pringsheim](#) and [Sheri Madigan](#). The list is of researchers who have authored multiple highly cited papers which rank in the top one per cent by citations for their field(s) and publication year in the Web of Science over the past decade. Of the world's population of scientists and social scientists, highly cited researchers are one in 1,000. Read more [here](#).



Sheri Madigan



Tamara Pringsheim



Jean Addington

***ATTACH program goes international!***



Mathison Centre member [Dr. Nicole Letourneau](#)'s ATTACH (Attachment and Child Health) program is set to be implemented in Brazil and Denmark this year. The program was developed and evaluated as an effective intervention tool for families affected by toxic stress (family violence, parental depression, poverty).

ATTACH uses parental reflective function (RF) as a fundamental component. RF is the ability to understand one's own and a child's thoughts, feelings and mental states, promoting strong parent-child relationships and buffering the effects of early adversity through strengthening the social and emotional competence of parents in their interactions with their children. Read more [here](#).



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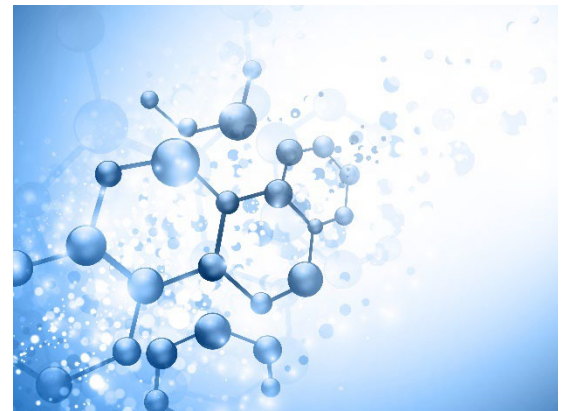
***Mental health research registry established to support children and youth***



The Mental Health Research 4 Kids program co-lead by [Dr Paul Arnold](#), Director of the Mathison Centre and [Dr Susan Graham](#), Director of the Owerko Centre has established the Mental Health Research 4 Kids Research Registry to connect young people and families with mental health challenges interested in participating in research. Participants can sign up through the registry to join mental health research studies that they might be interested in. Check out the process and forms to enroll in the registry [here](#).

***Genes and pathways associated with brain disorders***

Drs. [Paul Arnold](#) and [Quan Long](#) are part of a team of UCalgary researchers involved in studies to unearth the genetic basis of neurological and psychiatric disorders. The research team developed an image-mediated association study (IMAS) as an alternative to conventional hypothetical protocols in which imaging results are available in genome-wide association studies (GWAS) datasets. Among other findings, the IMAS approach identified image-derived phenotypes (IDPs) that are relevant to corresponding four neuropsychiatric disorders - specifically schizophrenia, major depression disorder, bipolar disorder, and autism spectrum disorder. Read more [here](#).



***Study suggests severe symptoms of menopause can act as early warning signs for dementia***



A study by Dr. Zahinoor Ismail and colleagues suggests that severe symptoms of menopause can act as early warning signs for dementia. Results from data studied on 800 women found that the greater number of menopausal symptoms that they had, the more impaired they were and the more symptoms of dementia they had.

The study also revealed that when postmenopausal women had taken an estrogen-based treatment during menopause, they had fewer neuropsychiatric symptoms compared with those who didn't take them. Read more [here](#).

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***Mathison-Littmann Research Day 2024, March 15, 2024***

Join the Mathison Centre and the Department of Psychiatry for this year's Mathison-Littmann Research Day on Friday March 15, 2024 at the Health Sciences Centre Theatre 4.

**Keynote Speakers**

- [Dr. Nick Kates](#) (McMaster University) presenting on "**Collaborative Models of Mental Health Care**".
- [Dr. Leah Mayo](#) (University of Calgary) presenting on "**Opportunities and challenges in 'bench to bedside' translational science: Recent lessons learned from the endocannabinoid system**".

The research day is designed for researchers, clinicians, residents, trainees and relevant community stakeholders to share research insights in mental health and psychiatry. For additional information and to register check this [link](#).



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Awards and Achievements  
Publications

1. [Accelerated sequential bilateral theta-burst stimulation in major depression: an open trial.](#)  
**Ramasubbu R**, Brown EC, Selby B, McGirr A, Cole J, Hassan H, McAusland L. *Eur Arch Psychiatry Clin Neurosci.* 2023 Jul 20. doi: 10.1007/s00406-023-01648-0. Online ahead of print. PMID: 37470840.
  2. [Functional brain network features specify DBS outcome for patients with treatment resistant depression..](#) Ghaderi AH, Brown EC, Clark DL, **Ramasubbu R**, Kiss ZHT, Protzner AB. *Mol Psychiatry.* 2023 Jul 20. doi: 10.1038/s41380-023-02181-1. Online ahead of print. PMID: 37474591
  3. [Competencies for Repetitive Transcranial Magnetic Stimulation in Postgraduate Medical Education: Expert Consensus Using a Modified Delphi Process.](#) Lai KSP, Waxman R, Blumberger DM, Giacobbe P, Hasey G, McMurray L, Milev R, Palaniyappan L, **Ramasubbu R**, Rybak YE, Sacevich T, Vila-Rodriguez F, Burhan AM. *Can J Psychiatry.* 2023 Mar 23:7067437231164571. doi: 10.1177/07067437231164571. Online ahead of print.
  4. [Personal recovery associated with deep brain stimulation for treatment-resistant depression: A constructivist grounded theory study.](#)  
Raffin Bouchal DS, Ferguson AL, Green T, McAusland L, Kiss Z, **Ramasubbu R**. *J Psychiatr Ment Health Nurs.* 2023 Oct;30(5):1005-1018. doi: 10.1111/jpm.12923. Epub 2023 Apr 1. PMID: 3700293
  5. [Multimodal imaging measures in the prediction of clinical response to deep brain stimulation for refractory depression: A machine learning approach.](#)  
**Ramasubbu R**, Brown EC, Mouches P, Moore JA, Clark DL, Molnar CP, Kiss Z, Forkert ND. *World J Biol Psychiatry* 2024 Jan 7:1-13. doi: 10.1080/15622975.2023.2300795
  6. **McLennan JD**, Gonzalez A, MacMillan HL, Afifi TO (2024) Routine screening for Adverse Childhood Experiences (ACEs) still doesn't make sense. *Child Abuse & Neglect* <https://www.sciencedirect.com/science/article/pii/S0145213424000917>
  7. **McLennan JD**, Dufe K, Afifi T, MacMillan H, Warriyar K.V (2023, Sept) Do parenting behaviors intended as discipline vary by household religious affiliation in Cameroon? *Child Abuse and Neglect* 143 (106229)
  8. **McLennan JD** (2023, Dec) Examining epidemiological patterns of the components of the severe physical punishment index used by UNICEF. *Global Pediatrics.* 6 (100078)
  9. Seidel D\*, **McLennan JD** (2023) Caregiver concerns about, and clinical characteristics of, persons referred to a specialized mental health service for those with intellectual disabilities. *Journal of Mental Health Research in Intellectual Disabilities* 1-20. DOI: 10.1080/19315864.2023.2285039. First online Nov 20, 2023
- (\*Donovan Seidel is Dr. McLennan's student from the UofC BHSC program)
10. **McLennan JD**, Bardwell C, Dufe K (2023) Is the country where a child lives explanatory for exposure to physical punishments? Examining patterns on the island of Hispaniola. *International Journal on Child Maltreatment: Research, Policy, and Practice* 1-23. 10.1007/s42448-023-00185-6. Published online Dec 5, 2023.
  11. **Dr. Sparshu** - A mental health curriculum we have developed for mental health literacy is being launched in elementary schools.
  12. **Pawlak, M., Schmidtler, H., & Kopala-Sibley, D.C.** (in press). Neuroticism and extraversion as predictors of first lifetime onsets of depression, anxiety, and suicidality in high-risk adolescents. *Development and Psychopathology*.





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Dr. Eric Fung is our new Quality Assurance, effective January 1, 2024. Dr. Eric Fung, MD FRCPC, is a general adult psychiatrist whose clinical practice is at Foothills Medical Centre unit 21. He completed medical school at the University of Alberta followed by psychiatry residency at the University of Calgary. He has broad clinical experience including roles in inpatients, emergency psychiatry, Day Hospital Program, and providing outreach care for individuals with severe and persistent mental illness through Assertive Community Treatment. His background in Quality Assurance includes his work as Quality Assurance Review lead for FMC/SHC. He is a current psychiatrist member of the Mental Health Review Panel roster. Dr. Fung takes over from Dr. Lisa Gagnon as Quality Assurance. Dr. Gagnon is a stalwart of our department who has served in multiple leadership roles. Please join me in thanking Lisa

for all her hard work and many contributions to Quality Assurance over many years.

Dr. Fung will be stepping down from his Quality Assurance Leads for Addiction and Mental Health (FMC/SHC) on Dec 31, 2023, we will post this position soon, please consider the opportunity to take on this important leadership role.

Dr. Dorothy Yu has accepted the position of CMD Outpatients at RGH. Dr. Yu has experience in administrative psychiatry and is an enthusiastic member of our group at RGH. Her knowledge and abilities will be a great addition to the Outpatient Services. Welcome Dr. Yu!

Welcome Maryna to our team. Maryna is a U of T trained psychiatrist who is moving to Calgary. While she will be working primarily out of PLC.



*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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