STRONGER TOGETHER

Message from Department Head

We hope you enjoy the new look of our newsletter.

The newsletter is intended to share our many good news stories and to help us stay connected to one another. In this issue you will see what a few of our Department members have been up to, from recent awards, to research success and who is making media headlines.

From my office, our Strategic Planning work kicked into high-gear this fall. We have now met with NSHA, Department of Health and Wellness and Dalhousie leaders, family physicians, a patient group, administrative staff and we have just about wrapped-up our meetings with each Division. We have excellent input to begin putting thoughts on paper. Our Strategic Planning Core and Advisory Committees will consider the advice gathered and begin to sketch out the plan. We will be hosting a day long planning session in 2019 (see article below). We hope you will consider participating.

Dates have been set for our clinical/AFP negotiations. Our current contract expires March 31, 2019. Doctors Nova Scotia is hoping that negotiations will be completed by this time.

Accreditation is upon us. Our Royal College accreditation team will be with us this week. I think our programs are on solid ground and I’d like to extend a special thanks to our teams, including our Program Directors and administrators, who have done an excellent job preparing for this event. I am confident we are positioned for success.

DoM Strategic Planning

Core Committee

Two priorities for the Core Committee are 1) brainstorming and 2) meet with various internal and external stakeholders.

Members:
- Dr. Christine Short (Head of Medicine)
- Dr. Shelly McNeil (Deputy Head and Division Chief ID)
- Wayne Marsh (Facilitator)
- Samantha Holmes (Communications advisor)
- Dr. Ashley Miller (GIM)
- Dr. Simon Jackson (Cardiology/past Head of Medicine)
- Denise Hatchette (Administrator)
- Dr. Ian Epstein (Digestive Care/Program Director, Internal Medicine Residency Training)

Advisory Committee

The Advisory Committee provides feedback on information relayed by the Core Committee while exploring strategic issues as well as making recommendations on key issues.

Members:
- The Core Committee, and
- Dr. Nabha Shetty (GIM/Co-Chair, Quality and Professional Appraisal Committee)
- Dr. Roger McLeod (Associate Dean, Research)
- Randi Monroe (Director, Rehabilitation Services)
- Dr. Jorin LindenSmith
If there is something happening in your Division that you’d like the rest of the Department to know, please drop me an email and we will share the news in our next issue.

Happy Reading,

Christine Short, MD, FRCPC (C), FACP
Head, Department of Medicine, Dalhousie University
District Chief, Department of Medicine, Central Zone, Nova Scotia Health Authority
Associate Professor of Medicine, Dalhousie University

EDUCATION CORNER

Simulation education grows

Under the leadership of Dr. Meredith Chiasson, Director, Simulation Program for Internal Medicine Residents, the Department’s offerings in simulation education more than tripled this past year.

Visit the Simulation Program on DoM website

The program and its offerings are now listed on the DoM website. The program uses high fidelity equipment, simulated patients and cadavers to best replicate real scenarios. Offerings include:

- **Boot camp for first year residents**, designed to review equipment and scenarios that the incoming residents will face on call and in code blue situations.

- **Procedure days**, two days in the fall and two days in the spring, designed to review the indications, contraindications and complications of the common and a few of the uncommon procedures performed by internal medicine physicians. This covers procedures required by the royal college (EPAs). Other procedures, where residents are expected to perform as a staff but are not taught, have also been added based on site lead recommendations.

- The **Simulation half-days** occur every Friday morning from September to May. They teach and strengthen "crisis management skills" (how to keep your cool when you are very stressed out by the clinical scenario in front of you). Along the way residents also pick up clinical pearls of how to manage the sickest of our internal medicine patients.

- **Breaking Bad News and Goals of Care** sessions will be a new part of the simulation program planned to run as two half-day sessions after the completion of our usual Friday simulation sessions. The first is planned for spring 2019. Dr. David Duperé and Dr. Nabha Shetty have agreed to assist with program development.

Thanks to Dr. Chiasson for her leadership in helping to grow this program.
8 Divisions give medical students early exposure to specialties

This past summer the Department of Medicine supported 40 second-year medical students who took advantage of the inaugural Pre-clerkship Residency Exploration Program (PREP). The program, led by students, gives students early exposure to a variety of specialties and aids their career decisions.

8 Medicine Divisions participated in the program:
1. Cardiology
2. Endocrinology
3. General Internal Medicine
4. Hematology
5. Medical Oncology
6. Nephrology
7. Neurology
8. Physical Medicine & Rehabilitation

Throughout the two-week intensive summer elective program, depending on the specialty, students were offered half-day elective slots, skills sessions, specialty-specific workshops and lunchtime seminars.

The program included a pre and post survey that asked students to rank their career choice interests. Keeping in mind not all 40 students participated in each specialty, the survey showed that following the program this many students put our specialties in their top three career choices: general internal medicine (16), cardiology (10), physiatry (9), neurology (9), endocrinology (7), hematology (3), nephrology (2), and medical oncology (1).

Thank you to the physicians, residents and staff who played a role in helping the Department participate in this new program.

MEDICINE MATTERS – Continuing Professional Development Conference
Plenary 2018
Conflict Management in Medicine

Debate 2018
Be it Resolved that Medical No Codes are Appropriate Patient Orders

KUDOS & CONGRATULATIONS

Crohn’s and Colitis Canada – 2018 Physician of the Year

Congratulations to Dr. Ian Epstein, Division of Digestive Care & Endoscopy, for winning the Crohn’s and Colitis Canada 2018 Physician of the Year Award.

This is the second year in a row a Department member has been honoured with this national award. Dr. Jennifer Jones won in 2017.

RESEARCH NEWS

Department research success showcased during Research Evening

Dr. Amanda Vinson, Division of Nephrology and Dr. Ciorsti MacIntyre, Division of Cardiology showcased their research while Dr. David Anderson, Dean of the Dalhousie Faculty of Medicine, shared the pivotal changes taking place in the local research environment.

Seventy research enthusiasts and supporters participated in the 2018 DoM Research Evening which was aptly emceed by the DoM Research Director, Dr. John Hanly.

The Department rounded out the evening with the presentation of Research Excellence Awards.
to three very deserving faculty:

**Dr. Amir AbdelWahab**, Assistant Professor, Division of Cardiology, was recognized for his research on non-invasive localization of the origin of ventricular tachycardia.

**Dr. Olga Theou**, Assistant Professor, DoM Research Scientist, who while still early in her career, is considered by Expertscape as fourth in Canada and twelfth worldwide in frailty expertise.

**Dr. Michael West**, Professor, Division of Nephrology, is one of the foremost researchers in the area of Fabry disease, which is more prevalent in Nova Scotia than anywhere else in the world.

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**New Co-Chairs named for Resident Research Committee**

The baton has been handed from **Dr. Lisa Barrett**, Division of Infectious Diseases, to **Dr. Leah Cahill**, Howard Webster Department of Medicine Research Chair; and **Dr. Ravi Ramjesingh**, Division of Medical Oncology. The new co-chairs of the Resident Research Committee are looking forward to providing support to our residents. You will be hearing more from them soon and in the meantime, you can reach them through the DoM Research Office at kathryn.nelson@nshealth.ca with your questions and suggestions.

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**Grant Received – Breaking "Bad Rest" Study**

**Dr. Olga Theou**, clinical research scientist in the Department of Medicine, received a $100,000 grant from Canadian Frailty Network’s 2018 Catalyst Grant Program for The Breaking "Bad Rest" Study: Interrupting sedentary time to reverse frailty levels in acute care.

Details – [clinicaltrials.gov](http://clinicaltrials.gov)

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**WELCOME & FAREWELL**

The Department is pleased to welcome the following new staff:

**Dr. Maia Von Maltzahn**, Division of Geriatric Medicine (Locum)

Dr. Maltzahn re-joined the Department in July 2018 as a locum. She completed her residency in Geriatric Medicine at the University of Toronto, her internal medicine residency at the University of

**Dr. Kyle McCoy**, Division of General Internal Medicine (Locum)

Dr. McCoy joined us as a locum in July. Dr. McCoy completed his GIM Fellowship (2018) internal medicine residency and medical degree at the University of Calgary.

**Dr. Janet Roberts**, Division of Rheumatology

Dr. Roberts joined the team in August. She obtained her Bachelor of Science at Dalhousie (physiotherapy) in 2003, her medical degree at Memorial University in 2013 and continued her training in internal medicine and
Saskatchewan and medical degree here at Dalhousie University.

Congratulations and welcome to **Kelly Harnish-Mowery** who is a new team lead for the Division of Rheumatology, effective September 17, 2018. Kelly previously worked in the Division of General Internal Medicine for 23 years.

**Jennifer Delaney** joined the Department on Oct. 31 as a new Program Administrative Assistant in the Division of General Internal Medicine.

Welcome back **Crystal Melvin**, Division of General Internal Medicine, who returned from leave on October 17.

**Seneade Smith** joined Digestive Care and Endoscopy while Maris Adamski is on leave.

**Shelbie Stacey-Allen**, previously with the Division of Rheumatology, is now an Administrative Assistant with the Division of Cardiology.

**Lindsay Christian** joined both Cardiology and Neurology.

**Brenda Nicholson** has returned on a casual basis to work with DoM Physician Services.

**Jenny Thibodeau** joined Neurology while Ashley Doucette is on leave.

**Calum Robertson** joined Infectious Diseases.

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**Best wishes to members leaving the Department.**

We are sad to say goodbye to colleagues **Dr. Bryce Kiberd** (Division of Nephrology) and **Dr. Arnold Mitnitski** (researcher). We wish them both all the best in their retirements.

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**Our extended Department family has grown.**

Congratulations to **Ashley Doucette**, Division of Neurology Residency Program Assistant. Her baby girl, Charlotte Amelia Moore, was born on September 27.

Fellow, **Dr. Adnan Badahdah**, Division of Neurology, welcomed baby Yousuf on September 15.

Etta Joan Bjork arrived on July 19. Proud mom, **Teona Bjork** is an EEG/EMG technologist who works with our Neurology team.

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**>> MAKING HEADLINES**

*Department of Medicine members are go-to experts for local and national media. Each month they consistently help shape media headlines and openly share their expertise with the public.*

**Halifax woman, who chose early medically assisted death, gets ‘the last say’ with her life (November 1, 2018)**

Dr. Rockwood joined the discussion on CBC Listen’s The Current to Hematologist and patient highlight dangers of blood clots (October 15, 2018)

“Blood clots are preventable,” said Shivakumar, a Winnipeg native who has worked in hematology in Halifax Researchers examine effect of job history on health into old age (September 25, 2018)

“I want to paint a picture for our policymakers about the effect of occupational history across the life...***
discuss Medical Assistance in Dying (MAiD).

Dr. Kenneth Rockwood, Division of Geriatric Medicine

CBC Listen - The Current

Dr. Sudeep Shivakumar, Division of Hematology

The Chronicle Herald

Dr. Melissa Andrew, Dr. Judith Godin, Dr. Olga Theou, Division of Geriatric Medicine

NSHA News

Residency numbers bolstered by $1.5 million annual investment (September 12, 2018)

Dr. Christine Short, chief of medicine at Dalhousie University, said the new residency opportunities will ensure a stable supply of physicians in communities across the province.

Dr. Christine Short, Department Head

Global News

Safe care for IV drug users (August 27, 2018)

“About 40 per cent of people who develop endocarditis are IV drug users,” says Dr. Tommy Brothers. “I want to know what happened with these patients. Who had opioid withdrawal and how was that managed? Was anyone found injecting in the bathroom? Were people tested for HIV and hepatitis? Offered methadone? Referred to psych?”

Dr. Tommy Brothers, Internal Medicine resident

NSHA News

$1.4 million study aims to eliminate hep C in Nova Scotia (August 3, 2018)

“Our research will help focus local efforts and bring us closer to the World Health Organization’s target of eliminating viral hepatitis as a major public threat by 2030.”

Dr. Lisa Barrett, Division of Infectious Diseases

Global News

To see more Department of Medicine members on local and national TV, radio and in newspapers, visit:

IN THE MEDIA

STRATEGIC PLANNING – Building Action Plans

The Department has an opportunity to demonstrate our leadership and increase our role in helping Divisions, physicians and the broader system to support research and the academic mission and to continue to
document to an actionable plan.

We need everyone in the department together to lead us successfully through the next 5 years.

improve patient flow, provide more innovative care and bring providers together when it makes sense for the patients. None of this can be done without support, leadership and in some cases resources.

How will we achieve that? What tangible actions should the Department take on to overcome some of the barriers that make it difficult for us to provide patient care, teach and conduct our research?

- We want a mix of emerging and seasoned leaders.
- We are looking for clear direction that will help us move concepts to reality.
- We are seeking champions who will help us lead our action plans beyond the strategic planning session. We are stronger together.

Date: February 4, 2019 – NEW DATE TO BE ANNOUNCED

RSVP to janet.hartnett@nshealth.ca

SHARE YOUR NEWS

Help us share good news and celebrate one another.

If you have ideas for the next issue of the newsletter, email anne.veinotte@nshealth.ca.

Upcoming Events

Royal College Accreditation for Residency Training Programs
November 26-30, 2018

DoM Holiday Reception
Lord Nelson Hotel
December 6, 2018; 7 - 10 pm
RSVP to janet.hartnett@nshealth.ca

Teach the Teachers
NS Rehab
February 19, 2019
helen.parsons@nshealth.ca

DoM Strategic Planning - Building Action Plans
NEW DATE TBA
janet.hartnett@nshealth.ca

DoM Research Day
Pier 21
March 28, 2019
kathryn.nelson@nshealth.ca