

Reflection



Dr. Purdy was awarded the Brian M. Chandler Award in Medical Education at the DoM spring Party, presented by Dr. David Anderson.

This is my final contribution to the newsletter. It is also a time for reflection and moving forward. I was thinking the other day that I have been very fortunate to have a medical career in the field of neurology that spans the time from reviewing plain skull x-rays to determine if the pineal gland was off-center, thus suggesting a mass lesion, to the modern era of MRI scanning, which shows almost textbook pathology of brain lesions. The profound leaps and technological understanding of all body parts, and particularly the nervous system, has been truly amazing. This type of knowledge has transformed the way we practice and deliver medical care.

Along the journey, over the past four decades, I have also learned that science and technology alone cannot conquer all disorders and diseases. In medicine and its subspecialties there still remains a need for our very human brains to solve problems of diagnosis and treatment, and also to come up with ideas and solutions to help our patients, when science and technology provide no answers or the natural progression of life and its inherent diseases and disorders are beyond the capability of modern medicine.

As I have said in the past, I believe the future of our Department is bright, and exciting new things will continue to occur as time moves forward. Thus, on returning to clinical medicine and teaching, I will watch with great interest the forward trajectory of our Department and its members. It has been a distinct privilege and an honour to lead this Department over the past several years. I would like to thank everyone who has helped to move our Department forward and maintain our excellent reputation in clinical medicine, research and education. Keep up the good work in the best interests of our patients and learners – as, ultimately, we are all patients at some time in our lives, and we can never stop learning if our profession is to continue to be successful!

R. Allan Purdy, MD, FRCPC, FACP, FAHS
Head, Department of Medicine, Dalhousie University
District Chief of Medicine, Capital District Health Authority

New Department Head

Dr. David Anderson has accepted a five-year appointment effective July 1 as Head and District Chief of the Department of Medicine, Dalhousie University and Capital District Health Authority.

David is well known within the Department as he is a full professor in the Dalhousie Departments of Medicine, Pathology, and Community Health & Epidemiology. He is a clinical hematologist and a well-established clinical researcher, evaluating the epidemiology and management of thromboembolic disease.

Among his many accomplishments, David is Head/Chief of the Division of Hematology; Deputy Head, Department of Medicine; Assistant Dean Clinical Trials Research, Dalhousie Faculty of Medicine; and a former Director of DoM Research.

He graduated with distinction from Dalhousie Medical School (Class of 1983) and went on to complete a residency in internal medicine in 1986. He followed that with training in hematology, which began at Dalhousie and finished at McMaster University in 1989, where he completed a fellowship in thrombosis research.

Angels Among Us

The QEII Foundation's *Angels in Action* allows patients and their families to recognize caregivers who make a real difference. Four residents on the MTU during the Christmas break received angel pins at a celebration on February 24 at the bequest of a patient's grateful family. A contribution is made to the QEII Foundation in their names.



Dr. David Anderson who attended the pinning for the DoM, says "It is very special and well deserved that our residents are receiving formal recognition for the high quality care they provide. It is particularly gratifying to see these accolades being bestowed for work done while on our Medical Teaching Unit where the residents play such key roles and serve as mentors to students and other health care providers. Congratulations to **Kirsten Holm**, PGY1 Psychiatry; **Colin van Zoost**, PGY2 Internal Medicine; **Stephan Molgat**, Anaesthesia; and **Karthik Tennankore**, Nephrology, for outstanding service to our patients."

- photo QEII Foundation



Capital Health



DALHOUSIE
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Inspiring Minds

Well Done, Don!



Dr. Donald Weaver, Division of Neurology, tooling away in his research lab in the Chemistry Building at Dalhousie, is receiving well-deserved recognition for his world-class research. His research is mainly in the areas of Alzheimer's disease, epilepsy and dementia. Within the last two years he has been awarded four of Canada's most prestigious awards.

In November 2009 he was awarded the Prix Galien Award (Research). It has the highest distinction worldwide in bio-pharmaceutical research. The Prix Galien is often referred to as the Nobel Prize of pharmaceutical research. It recognizes an individual or team having made a significant contribution to the diagnosis, prevention and treatment of illnesses.

In March 2010 Dr. Weaver was awarded a Killam Research Fellowship. This award is also considered one of Canada's most prestigious awards and is designed to recognize and support an eminent Canadian scholar who has established an outstanding research reputation. Dr. Weaver was given this award specifically for his research into the cause and cure of Alzheimer's disease. Nine are awarded in Canada each year.

The Bantrel Award is one of the premier awards given by the Canadian Society for Chemical Engineering and is awarded for outstanding contributions for innovative design or production activities/process design or multidisciplinary design-directed research or production. Dr. Weaver received this award specifically for his "innovative work in drug design and optimization as well as his pioneering work concerning the concept of 'micropharma' and the role of universities in drug discovery". Dr. Weaver has the rare honour of being one of the few non-chemical engineers to receive the coveted award.

The Canadian College of Neuropsychopharmacology got in on the act and awarded Dr. Weaver the 2011 CCNP Heinz Lehmann Award in recognition of outstanding contributions in the field of research in neuropsychopharmacology in Canada. This award was shared between Dr. Weaver and Dr. Rachel Tyndale of the University of Toronto.

Don is also a busy clinician, and he is stepping down as Chair of the DoM Research Committee after five years.

- by Traci Malley-McBride

More Outstanding Neurologists...

The College of Physicians and Surgeons of Nova Scotia has named **Dr. Timothy Benstead**, Division of Neurology, this year's recipient of the Gold-Headed Cane Award for Excellence. Awarded by nominations from colleagues, it acknowledges outstanding contributions to medicine in Nova Scotia.

Dr. Jock Murray, Division of Neurology, has been appointed to the Volunteer Committee of the American College of Physicians. The committee coordinates and organizes physicians who contribute their time and talent locally, nationally and internationally. Dr. Murray is chairman emeritus of the American College of Physicians, the only Canadian to have held this position, and the only chairman to have served two terms.

Dr. Murray, a Professor Emeritus in the Faculty of Medicine, has also been named President of the Robert Pope Foundation, which was founded in 1992 to support programs that relate to arts and medicine. The foundation supports many projects, including the Medical Humanities Program at Dal Medical School and scholarships at NSCAD.

The Royal College of Physicians and Surgeons of Canada named **Dr. Charles (Chuck) Maxner**, Division of (what else) Neurology and the Department of Ophthalmology/Visual Sciences, as their 2010 Mentor of the Year Region 5 (Atlantic Provinces).

The Department was saddened to hear of the passing of **Dr. William (Bill) McCormick**, a retired member of the Division of Neurology. For those who knew him well, Bill was a friend and colleague, a great human being, neurologist and teacher.

The Department lost another valued member, **Dr. Earle Reid**. From 1965 to the time of his death, Dr. Reid practiced medicine as a specialist in Internal Medicine and Cardiology.

Finding New Paths

Congratulations to **Drs. Laurie Mallery** and **Paige Moorhouse**, Division of Geriatric Medicine, whose PATH approach has received one of six Leading Practice recognitions at Capital Health from Accreditation Canada.

Accreditation Canada defines a leading practice as a noteworthy practice demonstrating innovation and creativity, and has a positive impact on services or outcomes for clients and families.

The PATH (Palliative and Therapeutic Harmonization) meets the needs of frail elderly patients with multiple medical issues through comprehensive assessment, clear communication to patients/family, and careful medical decision-making using a standardized approach. The goal of this program is to educate patients and families about how to take current and future health status into account when making health care decisions. One aspect is to help people learn about the potential risks and benefits of surgical and medical treatments.

Exit surveys indicate that, before coming to the PATH clinic, only 39% of the respondents felt they had a complete or very strong understanding of their medical conditions, knew what to expect in the future, were aware of how conditions affect future health care decisions, and had what information they need to make good medical decisions. After PATH, 94% of decision makers felt they knew what information was needed for medical decision making. Satisfaction with the process was unanimous.

Almost half (49%) of the patients/families who participated changed their care plan following the PATH process. Several patients opted for treatment at home. PATH physicians also supports individuals as they are dying so they can stay at home. The PATH process shows that providing extensive education to patients and families helps them make more informed decisions.

- by Heather MacLeod, Geriatric Assessor

The Department's best wishes to **Dr. Dale Clayton**, Division of Endocrinology and Metabolism, and **Dr. Osama Elkhateeb**, Division of Cardiology, who are leaving the Department in July to pursue other career opportunities. **Dr. Peter Crofts**, Division of Cardiology, retires June 30.

INSPIRED

There is a new clinical service within Respiriology called "INSPIRED" the acronym for *Implementing a Novel and Supportive outreach Program of Individualized Care for Patients and Families Living with REspiratory Disease*.

The "INSPIRED" outreach program got underway at the QEII HSC in July 2010 under the direction of medical director **Dr. Graeme Rocker** and Care Coordinator **Joanne Young, RRT**. "INSPIRED" aims to support both patients and families who are living with COPD in the community setting.

"INSPIRED" brings together a new team of professionals who are available to visit patients during a hospital admission and afterwards in their homes to: 1) provide education and support, 2) help navigate the local healthcare system and gain access to services that can support them, 3) improve communication among all the professionals who are assisting in their care, and 4) provide COPD action plans and access to a 24-hour helpline that should improve the early care of a flare up of COPD.

The goals of this new program of care are to help reduce the frequencies of hospital admissions, lower lengths of stay for those admitted to hospital by providing home support that enables earlier discharges, and improve health and quality of life for both patients and families.

- Division of Respiriology



The Division of Respiriology congratulates **Dr. Meredith Chiasson** on successfully completing her two-year residency in Respiriology at Dalhousie. Meredith was the first resident enrolled in the Division of Respiriology's new Royal College Training Program in 2008 and completed the Program in December 2010.

Meredith, pictured with **Dr. Colm McParland**, has built on her residency training to further her career development by competing for and recently being awarded a National Level Clinical Fellowship from the Canadian Cystic Fibrosis Foundation.

Congratulations to Meredith on successful completion of her Residency and new Fellowship Award. And congratulations to the Division of Respiriology for successfully launching their new Royal College training program.

- Division of Respiriology



The Department recognized the contribution of the 2010-11 Chief Residents, **Robert Martin** and **Ciorsti MacIntyre**, pictured at the DoM Spring Party with **Dr. Simon Jackson, MTU Director**.

DoM Research Day Awards

The Department of Medicine's Research Day was held on Thursday, April 21, at the Lord Nelson Hotel. The afternoon session consisted of 10 oral presentations and in the evening there were 35 poster presentations.

Marion Cornish

Best Core Resident Oral Presentation

Colin Josephson

Best Sub-Specialty Resident Oral Presentation

Casey Clarkson

Best Core Resident Poster Presentation

Arleigh McCurdy

Best Sub-Specialty Resident Poster Presentation

Natalie Parks

Best Medical Student Poster Presentation

David Anderson

Resident's Choice Best Faculty Oral or Poster Presentation

- DoM Research Office

DoM Spring Party

The annual Spring Party on June 9 recognized outstanding educational achievements of faculty and residents.

The DoM Excellence in Medical Education Awards went to **Dr. Paul Hernandez**, Division of Respiriology; **Dr. Wanda Hasegawa**, Division of Hematology; and **Dr. David Simpson**, Division of General Medicine.

Among the many deserving resident awards, the Outstanding Resident Award PGY1 went to **Dr. Brian Buchanan**; the Outstanding Resident PGY2 to **Dr. Nathan Lamond**, and Outstanding Resident PGY3 to **Dr. Ciorsti McIntyre**.

- DoM Education Office



Achievement

The 2011 DoM Achievement Award was very deservedly given to **Dr. John Hanly**, Division of Rheumatology. Dr. Hanly is the Chair of the DoM Financial Management Cmte, and former Head/Chief of the Division of Rheumatology, as well as an accomplished clinician and researcher.

DoM 2010-11 Grand Rounds Awards

OVERALL EXCELLENCE

Peter Green, Division of Dermatology

"Tanning beds and melanoma: from bench to bedside to ban"

PRESENTATION STYLE

T.J. (Jock) Murray, Division of Neurology

"From Leeches to Liberation Therapy: A History of MS Treatments"

AWARD OF MERIT

Stephanie Snow, Division of Medical Oncology

"Talking Ourselves to Death? What We Know and What We Don't Know About Cell Phones and Brain Tumours"

AWARD OF MERIT

Don MacIntosh, Des Leddin and Bernie Badley

for the Division of Gastroenterology's

"Colon Cancer Screening in Canada and Nova Scotia: An Update"

GUEST SPEAKER

Division of Infectious Diseases

for T. Marrie Lecturer, Dr. Jay Keyston

"Illness in the returned traveler...coming to an ER near you"

WELCOME TO THE DoM



Sudeep Shivakumar graduated from medical school at Queen's University in 2003, and then completed residencies in Internal Medicine and Hematology at Dalhousie. He went on to do a clinical fellowship in thrombosis at the University of Ottawa under Drs. Phil Wells and Marc Rodger, before he returned to the DoM's Division of Hematology to practice. His interests include medical education and malignancy associated thrombosis.



Stephanie Snow, originally from St. John's, Newfoundland, came to Halifax after completing a B.A. and B.Sc at McGill. At Dalhousie she completed undergraduate medicine and post-graduate training in Internal Medicine and Medical Oncology, and is pleased to have joined the Division of Medical Oncology in July 2010. Stephanie was involved in clinical research and medical education during her training, and is excited to continue along these avenues, in addition to her clinical practice.



Sarah McMullen (MD MSc FRCPC), Dalhousie's first Critical Care Fellow, joined the Division of Critical Care Medicine in July 2010. Also a General Internist, she is a member of the Division of General Medicine. She completed her MD and Internal Medicine residency at McMaster, after having worked as a geologist in Ontario and the Arctic. Sarah looks forward to spending time on the Medical Teaching Unit and developing the Perioperative Medicine Program under the auspices of the Department of Anaesthesia.



Anita Mountain received her BScOT from Dalhousie University in 1994 and practiced in Florida. She returned to Dal to complete her MD and a residency in Physical Medicine and Rehabilitation (which included a maternity leave!), finishing her training in October 2009. The Division of Physical Medicine and Rehabilitation is pleased to welcome Anita to the Division.



The DoM Education Office welcomed **Katie Greenough** in the role of Special Projects Coordinator for the Department of Medicine in June of 2010 from her previous position as Clinical Secretary and Education Coordinator for the Division of Hematology. Katie brings her experience in education, her positive energy and organizational powers to the Education Office, which are a perfect fit for the Education Office team.

- photos by Anne Veinotte

GI Residents' Research Day



(left to right) **Dr. S.Gruchy**, GI Resident Research Coordinator; **M.MacMillan**; **R.Berger**; **J.McCurdy**; **A.Kohansal**; and **K.Wadhwa**, at the 6th Annual GI Residents' Research Day on February 11.
(photo by G. Goris)

The Division of Gastroenterology had another successful Residents' Research Day. The residents presented their research and quality improvement projects. All five had their projects accepted for presentation (3 oral presentations) at the Canadian Digestive Diseases Week and the Annual Canadian Association for Study of Liver Winter Meeting at the end of February 2011.

Dr. Kohansal examined "*Time to Urgent Endoscopy for Adults Presenting with Esophageal Food Bolus Obstruction: Quality Assurance Project From a Canadian Institution*"; Dr. MacMillan's presentation was "*Pregnancy Associated Liver Disease in Nova Scotia. An Epidemiological Review From 1988-2001*"; Dr. McCurdy presented "*Assessment of Patient Comfort During Endoscopy: Experience at a Canadian Academic Center*", while Dr. Wadhwa reviewed "*Liver Transplantation in Atlantic Canada: 25 Year Experience*". The final talk was by Dr. Berger "*An Audit of Adenoma Detection Rate at a Canadian Academic Center*".
- by Kevork Peltekian

Dr. Arnold Mitnitski, DoM Research Scientist, was granted a Dalhousie University Research Professorship which is granted to a limited number (15) of Dalhousie faculty members who have achieved distinction in scholarship.

Two of the DoM's most valued support staff are retiring. **Mrs. Helen Garneau**, Executive Assistant to the Department Head, is retiring the end of June. And **Mrs. Nancy Holt**, Team Lead in the Division of General Medicine, leaves us in July. Enjoy!

The Dalhousie Multiple Sclerosis Research Unit is the MS Care and Research Centre for Nova Scotia. DMSRU has been a leader in MS Care for more than 30 years both nationally and internationally. DMSRU has relocated to the Nova Scotia Rehabilitation Centre to improve service delivery to patients and families.

The new contact information for DMSRU is:

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Nova Scotia Rehabilitation Centre
1341 Summer Street, 2nd Floor
Halifax, Nova Scotia, B3H 4Y4

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