

MEDICINE MATTERS

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HALIFAX, NOVA SCOTIA, CANADA

No. 11, SPRING 2013 NEWSLETTER

CARDIOLOGY • CLINICAL DERMATOLOGY & CUTANEOUS SCIENCE • DIGESTIVE CARE & ENDOSCOPY • ENDOCRINOLOGY & METABOLISM •
GENERAL MEDICINE • GERIATRIC MEDICINE • HEMATOLOGY • INFECTIOUS DISEASES • MEDICAL ONCOLOGY • NEPHROLOGY •
NEUROLOGY • PALLIATIVE MEDICINE • PHYSICAL MEDICINE & REHABILITATION • RESPIROLOGY • RHEUMATOLOGY

DEPARTMENT HEAD MESSAGE

As I write this message, the Department of Medicine's first Professors of Medicine Reception to be held May 22 is quickly approaching. This special event recognizes department members who were granted an academic promotion as of July 2012 and celebrates their accomplishments. Promotion is the recognition of the highest form of academic achievement of department members. It is the culmination of years of hard work and of the contributions of these individuals to the academic and clinical missions of the Department. I would like to congratulate the following department members on their academic promotions:

Dr. Paul Hernandez	Professor, Respiriology
Dr. S. Ali Imran	Professor, Endocrinology
Dr. Tammy M. Keough-Ryan	Professor, Nephrology
Dr. Christiansen J. Koilpillai	Professor, Cardiology
Dr. Laurie H. Mallery	Professor, Geriatric Medicine
Dr. Shelly A. McNeil	Professor, Infectious Diseases
Dr. John L. Sapp	Professor, Cardiology
Dr. Lori A. Wood	Professor, Medical Oncology
Dr. Penelope S. Poyah	Assistant Professor, Nephrology
Dr. Stephanie L. Snow	Assistant Professor, Med. Oncology
Dr. Trudy A. Taylor	Assistant Professor, Rheumatology

I should also remind you that there are changes coming to the Faculty of Medicine Appointments and Promotions process. Of note, a system of Continuing Appointment with Annual Career Development will replace the CAPR regulations as of 2014-15. The process, which applies to all clinical faculty, will be piloted in 2013-14. For more information, contact Kathryn McIlrath.

As you read this issue of *Medicine Matters*, I trust you will get a good sense of some of the great work of department members, divisions and the Department as a whole. The research committee organized one of the most successful research days in the Department's history, **Dr. Kenneth Rockwood** is the latest in a line of department members to receive a prestigious Diamond Jubilee Award, **Drs. Laurie Mallery** and **Paige Moorhouse** were recognized with a Public Sector Leadership Award for PATH, and the Division of Digestive Care & Endoscopy's efforts to improve patient care provide one example of many such projects underway in the Department. Enjoy.

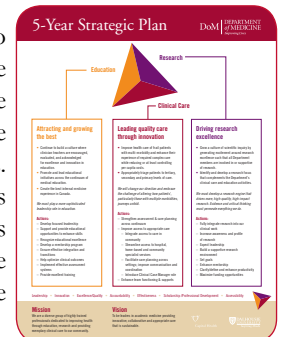
David Anderson, MD, FRCPC

Head, Department of Medicine, Dalhousie University
District Chief, Department of Medicine, Capital District Health Authority
Professor of Medicine, Community Health & Epidemiology, Pathology

STRATEGIC PLAN IMPLEMENTATION

A **Quality & Professional Appraisal Committee**, chaired by **Dr. Robbie Stewart**, is now in place and will take on leadership of appropriateness of clinical care. The research committee chaired by Dr. John Hanly is leading the implementation of the research component of the plan.

Two new groups are being formed to deal with the implementation of the educational aspect of the plan and the clinical care section focusing on the care of frail patients with multi-morbidities. The initial focus for each of these groups will be developing baseline measures that will be tracked over the next five years to determine the success of the implementation portion of the plan.



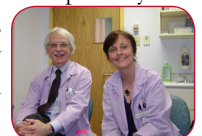
A synopsis and the full strategic plan are available on our website: <http://dom.medicine.dal.ca/>

GREAT WORK!



The **Transcatheter Aortic Valve Implantation (TAVI) Team** received an Award of Excellence from the Department of Anesthesia, Pain Management and Perioperative Medicine in March. The team was recognized in the external team category for making an outstanding contribution to the department's vision and mission via a joint initiative/ innovative clinical procedure. The TAVI team, led by Dr. Najaf Nadeem, Division of Cardiology, implanted the first transcatheter aortic valves at Capital Health in the fall of 2012.

Susan Rahey, neurophysiology program coordinator, celebrated Purple Day - The Global Day of Epilepsy Awareness, March 26, by hand-dyeing 14 lab coats purple for staff to wear. Purple Day was created by young Nova Scotian, Megan Cassidy, whose goal is to get people talking about epilepsy in an effort to dispel myths and inform those with seizures that they are not alone.



DOING THINGS DIFFERENTLY

The simple solution is rarely the solution at all, especially in healthcare. **Dr. Kevork Peltekian and members of the Division of Digestive Care & Endoscopy** knew that tackling the wait lists and wait times for consults and endoscopy, and addressing the mounting complaints from referring physicians would not be easy or simple. But it was – it is – time.

Here's the backdrop: Over the last five years, there has been a 23% increase in GI clinic registrations, 31% increase in new patient consults, 75% increase in endoscopic procedures, but the wait times haven't budged.



Where to start? The first steps included a thorough review of the wait list and wait time data, a literature review, an environmental scan of external factors that could be influencing increasing demand, and discussions about how to do things differently.

The team then developed a plan. They would first make changes internally: centralize the referrals and combine the wait lists, introduce a new digestive care and endoscopy referral form to help address inconsistencies with referrals, tighten up and bring more consistency to the triage process, revisit and revise the GI radiology ordering guidelines, enable direct access to endoscopy, and do more telephone consultation*. These changes have been implemented.

What's next? Drs. Peltekian and Rick Gibson, District Department of Family Practice, are co-leading a multidisciplinary working group to optimize GI referrals within the district.

Stay tuned!

Editor's note: This is just one of the many projects underway within the Department of Medicine to improve patient care. If you have a project and a story to share, contact Cindy Bayers, pebblecomms@eastlink.ca

*New fee codes for telephone consultation and follow up visits via telephone were recently approved by the MSI Fee Code Advisory Committee for a pilot project. These two innovations were submitted on behalf of the Department of Medicine in 2012. More information can be found in the MSI bulletin: http://www.gov.ns.ca/health/physicians_bulletin/MSI-physicians-bulletin-March-2013.pdf

SHARING THE WORK OF MEMBERS

We want to be sure department members and the divisions and department are recognized for awards and accolades but also current initiatives, projects and programs. There is a tremendous amount of great work underway in the department so please share "notables" on an ongoing basis. Submit information on awards, accolades, and notable projects, programs and happenings to Helen Parsons, helen.parsons@cdha.nshealth.ca. Helen will ensure your news is passed on and recognized, whether in *Medicine Matters*, via Capital Health or the Faculty of Medicine, at the departmental meeting or all of the above.



RESEARCH DAY 2013

Record Attendance, Impressive Abstracts: A record-breaking 120 people attended the annual Department of Medicine Resident-Faculty Research Day, signaling a growing interest in research in the department. Research Day, held Thursday, April 11 at the Lord Nelson Hotel, celebrated research by students, residents and faculty in the Department of Medicine.



An impressive 70 abstracts were presented, including ten podium presentations moderated by **Drs. John Hanly**, Research Director, and **David Macdonald**, Resident Research Committee Chair.

Keynote speaker, Dr. Susan Kahn, presented "Improving outcomes after deep venous thrombosis: Research challenges." Dr. Kahn is Professor of Medicine, McGill University; Director, McGill Thrombosis Fellowship; Director, Thrombosis Program; and Associate Director for Clinical Research, Jewish General Hospital/Lady Davis Institute, Montreal. She is recognized as an international expert in thrombosis prevention and post-thrombotic syndrome, as well as quality of life after venous thromboembolism.



Congratulations to the 2013 Research Day Winners:

Best Resident/Student Oral Presentation	Dr. Ahmed Ghaly <i>Development of Urinary Tract Infection (UTI) Prediction Rules Based on an Automated Urine Chemistry Analyzer and a Flow Cytometric Urine Cell Analyzer</i>
Best Student Poster Presentation	Ms. Brenda-Lee Rooney <i>Identification of Peptide Antagonists Targeting Toxins in Clostridium difficile</i>
Best Core Resident Poster Presentation	Dr. Amanda Miller <i>Perceived versus Objective Knowledge in Patients with Osteoporosis</i>
Best Sub-Specialty Poster Presentation	Dr. Rebecca Charbonneau <i>Manual Wheelchair Propulsion by People with Hemiplegia: Within-Participant Comparisons of Forward vs. Backward Techniques</i>
Best Graduate Student/Post-Doctoral Poster Presentation	Dr. Olga Theou <i>Maternal Age and Risk of Frailty in Middle-Aged and Older Offspring</i>
Residents' Choice Award for Best Faculty Oral/Poster Presentation	Dr. Sultan Darvesh <i>Visualizing Alzheimer Pathology with Cholinesterase Imaging Agents</i>

Five resident presenters will advance to the Dalhousie Faculty of Medicine Research Awards Day on June 13th: **Drs. Ahmed Ghaly, Nathan Lamond, Amanda Miller, Rebecca Charbonneau, and Vanessa Meier-Stephenson.**

2013 - 2014 CHIEF MEDICINE RESIDENTS

As of July 1, the Department will have four new Chief Medicine Residents and a host of new residents (we'll introduce them soon!).

Dr. Andrew Moeller, Co-Chief Medicine Resident, hails from Antigonish, Nova Scotia and earned his MD at Dalhousie University.



Why? "...since starting medical school so many of my role models have filled the spot of chief resident: Drs. Arleigh McCurdy, Ciorsti MacIntyre, John Igoe and Jackie Fleming. It was evident from my interactions with them

that the role is not just a position described in its job description, but a role of representing the program in a prominent and positive light."

What? "I think the majority of the job is being an advocate for both the residents and the program. It's important to represent our program with passion, camaraderie and fun!"

How? "I want to be diligent with respect to all of the responsibilities of co-chief, but my main goal is to ensure a smooth and seamless year for all the residents in Internal Medicine. There are a lot of new ideas that are being implemented in our program such as the PGY1 Boot Camp, regularly scheduled simulation sessions, Royal College exam preparation, etc. I want to ensure that these initiatives are carried forward and made sustainable."

Dr. Jordan Webber, Co-Chief Medicine Resident, hails from Calgary, Alberta and earned his MD at the University of Calgary.



Why? "...to get involved in the residency training process, take on a representative role and help bring fresh ideas for growth and positive change in the program."

What? "To represent the resident group and be their advocate to staff and administration, to be an intermediary, organizer/planner, supporter and to be a general go-to for any issues that may arise."

How? "I have a few ideas, amongst them is bringing about new structure to resident duty hours in pre-emptive accordance with changing national perspectives on resident call shift hours."

Dr. Vicki Xu, Associate Chief Medicine Resident, hails from Edmonton, Alberta and earned her MD at the University of Alberta.



Why? "Dalhousie was my first choice program for residency because of how tightknit and friendly the residents are. I want to be as involved as possible and be a role model to younger incoming residents as so many of the senior residents were for me."

What? "The chief resident walks the fine balance of being the representative of all the internal medicine residents and their concerns and issues, while also being the voice of the faculty liaising with the resident body. We should be the soundboard for residents when they have concerns to address or new ideas to bring to the table."

How? "I want to improve the transition period from junior to senior role, hopefully creating more confident and efficient teams on the MTU and subsequently MTU-ED. There is nothing more chaotic than the MTU at times, and getting equipped with the right tools to be leaders and teachers is what I hope to help the new incoming residents achieve."

Dr. Stephen Robinson, Associate Chief Medicine Resident (Saint John site), hails from Sussex, New Brunswick and earned his MD at Dalhousie University.



Why? "...to help contribute to our already strong training program."

What? "The role of the chief, first and foremost, is to be a supportive leader within the program, devoted to the satisfaction of the trainees. Along with this the chief must be able to elicit concerns from the trainees and staff and work with both to solve them. And finally, we make call schedules."

How? "I want to bring handover rounds and a simulation component to the Saint John program."

CONGRATULATIONS!



Dr. Kenneth Rockwood, Division of Geriatric Medicine, recently received a Queen Elizabeth II Diamond Jubilee Medal. Dr. Rockwood was nominated by the Honourable Alice Wong, Canada's Minister of State for Seniors. In her nomination letter, she praised Dr. Rockwood's dedication to the care of older patients and his research in the field of gerontology. **Dr. Rockwood is the third Department member to receive a Jubilee Medal joining Drs. Kevork Peltikian and Stephanie Kaiser.**



Drs. Laurie Mallery and Paige Moorhouse, Division of Geriatric Medicine, received a Public Sector Leadership Award - gold in the health category - from the Institute of Public Administration of Canada for their



work with the PATH program. PATH, which stands for Palliative and Therapeutic Harmonization, is a process that helps frail patients and their families understand their health status and guide them through the process of making health care decisions that protect their best interests and quality of life.

Dr. Colin Josephson is the recipient of the inaugural Canadian Society of Clinical Neurophysiologists (CSCN) National Clinical Fellowship in Epilepsy and Electroencephalography for 2013-2014. He will be doing a two-year fellowship in epilepsy in the Department of Clinical Neurosciences at the University of Calgary under the supervision of Drs. Samuel Wiebe and Nathalie Jette. Dr. Josephson is also the recipient of the Canadian League Against Epilepsy (CLAE) Mary Anne Lee Award for best Canadian neurology or neurosurgery resident research.



Dr. Heather Rigby won the Samuel R. McLaughlin Fellowship Award from Dalhousie. Dr. Rigby will be doing a one-year Movement Disorder Fellowship at the Mayo Clinic in Scottsdale, Arizona.

WELCOME



Dr. Dongsheng Gao began a one-year locum position in the Division of Cardiology on April 1. He first joined the department as a fellow in July 2012, after three years as a clinical cardiac electrophysiology fellow with St. Michael's Hospital, University of Toronto.



Dr. Marie Laryea joined the Division of Digestive Health & Endoscopy on January 1. Dr. Laryea has had close links to the division for a number of years as a member of the Department of Surgery.



Helen Parsons joined – or rather rejoined – the department on April 8 as Dr. David Anderson's executive assistant. Helen came to us from the District Department of Family Practice where she served as administrative assistant to its Head, Dr. Rick Gibson. Prior to that, Helen was team lead in cardiology. She started her 26-year (and counting!) career as a secretary in the allied health programs at the Victoria General Hospital. Her office was in the Bethune Building, so, you might say she's come full circle. Helen is replacing Kathryn Nelson who ably served as administrative assistant to the department head for many years and has taken on a 14-month term with the research portfolio.



The research team would like to welcome **Kathryn Nelson** as research officer for a 14-month term, replacing Traci Malley-McBride who is on maternity leave. Kathryn's first big job in her new role was to help organize this year's Department of Medicine Research Day, which attracted record attendance. Kathryn is in Room 450, 4th floor Bethune Building, and can be reached at 473-6696.



After serving as the Division of Palliative Medicine's education secretary on a temporary basis, **Jennifer Clarke** took on the permanent position as of February 11. Jennifer came to Capital Health just over two years ago, having secured a work placement in diagnostic imaging upon graduation from NSCC.

WEBSITE REVAMP

The Department will be revamping its website in accordance with Dalhousie's website renewal project. If you have visited the Faculty of Medicine website recently you may have noticed a new design; all departments will be updating their websites to reflect the new design over the coming months. For our part, work is underway and the project is expected to be complete within six months. For more information, contact Cindy Bayers, pebblecomms@eastlink.ca

APPOINTMENTS



Dr. Stephen Couban has been appointed Division Chief, Hematology. He has been Chief of Service in Hematology for 10 years and was previously Director of the Department's Medical Teaching Unit (MTU). He has also held a number of other hospital positions including Medical Director of the Medical Day Unit, Medical Director of the Blood and Marrow Transplant Program, Medical Director of the Apheresis Unit and Chair of the QEII Cardiopulmonary Resuscitation Committee. Dr. Couban's academic interests lie in clinical trials in malignant hematology and blood and marrow transplantation and he currently holds a major grant from the Terry Fox Research Institute (TFRI) related to the development of biomarkers and improving the use of biomarkers in patients with myelodysplasia and acute myeloid leukemia

GOOD LUCK!



Dr. Jeremy Moeller has accepted a position with Yale University. He will leave the Division of Neurology to become its Co-Director of the Epilepsy Fellowship Program and assistant professor of neurology.

COMING UP

Department of Medicine Professors of Medicine Reception
A new, special event to honour promoted faculty and Professors of Medicine in the department.
Wednesday, May 22
Dalhousie University Club

Atlantic Canada Cardiovascular Conference
May 31 – June 1
Sir Charles Tupper Medical Building
For info: http://cme.medicine.dal.ca/18_ACCC.html

Department of Medicine Golf Day
Monday, June 3
Chester Golf Club
For info: helen.parsons@cdha.nshealth.ca

Capital Health Quality Summit
Thursday, June 6
For info: recee.bearnes@cdha.nshealth.ca
Deadline for poster presentation submissions: May 24

Department of Medicine Spring Party
Thursday, June 20
6:30 p.m. reception, 7 p.m. dinner
Prince George Hotel
For info: meegan.dowe@cdha.nshealth.ca