

# MEDICINE MATTERS

DoM | DEPARTMENT  
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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

Dear Colleagues,

I recently completed a two-week rotation on the MTU and a three-day site visit in New Brunswick. Both were great opportunities. I am very pleased that the changes made on the MTU lead by Simon Jackson and David Simpson in collaboration with Capital Health have positively impacted teaching, learning and clinical experiences for residents and faculty alike. I am particularly impressed with our senior residents' abilities to manage large clinical teams and patients, and as a result, the clinical care delivery is exceptional. Of note, I saw the PATH and INSPIRE programs in action and the benefits these programs provide patients and their families. The nursing and health professional staff on the MTU are first rate. We're getting there with the MTU but there are opportunities for improvement and Simon and David would value all input to help make this service even better.

While in New Brunswick, I visited the Departments of Medicine at the Saint John Regional, Dr. Everett Chalmers, and The Moncton City hospitals. It is evident that the teaching and research activities in all three institutions are increasing in part because of the medical school's heightened presence via Dalhousie Medicine New Brunswick (DMNB). These are exciting times for academic medicine in New Brunswick. With the next CaRMS Match, the number of Saint John based internal medicine residents will be up one to 4. I would like to acknowledge the efforts of Dr. Eric Grant who leads the postgraduate program in New Brunswick and Dr. Tony Reiman, Associate Dean of Research, DMNB for their parts in building positive changes. There is also very strong leadership at the Department Head level at the three institutions with Dr. Angie McGibbon (Fredericton), Dr. Paul Sohi (Saint John) and Dr. Peter Docherty (Moncton) and my thanks to these individuals for their many contributions.

In November, I also attended the Department of Medicine Research Evening and Medicine Matters 2013: Working Together. The two events were exceptional and quite well-attended. I would like to thank Dr. John Hanly and Kathryn Nelson for pulling together the research evening, and Dr. Des Leddin and the Medicine Matters planning committee for championing our first department-sanctioned, inter-

division education event in more than 10 years. If you missed this year's event, the planning committee is already preparing for next year so be sure to keep it in mind and plan to attend when the time comes.

As the holidays fast approach and we look forward to 2014, I want to wish all department members and their families a wonderful holiday season. Be sure to take the time to make special memories. Enjoy.

**David R. Anderson, MD, FRCPC, FACP**

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

## IS THERE A BETTER WAY?

### EXPLORING DUTY CALL HOURS AND FATIGUE MANAGEMENT

A landmark ruling by a Quebec arbitrator in 2011 put an end to 24-hour call for residents in that province. A national steering committee on resident duty hours released a report in June 2013 detailing Canada's first cross-jurisdictional effort to find consensus on the critical health and safety issue of resident duty hours. The issues aren't new but they are definitely top of mind among residents, faculty, academic health districts and resident associations.

Dr. James Michael, PGY-3, is leading a resident taskforce in the Department of Medicine charged with exploring duty call hours and fatigue management. The work is in anticipation of potential regulatory changes to duty call hours on a national or provincial level, resulting mainly from the Quebec ruling and national steering committee recommendations.

"Potential changes to duty hours have been on our radar for some time because of the Quebec ruling and national steering committee, but also because of the Royal College's push toward competency based education. The residency training committee felt it prudent to call on residents to review the duty hours and provide recommendations as a proactive measure – not necessarily to make changes in the short term," says Dr. Ian Epstein, Director, Postgraduate Education, Department of Medicine.

The taskforce was asked to first review the 24-hour call model at the HI Site and put forward recommendations for call models that employed fewer than 24 consecutive hours. “In taking a fatigue management approach, we started with tackling what many residents view as the most fatigue-inducing call schedule and responsibilities. And we took a broad view, looking at many issues, which is in keeping with national work in this area. It isn’t nor can it be only about reducing consecutive call hours,” says Dr. Michael.

The taskforce recently submitted recommendations for different call models for senior residents at the HI Site to chief residents, Drs. Andrew Moeller and Jordan Webber, for their consideration and potential implementation on a trial basis.

“There are likely to be significant short- and long-term implications to whatever changes are made to call schedules. We are proposing that new models be trialed and evaluated,” notes Dr. Michael. The group will next review the call model at the VG site, to which Dr. Michael does not see making significant, if any, changes in the near future because most residents don’t feel the call schedule induces the degree of fatigue that warrants changes.

The longer term goal is to also review call models for junior residents, a process that is likely to be more intensive. In the meantime, the task force will make a presentation to the residency training committee in March on its work to date.

You can find more information about work underway nationally on resident duty hours and fatigue management at <http://www.residentdutyhours.ca>

## MEDICINE MATTERS 2013

With a successful Medicine Matters 2013: Working Together, we are well on our way to establishing the CME event as an annual, not-to-be-missed meeting for all clinical members of the Department of Medicine.

Here’s a rundown of this year’s event:	
Registrants	72
Attendees	62
Speakers	16
Case discussions	18

- Cases:
- Chest pain in a 45 year old male with diabetes and hyperlipidemia
  - Exacerbation of dyspnea in a 60 year old with COPD
  - Unilateral weakness and slurred speech in a 75 year old
  - Abdominal pain and anemia and a rash in a 30 year old female
  - A 40 year old male with obesity, hypertension, diabetes hyperlipidemia and an elevated creatinine
  - A 45 year old male with bony metastases of unknown primary

## MATCH RESULTS

### 2014-2015 SUBSPECIALTY CARMS MATCH RESULTS (FOR JULY 1, 2014 ENTRY)

The Subspecialty CaRMS match yielded excellent recruits for each of the Department’s fourteen positions that were part of the match. Two of those positions were earmarked for general internal medicine. Here are the results:

**Cardiology**  
 Drs. Adam Howes (MUN), Andrew Moeller (Dal) and Jordan Webber (Dal)

**Endocrinology & Metabolism**  
 Dr. Vicki Xu (Dal)

**Digestive Care & Endoscopy**  
 Dr. Arman Khorasani-zadeh (SUNY Upstate Medical)

**General Internal Medicine**  
 Drs. Wendy House (Dal), Joffre Munro (Dal) and Nahba Shetty (Western)

\*Drs. Islam Eissa and Magnus McLeod will also join the program in the 2014-2015 academic year.

**Geriatric Medicine**  
 Dr. Kim Babb (Dal)

**Hematology**  
 Dr. Katherine MacInnes (Queen’s)

**Infectious Diseases**  
 Dr. Paul Bonnar (Dal)

**Medical Oncology**  
 Drs. Amy Groom (Dal) and James Michael (Dal)

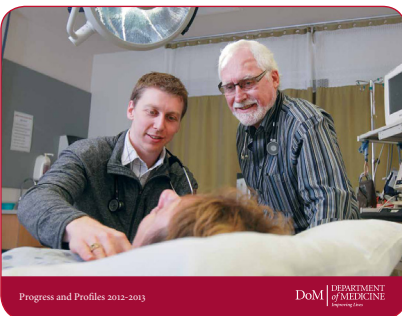
**Nephrology**  
 Dr. Amanda Miller (Dal)

**Respirology**  
 Dr. Alexander Nelson (Sask)

\*Note, Dermatology, Neurology & PM&R all have PGY1 entry positions for their respective training programs.

## ANNUAL REPORT AVAILABLE

The Department of Medicine 2013 Progress & Profiles is now available. This year’s report features the department’s strategic plan, its implementation to date, and those leading the charge. The report also has a new look. Copies will be distributed to all department members but you can also take a peek at: <http://dom.medicine.dal.ca/publications/annualreports.htm>



## RESIDENT RESEARCH OLYMPICS

The Department of Medicine Resident Research Committee, chaired by **Dr. David Macdonald**, has developed a platform to encourage and support resident research. Dr. Macdonald and resident **Dr. Martha Carmichael** are leading the Resident Research Olympics program.

The Olympics is a team-building vehicle with the goal of inspiring and nurturing an interest in research by sharing ideas and providing mentorship within a collaborative, longitudinal group dynamic.

And to make research fun! There will be a presentation of medals and a trophy, and, hopefully, a social event during those “other” Olympics for the first medal awards ceremony.

All of the core internal medicine residents have been recruited to one of six teams, which will live on from year-to-year with the new PGY1s replacing those residents leaving the program each year. Each team has a faculty coach. The teams are given research challenges to complete. Each challenge has points assigned to it and the team with the most points at the end of the academic year will be awarded the resident research trophy pictured.



One of the expected outcomes is to have the challenges develop into research projects suitable for presentation at the DoM Research Day.

The first assignment was for each team to meet to decide on a name. The winner of that assignment was Team 6, our Saint John based residents, with a play on the acronym for the distributed education link between Halifax and Saint John.

## RESEARCH EVENING 2013

Over sixty people gathered at the Prince George Hotel on November 14 to learn more about research being done by four of our researchers at the annual DoM Research Evening:

**Dr. Churn-Ern Yip**, Division of Endocrinology and Metabolism, presented *From Pituitary to Adrenals and Beyond*

**Dr. Lisa Barrett**, who recently joined the Division of Infectious Diseases, spoke on *Aging: Is it Infectious?*

**Dr. Jafna Cox**, Heart and Stroke Foundation of Nova Scotia Endowed Chair in Cardiovascular Outcomes Research, Division of Cardiology, provided an update on his research, entitled *Leaving a Trail, Having Come a Road Less Traveled: Two Decades of Cardiovascular Health Services and Outcomes Research in Nova Scotia*

The after dinner guest speaker was **Dr. Anil Adishes**, the Inaugural J.D. Irving Limited Research Chair in Occupational Medicine, who presented *Working memory and working future. A personal experience of occupational medicine research and a prospective view.*



l-r: Dr. Anil Adishes, Dr. Jafna Cox, Dr. Churn-Ern Yip, Dr. John Hanly, Dr. Lisa Barrett, Dr. Patrick McGrath, Dr. David Anderson

TEAM 1	TEAM 2	TEAM 3	TEAM 4	TEAM 5	TEAM 6
THE MYOCLONIC JERKS	THE EPSTEINS	DARVESHIAN DARWINIANS		RESEARCH SWAT	BRIDGET
<b>D. Macdonald</b>	<b>T. Younis</b>	<b>S. Darvesh</b>	<b>P. Moorhouse</b>	<b>I. Epstein</b>	<b>M. Mackinnon</b>
E. Amos	M. Balan	C. Barry	A. Che	A. Al Saleh	R. Bhayani
J. Jackman	K. Klassen	T. Kulai	C. Lees	A. Dixon	A. LeBlanc
K. Powell	L. Nemiroff	V. Rogozovsky	C. Turner	A. Al-Lehebi	C. Smith
H. Odeh	A. Rodger	C. Chowdhury	<b>N. Forward</b>	C. Hickey	C. Black
A. Al Ghamdi	R. Al Hazmi	M. McGarry	J. Melvin	G. Patriquin	J-S. Daigle
Y. Lala	C. Lewis	<b>S. Searle</b>	A. Tran	<b>D. Clarke</b>	J. Marr
<b>H. Hobbs</b>	<b>M. Carmichael</b>	A. Groom	W. House	S. Al-Mutari	P. Bonnar
N. Vaninetti	J. Michael	A. Miller	A. Moeller	P. Morrison	I. Eissa
M. McLeod	J. Munro	J. Webber	V. Xu	H. Al Qarni	S. Robinson
K. Babb					M. Cassie



## WELCOME



### Dr. Raid Shaarbaf

*Assistant Professor, Division of General Internal Medicine*

Dr. Shaarbaf joined in late November. Dr. Shaarbaf will provide clinical service to the MTU. He has been working as a General Internist in the Aberdeen Hospital, New Glasgow since completing his internal medicine residency at Dalhousie in June 2012.

## CONGRATULATIONS!

**Dr. Babar Haroon** received Pari-MP's 2013 Excellence-in-Teaching Award at the November Department Meeting. The Excellence-in-Teaching Award is an annual award presented by PARI-MP and given to a team leader who has exemplified their skills in patient care, teaching and interactions with residents. Residents nominate a preceptor who they feel is deserving of this award.

**Dr. TJ (Jock) Murray** is a 2014 Canadian Medical Hall of Fame inductee. He and five other visionary leaders in medicine will join the Hall of Fame's 101 laureates when they are inducted in April 2014. Dr. Murray is a world leader in Multiple Sclerosis and neurological research, resulting in major advances in the understanding of the disease. He founded and directed the Dalhousie University Multiple Sclerosis Research Unit where for 20 years his thoughtful and compassionate care had a profound impact on students and patients alike. Also recognized as an outstanding humanitarian and medical historian, Dr. Murray is an impassioned champion for the integration of the humanities into medical education, a concept that is now widely adopted by medical schools throughout North America. Born and raised in Pictou, Nova Scotia, Dr. Murray served as Dean of the medical school at Dalhousie University from 1985 – 92, where he also received most of his medical training.

**Dr. Tom Marrie** was inducted as a Fellow of the Royal Society of Canada in November. Dean Marrie joined an elite group of just over 2,000 scholars, artists and scientists who are peer-selected as having made remarkable contributions to their fields of learning. Throughout his decorated career he has received many awards for his leadership and research, including the Lifetime Achievement Award from the Association of Medical Microbiology and Infectious Diseases of Canada. He is well known across Canada as a leading infectious diseases specialist who has built a distinguished career as a teacher, researcher and clinician.

Students supervised by **Drs. Anthony Reiman and Sultan Darvesh** were winners at the Integrated Health Research Training Partnership Research Day in November. Ethan Toumishey, Med II, won in the platform presentation category for *TRPV6 expression in lung cancer* and Maggie Moores, Med II, won in the poster presentation category for *Association between butyrylcholinesterase and apolipoprotein E genetic polymorphisms and Alzheimer's disease*.

## HOLIDAY PARTY 2013



Over 200 DoMers and guests gathered at Pier 21 for the Department's annual holiday reception. It was an opportunity to thank our physicians, residents, support staff and special guests for their support during 2013 and to wish everyone a happy and healthy 2014.

The dedication and professionalism our team members give all year enables the Department to provide clinical care, teaching and research of which we can all be proud. And a little music, a few munchies, witty chatter – and new this year, dancing - was a great way to celebrate another stellar year!

**WE WOULD LIKE TO EXTEND A SPECIAL THANK YOU TO KATHRYN NELSON FOR ORGANIZING A FABULOUS EVENT THIS YEAR. THANK YOU, KATHRYN, FOR ENSURING THE HOLIDAY PARTY WAS ENJOYED BY ALL!**

## GIVING BACK

The Department of Medicine and our Divisions are participating in a number of projects for charity this holiday season. We are a very blessed group and we are fortunate to be able to take advantage of the holiday season to donate to some of the many good causes in our community.

The DoM held a raffle for a Wreath for Feed Nova Scotia, raising just over \$2,500. Various Divisions and groups donated gift cards, \$800 of which was used to decorate a holiday wreath for first prize. There were five other prizes, valued at \$590. The winner of the wreath was Michael West, Division of Nephrology. The other prize winners were Martin Gardner, Kevork Peltekian, Kim Plaxton and "Neelma". The Department also holds an annual socks, mittens, shoes and coat drive for ARK. Sunday Supper is a local weekly meal program, serving 200-250 of the homeless community: single men and women, youth, and families with young children. It also includes a foot clinic managed by second year medical students from Dalhousie, and there is a clothing and footwear depot.

Various Divisions also held fund raisers. The Division of Hematology is supporting two Christmas families through our Bleeding Disorders Nurse, Sue van Oosten. The Division of Medical Oncology is supporting a family of 5 for 1 year through the Feed a Family Program with Feed Nova Scotia. The Division of Respiriology makes a donation to Phoenix House every year which includes items for over 100 Christmas Stockings! They have done this for the last 6 years and participated in other projects prior to that. Three years ago the Division of Gastroenterology started with a few boxes for Feed Nova Scotia and this year they have 8 boxes plus monetary donations to contribute.

To all of those who organize these fundraisers and to all of those who support these projects with your donations, it shows the true spirit of the holidays - and of the DoM. And it is a happier holiday for many because of you.