Dr. Ashley Miller joined the Division of General Internal Medicine on Sept. 15 for a one-year locum. Dr. Miller completed her medical degree at the University of Ottawa in 2012 and residency at Memorial University. She is an Assistant Professor.

Dr. Stephen Douglas joined the Division of Neurorology on Sept. 1 for a three-month locum. He completed his Medical Degree at the University of Toronto and his residency here at Dalhousie University.

Dr. Robin Grant joined the Division of Palliative Medicine on August 1. Dr. Grant is an Assistant Professor. She completed her Family Medicine Residency at Queen’s University in Kingston, ON, and her Year of Added Competency in Palliative Medicine at Dalhousie in 2017. Dr. Grant will have a major clinical role with teaching activities.

We are a Department of many strengths: highly focused on delivering quality patient care, a solid track record in medical education, and home to a growing number of leading researchers. Over the next year, we will start building our next strategic direction. I fully expect, through that exercise, we will continue to push ourselves and raise the bar of excellence in patient care, education and research even further.

The Department of Medicine provides an important service to patients and learners across Nova Scotia and the Maritimes. And we don’t do it alone. I look forward to working with all our partners, including the Nova Scotia Health Authority, Dalhousie University and the Department of Health and Wellness as we define our next five years and discuss how our Department can have the most meaningful impact in advancing health-care delivery and illness prevention across the province.

Over the next few months, I will be listening and learning. I will be asking my Division Heads, Department members, and other partners in care for insight into the triumphs and challenges of today and seek to better understand where we want to be tomorrow. Together, we will determine the best path toward that vision.

It’s a pleasure to be in this leadership role. I look forward to working alongside all of you.

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

1 in 3 Dementia cases are potentially preventable, report says

CBC News reported on Dr. Kenneth Rockwood’s study published in The Lancet and at this year’s Alzheimer’s Association International Conference. The study found one in three cases of dementia could be prevented by tackling risk factors such as education and depression. Dr. Rockwood was one of 24 experts who conducted the review. (July 2017).

The following Department members made recent media headlines.

As this is my first message in the Department of Medicine newsletter, I want to start by thanking all of you who have so warmly welcomed and supported me through the transition into the role. A special thanks to past Department Head Dr. Simon Jackson. In addition to providing support during my transition, his excellent leadership has allowed me to step into a strong and high functioning Department. I look forward to building on what he and former Department Head, Dr. David Anderson, have built.

For more information, contact DOMeducation@nshealth.ca
The Nova Scotia Health Authority's first organization-wide accreditation survey wrapped up last week and the preliminary feedback is very positive. From Oct. 15 to 20, 30 surveyors from Accreditation Canada visited NSHA sites, programs and services. Accreditation standards examine governance, leadership, risk management, infection prevention and control, and medication management measures. It also measures the quality of care and services provided in our programs and services.

Congratulations to Dr. Paige Moonhour, Division of Geriatric Medicine, who was presented with the Dalhousie Medical Alumni Association’s Young Alumnus of the Year Award on Oct. 15.

The Heart & Stroke Foundation has awarded Catherine Dwyer, Clinical Nurse Educator, with the 2017 Dr. Greg Ferrier Award. The award is presented annually to the researcher with the highest-rated grant-in-aid proposal focusing on promoting worldwide dermatological research. The grant supports research being conducted by Dr. Hull together with Dr. Youssef Elhaij (molecular geneticist) working in the Hull lab. They are studying well described inherited skin conditions associated with abnormal peeling.

In this study, Dr. Hull will collaborate with Dalhousie colleagues Dr. Graham Dillaire (Department of Pathology) and Dr. John Frampton (School of Biomedical Engineering) as well as with international affiliates in South Africa, Norway and the Netherlands.

Dr. Hull and his team are the first Canadian researchers to receive a grant from the foundation based out of Denmark.

We wish them both all the best.

We have recently said good-bye to two colleagues who have decided to pursue their careers elsewhere.

Dr. Ransom deserves to know how much I appreciated his words today. I have had Type 1 diabetes for over 20 years. I have given to meet and work with wonderful specialists, nurses, dieticians, etc. over those years and have had mostly positive experiences. The majority of said health care professionals do not personally live with diabetes - so while they can appreciate how much work stress brings, they do not necessarily fully understand because they don’t live it...

Dr. Ransom never judges and has always made it known that he can appreciate how much work it is. He made a point today to tell me how amazing he thinks that I am doing and pointed out to his residents that what I have been doing isn’t easy. For all my efforts and stress that most people do not recognize or see - it felt so gratifying for it to be acknowledged.

Thank you!

We also said good-bye to Dr. David Macdonald from the Division of Hematology, who left us at the end of August, moving to Ontario.

We wish them both all the best.

Best Wishes

Dr. Marie Larey with the Division of Digestive Care & Endoscopy, left the Department on Sept. 1, moving to the United States.

On August 18, 2017, the Department lost a former colleague, leader and friend, Dr. Robert N. Anderson. Dr. Anderson, father to Dean Dr. David Anderson, was a former Head of the Department of Medicine. He was a respected cardiologist, teacher, mentor and administrator.
Congratulations to Dr. Paige Moorhouse, Division of Gieriatric Medicine, who was presented with the Dalhousie Medical Alumni Association’s Young Alumna of the Year Award on Oct. 13.

Dr. Lori Wood, Division of Medical Oncology, has won the Dr. Laila Rockman Award for Teaching Excellence. This award recognizes the outstanding and consistent commitment to urology resident teaching from a faculty member outside of the Department of Urology (July 2017)

The Heart & Stroke Foundation has awarded Dr. Youssef Elhaji (molecular geneticist) working in the Hull lab. They are studying well described inherited skin conditions associated with abnormal peeling.

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The paper, The Importance of Frailty in the Assessment of Influenza Vaccination Effectiveness Against Influenza-Related Hospitalization in Elderly People was highlighted as the Editor’s Choice and accompanied by an editorial written by a prominent influenza expert.

Dr. Peter Hull receives $415,000 grant; first Canadian researcher recipient

Dr. Peter Hull, with the Department of Medicine’s Division of Clinical Dermatology and Cutaneous Science, is a recent recipient of a $415,000 grant from the Leo Foundation. The foundation is focused on promoting worldwide dermatological research.

The grant supports research being conducted by Dr. Hull together with Dr. Youssef Elhaji (molecular geneticist) working in the Hull lab. They are studying well described inherited skin conditions associated with abnormal peeling.

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Please welcome Matt Adams who is joining the Department of Medicine in a new Manager role. Matt will have primary responsibility for the Department’s quality initiatives and manage staff in the Divisions of Infectious Diseases, Medical Oncology, Palliative Medicine, Physical Medicine and Rehabilitation and Rheumatology. Matt has a Master of Health Administration from Dalhousie, Bachelor of Commerce from Lakehead University, and is a Chartered Professional Accountant. Most recently, Matt was the Finance Education and Training Coordinator for NSHA.

Dr. Robin Grant joined the Division of Palliative Medicine on August 1. Dr. Grant is an Assistant Professor. She completed her Family Medicine Residency at Queen’s University in Kingston, ON, and her Year of Added Competency in Palliative Medicine at Dalhousie in 2017. Dr. Grant will have a major clinical role with teaching activities.

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Dr. Stephen Douglas joined the Division of Neurology on Sept. 1 for a three-month locum. He completed his Medical Degree at the University of Toronto and his residency here at Dalhousie University.

Dr. Christine Short, MD, FRCPC (C), FACP
District Chief, Department of Medicine, Central Zone, Nova Scotia Health Authority

Sincerely,

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

Alongside all of you, it’s a pleasure to be in this leadership role. I look forward to working with all our partners in care for insight into the triumphs and challenges of today and seek the best path toward that vision.

Over the next few months, I will be listening and learning. I will be asking my Division Heads, Department members, and other partners for feedback on how we can advance health-care delivery and illness prevention across Nova Scotia and the Maritimes. And we don’t do it alone. I look forward to working with all our partners, including the Nova Scotia Health Authority, Dalhousie University and the Department of Health and Wellness as we define our next five years and discuss how our Department can have the most meaningful impact in advancing health-care delivery and illness prevention across the province.

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The following Department members made recent media headlines.

**NEW RESEARCH ON SEDENTARY BEHAVIOR**

Neurologist Dr. Mark Saadie shared with CBC News how the new state-of-the-art Epilepsy Monitoring Unit (EMU) brings value to diagnosing, investigating and treating patients with seizures (August 2017).

**1 IN 3 DEMENTIA CASES ARE POTENTIALLY PREVENTABLE, REPORT SAYS**

CBC News reported on Dr. Kenneth Rockwood’s study published in *The Lancet* and at this year’s Alzheimer’s Association International Conference. The study found one in three cases of dementia could be prevented by tackling risk factors such as education and depression. Dr. Rockwood was one of 24 experts who conducted the review (July 2017).

**NEWS MAKERS**

Researchers, Dr. Olga Banat, talked to CBC Information Morning about her new study on sedentary behavior. Her study finds that sedentary time increases the risk of death for middle-aged and older people who are frail and inactive but does not appear to increase the risk for non-frail people who are inactive (August 2017).