

# MEDICINE MATTERS

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HALIFAX, NOVA SCOTIA, CANADA

No. 26, OCTOBER 2017 NEWSLETTER

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

## DEPARTMENT HEAD MESSAGE



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.

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, 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*

## NEWS MAKERS

The following Department members made recent media headlines.

### NEW RESEARCH ON SEDENTARY BEHAVIOR



Researcher, [Dr. Olga Theou](#) 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)

### NEW EPILEPSY MONITORING UNIT OPENS



Neurologist [Dr. Mark Sadler](#) shared with [CTV 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).



## NSHA ACCREDITATION 2017

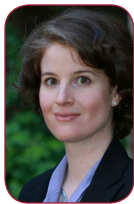


### ACCREDITATION

Better Quality. Better Health.

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 service provided in our programs and services.

## ACCOLADES



Congratulations to **Dr. Paige Moorhouse**, Division of Geriatric 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 cardiologist **Dr. John Sapp** with the 2017 Dr. Greg Ferrier Award. The award is presented annually to the researcher with the highest-rated grant-in-aid proposal in Nova Scotia.

## NEW APPOINTMENTS



**Dr. Ian Grant** has been appointed joint head of the Division of Neurology until December 2017 and then as the Interim Head effective Jan. 1, 2018. Dr. Grant has been an active staff member with the Division of Neurology since 1997. He is also Director of the QEII EMG Laboratory as well as Co-Director of the ALS Clinic with Dr. Anita Mountain. He is an examiner in Neurology for the Royal College, and served as Chief Examiner for the CSCN EMG Examination. Dr. Grant is an Associate Professor and active in undergraduate and postgraduate teaching. His research interests include diabetic neuropathy and ALS.



**Dr. Amra Saric** has been appointed Interim Head of the Division of Physical Medicine and Rehabilitation. Dr. Saric has been a physician and member of the Dalhousie Faculty of Medicine since 2003. She is an Associate Professor within the Faculty of Medicine and the Residency Training Program Director since 2007. She is the medical director for the Interdisciplinary Spasticity Management Program Clinic and the physician co-lead for the Assistive Technology and Ambulatory Care Program for Rehabilitation & Supportive Care Services in the Central Zone. Her areas of interest are with: neurorehabilitation, stroke rehabilitation, spasticity management, and electromyography.



**Dr. Ata-Ur-Rehman Quraishi** has been appointed Division Head of Cardiology, effective Sept. 1. Dr. Quraishi has been a member of the Division of Cardiology since 2003 and is a Professor in the Faculty of Medicine, Dalhousie University. Dr. Quraishi is an active medical educator where he is supervisor for Med 1 and Med 2 elective students and does clinical and bedside teaching at the Halifax Infirmary. He tutored second-year medical students at Dalhousie in the Case-oriented problem-stimulated (COPS) curriculum for the respiratory and cardiovascular unit and the population health unit. He holds various leadership roles, including member of the Executive Committee for the Department of Medicine and Director of Cardiac Catheterization Laboratory at the QEII Health Sciences Centre.

## EDUCATION NEWS

### PALLIATIVE MEDICINE APPROVED AS NEW RESIDENCY PROGRAM

The Division of Palliative Medicine two-year subspecialty Royal College application has been approved by the Post Graduate Medical Education Committee. The program has been entered into CaRMS matching for a 2018 start. Congratulations to Program Director **Dr. Erin Gorman Corsten** and team.



### RESIDENT RESOURCES AT FINGER TIPS WITH GOOGLE DRIVE

This past July, the Core Internal Medicine Education Office is now using Google drive to house objectives, and other important documents used by residents in preparation for next year's upcoming Royal College of Physicians and Surgeons of Canada accreditation. Faculty members have access to view these documents as well.



## RESEARCH NEWS

### 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.



In this study, Dr. Hull will collaborate with Dalhousie colleagues Dr. Graham Dellaire (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.

### PUBLISHED!

**Drs. Shelly A. McNeil** (Division of Infectious Diseases) and **Melissa Andrew** (Division of Geriatric Medicine) were recently published in the Journal of Infectious Diseases.



The paper, *The Importance of Frailty in the Assessment of Influenza Vaccine 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.

### MEASURING WHAT MATTERS: FRAILITY IN NOVA SCOTIA

Dr. Olga Theou, Division of Geriatric Medicine, has been awarded an Establishment Grant from the Nova Scotia Health Research Foundation for her project: *Measuring what matters: Frailty in Nova Scotia*. The grant is valued at \$149,988 (over three years). The establishment grants are intended to assist building research capacity and support new Nova Scotia health researchers.

## PATIENT'S VOICE

While it's always all about the patients, we don't always appreciate the impact we have.



QEII endocrinologist **Dr. Thomas Ransom** was reminded of his impact when a patient shared these words:

"Dr. Ransom deserves to know how much I appreciated his words today. I have had Type 1 diabetes for over 20 years. I have gotten 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 it 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!"

## BEST WISHES

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



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

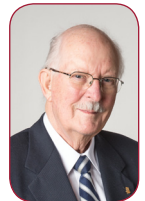
We also said good-bye to **Dr. David Macdonald** from the Division of Hematology, who left us at the end of August, moving to Ontario.



We wish them both all the best.

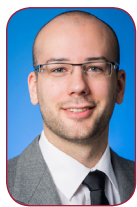
## MEMORIAM - DR. ROBERT N. ANDERSON

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.





## WELCOME



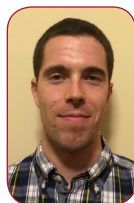
Please welcome **Matt Adams** who is joining the Department of Medicine in a new Manager role. Matt will have primary responsibility for the Department's quality initiatives and manage staff in the Divisions of Infectious Diseases, Medical Oncology, Palliative Medicine, Physical Medicine and Rehabilitation 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.



**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 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.



## MARK YOUR CALENDARS

2017	EVENT	DESCRIPTION
October 25 - 27	Saint John Site Visit	For the Core Internal Medicine Residency Training Program
November 6 - 10	Dalhousie University Fall Study Break	Starting in 2016, Dalhousie University implemented a second study break which coincides with Remembrance Day. The fall break DOES NOT affect medical students or residents.
November 8	PGY4 Match Day	Current PGY3s learn about their future subspecialty training
November 24	Medicine Matters Conference Lord Nelson Hotel 8:30 – 4:10 Theme: Innovation in Medicine	Register by November 17, 2017 <a href="https://www.eventbrite.com/e/medicine-matters-2017-tickets-36355250533">https://www.eventbrite.com/e/medicine-matters-2017-tickets-36355250533</a> For more information, contact <a href="mailto:helen.parsons@nshealth.ca">helen.parsons@nshealth.ca</a> This year we will hear colleague <b>Dr. Leah Cahill</b> speak on the topic, Nutritional Therapies in Medicine: Fact or Fad? The conference will also facilitate a debate asking if the Choosing Wisely Campaign is synonymous with patient-centered-care and host two small-group sessions covering 12 topics, from addressing resiliency in residency training to tips for addressing code status.
November 28 + November 30	Resident written exams	For more information, contact <a href="mailto:DOMeducation@nshealth.ca">DOMeducation@nshealth.ca</a>
November 30	DoM Research Evening Prince George Hotel 6:00 – 8:30 p.m.	DoM Internal Event - RSVP to <a href="mailto:kathryn.nelson@nshealth.ca">kathryn.nelson@nshealth.ca</a> Speakers: <b>Amir AbdelWahab</b> , Division of Cardiology; <b>Ferhan Siddiqi</b> , Division of Endocrinology and Metabolism; and <b>Richard Langley</b> , Division of Clinical Dermatology & Cutaneous Science Presentation of DoM Research Excellence Awards
December 12	Grand Rounds - Christmas Edition	Department of Medicine Grand Rounds
December 12	Holiday Reception Waegwoltic Club 7 – 10pm	DoM Internal Event - RSVP to <a href="mailto:janet.harnett@nshealth.ca">janet.harnett@nshealth.ca</a>
January 23, 2018	Teach the Teachers	For more information, contact <a href="mailto:helen.parsons@nshealth.ca">helen.parsons@nshealth.ca</a>