



**DALHOUSIE
UNIVERSITY**

FACULTY OF MEDICINE
Department of Psychiatry

Undergraduate Electives Catalogue

Adult Psychiatry Services

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Acute Care Inpatient Services

Overview of the service

The acute care psychiatric inpatient units are an excellent exposure to psychiatry – it is a setting where the patients with the most serious psychiatric illnesses are treated when their symptoms are most severe and require the hospital setting. Typical patients have diagnoses of schizophrenia, schizoaffective disorder, bipolar mania or severe depressions.

How we help

Acute care inpatient goals for the patient are to stabilize acute symptoms, diagnostic clarification may be required, further investigations into medical issues, and devising a discharge plan that often begins to address fundamental social determinants of health.

Our team

The treatment teams include a psychiatrist, nursing staff, social workers, recreational therapists, occupational therapists and support staff.

Clerk's role

The medical student can have a rich experience of psychiatry in this setting, seeing significant psychopathology and symptoms, exposure to thorough assessment and treatment planning to address patient needs in the acute care setting while actively involving patient families as much as possible. The experience often starts with observation and quickly progresses to active involvement on the team with direct patient care often with a high level of independence. The experience offers a steep but satisfying learning curve to psychiatry.

Where we are located

- 6 Lane Adult Inpatient Unit, Abbie J. Lane Building, 6th Floor, 5909 Veteran's Memorial Lane, Halifax, NS
- 7 Lane Adult Inpatient Unit, Abbie J. Lane Building, 7th Floor, 5909 Veteran's Memorial Lane, Halifax, NS
- Mayflower Adult Inpatient Unit, The Nova Scotia Hospital, Purdy Building, 3rd Floor, 300 Pleasant Street, Dartmouth, NS

Addictions

Overview of the service

The Addictions elective endeavours to provide a broad sampling of multiple experiences in the field of addiction medicine. Primarily based out of the Nova Scotia Hospital, there are also clinical experiences at Direction 180 and community-based services elsewhere the city.

How we help

We provide a withdrawal management inpatient unit, opiate treatment programs (methadone maintenance) and specialized psychiatric consultation services.

Our team

Elective students will work with both addiction psychiatrists and family physicians specializing in addiction medicine. In addition to working alongside psychiatry residents receiving their core training in addictions, clinical clerks can expect to work in collaboration with nurses, social workers and psychologists.

Clerk's role

Clerks will be involved in observing and performing interviews, performing mental status exams, dictating notes and attending team meetings.

Where we are located

The Nova Scotia Hospital, Purdy Building, 1st Floor, 300 Pleasant Street, Dartmouth, Nova Scotia

Community Mental Health & Medical Education Elective

Overview of the service

This elective experience is spent with Dr. Lara Hazelton, Attending Physician and Director of Academic Faculty Development for the Dalhousie Faculty of Medicine. The elective involves time at the community mental health outpatient clinic in the Cobequid Community Health Centre, and time at the medical school working on medical education projects.

How we help

At the outpatient clinic, we see general adult outpatients with anxiety, mood, and psychotic disorders. At the medical school, Dr. Hazelton designs and implements programming to assist faculty in their roles as teachers, leaders, and scholars.

Our team

Elective students will work with a variety of psychiatrists, nurses, social workers, psychologists and residents.

Clerk's role

Clinical experiences include seeing a variety of patients with anxiety, mood and psychiatric disorders. Educational experiences will vary.

Where we are located

Cobequid Community Health Centre, 40 Freer Lane, Lower Sackville, Nova Scotia
Dalhousie Faculty of Medicine, Clinical Research Centre, 5849 University Avenue, Halifax, Nova Scotia

Community Mental Health – Cole Harbour Clinic

Overview of the service

Cole Harbour Mental Health Outpatient Clinic provides services for adults who are experiencing mental health problems or mental illness. We work as a multidisciplinary health team with care providers trained in different disciplines including: psychiatry, nursing, psychology, social work, and occupational therapy. Regular (weekly) team meetings, including case review, allows for a truly collaborative approach in patient care. Some of the more common illnesses we treat are: Anxiety Disorders, Mood Disorders, Psychotic Disorders, Adjustment Disorders, Personality Disorders and Concurrent Disorders (both mental illness and addiction issues).

How we help

After a referral is accepted to our clinic, we will see the patient for a first (CHOICE) appointment where the clinician and the patient will come to a joint understanding of the patient's concerns and develop a plan. This might include:

- Referral to another service that would better meet their needs.
- Strategies or activities that the patient and their support network can do on their own.
- An appointment with a psychiatrist to discuss medication options.
- Individual therapy with a clinician.
- Group therapy offered by one of the five Community Mental Health clinics.
- Further assessment to better understand what may be contributing to the patient's difficulties.

We also work with community partners such as family physicians, schools, Department of Community Services and other community agencies, as needed.

Our team

Psychiatrists, psychologists, nurses, occupational therapists, social workers, health care managers, and reception/clinic staff.

Clerk's role

Students will get a chance to work with several different care providers from various health care professions. Typically, students will be involved in various ways including observing/performing interviews, performing mental status exams, dictating notes, attending team meetings, home visits with clinicians, shared care, and possibly attending group therapy sessions.

Where we are located

Cole Harbour Place, 51 Forest Hills Parkway, Dartmouth, Nova Scotia

Community Mental Health – Windsor

Overview of the service

Multidisciplinary setting with a focus on community based adult care. An elective student will have exposure to common psychiatric disorders such as anxiety and mood disorders.

How we help

We offer life-span individual, group sessions and some community education to our service community.

Our team

We are comprised of two part-time psychiatrists (who only see adults), nurses, occupational therapists, psychologists and social workers.

Clerk's role

Clerk's will perform assessments of new patients and assist in patient follow-ups. They will also have the option to sit in with other allied colleagues, if desired.

Where we are located

Hants Community Hospital, 89 Payzant Drive, 2nd Floor, Windsor, Nova Scotia

Consultation Liaison Service

Overview of the service

Specializing in the interface between medicine and psychiatry in a hospital setting. Consultation-Liaison psychiatry has areas of overlap with other distinct disciplines including [psychosomatic medicine](#), [health psychology](#) and [neuropsychiatry](#). The role of the consultation-liaison psychiatrist is to see patients currently admitted as medical/surgical inpatients at the request of the treating medical or surgical consultant or team. This is known as a 'consult' and constitutes the consultation facet of the role. The other "liaison" involves the advocacy, management and professional competencies of the CanMeds roles. It can involve team education, family support, administrative and policy components of a complex system of care.

How we help

The Consultation Liaison service provides consultations to the Halifax Infirmary (HI), Victoria General Hospital (VGH), Nova Scotia Rehabilitation Centre (NSRC) and Dartmouth General Hospital (DGH) sites.

Our team

The service is a core rotation for senior psychiatry residents. Other learners include Neurology and Physical Medicine residents, Palliative Care fellows and medical students for core and elective rotations. The "team" can vary in size but typically consists of two or three resident level learners and one or two clinical clerks.

Clerk's role

The focus of the medical student experience is to develop skills in assessment, organization and synthesis of information and succinct summary presentation. The service aims to develop independence and autonomy of practice in a supervised environment. The exposure is to a patient group with a variety of brain based disorders often in the context of medical co-morbidity and psychosocial complexity.

Where we are located

Abbie J. Lane Building, 7th Floor, 5909 Veteran's Memorial Lane, Halifax, Nova Scotia

Dual-Diagnosis Program

Overview of the service

Nova Scotia Health Authority Dual Diagnosis Program provides provincial tertiary services for persons (19 years or older) living with an intellectual or developmental disability and complex mental health or challenging behaviours. Complex mental health or behavioural difficulties that primary or secondary services providers (e.g., family physician, community psychiatrist, general mental health team) have been unable to effectively address.

How we help

We also provide community based services through our Community Outreach Assessment Support and Treatment team (COAST) and acute services on our inpatient unit, Emerald Hall located at The Nova Scotia Hospital. It is a 15 bed unit with inpatients from all across the province. Admission to our acute inpatient service is limited to individuals assessed by the COAST team.

For service delivery, we require a diagnosis of intellectual or developmental disability as defined by significant impairments in both intellectual functioning (IQ < 70) and in adaptive behavior as expressed in conceptual, social, and practical adaptive skills that originated during the developmental period.

Our team

Our team comprises of a psychiatrist, a general practitioner in psychiatry, a family physician for the unit, psychiatric nurses, clinical psychologist, behaviour analyst, recreational therapist, social worker, occupational therapist and developmental workers working together as an interdisciplinary team to address the complex needs of our patient population.

Clerk's role

The clerk's role will involve observing and performing assessments and managing persons with dual diagnosis while having the opportunity work in an interdisciplinary team.

Where we are located

The Nova Scotia Hospital, Mount Hope Building, 1st Floor, 300 Pleasant Street, Dartmouth, Nova Scotia

Early Psychosis

Overview of the service

The Nova Scotia Early Psychosis Program (NSEPP) is a specialized, community focused mental health program for young people between the ages of 15-35 years old who are experiencing a first episode of psychosis and for their families. Components include clinical consultation and treatment, research, and education for professionals, patients, families and the community.

How we help

The program provides comprehensive psychiatric assessment, comprehensive biopsychosocial care for up to five years, psychoeducation and supportive programs for patients and their families, liaison with appropriate community members to optimize recovery, consultation on diagnosis and treatment

Our team

The team consists of psychiatrists and general practitioners in psychiatry, clinical nurses, occupational therapists and social workers.

Clerk's role

Clerks will be involved in observing and performing interviews, performing mental status exams, dictating notes and attending team meetings.

Where we are located

Abbie J. Lane Memorial Building, 3rd Floor, 5909 Veterans Memorial Lane, Halifax, Nova Scotia

Forensic Psychiatry

Overview of the service

Forensic Psychiatry is the branch of psychiatry that deals with the application of psychiatric knowledge to legal matters. The Provincial Forensic Psychiatry Service (PFPS) offers a number of services: the Assessment Service, where individuals are assessed on matters of fitness to stand trial and criminal responsibility; the Rehabilitation service where patients found not criminally responsible are treated with the expectation of eventual return to the community, and the Community program where patients having left the inpatient service are followed into the community. The PFPS also runs a sex offender program for the assessment and treatment of offenders convicted of sexual offences. Students will be exposed to all aspects of Forensic psychiatry and all components of the PFPS.

How we help

The East Coast Forensic Hospital (ECFH) works in partnership with the Departments of Health and Justice. The ECFH is unique within NSHA because the people it serves come strictly from the judicial system with the exception of the Psychiatric Intensive Care Unit. There are two rehabilitation units and a mentally ill offender unit where court ordered assessments are performed and treatment is provided to offenders diagnosed with mental illness.

Our team

Our team consists of psychiatrists, general practitioners in psychiatry, residents, nurses and social workers.

Clerk's role

Clerks will be involved in observing and performing interviews, performing mental status exams, dictating notes and attending team meetings.

Where we are located

East Coast Forensic Hospital, 88 Gloria McCluskey Drive, Burnside Industrial Park, Dartmouth, Nova Scotia

Mood Disorders

Overview of the service

The Mood Disorders Clinic is a tertiary care service offering consultation and follow-up for patients with mood disorders.

How we help

We offer consultation and follow-up for patients with mood disorders.

Our team

Our team consists of psychiatrists, psychologists and nurses.

Clerk's role

Clerks will be involved in observing and performing interviews, performing mental status exams, dictating notes and attending team meetings.

Where we are located

Abbie J. Lane Building, 3rd Floor, Room 3088, 5909 Veteran's Memorial Lane, Halifax, Nova Scotia

Psychiatric Emergency Service

Overview of the service

The Psychiatric Emergency Service (PES) is a specialized psychiatric emergency service that receives referrals from the Queen Elizabeth II Emergency Department (QEII ED) as well as other emergency departments in the Central Zone of the Nova Scotia Health Authority (NSHA), family physicians, community medical clinics and the Mental Health Mobile Crisis Team (MHMCT). The PES operates in a collaborative manner with the QEII ED to rapidly triage and assess psychiatric emergency patients and determine the most appropriate management plan and disposition.

How we help

Psychiatric emergency patients are defined by referral service as requiring a higher level of psychiatric expertise or more access to mental health resources than that referring service, and often include patients potentially requiring admission, those requiring a more specialized assessment to determine disposition or those who have not responded to attempts by that referral service to intervene.

Our team

Our team consists of a psychiatrist, residents, psychiatric nurses and emergency department staff including physicians and nurses.

Clerk's role

The clerk will participate in patient care with an interprofessional team with specialized knowledge of psychiatric emergencies. Responsibilities will include: participation in patient assessment and treatment planning, collection of collateral information, collaboration with referral services and documentation of patient assessment. In addition to general learning objectives the clerk will be expected to learn about topics specific to the PES including: suicide/violence risk assessment, medical clearance, psychosocial and pharmacological interventions and medico-legal issues.

Where we are located

Queen Elizabeth II Emergency Department, Halifax Infirmary, 3rd Floor, 1796 Summer Street, Halifax, NS

Reproductive Mental Health Service

Overview of the service

We are a multidisciplinary mental health service located in the women's building of the IWK. We see women who are pregnant and postpartum regarding all mental health issues related to the perinatal period.

How we help

We provide assessment, consultation, education, psychotherapy and medication management. We work collaboratively with Obstetricians, Midwives, Family Physicians and other Mental Health Professionals.

Our team

Currently, we are comprised of one part-time psychiatrist and three social work clinicians, as well as a full-time administrative assistant.

Clerk's role

Clerks rotating through our service actively participate in new assessments of women referred to our service and discussions around treatment and management of cases. Clerks have the opportunity to observe treatment sessions and are often asked to see any inpatient consults that we receive.

Where we are located

IWK Health Centre, Women's Building, Room G2152, 5850/5980 University Avenue, Halifax, Nova Scotia

Seniors Mental Health

Overview of the service

The Seniors Mental Health Services is a tertiary Geriatric Psychiatry resource for the province. Clinically, our service provides assessment, consultation and time-limited treatment of seniors with complex presentations that cannot be adequately addressed by family physicians, geriatricians or general adult psychiatrist and their related teams. Our provincial resources include specialized outreach, outpatient, inpatient and seniors mental health promotion programs. T

How we help

The team provides consultation, assessment, treatment and selective follow-up of seniors with new onset psychiatric illness, psychiatric illness complicated by multiple medical problems or complex psychiatric problems, such as dementia presenting with psychiatric symptoms. The team offers a number of services. These include outreach (home visits and nursing home consultation), outpatient clinics, group therapy, education and training, and in-hospital care and consultation. The Mount Hope site also has a geriatric psychiatry inpatient unit.

Our team

Multidisciplinary team that includes geriatric psychiatrists, geriatric and family medicine, nursing, social work, psychology, occupational and recreational therapy.

Clerk's role

Clerks will be involved in observing and performing interviews, performing mental status exams, dictating notes and attending team meetings.

Where we are located

- Halifax: Abbie J. Lane Building, 6th Floor, 5909 Veteran's Memorial Lane, Halifax, NS
- Dartmouth: The Nova Scotia Hospital, Mount Hope Building, 300 Pleasant Street, Dartmouth, NS

Sleep Disorders

Overview of the service

The Sleep Disorders Clinic and Laboratory is a tertiary care centre serving patients from Maritime Provinces. The high volume of patients ensures a rich clinical experience for the student, who will interact with all members of the team.

How we help

We help with the diagnosis and management of sleep disorders of patients who are referred by a physician. The majority of patients are seen for a one-hour consultation only. Following this appointment, a decision about the need for an overnight sleep study is made by the Sleep Lab physician.

Our team

The clinic staff consists of 4 physicians in different specialties (psychiatrist, respirologist, neurologist and family physician) and 5 registered polysomnographic technologists.

Clerk's role

Depending on the length of the rotation, the student will have an opportunity to participate in patient consultations, interview patients under supervision, perform relevant physical examination and observe different types of sleep studies.

Where we are located

Abbie J. Lane Building, 4th Floor, 5909 Veteran's Memorial Lane, Halifax, Nova Scotia