

HEADLINES

July 2020 / VOLUME 15/ ISSUE 4



MEET THE NEW RECRUITS

THE CLASS OF 2025
BEGAN TRAINING ON
JULY 2



IN THIS ISSUE

FEATURES

MEET THE CLASS OF 2025 The department welcomes the new PGY-1s to the postgraduate program. *page 4*

MEET DR. EZIO DINI Get acquainted with the assistant professor, educator and psychiatrist. *page 11*

FACULTY AWARDED Read about our faculty who recently received awards. *page 19*

REOCCURRING

- 3** Message from the interim head
- 6** Research report
- 6** Education report
- 13** Child & adolescent psychiatry report
- 14** News from the department
- 20** Humanities corner
- 20** Residents' corner
- 21** Photo feature

On the cover: Top (L-R): Drs. Allison Toron, Eileen Burns, and Jill Forbes. Middle (L-R): Drs. Jared Allman, LeAnn Revell, Lauren Haslam. Bottom (L-R): Drs. Petra Rafuse and Sophie Church.

This newsletter is published for the Department of Psychiatry at Dalhousie University.

5909 Veterans' Memorial Lane,
8th Floor, Abbie J. Lane Building
Halifax, NS B3H 2E2

Editor: Dr. Aidan Stokes

Compilation, Layout, and Design:
Kate Rogers

Submissions should be sent to:
Kate.Rogers@nshealth.ca

HEAD LINES

MESSAGE FROM THE INTERIM HEAD

Welcome to summer! During the difficult months we have just faced it is with some relief that our successful efforts to flatten the COVID-19 curve has allowed us the chance to get out and enjoy the warmer weather with others.

The arrival of summer also heralds the arrival of our new resident class. This issue shines a spotlight on our seven new department members. Please look for chances to meet and welcome the class of 2025, our inaugural class following the CBME curriculum.

As we welcome our new class, we also say congratulations and goodbye to our outgoing group of residents and fellows. This year the graduation ceremony was held online in our final grand rounds slot of June. Thank you to **Drs. Mark Bosma** and **Sherry James**, and **Jen Brown** for organizing this great virtual ceremony. Congratulations as well to all our departmental award winners who are listed on page 7.

This issue is also full of exciting announcements of new positions and other award winners. In July **Dr. Suzanne Zinck** will start as assistant dean, Student Affairs for the Faculty of Medicine, Dalhousie University. Dr. Zinck will continue the many years of excellent service our faculty members have provided in this role, as **Dr. Joanne MacDonald** steps down from the role she assumed from **Dr. Michael Teehan**.

Dr. Deborah Parker accepted the role of assistant program director, taking over from Dr. Sherry James. Thank



Dr. Jason Morrison

you **Dr. James** for your many years of service to postgraduate education.

In academic accolades, Kayla Joyce, a recent graduate of our graduate program won the Governor General's Gold Medal for the most outstanding master's graduate at Dalhousie. This award is a testament to the strength of the program as we expand the program to PhD students over the next year. Congratulations also to **Mandy Eslinger** in completing her Master's in Medical Education which will bolster her skills in the role of curriculum specialist within the department. Kudos goes to **Dr. Kara MacNeil**, a department member working in Amherst, for receiving the Gold Headed Cane Award from Dalhousie.

The last several months have also been filled with accolades and award

for our research staff. Our special COVID-19 round of DPRF funding led to three departmental awards, a provincial COVID-10 grant for **Dr. Sandra Meier** and a CIHR COVID-19 grant for **Drs. Rudolf Uher, Barbara Pavlova**, and **Martin Alda**. **Dr. Amy Bombay** won a significant federal grant from the New Frontiers in Research Fund, and was awarded the Dalhousie Award for Excellence in Diversity.

In this issue you will read about the great work of a number of faculty members in preparing online modules to prepare for potential redeployment during the past three months. Although redeployment was not required, these excellent modules are ready for future redeployment situations and should be an excellent resource for new staff orientation and for residents.

ON THE COVER



On July 2, 2020 the class of 2025 began their postgraduate training in the Department of Psychiatry. Among the eight PGY-1s are six graduates from Dalhousie Medical School, one from the University of British Columbia, and one from the Northern Ontario School of Medicine. This class is the first Competency by Design (CBME) cohort in the department and we are excited to be sailing with them in uncharted waters. The new PGY-1s are in for a busy year! You'll be introduced to each one of them below.

Jared Allman

Where I call home: Vancouver, BC

Where I attended medical school: University of British Columbia

What excites me most about being a part of Dalhousie Psychiatry: I am most excited about the opportunity to explore the Maritimes.

What I like to do outside of work: Outside of work I like to spend time near or in the ocean.

What I would be doing if I weren't in medicine: Applying to medical school!

An interesting fact about me: I've spent a cumulative several months in silence on meditation retreats.

Eileen Burns

Where I call home: Halifax, NS

Where I attended medical school: Dalhousie University

What excites me most about being a part of Dalhousie Psychiatry: I am most excited to be a part of this supportive, welcoming, and truly wonderful group

of people. My classmates and I looked up, not just to the residents and staff psychiatrists, but also to the rest of the interdisciplinary teams during clerkship. The psychiatry rotations that I did at Dalhousie were those where I felt most at home; where I was able both to learn an incredible amount, and to feel inspired and happy. I am extremely excited to take part in fostering that experience for future medical students as I move through my residency.

What I like to do outside of work: Ultimate Frisbee, equestrian, board games, spending time with friends and family, and visiting my partner Derek in Montague, PEI. According to my camera roll, I also spend an embarrassing amount of time taking selfies with my cat Petunia. Occasionally I run, but I am not going to lie to you, it is not my favorite thing to do and the amount of time spent running waxes and wanes depending on whether or not I've signed myself up for another half marathon.

What I would be doing if I weren't in medicine: I was going to submit this saying mathematics, however I asked a friend what they thought, and they offered up "Eyebrow Model," and I think that is way better.

An interesting fact about me: I absolutely love the carbonated water beverage "Bubly." My favorite flavours that are available in Canada are cherry and blackberry, and I am anxiously awaiting (and hoping for) the peach, raspberry, and cranberry flavours. In fact, on a road trip earlier in 2020, my partner and I specifically drove

the longer route through the US (this two hour window was the only time I have entered the US), and it was specifically to purchase the American Bubly flavours. I'm not sure this counts as interesting to most people, but I sure am excited about the last two cases of peach and raspberry Bubly that I am saving for my packed lunches in July.

Sophie Church

Where I call home: Bridgewater, NS

Where I attended medical school: Dalhousie University

What excites me most about being a part of Dalhousie Psychiatry: The people! The faculty I have worked with were dedicated and supportive, and the residents at the interviews were so welcoming and enthusiastic. I'm excited to be part of this community.

What I like to do outside of work: During my time off I can often be found hanging out with my Cavalier King Charles Spaniel, Henry. I also enjoy travel, yoga, cooking and anything that takes me to the ocean.

What I would be doing if I weren't in medicine: During the pandemic, I've spent a lot of time baking. If medicine didn't work out, I think I'd like to try my hand as a pastry chef.

An interesting fact about me: I'm a PADI-certified SCUBA diver, and I received my license in Thailand.

Jill Forbes

Where I call home: I was born and raised on Prince Edward Island.

Where I attended medical school:
Dalhousie University

What excites me most about being a part of Dalhousie Psychiatry: I'm looking forward to working in a smaller program where I can get to know other peers and staff well. I'm also excited for the strong psychotherapy component of Dal's program.

What I like to do outside of work:
Reading, biking, hanging out with my cat Hazey Jane (or any animal), trying new restaurants with friends (maybe next year...)

What I would be doing if I weren't in medicine: Probably the same career I was in before medicine - librarian!

An interesting fact about me: I took a year off in undergrad and moved to Edinburgh to work and travel. My most Scottish moment was watching the Proclaimers perform on Hogmanay (New Year's Eve).

Lauren Haslam

Where I call home: Kinkora, PEI

Where I attended medical school:
Dalhousie University

What excites me most about being a part of Dalhousie Psychiatry: I am excited to further develop my interview and listening skills amongst such a supportive group of residents and staff.

What I like to do outside of work:
Socializing with friends and family, travel and travel planning, and playing sports. Since finishing school, I have been working to enhance my cooking skills and have been trying out new recipes.

What I would be doing if I weren't in medicine: I would be working as a pharmacist as I previously studied pharmacy at Dalhousie.

An interesting fact about me: I have a 17-pound highland lynx cat named Thor.

Petra Rafuse

Where I call home: Bridgetown, NS

Where I attended medical school:
Dalhousie University

What excites me most about being a part of Dalhousie Psychiatry: I was really drawn to Dal Psychiatry because of my positive clerkship and elective experiences. I am thrilled to be joining such an enthusiastic and supportive program.

What I like to do outside of work:
Outside of work you can find me playing volleyball, coaching Special Olympics, hiking/camping, trying new restaurants, or spending time with friends and family.

What I would be doing if I were not in medicine: I come from a big family of teachers, so I would likely be a health/gym teacher.

An interesting fact about me: I spent my quarantine learning to crochet.

LeAnne Revell

Where I call home: West Covehead, PEI

Where I attended medical school:
Dalhousie University

What excites me most about being a part of Dalhousie Psychiatry: Learning from great mentors.

What I like to do outside of work:
Spending time with family/friends, walking/running with my dog, and baking.

What I would be doing if I weren't in medicine: Environmental sciences or trying it as an entrepreneur. I enjoy being creative in finding ways to solve problems, big or small.

An interesting fact about me: Having never camped before, I once decided to dive straight into the deep end and spend a month living in a cloud forest in Honduras. I now camp every summer, although mainly in PEI.

Allison Toron

Where I call home: Currieburg, NB

Where I attended medical school:
Northern Ontario School of Medicine (Thunder Bay campus)

What excites me most about being a part of Dalhousie Psychiatry: As a Maritimer, I could not be more excited to move back east! I'm also honoured to become a part of such an accomplished, collegial, dedicated, and supportive group of learners and faculty.

What I like to do outside of work: Hot yoga, reading, running, cooking, and spending time with my family

What I would be doing if I weren't in medicine: Teaching English literature at a small liberal arts university.

An interesting fact about me: I am the child of back-to-the-land hippie parents who built their own home in rural NB in the early 70s after emigrating from the U.S., and I lived for the first four years of my life without electricity (I now highly value working utilities!).

RESEARCH REPORT



Recently Awarded Grant Funding

Department of Psychiatry COVID-19 Research Fund Competition

- **Dr. Normand Carrey** – *Virtual care compared to in-person delivery of child and adolescent mental health services during the COVID-19 crisis; a mixed method analysis in real time* (\$15,000)
- **Dr. Sherry Stewart** – *No Exit: A Longitudinal Study of Personality and Social Contagion Effects on Maladaptive Affective, Behavioral, and Cognitive Responses to COVID-19-Related Quarantine in Romantic Couples* (\$15,000)
- **Dr. Rudolf Uher** – *Rumination and vulnerability to depression in youth during a complex adversity* (\$14,914)

Research Day 2020

This year's event is scheduled for Friday, Oct. 30, 2020. The current plan is to hold Research Day at the Atlantica Hotel, but if pandemic-related restrictions are in effect at that time, we will have to revise our plans to create an online Research Day event.

We are pleased to announce that this year's keynote speaker is Dr. Kathleen Brady, president of the International Society of Addiction Medicine Executive Committee and vice president for research at the Medical University of South Carolina, who will be presenting on addictions research.

If you are interested in presenting at this year's Research Day, please email hillary.yuill@nshealth.ca for application materials. The deadline to submit an abstract is Sept. 1, 2020.

EDUCATION REPORT



UNDERGRADUATE EDUCATION NEWS

Each year the department recognizes a resident for their outstanding teaching efforts. The teaching may be didactic or clinical in nature and the winner is based solely on nominations and feedback given by the clinical clerks throughout the year. We would like to congratulate **Dr. Katie Lines** (PGY-3) for being the 2019/20 Clerks' Choice award winner!

Our residents received 54 nominations from the clerks; a testament to how valued the residents are for their dedication to teaching. From the comments provided by the clerks, there are many recurring themes: enthusiastic, approachable, kind, supportive teachers who actively involve clerks and provide constructive feedback to facilitate

their learning. Thank you to our residents for providing such a positive experience to our medical students!

2020/21 tutor recruitment continues for neuroscience, host defence, Professional Competencies 1 & 2, Skilled Clinician, and some PIER sessions. Please contact Kelly Hancock if you are interested in tutoring one of these units.

POSTGRADUATE EDUCATION NEWS

Graduation

COVID-19 and social distancing forced the department to get creative in hosting the 2020 graduation exercises. Faculty, staff, and students joined together on June 24, 2020, to celebrate the graduates virtually on Zoom. Congratulations to the Class of 2020: **Drs. Nadia Hassanali, Matt Havenga, Ali Manning, Katie Radchuck, and Crystal Zhou.**

Awards were presented to:

Herb Orlik Child & Adolescent Psychiatry Award (PGY3)

Dr. Marissa Leblanc

Geriatric Psychiatry Resident Award (PGY3)

Dr. Amy Gough

Clerks' Choice Award

Dr. Katie Lines

Alexander H. Leighton Resident of the Year Award

Dr. Chelcie Soroka

Health Network, Saint John Zone PGY1 Resident of the Year Award

Dr. Matthew McAdam

Charles J. David Memorial Prize (PGY-2)

Dr. Mackenzie Armstrong

Dr. Kate Stymiest

W.O. McCormick Award

Dr. Sarah Fancy

Dr. Marissa LeBlanc

Robert and Stella Weil Fund in Psychiatry Prize

Dr. Tyson Rizzardo

Dr. Chelcie Soroka



2020 graduates during the ZOOM graduation exercises on June 24. Top (L-R): Drs. Sarah Fancy (subspecialty), Celia Robichaud (subspecialty), and Ali Manning. Middle (L-R): Drs. Nadia Hassanali, Katie Radchuck, and Crystal Zhou. Bottom (L-R): Drs. Josh Smalley (subspecialty), and Olga Yashchuk (subspecialty).

Special Recognition: Chief

Dr. Chelcie Soroka

Dr. Marissa Leblanc

Teacher of the Year Award

Dr. Selene Etches

Above & Beyond Award

Jennifer Brown

PGY-5 Excellence Award

Dr. Mahmoud Awara

Mentorship Award

Dr. Aileen Brunet

Dr. Sonia Chehil

Resident Professionalism Award

Dr. Mackenzie Armstrong

Dr. Laura Downing

Loonie Awards

Dr. Celia Robichaud

Dr. Olga Yashchuk

Dr. Kathleen Singh

Announcements

We are happy to announce **Dr. Deb Parker** has accepted the position of associate program director, postgraduate education, in the department. Dr. Parker will have a five-year term beginning on July 1. We are confident she will be an excellent addition to the team. We would like to offer our sincerest gratitude to **Dr. Sherry James** who held the position from 2014-2020. Her exceptional leadership, ability to engage with residents, and collaborative spirit have greatly contributed to the success of the program over the last several years.

FELLOWSHIP AND SUBSPECIALTY TRAINING NEWS

Geriatric Psychiatry Subspecialty Program

Congratulations 2020 GerP Grads!

This year we are proud to announce two geriatric psychiatry subspecialty program graduates: **Dr. Olga Yashchuk** and **Dr. Kathleen Singh**.

The whole team enjoyed having both dedicated and skillful residents join them. They were always willing to join on team projects and became an integral part of the team.

Dr. Yashchuk will put her geriatric expertise to work in Ontario, then return to pursue further training in sleep medicine at Dalhousie in the 2021-2022 academic year. Dr. Singh will be working with the geriatric psychiatry team in both Halifax and Dartmouth.

2020-2021 Academic Year

In 2020-2021 we are thrilled to welcome **Dr. Christelle Boudreau**, as she will be spending the majority of her PGY-5-year training with the geriatric psychiatry team in preparation for starting the subspecialty program July 1, 2021.

The geriatric psychiatry program director (PD), **Dr. Terry Chisholm**, will be taking a 9-month sabbatical beginning in August 2020 and will return June 1, 2021. We wish her well and welcome to **Dr. Meagan McNeil** into the PD role while Dr. Chisholm is away. Thank you to Drs. Chisholm and MacNeil for working diligently to ensure a smooth transition.

Child and Adolescent Psychiatry Subspecialty Program

Congratulations 2020 CAP Grads!

After two years of hard work, we are excited to extend sincere congratulations to **Drs. Sarah Fancy, Celia Robichaud**, and **Joshua Smalley** who graduated from the child and adolescent psychiatry subspecialty program in 2020. We are grateful for the compassion that they have shown their patients and colleagues, their tireless work ethics, and the enthusiasm they brought to the program.

Dr. Fancy will be joining the IWK Garron Centre team in July 2020 as a full-time child and adolescent inpatient psychiatrist. Dr. Robichaud joined the IWK team in April 2020 and is working as a community outpatient psychiatrist working with the eating disorders and autism spectrum disorders specific care clinics. Dr. Smalley has accepted a position as a child and adolescent psychiatrist at the Peterborough Regional Health Centre starting July 2020.

2020-2021 Academic Year

On behalf of the Division of Child and Adolescent Psychiatry, we would like to welcome **Drs. Ali Manning** and **Katie Radchuck** to the child and adolescent psychiatry subspecialty program. Both Drs. Manning and Radchuck graduated from the Dalhousie general psychiatry program in June 2020 and began the subspecialty program as a PGY-6 on July 1, 2020.

CONTINUING PROFESSIONAL DEVELOPMENT NEWS

Recent Events

May 5, 2020

Guest speaker Dr. Karen Reimers joined us at 6:30 am in Minnesota via ZOOM to present on the topic of *Substance Abuse in Older Adults*.

June 3, 2020

Dr. Raymond DePaulo Jr. presented the annual R.O. Jones Memorial Lecture online from Baltimore. Dr. DePaulo presented on the topic *Bipolar Disorder & Observations of our Discipline by a Clinician & Teacher*.

June 10, 2020

The annual Jeopardy session was renamed this year to Medical Psychiatry *Jeopardy*. Residents **Drs. Christie McClelland** and **Christelle Boudreau**, novice jeopardy hosts, more than rose to the challenge of hosting the game to an all-online audience. The psychiatry resident group formed one team that took on the other team made up of all other attendees. The residents were the winners after wagering all of their winnings in the final *Jeopardy* round.

June 17, 2020

Drs. Cheryl Murphy and **Mark Bosma** presented the final rounds of the 2019/20 schedule on the topic of *Best Practices in On-Call Supervision & Teaching for Psychiatry Learners*. Reminder: DoP-faculty who attended this session and completed an evaluation earned one hour of medical education training.

Upcoming Events

Sept. 9, 2020

Child & Adolescent Psychiatry

Sept. 16, 2020

Clinical Academic Rounds

Dr. Ian Weaver

Sept. 23, 2020

University Rounds

Guest Speaker

Sept. 30, 2020

Clinical Academic Rounds

Dr. Joseph Sadek

Oct. 7, 2020

Child & Adolescent Psychiatry

Oct. 14, 2020

University Rounds

Dr. Ashok Malla, McGill University

Oct. 21, 2020

No rounds due to the Canadian Psychiatric Association Annual Conference

Oct. 28, 2020

Clinical Academic Rounds

Dr. Jacqueline Cohen & Jessica Heidebrecht

Announcements

Rounds will take a break over the summer and will restart on September 9. When they resume they will be offered online only until further notice.

MED-ED MINUTE

The “Med Ed Minute” introduces scholarly snippets to consider in your teaching practice.

Educating for Excellence

This Med Ed Minute highlights the concept of educating for excellence. The article was written by **Dr. Lara Hazelton** (2017) and was first published in the Canadian Association for Medical Education (CAME) community blog.

As a profession, medicine cares about excellence. The concept is embedded in codes of ethics and included in the CanMEDS Professional Role. But do we really understand it?

VanTassel-Baska (1997) defined excellence as “Both the process of working toward an ideal and attainment of a consistently high level of performance.” In other words, it is simultaneously an accomplishment and a way of being, neither of which can be easily measured. Traditional measures such as grades may seem reassuringly consistent and fair compared to workplace-based assessments, but few would argue that getting a high mark on a test is the same thing as high-quality clinical practice.

A recent change in our clerkship ITERs at Dalhousie led one faculty member to ask, “If there are no check marks for exceeding expectations, how would we encourage or identify excellence? Why would we want to avoid identifying those who are simply better? For fear of traumatizing the rest?” Of course, saying a student has ‘exceeded expectations’ means little when some faculty evaluate every student as ‘exceeding expectations’

while others hold standards that even William Osler would have trouble meeting. But the sentiment, that we should try to encourage and identify excellence, is one shared by many.

Comparing between students, or norm referencing, is not the answer. If group performance is poor, even those above average may not be excellent. In contrast, criterion referencing measures against standards, making it theoretically possible for all members of a group to ‘achieve excellence’.

Students judged to have met objectives (or achieved competence) are permitted to advance. However, merely aiming to meet standards does not ensure excellence if the standards are not rigorous enough.

It could be argued that the pursuit of excellence is a supererogatory act, one that goes beyond what duty requires. Therefore, it is encouraging that most learners are already motivated by the desire to do their best. The 2007 Tooke Report in Britain found that over three-quarters of respondents aspired to clinical excellence and not mere competence. For most learners, it is only necessary to support and encourage them in their desire for excellence rather than to persuade them of its value.

In his book, *The Ethics of Identity*, Kwame Anthony Appiah discusses how the values and commitments of the individual are shaped by the identities he or she embraces. Thus, even though excellence may be more than we feel that we can reasonably

ask from our students, it could still be a characteristic we understand to be part of the physician identity. While the literature does not provide clear guidance on how to educate for excellence, a commitment to high standards in our own practice and serving as role models for our learners may be an effective way to teach them that the pursuit of excellence is not a competency to be measured but a defining characteristic of our profession and our identities.

Read the UK Tooke report here: www.asit.org/assets/documents/MMC_FINAL_REPORT_REVD_4jan.pdf

References

- Hazelton, L. (2017, December 6). Educating for Excellence. CAME Voice. https://www.came-acem.ca/wp-content/uploads/2018/11/CAME-Voice_December-6-2017_ENG.pdf
- VanTassel-Baska, J. (1997). Excellence as a standard for all education. *Roeper Review*, 20(1), 9-12.
- Appiah, Kwame Anthony. (2007) *The Ethics of Identity*. ISBN9780691130286

MEET AN EDUCATOR: DR. EZIO DINI

Meet an Educator is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Ezio Dini**, assistant professor and psychiatrist in the Department of Psychiatry. If you are interested in being profiled in an upcoming publication, please contact Kate Rogers at Kate.Rogers@nshealth.ca.

My current education/teaching

interests: At the beginning of 2020, I cut down my work hours to part-time. I was approached by **Dr. Margaret Rajda** from the sleep disorders clinic who asked if I would like to join their team, as one of their physicians was retiring. I jumped at the opportunity, because I have always found sleep fascinating. When I learned about sleep physiology in medical school, I remember how it intrigued me. So, my current interest is in sleep medicine. I was fortunate to attend the Edinburgh Sleep Course in Scotland earlier this year, which was like a crash course in sleep disorders. It was extremely interesting, and some of the world's leading sleep experts gave presentations.

My preferred method of teaching

or curriculum delivery: I prefer the one-on-one teaching experience with a learner. It is interactive, stimulating and you get to know the learner on a somewhat deeper level, compared to interacting with a larger group.

A typical "Day in My Work Life":

At present, I am going into the office on the days I work. I like the idea of getting out of the house to attend work at a separate location. I arrive at the sleep clinic at 8:30 am. I check emails and interact with administrative staff to discuss the day ahead. I meet with Dr. Rajda and we discuss clinical cases and issues affecting the sleep clinic. I then proceed to see my patients for



Dr. Ezio Dini

the day. At this point, all the patient encounters are occurring virtually. I end the day by meeting again with Dr. Rajda and completing all administrative and clinical obligations. I also work one day a week at the operational stress injury clinic. That work is clinically focused.

The most satisfying and frustrating aspects of doing your academic work:

The most satisfying aspect of my

academic work is watching a learner make progress over the course of their rotation. It is rewarding to follow the gains they make in their skills, knowledge and confidence. The most frustrating part as of late has been dealing with teaching via Zoom, but now that I'm more familiar with it, it's actually not too bad and certainly has its advantages.

My education/academic mentor: As a new medical graduate, my first job was at a general medical practice when I lived in South Africa. The senior partner was Dr. Alf Robertson, and he made a huge impact on me. He was an older gentleman. He had incredible energy, worked extremely hard, did after-hours house calls, and his dedication to his patients was unwavering. He was extremely

knowledgeable, had vast experience, and he could do a whole variety of medical, surgical and obstetric procedures, yet he was humble and respectful to everyone.

Currently, both Drs. Rajda and **Abraham Rudnick** are mentors – both have tremendous knowledge in their respective fields and set exemplary standards of dedication and patient care.

My second career choice: I have always liked creating something that is both beautiful and serves a purpose. I also loved mathematics. I toyed with the idea of becoming a visual artist, but it is difficult to make a success of that career. I did consider architecture as an option.

FACULTY DEVELOPMENT

Faculty Development Opportunities

Dalhousie Continuing Professional Development

Online Learning

Online Courses:

Dalhousie CPD is in development of a new course as part of our *Fundamentals of Teaching Program: A Practical Guide to Teaching During COVID*. Watch for their Faculty Development bi-weekly email for dates and registration info.

Teaching and Assessing Critical Thinking Phase 1

September 28 – December 14, 2020

Registration fee: \$100

For more information or to register please visit <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/TACT.html>

Upcoming webinars

Thursday, June 18 at 8:00pm: *Preparing for Promotion with Dr. Lara Hazelton* | To connect visit <https://dal.adobeconnect.com/cme-live>

Podcasts

Check this out: Dalhousie Medicine New Brunswick launches first-of-its-kind medical education podcast: *The Fac Dev Lounge*.

For more information, please visit <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/Podcasts.html>.

2018-2020 recorded webinars

Last year Faculty Development put on a variety of different webinars, for the full list and to request recordings please contact FacDev@dal.ca.

Online modules

Faculty Development offers a wide variety of online modules which can be accessed from the comfort of your own home – only internet access is required!

Some of the modules include:

- Reflective Thinking and Its Use in Medicine (accredited)
- Tutor Skill Development
- OSCE Examiner Training

For more information, and to access the modules please contact FacDev@dal.ca

For more information on Faculty Development and their programs, email them at facdev@dal.ca.

Note: Many of their Faculty Development activities are accredited. If you would like to receive a CME listing of your credits for the past year, or other date span, please feel free to contact Deirdre Harvey at 902-494-2234 or deirdre.harvey@dal.ca.

CHILD & ADOLESCENT PSYCHIATRY REPORT



2020 Dr. Herb Orlik Award in Child & Adolescent Psychiatry

The division would like to extend sincere congratulations to **Dr. Marissa LeBlanc**, this year's recipient of the Dr. Herb Orlik Award in Child and Adolescent Psychiatry. Dr. LeBlanc was commended on her enthusiasm, helpfulness, compassion, and ability to calmly manage some very difficult clinical situations. Congratulations Dr. LeBlanc!

Appointments and Promotions

Dr. Lukas Propper has been selected as the Faculty of Medicine Faculty Council representative at the Dalhousie University Senate.

Dr. Sue Zinck has been appointed assistant dean, Student Affairs, for a five-year term. This appointment is effective July 1, 2020. Read more about this on page 14. Dr. Zinck has also been promoted to associate professor effective July 1, 2020.

Media Feature

Dr. Sandra Meier, Canada Research Chair in Developmental Psychopathology and Youth Mental Health, was recently featured in an issue of Dal News: *Ask an Expert: Sandra Meier on the Importance of Maintaining Social Ties in an Era of Physical Distancing*. In the article, Dr. Meier speaks on the impact of physical distancing and shares tips on how we can remain connected to each other, even from a distance. To read more visit: <https://www.dal.ca/news/2020/05/28/ask-an-expert--sandra-meier-on->

[the-importance-of-maintaining-soc.html?utm_source=Today@Dal&utm_medium=email&utm_campaign=dalnews](https://www.dal.ca/news/2020/05/28/ask-an-expert--sandra-meier-on-the-importance-of-maintaining-soc.html?utm_source=Today@Dal&utm_medium=email&utm_campaign=dalnews)

Successful COVID Grant Funding

Dr. Sandra Meier recently received a Social Sciences Grant from the new Nova Scotia COVID-19 Health Research Coalition for \$50,000 for the project *Use of an App to Determine Mental Health of Population and Health Providers During COVID*.

The application was submitted in conjunction with Drs. Rita Orji, **Alexa Bagnell**, Lori Wozney, **Martin Alda**, **Rudolf Uher**, **Leslie Anne Campbell**, Sageev Oore, Fernando Paulovich, **Sherry Stewart**, **Igor Yakovenko**, and **Tomas Hajek**. This study will link mobile sensing and clinical data to assess the impact of social distancing and counterbalancing behaviours on mental health during the COVID-19 crisis and three months later.

Dr. Normand Carrey received a Department of Psychiatry Research Fund grant for \$19,711 for the project *Virtual care compared to in-person delivery of child and adolescent mental health services during the COVID-19 Crisis; a mixed method analysis in real time*. The application was submitted in conjunction with **Drs. Jill Chorney**, Debbie Emberley, **Sabina Abidi**, **Alexa Bagnell**, **Leslie Anne Campbell**, Sharon Clark, **Selene Etches**, and **Herb Orlik**. This study will compare the pre-existing face to face model of care to a virtual model of care and will review barriers and enablers to the implementation of virtual care.



NEWS FROM THE DEPARTMENT

Dr. Sue Zinck named assistant dean, Student Affairs

Dr. Sue Zinck has been named assistant dean, Student Affairs in the Faculty of Medicine at Dalhousie, effective July 1, 2020 for a five-year term. This is a position previously held consecutively by both **Drs. Michael Teehan** and **Joanne MacDonald**, with Dr. MacDonald stepping down after a four-year posting at the end of June.

Dr. Zinck is the physician leader of the IWK Bipolar Disorders clinic and the IWK Transgender Health Team. Dr. Zinck is very involved in teaching and supervising medical students, residents, and fellows in child and adolescent psychiatry. In her new role Dr. Zinck will work with medical students to provide confidential personal support and any necessary referrals; career planning; academic assistance

and guidance, as well as financial advice. She will collaborate with the other assistant and associate deans at the Faculty of Medicine, on student progress; the curriculum refresh process; accreditation preparation; implementing diversity and inclusion policy; adaptation to the COVID-19 pandemic, and other aspects of administration related to student affairs within the Faculty of Medicine. The assistant dean, Student Affairs also sits on the committee of Canadian student affairs deans at the Association of Faculties of Medicine of Canada (AFMC). This committee advises the AFMC Board of national student affairs matters, such as the Medical Council of Canada examinations, and participates in collaborative initiatives between faculties of medicine, in matters such as student wellness and healthy learner environments.



Dr. Suzanne Zinck

Mandy Eslinger completes Masters

The department's evaluation and curriculum specialist, **Mandy Eslinger**, recently completed her Master's in Medical Education (MMed) from the University of Dundee School of Medicine in Scotland. With a keen interest in medical education, particularly hoping for a career in curriculum development and instructional design, she began

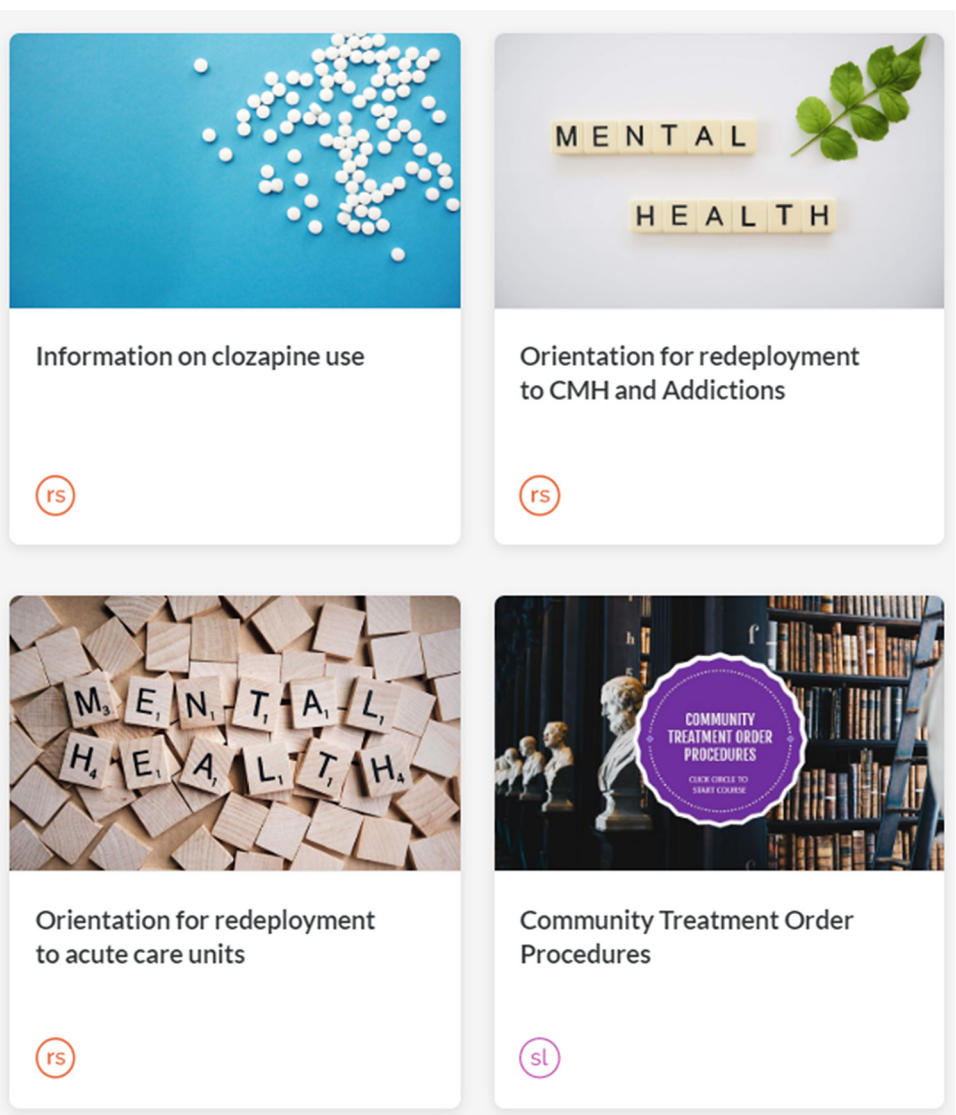
the program in May 2016. Entirely online and completed part-time while working in the department, Mandy took courses in learning and teaching, technology enhanced learning, curriculum planning and evaluation, assessment and medical education research. Her thesis, *Preparing to teach: a study of psychiatry residents' perceptions of their journey to their role as teacher*, was her final project and focused understanding how the

department prepares residents for the teacher role. Her completion of the program was directly related to her role as evaluation and curriculum specialist, informing her three main responsibilities: curriculum development, program evaluation and medical education research. Congratulations to Mandy on her hard work and success.

Faculty and staff develop modules for faculty redeployment

As the department faced enormous uncertainty and stress during the COVID-19 pandemic, a team of faculty and staff worked hard to ease the burden of potential redeployment for faculty. **Drs. Alice Aylott, Katharine Black, Aileen Brunet, Ezio Dini, Kristen Holm, and Margaret Rajda**, worked with evaluation and curriculum specialist, **Mandy Eslinger**, to develop a set of modules intended to orient faculty who are redeployed to essential services outside of their usual work area. Developed by those with first-hand knowledge of working in the service areas, the modules cover various topics including: information on clozapine use; community treatment order procedures; orientation for redeployment to acute care units; orientation for redeployment to community mental health and addictions; and orientation for redeployment to the East Coast Forensic Hospital (coming soon). The team is hoping the modules will also be valuable resources for new faculty and residents to orient them to these services.

The modules are hosted on Brightspace and available to all faculty and residents in the Halifax area. Users are asked to please take the time to evaluate the module after viewing, in turn providing valuable feedback to improve the modules both in content and functionality.



Redeployment modules developed for faculty during COVID-19.

You will be prompted to complete the evaluation at the end of each module. If you are interested in accessing the modules please visit the department faculty database (<https://dalpsychiatry.ca/education/educational-resources>).

Dr. Rudolf Uher publishes article in The Journal of Clinical Psychiatry

Dr. Rudolf Uher is the lead author of a study published recently in The Journal of Clinical Psychiatry. The study, *Symptom Dimension of Interest-Activity Indicates Need for Aripiprazole Augmentation of Escitalopram in Major Depressive Disorder: A CAN-BIND-1 Report*, is based on previous research that shows some individuals who do not feel any interest and are inactive may not respond well to commonly used antidepressants. In Dr. Uher's study, a Canadian Biomarker Integration Network in Depression trial sponsored by the Ontario Brain Institute, people with major depression were treated in two phases. In phase 1, everyone received escitalopram, a commonly used antidepressant acting on serotonin. It was confirmed the previous finding that those with profound loss of interest and

reduced activity responded poorly to escitalopram. In phase 2, those who did not respond to escitalopram received an additional treatment with aripiprazole, an adjunctive medication that modulates brain dopamine. The authors observed that individuals with profound loss of interest and reduced activity responded well to the adjunctive treatment with aripiprazole. This study suggests that an easy to obtain measure of depressive symptoms can indicate who needs which treatment for depression. People with relatively preserved interest and activity are likely to respond to a serotonin-enhancing antidepressant, such as escitalopram. People who experience loss of interest and activity as part of their depression may require adjunctive treatment with dopamine-enhancing medication, such as aripiprazole. To read the study in its entirety please visit <https://doi.org/10.4088/JCP.20m13229>.



Dr. Rudolf Uher

Dr. Amy Bombay receives federal government funding

Dr. Amy Bombay is one of six Dal researchers to receive a portion of \$1.5 million invested by the Government of Canada as part of their New Frontiers in Research Fund (NFRF) Exploration competition. This fund supports high risk, high reward and interdisciplinary research. It seeks to inspire projects that bring disciplines together in innovative ways. Dr. Bombay's project, *Creating Ethical Space for Mi'kmaq Led Genetic, Epigenetic, and Other Biological Research in Nova Scotia*, aims to reduce the risks in research involving

the collection of biospecimens in Mi'kmaq communities through the development of community-led guidelines that researchers must adhere to, and identify strategies and next steps needed to achieve the long-term goal of a Mi'kmaq led biorepository. She will be carrying out foundational community-based research and training to build capacity and create ethical space for biological research led by Mi'kmaq communities that integrates their traditional knowledge and lived experiences.



Dr. Amy Bombay

Team of faculty receive CIHR grant to study COVID-19 and mental illness

A group of faculty members including **Drs. Rudolf Uher, Barbara Pavlova** and **Martin Alda** have received a

Canadian Institute of Health Research (CIHR) Operating Grant to investigate the impact of the COVID-19 pandemic of Canadians living with mental illness, and their children. The grant was one of 49 awarded in the

"COVID-19 May 2020 Rapid Research Funding Opportunity" announced by CIHR to streamline medical research projects that are most important to Canada's response to the COVID-19 pandemic.

Dr. Steve Kisely published in British Medical Journal

Dr. Steve Kisely recently published an article in the British Medical Journal on the mental health effects on health workers of working in virus outbreaks,

and strategies to address them during the COVID-19 pandemic. *Occurrence, prevention, and management of the psychological effects of emerging virus outbreaks on healthcare workers: rapid review and meta-analysis* was

published in May during the first wave of the pandemic. To read the article in its entirety please visit <http://bmj.com/cgi/content/full/bmj.m1642>.

STAFF & FACULTY CHANGES

Arrivals

Dr. Sarah Fancy will be joining the department as an assistant professor, effective July 20, 2020. Dr. Fancy will be working at the IWK in the Garron Inpatient Unit, 5th Floor Children's Hospital. She can be reached at sarah.fancy@iwk.nshealth.ca or 902-470-8123.

Dr. Matt Havenga has joined the department as an assistant professor effective, July 1, 2020. Dr. Havenga will be working at Simpson's Landing at the NSH site. He can be reached at matt.havenga@nshealth.ca or 902-464-3111.

Dr. Kathleen Singh has joined the department as an assistant professor effective, July 1, 2020. Dr. Singh is working in Senior's Mental Health both at the AJLB site and the NSH site. She can be reached at kathleen.singh@dal.ca or 902-473-6285.

Departures

Dr. Michaela and **Sunil Routhu** have left the department, effective June 12, 2020. They will be moving to Ontario after a brief time working in the department.

Dr. Gretta Taylor has left the department, effective July 1, 2020. Dr. Taylor has moved to family practice.

AWARDS & HONOURS

Kayla Joyce receives Governor General's Gold Medal

Former Master's in Psychiatry Research student Kayla Joyce was this year's recipient of the Governor General's Gold Medal in the Humanities and Social Sciences. Gold Medals are awarded by Dalhousie to the most outstanding master's graduate in the Humanities and Social Sciences and the Natural Sciences and Engineering. Kayla was selected by the Department of Psychiatry as their nominee for the 2020 award. The Prize Panel received nominations from across the university and prize winners were drawn from more than 1,000 Master's students receiving degrees in October 2019 and May 2020.

Kayla started the master's program at Dalhousie in 2017 as part of the first group to enter the program in psychiatry. She says the highlight of her time in the Department of Psychiatry was being able to work alongside many distinguished researchers and physicians who were experts in mental health and addiction. "Not only did I have the opportunity to gain invaluable research skills in the MSc program, I also obtained a better understanding of what is needed to treat mental health disorders from a clinical standpoint," she says. During her time in the MSc program a family member was hospitalized for their mental health. By being able to work alongside physicians in the psychiatry department, Kayla was able to use her academic knowledge to enhance the



Former master's student Kayla Joyce.

effectiveness of her family member's hospital stay.

Kayla was supervised by **Dr. Sherry Stewart**, who has made a lasting impact on her work. "I would like to express my deepest appreciation for her continued support, invaluable insights, and for constantly believing in me during my time in her lab," she says. "She has taught me an unbelievable amount during my time in her lab, and I will forever be grateful for everything she has done for me. From reading numerous grant and scholarship applications, editing manuscripts, helping me get my first publication, constantly testing my knowledge, and helping me become more comfortable giving presentations, nothing has gone unnoticed."

After graduating from the program in October 2019 Kayla has since

moved to Winnipeg, Manitoba to complete her MA/PhD in Clinical Psychology at the University of Manitoba. Her research has continued to focus on females and addiction, specifically on the development of a treatment modality for mothers of young children who have a substance use disorder or have problematic substance use for her PhD dissertation. After graduating from the clinical psychology program, she hopes to open a private practice in Nova Scotia where she will predominantly focus on the treatment of addiction.

Kayla received her award virtually as a result of COVID-19 restrictions. Congratulations to her on all her success.

Dr. Amy Bombay receives diversity award

The department would like to recognize **Dr. Amy Bombay**, recipient of the 2020 Dalhousie Award for Excellence in Diversity. Dr. Bombay was recognized for her outstanding teaching and leadership at Dalhousie University, and her ability to benefit and empower

Indigenous communities, particularly related to health and equity. She is commended for the lasting and meaningful influence she has with students, fellow researchers and colleagues, with respect to enhancing awareness and understanding, of the determinants of health, the intergenerational of residential schools, racism, social inequities, and trauma.

Because of COVID-19 restrictions the Dalhousie-wide teaching award presentations were cancelled. Dr. Bombay will be recognized on both the Dalhousie and the Centre for Learning and Teaching websites. Congratulations Dr. Bombay!

Dr. Kara MacNeil received Gold Headed Cane Award

Dr. Kara MacNeil is the recipient of the College of Physicians and Surgeons of Nova Scotia Gold Headed Cane Award for 2019. Dr. MacNeil is an assistant professor in the department working in Amherst, Nova Scotia. This award recognizes an outstanding community-

based physician who exemplifies professionalism in service to their patients, profession and community. Dr. MacNeil is recognized for her dedication to continual learning, patients, healthcare colleagues, and the profession.

This annual province-wide recognition is awarded as part of a co-sponsored Gold-Headed Cane ceremony

in partnership with the Medical Humanities Program at Dalhousie University. Dr. MacNeil will receive her award at the Gold-Headed Cane Awards dinner tentatively scheduled for the fall.

HUMANITIES CORNER

Student Writing Competition

The annual student writing competition occurred again this year and closed in May. A process change involved the addition of creative writing experts to the review of the submissions (thank you to Sue Goyette and Jaime Forsythe; both are published authors and instructors in the creative writing program at Dalhousie University). The psychiatrists reviewing the submissions were **Dr. Lara Hazelton** and **Dr. Abraham (Rami) Rudnick**. Twenty-two submissions from ten medical schools across Canada were received (thirteen poetry

and nine prose), a considerable increase compared to last year when seventeen submissions from six medical schools across Canada were received. We are thrilled to announce this year's first place awardees. Sofia Zhang-Jiang from the University of British Columbia was the winner in the medical student category for *Perspective*. In the postgraduate trainee category, we had a tie with Marlon Danilewitz from the University of British Columbia penning *Brothers of the Night*, and Brendan Morgan from Dalhousie with *A Frigid January River*. To read their winning entries please visit our website at <https://>

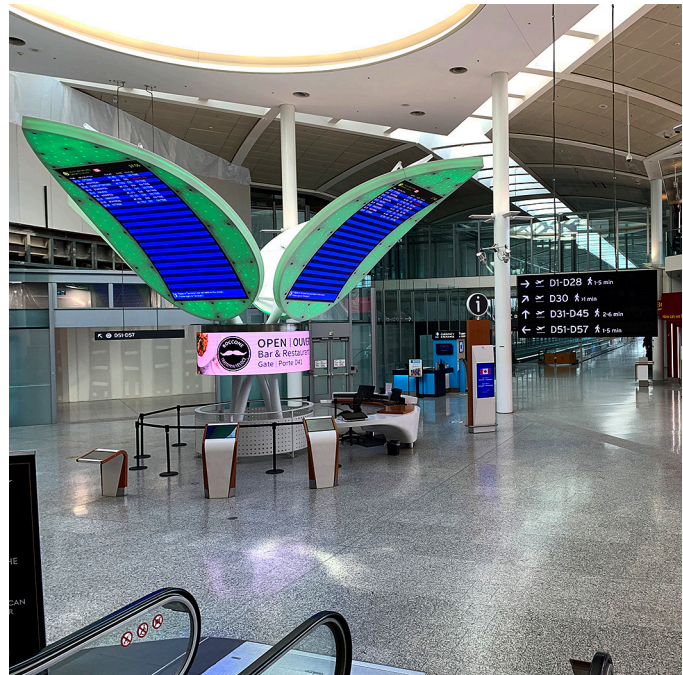
medicine.dal.ca/departments/department-sites/psychiatry/education/medical-humanities/writing-competition.html. Thank you to the students, trainees, and faculty who participated this year.

The Department's annual student writing competition started in 2010. In April, an open access paper was published by Drs. Rudnick and Hazelton, descriptively overviewing its first decade and thematically analyzing its winning submissions. If you are interested in reading the paper please visit https://issuu.com/hhjunc/docs/hhj_spring_2020_edition_-_final/20.

RESIDENTS' CORNER

The residents would like to thank **Drs. Jackie Kinley** and **Kathleen Howell** for leading a process group for psychiatry residents in the months of April and May, to help reflect on the changes in our personal and professional lives brought about by the COVID-19 pandemic. We appreciate how busy they both are with their many roles and responsibilities, and want to express our gratitude to them for making these sessions a priority during this hectic time.

PHOTO FEATURE



The new normal at Pearson International Airport amid the COVID-19 pandemic (Photo by Dr. Shabbir Amanullah).

HEADLINES SUBMISSIONS

Headlines aims to provide a forum for the exchange of information, ideas, and items of general interest to the faculty, fellows, students and staff of the Department of Psychiatry. Your contribution(s) are needed and greatly appreciated.

The next issue of **Headlines** will be distributed on Sept. 2, 2020, with the deadline for submissions to be Aug. 14 2020.

Please send all submissions to Kate Rogers: **Kate.Rogers@nshealth.ca**