The College of Physicians and Surgeons of Nova Scotia and the Dalhousie University Faculty of Medicine are pleased to announce that Dr. Lara Hazelton and Dr. Timothy Benstead are this year’s recipients of the Gold-Headed Cane awards for excellence. Determined by nominations from colleagues, the awards acknowledge outstanding contributions to medicine in Nova Scotia.

Dr. Timothy Benstead practices neurology at the Capital District Health Authority and works with the Division of Neurology in the Department of Medicine at Dalhousie University. A widely respected physician, teacher, and researcher, his practice encompasses conditions such as Lou Gehrig’s Disease (ALS), diabetic neuropathy, and other neuromuscular disorders. Highly regarded by patients and colleagues for his dedication and compassion, Dr. Benstead receives the Gold-Headed Cane award from the College of Physicians and Surgeons of Nova Scotia for outstanding professionalism in medical practice.

Dr. Lara Hazelton practices geriatric psychiatry at the Capital District Health Authority and works with the Department of Psychiatry at Dalhousie University. A widely respected physician, teacher, and researcher, his practice encompasses conditions such as Lou Gehrig’s Disease (ALS), diabetic neuropathy, and other neuromuscular disorders. Highly regarded by patients and colleagues for his dedication and compassion, Dr. Benstead receives the Gold-Headed Cane award from the College of Physicians and Surgeons of Nova Scotia for outstanding professionalism in medical practice.

Dr. Lara Hazelton practices geriatric psychiatry at the Capital District Health Authority and works with the Department of Psychiatry at Dalhousie University. Dr. Hazelton has a strong interest in the medical humanities, and is the Department of Psychiatry Humanities Coordinator. She has published academic articles on ethics, narrative, literature and medicine, and medical history. Her essays on life in medicine have appeared in several scholarly journals and publications. Dr. Hazelton receives the Gold-Headed Cane award from the Dalhousie University Faculty of Medicine for excellence in the field of medical humanities.
Message from the Head
Dr. Nick Delva

Congratulations to Dr. Lara Hazelton on receiving the Dr. Gerald and Gale Archibald Gold-Headed Cane Award in the Medical Humanities. On February 10, Dr. Hazelton and Dr. Timothy Benstead of the Department of Medicine were presented with beautiful hand-made gold-headed canes at a most enjoyable awards dinner, which featured excellent performances by the two medical student choirs, the Testostertones and the Vocal Chords, and the creation of plasticine art at each table! A clear strength of our Department is its medical humanities program and the last page of this issue of Headlines features an excellent and very touching poem by Med I student, Ms. Sarah Fraser, who won the Department of Psychiatry’s 2010 Student Writing Competition for “Casey’s Slope”.

Two members of the Department were recently recognized for their excellent work in the area of global health: Dr. Sabina Nagpal was awarded the Dr. T.J. (Jock) Murray Award in Global Health and Dr. Stan Kutcher the Dr. John Savage Memorial Award in Global Health. To have both a resident and a member of faculty win awards in the same area in the same year tells us that something is going very well in our International Psychiatry Section, most ably led by Dr. Sonia Chehil.

Dr. Nagpal has had much success lately, also winning a Killam Postgraduate Award to support her in completing a MPH degree at the London School of Hygiene and Tropical Medicine. She will commence her studies in England this September, and will return to us a year later to complete her residency.

We bid farewell to Dr. Larry Buffett, who served the Department well as a clinician and clinical teacher over a period of over three decades. Dr. Buffett joined the staff of the Nova Scotia Hospital in 1978 as the Director of Community Psychiatric Services and most recently was a valued member of the team at the Bedford-Sackville Clinic.

Once again, our undergraduate program has demonstrated excellent results in the psychiatry portion of the LMCC examination, Part 1. The 2010 class placed second in the country, maintaining the high ranking achieved consistently over the last few years (also second last year, and first the year before). Congratulations to Undergraduate Program Directors Drs. Cheryl Murphy (current Director and past Clerkship Director), Lara Hazelton (Interim Director) and Allan Cook (past Director), Ms. Martine McKay (past Undergraduate Coordinator) and all of the teachers who developed educational materials and provided education to our undergraduate students. We welcome Ms. Terra MacLean as our new Undergraduate Coordinator.

We’ve just finished the second round of the CaRMS interviews and await the final results. So far, we are looking forward to the arrival of four new junior colleagues on July 1: Drs. Alice Aylott, Angad Barsoum, Marie Claire Bourque, and Maghul Malik. Congratulations to resident Dr. Kristen Holm on being recognized as an Angel in Action by the QEII Foundation, and to Dr. Daniel Rasic on the publication of his first book. Finally, the best of luck to our final year residents in their Royal College examinations!

The Department’s mental health advocacy website, www.oneinfive.ca, now has a new look, and each month will feature a different subject area, showcasing the excellent work of our clinicians and researchers. In early March, we were very encouraged by the large turnout of over 350 people at the Mental Health Forum, co-sponsored by the Department and the Mental Health Coalition. Members of the Department are also actively engaged in the development of the provincial mental health strategy, due for release by the government of Nova Scotia in

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Department of Psychiatry
HEADLINES
Dalhousie University
5909 Veterans’ Memorial Lane
Halifax, NS  B3H 2E2
Phone: 902-473-1677
Fax: 902-473-4887

Editor: Dr. Aidan Stokes
Compilation, Layout, and Design:
Christy MacDonald
Submissions should be sent to:
ChristyMacDonald@cdha.nshealth.ca

www.psych.dal.ca
Research Section
Submitted by: Janet Bardon
Research Administrator

Congratulations!
Congratulations to the faculty members who were awarded Department of Psychiatry Research Fund grants in January:
- Mr. Sean MacKinnon (Dr. Simon Sherry): Perfectionism, life narratives and well-being during freshman year
- Dr. Ben Rusak: Effects of sleep restriction in unipolar depression
- Dr. Phil Tibbo: NPAS3 variants in schizophrenia: A neuroimaging study

The next Research Fund deadline is June 1. For more information or an application, please contact Ms. Jennifer MacDonnell at jennifer.macdonnell@cdha.nshealth.ca.

Dr. George Robertson’s funding application to the MS Society entitled “Apoptosis modulation of B cell activity in experimental autoimmune encephalomyelitis” has been approved for three years for a total of $256,000 total.

Child and Adolescent Psychiatry Division
Submitted by: Michelle Patenaude
Administrator, Child and Adolescent Psychiatry

New Agreement on 4 South IWK
In September, the Clinical Pharmacy Specialist on 4 South at the IWK Health Centre entered a unique relationship with the psychiatrists at the IWK Health Centre. The Nova Scotia College of Physicians and Surgeons approved a collaborative practice agreement between Dr. Joyce Totton and psychiatrists in the Mental Health and Addictions Program.

This agreement allows the Clinical Pharmacy Specialist to manage medications for complex inpatients who would benefit from joint care provided by psychiatry and the pharmacist. This agreement, which allows the pharmacist to write medication orders, labs, and consults, will be evaluated yearly as to how it is impacting patient outcomes. This is the first one of its kind in Nova Scotia and has led to the development of a wonderful collaborative relationship on 4 South with the current psychiatrist, Dr. Gerald Gray.

Congratulations
Congratulations to Dr. Anne Duffy whose article, The early natural history of bipolar disorder: what we have learned from longitudinal high-risk research (Can J Psychiatry 2010), has been evaluated by a Member of the Faculty of 1000, which provides ratings of and commentary on scientific papers. The service is a filter, identifying and evaluating the most significant articles from biomedical research publications. A peer-nominated ‘Faculty’ of scientists and clinicians rate the articles they read, and explain their importance. On average, 1,500 new evaluations are published each month; this corresponds to approximately the top 2% of all published articles in the biological and medical sciences.

Dr. Anne Duffy has been invited to be a panel discussant in the AstraZeneca-sponsored symposium: Not a soft option: the hard facts about bipolar II disorder at the International Review of Bipolar Disorders meeting from April 4-6 in Rome.

Message from the Head
continued from page 2
only six months or so. It is encouraging that momentum is building to break down the stigma of mental illness and to provide the appropriate support for mental health services, given the known large burden of mental illness.

And whatever your political persuasion may be, it’s a good idea to become involved in the federal election, and emphasize to the candidates the importance of strong government support for accessible and high quality mental healthcare!
Sun Life Financial Chair in Adolescent Mental Health

Submitted by: Dr. Stan Kutcher
Sun Life Financial Chair in Adolescent Mental Health

It’s been a busy couple of months in the office, with lots of exciting news to share. Ms. Yifeng Wei and I just returned back from a remarkable trip to China. We are headed towards initiating a partnership with many key stakeholders in Shanghai which will see a series of our materials and programs rolled out to educators, students, and physicians across China.

We just announced the launch of our first Academy in School Mental Health, which will be run at the Dalhousie University campus this summer. This two-day workshop includes a team of experts from the Dalhousie/IWK staff which include: Drs. Alexa Bagnell, Stephanie Casey, Sabina Abidi, Suzanne Zinck, David Gardner, Ms. Judy Elliott, and others. The two-day workshop will empower teachers with mental health knowledge and tactics that they can integrate into their classrooms. If you know someone who teaches, please encourage them to check out our program: http://teenmentalhealth.org/index.php/educators/academy-in-school-mental-health/.

The Mental Health Commission of Canada is gearing up to publicly launch our Evergreen Youth Mental Health strategy. We’ve already received positive feedback from some of the school boards who have been using the document to inform their policy decisions around mental health programs in schools. If you’d like to know more about it, or access our resource library, please visit: http://teenmentalhealth.org/index.php/initiatives/evergreen/.

We are also happy to send our second staff member off to Medical School at Dalhousie. Congratulations to Ms. Katie Radchuk who will be joining the class of 2015.

Education Section

Submitted by: Annette Cossar
Education Administrator

The members of the Education Section are looking forward to the spring season with a renewed outlook. As communicated previously, the Section has undergone some human resource changes within the past several months:

Ms. Terra MacLean is our new addition as the Undergraduate Coordinator and will be supporting Dr. Cheryl Murphy and the medical students. Terra has begun her new position and will be a familiar face to the members of the Division of Child and Adolescent Psychiatry. She can be reached at 902-473-4883 and terra.maclean@cdha.nshealth.ca and her office is in Room 8206 of the Abbie J. Lane Building.

Ms. Carrie Wipp has been seconded to support the Postgraduate Education activities and look after the residents’ program requirements. Carrie is very familiar with the postgraduate operations and will be a valuable support to the residents and Dr. Margaret Rajda during this period. Please direct all Postgraduate inquiries to Carrie at 902-473-5664 and carrie.wipp@cdha.nshealth.ca. Her office is in Room 8207 of the Abbie J. Lane Building.

The Continuing Education Program support is being shared at the moment by Carrie and Terra. The Fellowship Program continues to be supported by Carrie and Annette.

Ms. Norma Thompson has been seconded to take on a special project surrounding the initiation and implementation of a shadow billing endeavour within the AFP reporting structure. We wish Norma success in this project. Norma can be reached at 902-473-2044 and norma.thompson@cdha.nshealth.ca and her office is in Room 8209 of the Abbie J. Lane Building.

We would also like to extend our sincere gratitude to Ms. Suzanne Decker who had been assisting us with the Continuing Education activities when we have been “spread out a little thin” over the past few months. Thank you very much Suzanne!
Undergraduate News

It is a busy time in undergraduate education. The Med II students (Class of 2013) are choosing their psychiatry rotations and we will welcome the first group in September. The Med II students are also preparing to undertake their OSCEs at the Learning Resource Centre on Saturday, May 7. **Ms. Terra MacLean** will be sending out a notice to recruit faculty to participate as examiners for this date.

The next group of clerks will begin their rotations with the Department on April 5. The start of April also marks the accreditation visit and meetings associated with the Faculty of Medicine Undergraduate Medical Education Program Review scheduled for April 4-5. **Dr. Cheryl Murphy** will be involved in these sessions.

Postgraduate News

Best of luck to our senior residents challenging the Royal College exams! The written exams are being held in Halifax on April 5-6 and the oral exams are being held in Ottawa on May 2-4.

A major event in the Postgraduate annual life cycle remains a “work in progress” — the CaRMS Recruitment Campaign. The first iteration has just ended and we were successful in filling four of the potential eight CaRMS spots. Our next group of PGY-1 residents beginning in July 2011 will include:

- Alice Aylott, University of Calgary
- Amgad Barsoum, University of Cairo
- Marie Claire Bourque, University of Calgary
- Maghul Malik, SABA University

We had a great turnout of faculty and residents who came to meet the candidates and present the program to them. Thank you all for your help! The second iteration is underway and these results are eagerly anticipated.

The Royal College accreditation will be coming around again in February 2012. The last accreditation survey report is available to everyone on One45. It is important that any weaknesses are noted and addressed before the accreditation team arrives.

The new didactic curriculum remains a work in progress. While there were some growing pains in the first half of the year, for the most part there has been positive feedback from the residents.

As in previous years, the annual Resident Retreat is planned for May 7-8 at White Point Beach Resort. The faculty involved with the call roster during this weekend will cover call as of 5:00pm on Friday to 5:00pm on Sunday, so that all residents are able to attend.

The Annual Clinical Oral exams for the PGY-2 through PGY-4 residents will be scheduled for May 27. The OSCEs for the junior group are being planned for June with exact dates being considered. Faculty examiners are needed for both occasions. Please contact **Ms. Carrie Wipp** at 902-473-5664 or carrie.wipp@cdha.nshealth.ca if you are able to help.

Did you know that there is an angel among us? The QEI Foundation Program “Angels in Action” informed us that a $10,000 donation was made in honour of **Dr. Kristen Holm**, PGY-1 resident in recognition of the exceptional care and support she gave to a patient. The donation will go towards the Charles V. Keating Emergency Department. “Angels in Action” is a QEI Foundation Program which allows grateful patients to pay tribute (pun unintended) to someone who has made a difference during their care in the hospital.

Congratulations to **Drs. Sabina Nagpal** and **Daniel Rasic** for winning Dalhousie University Killam Postgraduate scholarships. Dr. Rasic will use this award to pursue a Masters of Science degree in Community Health and Epidemiology. Dr. Nagpal is pursuing a Master’s degree in Public Health at the London School of Hygiene and Tropical Medicine.

Congratulations to **Dr. Daniel Rasic** for publishing his first book: “The Pirates of Aden”. This action/thriller will be released for distribution in April 2011. Check it out at: http://www.authorsden.com/visit/viewwork.asp?AuthorID=148915&id=45355.

The 2011 June graduation exercises and end-of-year party will be here before you know it. This year’s event will take place on Friday, June 17 at The Prince George Hotel. As the Education Section prepares for the graduation exercises, we would like to draw your attention to the Dr. W.O. McCormick Award and the Dr. Robert and Stella Weil Fund in Psychiatry competitions. Department members have had an opportunity to nominate residents on their worthy presentations throughout the academic year for the Dr. McCormick Award on the yellow evaluation cards available at each site.

If you want to nominate a particular presentation, please forward this information to **Ms. Carrie Wipp** at carrie.wipp@cdha.nshealth.ca by May 31. The annual posting will be circulated under separate cover which will outline eligibility, criteria, and contact information. The Dr. Robert and Stella Weil Fund in Psychiatry is another opportunity for residents to submit their proposal of psychotherapy training and promote their respective desire to explore further training in the sub-specialty area. The details for this award will also be sent under separate cover to the learners.

The subscription for the *Kaplan & Sadock’s Comprehensive Textbook of Psychiatry* on-line resource will be renewed by the Department. Access is available to all residents and faculty from any computer at any time.
Continuing Education Activities

Clinical Academic Rounds at the QEII
April 6: Dr. David Whitehorn, NSEPP
April 13: Dr. Anne Duffy, Child and Adolescent Psychiatry Division
April 20: Drs. Douglas Maynes and Kimberley White, Bayers Road Outpatient Clinic
May 4: Dr. Ezio Dini, Short Stay Unit
May 11: Dr. Wade Junek, “What Governments don’t know about Children: Five Surveys”
May 25: Dr. David Gardner

Clinical Academic Rounds at the NSH: to be announced
April 8, and 22
May 6, 13, and 27, 2011

University Rounds at the QEII
April 27: Dr. Chawki Benkelfat, James McGill Professor, Director of Research, Department of Psychiatry, McGill University Health Center (MUHC)

May 18: Dr. Joel Sadavoy, Professor of Psychiatry, University of Toronto, Sam and Judy Pencer Chair in Applied General Psychiatry, Director Cyril Reitman Institute for Alzheimer’s support and Training, Head Geriatric and Community Psychiatry Programs, Mount Sinai Hospital

Upcoming Workshops
NSH Academic Day XXII, April 15, 2011, Sea King Club, Shearwater: “Concurrent Disorder Across Diagnoses and Across the Life-Span”. For more information, please contact Ms. Kim Byrne at kim.byrne@cdha.nshealth.ca.

Group Psychotherapy Workshop, May 13-14, 2011, Saint John, NB: “United We Stand”. For more information, please contact Dr. Jacqueline Kinley at jackie_kinley@yahoo.com or Dr. Edward Yuzda at ward.yuzda@gnb.ca

News & Announcements

Staff / Faculty Changes

Dr. Lawrence Buffett left the Department effective February 4. Best wishes for the future Dr. Buffett!

Dr. Shannon MacDonald is on maternity leave from the Reproductive Mental Health Service after delivering a healthy baby girl Ellie, and will be away from the service from February to October 2011. Dr. Terry Chisholm will help provide coverage most Thursdays until Dr. MacDonald returns. Dr. Chisholm can be reached at 902-470-8098.

Leadership in Mental Health Course

This course is designed for people who are interested to improve the care for those with mental disorders in settings where mental health resources are scarce. Participants may include academics in public health or mental health, people working with NGOs, policy makers, donors, users, or clinical practitioners. It will be held in Goa, India from November 14-25. Dr. Vikram Patel, Adjunct Professor and Dr. Sonia Chehil, Assistant Professor and Director of the International Psychiatry Section are two of the course tutors. For more information, please contact the Course Co-ordinator at vishal@sangath.com.
News

News from the Nova Scotia Psychosis Research Unit
Submitted by: Drs. Kim Good and Phil Tibbo

With this issue of Headlines, the Nova Scotia Psychosis Research Unit (NSPRU) starts a series of updates on news from their unit.

The NSPRU was founded in 2008 under the co-directorship of Drs. Kim Good and Phil Tibbo. The mandate of this unit was to develop and sustain a collaborative, multidisciplinary team in order to further our understanding of psychosis and its co-morbidities. To date, there are 16 active members who have been collaborating on psychosis-related projects, including identifying pathways and barriers to care, phase II–IV clinical trials, addictions, and neuroimaging protocols. Further collaborations are planned in order to build capacity in the Dalhousie University community.

Some recent selected publications include:

In this month’s issue of Humanities Corner, we are printing the winning entry in the Department of Psychiatry 2010 Student Writing Competition. The first place winner was Med I student Ms. Sarah Fraser for her essay entitled, “Casey’s Slope”, about a fictional patient. Honorable mentions were awarded to Mr. Michael Steeves, Med I and Ms. Christine Saveland, Med IV. Many thanks to Drs. Kathy Black and Curt Peters for serving as judges in what will hopefully become an annual event. If any faculty members are interested in volunteering for this or other medical humanities events, please contact Dr. Lara Hazelton.

Casey’s Slope

Stage I
Name: Casey Jones.
Age: 61.
Witty, independent
Good-spirited and fun
Inspired with visions of pending retirement
35 years of good will at the steel mill coming to a close.
And opening -
Precious time with
Precious grandkids
Children
Marjoree, his wife
Absent of impairment
A nice and simple life.

Stage II
Set for enjoying the golden years
For Casey, everything is in place
Except his watch
– which lately has been hiding its face.
Where did it go? The good one - you know?

Friends assure him that memory declines with time
Don’t worry: everything is fine
Although impractical,
Forgetfulness with ageing is quite natural.

Stage III
A visit to the doctor
At Marjoree’s request
Was a battle
But only partially against his will

Doctor,
Other than the odd botched word
Everything is fine – don’t you concur?
Count backwards, you ask?
An easy task -
75, 74, 71…no – 72, 73…
That’s not right…

His face is tight
Muscles in prolonged contraction
Burn with lactic acid.
As the doctor leaves the room
Casey waits for a reaction.
Back in with a firm breath.
Alzheimer’s disease?
Progressive degeneration?

That’s an oxymoronic sort of way to say
I’ll drive myself insane
Through self-mutilation; desecration of my own brain

Stage IV
His head loses weight
As alpha helices turn to pleated beta sheets
And as they build
Pills endeavor to conceal what is real -
Dense, plaque deposits
Deterioration of cognition
Something is choking the living daylight’s out of him
He wonders, would ignorance be bliss?
Forgetting to fret would be a kiss on my face.
Where is that…watch, anyway?

His reason wilts and exudes on him a guilt
That he will be a burden
On society
His family tree
Marjoree

As scientists search for a cure
A magic little vial
From in vitro to clinical trials
It looks like this may take a while

Stage V
A need for assistance with the mundane
Periodic feelings that he’s verging on insane
His mind a myriad of dysfunctional molecules

Wear ess that…what’s it called?

The missing watch becomes a wrong name
becomes an unfamiliar face
“Casey, she’s your daughter. Her name is Grace.”

The MRI says his brain will die.
It’s shrinking in size
“Moderately severe cognitive decline”
I’d say my brain works 25% of the time.

Aggregated amyloids gain armloads of power in numbers
Daggers to neurons
Acetylcholine – minimal.
Memory and cognition – low.

But there still exists a familiar glow
Relationships hold strong and grow

Stage VI
With pajamas over clothes
And shoes on wrong feet
Casey wandered down the street
Marjoree had no clue
What she would do
Is he safe? Is he alive?

Five miles away
Found hours later by police
In the park, at night
Feeding ducks on the lake
With a smile on his face.

Same person, different life
Different day? Same wife.

Making love has taken on new meaning:
Caring for incontinence and spoon-feeding
Who is bathing me?
She looks familiar - could she be my wife?
I don’t know, but she is very nice.

Stage VII
Age: 75.
Not entirely alive
Monosyllabic, senseless, but not useless words
I kren kwafe mer jow
Leaves his mouth
Enters down a knowing earpath
Communication in emotions of the face
Smiling deep eyes, worried lips
Recognition of expression as a thrilling level of cognition
Meaning in moments

In death,
An avalanche of memories of
Love, flesh, colour, sin
Collide, collapse and conquer him
Rise ever run
To the end of Casey’s slope.