

Department of Psychiatry

HEADLINES

Dr. Lara Hazelton Wins Gold-Headed Cane Award

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. 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.



Drs. Lara Hazelton and Timothy Benstead pose for the College of Physicians and Surgeons of Nova Scotia as the 2011 Gold-Headed Cane award winners. Photo reprinted with permission.

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 Testosterone 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, Amgad 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

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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

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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.maclea@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 QEII 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 QEII 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 Juneak, "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.

Announcements

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:

- **Gardner, D., Teehan M.**
Antipsychotics and their side effects. Cambridge University Press; Cambridge, UK (2011).
- **Gardner, D.M., Murphy, A.L., O'Donnell, H., Centorrino, F., Baldessarini, R.J.** International consensus of antipsychotic dosing. *American Journal of Psychiatry*, 167(6): 686-693 (2010).
- **Good, K.P., Tibbo, P.G., Milliken, H.I., Whitehorn, D., Alexiadis, M., Robertson, N., Kopala, L.C.**
An investigation of a possible relationship between olfactory identification deficits at first episode and four-year outcomes in patients with psychosis. *Schizophrenia Research*, 124(1-3): 60-65 (2010).
- **Smith, G.N., MacEwan, G.W., Kopala, L.C., Ehmann, T.S., Good, K.P., Thornton, A.E., Neilson, H., Lang, D.J., Barr, A.M., Honer, W.G.** Prenatal tobacco exposure predicts obstetrical, developmental and substance use problems in patients with first-episode psychosis. *Schizophrenia Research* 119(1-3):271-272 (2010).
- **Whitehorn, D.** Mindfulness and Buddhist psychology: A model with applications and implications for early psychosis. *Early Intervention in Psychiatry*, 4(suppl 1): 157 (2010).
- **Lichlyter, B., Purdon, S., Tibbo, P.** Predictors of psychosis severity in individuals with primary stimulant addictions. *Addictive Behaviours*, 36(1-2): 137-139 (2010).
- **MacIntyre, G., Alford, T., Xiong, L., Rouleau, G.A., Tibbo, P.G., Cox, D.W.** Association with NPAS3 exonic variation with schizophrenia. *Schizophrenia Research*. 120: 143-149 (2010).



Front Row, L–R: Drs. Stephen Ayer, **Heather Milliken**, **Kim Good**, **Sherry Stewart**, Denise Bernier, **David Whitehorn**, and **Sabina Abidi**.

Back Row: Drs. Xiaowei Song, **David Gardner**, **Michael Teehan**, **George Robertson**, **Ron Leslie**, Ms. Barb O'Neill, and **Dr. Phil Tibbo**.

Missing from photo: **Drs. Harold Robertson** and **Zenovia Ursuliak**.

Humanities Corner

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 daylights 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.

Needing care for 24 hours, more or less

Powerlessness

Absence, apathy, happiness,

Cureless, careless, carless, sick.

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 kreg kawfe 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 over run

To the end of Casey's slope.