

# HEADLINES

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## TEACHING RESIDENTS TO TEACH

DEPARTMENT ROLLS OUT  
FORMALIZED RESIDENT  
TEACHING PROGRAM,  
*PREPP*

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# HEAD LINES

# MESSAGE FROM THE INTERIM HEAD



As you receive this copy of *Headlines*, Spring is definitely upon us (see **Dr. Ezio Dini's** photo at the end for proof)! Unfortunately, so is the third wave of COVID-19. With multiple variant cases, this wave is already generating our greatest numbers of cases and hospitalizations. Fortunately, this time around we are in a better position. We have all our most vulnerable citizens and all health care workers vaccinated, and we are well prepared to face this challenge following our experience of the past year. Still, it is deflating to confront our biggest hurdle yet when the end is seemingly just ahead. It feels like running in a marathon race where the finish line is visible at the top of the largest hill on the course. I draw confidence from the strength and resilience we have shown throughout this difficult year and I know we will finish strong.

The cover story of this issue highlights **Drs. Mark Bosma** and **Cheryl Murphy's** work in improving the teaching skills of our residents. Developed over several years with the input of many faculty and staff, PREPP takes best practices in medical education to enhance resident's skills and identity as a teacher. Read about this program and how medical education research by Dr. Murphy and our department's evaluation specialist **Mandy Eslinger** helped to shape this innovative piece of curriculum.

In this issue you can also get to know the work of several department members. There is a profile of one of



*Dr. Jason Morrison*

our newest faculty members, 6 Lane hospitalist, **Dr. Taylor Betsch**. **Dr. Pippa Moss** describes her volunteer work in Kenya, then shines a light on the work of community psychiatrist **Dr. Kara McNeill**. You can also read about the volunteer work of **Dr. Herb Orlik** with HomeBridge Youth Society, and read about **Dr. Abraham Rudnick's** new book on person-centered mental health care.

In our section highlighting community organizations, read about the Schizophrenia Society of Nova Scotia, an important partner that supports our patients with psychosis and their families.

When our next issue arrives in July, I hope for this current COVID-19

challenge to be behind us and our gaze firmly fixed on the prospect of some summer relaxation ahead.



# ON THE COVER

A crucial part of the resident experience is teaching medical students, peers and patients. Literature suggests residents are often the core teachers for medical students, making preparation for their teaching roles vital to both their success, and that of the students. The Department of Psychiatry is in the process of rebranding their resident teaching training program. Developed by **Drs. Mark Bosma** and **Cheryl Murphy**, with input from evaluation and curriculum specialist, **Ms. Mandy Esliger**, the Psychiatry Resident Educator Preparation Program (PREPP) aims to provide our residents with the knowledge and skills that are required to be good teachers following best practices in medical education.

Just over 10 years ago when Drs. Bosma and Murphy were starting their roles in medical education, they identified a learning gap in our program, specifically lack of a curriculum on the resident as teacher role. This led to the development of the first teaching residents to teach workshop in our department, from which PREPP would eventually be born. Drs. Murphy and Bosma worked with **Drs. Margaret Rajda, Adriana Wilson** and Michael Stubbs, with guidance and support from Dalhousie's Division of Medical Education, to establish the first program. Over time and with resident feedback, it evolved from a single teaching session that provided residents with knowledge of clinical teaching skills, to a broader program in which residents not only learn



*Ms. Mandy Esliger works on module development.*

the theory behind teaching, but are provided opportunities to apply the knowledge and skills they have been taught.

The department is fortunate to have staff who have focused their higher learning on the topic of the resident teaching role. Both Ms. Esliger and Dr. Murphy completed Masters in Education, and have incorporated their knowledge and ideas into the curriculum. In her thesis, Mandy studied how the Dalhousie University psychiatry residents' experience prepares them for their role as a teacher. Research has shown preparing residents for their teaching role supports development of their teacher identity, improves their job satisfaction and attitudes toward teaching, enriches patient care, and increases the chance that students

will adopt resident professional behaviour and values. "My study highlights the importance of fostering residents' educational skills to prepare them for their role as teacher, and provides insight on residents' perceived needs and how they can inform resident-as-teacher programs," says Ms. Esliger. Her research led to several recommendations to improve the curriculum to better meet the needs of the residents' teaching training, and how to integrate more evaluation that would improve the program. These suggestions were incorporated into the work Drs. Bosma and Murphy had already begun on the PREPP program.

Being a teacher is a component of the scholar competency of the Royal College of Physicians and Surgeons of Canada. "Every resident

is expected to teach students, colleagues, and patients, so from an accreditation perspective, the program is a requirement for training residents,” says Dr. Murphy. “From a departmental perspective, we wanted to elevate teaching from something that was expected but unrecognized, to something that was recognized and valued within our workplace.”

This desire, along with an increased interest in medical education led her and Dr. Bosma to develop PREPP.

“What is most exciting is seeing the culture shift over the past 5-10 years, where residents are not only more interested in teaching and becoming better teachers, they are now interested in the scholarly process of medical education,” says Dr. Bosma. “It has been rewarding rolling out various components of the program over the last 10 years and is very satisfying to see it packaged under a formalized program.”

PREPP provides a variety of compulsory and elective, hands-on, formalized teaching opportunities, many of which exceed formal classroom training sessions. These opportunities include delivering classroom teaching to clinical clerks, co-teaching medical student clinical skills sessions with a faculty member, completing a medical education scholarly project, and mentoring medical students and peers.

The formal packaging of PREPP may seem like a new concept for residents and faculty, but many of these curricular components have been in

place for a number of years. This is simply a way to recognize them as a distinct curriculum. The packaging also allows a way to acknowledge how the work completed by both faculty and residents contributes to the development of residents as teachers, and in turn helps residents firmly solidify their role as teacher.

You can expect to see branded material for the program in the coming months.

# RESEARCH REPORT



## Recently Awarded Grant Funding

### October 2020 Psychiatry Research Fund Competition

- **Dr. George Robertson** – CNS  
*Nanoparticle Drug Delivery* (\$20,000)
- Sarah DeGrace (**Dr. Sherry Stewart**)  
– *Exploring Associative Memory Mechanisms in Cannabis Users with Trauma Histories: Relevance to Understanding PTSD-CUD Comorbidity* (\$10,000)

### November 2020 Nova Scotia Health Research Foundation Competition

- **Dr. Shiloh Ricciotti** – *Investigation of outcomes after thoracic surgery for malignancy in patients with severe and persistent mental illness* (\$6,885)

### Recent External Funding

**Drs. Sherry Stewart, Abraham Rudnick** – *PTSD-Cannabis Use Disorder Comorbidity: Associative Memory Mechanisms*. Canadian Institute for Health Research Catalyst Grant (\$115,000)

## Psychiatry Summer Studentships

- Samantha Horne/**Dr. Gail Eskes** – *Validating an online method to assess and train visuospatial attention*
- Hailey Silver/**Dr. Sandra Meier** – *Social Media and Mental Wellbeing*
- Madison Szczygiel/**Drs. Candice Crocker & Phil Tibbo** – *Potential Influence of Cannabis Use History on the Efficacy of Anti-psychotic Medications in Patients with Early Phase Psychosis*
- Dimitra Tsimiklis/**Dr. Barbara Pavlova** – *Effortful Control in Offspring of Parents With and Without Mood Disorders*

## Department of Psychiatry Research Day 2021

This year's event is scheduled for Friday, Nov. 12 at the Atlantica Hotel. Now in its 31st year, Psychiatry Research Day promotes student involvement in research and showcases the department's diverse expertise to our university and local communities.

Applications to present at this year's Research Day will be distributed in May with registration starting in August.

For more information on Research Day 2021, please contact **Hillary Yuill** at [hillary.yuill@nshealth.ca](mailto:hillary.yuill@nshealth.ca).

# EDUCATION REPORT



## UNDERGRADUATE EDUCATION NEWS

### Teaching recruitment

2021/2022 undergraduate teaching recruitment continues. If there are additional activities you are interested in participating in and have not added them to your IPP, there is still an opportunity to sign up by visiting the faculty database: <https://dalpsychiatry.ca/education/faculty-ipp-education-activity-signup>. Please contact **Kelly Hancock** at [kelly.hancock@nshealth.ca](mailto:kelly.hancock@nshealth.ca) if you have any questions.

### IMU arrivals

In June, we will receive our annual cohort of students from the International Medical University (IMU) in Malaysia. They will participate in the psychiatry block of the Link Program administered by the Global Health Office. Several of our faculty and residents will be involved in preparing the six students for entry into clerkship in August.

### Mentorship program

As part of the effort to provide additional support to our clerks during the last year, our residents led the development of a mentorship program in which clerks participating in their psychiatry block are paired with a resident for mentorship. Resident-clerk pairs may discuss how to navigate specific clinical experiences, clinical guidance, general clerkship resources, or professional and career mentorship. It is meant to be flexible and intended to meet the needs of both the clerks and the residents. This program receives high marks in

student evaluations and has expanded to residents and clerks in Saint John from the initial Nova Scotia-focused pilot.

We will be launching a pilot for hot topic teaching. Associated with our resident mentorship program for clerks, residents will give quick, informal sessions over the lunch hour a few times each six-week block on high-yield clinical topics. These sessions will take place virtually over Zoom to allow the widest possible participation by clerks and residents at all of our sites, and to remove travel to a central site as an impediment to attending. These sessions are not mandatory, but we hope to see all of our clerks take advantage of this new opportunity.

### Summer Internship in Psychiatry (SIIP)

Nine Med 1 students from both campuses of Dalhousie's Medical School are set to join us for the newly launched Summer Internship in Psychiatry (SIIP). This initiative will take place from May 25 – 28 and will include small group didactic sessions, resident panels, site tours, and simulation. We look forward to hosting our participants and giving them a taste of what a career as a psychiatrist might be like. We would also like to thank the resident planning committee. SIIP is a direct result of their creativity, scholarship and hard work, and we can't wait to see the program in action!

## POSTGRADUATE EDUCATION NEWS

### Patient Recruitment Help Needed

Each year, medical students and residents are given opportunities to develop and practice their interviewing skills to prepare and further educate them during their medical training. As we approach another busy oral exam season, we ask that all staff be aware of opportunities for their patients to take part. Patients often enjoy the experience and many of our regular patients consider it an integral part of their wellness.

#### *How is the patient involved?*

- A medical student or resident will conduct a psychiatric interview, either virtually or in-person
- One or two psychiatrists will observe the interview; medical trainees may also observe
- Participation in a session typically lasts one hour
- Most sessions are held at the Abbie J. Lane Building at the QEII with potential for other teaching sites in HRM
- Participants receive \$25 per session as an appreciation for their time and many choose to participate in more than one session at a time

#### *Interested patient?*

If you have a patient who would be interested in joining our volunteer patient program, they can contact **Jen Brown** at 902-473-7122, or by email at [jen.brown@nshealth.ca](mailto:jen.brown@nshealth.ca), or **Kelly Hancock** at 902-473-4883, email

[kelly.hancock@nshealth.ca](mailto:kelly.hancock@nshealth.ca). Both can answer any further questions the patient may have.

### CaRMS 2021

A big thank you to everyone that participated in this year's online CaRMS events in March, especially the faculty and residents who assisted with interviews:

**Drs. Sabina Abidi, Pam Arenella, Mackenzie Armstrong, Alice Aylott, Sreenivasa Bhaskara, Kathy Black, Lauren Chan, Jacob Cooke, Jillian Cottreau, Ezio Dini, Selene Etches, Sarah Fancy, Madeline Ferracuti, Kyle Godden, Amy Gough, Josh Green, Holly Greer, Courtney Handford, Matt Havenga, Lara Hazelton, Kristen Holm, Mary-Ann Hudec, Vhari James, Sherry James, Marissa Leblanc, Katie Lines, Shannon MacDonald, Michelle MacDonald, Ali Manning, Matthew McAdam, Anastasia McCarvill, Philip Mills, Jason Morrison, Cheryl Murphy, Grainne Neilson, Nadine Nejati, Adi Nidumolu, Herb Orlik, Justin Paradis, Kulli Poder, Lukas Propper, Katie Radchuck, Margaret Rajda, Shiloh Ricciotti, Tyson Rizzardo, Celia Robichaud, Cody Sherren, Kathleen Singh, Chelcie Soroka, Lourdes Soto-Moreno, Graham Stevenson, Aidan Stokes, Katie Stymiest, Scott Theriault, Tanya Tulipan, Kim White, and Natasa Zatezalo.**

A total of 86 candidates of 146 applicants were interviewed over four days. Thanks also to our administrative staff, **Tracy Fraser, Jen Brown, Kelly Hancock, Mandy**

**Esliger, Kate Rogers, and Hillary Yuill**, who organized and assisted each day. Things ran very smoothly and clearly demonstrated the strengths of our program.

Match Day was April 20. We are very pleased to welcome the following Class of 2026 to the department starting July 1, 2021.

1. Dr. Talia Bond, Dalhousie University
2. Dr. Niamh Campbell, Dalhousie University
3. Dr. Julia LeBlanc, University of Ottawa
4. Dr. Mitchell Mammel, UBC
5. Dr. Julie Munich, University of Alberta
6. Dr. Cameron Taylor, Dalhousie University
7. Dr. Alexander Watts, University of Alberta
8. Dr. Kara Yeung, McMaster University



## FELLOWSHIP AND SUBSPECIALTY TRAINING NEWS

### **CAP Subspecialty Update**

**Dr. David Lovas** has been preparing for the transition to competency based medical education (CBME) within the Child and Adolescent Subspecialty Program.

Dr. Lovas has had planning meetings with both inpatient and outpatient supervisors.

A full child and adolescent faculty CBME workshop is planned for May 14. Plans are also underway

for the second National RCC Chairs Committee virtual meeting for Competency By Design (CBD) Transition in Child and Adolescent Psychiatry which will be chaired by **Dr. Lukas Proper**.

## CONTINUING PROFESSIONAL DEVELOPMENT NEWS

### **Annual Academic Day Conference: Coaching for Behaviour Change**

Register now: <https://register.eSourceEvent.com/AcademicDay21>

W.O. McCormick Day will be hosted online using Zoom and is scheduled on May 7, 8:30 am – 3:00 pm.

#### **Plenary speakers:**

**Keri-Leigh Cassidy, MD**

Basia Solarz, MAdED

Derek Puddester, MD

#### **Concurrent speakers:**

Scott Janssen, MSW

**David Gardner, PHARM D**

**Mark Bosma, MD**

Visit our web page for details: [dalpsychiatry.ca/s/womad](https://dalpsychiatry.ca/s/womad)

### **Call for University Rounds speaker suggestions**

We have already begun planning for the 2021-2022 academic year and are accepting suggestions for invited speakers until June 16, 2021. Suggestions can be entered at: <https://surveys.dal.ca/opinions?s=56831> or contact **Tracy Fraser** by email at [tracy.fraser@nshealth.ca](mailto:tracy.fraser@nshealth.ca).

### **Department of Psychiatry Faculty Workshops**

A series of online equity, diversity, and inclusion workshops for faculty were launched in February 2021. The next workshop, on newcomer mental health and transcultural psychiatry, will take place Friday, Sept. 24, 2021 from 1:00 – 4:00 pm on Zoom. Further details will be provided in the weekly psychiatry digest. Watch your email!

### **Announcements**

Rounds will take a break after June 16 and will begin again on September 8.

The Rounds webpage has been revised with a new look and now includes all upcoming presentations. The older sessions are still accessible in the archived section. Check it out at <https://dalpsychiatry.ca/static/twip>.

## EDUCATION KUDOS CORNER

We would like to congratulate **Drs. Joseph Aicher** and **Lara Hazelton** on the successful launch of a new Psychotherapy Journal Club in Saint John. The inaugural session was delivered virtually over Zoom and was very well-attended.

## MED-ED MINUTE

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

This Med Ed Minute revisits the “One-Minute Preceptor” clinical teaching model (originally published in November 2018 issue of *Headlines*) to consider incorporating into your teaching practice.

### What is the One-Minute Preceptor (OMP) model?

The One-Minute Preceptor (OMP) is a learner-centered, clinical teaching model that facilitates balancing teaching and providing patient care simultaneously.<sup>1,2</sup> OMP allows a preceptor to quickly assess learners’ knowledge and diagnostic reasoning skills, and provide targeted teaching and feedback.<sup>3</sup> Evidence shows the model is valued for its effectiveness and efficiency with high satisfaction among learners and preceptors.<sup>2,4</sup>

### Applying the One-Minute Preceptor model

To incorporate the One-Minute Preceptor into your teaching practice, follow the models’ five steps<sup>2</sup>:

- (1) Get a commitment from the learner (e.g. what do you think is going on with this patient?)
- (2) Probe for supporting evidence to explore the learner’s understanding (e.g. what major findings led to your conclusion?)
- (3) Teach general rules related to the patient and case
- (4) Reinforce what was done correctly and provide the learner with positive feedback
- (5) Correct learner mistakes

If you have suggestions for what you would like to see in the Med Ed Minute, please send them to **Mandy Esliger** at [mandy.esliger@nshealth.ca](mailto:mandy.esliger@nshealth.ca).

### References

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3. Ferencick, G., Simpson, D., Blackman, J., DaRosa, D., & Dunnington, G. (1997). Strategies for efficient and effective teaching in the ambulatory care setting. *Academic Medicine*, 72(4), 277–280. <https://doi.org/10.1097/00001888-199704000-00011>
4. Gatewood, E. & De Gagne, J. C. (2019). The one-minute preceptor model. *Journal of the American Association of Nurse Practitioners*, 31(1), 46–57. <https://doi.org/10.1097/JXX.0000000000000099>

## FACULTY DEVELOPMENT

### Faculty Development Opportunities

#### Dalhousie Continuing Professional Development

### Online Learning

#### Online Courses:

*Fundamentals of Teaching: Creating an Anti-Oppressive Learning Environment.* Registration will open soon for FacDev's newest course. For more information contact [FacDev@dal.ca](mailto:FacDev@dal.ca).

#### Online Seminars:

*White Fragility Clinic with Dr. Gaynor Watson-Creed and Dr. Ajay Parasram*

- May 6 11:00-12:00
- May 20 11:00-12:00
- June 3 10:30-11:30
- June 17 11:00-12:00

Please contact [Maria.Mueller@dal.ca](mailto:Maria.Mueller@dal.ca) for meeting link through MS Teams.

*Diversity Speaker Series: Women in Leadership with Jennifer Gillivan, President and CEO, IWK Foundation* | May 20, 12:00-13:00 | [Connect here](#) through MS Teams (Using the app, Google Chrome or Microsoft Edge) or contact [FacDev@dal.ca](mailto:FacDev@dal.ca) for assistance.

*Diversity Speaker Series: (Title TBD) with Dr. Gaynor Watson-Creed* | June 3, 12:00-13:00 | [Connect here](#) through MS Teams (Using the app, Google Chrome or Microsoft Edge) or contact [FacDev@dal.ca](mailto:FacDev@dal.ca) for assistance.

*Preparing for Promotion with Dr. Lara Hazelton* | June 3, 20:00-21:00 | [Connect here](#) using Adobe Connect or contact [FacDev@dal.ca](mailto:FacDev@dal.ca) for assistance.

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### Save the date

#### Medical Education Day: Back to the Basics

This year's *Medical Education Day: Back to the Basics* will take place virtually, on Friday, Sept. 17, 2021. Stay tuned for more information.

### Resources for Virtual Supervision of Learners

*Virtual Supervision of Medical Students in Clinical Settings* (recorded May 26): <https://dal.adobeconnect.com/a840580711/pg7cddqgc22e/>

*Tutor Skill Development Program* – small group facilitation online. Contact [FacDev@Dal.ca](mailto:FacDev@Dal.ca) for access to this online module in Brightspace.

Faculty Development has additional resources that can be found at <https://medicine.dal.ca/departments/core-units/cpd/about/COVID19PhysicianInformation/TeachingResources.html>.

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### 2018-2020 recorded webinars

Over the past year FacDev hosted a variety of different webinars including six related to teaching during COVID.

Webinar recordings are available upon request by contacting [FacDev@dal.ca](mailto:FacDev@dal.ca).

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### Online Modules

FacDev offers a wide variety of online modules which you are able to access 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 – updated with info re teaching online
- Medical Records Keeping (accredited)
- Documenting Your Teaching

For more information, and to access the modules please contact [FacDev@dal.ca](mailto:FacDev@dal.ca).

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### What's new in FacDev?

Anti-Oppression resources have been added to their website, which can be found <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/resources/Anti-RacismResources.html>.

For more information on Faculty Development and their programs, email [FacDev@dal.ca](mailto:FacDev@dal.ca).

Note: Many 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](mailto:deirdre.harvey@dal.ca).

## CHILD & ADOLESCENT PSYCHIATRY REPORT

### Knowledge Management System (KMS)

Led by **Dr. Jill Chorney**, IWK Mental Health and Addictions is developing a Knowledge Management System (KMS) application. The vision of this system is to ensure that all youth and families in Nova Scotia receive the same quality of mental health and addictions care. The KMS aims to gather the MH&A expertise and resources we have readily available and create a single point of access for users to find the best and most up-to-date information. The KMS application will include information such as treatment resources, training documents, relevant research, contact information for those with relevant expertise, and a calendar with key events and important dates. Dr. Chorney aims to have the application available for use within Nova Scotia by the summer of 2021.

### Concurrent Disorders Trust Fund

**Dr. Selene Etches** and the Mental Health and Addictions program at the IWK were successful in securing Department of Health and Wellness funding of \$50,000 for the concurrent

disorders population. The money was secured to support this vulnerable population and reduce the impact of COVID-19. With the support of this grant Dr. Etches has been able to ensure that patients have necessities such as bus passes or warm boots for winter. The program has helped the clinical team develop trust and rapport with these patients.

### All Party Mental Health Caucus Presentation

**Dr. Alexa Bagnell**, Ms. Maureen Brennan and **Dr. Leslie Anne Campbell** presented on youth mental health and the Learning Link clinical research capacity building initiative to the Canadian All Party Mental Health Caucus (MPs and Senators) on April 1, 2021. Ms. Jennifer Gillivan (CEO, IWK Foundation) outlined the partnership with the Sobey Foundation and Canada's Children's Hospital Foundations which is supporting innovative mental health and addictions projects across 13 children's health centres in Canada.

### 1st International Choice and Partnership (CAPA) Conference in May 2021

Registration for the 1st International Choice and Partnership (CAPA) Virtual Conference, May 10-12 is now open.

The first day of the conference will feature Dr. Ann York, who co-developed the CAPA model, speaking about CAPA values, and Dr. Duncan Law who will focus on the process of setting goals. To view the conference program: <https://uottawacpd.eventsair.com/capa2021/day1>.

Register at <https://uottawacpd.eventsair.com/capa2021/registration>.



# MEET OUR MEMBERS



The Department of Psychiatry is home to over 200 faculty. We have expert teachers, researchers and clinicians among them. In hopes of familiarizing you with our members, in each issue of *Headlines* you will be introduced, or re-introduced, to a new face. In this issue, get to know **Dr. Taylor Betsch**, hospitalist and assistant professor in both the Department of Psychiatry and Department of Family Medicine.

## DR. TAYLOR BETSCH

***My career at Dalhousie:*** I completed my family medicine residency at Dalhousie in the summer of 2020 and started working at Dalhousie shortly after that.

***How my career at Dalhousie/NSH changed over the years:*** After completing my residency, I had a great experience as a locum family physician at Tantallon Family Practice for the summer and then began working in my current role as a hospitalist with the Department of Psychiatry in the fall of 2020.

***My current position with Dalhousie:*** I currently work as a hospitalist on the 6 Lane inpatient psychiatry unit.

***My early career aspirations:*** I wouldn't say that I always knew that I wanted to be a physician. I have always enjoyed connecting with people in a meaningful way and was lucky enough to find a career that allows me to do so. I also love baking and eating, so if I didn't become a physician, I would have also enjoyed being a pastry chef (or a professional taste tester!).

***A typical day in my life:*** I generally start the day by reviewing and assessing any new patients on the unit. I like to review both the psychiatric and medical/surgical



*Dr. Taylor Betsch (photo submitted)*

histories of all our patients to ensure that I have a comprehensive overview of their clinical status to date and can provide individualized care throughout their admission. I also address any medical concerns that patients have on the unit as they arise and facilitate access to subspecialty care if needed.

***The most satisfying thing about my current role:*** The most satisfying aspect of my current role is developing relationships with the patients on our unit. Some of the patients admitted to 6 Lane have limited access to primary care, either due to their vulnerability within the community or simply the shortage of family physicians within Nova Scotia. Being able to provide unrestricted access to primary care during their admission helps to bridge that gap and my hope is that this holistic approach will promote both mental and physical wellness after discharge. It is truly a privilege to cultivate relationships with these patients and my goal is for each patient to feel well cared for during their admission.

***What I wish I could change about it:*** During my residency training, I had a few opportunities to work with medical students and very much enjoyed this. As a new staff physician, I will likely wait to gather more experience before working directly with learners, but hope to be able to collaborate with medical students in the future. My current role as a hospitalist on an inpatient psychiatry unit is unique within the realm of family medicine and it would be great to provide learners with a combined interest in family medicine and mental health the opportunity to explore such a position.

***The piece of advice I would offer to someone starting their career in mental health:*** Being a new staff physician and a new member of the inpatient psychiatry team, I'm certainly still gathering wisdom myself, but I think that one of the most important skills to develop as a physician is to be an avid listener. Taking the time to listen to and address a patient's or colleague's concerns or observations is integral to developing a partnership that fosters mutual trust and respect.

***In an ideal world, the next five years will look like:*** In the next five years, I hope to continue to progress in my career as a family physician and continually learn from my colleagues in family medicine and psychiatry. I am very fortunate to work with the brilliant team on 6 Lane, and hope to continue to do so in the years to come. I'm very excited to be getting married in 2022, and also hope to put my caregiving skills to the test and look into getting a dog in the coming years!

## NEWS FROM THE DEPARTMENT

### **Dr. Abraham Rudnick testifies in high-profile inquiry**

On March 11, 2021 **Dr. Abraham (Rami) Rudnick** provided his professional testimony in the Desmond Fatality Inquiry. The event was a live webcast from the Port Hawkesbury courthouse. Dr. Rudnick is the director of the Nova Scotia Operational Stress Injury Clinic and a Professor in our department and was approached to testify given his expertise in operational stress injuries (OSIs) and care for people who experience them. His testimony took place over a four hour period, and was one of several testimony sessions that started many months prior.

During the proceedings Dr. Rudnick clarified the meaning of an operational stress injury in this context, stating they are mental health challenges related to Canadian Armed Forces and police (RCMP) service. He also clarified what person-centered evidence-informed inter-professional biopsychosocial care is provided for people with OSIs. His testimony addressed the need for coordinated or centralized data to optimize care for people with OSIs across Canada.

The Desmond Fatality Inquiry is ongoing. If you would like to watch Dr. Rudnick's full testimony please visit: <https://video.isilive.ca/play/desmondinquiry/2021-03-11.mp4>.

### **Dr. Abraham Rudnick's book reviewed**

Dr. Abraham Rudnick's most recent book, *Handbook of Person-Centered Mental Health Care*, was recently reviewed by the Canadian Journal of Physician Leadership. In the review by Dr. Marilyn Baetz, the book is described as a tool to provide a comprehensive, hands-on guide on how to provide person-centred care and how it can be implemented by mental health professionals and students. Dr. Rudnick and his co-author also note the book can be used as an educational tool for service users, so that they may actively participate in their own care.

In her review, Dr. Baetz carefully summarizes the chapters, ending with her praise of the book's well-structured and easy-to-read style. She describes it as a good education resource for mental health trainees, including psychiatry residents, and a useful resource for practitioners who want to begin to advance their journey in person-centred care.

If you would like to read the review visit <https://cjpl.ca/revhpcmental.html>.



*Dr. Abraham Rudnick*



## Dr. Pippa Moss coordinates building of school in Kenya

For children to be mentally and physical healthy they need basic shelter and hygiene at school, and hopefully also at home. **Dr. Pippa Moss** has been involved in building a school in Empoo, the Masai Mara, Kenya. There are over 120 children there, aged four to eight years, studying under trees in an area that floods. Last year a young man that she, **Dr. Kara MacNeill** and Dr. Jean Clinton (Ontario) supported, graduated as a qualified teacher, and medical staff in Cumberland purchased a motor bike to act as an 'ambulance,' as there are no real roads.

Over the past few months Dr. Moss has coordinated the building of a classroom for the youngest children and a toilet block. Ongoing work is needed to provide water collection from the roofs and solar lighting. Currently there is only water from a river four kilometres away and no power.

Dr. Moss last traveled to Empoo in March 2020 and hopes to be able to go back to check the latest building in early 2022. If anyone is interested in helping please contact her at [pippa@drmossc.ca](mailto:pippa@drmossc.ca).



Above: classroom construction progress in Kenya.  
Left: Toilet block.

## AWARDS & HONOURS

### Dr. Chelcie Soroka awarded by COPE

In late March the department learned PGY-4 resident, **Dr. Chelcie Soroka**, was the recipient of the Coordinators of Postgraduate Psychiatric Education

(COPE) Best Paper Award. Her submission *A needs assessment of cannabis curriculums in Canadian psychiatry residencies*, was chosen by a selection subcommittee comprised of current COPE program directors. The

COPE Best Paper Award recognizes the best paper on education submitted by a psychiatry resident in Canada. Congratulations Dr. Soroka!



## ANNOUNCEMENTS

### World Maternal Mental Health Day

World Maternal Mental Health Day is May 5, 2021. This is a day dedicated to raising awareness of Peripartum Mood and Anxiety Disorders (PMADs), advocating for better screening and treatment, and celebrating the advances in research and treatment programs that have been helping families all around the world.

A Canadian study entitled *Maternal depression and anxiety symptoms*

*before and during the Covid 19 pandemic in Canada: a longitudinal analysis* by Racine et al was published on March 24, 2021 in *The Lancet Psychiatry*. This study confirmed what many of us have been observing in our clinical practice: in the early months of the pandemic, mothers have experienced a significant increase in depression and anxiety symptoms. This is especially true in mothers who had disruptions in employment or income, had struggles balancing homeschooling and working from

home, and had difficulty accessing childcare.

The team at Reproductive Mental Health Services invites you to pay special attention to the parents in your practice, especially how being a parent during this pandemic has affected their ability to work, socialize, and access the supports that they need to improve their mental health. Families needing extra support can contact the nearest Family Resource Centre or visit [www.caringtogether.ca](http://www.caringtogether.ca) for a list of local resources.

### APPA Annual Meeting Cancelled

Despite many efforts to hold the Atlantic Provinces Psychiatric Association (APPA) meeting this year

in Halifax, with the recent spike in COVID-19 activity this meeting has been cancelled for 2021. Thank you to APPA president Dr. Jose Meija and all those who submitted abstracts to

try and make this meeting come to fruition during this difficult year. APPA was scheduled to be held in Halifax from Sept. 30-Oct. 2, 2021. APPA is hoping to reschedule for June 2022.

## VOLUNTEER VIEW

Are you a volunteer in the mental health community? We want to hear about it. Contact **Kate Rogers** at [kate.rogers@nshealth.ca](mailto:kate.rogers@nshealth.ca) and be ready to answer a few questions about your volunteer experience.

### Dr. Herb Orlik: HomeBridge Youth Society

**Dr. Herb Orlik** is a member of both the volunteer board and the Finance and Risk Committee at HomeBridge Youth Society (HBYS), a not-for-profit organization that runs six group homes for teenagers in Halifax, Dartmouth and Sackville. Funded by the Department of Community Services and by donations, HBYS is a registered charity that provides youth-related services and programs for its residents.

Dr. Orlik has been involved with HBYS since its inception. He was part of the planning group of volunteers from health services and community

services that led to the establishment of the Association for the Development of Children's Residential Facilities (ADCRF) in 1977. The ADCRF would later become HomeBridge, and Dr. Orlik has served on the board off-and-on for the last 20 years. "When we developed ADCRF we had a letterhead that showed both the Department of Health and the Department of Community Services logos," he recalls. "No one objected and we collaborated very creatively."

Dr. Orlik volunteers his time with HBYA approximately once per month and says the experience is very rewarding. "I enjoy learning from and collaborating with the

hugely dedicated board members of all walks of life, and being able to bring education and insights about mental health to this diverse board." Dr. Orlik ventures that he would be remiss not to mention the satisfaction he feels when he is able to meet some of the youth and hear of their accomplishments in their own words and through presentations and artwork.

**Want to get involved?** When there are vacancies on the board, they recruit new members. You can learn more about HomeBridge Youth Society and make a donation to support them by visiting <http://www.homebridgeyouth.ca/index.asp>.

# ABOVE AND BEYOND



Celebrating the people that make our department the success that it is! We want to hear from you: Have you witnessed a colleague who has gone out of their way to help a patient, student, or other staff member? Have you seen someone do something that is beyond their job description? Contact **Kate Rogers** at [kate.rogers@nshealth.ca](mailto:kate.rogers@nshealth.ca) with the name of the department member you wish to highlight! Be ready to answer a few questions about the individual and what led you to put them forward to be featured.

## **Dr. Kara MacNeill**

*Nominated by Dr. Pippa Moss*

**Who is Dr Kara MacNeill?** Dr. MacNeill is an assistant professor working in Amherst, Nova Scotia.

### ***How has she gone above and beyond?***

Dr. MacNeill is a busy rural psychiatrist in an area that is significantly underserved. Despite the pressure of work, and the challenges of a long commute, she has gone out of her way to serve patients on many occasions, and is known for her caring and compassionate approach. She takes on very challenging patients with developmental disabilities and also cares for our geriatric patients, seeing them at home or wherever they are living, if they are unable to get into the clinic.

She also is an excellent and enthusiastic teacher, having been recognized by her peers as such. In addition, Dr. MacNeill was one of the first people to start using a *Jeopardy* format for fun and teaching - one of the things that her physician and interdisciplinary colleagues look forward to at educational events, as well as using this to teach students and residents.

**What makes her an asset to the department?** Dr. MacNeill is a huge asset to the department as she shows the face of the department well beyond



*Dr. Kara MacNeill*

the main campus. She demonstrates the department's dedication to excellent teaching, and ultimately excellent patient care in a manner

that suits community needs, both with regard to the physician/medical community and the local community.

# THE HEAVY HELPERS: COMMUNITY GROUPS MAKING A DIFFERENCE



## SCHIZOPHRENIA SOCIETY NOVA SCOTIA

### ***Who they are.***

Established in 1982, the Schizophrenia Society Nova Scotia (SSNS) works to support individuals living with schizophrenia, along with their friends and family.

The SSNS offer a variety of programs and services to promote and support wellness. The programs focus on developing a personal wellness plan, helping individuals to recognize the signs of relapse and creating opportunities to expand their support circle. They utilize a person-centred approach allowing for each person to choose a program or programs that work for them.

### ***How they help.***

Funding provided by generous donors, partner, members and sponsors allows the SSNS to continue to provide education and support programs, navigation, resources and advocacy for individuals and families in Nova Scotia.

### ***Want to make a difference?***

The SSNS offers various ways to give. You can get involved in the following ways:

- Become a Member
- Planned Giving - you may choose a living gift through securities, your will, life insurance or RRSP's
- Employee Matching - many companies match employee donations or specify the Society if you give through United Way contributions
- In Memory/In Honour - Celebrate people in your life with a gift to the Society in honour or in memory of someone special
- Sponsor A Group - Peer Support Groups require honorariums for facilitators and speakers as well as refreshments weekly, an average group is at a cost of \$450 per month
- Donate by PayPal or by cheque

- Volunteer opportunities

- Sponsorships/partnerships

To learn more about the Schizophrenia Society Nova Scotia and how you can contribute to their excellent programs please visit <https://www.ssns.ca/>.

# HUMANITIES CORNER



## Medical humanities rounds

Dr. Susan Lamb, historian of psychiatry at the University of Ottawa, presented the annual medical humanities rounds of our department on April 7, 2021. Her presentation addressed Adolf Meyer and his development of psychobiology as a predecessor of neuroplasticity. She overviewed Meyer's seminal influence on North American psychiatry in the first half of the twentieth century, his considerably diminished influence on psychiatry since then (discussions of its possible influence on DSM-5 notwithstanding), and his relation to other greats of psychiatry such as Freud, Jung and others. In particular she addressed his non-reductionist approach that integrated mind and brain and his use of evolutionary theory to understand mental health and its abnormalities as reactions of adaptations [to the internal and external environment] and their breakdowns.

## Psychiatry Book Club

Thank you to everyone who attended our third bimonthly Psychiatry Book Club via Zoom on March 30. Our discussion about Jesse Thistle's *From The Ashes* touched on some important and timely issues surrounding social determinants of health, adverse childhood events, resiliency, and the ways in which our own curriculum might be able to better incorporate Indigenous issues. On June 15, we will gather for our final book club of the 2020-21 academic year and consider Jann Arden's *Feeding My Mother: Comfort and Laughter in the Kitchen as a Daughter Lives with her Mom's Memory Loss*. Please join us for our final memoir/biography, and stay tuned for the theme of next year's book club.

Join Zoom Meeting:

<https://us02web.zoom.us/j/81443887897?pwd=am44RHpNQ0lpU05ORndLSGU3SmRBQT09>

Meeting ID: 814 4388 7897

Passcode: 472448

## Writing Contest

The 2021 Dalhousie Student Writing Competition closed on May 1, 2021 and the winners will be announced in the July issue of *Headlines*.



## PHOTO FEATURE



*Do you see the bee? (Photo by Dr. Ezio Dini).*

### 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 July 2, 2021, with the deadline for submissions to be June 18 2021.

Please send all submissions to Kate Rogers: **[Kate.Rogers@nshealth.ca](mailto:Kate.Rogers@nshealth.ca)**