

HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

Welcome to Dr. Amy Bombay

Dr. Bombay recipient of Dalhousie Diversity Faculty Award

The Department of Psychiatry is very pleased to welcome **Dr. Amy Bombay** to Dalhousie. Dr. Bombay holds a joint appointment with the Faculty of Health Professions School of Nursing and the Department of Psychiatry, and is recipient of a Dalhousie Diversity Faculty Award, a program that began in 2011 to increase representation of minority groups among professors and to provide role models across all Faculties.

While Dr. Bombay was completing her postdoctoral fellowship at the University of Ottawa, she applied for the Diversity Faculty Award, excited by the idea of continuing her research and teaching at Dalhousie. "My graduate and postdoctoral work generally focused on exploring determinants of mental health outcomes among Indigenous peoples, and so the Diversity Faculty Award's call for an Indigenous scholar who conducts Indigenous Health Research was a perfect fit for me," says Dr. Bombay. "Not only do I love the city of Halifax, but I was particularly attracted to coming to Dalhousie because of



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Message from the Head

Many very positive developments are covered in this issue of Headlines! On July 1, we were very happy to welcome two new members of faculty: **Drs. Meagan MacNeil** and **Amy Bombay**. Dr. MacNeil is well known to us, having obtained her MD at Dalhousie, and completed residency training and a fellowship in geriatric psychiatry here in the Department of Psychiatry. We are very happy that she is staying on as a member of faculty. We are also very happy to welcome Dr. Bombay, who joins us from Ottawa, where she received her university education at the University of Ottawa (BSc in Psychology) and Carleton University (MSc in Psychology and PhD in Neuroscience) and had most recently been a postdoctoral fellow at the University of Ottawa Institute for Mental Health Research. Dr. Bombay is the recipient of a Dalhousie Diversity Faculty Award and is cross-appointed to the School of Nursing in the Faculty of Health Professions. On October 29 we will have the chance to hear her make a presentation at Clinical Academic Rounds on *"The Effects of Culturally-Relevant Stressors on First Nations Well-Being."* Among other things, Dr. Bombay will be instrumental in assisting us to become more able to practice in a culturally sensitive and safe manner when delivering care to indigenous Canadians.

We also welcome senior trainees, **Drs. Ferid Fathalli** and **Malika Robichaud**, both coming to us from McGill. Dr. Fathalli is our first Royal College subspecialty resident in child and adolescent psychiatry, and Dr. Robichaud is training in psychotherapy with **Dr. Jackie Kinley**.

Congratulations are in order for **Dr. Sherry James**, who has been appointed as our new associate postgraduate



Dr. Nick Delva

program director, **Dr. Jonathan Wan**, on receiving the first Dr. Herb Orlik Adolescent Psychiatry Resident Award, **Dr. Keri-Leigh Cassidy**, on receiving the Canadian Academy of Geriatric Psychiatry Award for Regional Contributions in Geriatric Psychiatry, and **Dr. Margaret Rajda**, on receiving the Association of Chairs of Psychiatry of Canada Excellence in Education Award.

Dr. Cheryl Murphy, our director of undergraduate education and featured in "Meet an Educator" on pages five to seven, epitomizes excellence in education. Dr. Murphy is engaged in many types and levels of teaching, curriculum design, and evaluation, and it is clear that she loves her work as an educator. It is great news that Amherst is the latest site to offer a clerkship rotation in psychiatry.

Please put Research Day in your calendars for October 24! This will be the 24th year of this important and interesting event, details of which can be found on page three.

In closing, on behalf of the department I would like to express again our thanks to **Dr. Kathi Pajer** for her most positive contribution to our Department and our Health Sciences Centre over the past three years, and to wish her and her husband, **Dr. Bill Gardner**, the best in their new work in Ottawa.

Dr. Amy Bombay *continued from page 1*

the great network of researchers that are already here exploring Indigenous issues.” She learned she was the successful applicant for this position in January. Her joint appointment will facilitate collaborations across departments, schools and faculties.

Dr. Bombay will be involved in both research and teaching while at Dalhousie. She is keen to teach students about Indigenous issues and about the importance of considering culture in the provision of health services and programs, as well as involving them in her research activities. Her own interest in these issues was elicited by her family's experience as Ojibway people from Rainy River First Nation.

“Although it was a rare topic of conversation, I knew my grandparents, aunts, and uncles had gone to Indian residential schools,” she says. “I didn't really know what this meant, nor did I understand the effects that Indian residential schools had on our family and on many other Indigenous peoples

across the country.” She decided to do her own research about residential schools during her undergraduate degree, and was appalled to learn of the history and background related to this government policy. This realization sparked her interest in Aboriginal health issues, and during her graduate studies she was able to conduct several studies exploring the intergenerational effects of Indian residential schools on mental health outcomes.

Research is one of Dr. Bombay's main priorities. In addition to her work related to residential schools, her research explores the effects of exposure to various types of contemporary stressors, such as childhood adversity and culture-related stressors, like perceived discrimination, and how they interact with different aspects of cultural identity and with historical collective traumatic events in determining health outcomes.

Dr. Bombay is eager to get students involved in her work.

“I really hope that I will be able to

connect with medical and nursing students, as well as students from other relevant disciplines (e.g., psychology, sociology), who have an interest in Indigenous issues,” says Dr. Bombay. “I am looking forward to the opportunity to include students in projects related to their interests and at the very least, this experience will provide future doctors and health professionals with hands-on learning experiences that will promote knowledge of indigenous health issues, critical thinking, and exposure to the possibility of a future as a clinical researcher.”

Dr. Amy Bombay will spend half of her time with the Department of Psychiatry. We can look forward to hearing her speak on *The Effects of Culturally-Relevant Stressors on First Nations Well-Being* during clinical academic rounds on October 29.

Research Report

BY MS. JANET BARDON, ADMINISTRATOR, RESEARCH

24th annual department of psychiatry research day

This year's event is scheduled for Friday, Oct. 24 at the Lord Nelson Hotel. Now in its 23rd year, Psychiatry Research Day promotes student involvement in research and showcases the department's diverse expertise to our university and local communities. This year we will be giving presentation awards in the following categories:

- * undergraduate;
- * graduate;
- * resident;
- * junior faculty; and
- * psychiatry staff.

We are pleased to announce that this year's keynote speaker will be Dr. Darryle Schoepp, Vice President and Therapeutic Area Head, Neuroscience, Merck and Company, Inc.

Prior to his current position, and since 2007, Dr. Schoepp served as senior vice president and director of Neuroscience Drugs of Merck & Co.

Inc. Dr. Schoepp spent 20 years in neuroscience discovery research at Eli Lilly and Company, where he served as vice president and overall global head of Neuroscience Research and Early Clinical Investigation.

In 2002, Dr. Schoepp was honored with the Pharmacia / American Society for Experimental Therapeutics (ASPET) Award for Experimental Therapeutics for his research on the experimental therapeutics of metabotropic glutamate receptors. He is recognized for having made major contributions in the investigation of the excitatory amino acid neurotransmitter glutamate in disease pathophysiology, pharmacology and therapeutics. He led early and current efforts to discover agents that act at the receptor level to activate, antagonize, or allosterically modulate excitatory amino acid neuronal transmission. With his colleagues at Lilly, Dr. Schoepp discovered many novel compounds that entered clinical

development for the management of pain, migraine, epilepsy, anxiety, schizophrenia and neurodegenerative diseases. Most recently, his research has been focused on discovery of receptor agonists, antagonists and modulators in studying the role of glutamate regulation in psychiatric illnesses.

Dr. Schoepp received his bachelor's degree in pharmacy from North Dakota State University and his doctoral degree in pharmacology and toxicology from West Virginia University. He conducted postdoctoral research in pharmacology and toxicology at the University of Kansas. He is a member of the American College of Neuropsychopharmacology (ACNP).

If you are interested in attending this year's Psychiatry Research Day, please contact **Ms. Jennifer Brown** at Jen.Brown@dal.ca or check your emails for a registration form.

Education Report

BY MS. ANNETTE COSSAR, ADMINISTRATOR, EDUCATION

undergraduate news

The annual Med I Shadow a Physician day was Sept. 2, 2014. Faculty from various departments in the Faculty of Medicine had students shadow them for the day to help them understand what "life in medicine" is all about.

Several of our own faculty participated and it is hoped that some of the students will become interested in psychiatry.

The Class of 2015 will finish their Med

3 rotations on September 14. The Class of 2016 will begin their Med 3 rotations on September 15.

Cumberland Health Authority in Amherst will accept their first clinical

clerk in October and will have five clerks on rotation throughout 2014/15.

The annual Med II Skilled Clinician (was Clinical Skills) starts September 11 and runs for eight weeks within the Neurosciences block.

Clerk on-call evaluations will be implemented for the new academic

year. The evaluation will be a simple paper form that the clerks will be responsible for asking a clinician, preceptor or resident they were on-call with to complete. The clerks are to return their completed forms to their rotation supervisor for inclusion in their ITER.

UGME has revamped and standardized the evaluation forms clerks complete on their rotations, preceptors and seminars for 2014/15. They have also implemented a resident evaluation form, so our residents will now be evaluated by our clerks. As before, the feedback from evaluations will be provided on an annual basis each fall.

postgraduate news

On behalf of the Education Section, we would like to congratulate **Dr. Sherry James** on her new appointment as associate postgraduate director, effective July 1. Dr. James is a graduate of our residency program and has been participating in academic

activities since the start of her faculty appointment with the department.

We would like to welcome two new senior trainees to our department. **Dr. Ferid Fathalli** represents our first subspecialty resident in Child and Adolescent Psychiatry. Dr. Fathalli is a

graduate of McGill University and will be working with **Dr. Alexa Bagnell**. **Dr. Malika Robichaud**, also a graduate of McGill joins us for fellowship training with **Dr. Jackie Kinley** in the area of Psychodynamic and Group Psychotherapy.

continuing education news

The summer was busy with planning the 2014 – 2015 University Rounds, Clinical Academic Rounds and Inter-

Professional Education Sessions, as well as a number of one-day continuing professional development workshops.

We have organized a schedule of excellent events for the upcoming academic year.

UPCOMING CONTINUING EDUCATION EVENTS

University Rounds

September 17 Dr. Jeff Bridge, Ohio State University College of Medicine, Centre for Innovation in Pediatric Practice Nationwide Children's Hospital

Topic: *Youth Suicide Prevention: Focusing on Periods of High Risk*

October 15 Dr. Jean Addington, The Mathison Centre for Mental Health Research, Hotchkiss Brain Institute, University of Calgary

Topic: *Youth at Clinical High Risk for Psychosis*

Clinical Academic Rounds

September 3 **Dr. Jose Mejia:** *Antisocial, Sexualized and Psychopathic Behaviours in Girls: Is That Even Possible?*

September 10 **Dr. David Whitehorn:** *Mindfulness as a Core Competency for Mental Health*

September 24 **Dr. Jason Morrison & Dorothy Edem:** *CHAMHP Core Business Redesign Project*
Child & Adolescent Psychiatry: Presenter and topic to be announced

October 1 *7th Psychiatry Debate:* Watch for the upcoming Psychiatry Debate flyer for further details

October 8
October 22 **Dr. Deborah Parker, Dr. Jacquie Cohen & Dr. Shelley Harvill:** *Borderline Personality Disorder Treatment Program*

October 29 **Dr. Amy Bombay:** *The Effects of Culturally-Relevant Stressors on First Nations Well-Being*

Inter-Professional Education

September 9 Psychiatry: Dr. Jason Emsley: *The Intersection of Mental Health, Physical Health, and Emergency Medicine*
September 16 Recovery and Integration Program: Ms. Dorothy Edem (Coordinator)

September 23 Hospitalist /GP's: **Dr. Derek Laskowski** (Coordinator)
September 30 Provincial Sexual Behavioural Program: Dr. Angela Connors (Coordinator)
October 7 Psychiatry: Presenter and topic to be announced
October 14 Acute Care: Ms. Mary Pyche (Coordinator)
October 21 Occupational Therapy: Ms. Alana Emin, Ms. Julie Delnegro, Mr. Joseph Lower
October 28 CHAMP M&M Committee /Patient Safety: Ms. Laura Ackorn (Coordinator)

ANNOUNCEMENTS

Monthly Psychiatry IPE Sessions

This fall the monthly Psychiatry IPE Sessions scheduled for September 9, October 7, November 4 and December 2 will be held in Room 4074, Abbie J. Lane building with videoconferencing available to the NSH as well as to all of the other usual sites.

CPD Workshops

Mark your calendars for the following CPD workshops:

- Thursday, April 16, 2015, 9:00 a.m.- 4:00 p.m., Room 4074 Abbie. J. Lane building.
Dr. Judith Davidson, Queen's University
Topic: *CBT and Insomnia*

- Thursday and Friday May 7 & 8 2015, 9:00 a.m. - 4:00 p.m. Rm. 4074 Abbie J. Lane building.
Dr. Scott Stuart, University of Iowa
Topic: *Interpersonal Psychotherapy*

CE/CPD Learning Needs Survey

In order to continue to develop and deliver DOP/CHAMHP continuing education (CE) and continuing professional development (CPD) programs tailored to the learning needs of our faculty, residents and multidisciplinary mental health and addictions clinicians, we will be sending out a brief learning needs survey in early fall. Expect the survey to be delivered to your email account. Completing the survey will assist us in planning CE/CPD programs that are relevant to your learning needs.

meet an educator

Meet an Educator is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Cheryl Murphy**, assistant professor and director of undergraduate education in the Department of Psychiatry. If you are interested in being profiled in an upcoming publication, please contact **Ms. Annette Cossar** at Annette.Cossar@cdha.nshealth.ca.

My current education/teaching

interests: I am currently involved in education in many ways and enjoy the diversity a clinician-educator career path provides. I am involved in direct clinical supervision, and in the formal curriculum at both the undergraduate and postgraduate levels. In addition to seminar teaching I am also regularly involved in tutoring in the clinical skills and professional competencies units for

second year medical students. From an educational administration perspective, in my role as the psychiatry clerkship and undergraduate director, I am involved in developing the curriculum and designing the evaluation for our undergraduate learners. This role also includes sitting on several education-related committees within our department and the medical school. I have developed a particular interest

in assessment and evaluation and I co-chair, along with **Dr. Mark Bosma**, the COPE exam and sit on the exam boards for the general psychiatry exam and the geriatric subspecialty exam. Over the past year, I have also had the opportunity to be part of the working group tasked with developing the PER Route B examination in Psychiatry and have done some work with the Medical Council of Canada in developing and



Dr. Cheryl Murphy

reviewing OSCE stations for their NAC exam that assesses the readiness of an international medical graduate for entrance into a Canadian residency program. From a research perspective in education, I am involved in co-supervising residents' research projects and have recently had a paper published with **Dr. Lara Hazelton** that involved a national survey looking at remediation practices in Canadian Psychiatry clerkships.

My preferred method of teaching/ curriculum delivery: I most enjoy small group teaching. It can be a very effective way to facilitate learning if you can engage the students in the topic. This can take more work upfront

because you need to consider not only the content or topic, but also ways to present it that encourage discussion and reflection amongst the group. You also need to be prepared to adjust what you are doing during the session based on the group dynamic and interest. I personally like to ask the group questions and have them reflect or provide an opinion. I also find including my own personal experiences and cases can be helpful. My favourite session to teach is actually the review session for the core clerks. A few years ago I created a series of review questions and put it into a Jeopardy style format. It is a lot of fun and the students really enjoy it.

A typical “Day in My Work Life”: My days can be pretty variable because of the nature of both my clinical and academic work, and I personally enjoy that. Typically though, my mornings begin around 6:30 a.m. and that time before work is usually focused on my family and getting them ready for their day. Unless I have an early morning meeting my work day usually starts around 9:00 a.m. I start by checking email and telephone messages and then I spend the morning seeing patients or reviewing cases with my team. In the afternoon, I might have a follow-up visit and a teaching session, or a meeting with a learner. I tend to leave the end of the day to catch up on messages and paperwork. My work day typically ends around 5:30 or 6:00 p.m. I always try to be home for dinner with my family and to be there for bedtime for my children. Once they are settled, it isn't unusual to spend an hour or two doing academic administrative work such as reviewing student evaluations, developing examination material or working on a project related to one of the committees I sit on.

The most satisfying and frustrating aspects of doing academic work:

I find it very rewarding to mentor undergraduate students who are trying to make a decision about their career path and are considering a psychiatry residency. Over the last several years I have had the pleasure of getting to know a few students and in helping them in some way to make their decision or to navigate the process of getting there. This often happens informally, over a cup of tea and a few emails. It is very satisfying to get an excited email on match day from a student who is ready to start the next phase of their training and is happy with the choice they have made.

In terms of what I find most frustrating

about academic work it is having an idea or interesting project that I just don't have the time to pursue. I find most things related to education interesting and it is often hard to say no to those opportunities. It is however, really important to me to be able to find a balance in my personal and professional life and time with my husband and four little boys is also so important.

My education/academic mentor: I can't say I have really had any one person who has been an academic mentor. What I do have is a small network of people I consider peer mentors who share an interest in medical education. I met some of them during my MEd and some are in our department, like **Drs. Mark Bosma, Lara Hazelton and Margaret Rajda.** In my opinion, they have been an invaluable resource. I think it really

helps with creativity and motivation to have people to collaborate with and to help work through problems or ideas.

My second career choice: I've wanted to be a physician for as long as I can remember, although I thought I wanted to be a neurologist through most of medical school. Luckily, I was fortunate to meet a psychiatrist in my clerkship who helped me to understand that psychiatry was a much better fit for me.

Global Psychiatry at Dalhousie

BY MS. SANDRA HENNIGAR, SPECIAL PROJECTS, DALHOUSIE GLOBAL PSYCHIATRY

training in trinidad

Global Psychiatry recently began training in the Prevention and Management of Aggression and Violence in Trinidad. The original request for training came last summer from one of the directors of a regional health authority who heard about the training offered in Tobago. Global Psychiatry was subsequently approached by the Ministry of Health Mental Health Planning Unit in Trinidad to submit a proposal for training for staff from across the island. The project has grown since its inception to include not only mental health staff from across Trinidad, but also staff who work in other ministries that provide front-line services to a range of individuals who might be at risk or pose a risk to staff.

Ms. Trudy Rouse, Director of the Mental Health Planning Unit with the Ministry of Health, is a driving force behind this training. She saw this as an opportunity to provide some cross-government agency training and began identifying stakeholders with a similar need. She



Ms. Keltie Donnalén and a tour guide in Trinidad.

invited participants from the Ministries of Education, People and Social Development, Justice, Emergency Response, and Maintenance and Training Services to meet with the Dalhousie team in February. The participants were provided with a review of the program and were asked to return to their respective areas and

discuss their ongoing commitment for training.

The training session in June differed slightly from the previous experience with the partners in Tobago. The program was offered over a three-day training period, opposed to the five-day training period that was used in Tobago. During the first training

period, two three-day training sessions were provided. The first group mainly comprised of staff that provided mental health care at both the hospital and community level. The second

group was a mixture of participants from the additional five government departments.

The next phase of the project involves delivering the train-the-trainer

model to 10 of the participants.

This is scheduled for the last week in September and the third week of November.

psychiatric mental health nursing program

The one-year psychiatric mental health nursing program for registered nurses at Stanton Territorial Health Authority (STHA) finished at the end of August. This was the first time the program was offered at Stanton and it was done in partnership with the Dalhousie Department of Psychiatry, Registered Nurses Professional Development Centre, and STHA.

While enrolment in the program started out strong with eight registered nurses planning to take the program, the class size consistently diminished over the course of the program, with only two students graduating. There were many factors contributing to this attrition rate. The overall program will

be reviewed and a full report including outcomes and recommendations will be submitted.

The program allowed for four weeks of clinical supervision, done in two-week blocks. The last block of supervision finished on August 19. During those two weeks, students had many opportunities to reflect upon their nursing practice and discuss the many cultural implications of nursing "north of 60." The unit serves a predominantly Aboriginal population, but practices primarily from a western worldview of medicine. The hospital provides some resources in the Aboriginal Wellness Centre, but this centre's approach is often tailored more toward the Dene

First Nations group and may not represent the traditions and cultures of the Metis and Inuit. The students and supervisor participated in a webinar presented by Centre for Addictions and Mental Health's Aboriginal Engagement and Outreach Resource Centre that provided information on research currently being conducted with First Nations-Inuit-Metis to adapt assessment tools to meet their needs and to look at a specific assessment tool developed for one community to assess youth for alcohol-related issues.

Update from NWT

BY DR. ARLENE MACDOUGALL, PSYCHIATRIST, DALHOUSIE GLOBAL PSYCHIATRY

Drs. Bianca Horner and Arlene MacDougall were in Yellowknife during the last week of June to facilitate the development of an integrated collaborative step care model for mental health in primary care in the Northwest Territories. Drs. Horner and MacDougall are working with a group of senior leaders, service providers and researchers

from Yellowknife Health and Social Services Authority, Stanton Territorial Health Authority and the Institute of Circumpolar Health Research in overseeing the establishment and evaluation of a pilot site in Yellowknife. This steering committee is in the process of completing the pilot project charter. Drs. Horner and MacDougall also had an opportunity during

this visit to present the integrated collaborative step care model to staff at the Government of the Northwest Territories' Department of Health and Social Services in keeping with the longer-term vision of eventually adapting and expanding the model to smaller communities across the territories.

Report from the Sun Life Financial Chair in Adolescent Mental Health

BY DR. STAN KUTCHER, SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH

21st world congress of the international association for child and adolescent psychiatry and allied professions

Dr. Stan Kutcher was recently invited to be a primary speaker at the 21st World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions meeting in Durban, South Africa. There he provided both a keynote and

a plenary address on the topics of: *Electronic interventions for treatment of adolescent depression: hot idea or hot air?* and *Youth Mental Health Literacy, Schools and Primary Care: Challenges and Opportunities*. His work in development of integrated

self-care electronic personal health records was particularly well received, with numerous opportunities for developing projects and partnerships with academic institutions around the globe being one of the most interesting outcomes.

NEWS & ANNOUNCEMENTS

news from the department

FAREWELL TO DR. KATHLEEN PAJER

A farewell reception was held at the IWK Health Centre, recognizing **Dr. Kathleen Pajer** and her very substantial contributions as outgoing Chief of IWK Psychiatry and Senior Physician of the IWK Mental Health and Addictions Program. Dr. Ruth Carter, director and co-leader with Dr. Pajer, thanked her for her three years of strong leadership and collegiality. Ms. Anne McGuire, CEO of the IWK, and other staff added their thanks and good wishes. Dr. Pajer replied and in turn thanked clinical, researchers, administrators and support staff for their dedication and hard work in improving the



L-R: Drs. Ruth Carter and Kathleen Pajer at the reception for Dr. Pajer.

mental health program and services to its children and families. Dr. Pajer

finished with the department in early September.

DR. ANDREA MURPHY ATTENDS SPARK TRAINING WORKSHOP

Dr. Andrea Murphy attended the Mental Health Commission of Canada's SPARK (Supporting the Promotion of Activated Research and Knowledge) Training Workshop on June 10 to 12 in Winnipeg. This year's workshop was about *Making the Connection: Moving Knowledge to Action*. Knowledge translation expert Dr. Melanie Barwick was the keynote speaker. Dr. Murphy was accepted as one of 37 people to attend out of an applicant pool of 83. Her successful submission was based on the project *More Than Meds*, which is a community-pharmacy based mental health care capacity building program for pharmacists that she and her colleagues **Drs. David Gardner,**



SPARK workshop attendees and facilitators in Winnipeg, June 10th-12th, 2014

Stan Kutcher, and Ms. Ruth Martin-Misener (Nursing) have developed and implemented. For more information on the SPARK program visit: <http://www.mentalhealthcommission.ca/English/>

[initiatives-and-projects/knowledge-exchange-centre/spark](http://www.mentalhealthcommission.ca/English/initiatives-and-projects/knowledge-exchange-centre/spark)

DR. CHRISTINE CHAMBERS PRESENTS AT TEDX EVENT

Dr. Christine Chambers was invited to speak at a TEDx event, *Thinking Outside the Box*, at Mount Allison University in January. In this talk, Dr. Chambers focused on the history of pediatric pain, the current problem in children's pain, and she encouraged better communication between parents and health care professionals

so that children get the best pain management. To view Dr. Chambers' talk please visit <http://www.youtube.com/watch?v=ge6RY7L2vVo>.



Dr. Christine Chambers presents at TEDx.

E-DISCHARGE SYSTEM IMPLEMENTED AT CAPITAL HEALTH

E-Discharge is a user-friendly, online documentation system that takes advantage of available electronic patient data (e.g., patient registration, electronic Discharge Medication Record, etc.) and facilitates the quality and legal requirements for timely, complete transfer of patient information at discharge. E-Discharge can take the place of hand written Interim Discharge Summaries and/or dictated reports.

Version 1 of the E-Discharge application was made available to a limited number of service areas for the initial pilot, where over 5,000 discharge summaries were completed. Feedback from this pilot was used to enhance the system before being rolled out to additional service areas. User feedback has been positive, particularly with regards to the availability of real-time patient information and ease of use.

The E-Discharge report can be started anytime during the inpatient stay and updated as needed. Once complete, it automatically flows to HPF and is faxed to the identified providers for follow-up.

Other benefits include:

- Automation, including Attending Physician change updates pulled in from STAR, the ability to access physician fax numbers, hide section

instructions and examples, search for partially completed reports by patient name or encounter number, and e-mail reminders of reports waiting for verification,

- The ability to customize the patient's copy to contain only those fields deemed appropriate by the user.
- Customization and organization,

including service-specific drop down lists or "cut & paste" instruction blocks, prominent tick boxes to indicate outstanding/pending results, follow-up items organized by responsible party (e.g. family physician), and a cleaner final copy of the discharge summary.

All physicians and residents working within Capital Health may have access to this tool. Education is also available

on E-Discharge, as well as other electronic tools available for physicians.

Please contact Ms. Ruth Harding, Quality and Patient Safety Leader with Performance Excellence for additional information:

Ruth.Harding@cdha.nshealth.ca

staff and faculty changes

Dr. Meagan MacNeil joined the department as an assistant professor and staff psychiatrist in geriatric psychiatry, effective July 1. Dr. MacNeil obtained her medical degree, and

completed a residency in psychiatry and then a fellowship in geriatric psychiatry, all at Dalhousie University, completing her studies in June 2014. Dr. MacNeil's office is located in Room

2120, Seniors Mental Health, Mount Hope Building. She can be reached at Meagan.Macneil@cdha.nshealth.ca or 902-473-6032.

awards & honours

DR. JONATHAN WAN RECEIVES INAUGURAL DR. HERB ORLIK CHILD AND ADOLESCENT PSYCHIATRY RESIDENT AWARD

The **Dr. Herb Orlik** Child and Adolescent Psychiatry Resident Award honours a resident who has demonstrated exceptional performance in their Child and Adolescent Psychiatry rotation. **Dr. Jonathan Wan**, the inaugural recipient of the award, was nominated by **Drs. Pam Mosher, Sabina Abidi** and **Alexa Bagnell** for his superior level of professionalism, strong work ethic and calm, compassionate style of interviewing and communicating with pediatric patients and their families. Dr. Wan is admired for his collaborative approach to patient care and willingness to assist while on-call in the Emergency Department at the IWK. Congratulations Dr. Wan!



L-R: Drs. Jonathan Wan and Herb Orlik

DR. STAN KUTCHER RECIPIENT OF PHE CANADA EDUCATOR AWARD

Congratulations to **Dr. Stan Kutcher** who received one of the national Physical and Health Education (PHE) Canada health Educator awards for the 2013 school year. The award honours

an individual for their work to further the importance of health education in Canada and who has served as a champion in promoting the importance of Health Promoting Schools at the

local, regional, provincial or federal level. Dr. Kutcher was recognized for his countless contributions to health education.

ACPC EXCELLENCE IN EDUCATION AWARD PRESENTED TO DR. MARGARET RAJDA

The Associations of Chairs of Psychiatry in Canada (ACPC) Excellence in Education Award is presented to an individual who has made a significant and sustained contribution to education in psychiatry, someone who excels not only in active teaching and supervision, but who goes above and beyond in the areas of academic management, course development and student evaluation, and who has written on education and teaching. The 2014 ACPC Excellence in Education Award

winner is **Dr. Margaret Rajda**. An outstanding member of the faculty in the Department of Psychiatry at Dalhousie University since 1998, Dr. Rajda spends a great deal of her time teaching and mentoring medical students, psychology interns, and psychiatry residents. Under her leadership the entire postgraduate curriculum was reviewed and revised, and full accreditation by the Royal College was achieved. Dr. Rajda is innovative and committed to teaching.

She takes an interest in each and every resident and you will not find a resident who has passed through the program at Dalhousie, who doesn't recognize that Dr. Rajda goes the extra mile. She surpassed expectations in her role as Director of Postgraduate Education and will no doubt do the same in her new role as Director of Education, Department of Psychiatry. Congratulations to Dr. Rajda!

DR. KERI-LEIGH CASSIDY RECEIVES CAGP AWARD FOR REGIONAL CONTRIBUTIONS IN GERIATRIC PSYCHIATRY

Congratulations to **Dr. Keri-Leigh Cassidy** who is the recipient of the 2014 Canadian Academy of Geriatric Psychiatry's (CAGP) Award for Regional Contributions in Geriatric Psychiatry. This award recognizes a geriatric psychiatrist who has made a significant

contribution to geriatric psychiatry through education, clinical service or innovations in service delivery at the local level. Dr. Cassidy is recognized for her work in Nova Scotia as a leader in education and senior's mental health program development. Her

dedication to providing high quality care to older adults and educating those who care for them has been an inspiration to many. Dr. Cassidy will receive the award in September at the 2014 Canadian Academy of Geriatric Psychiatry Conference in Toronto.

DR. MICHAEL BUTTERFIELD, PGY-4, AWARDED SPOT AT CPA JUNIOR INVESTIGATOR RESEARCH COLLOQUIUM

Congratulations to Dr. Michael Butterfield who was awarded a spot at the newly launched Canadian Psychiatric Association (CPA) Junior Investigator Colloquium. The Colloquium aims to provide guidance, mentorship and encouragement to

young investigators in the early phases of their training. Junior investigators will have an opportunity to obtain feedback about their past, present, and future research from mentors who are tops in their field in a small group setting as well as participate in plenary

sessions about career development and grantsmanship. This year the all-day workshop for junior psychiatric investigators will be held in Toronto on Thursday, September 11, 2014 at the CPA Annual Conference.

Residents' Corner

BY DR. MARIE CLAIRE BOURQUE, CHIEF RESIDENT, DEPARTMENT OF PSYCHIATRY

meet your PGY-2s!

DR. JILL BOYD

Fun Fact: Dr. Boyd has lived in the beautiful city of Halifax for the past 13 years. She can be found doing (never-ending) renovations with her husband, chasing around her two Boston Terriers, or counting down to Football season (Go Pats!).

Career minded: Dr. Boyd really enjoys general outpatient psychiatry and has interests in the (admittedly, very different) fields of forensics and reproductive mental health.



Dr. Jill Boyd

DR. VHARI JAMES

Fun Fact: Dr. James studied medicine in Dublin, Ireland. On any given day, she can be found spending time with friends, or walking her 2.7 lb dog named Cujo. Everybody loves Cujo.

Career-minded: Dr. James is relatively undecided about her specific career goals, but she has an interest in child and adolescent psychiatry.



Dr. Vhari James

DR. LESLEY KIRKPATRICK

Fun Fact: Dr. Kirkpatrick studied medicine in Galway, Ireland. She can be found spending time with her fiancé, family and friends! She loves traveling, sailing and fashion.

Career-Minded: Dr. Kirkpatrick is interested in the fields of emergency psychiatry and child and adolescent psychiatry.

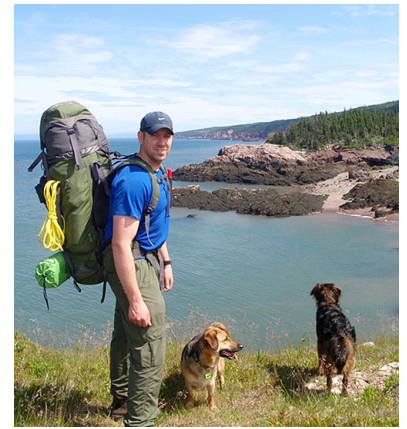


Dr. Lesley Kirkpatrick

DR. IAN MACKAY

Fun Fact: In 2008, Dr. MacKay trekked for 21 days through Patagonia, starting in Argentina and ending in Chile. The thing he recalls the most? It was hilly.

Career-minded: Dr. MacKay hopes to work in New Glasgow or Truro, or both, and practice geriatric psychiatry (if he can convince the government it is a needed service outside of CDHA). He also wants to work internationally, both to learn from other countries and to provide service where needed. He also wants to win the lottery, but realizes he needs a backup plan.



Dr. Ian MacKay

DR. JENNI OJIEGBE

Fun Fact: Dr. Ojiegbe has a very unique accent. Born in Nigeria, she has also spent substantial time in England, Newfoundland, Ontario and the Caribbean. She often gets asked “Where is your accent from?” She also recently discovered Netflix and is now watching what seems like one series per day.

Career-Minded: Dr. Ojiegbe is interested in the fields of consultation liaison psychiatry and emergency psychiatry.



Dr. Jenni Ojiegbe

DR. CELIA ROBICHAUD

Fun Fact: Dr. Robichaud loves caramel popcorn, horror movies and her home petting zoo (consisting of one large dog and two cats).

Career-minded: She's interested in neuropsychiatry and consultation liaison psychiatry, especially psychiatric management of traumatic/acquired brain injury and organic causes of psychosis.

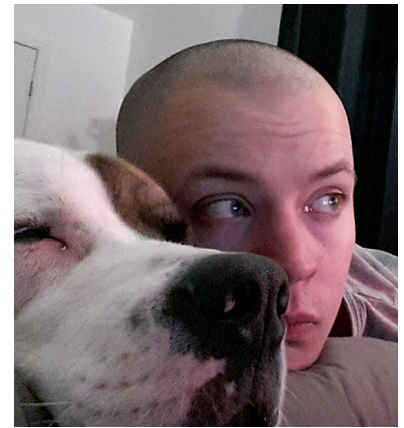


Dr. Celia Robichaud

DR. IAN SARTY

Fun Fact: Dr. Sarty is a dog lover (he could not find a dog-free picture of himself) and a man of few words. On any given day, he can be found spending time with his with friends, or doing renovations on his house.

Career-minded: Dr. Sarty is interested in geriatric psychiatry, and has been interested in geriatric medicine (in general) since the early stages of medical school.



Dr. Ian Sarty

DR. KATHLEEN SINGH

Fun fact: Dr. Singh has been an avid Blue Jays and 49ers fan since childhood. She will also swear up and down she has the fastest dog in the city. If you don't find her reading or watching a Coen brothers film, she will probably be fantasizing about her next trip around the globe.

Career-minded: She currently has several career interests including Consultation Liaison Psychiatry, sleep disorders, and general adult inpatient psychiatry.



Dr. Kathleen Singh

PROPS

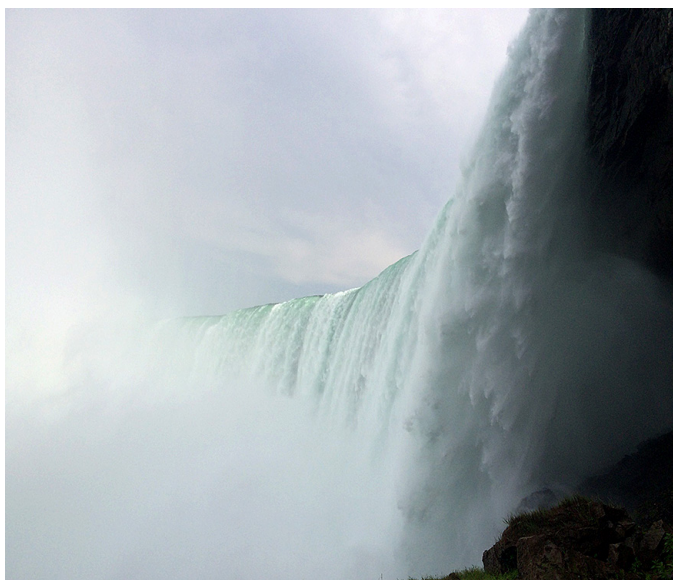
The residents want to acknowledge **Dr. Mark Bosma**, program director, and **Dr. Sherry James**, associate program

director, for working so diligently for the benefit of the Dalhousie Residency Training Program. They are fun, they

love teaching, and always have our best interest in mind! PROPS for that!

Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND LECTURER



Niagra Falls, Ontario

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 Nov. 3 2014, with the deadline for submissions to be Oct. 17, 2014.

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

UPCOMING AWARD DEADLINES

There are many awards that Department of Psychiatry faculty, fellows, residents, and staff are eligible to win each year. The following is a list of awards with upcoming deadlines. If you would like to nominate someone please contact **Ms. Kate Rogers** at Kate.Rogers@cdha.nshealth.ca. The awards committee will work with you to organize nomination materials. For further details and terms of reference for the awards please visit our website (<http://www.medicine.dal.ca/departments/departments-sites/psychiatry/about/awards.html>).

Granting Body: **Association of Faculties of Medicine of Canada**

- Award for Outstanding Contribution to Faculty Development in Canada (Oct. 15)
- Young Educators Award (Oct. 15)
- John Ruedy Award for Innovation in Medical Education (Oct. 15)
- President's Award for Exemplary National Leadership in Academic Medicine (Oct. 15)
- May Cohen Equity, Diversity, and Gender Award (Oct. 15)
- Infoway, e-Health Award (Oct. 15)
- Ian Hart Award for Distinguished Contribution to Medical Education (Oct. 15)
- Meredith Marks New Educator Award (Oct. 15)

Granting Body: **Canadian College of Neuropsychopharmacology**

- Heinz Lehmann Award (Nov. 30)
- Innovations in Neuropsychopharmacology Research Award (Nov. 30)
- Medal Nomination (Nov. 30)
- Young Investigator Award (Nov. 30)

Granting Body: **Canadian Medical Association**

- Medal of Service (Nov. 30)
- May Cohen Award for Women Mentors (Nov. 30)
- Sir Charles Tupper Award for Political Action (Nov. 30)
- Frederic Newton Gisborne Starr Award (Nov. 30)
- Award for Excellence in Health Promotion (Nov. 30)
- Award for Young Leaders (Nov. 30)
- Dr. William Marsden Award in Medical Ethics (Nov. 30)
- Physician Misericordia Award (Nov. 30)