

## Welcome to our new **Pediatric Residents!!**



Hi, my name's Alexa. I'm originally from Surrey, BC but I've spent the last 4 years in Ireland training at University College Cork. In my previous life I was a dance instructor and you'll certainly see me grooving around the Janeway. I love sushi and ice cream (but not together, of course), and my goal in life is to pet all the dogs. I'm so looking forward to getting to know everyone!



"Hi! My name is Alisha and I was born in India and grew up in Markham, Ontario. I studied pharmacology and human biology at the University of Toronto before attending medical school at the University College Cork, in Ireland. In my spare time I love spending time with my dog Leo, trying new restaurants and being outdoors. I also love visiting castles and lighthouses! I am excited to explore Atlantic Canada and I look forward to getting to know my future friends and colleagues, as I start my residency training at MUN!"

Hi everyone! My name is Lydia-Elizabeth, but I just go by Lydia. I was born and raised in the suburbs of Montreal, QC and I did both my undergrad (Biomedical Sciences) and my med school at the University of Montreal. I am excited to move here and help out anyone who wishes to learn a little French, as I will need some help to perfect my English too! I spend most of my days off playing golf or relaxing to a good Netflix show. I like to pretend I'm outdoorsy but the truth is I can't keep up with anyone on a hike. Oh and I do have to mention, I'm a big fan of cheese and you will never convince me that cupcakes or brownies are not an appropriate breakfast meal.



“My name’s Kathryn but everyone calls me Katy. I was born and raised in Toronto, completed my undergrad at Western and medical school at McMaster at the Niagara Regional Campus which provided great exposure to community medicine and sparked my interest in Community Pediatrics. In my graduating class, I was voted “most likely to have more animals than humans in the house” in a landslide win which I am most proud of. My partner Alex and our two cats are joining me on the big move to Newfoundland and we all look forward to enjoying the trails, views and lifestyle that St. John’s have to offer. In my time outside medicine, I can often be found out for a run or working on my latest knitting project. If you ever see me sporting knitwear, ask if it’s part of my “made” wardrobe. Looking forward to building a new community here and very excited to be joining the team.”



Joël Perren is a UBC medical grad who traded one coast for another when he moved to St. John's with his wonderful wife, dog, and soon to be born daughter. When not at the hospital you can find him cycling, hiking, or working on home renovations. He is very excited to be joining the MUN pediatric team and for the chance to get to know and serve the families and communities of Newfoundland and Labrador.

"Hi everyone! My name is Ruth, I'm originally from Brampton Ontario. I did my undergrad at McMaster, then studied medicine at the University of Toronto. I love running, art, puzzles and reading. I enjoy nature and spending time with family and friends. Fun fact: I kept had a pet cricket when I was a kid! I'm super excited to meet and work with you all! "





My name is Fraser Jang-Milligan and I hail from the West Coast of Canada where I call Vancouver home. I studied medicine in Dublin, Ireland, and am looking forward to pursuing my passion for pediatrics at MUN and exploring everything Newfoundland has to offer. Outside of medicine I enjoy music, (piano, voice, saxophone) photography, good food and the outdoors.



## IMPORTANT REMINDERS

### **Welcome Cocktail Hour**

July 14<sup>th</sup>, 2022

Dr. Bowes house, 68 Smithville Crescent

5-7:30pm

### **Welcome Boat Tour with O'Brien's Boat Tours**

AUGUST 4, 2022

DEPARTS FROM O'BRIEN'S DOCK AT 5:30, PLEASE ARRIVE 10  
MINUTES EARLY

22 Lower Road, Bay Bulls, NL

# Competence by Design

## Focus on CBD

All of our new **first year** residents are now working in the **Transition to Discipline phase of CBD**. It encompasses the first three or four blocks of the year.

Our current **second years** are going to be moving out of the **Foundations phase of CBD** and they will be moving into the **Core phase of CBD** which will encompass the next 30 months.

All residents should be collecting a **minimum of TWO** observations per week.

### Focus on EPA #4 in Core

#### **Diagnosing and managing pediatric patients**

- This EPA focuses on assessing, diagnosing and providing management for patients with an acute presentation.
- This includes patients with a new presentation, as well as patients with acute exacerbations or decompensations of a chronic disorder and/or complications of treatment or the condition.
- It also includes arranging for inpatient, emergency, or outpatient follow-up.
- This EPA does **not include** resuscitation of critically ill or injured patients.

These observations can occur in a wide variety of settings from outpatient clinic to the Emergency room. Residents are required to evaluate patients of different ages from **neonate to adolescent**.

The Milestones for this EPA include:

- Perform a clinical assessment that addresses all relevant issues
- Apply clinical and biomedical sciences to manage complex patient presentations
- Select and/or interpret appropriate investigations
- Integrate best evidence and clinical expertise into decision-making
- Develop and implement a management plan that considers all of the patient's health problems and context
- Integrate the patient's and family's perspective and context into the care plan
- Identify barriers to access and care for individual patients
- Determine the need for and timing of referral to another health care professional
- Establish plans for ongoing care, follow-up on investigations, response to treatment and/or monitoring for disease progression
- Use communication skills and strategies that help the patient and/or family understand the diagnosis and plan
- Work effectively with other health care professionals to plan and provide integrated care

Each edition of J-files will be highlighting a different EPA as our residents move through the stages of training. For more information on CBD go to <https://www.royalcollege.ca/rcsite/cbd/competence-by-design-cbd-e> and for our curriculum maps and EPA's go to one 45 at <https://webeval.med.mun.ca/mun/>

## Janeway Pediatric Residency Program Newsletter: Focus on Resident Research

### Psychological Distress in Long-Term Survivors of Childhood Cancer



Facing cancer as a child incurs immense stress on both the patient and their families. It is not surprising that their experience can have psychological impacts even after they have completed their cancer treatment. There is a growing body of evidence showing that childhood cancer survivors (CCS) are more likely than their age-matched peers to experience psychological distress and that this potential chronic stress is rarely screened for in follow-up visits. Health care providers cite clinical time constraints and poor clinic flow as reasons for not screening for psychological distress. One potential solution would be the adoption of a self-administered screening tool for this patient population.

**Dr. Matthew Quann**, a 4th year pediatric resident, is examining the effectiveness of a standardized, self-administered screening questionnaire for psychological distress for CCS. The Behavior Assessment System for Children, Third Edition (BASC 3) is a 100-175 item questionnaire that takes approximately 10-30 minutes to complete. It is a validated questionnaire that helps to identify maladaptive behaviors and internal thoughts of children, adolescents, and young adults across multiple rating scales. Patients will be identified as screening positive for psychological distress if they have a T score  $>70$  on the parental or self-report questionnaire on the depression or anxiety rating scales. Dr. Quann will compare the BASC 3 in identifying psychological distress in the CCS population to the current gold standard clinical assessment.

The study will recruit patients ages 8-21 years who are  $>1$  year from active chemotherapy and radiation treatment in the Janeway long-term follow-up clinic. Participants will complete the electronic format of the BASC-3 self-report and parental/guardian-report at two time points, one year apart. Questionnaires will either be completed on computer tablets in the waiting room or online pre-appointment.

To account for natural variation in psychological distress over time, the evaluation will conduct the questionnaire and clinical assessments at two time points. The study team is also assessing the feasibility of using this screening questionnaire in the long-term follow-up clinic at a single institution, identifying demographic factors of CCS who screen positive for psychological distress, and quantifying other psychological traits in the long-term survivor population from BASC-3 data (e.g., hyperactivity, somatization, adaptability, withdrawal, etc.). Feasibility of using the BASC 3 within the Janeway's long-term follow-up clinic will be assessed through post-study questionnaires administered to clinic staff.

Dr. Quann's supervisors for the project are Drs. Paul Moorehead and Janine Hubbard.

## **Resident Farewell event, June 9<sup>th</sup>, 2022**

Another lovely farewell event was held at the Rooms to say good-bye to our departing residents: Kayla McNally, Matthew Quann, Jennifer Mooney and Jenna McWhirter.







**The following awards were given out during the course of the evening:**

**Matthew Quann-Resident Peer Educator Award**

**Jennifer Mooney-Resident Advocacy Award**

**Michelle Johnson-Resident Quality Improvement Award**

**Megan Carey-Faculty Quality Improvement Award**

**Hilary Price- For the best Junior Research Project**

**Kayla McNally-For the best Senior Research Project**

**Jennifer Mooney-Best Resident Grand Rounds Award, Topic: Substance Use amongst Youth**

**Heather Power-Best Faculty Grand Rounds Award, Topic: Adrenal Suppression**

**Catherine Caldwell-For the best Junior Clinical Clerk Educator**

**Claire Wallace-For the best Senior Clinical Clerk Educator**

**Denise Hickey-Senior Faculty Teaching Award**

**Heather Power-Junior Faculty Teaching Award**

## Dean's Excellence Award in Teaching awarded to Dr. Jill Barter!



Dr. Barter was nominated for and won the Dean's excellence award in teaching! She was nominated by Dr. Kayla McNally and Dr. Paul Dancey for her leadership in the development of the Mock Code program as well as the being the leader of our Pediatric Simulation Program.

In her nomination letter Dr. McNally wrote:

“Dr. Barter has numerous attributes that make her an effective teacher. She is very approachable and organized, she provides excellent constructive feedback, and adapts to each learners needs. There is no doubt that the cases and teaching provided by Dr. Barter has had an immense impact on our experience as pediatric residents and will ultimately shape us into pediatricians who can appropriately manage acute situations.”

Dr. Dancey wrote:

“Dr. Barter has been a key member of our Pediatric faculty teaching the foundations of critical care medicine to every cohort of residents in our program over the past 25 years. In 2015 she completed her Comprehensive Simulator Instructor Training Course through Harvard University and in 2021 she returned to complete Harvard's Advanced Instructor Course in Simulation and Debriefing. As a Pediatric Intensivist Dr. Barter's dedication to the care of children in our province over many years has been exemplary. She continues to be innovative in her approach to teaching and her leadership for our Mock Code and Simulation programs are examples of why she is a deserving candidate for the Dean's Excellence Award in Teaching.”

Congratulations to Dr. Barter on this well-deserved award!!