

# Newsletter

## DISCIPLINE OF PSYCHIATRY

**IN THIS ISSUE:** Announcements | Farewells | Welcome | Events | Invites & Involvements | Grants | Publications | Presentations | Awards | Speciality Programs | Message from the Program Director | Message from the Chair |

### Announcements

A new 6-bed Regional Mental Health Unit (MHU) for the Labrador Grenfell zone was opened in Happy Valley Goose Bay at the beginning of June, following a pilot opening in November last year. This is the first regional psychiatric care unit to be established in Labrador and will serve all those residents of Labrador and the inhabitants of the Northern Peninsula of Newfoundland. Patients with acute and severe mental illness will no longer be obliged to travel to St John’s for specialist inpatient psychiatric care. The MHU is supported by a team made up of a Nurse Practitioner, Mental Health Nurses, LPN’s, Social Worker and Recreation Therapist.

~Dr. Ian Harwood.

After long await and much advocacy on the part of many, we now have two rTMS (Repetitive Transcranial Magnetic Stimulation) machines up and running at Waterford Hospital! Manager Denise Pollard organized an official launch and demonstration in April 2024. Patient care then started the following month with ramp-up occurring over the summer. Psychiatry staff Drs. Mohamed Mekawy, Leslie Wheeler, and Stuart Gill have all been thoroughly trained including a refresher that took place at CAMH in Toronto under the totality of the solar eclipse. Further rTMS staff include dedicated and casual RNs and LPNs who prepare patients, and initiate and monitor the treatments.

Currently referrals are being accepted from any psychiatrist for their patients with Treatment Resistance Depression to undergo a 6-week treatment protocol. There are plans to expand coverage to other disorders in the



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future. The referral form can be downloaded from the EH-Pulse Intranet “Forms” page, and we ask that completed forms be sent to Dr. Mekawy’s office for triaging. If indicated, a consultation assessment will then be arranged by one of our three rTMS-trained psychiatrists. Feel free to download and print the NL Health Services rTMS Patient Handbook for you and your patients! Available on the public website: <https://mha.easternhealth.ca/adults/repetitive-transcranial-magnetic-stimulation-rtms/> (or simply google “Eastern Health rTMS”). For further details don’t hesitate to reach out to any of the rTMS staff with your questions!

~Dr. Stuart Gill

Congrats to **Dr. Khalid Jat** on his tenure and promotion to the rank of Associate Professor in the Discipline of Psychiatry!

Congrats to **Dr. Anne Hurley and Dr. Kathleen Callanan** ▶ are celebrating our 10-year friendship anniversary!



## Farewells

**Dr. Kim St. John** is officially retiring from the Faculty of Medicine at the end of August 2024, after a long and illustrious career, locally and nationally, at the Royal College. She has been a mentor to many, and always serves as a gold standard in education, excellence leadership, and clinical excellence. As many of you know, Dr. St. John has been busy conducting Royal College and university accreditation visits during her sabbatical and administrative leave. Let’s hope that official retirement brings some much-deserved rest and relaxation!

**Dr. Barbara Thomas** is resigning from the School of Pharmacy and Discipline of Psychiatry. Dr. Thomas has been recognized for her excellence in clinical teaching and supervision by our residents. Moreover, she has been instrumental in revising and enriching our psychopharmacology curriculum, and will be greatly missed!

# Welcome



◀ **Jillian Dunn** has taken over our UGME Academic Program Assistant position. We were so happy that she was willing to make the jump from Eastern Health to Memorial. Jill will continue to support the curriculum in the residency program, which is fortunate, as none of us would get anywhere on Wednesdays without her organizational skills!

We welcomed six new residents into our program on July 1. Below are their introductions!

Hello, I'm **Robin Dornan** from Saint John NB. Before medical school at Dalhousie, I completed a master's in biology at Acadia in NS. I enjoy spending time outdoors with my husband, Gil. I also enjoy spending time painting, beekeeping, and keeping up with the Kardashians."



My name is **Shervin Eftekhari**. I'm an avid sports enthusiast who loves swimming, volleyball, and soccer—both playing and watching. Beyond sports, I'm passionate about literature and music, especially poetry, novels, and traditional Iranian music. I've been told I have a taste for the classics—if it's old and full of wisdom, I'm probably reading it! I also enjoy traveling and discovering new cultures to feed my curiosity about human diversity and history.

My name is **K. Berit Sellars**. I grew up in Happy Valley-Goose Bay, and like any Newfoundland and Labradorian, I love the outdoors. When I am not in the hospital, I can be found outside tending my garden, hiking, camping, snowmobiling, and fishing with my husband and our dog, Duke! I also love to read, whether it be recent work or the classics. I am looking forward to serving my community and province while completing my psychiatry residency at MUN!





Hi everyone! My name is **Logan Slade**, and I am a born and raised townie. I completed both my undergraduate degree in kinesiology and medical school training at Memorial University. After two years of working in a dark room in the basement, I have decided to return to psychiatry! My main interest (and time-consuming hobby) outside of medicine, is travelling - I have been to 31 countries (and counting).

My name is **Sarah Stewart**, I'm from Toronto and I'm a big hockey fan! Before med school, I was a nurse! I love yoga, dance, hiking, snowboarding, baking, and reading - currently captivated by the ACOTAR series. I spent the last two months in Africa, volunteering in Uganda and learning to surf in South Africa. My kryptonite most certainly is mint chocolate chip ice cream or a vanilla cappuccino.



My name is **Kaitlyn Thompson**. Nothing makes me happier than my incredibly affectionate black cat named Benny, chocolate, Diet Coke (or Pepsi as seems to be more popular in NLI!), and telling dad jokes or puns to the extremely patient people in my life who will listen. I also love being in nature, travelling, writing poetry, and reading about obscure philosophers, astronomy, and archaeology. You can usually find me sleeping or dreaming about all the wonders I have experienced and have yet to experience.

## Events

A year-end get-together was held on **June 14** at the North Bank Lodge. It included a BBQ, games, and a photo booth! A great time was had by all! ►

There will be a Faculty and Resident Retreat on **Friday, September 27**, at the



Johnson Geo Centre. Lunch will be provided at 12, followed by a talk on how we can use AI in our daily work lives.

The International Conference on Physician Health will be held in Halifax, NS from **October 17-19, 2024**. This will put off by the CMA, AMA, and BMA.

## Invites and Involvement

**Dr. Leslie Phillips** served as a stakeholder for the Centre for Addiction and Mental Health's Project VECTOR during the fall and winter of 2024. This group received funding from Health Canada to evaluate the health outcomes of e-cigarette use. I participated in the development and review of knowledge products which can be accessed on line at <https://intrepidlab.ca/en/Pages/Project-VECTOR.aspx>

**Dr. Leslie Phillips** was invited by the University of Ottawa Heart Institute to participate in the first annual World No Tobacco Day Forum on May 31. The purpose of the forum was to bring key partners in tobacco cessation and advocacy together to set strategic priorities for the upcoming year, including youth vaping, tobacco cessation, and tobacco industry interference.

**Dr. Rebecca King** is currently on sabbatical to build a provincial neuropsychiatry and dual diagnosis program.

**Dr. Leslie Phillips** attended the Ottawa Model of Smoking Cessation's Annual Meeting in Ottawa Jan 25-27, 2024.

**Dr. Dakotah Janes** has been re-elected to serve a second term as PARNL co-president, and Dr. Vincent Dupont has been elected PARNL co-president for 2024-2025.

**Dr Shannon Lilly** served a successful year as the PARNL Communications and Finance Executive for 2023-2024.

**Dr. Paul Pitts, Dr. Michael Gilbert, Dr. David Lane, and Dr. Vincent Dupont** all successfully served as PARNL board members, lending significant representation to the Discipline of Psychiatry.

**Dr. Dakotah Janes** has been elected Treasurer of Resident Doctors of Canada (RDoC) for 2024-2025.

**Dr. David Lane** has been elected Director on the Resident Doctors of Canada (RDoC) board for 2024-2025.

**Dr. Michael Gilbert** has been elected Member Representative on the Resident Doctors of Canada (RDoC) board for 2024-2025.

## Grants

**Dr. Angelique Myles** received a Health Care Foundation Research Grant received for the pilot project, “*Benzodiazepine Treatment Agreements and Effect on Duration of Use*”.

**Dr. Rebecca King** received the SoTL (Scholarship of Teaching and Learning) grant for the TESI (Teaching Education and Scholarship Institute) earlier this year to do research on Mindful Practice in Medicine in PGME for the Faculty of Medicine at Memorial.

## Publications

**Harrison, R., Hickey, C.** (2024) Psychodynamic Bootcamp: From Theory to Practice. *Academic Psychiatry*. <https://doi.org/10.1007/s40596-024-01982-y>

**Hierlihy, T.,** Mugford, G., **Bonnell, W., & Mekawy, M. A.** (2023). Comparing Methods of Seizure Response Monitoring During Electroconvulsive Therapy. *Canadian Journal of Psychiatry*, 7067437231223340–7067437231223340. <https://doi.org/10.1177/07067437231223340>

**Myles, A.** (2024) Genes, discovery and life decisions. *CMAJ* 196 (6) E193-E194; DOI: <https://doi.org/10.1503/cmaj.230750>.

**Dr. Leslie Phillips** has a paper accepted for publication in the journal *Student Engagement in Higher Education*. The title is: Learning from Quitting: student engagement in an inter-professional student-led smoking cessation program enhances communication and collaboration.

## Presentations

National Geriatric Psychiatry Career Night. Invited Presentation. A virtual Panel Discussion organized by the Canadian Academy of Geriatric Psychiatry. **Hickey, C.** April, 2024.

# Awards

Congrats to **Dr. Julia Curtis and Dr. Tim Hierlihy** on their COUPE awards! Dr. Curtis received the Teacher Recognition Award, and, Dr. Hierlihy received the Early Educator Award. Well done!

Congrats to all the award winners for the 2023/2024 academic year! These were presented at Scholarship Day on June 21, 2024:

Clinical Supervisor Award – **Dr. Anne Hurley (Jr.) and Dr. Weldon Bonnell (Sr.)**

Academic Teacher Award – **Dr. Barbara Thomas (Jr.) and Dr. Julia Curtis (Sr.)**

Resident Teaching Award – **Dr. Leanna Lewis**

Postgraduate Geriatric Psychiatry Scholarship – **Dr. Laura Gale** ▶

Frederick O’Neill Award – **Dr. Leanna Lewis** ▶

Resident Research Award – **Dr. Charity-Jean Drover**

Best Resident in Research: In Progress Award – **Dr. Leanna Lewis**



◀ Congrats to **Dr. Michael Gilbert** was awarded the Lorimer Scholarship by PARNL for 2023-2024! This is awarded to a resident who demonstrates general all-around qualities of congeniality and excellent patient rapport and bedside manner.

Congrats to **Dr. Dakotah Janes** who was awarded the PARNL Resident Advocacy Award for 2023-2024! This is awarded to a resident who goes above and beyond in recognizing resident needs and advocating on their behalf and contributes to a positive culture that fosters a willingness of others to raise concerns and provide solutions. She was also awarded the PARNL wellness award, which is awarded to a resident who enhances and promotes resident wellness, healthy working habits, and a positive culture that fosters a psychologically safe learning environment.

# Subspecialty Programs

## **Geriatric**

This has been a busy time for our sub-specialty! On June 30th, we were delighted to have Dr. Duncan MacIver graduate from our residency program. He has been a great asset to our teams at the Miller Centre and the GPAU unit and we have all been lucky to work with him. With a heavy heart, we said goodbye to him (for now) as he moved to Edmonton with his partner, April. We wish him well in his new role on a collaborative team in his hometown.

On a national level, we are moving to some major changes this year. This is the first year that Geriatric Psychiatry will enter the CaRMS match. PGY4 residents will apply for the subspecialty residency program in July/August of the year. The timelines will be similar to the Internal Medicine sub-specialty match.

Also this year, there will be no “overlap year” for the PGY 5 residents in geriatric psychiatry. Residents will be in geriatric psychiatry for both PGY 5 and 6. The Geri-COPE group is advocating that our residents should be able to complete general psychiatry training at the end of PGY 5 (rather than PGY 6). Stay tuned!

As always, we encourage all residents to approach us if they have an interest in the sub-specialty program. We are a small but mighty team of six psychiatrists who are passionate about resident education and clinical excellence.

*~Dr. Cathy Hickey*

## **Child and Adolescent**

We are lucky to have two excellent residents: Dr. Rebecca Harrison and Dr. Jonathan Phang. Dr. Harrison successfully completed her Royal College Specialty Exams in General Psychiatry this spring. Dr. Phang will be finishing in November, and Dr. Harrison will be with us until June 2025.

We are particularly grateful to the faculty and staff that made the electives in Adolescent Medicine (Dr. Anna Dominic), Developmental Pediatrics (Dr. Tyna Doyle), and Early Psychosis (Dr. Kellie Ledrew) successful for Dr. Phang. His experience was so good that Dr. Harrison is doing them as well.

We are actively preparing for our Royal College accreditation in November.

Our faculty and residents had an excellent experience at our first year of the Child and Adolescent Psychiatry Journal Club. A special thank you to Dr. Chantelle Reid and Dr. Richard Elcock for organizing these sessions.



The Psychiatry Subspecialty Competence Committee has successfully launched, including faculty from Geriatric Psychiatry and Child and Adolescent Psychiatry.

Dr. Chris Earle, Dr. Phang and Dr. Harrison are developing an Adolescent Insomnia Group, including research to evaluate the program.

We are deeply grateful to all the Memorial University and Eastern Health administrative staff, as well as our faculty that are working hard to ensure the highest quality educational experience for our residents.

Dr. Earle will be leading a workshop at the Canadian Academy of Child & Adolescent Psychiatry Annual Conference in September, titled, "Cognitive Behavioural Therapy for Insomnia (CBT-I) in Adolescents."

MUNMED Student Ally Decker and I will be presenting a poster at the Canadian Academy of Child & Adolescent Psychiatry Annual Conference in September, titled, "Mental-Health Presentations to a Pediatric Emergency Department During COVID-19 Lockdown."

*~Dr. Weldon Bonnell*

## Message from the Program Director

Welcome to another academic year and welcome to our six new PGY 1 residents: Berit, Katy, Logan, Robin, Sarah and Shervin.

The new academic year marks a milestone for the program in that our first cohort of competence-based medical education residents reaches PGY 5 this year, therefore, the program completes the transition to a competence-based educational framework.

The new academic year will also contain a significant event for the program in that we will undergo our external accreditation review on November 26. You will be hearing lots more about this over the next few months, but please put this in your calendars, if you have not done so already. One of the many things that has been done in preparation for accreditation is a review of the Discipline's policies and procedures. These are incorporated into the revised Resident Handbook that was circulated to all faculty and residents last month. Please have a look at it when you get a chance.

I hope everyone is getting a chance to enjoy what has been a beautiful summer so far. Looking forward to a great academic year.

*~Dr. Andrew Latus*

## Message from the Chair

Hello Everyone,

It is time again to mark the closing of one academic year and the beginning of another. As always, that brings a sense of accomplishment, some bittersweet moments, and excitement about what is to come.

I am constantly amazed by the sheer amount of work carried out by our discipline every day. We introduce medical students to psychiatry through teaching and clinical experiences and ensure they have adequate knowledge and skills, from clerkship experiences, to care for future patients. We teach and supervise residents in psychiatry, pediatrics, family medicine, neurology, and soon, geriatric medicine, as well as fellows and child and adolescent psychiatry. We do this across Newfoundland, and now, Labrador. Despite the daily demands of clinical care and education, faculty and residents still find time to pursue innovation, quality improvement, initiatives, volunteer work, research, and wellness. It is remarkable.

2024 was of course a notable year, as we had two cohorts of residents sitting the Royal College exam, balancing clinical work with intense study. This was, frankly, a dreaded year for residency programs across the country. I was very proud that our discipline was able to navigate this challenge and support our residents with very little fanfare. Moreover, I doubt that many schools saw their Program Director and Assistant Program Director take on first call responsibilities overnight to address the issue! Congratulations to all the PGY4 and PGY5 Residents on this achievement!

As noted in the events section, we had a lovely year-end barbecue in June which was well attended, and lots of fun! Thank you to everyone for contributing, to Vincent Dupont, for his exceptional barbecue skills and photography, to Emily Fitzgerald and Anne Hurley for a thoughtful and entertaining awards ceremony, and to Lisa and Jackie for a huge amount of work and effort. As always, baby Teddy was the best-behaved guest!

2024 will close with Royal College accreditation for the General Psychiatry and Child Psychiatry programs. Geriatrics has been spared, as they were recently

reviewed as a new program, and are in between active residents. Successful accreditation of our programs is integral to the medical school and our services. Thank you in advance to Dr. Bonnell and Dr. Latus for the countless hours of work and infinite patience which will be required to prepare documents and meet requirements. For other faculty and residents, it is time for an all-hands-on-deck approach, so please read emails, respond as necessary, attend meetings, and continue to do the great work that you always do!

In less than one year, we will be in a new home, the Mental Health and Addiction Centre. While there are understandable misgivings about this transition, the hospital will be a much more recovery-oriented space that was planned around the needs of learners as well as patients. Its proximity to HSC and the medical school also presents interesting opportunities for collaboration and discovery. I have great faith in our group to navigate any challenges.

I hope that everyone enjoys the remainder of the Summer with family and friends. I look forward to the new academic year, and hope to see as many of you as possible at our retreat on September 27!

*~Dr. Sarah Noble*