

# Newsletter

## DISCIPLINE OF PSYCHIATRY

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### Announcements

Congrats to **Dr. Khalid Jat**, who completed his MSc in Dementia Studies from the University of Stirling, Scotland, in December. Well done!

### Community Advocacy

**Dr. Leslie Phillips** was invited to serve as a panel member for a Vaping Cessation Expert Guidance project. This was a collaboration between CAMH and Ontario's Ministry of Health to develop a series of clinical guidance resources to help support vaping cessation and dual use cessation (vaping and smoking) for adults and youth. This took place between September and November 2021.

Dr. Phillips was also invited to serve on a National Smoking Cessation Standards Workshop. This is an initiative to develop national voluntary smoking cessation standards for healthcare organizations and will take place February 16 & 17, 2022.

**Dr. Archana Vidyasankar** was a panelist on Improving Perinatal Mental Health Care in Canada. World Maternal Mental Health Day 2021: #TimeForAction,. She was representing the Perinatal Mental Health Alliance of NL in May 2021.

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## Publications

**Connor, J.J.** 2021. Introduction–Case by case: private and public representations of patients in the Grenfell mission in Newfoundland and Labrador in the early twentieth century. *Canadian Bulletin of Medical History* 38 (2): 340-71. 2

**Hickey, C.,** Transference, Technology, and COVID-19. Accepted for publication in the *British Journal of Psychotherapy*. Print version will be available in February 2022.

**Phillips, L.,** Learning from Quitting: Communication and collaboration in an Interprofessional student-led smoking cessation program." *AJPE*. Publication Pending.

## Presentations

Design, Development, and Implementation of a Series of Asynchronous Online Course to Complement Competency Based Postgraduate training of Geriatric Psychiatry Sub-Specialty Residents. Poster presented at the Annual Scientific Meeting of the Canadian Academy of Geriatric Psychiatry. Levinson, A., Payne, S., Hategan, A., Esliger, M., Singh, K., **Hickey, C.,** Chisholm, T. Virtual Meeting. October, 2021.

Can an Online Psychotherapy Resource Enhance Interprofessional Education? Poster presented at the Annual Meeting of the Association for Academic Psychiatry. **Hickey, C.,** and **Myles, A.** Virtual Meeting. August 2021.

Can an Online Psychotherapy Resource Enhance Interprofessional Education? Poster presented at the Annual Meeting of the Association for Medical Education in Europe. **Hickey, C.,** and **Myles, A.** Virtual Meeting. September 2021.

Neurobiology of Nicotine Addiction and Misconceptions about Quitting. **Phillips, L.,** Webinar for MUNalum 101. January 2022.

## Goodbye and Thanks

Congrats to **Dr. Angela Penney**, who retired on December 31, 2021. Her recent work included acute care, outpatients and the rehab unit. Wishing her all the best on her retirement!

Congrats to **Dr. Marta Weiner**, who finished up in September 2021, from her work in acute care and outpatients. Wishing her all the best for future endeavours!

Farewell to **Rebecca Svarc**, Academic Program Assistant, who finished up in the position on January 7. Wishing her well in her new position in the Postgraduate Medical Education Office!

# Awards

Congrats to **Dr. Alain Bateman**, PGY2, who received the Canadian Association of Medical Education (CAME) 2022 Rising Star Certificate of Excellence for Memorial University. While this would be an honour for any resident, it is notable that Dr. Bateman is a PGY2 resident and completed much of this work during his internship year. Congratulations on a well-deserved recognition!

## Congrats to all the award winners for the 2020/2021 academic year!

The majority of these were presented at Scholarship Day on June 18, 2021:



Clinical Supervisor Award

◀ **Dr. Kris Luscombe (Jr.) & Dr. Taryn Hearn (Sr.)** (pic).

Academic Teacher Award

**Dr. Tim Hierlihy (Jr.) & Dr. Julia Curtis (Sr.)** (pic) ▶



Resident Teaching Award

◀ **Dr. Jordan Brennan & Dr. David Mo**

Postgraduate Geriatric Psychiatry Scholarship

**Dr. Duncan MacIver & Dr. Mingyang Wang** ▶



Frederick O'Neill Award - **Dr. Emily Fitzgerald**

Janssen Research Award - **Dr. Chris Earle**

Grand Rounds Award - **Dr. Dave Lundrigan, Dr. Duncan MacIver, Dr. Emily Fitzgerald, Dr. Andrea Uzans**

# Congratulations

Congratulations to **Dr. Aarun Leekha and his wife Anna-Marie**, who welcomed a baby boy, Jonathan Singh Leekha, on January 14, 2022. Baby and mom are happy and healthy! Wishing them all the best! ▶



# Appointments:

◀ Congrats to **Dr. Kim St. John** who was promoted to Full Professor, effective September 1, 2021. Good job!

# Message From the Program Director

Hello Everyone,

Well, it has another eventful year and I'm sure that many are hoping for a less eventful 2022! While there have been challenges, there has also been continued growth and excellence in our program.

Firstly, we said goodbye to our senior residents in June and hello to a group of new FRCPC colleagues. Dr. Stuart Gill is busy in Waterford's outpatient department and Community Care. Dr. Angelique Myles can be found at the Miller Centre geriatric department and Dr. Kevin Fowler has opened a private practice in the community. Dr. Gabrielle Lapointe has relocated to New Brunswick. Dr. Christopher Earle and Dr. Melanie Wong have pursued ongoing fellowship training in Sleep Medicine and Geriatric Psychiatry, respectively.

On the other side of the residency program, we welcomed Dr. Violet Campbell, Dr. Dakota Janes, Dr. Michael Gilbert, Dr. Eva Davenport and Dr. Deborah Dawson as PGY1's. They have been steadily gaining competencies in PAU and the SSU, as well as Addiction Medicine and consolidating general medical knowledge. We were very excited this year to enhance their primary care exposure, particularly focused on underserved populations, with clinics at Choices for Youth and the Downtown Collaborative Clinic. Similarly, the Addiction rotation locally has been enhanced by accompanying nursing colleagues in harm reduction clinics and visits to shelters in St. John's. It is the program's goal to foster an early appreciation for the importance of advocacy and collaboration in our clinical work.

Competence by Design continues to roll out for junior residents and our first cohort is reaching the end of the Foundations stage of training. A huge thank you to staff who have downloaded and implemented MUNCAT evaluations, participated in faculty development or served as academic advisors and to our junior residents who have helped prompt faculty along the way. Our hope in 2022 is to have all psychiatry faculty participating in evaluations and coaching, both in clinical rotations and on call.

The pandemic has continued to introduce challenges for clinical work and academic activities. Residents and faculty have met these challenges collaboratively with creative and flexible solutions. I am proud of our province and equally proud of our Discipline. I would also like to acknowledge the work of our co-administrative residents Dr. Dave Lundrigan and Dr. Sara Dalley, who have been tasked with managing the call schedule during a COVID wave, while preparing for Royal College examinations.

Taking direction from the Royal College, our Discipline has enhanced its curriculum in Quality Assurance and Patient Safety. Junior residents completed a new module focused on these topics in the Fall of 2021. Our Faculty Resident Retreat reviewed the importance of handover and explored how we might implement a standardized approach in clinical work.

The Faculty-Resident Retreat was also noteworthy in that it allowed us to meet in person and acquaint ourselves, or meet junior residents for the first time! I think that was important for our collective wellness and I hope that we can return to at least a hybrid approach sometime soon. In the interim, please do introduce yourselves to any unfamiliar faces and stay well.

~ Sarah Noble

## Message from the Chair

It is hard to believe that we are now just short of two years in to the pandemic, and again, in relative lock down, as we “pivoted” to respond to Omicron. Suddenly, we shift from staying away so you don’t catch it, to “everyone will get it”. Many of us feel disappointed, as we felt our response to vaccination was the key to working our way out of the pandemic, yet, we can’t help but feel we have done better than other jurisdictions, and, we have.

While Psychiatry has in many ways been “untouched”, with the rapid switch to virtual, the challenges seem heavy and, at times, endless. We understand the impact on everyone, particularly those with mental health /mental illness, and we have worked hard to ensure that our patients are looked after, but I suspect many of us are tired. It has been two years with restrictions on travel, gatherings, and even vacation time.

I want therefore to thank each and every one of you for your ongoing contributions to the Discipline. To those who are teachers, including the learners who teach other learners; those who continue to volunteer for exams, committees and to participate in all aspects of the Discipline and the Faculty of Medicine, and, those who support and organize all of us, I wish you the very best in 2022; I want you to know that we would not have made it this far without you, and, we notice what you do.

There will come a time when the pandemic will be something people talk (and brag) about having lived through, but until we get there, continue to support each other and be kind to yourself and others.

~ Kim