

Newsletter

DISCIPLINE OF PSYCHIATRY

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Recent Events

PSYCHIATRY CHRISTMAS CHALLENGE!

This December, residents and staff were given a challenge for a great cause. In the spirit of Christmas, a friendly competition was started to see which group could raise more money for The Gathering Place. This year the Gathering Place made an appeal to raise money to provide meals for their clients. With the help of harassing, yet poetic emails, we had an amazing response! While the staff came out on top, The Gathering Place was the true winner of this first (hopefully annual) Christmas Challenge as we made a donation of \$3820.00! Thank you all for your tremendous support!

CRITICAL APPRAISAL

As the academic year winds down, Critical Appraisal has finished up for another year. Approximately every second week the resident group gathered to review papers that were found to be relevant to current psychiatry practice. For example, we reviewed a number of papers that led to changes in the new CANMAT Depression Guidelines. Dr. Weldon Bonnell, Dr. Tim Hierlihy, Dr. Robert Mercer, and Dr. Tara Snelgrove alternated supervision of the sessions. Faculty are always welcome to pop in and participate and if any faculty are interested in supervising or getting involved in Critical Appraisal, please let Dr. Mercer know. We look forward to getting started again in the fall!

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CULTURAL PSYCHIATRY DAY

Cultural Psychiatry Day, on the topic of Trauma & Resilience Among Syrian Refugees, was held on May 3, 2017 in collaboration with residency programs across Canada. This year's event featured speakers Dr. Ghadya Hassan, Dr. Laurence Kirmayer, and Dr. Salam El-Majzoub, highlighting mental health problems in refugees, cultural formulation, Syrian cultural idioms of distress, explanatory models of illness and help-seeking behaviour, the remarkable resilience of refugees, and the challenges unique to each part of the country. At each site, the half-day sparked engaging small-group discussion, where faculty and residents reflected on the presentations and shared insight and personal experiences. At the MUN site attendance amongst staff and residents was great. We hope to see even more of you next year as planning is already underway for 2018 Cultural Psychiatry Day!

PSYCHIATRY RESIDENT TAKES TIME TO HELP REFUGEES TO QUIT SMOKING

The past year has seen a significant influx of refugees into our region. Many of these individuals have arrived to us from Syria and Iraq and face numerous challenges with resettlement, not the least of which is a language barrier and a lack of services delivered in their native Arabic.

This population has a high smoking rate and also tends to smoke heavily. After hearing a local news broadcast in the spring of 2017, the Association of New Canadians approached the Memorial's Medication Therapy Services Clinic (MTSC): Smoking Cessation Program (SCP) for assistance with helping their refugee population.

Fortunately, Dr. Christine Mikail—a PGY-4 resident and recent clinician participant in the SCP as part of a research study—volunteered to help out. Dr. Mikail was able to provide a unique perspective on this population of immigrants, including common social and cultural reasons why they might choose to smoke and specific motivators that could help them quit. She also happens to speak Arabic. On May 10, 2017, Dr. Mikail, in collaboration with members from the Association for New Canadians and clinicians from the MTSC, led an educational session in Arabic on how to quit smoking. Over 35 refugees attended the session and were highly engaged with Dr. Mikail. Overall, the presentation was positively received by the attendees, with many individuals following up with the HSC Family Medicine unit to access quit medications in order to make a quit attempt...Thanks Dr. Mikail!



Left to right: Kellie LeDrew, Jasbir Gill, Kim St. John, Greg Radu. Jasbir is a wounded but happy helper!



Left to right: Barb Thomas, Kathleen Callanan and baby, Jesse.

ANNUAL BBQ

The second annual end-of-year barbeque was held on Friday, June 23 at North Bank Lodge. It was a success, consisting of good food and great company! A good time was had by all!



Left to right: Ted Callanan and Kellie LeDrew.

CONGRATULATIONS!



Baby Jesse at 5 months old.

Congratulations to Dr. Kathleen Callanan and hubby Adam Fitzpatrick who welcomed baby Jesse Thomas Fitzpatrick on January 15, 2017!

Congratulations to Dr. Khine Su Lin on her marriage to Nithum Thain on June 18!



What We've Been Up To

PUBLICATIONS

Hickey C. Understanding Davanloo's Intensive Short-term Dynamic Psychotherapy: A Guide for Clinicians. 2016. Karnac Books: London.

Hickey C. and Brennan, J. Quetiapine XR and Restless Leg Syndrome. *J Psychiatry Psychiatric Disord* 2016; 1 (1): 41-44

Tang, W., & Kreindler, D. (2017). Supporting Homework Compliance in Cognitive Behavioural Therapy: Essential Features of Mobile Apps. *JMIR Mental Health*, 4(2), e20.

PRESENTATIONS

Changing World, Changing Practices: How do Psychiatry Trainees Adapt? The Example of French Psychiatry Trainees Regarding E-psychiatry. A. Fontaine, M. Radu, R. Sayous, B. Barbotin, **G. M. Radu**. Oral presentation. World Psychiatric Association Inter Zonal Congress. May 2017, Vilnius, Lithuania. Co-Author/Co-Presenter.

New Hypothesis in Pharmacotherapy of Psychosis, the Example of Parkinson's disease Psychosis. A. Fontaine, **G. M. Radu**. Poster presentation. 25th European Congress of Psychiatry. Florence, Italy. April 2017. Co-Author/Co-Presenter.

Health Professions' Education' Leaders' Toolkit. P. Jones, K. Forrest, **G. M. Radu**. Special Course. 14th Asia Pacific Medical Education Conference. Singapore. January 2017. Co-Author/Co-Presenter.

AWARDS

Dr. Greg Radu was appointed for another term as Faculty Scholar of the Centre for Collaborative Health Professional Education based on his contributions to interprofessional education at Memorial. May 2016.

Research and Awards Day took place on June 16, 2017, congratulations to all award recipients. The awards were presented as follows:



◀ Clinical Supervisor Award (Junior) – Dr. Angela Penney

Clinical Supervisor Award (Senior) - Dr. Kris Luscombe

Academic Teacher Award ▶
(Junior) – Dr. Kellie LeDrew

Academic Teacher Award ▶
(Senior) – Dr. Tim Hierlihy



◀ Resident Teaching Award – Dr. Javeria Tabish

Postgraduate Geriatric
Psychiatry Scholarship ▶
– Drs. Christine Mikhail
and Javeria Tabish



Frederick Michael O'Neill
Award – Dr. Katie Barnes-Prior

Comings And Goings

Welcome to the PGY1s who are joining us: Graeme Campbell, Jessica Hung King Sang, David Lundrigan, Jordan Power and Andrea Uzans!

Congratulations and Farewell to our PGY 5-6 residents who are finishing: Katie Barnes- Prior, Jetinder Gill, Mike MacDonald, Tayo Peluola, Teresa Watson and Frank Symons. We wish you all the very best as you move on to the next phase of your careers!

Message From The Chair

As we enter the summer months, I want to thank each and every one of the faculty, staff and residents for the contributions they make to the success of our Discipline. Many of us do not realize the importance of the numerous little things we do, or, the significance of their contribution to the overall achievements of the Discipline. This is reflected in the successes we have at all levels (CaRMS, the certification exam, leadership roles, both locally and nationally, and Research Day, to name but a few).

I hope that everyone has a restful and safe summer.

Kim

