

Newsletter

DISCIPLINE OF PSYCHIATRY

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Recent Events

A Virtual Meet and Greet for incoming residents was held on July 8. Two out of five of the incoming residents came from schools outside Memorial, so it was important to extend a warm welcome. Dr. Noble held the meet and greet via Zoom during the resident meeting, and faculty joined for part of it, to say hello to the new additions.

Announcements

This past month the Office of Student Affairs has launched as the new **Office of Learner Well-Being and Success**. Dr. Greg Radu is now the Associate Dean, Learner Well-Being & Success in the Faculty of Medicine. As of July 1, 2020, the office now serves both undergraduate and postgraduate medical learners. Please review the new website at www.med.mun.ca/StudentAffairs/Home.aspx

Updates

Coping with COVID - PAU and SSU update

As one of the main access points to admission, Psychiatric Assessment Unit (PAU) became the main focus of our battle with COVID-19. PAU implemented screening in the porch before entry was allowed. This allowed staff to properly protect themselves if a patient screened positive. We tried to keep patients in one room as much as possible. iPads were placed in the PAU to allow any staff person to

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interview a patient without having to be in the room using Jabber. This allowed us to avoid exposing all members of the team to the patient and save on the amount of PPE used in PAU.

Our Short Stay Unit (SSU) was quickly converted into the Mental Health COVID-19 unit. The SSU team and patients moved to W3A for a few months during this process. SSU was transformed into a unit of private rooms with isolation protocols, swabbing any patients who were symptomatic, and housing patients who were too sick to be screened. iPads were also provided on SSU to allow any staff to interview a patient from a distance –whether at home or somewhere else in the hospital. The iPads also allowed patients to be able to communicate with their families via Facetime. Again, we were able to limit exposure to the virus and conserve on much needed PPE.

Central update

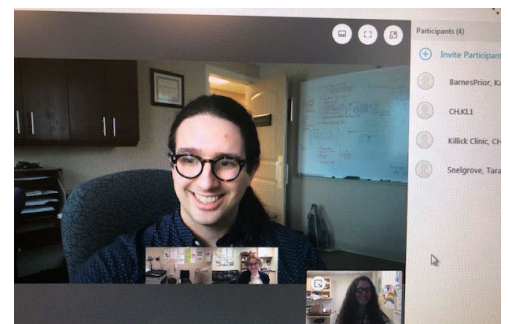
Central Health has greatly expanded the utilization of virtual care during the pandemic. Learners are providing virtual care through the provincial telehealth network including dedicated devices located at Killick Health Services in Grand Falls-Windsor and in Central Health facilities. This is being complimented by use of Jabber, generally from laptop devices.

Almost all emergency consultations are initially done by videoconference, supported by local onsite emergency staff. In the cases of Gander and Grand Falls-Windsor, assistance may be from Mobile Crisis response nurses or social workers. Also, Gander ER site is supported by a clinical associate in Psychiatry. Inpatient rechecks, whenever possible, are provided by virtual care.

Other COVID adaptation news

Dr. Taryn Hearn participated in Royal College videos that answer children's questions about COVID. Questions were posed to children of essential health care workers, and included: what do I do if my mom's in a bad mood? What's being done to keep my dad safe at work?

"Residents rock rural pandemic virtual STACERs!" Here is a pic of **Dr. Chris Earle**, PGY4, completing his from Grand Falls-Windsor. ▶



Of Interest

The following was provided by Dr. Archana Vidyasankar:

Pregnancy and early parenthood can be a time of joy but also a challenging time for many. Navigating emotions, relationships and social stressors (especially during a period of quarantine) can burden mothers, partners and young families during their fertility journey through to newborn stages and sometimes even through periods of grief and loss.



Perinatal Mental Health is a global concern with about 1 in 5 mothers reporting signs and symptoms of depression and or anxiety during pregnancy and postpartum.

In 2019, Statistics Canada reported that an average of 23% of women experienced mood and anxiety symptoms with Newfoundland and Labrador having the second highest rate in Canada at 28%.

Over the past few years, there has been a growing interest in Perinatal Mental Health in NL. The Perinatal Mental Health Alliance of Newfoundland and Labrador (PMHANL) was created by professionals who work with mothers, infants and families who wanted to fill the gaps between services. The Alliance aims to form new bridges and bring forward a unified response to a condition that can affect generations. We have brought together clinicians, physicians, social workers, community groups, Government interests, doulas and others, all with a passion to make change and support NL families.

We look forward to connecting with more individuals, groups, organizations that are passionate just as we are about improving the lives of families here in Newfoundland and Labrador.

We are presenting our new website, currently in progress, as a soft launch to all of you. Please check us out at: www.pmhanl.com

Awards

A virtual awards presentation is scheduled for Friday, September 4 at 12 noon, via WebEX. Congratulations to our award winners for academic year 2019-2020:

Clinical Supervisor Award – **Dr. Khalid Jat (Jr.)** and **Dr. Rebecca King (Sr.)**

Academic Teacher Award – **Dr. Barbara Thomas (Jr.)** and **Ms. Lisa Bendzsa (Sr.)**

Howard Strong Geriatric Award – **Drs. Dave Lundrigan** and **Drea Uzans**

Resident Teaching Award – **Dr. Dave Lundrigan**

Grand Rounds Award – **Dr. Stuart Gill**

Congratulations to **Dr. Kim St. John** on being chosen as the recipient of the Royal College's James H. Graham award of merit. This award is given to a person whose outstanding career achievements reflect the aims and objectives of the Royal College. The recipient's career achievements must be outstanding, enduring, and must be reflective of the Royal College strategic priorities. Potential candidates, could be long-serving contributors in a wide variety of areas including, but not limited to: Patient Care, Societal Health / well-being, International / Global Health, Post-graduate Medical Education, continuing Professional Development, Health policy, Professionalism / Volunteerism, Physician / Resident health and well-being. Well done!

Publications

Donnan, J., Gao, Z., **Adey, T.**, Walsh, K., Pace, D., & Twells, L. (2020). Prioritization for Bariatric Surgery: Capturing Canadian Patient Preference Weights using a Discrete Choice Experiment. *Surgery for Obesity and Related Diseases*.

Espineta, S.D., Gotovac, S., Knight, S., Zwarenstein, M., Lingard, L., **Steele, M.** (2019). Primary Care Practitioner Training in Child and Adolescent Psychiatry (PTCAP): A Cluster-Randomized Trial. *Canadian Journal of Psychiatry* 65(5): 319-329.

Harris, J. A., **Adey, T. L.**, & McKay, D. W. (2020). Is exam performance in anatomy influenced by teaching with prosected cadavers? An evidence based study. *Clinical Anatomy*.

Presentations

Knock Knock...Who's there? Supporting Well-Being and Success for All. Workshop. Bishop, J., Haramati, A., **Radu, G.** 17th Asia Pacific Medical Education Conference. Singapore. January 2020.

Promoting Value-Based Leadership Through Finding Your 'Why' and Addressing Unconscious Bias. Workshop. McKimm, J., Jones, P., Forrest, K., **Radu, G.** 17th Asia Pacific Medical Education Conference. Singapore. January 2020.

Health Professions' Education' Leaders' Toolkit. Course. McKimm, J., Jones, P., Forrest, K., **Radu, G.** 17th Asia Pacific Medical Education Conference. Singapore. January 2020.

Psychotherapy Training in Europe. Symposium Chair. **Radu, G.**, Philipsen, A., Gargot, T., Arnaoutoglu, N., Koutsomitros, T., De Freitas, D. The 28th European Congress of Psychiatry. Virtual Congress. July 2020.

Challenges and Opportunities in the Post COVID-19 World of Psychotherapy. Session Chair. **Radu, G.**, Gargot, T. Annual Meeting of the Section of Psychotherapy of the European Psychiatric Association. Virtual Meeting. July 2020.

Congratulations

We want to congratulate **Ms. Jillian Dunn**, Curriculum Secretary, and her partner Travis on the arrival of baby boy Lincoln John on June 30! ► Mom and baby are doing great!



In keeping with current restrictions, a small lunch ▲ was held in their honour at the Celtic Hearth on August 27.

Congratulations to **Dr. David Craig** and his administrative assistant, **Judy Kennedy**, on their joint retirement on August 31. We wish them all the best as they enter this new chapter of their lives!

Message From the Program Director

Dear Faculty and Residents,

As we approach the new academic year of 2020-2021, I will endeavor to use the work “unprecedented” just once while I continue to celebrate and anticipate our success as a program. While our awards ceremony for teaching and clinical excellence were delayed this year, our Discipline continues to excel in both areas.

We are again very pleased to welcome our new PGY1's. Alain Bateman, Shannon Lily, Laura Gale, Emily Bolt and Paul Pitts originate from across the country and across the province and bring a wealth of experience to our Discipline. In the new Competence by Design curriculum, they have started the Transition to Discipline phase of training in psychiatry and it has been very nice to get them know them earlier in their training.

We had 2 residents complete their training this year. Aarun Leekha finished his Fellowship in Child and Adolescent Psychiatry on June 30, 2020. Sarah Aubert will complete her PGY5 year in November 2020, after handling the rescheduling of the written Royal College exam with great dignity and patience.

In terms of our program's response to the pandemic, I would like to take this opportunity to express how proud I am of our resident group. At the beginning of quarantine, there were of course some residents travelling or experiencing flu-like symptoms. The entire group covered on call requirements and essential clinical services for each other without question or complaint. They adapted to all subsequent changes and shifts with professionalism. They took care of each other, their families and their patients, which was admirable during this difficult time.

I am also very appreciative of our Faculty who have been responsive and supportive of resident teaching during the pandemic. As Program Director, I was heartened to see how quickly staff volunteered to be involved with the relatively large time commitment of ADIS during the summer months. I described our course outline to colleagues across the country, and I note that they were quite impressed by our innovation.

As always, I continue to rely on the work of our Residency Program Committee and resident executive. I was pleased that Dr. Melanie Wong and Dr. Chris Earle agreed to continue in their roles as co-administrative residents this year, as they have done an exemplary job. I am confident that our Discipline is in good hands for the upcoming academic year.

~ Sarah Noble

Message from the Chair

As we start the 2020-21 academic year, still under the restrictions of COVID, I want to commend all members of the discipline - faculty, staff and residents, for their adaptability to the new reality.

The acceptance of limitations on in person, and the adoption of virtual technologies -- from working at home, to some returning to work, I would like to say, well done! The educational programs have continued with little interruption, clinical teaching has adapted, and the business of the discipline has continued.

So, at this time, I wanted to give a big thank you to all who have made this possible.

~ Kim