

Newsletter

DISCIPLINE OF PSYCHIATRY

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Recent Events

MONTE CARLO

The annual Monte Carlo was held November 18, 2017, and, was a success again this year. *Pictured from left to right- Christine Mikail, Chris Earle, Sarah Aubert, Julia Curtis, and Archana Vidyasankar.*



EASTERN HEALTH HOLIDAY PARTY



Psychiatry Residents welcomed the holiday season at the Eastern Health holiday party held in December. *Front row (left to right): Graeme Campbell, Jordan Power, Dave Lundrigan. Back Row (left to right): Melanie Wong, Kathleen Callanan, Chris Earle, Aaron Leekha, Archana Vidyasankar, Sarah Aubert, Julia Curtis, Sara Dalley, and Javeria Tabish.*

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RESIDENT CHRISTMAS SOCIAL

Residents had a holiday social at Archana's over Christmas. See photo of all the psychiatry resident offspring! A good time was had by all!

Publications

Mezo, Peter G., **Callanan**, Terrence S., **Radu**, Grigore M., & English, Megan M. (2017) Irrational Beliefs and Self-management as Separable Predictors of Anxiety and Depression. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, <http://DOI: 10.1007/s10942-017-0280-4> (Full text available at: <http://rdcu.be/ytSj>)

Hickey, C, **St. John**, K, **Penney**, A. 2017. Formulation wars: a novel formulation curriculum for residents and faculty. *Archives of Psychiatry and Psychotherapy*, 2: 69–72 DOI: <https://doi.org/10.12740/APP/70476>

Hickey C, Fleury G, **Penney** A. 2017. From foundations to frontiers: the status and perception of formulation teaching in Canadian English-speaking psychiatry residency programs. *Archives of Psychiatry and Psychotherapy*, 2: 73-80. DOI: <https://doi.org/10.12740/APP/70659>

Hickey C. 2017. Letter to the Editor. *Psychodynamic Psychiatry*, 45(2): 297-299. <https://doi.org/10.1521/pdps.2017.45.2.297>

Hickey C. 2018. Freud and Frozen: Using Film to Teach Psychodynamic Psychotherapy. *Journal of Spirituality in Mental Health*, 20(1):1-13.

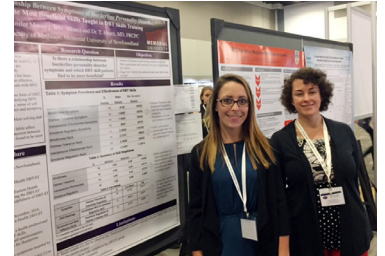
Karagianis J, Mulsant B, Dawe I, Bhatla R, O'Reilly R. (2017). Too Sick for Freedom, Too Healthy for Treatment. Untreated Patients in Forensic Psychiatry: A literature Review. *Journal of Medical Law and Ethics*, 5(2):81-104.

Mezo, P. G., **Callanan**, T. S., **Radu**, G. M. Irrational Beliefs and Self-management as Separable Predictors of Anxiety and Depression (2017). M. M. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*. <http://DOI: 10.1007/s10942-017-0280-4> (Full text available at: <http://rdcu.be/ytSj>). Co-Author.

Presentations

Mental Health Benefits of Year-Round Hydroponic Horticultural Therapy in a Northern Community - a proposal. **Gill, S.** Poster Presentation. Northern, Rural, and Remote Health Conference 2017. Happy Valley-Goose Bay. October 2017.

The Relationship Between Symptoms of Borderline Personality Disorder and the Most Beneficial Skills Taught in DBT Skills Training. Mooney, J, **Hearn, T.** Poster Presentation. Canadian Psychiatric Association's Annual Conference. Ottawa, ON. September 2017.



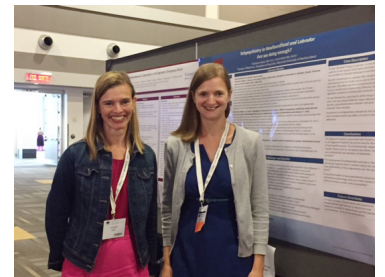
So You Want to Be a Mentor: Now What? An Approach to a Resident Mentorship Needs Analysis and Curriculum Development. **Hickey, C, Hurley, A, Callanan, K, Martin, L** Workshop presented at the International Conference for Residency Education. Quebec City, QC. September 2017.



Formulation Wars: Using Cinema and TV Characters in Teaching Biopsychosocial Formulation. **Hickey, C, Hurley, A, Callanan, K.** Workshop presented at the Annual Meeting of the Association for Academic Psychiatry. Denver, Colorado. September 2017.

The Effect of Goal Setting on Knowledge Acquisition and Learner Satisfaction in an Ambulatory Care Geriatric Psychiatry Setting. **Hickey, C, Skirving, D, Murphy, J.** Poster presentation. Annual Meeting of the Association for Academic Psychiatry. Denver, Colorado. September 2017.

Telepsychiatry in Newfoundland and Labrador: Are we doing enough? **Myles, A., Noble, S.** Poster presentation. Canadian Psychiatric Association's Annual Conference. Ottawa, ON. September 2017.



How Does Technology Benefit People? The Potential of E-health to Reshape Mental Health Care and Society. Fontaine, A., Javed, M. A., **Radu, G. M.** Oral Presentation. World Psychiatric Association's Thematic Congress, 'Innovation in Psychiatry: Effective Interventions for Health and Society'. Melbourne, Australia. February 2018. Co-Author/Co-Presenter.

New Approaches Working with Vulnerable Populations. **Radu** G. M. Oral Presentation. World Psychiatric Association's Thematic Congress, 'Innovation in Psychiatry: Effective Interventions for Health and Society'. Melbourne, Australia. February 2018. Author/Presenter.

Resilience, Grit and Emotional Intelligence: Key Personal Qualities for Effective Leadership. McKimm, J., Jones, P., Forrest, K., **Radu**, G. M. Workshop. 15th Asia Pacific Medical Education Conference. Singapore. January 2018. Co-Author/Co-Presenter.

Health Professions' Education' Leaders' Toolkit. McKimm, J., Jones, P., Forrest, K., **Radu**, G.M.. Special Course. 15th Asia Pacific Medical Education Conference. Singapore. January 2018. Co-Author/Co-Presenter.

How to Prevent and Reduce Burnout in Medicine. **Radu**, G. M., Fontaine, A.. Workshop. International Conference: Connecting Medical Education and Clinical Practice & the 2nd Baltic Sea Symposium on Simulation and Virtual Reality for Education in Health Care and Patient Safety. Kaunas, Lithuania. December 2017. First Author/Presenter.

Communicating Bad News to Patients: An Interactive Workshop for Health Professionals. **Radu**, G. M., Fontaine, A., Workshop. International Conference: Connecting Medical Education and Clinical Practice & the 2nd Baltic Sea Symposium on Simulation and Virtual Reality for Education in Health Care and Patient Safety. Kaunas, Lithuania. December 2017. First Author/Presenter.

Residency Training Across Borders. **Radu**. G.M. Plenary Session. French Junior Doctor Association (Intersyndicat National des Internes) Annual Congress. Faculté de Médecine de Montpellier. Montpellier, France. November 2017. Author/Presenter.

Leadership Styles and Psychological Well-Being: Exploring the Connection. **Radu**, G. M. Oral Presentation. Health Professionals' International Conference "Stress, Burnout and Prevention". Ministry of Health of the Republic of Slovenia and Faculty of Medicine, University of Maribor, Slovenia. October 2017. Author/Presenter.

Change and Leadership. **Radu**, G.M., Workshop. Russian Society of Psychiatrists and the Bekhterev Psychoneurological Institute of the Ministry of Public Health of the Russian Federation, St. Petersburg, Russia. September 2017. Author/Presenter.

Fundamentals of Leadership and Management in Education (FLAME) Course. McKimm, J., Jones, P, Vogan, C., **Radu**, G.M.. Special Course. The Association for Medical Education in Europe (AMEE) 2017 International Conference. Helsinki, Finland. August 2017. Co-Author/Co-Presenter.

Decreasing Stress and Increasing Wellbeing. **Radu**, G.M. Invited Oral Presentation – Grand Rounds. Faculty of Public Health Lithuanian University of Health Sciences. Kaunas, Lithuania. December 2017.

Medical Education. Present and Future. **Radu**, G.M. Invited Oral Presentation. Lithuanian Junior Doctors' Union. Lithuanian University of Health Sciences. Kaunas, Lithuania. December 2017.

Mental Health and Addictions Services in Canada. An Overview. **Radu**, G.M. Invited Oral Presentation – Grand Rounds. Department of Family Medicine. Lithuanian University of Health Sciences. Hospital Kauno Klinikos. Kaunas, Lithuania. December 2017.

Fulfill your potential. Creating Cultures of Critical Thinking, Reflection, Imagination, Risk Taking and Innovation. **Radu**, G.M. Invited presentation. Association des Internes en Exercice des Hopitaux de Lille. Lille, France. September 2017.

Seize Opportunities and Challenges with Grit and Resilience. **Radu**, G.M. Learning to Make Contributions as Citizens of a Complex World". Invited presentation. Association des Internes en Exercice des Hopitaux de Lille. Lille, France. September 2017.

Competency-based Medical Education Training in Canada: from Theory to Practice. **Radu**, G.M. Invited Oral Presentation – Grand Rounds. Department of Psychiatry. Helsinki University Central Hospital Psychiatry Centre, Helsinki, Finland. August 2017.

Awards

Dr. Julia Curtis was awarded a Health Care Foundation Scholarship in December from Eastern Health. Congrats to Julia! She was selected to win 1 of the 5 Health Care Foundation scholarships valued at \$2000.



Grants

Dr. Stuart Gill was awarded funding from Healthcare Foundation Research Funding program for his poster presentation on Mental Health Benefits of Year-Round Hydroponic Horticultural Therapy in a Northern Community - a proposal.

Dr. Leslie Phillips and a few colleagues recently received a NL Support Clinician and Allied Health Professional Led grant for \$10,000. This will help fund a randomized, controlled trial we are planning on running our Medication Therapy Services Clinic. This is a mixed-methods study evaluating a number of outcomes (e.g. abstinence, quit attempts, economic outcomes, user satisfaction and self-efficacy) in our smoking cessation program versus an abbreviated program versus usual care

Dr. Greg Radu was awarded a grant for his project Integrated Health Care for Senior's Mental Health: Developing an Intersectorial Cooperative Care Model, in the amount of \$150,000. Lithuanian Republic Research Council. Co-Principal Investigator/Senior Researcher.

Congratulations

STACERs

Congratulations to PGY5s, Archana, Paul, Matthew, Magda and Leanne on successful completion of your STACERs. All the best as you prepare for your upcoming exam!

Message from the Program Director

Hello Everyone,

Our residency program continues to thrive with thanks to an engaged group of residents and faculty. I will highlight just some of the many accomplishments of our trainees and updates pertaining to the training program.

As you know, we welcomed 5 new residents into our program this year: Graeme Campbell, Jessica Hung King Sang, Jordan Power, Andrea Uzans and Dave Lundrigan. They are all working hard and switching around between off-service rotations every 4 weeks, but they have spent time in PAU, SSU and E3A. They have also been attending academic activities in our department when possible. We look forward to working with you all full-time in July.

We continue to enjoy a high level of interest in our training program. 44 medical students from across the country interviewed for our 5 CaRMS positions this year. The interview days went quite smoothly thanks to our tremendous administrative support from Donna and Krista in particular. Our residents also did a wonderful job orienting the students, conducting tours and hosting 2 social events at a busy time of year. Thank you to Kathleen Callanan and Javeria Tabish for opening your homes. The welcoming nature of our residents and faculty have been highlighted as one of the primary reasons that students rank this program.

At the other end of training, we have 5 residents who are eligible to take the Royal College examination this year: Archana Vidyasankar, Paul Wawin, Leanne Martin, Matthew Tobin and Magdalena Orzylowski. They have all successfully completed their STACER exams to gain this eligibility and they are working diligently while still providing clinical care. Coffee and treats are always welcome from sympathetic supervisors and/or colleagues!

As a program, we have tried to maintain and enhance joint learning activities for residents and staff. These have included our resident-faculty retreat in September, when we worked on OSCE generation after lunch at the Fluvarium. Residents from PGY2-PGY4 and faculty continue to partner for collaborative OSCE generation, which is very appreciated by their senior resident colleagues. Dr. Gill and Barbara Mahon are happy to note that we have a healthy bank of high quality stations that contribute to the examination preparation course and senior OSCE examinations.

As many of you know, psychiatry has begun its workshops at the Royal College in preparation for the introduction of Competency by Design, tentatively in 2019. The initial workshop was attended by myself, Dr. Hickey and of course, Dr. St. John as Chair of the Specialty Committee. These workshops were attended by psychiatrists and trainees from across the country. It was interesting to see the both the differences in opinion, but more commonly the consensus, about what

knowledge and skills are integral to becoming a psychiatrist. At Memorial, we have instituted a pilot project in Competency-based assessments and graded supervision for our PGY1's working in PAU, which is already going quite well.

As noted elsewhere in the newsletter, our residents continue to pursue noteworthy extra responsibilities while tackling the demands of residency. Dr. Julia Curtis is currently the president of PAR-NL, or the resident union for all postgraduate trainees. Psychiatry at Memorial clearly fosters an interest in administrative psychiatry as the last 4 PAR-NL presidents have all been from our program. Melanie Wong is completing a course in medical teaching. Chris Tang and Anne Hurley, in addition to co-administrative duties, are both enrolled in Masters Programs. Magda Orzylowski is nearing the completion of her Master's program, while preparing for the Royal College examination. Many of the residents sit on important committees such as Curriculum or help organize activities such as retreats. The program would not be as rich or enjoyable without these contributions of time and effort.

Finally, I would like to thank members of the Residency Program Committee, both faculty and resident representatives. This is an engaged group of individuals on whom I rely to keep the program running and to continuously enhance the quality of our training.

I look forward to seeing everyone at upcoming events such as Cultural Psychiatry Day and our end-of-year Barbecue. Spring will have hopefully arrived by then!

Sarah Noble

Message from the Administrative Residents

The resident group has enjoyed a productive and fun year so far! As the co-administrative residents, we would like to thank all of the residents for their continuing efforts in making MUN Psychiatry a supportive environment to learn and work.

Residents have enthusiastically helped to organize many social activities. We would like to thank Stuart Gill for organizing and hosting the Psych Social at his home. The residents appreciated this opportunity to welcome the PGY1s while enjoying the lovely fall weather of St. John's. We would also like to thank Archana Vidyasankar and the social committee for organizing the Holiday Social. It was a great family event and the residents were able to enjoy a fun "white elephant" gift exchange. We also wanted to extend a big thank you to Dr. St. John and the members of the discipline of psychiatry for helping provide a lovely meal at the holiday social. Special thanks to Kathleen Callanan and Javeria Tabish for hosting the CaRMS Socials, as well as other residents for helping welcome and entertain the CaRMS applicants. Both of these events were well attended despite the winter storms! Next up is the Resident Retreat, which will take place on February 26th. We have a fun (and educational) day planned with speakers focusing on transitioning to practice and an afternoon of psychiatry trivia. We would like to thank the faculty for their continuing support of our annual retreat.

A Christmas Fundraiser for the Gathering Place was a tremendous success as the program raised in excess of \$1600. The generosity of our residents and faculty is deeply appreciated by the Gathering Place as it provides food and essential services to those who are less fortunate in our communities. Special thanks to Dr. Robert Mercer for his passion and guidance in helping us organizing this fundraiser. We would also like to take the opportunity to recognize all of our residents in their commitment to making positive impacts in our local communities.

As the co-administrative residents, we would like to thank the resident group for their involvement in the program and supporting each other in times of difficulty. Special thanks to those residents who stepped up to help each other in addressing call schedule needs. The dedication of our residents in various program committees also shows how much we really care about the vitality of this program. It is inspiring to be amongst such a talented group of individuals who care about the integrity of their training and strive to deliver the best care for their patients. Of course our program would not be as successful without the guidance and support of our program director, Dr. Noble. Dr. Noble's commitment to the residency program has been unwavering and on behalf of all of the residents we would like to say thank you and extend our appreciation for all of her hard work and support.

Anne Hurley & Chris Tang