

# Newsletter

## DISCIPLINE OF PSYCHIATRY

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## Recent & Upcoming Events

### ANNUAL YEAR-END BARBEQUE

The third annual end-of-year barbeque, which morphed into a potluck, was held on Sunday, June 24th at North Bank Lodge. It was a success, consisting of good food and great company! A good time was had by all!



### MURDER MYSTERY

The psychiatry residents (and friends) had a circus-themed murder mystery social on July 9th. It proved to be a very fun evening!

### APPA 2019 - SAVE THE DATE!

APPA 2019 will be hosted by NL, and, the venue is the Murray Premises Hotel, St. John's, June 6 - 8. This will be another occasion for residents to submit abstracts for presentation consideration and get the opportunity to win \$1,500.00.

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## Comings & Goings

**Donna Dwyer** retired as Academic Program Administrator on April 27, 2018, after over thirty years with the university, ten plus of them being with the Discipline of Psychiatry. A celebration was held in her honour on April 19. We wish her all the best!

While we're sad to have said good-bye to Donna, we are happy to welcome her replacement, **Stacy Hicks**. Stacy began with Memorial in 2007, with the Faculty of Medicine. Since then, she has worked with the Hematology research office, the Family Medicine Residency Program, the Rural Medical Education Network [RMEN] office, and, the Discipline of Medicine. We are happy to have Stacy as part of our team and extend a big welcome!

## Announcements

The Canadian Psychiatric Association announced the inaugural committee members appointed to its new Early Career Psychiatrist Working Group. Congratulations to **Dr. Robert Mercer**, in his role as member for the Atlantic region. The committee was established to provide expert advice and leadership to the CPA on matters of interest to early career psychiatrists.

**Drs. Kellie LeDrew, Kevin Hogan and Dave Lundrigan** are set to begin a study with the Canadian Consortium of Early Psychosis entitled "Validation of the Scale for Early Psychosis Relapse Risk Assessment (SEPRRA)".

## Publications

Gotovac, S., Espinet, S., Naqvi, R., Lingard, L., & **Steele, M.** 2018. Evaluating Training Programs for Primary Care Providers in Child/Adolescent Mental Health in Canada: A Systematic Review. *Journal of the Canadian Academy of Child and Adolescent Psychiatry*, 27(2): 99-111.

Maddigan, J., **LeDrew, K., Hogan, K** & Le Navenec, C. Challenges to Recovery Following Early Psychosis: Nursing Implications of Recovery Rate and Timing. *Archives of Psychiatric Nursing*. Publication stage: In Press. 2018.

# Presentations

Impact of the Faculty of Medicine: Achievements and Opportunities. **Steele, M.**  
College of Physicians and Surgeons of Newfoundland and Labrador. St. John's, NL.  
June 2018.

Impact of the Faculty of Medicine: Achievements and Opportunities. **Steele, M.**  
Rotary Club of St. John's. St. John's, NL. April 2018.

Impact of the Faculty of Medicine: Achievements and Opportunities. **Steele, M.**  
Rotary Club of St. John's, St. John's, NL. March 2018.

Impact of the Faculty of Medicine: Achievements and Opportunities. **Steele, M.**  
Forum on Health Outcomes and Healthcare Costs: What Can We Afford? Memorial  
University of Newfoundland, St. John's, NL. March 2018.

Leadership Inspiration for Faculty Executives (LIFE) Course. **Steele, M,** Postl, B,  
Smith, P. Association of Faculties of Medicine of Canada, Halifax, NS. April 2018.

What Executives Want: Exploring Expectations in the C-Suite. **Steele, M,**  
Rapley. Association of American Medical Colleges (AAMC) National Professional  
Development Conference for Institutional Advancement. Seattle, WA. March 2018.

Mental Health Update 2018. **Latus, A.** and **Mercer, R.** were part of the planning  
committee. It was called on Saturday June 16, 2018, (half day).

The presenters were:

**Dr. Tim Hierlihy:** Switching Medications – Where to go From Here

**Dr. Sarah Noble:** Certification and The Mental Health Act

**Dr. Rajive Rajan:** Pediatric Depression and Anxiety – Diagnosis and  
Management

**Dr. Khalid Jat:** Behavioral and Psychological Issues in Dementia

**Dr. Bruce Hollett:** CBT in Family Medicine CBT – Insomnia

# Awards

APPA: The Atlantic Provinces Psychiatric Association's 2018 annual meeting was held at Brudenell, PE, from June 7-9, 2018. There were 3 papers presented by residents, one from the Dalhousie University Psychiatry Program, and two from the Memorial University Psychiatry Program. **Dr. Javeria Tabish** presented "Evaluation of the PEACI workshop: Family Medicine resident's perceived knowledge and comfort in managing psychiatric illness". **Dr. Irina Mihaescu** presented "Burnout risk in psychiatrists and psychiatry residents in Canada". The prize for the best paper authored by a resident was awarded to Dr. Javeria Tabish. Congrats Javeria!

Scholarship and Awards Day took place on June 15, 2018, congratulations to all award recipients. The award recipients were as follows:

Clinical Supervisor Award (Junior): **Dr. Jan Dolezalek**

Clinical Supervisor Award (Senior): **Dr. Erin O'Keefe**

Academic Teacher Award (Junior): **Dr. Tanis Adey**

Academic Teacher Award (Senior): **Dr. Kellie LeDrew** ▶



◀ Resident Teaching Award: **Dr. Sarah Aubert**



Dr. Howard Strong Memorial Scholarship: **Dr. Julia Curtis**

Frederick Michael O'Neill Award: **Dr. Chris Earle**

Grand Rounds Award: **Dr. Christine Mikail** ▶



◀ Janssen Excellence in Psychiatry Research Award: **Dr. Javeria Tabish**

# Congratulations

Congratulations to **Dr. Angelique Myles** and Carl Schofield who welcomed baby Harry James Schofield on April 25th, 2018! Esmé and Julian were very excited to meet their baby brother.



Congratulations to **Dr. Sara Dalley**, David Saunders and big sister Kaia on the arrival of baby Hannah Joy Saunders on St. Patrick's Day, March 17th, 2018!

Baby Adaline Amaya Lundrigan was welcomed to the world on May 22, 2018, by proud parents **Dr. Dave Lundrigan** and Amanda Hannam. She is the little sister of Grayson Hannam who will love and protect her for a lifetime!





# Message From The Program Director

Hello Everyone,

*As our 2017-2018 academic year comes to a close, I would like to take this opportunity to reflect on our accomplishments as a Program and highlight things we can anticipate in the upcoming months.*

*Firstly, I wish to say congratulations and farewell to our PGY5 residents who have completed our program, or will be finished quite soon. Dr. Archana Vidysankar, Dr. Magda Orzylowski, Dr. Matthew Tobin, Dr. Leanne Martin and Dr. Paul Wawin have all survived their residencies and contributed a great deal to our program and our patients. It will be nice to run into you as colleagues in the future!*

*We also have five new residents to welcome to our program: Dr. Jeffrey MacDonald, Dr. Duncan MacIver, Dr. David Mo, Dr. Ming Yang Wang and Dr. Mahlodi Tau. As you know, they will work in psychiatry for sixteen weeks in the PGY1 year and attend academic activities as allowed by those ever-changing call schedules. They have come here from all over the country, so any orientation or words of advice would, I'm sure, be appreciated!*

*A special thank you needs to be extended to Dr. St. John for organizing and providing much of the work for our annual end-of-year Barbeque. The weather had not yet changed this year, but we enjoyed the North Bank Lodge, inside, and it was a lovely evening. The food provided by faculty and Dr. Wawin's partner, Elena, was also delicious.*

*Our residents continue to excel in all CanMEDS roles, which makes my job as Program Director really a pleasure. The clinical care they provide on rotations and on-call is excellent. Teaching evaluations from clinical clerks who work directly with our residents on-call, and, during inpatient rotations, have been particularly good in recent years, and I genuinely appreciate the time and effort that our residents devote to that role. We have a number of residents with administrative roles within our medical school and with resident organizations nationally. Dr. Julia Curtis and Dr. Aarun Leekha are currently sharing the responsibilities of PAR-NL president. As you will see in our list of awards and publications, we have had a number of residents present at the Atlantic Psychiatry meeting as well as the CPA.*

*As always, I would like to thank members of our Residency Program Committee, on whom I rely, for their ongoing commitment to resident education. Dr. Greg Radu has decided to step down in his role as Psychotherapy Coordinator, and I must acknowledge the tremendous work that he has done to develop this essential component of our training program. Dr. Leslie Wheeler is also stepping down from her role as site educational coordinator at Janeway, and Dr. Andrew Latus will be taking over that responsibility. Dr. Wheeler's contributions have been invaluable at RPC, and in her many years of organizing a very busy rotation. Finally, the resident representatives on our RPC, Dr. Chris Tang, Dr. Anne Hurley, Dr. Chris Earle*

*and Gabrielle Lapointe are always engaged at these meetings and consistently contribute to our discussions and decision-making.*

*There are some events upcoming in September that are important to note. There will be a resident-faculty retreat on September 14th on the topic of transgender issues. This topic and speaker were facilitated by Dr. Hearn, and it promises to be a very interesting day, as well as a nice opportunity to lunch with colleagues. It appears that a number of residents will be attending, if not presenting, at the annual CPA meeting in Toronto, which is another joint learning opportunity for residents and staff.*

*While I am not wishing away the summer, I look forward to the next academic year,*

*Sarah Noble*

## Message From The Administrative Residents

*We would like to send our best wishes to the outgoing residents who have completed their residencies at MUN - Dr. Leanne Martin, Dr. Magda Orzylowski, Dr. Matt Tobin, and Dr. Paul Wawin. We are also excited to welcome the PGY1 residents - Dr. Jeffrey MacDonald, Dr. Duncan MacIver, Dr. David Mo, Dr. Mahlodi Tau, and Dr. Ming Wang, to our program.*

*The residents had a busy ending to the 2018 academic year. The resident retreat was a fun and interactive time that was enjoyed by all. Thank-you to the retreat planning committee for organizing this event and to Dr. St. John and all the staff for supporting this activity. The year-end/welcome barbecue was held in June. The staff and residents had a great time sending off our 5th year residents and welcoming our new first year residents. Dr. St. John did an excellent job organizing this event, and we would like to extend our appreciation to her for all her efforts in making this event such a success. We would like to thank Dr. Melanie Wong for organizing a journal club for the residents on the topic of CANMAT 2018 Bipolar Guidelines. Thanks to everyone for contributing food and drink items to make this an enjoyable and relaxing event. We look forward to more collaborative learning activities in the new academic year!*

*We would like to wish everyone a safe and happy summer, and are looking forward to another busy and exciting year.*

*Anne Hurley & Chris Tang*