



DEPARTMENT OF MEDICINE NEWSLETTER

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Message from the Chair



It gives me great pleasure to introduce everyone to our Newsletter. The Department decided to try a more modern format in place of the traditional (and expensive) Annual Report. We will start out by publishing twice a year but could add additional issues as the excitement grows. In this issue we feature new faculty, new programs and new space. Your feedback and comments are welcome as are suggestions for future content.

There is something else new afoot! As I write this, I am in my last month as Interim Chair/Chief. It has

been a challenging but enjoyable time. While I've had some issues to deal with, I've developed an even deeper appreciation of the Department, our people and the work we collectively do. We should all be proud of this. It is amazing what we've built and there is every opportunity to make things better still.

I hope everyone can rise to the challenge, and also join me in welcoming Dr. Jim Calvin to London and the Schulich School of Medicine & Dentistry.

- Dr. Rob McFadden

Banner Photo:

Dr. C.F.P. George & the Sleep and Apnea
Assessment Unit Staff

WELCOME MESSAGE

Welcome to our new space

The Department of Medicine (DOM) is in the final phases of the city-wide restructuring of its clinic, office and ambulatory space. Across both London Health Sciences Centre and St. Joseph's, fantastic new facilities have come online over the past year, and the final phase of construction to complete the transition will occur by fall 2014.

At London Health Sciences Centre, Victoria Hospital, the outpatient activity for the Divisions of General Internal Medicine, Gastroenterology, Hematology, and Respiriology clinics, as well as the Apnea Assessment Unit are all well-established in their new space in Zone E. Feedback from our patients and staff has been very positive. The final moves for the Medicine Program at Victoria Hospital will occur early in 2014 when the third ambulatory care wing (E5-100) will open.

In total, Medicine clinics at Victoria Hospital will occupy more than 30,000 square feet in Zone E. By consolidating a number of clinics and by identifying more efficient ways of delivering patient care, the Department of Medicine will be able to optimize schedules and enhance

or redesign our current workflow to better meet the needs of our patients.

DOM physician and secretarial offices at Victoria Hospital were completed in July and everyone is enjoying new space on E6-200 and E6-300.

Fantastic new facilities have come online over the past year, and the final phase of construction to complete the transition will occur by fall 2014.

In August, the Department of Medicine Administrative Group moved out of the basement at London Health Sciences Centre, University Hospital to the E6-100 wing at Victoria Hospital. There is an amazing view from the board room and all offices have windows! Administrative staff members are very happy in the new space.

At University Hospital, the first phase of the fourth floor Outpatient Clinic became operational. As part of this ambulatory process, and for the first time since University Hospital opened, the Nephrology Clinic is part of the overall Medicine Ambulatory Clinics. The second phase of the fourth floor Outpatient Clinic at University Hospital is under construction and is expected to be completed in December 2013.

The first DOM Office phase at University Hospital was completed in September and saw more than 50 staff members move into new office space on B9. Construction on the 10th floor at University Hospital began in October 2013, and once completed, will enable the Department's last group of physicians and secretaries to move into their offices in the fall of 2014.

The newly opened One-Stop Pituitary Clinic at St. Joseph's Hospital was created in collaboration with specialists across the city and has made convenience an important component of the proposed model of care for patients with pituitary disease.

The construction of new office and ambulatory space on B3 at St. Joseph's was also completed during this past year. The Divisions of Clinical Immunology & Allergy, Infectious Diseases and Respiriology are thoroughly enjoying their new quarters. The official open house for this new area was held in October.

After many years of restructuring, the Department of Medicine is pleased that M2P3 is almost completed and 90 per cent of its members are happy to be settling into their new offices and ambulatory space. We look forward to the final work to be completed next fall.



FEATURE STORY

Home for a rest: the Sleep Lab moves into its new space

The Sleep and Apnea Assessment Unit at London Health Sciences Centre, Victoria Hospital is a state-of-the-art, nine-bed facility that operates six nights per week. The facility provides rooms for patients but also has space for caregivers to stay if the patient requires additional care. Currently the unit receives about 200 new referrals per month and will do approximately 200 sleep studies per month. Approximately 75 per cent of the work of the clinic is sleep and breathing issues, however, patients are seen with all disorders related to sleep.

There have been several incarnations of the unit. The unit first opened in September 1988. It was located in the Stores building at South Street Hospital (SSH) with one diagnostic station, later expanding to two beds



to provide a full-service operation by treating sleep as an entity and include all of the disorders related to sleep such as narcolepsy, excessive sleepiness, circadian rhythm issues and insomnia. This plan also allows fellows to receive education and training in the whole range of sleep disorders.

This commitment to providing a full-service operation has also resulted in additional services being incorporated into the management of patients. A psychologist is available one day per week and the group has developed relationships with ENT surgeons, as well as dentists and maxillofacial dentists in the community and at the Schulich School of Medicine & Dentistry.

Initially all records were paper based. The move to digital was made in 1993 which was very early in the development of sleep software. Dr. George took a chance on a Canadian company's software, Sandman. There were many growing pains but today it is a leader in sleep diagnostics. Now the software has been upgraded to integrate with Cerner.

One of the unit's strengths is its large patient population. This has allowed for the establishment of clinical research and the collection of data. The unit now has study data on more than 30,000 patients and it is this data that provides the mechanism to identify patients for research. Throughout the years the unit has done a lot of research, for example testing drugs for insomnia, treatments for narcolepsy and being involved in a NIH funded trial for treating milder sleep apnea patients with CPAP. The unit was the largest recruiter to the study. The unit as it is currently configured provides additional opportunities for research and the group looks forward to becoming more involved in research endeavors in the future.



operating three nights per week. The unit then moved to the Nurses Residence Building at SSH and expanded to four beds. Each time the unit moved or expanded, the space required retrofitting. The unit remained in Nurses Residence until 2005, eventually increasing to a total of eight beds. As the acute services moved out of SSH, the Sleep Unit also moved into the main hospital into space vacated by the Critical Care Unit on the fifth floor.

The current unit is the first version that was built to the specifications of the division. This new lab was a long time coming and provides the group with the opportunity to carefully consider and design the space and provide the amenities that would create an environment that is both functional and appealing to both patients and staff.

The clinic is under the direction of Respiriology, however, Dr. C.F.P. George, Division Chair/Chief and his colleagues did not want to offer services to only the niche market of sleep apnea. They believed it was important

DEPARTMENT NEWS

Cardiac Rehabilitation Centre helps a growing number of patients

A push in London to ensure care for heart attack patients and others with heart disease doesn't stop once they leave the hospital, is resulting in many individuals receiving the rehabilitation and guidance they need to stay healthy.

In recent years, the number of referrals to the cardiac rehabilitation and secondary prevention program (CRSP) has nearly doubled.

Its impact has significantly strengthened thanks to various efforts, such as reaching heart patients before they leave hospital, making the referral process to the program easier, and helping patients turn lifestyle changes into lifelong habits.

"To practise innovative cardiac rehabilitation you need an approach with a broad reach and expertise that serves as a resource for hospitals and the region," said Dr. Neville



Suskin, medical director of the program, now located at St. Joseph's Hospital in London.

The new space includes a state-of-the-art computerized patient management system, an exercise testing and training facility, teaching classrooms, and offices for cardiac rehabilitation personnel and trainees.

The CRSP program is designed for men and women with heart disease who have had a heart attack, angina, angioplasty or heart surgery. An interdisciplinary team provides

patients with a medical evaluation, including exercise stress testing, a prescribed exercise program, life-style education, psychological services, nutrition counselling, smoking cessation therapy and more.

The new space provides a one-stop-shop for patients where they can receive all elements of cardiac rehabilitation under one roof.

Instead of waiting for patients to come to the program, London heart patients are now connected with the CRSP before discharge from hospital. They can even begin smoking cessation therapy before they leave hospital.

"We have implemented a strategy in the inpatient setting so that patients are getting the right care and understand the importance of follow-up and risk reduction," said Dr. Suskin.

Welcome to our new Chair/Chief

We are pleased to announce that Dr. James Calvin has been appointed as Chair/Chief, Department of Medicine, Schulich School of Medicine & Dentistry and its teaching hospitals, effective November 1, 2013.

Dr. Calvin graduated from medical school at Dalhousie University in 1975. He completed his residency in Internal Medicine and Critical Care in 1980 at Schulich Medicine & Dentistry. This was followed by a residency in Cardiology at the University of Ottawa in 1981. In 1983, following post-doctoral training at the Cardiovascular Research Institute as a Medical Research Council Fellow at the University of California in San Francisco, California, he joined the Department of Medicine at the University of Ottawa as an Assistant Professor. He was recruited as an Associate Professor to the Department

of Medicine at Rush Medical College in Chicago, Illinois in 1991. Dr. Calvin's previous administrative experience includes Section Director, Clinical Preventative Medicine, Rush University Medical Center, Section Director, Adult Cardiovascular Medicine, Rush University Medical Center, Medical Director, Rush Heart Institute and Division Chair, Adult Cardiology, Stroger Hospital of Cook County, Chicago.

Dr. Calvin is an internationally renowned scholar with career accomplishments encompassing more than 330 publications and book chapters. He serves as an external reviewer for the Medical Research Council of Canada, Canadian Heart Foundation, the *Journal of the American College of Cardiology* and the *American Health Journal*. In 2012, Dr. Calvin completed a Physician Executive MBA from the University of Tennessee in Knoxville.

New one-stop clinic at St. Joseph's adds convenience to care

A unique clinic for individuals with pituitary disease from across the region is resulting in much less travel for patients, fewer missed work days, and rave reviews. In an innovative approach, patients are scheduled for multiple tests and specialist visits all on the same day.

The newly opened One-Stop Pituitary Clinic at St. Joseph's Hospital created in collaboration with specialists across the city, has made convenience an important component of care, explains St. Joseph's endocrinologist Dr. Stan Van Uum. Its success, he adds, could become a model of care for pituitary disease in Canada.

"Pituitary tumours can cause a wide range of disorders requiring patients to undergo testing, imaging and the care of various specialists – ophthalmologists, endocrinologists, neurosurgeons, and ear nose and throat surgeons," said Dr. Van Uum. "Previously, care for these patients was fragmented with the various medical visits scheduled on multiple days. If you look at the great distances patients are travelling for care in London and the number of trips they are making to receive services, it was clear we had to do things better."

With the clinic's central referral process, initial lab testing, endocrinology consult, visual field testing and neuro-ophthalmology consult are arranged on the same day. Prior to arriving, patients receive an itinerary of their appointments, directions, as well as information about the pituitary gland and what they can expect during their visit.

When Edmond Tell of Waterloo learned he had a pituitary tumour that required investigation, he expected a time-consuming process of various visits in different locations and lots of "diagnostic traffic" between physicians before he had any answers.

"I was delighted to find out all my appointments would be on



the same day," said the part-time University of Waterloo instructor. "It was extremely helpful not to repeatedly reschedule my life. My first appointment was at 8:00 a.m. and I was heading home by 2:30 p.m."

One thing that is often overlooked is the anxiety a patient feels while all of the various elements of diagnosis are being collected. This approach significantly reduces that period of anxiety. In my case, I had a

"The streamlining and centralization of referrals also creates an excellent opportunity to improve patient education, facilitate follow-up visits, enhance teaching to residents and medical students, and improve understanding and care of this patient group."

- Dr. Stan Van Uum

pretty good idea what was going to happen with me at the end of a single day."

In the past, patients with pituitary disease from across the region made on average 2.4 trips to London, travelling a total distance of about 300 km each way. With the first patients seen at the One-Stop Pituitary Clinic, the total number of visits has dropped to one and the average distance to 116 km.

In addition to the logistical improvements, Dr. Van Uum said the streamlining and centralization of referrals "also creates an excellent opportunity to improve patient education, facilitate follow-up visits, enhance teaching to residents and medical students, and improve understanding and care of this patient group."

Funding to set up the integrated care model was supported by St. Joseph's President's Grants for Innovation. The grants, initiated in 2011 by president and CEO Dr. Gillian Kernaghan, are available to staff and physicians across the organization with creative ideas to improve quality of care.

NEW FACULTY



Dr. Alaina Aguanno, Emergency Medicine

What has surprised you most about working here?

The high readership of Dialogue magazine. (Dr. Aguanno was on the cover this summer!)

What is the best thing to happen since you started working here?

Getting to know the Emergency Medicine group at London Health Sciences Centre and St. Joseph's has been truly fabulous. I feel very lucky to count them as colleagues and friends.

What do you find most challenging about your work?

There are many practical learning points to absorb as a new consultant in a new province. Thanks to everyone for sharing pearls about system navigation and the practice of medicine.

What is one thing about you that few people know?

I spent a year in Whistler as a ski tech and went Cat skiing with the Rossignol freestyle ski team.

If you were not a doctor what would you be doing instead?

Sleeping, by night. Working on health policy, by day.

What do you do when you are not working?

Running, biking, swimming, cooking, watching Homeland and travelling with my husband, Dr. Christopher Doherty.



Dr. Alan Gob, Hematology

What has surprised you most about working here?

I've been here since I was a medical student in 2003, and I never expected to be here this long, so I suppose that's the most surprising thing to me!

What is the best thing to happen since you started working here?

Having the opportunity to work with leaders who understand my strengths and interests. This allowed me to set up a practice-mix that includes both hospitals, leans heavily toward inpatient care, and includes quality improvement activities in lieu of traditional research.

If you were not a doctor what would you be doing instead?

I'd probably be a self-help/life coach or something like that. Left to my own devices I tend naturally to be disorganized and passive. It took a lot of work and a lot of trial and error to reverse those tendencies, and I take special interest in helping those who struggle with those same issues.

What do you do when you are not working?

I'm usually either out socializing in London or Toronto, travelling, or catching the last few episodes of Walking Dead on Netflix.

Dr. Alia Kashgari, Respiriology & Dr. Karim Qumosani, Gastroenterology

What has surprised you most about working here?

We have been at Western University since 2006, no surprises here!

What do you find most challenging about your work?

Balancing between work, study and social life at home. It's not difficult, but requires discipline.

If you were not a doctor what would you be doing instead?

Alia has a fantasy of owning and running a spa.

What do you do when you are not working?

When we are not working we block our time to enjoy our kids and family.

Can you tell us about your journey to being recruited to Western?

When we were done our fellowship at Western, Alia decided to pursue a medical education career and this was around the time both of our divisions were seeking new recruits. We expressed our wishes to stay longer in Canada and both the division and the Department of Medicine were in support of that. We have to say it was not as easy as it sounds but with the help of excellent leaders, it was made possible.

Why did you decide you wanted to stay?

The culture at Western supports new academics to thrive. In addition, we felt it was the best place to make a better use of our specialized training.



Dr. Steven Smaggus, General Internal Medicine

What is the best thing to happen since you started working here?

I have been very fortunate to encounter numerous opportunities to teach since starting here. Both on the ward and in rounds, the interactions with trainees has been the best thing about my time in London.

What do you find most challenging about your work?

General internal medicine is probably one of the most challenging areas in medicine. The complexity of today's patients is unlike anything before, and requires you to be on your toes at every single moment.

What is one thing about you that few people know?

I grew up in the Ottawa Valley (Renfrew, Ontario).

If you were not a doctor what would you be doing instead?

I would be a billing agent.

What do you do when you are not working?

I don't think I understand the question.



TRAINEE NEWS

By the numbers

39

new Postgraduate Year Ones this July
(no positions were left unfilled!)

26

new Canadian Medical Graduates

8

new International Medical Graduates and

5

new Internationally Sponsored Trainees

Canadian Medical Graduates came to us from:

Western University, the University of Alberta, **UBC**, **McGill University**,
The Northern Ontario School of Medicine, UNIVERSITY OF OTTAWA,
Queen's, **University of Saskatchewan**, **UofT** and **WAYNE STATE**

The department received

340

applications for CMG

and

850

for IMG

International Medical Graduates came to us from:

Australia, **the Caribbean**, **Croatia**, Egypt, **IRELAND** AND **Poland**.

118

trainees registered in the core Internal Medicine program

Congratulations to our trainees

Dr. Fahad Almeahmadi, recipient of the 2013 Kostuk Research Award.

Dr. Abdelnasir Bashir, 2012 Schulich PGME Leadership Award (Underdeveloped Nation, Global Health and End of Life teaching/transfer of knowledge.)

Ms. Laura Berall, recipient of the Dr. Glen S. Wither Award for Research, Schulich School of Medicine & Dentistry for project entitled, "Tissue-Mimicking construct for native kidney biopsy training." This award is given for outstanding participation in the Summer Research Training Program; Supervisor: Dr. F. Rehman.

Dr. Waleed Chehadi, 2012-2013 Talent Management Pilot Project recipient and recipient of a Critical Care Western Chief Senior Leadership Award.



Dr. Ina Igric & Dr. Michael J. Strong

Dr. Ina Igric, recipient of the Dr. John Brown Award recognizing a postgraduate trainee in any area of medicine who displays excellence in patient-centered care and reflects the values and practices of Dr. John Brown, who always put his patients first

Dr. Rob Leeper, 2012 Schulich PGME Leadership Award (Simulation) recipient, RCPSC Clinical Investigator Program Award (in Critical Care) – Simulation recipient (2012-2015). Recipient of a Critical Care Western Chief Senior Leadership Award. Recipient of the Best Resident Presentation Award at the Annual Western-McMaster University Critical Care Research Day for project entitled, "Going beyond organ preservation: a 12-year review on non-operative management of splenic trauma."

Dr. Sameer Mal, recipient of a Canadian Association of Emergency Physicians 2013 Resident Research Abstract Award and recipient of the Top CAEP Resident Research Abstract Award.

Dr. Usha Manian, recipient of the 2013 Dr. J.B. Walker Memorial Award.

Dr. Amit Patel, recipient of a 2013 PSI Foundation Resident Research Prize for his research paper entitled "Statin Toxicity from Macrolide Antibiotic Coprescription: a population-based cohort study."

Dr. Danny Peterson, recipient of a Canadian Association of Emergency Physicians 2013 Resident Research Abstract Award.

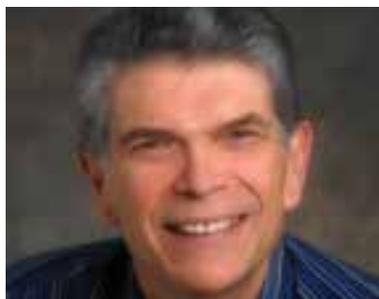
Dr. Leslie Skeith, recipient of the 2013 Dr. David Meltzer Postgraduate Award in Hematology. Recipient of the 2013 Dr. Aneez Mohamed & Ms. Chanelle Morgan Memorial Award, awarded annually to a Chief Resident who, in the opinion of peers, best exemplifies the qualities of compassion and the highest standards of clinical care and administration.

Dr. Anouar Teriaky, recipient of the 2013 Kostuk Education Award.

Dr. David Yik, recipient of the 2013 MR Belsheim Memorial GI Resident Teaching Award.

AWARDS & ACCOLADES

Congratulations to our colleagues on their achievements



Dr. George J. Klein, recipient of the Canadian Heart Rhythm Society Annual Achievement Award. This award was created to recognize Canadians who have made outstanding contributions in their career within the cardiovascular heart

rhythm field. Dr. Klein is only the second ever recipient of this prestigious award.

Dr. Ewa Cairns, winner of the Lawson Health Research Institute Internal Research Fund Competition, Spring 2013 for a project entitled, "Pilot pre-clinical trial of citrullinated peptide therapy for rheumatoid arthritis."

Dr. Laura Diachun, recipient of the 2013 Physician Innovator in Education Award presented by the Canadian Geriatrics Society for her research contributions towards improving education in geriatric medicine.

Dr. Brian Feagan, recipient of a 2013 Medical and Dental Alumni of Distinction Award for Professional Achievement, Schulich School of Medicine & Dentistry.

Dr. Amit Garg, recipient of a five-year CIHR operating grant (Winter 2013 competition) for a project entitled, "Standard criteria living kidney donor safety study" and recipient of a grant from the Foundation of Kidney Care for his proposal entitled, "Long-term risks of kidney stones requiring intervention and bleeding requiring hospitalization in living kidney donors."

Dr. Robert Hegele, recipient of a 2013 PGY3 Research Advisor Award for excellence in resident research supervision and direction.

Dr. Cyrus Hsia, recipient of a 2013 PGY3 Subspecialty Consultant Award for excellence in clinical teaching, resident support and patient care on a Subspecialty Rotation.

Dr. Richard Kim, recipient of a five-year CIHR operating grant (Winter 2013 competition) for a project entitled, "Hepatic bile acid and organic anion transporting polypeptide (OATP) drug uptake transporters as determinants of drug disposition."

Dr. Brian Larocque, recipient of a 2013 PGY3 CTU Consultant Award for excellence in clinical teaching, resident support and patient care on a Clinical Teaching Unit.

Dr. Lorelei Lingard, recipient of a two-year CIHR operating grant (Winter 2013 competition) for a project entitled, "Integrated Systems and Team working for Children with Disabilities: An institutional ethnography of Health Professional Practice in the special education context."

Dr. David McCormack, winner of the Lawson Health Research Institute Internal Research Fund (IRF) Competition, Spring 2013 for a project entitled "Hyperpolarized Gas Magnetic Resonance Imaging of Severe Asthma: The effect of bronchial thermoplasty on regional lung function."

Dr. Manuel Montero-Odasso won the International Poster Session Award in the Research Category for Neurochemistry Substrate of Gait Dysfunction in MCI. Results from the Gait and Brain Study at the 2013 American Geriatrics Society meeting.

Dr. Deric Morrison, recipient of a 2013 PGY4 Faculty Award for commitment and excellence in Royal College exam preparation.

Drs. Norman Muirhead and Lisa Shepherd, recipients of the Silcox-Fellows Award, given to physician mentors who have devoted 10 years of their time as part of the Schulich Medicine Mentorship Program.

Drs. Patrick Teefy and William Kostuk led a Medical Team sharing angioplasty expertise at the Belarusian Emergency Hospital in Minsk, Belarus.

Welcome to all of our new faculty

Dr. Alaina Aguanno, Emergency Medicine
 Dr. Bandar Al-Judaibi, Gastroenterology
 Dr. Eyad Althenayan, Critical Care Medicine
 Dr. Ryan Arbeau, Emergency Medicine
 Dr. Meggan Brine, Emergency Medicine
 Dr. Alan Gob, Hematology
 Dr. Behzad Hassani, Emergency Medicine
 Dr. David Huang, Allergy and Immunology
 Dr. Susan Huang, Nephrology
 Dr. Alia Kashgari, Respiriology
 Dr. Reena Khanna, Gastroenterology
 Dr. Sylvia Pillon, Emergency Medicine
 Dr. Ute Schwarz, Scientist Clinical Pharmacology
 Dr. Mohammad Shanti, Emergency Medicine
 Dr. Andrew Smaggus, General Internal Medicine
 Dr. Anthony Tang, Cardiology
 Dr. Karim Qumosani, Gastroenterology

Congratulations!

The Department of Medicine would like to congratulate the following faculty on their promotions:

Dr. Nilesh Chande, Associate Professor
 Dr. Adam Dukelow, Associate Professor
 Dr. Wanda Millard, Associate Professor
 Dr. Sherry Rohekar, Associate Professor
 Dr. Allan Skanes, Professor



Dr. Allan Skanes

UPCOMING EVENTS

December 2, 2013 - Annual Faculty & Staff Holiday Party

For more information contact: Deb Clements at 519-663-3892

February 6, 2014 - Annual Winter Welcome & Social

For more information contact: Deb Clements at 519-663-3892

March 18, 2014 - London Health Research Day

For more information visit: www.londonhealthresearchday.ca

May 15, 2014 - Annual Department of Medicine Research Day

For more information contact: Lauri Cameron at 519-663-3584

June 15, 2014 - Annual Year-end Department of Medicine BBQ

For more information contact: Deb Clements at 519-663-3892



DEPARTMENT OF MEDICINE NEWSLETTER

From Left to Right: Dr. Richard Kim, Dr. Alan Gob, Robin Legan, Suzanne Lesco, Rob Ayers, Deb Clements and Beata Malczewski.

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