

Psychiatry Newsletter

February 2023



Dear Psychiatry family,

We are approaching the three-year mark of the pandemic. Let me first express how impressed I remain with your fortitude and resilience as we face a dramatic change in the mental health and addiction landscape brought on by the pandemic. We know that more people are suffering from anxiety, substance misuse, eating disorders and some people with pre-existing difficulties have more severe symptoms. We seek to support these community members while our own family members and colleagues contract the virus. It can make for long days.

We have seen the impact the pandemic has had on people's sense of isolation. There was a 2023 NEJM perspective piece by Holt-Lunstad and Perissinotto about how isolation negatively impacts people's physical and mental health. In psychiatry we have known that for a long time, but it is helpful to see this recognized more broadly across medicine.

Our staying personally connected with one another is similarly important to our own individual health and the health of us as a department. Please continue to reach out to one another and me as we continue to strengthen our department.

While much is happening in our department, I would like to highlight a few things.

Our new Equity, Diversity, Inclusion, and Decolonization Lead

We are delighted to announce our new EDID lead, Dr. Bushra Elhusein, starting March 1, 2023. As part of that role, Bushra will meet with new faculty as part of the on-boarding process, join our Appointments and Promotions Committee and our Psychiatry Leadership Council. Many thanks to our Selection Committee, Drs. Ngungu, Wylie, Poolacherla, and Shanmugalingam for their thoughtful deliberations.

Faculty Departmental Retreat March 21st, 2:00 - 6:00

We are excited that for the first time we will be coming together for a half-day retreat on March 21st. This retreat is intended for full-time clinical academics, department basic scientists, and department administrator team (PAG group). We know that we have many new faces in the department and we are eager to provide an opportunity to get to know one another and celebrate our psychiatry family. The afternoon will include various fun activities as well as an introduction to our new academic clusters. See you there!

Academic Clusters

We are forming Academic Clusters. The idea is to create clinical, research, educational interest groups around specific topics. Why are we doing this? The reasons are multifold. 1) Support people's promotion. If someone is part of a cluster, they will be involved in learning about research opportunities; presenting at provincial, national, and international meetings; and forming collaborations. 2) Retention strategy by fostering a stronger sense of belonging. People will be able to see themselves as part of a group spanning across and beyond the department. 3) Connect people with what gives them meaning at work. We all chose to be part of an academic department and connecting with others about quality improvement, research projects, and teaching innovations around the topic that people care about, will deepen people's sense of meaning. Who can be in a cluster? We hope that our doors are open and inclusive so that the range of ideas is broad. What happens in a cluster—are there meetings? That will be up to each cluster to decide but a group may choose to leave work at 4:30, gather some place, and enjoy sharing ideas on a monthly basis. Another group might prefer to meet at the labs at Schulich for coffee. A third cluster might prefer a lunchtime meeting over zoom. While that might sound like less fun to me, it may work for a particular cluster at times. We will start forming our clusters at our upcoming retreat in March.

Schulich Promotions Guides

As we shared at our January Department Quarterly Meeting, Schulich has disseminated promotion guides for each of the five ARCs. These guides came as a surprise to many and were anxiety provoking for a few. Let's take a step back and examine them more closely.

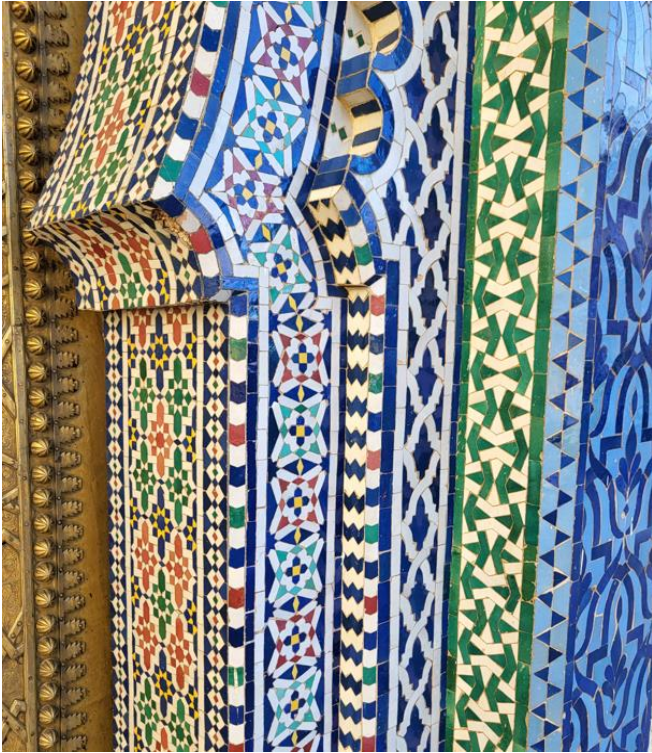
1. The emphasis remains on having an impact. For Associate Professor the impact should be provincial / national; for Professor, national / international. That is consistent with the 2018 Conditions for Appointments & Promotions, so in that regard, it doesn't reflect a change.
2. At the top of the document, it is explicit that the achievements listed reflect the "type of work that may be expected at a given career rank. These are examples of what may count within the ARC structure. People are not expected to complete all of the items in the Guide. Additionally, tasks/work considered for promotion at any given rank includes, but is not limited to, the items listed." That means that the items are given to provide you with ideas of efforts that would be considered but that anyone can choose to approach their academic work differently. Think about what is meaningful work for you and then explore how to disseminate that passion more broadly.
3. Collaboration with colleagues is an excellent way to approach things. For example, let's say you are thinking of submitting an abstract to something. Reach out and involve a colleague to work with you on it. Not only with that likely raise the quality of the work, but it will also be more fun. And, they are likely to return the favor for you. That way, you will have credit for two academic products, not just one. I appreciate that this can be daunting, that some people may have little experience writing and submitting manuscripts, submit abstracts, or collaborate on larger scale initiatives. I am eager to meet with anyone to help you do this.
4. Pressures of time and extraordinary clinical volumes are real. People feel as though they don't have the time or energy to do more. I understand that. I urge people to safeguard – truly safeguard—a few hours a week to work on their academics. I believe that it can help people remain close to the meaning of their work and support their resiliency. This time is supported currently through AFP funding and is essential to prioritize.
5. It is likely that with a bit of effort, you can take the fantastic work you are already doing and transform it into an academic deliverable. If you don't know how, no worries, we can work with you to help you learn how to do it.
6. The future clinical research clusters will help provide a natural format to participate in a community that can support your advancement. You will learn more about these at the upcoming Departmental Retreat on March 21st.

Each of you is doing important work for the betterment of society. Let's work together to showcase and disseminate your efforts. Again, please meet with me to see how we can support your advancement. With a few tweaks, we can help you be promoted.

Action-Plan Teams

In January 2022, we decided to not create an expensive Strategic Plan, but rather focus on a few issues of importance including retention, wellness, decision-making transparency, and rebuilding our research portfolio. We created Action-Plan Teams for each of these, led by Drs. Hocke, Richardson, Varapuvan, and MacDougall, respectively. We hope to have their final recommendations soon. Thank you to each of you who contributed to these efforts.

Gratitude



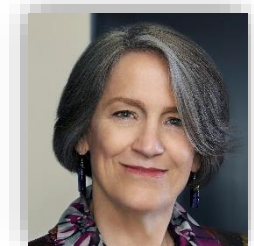
Last week I had the good fortune to visit Morocco with my husband, Larry, and sister and brother-in-law. I took a photo of this mosaic of a door of one of the King's many palaces. While at the time I thought it was beautiful, it was later in the tour that my appreciation of the work deepened. Each facet of each tile was painstakingly chiseled by hand and then combined upside-down, temporarily invisible to the craftsman. While each section is picturesque, when combined together, the work is simply extraordinary.

So it is with our department. We are individuals shaped by our experiences and efforts, beautiful in our own right. But when we combine and share our talents, interests, perspectives, and acts of compassion, we are simply lovely. I am grateful to each of you for bringing your self—your piece—to our magnificent art.

Thank you and take good care,

With fondness,

Chandlee



Division of General Psychiatry

In the last several months, two major topics have been discussed that are highly relevant to the members of the division.

First, the discussion around MAID has raised many concerns. The most prevalent reason is that there is a federal law in place that people can apply for MAID with the sole reason of suffering from a mental illness. When this law was passed, the decision was made to extend the active implementation of the law until the 17th of March, 2023. As there has been no further discussion or implementation of safeguards, many active groups in Canada have approached the government to rethink this deadline. As of now, we can expect a law to be passed to extend the exemption that MAID can apply to people with mental health reasons only. The proposal suggests one year into March 2024. We can expect a discussion around possible safeguards and processes for this specific use of MAID. Great thanks to Dr Dua, who has organized two discussion rounds with our ethicist, Rob Sibbald. Many of us have been involved in these discussions and have started to find our own position on how we are going to address this challenge once it becomes active in our clinics. At this point in time, I just hope that we all stay in discussion and possibly form our opinions on how we will address these challenging questions of the time in our department and especially in our division.

Second, the major discussion around master planning started a few months ago. LHSC has dedicated a lot of resources to developing a master plan for the next five to ten years. Communication around master planning has not always been clear. The assumption is that the master planning process aims at expanding the hospital mostly in square footage, and hopefully also in manpower accordingly. We had several discussions in our division meetings about the necessity to expand our programs and scope for the needs of the patients in the City of London and surrounding areas. In this context, it has become a difficult question if we will continue to work in tandem with SJHC or if LHSC will define its own way of delivering mental health services. This discussion is just in the beginning at this point in time, and we all should keep an open ear to discussions in both hospital systems that might affect our working relationship and patient care pathways. As much as I appreciate that there are differences and animosities between our two hospital sites I would advocate for respecting and accepting each side's dedication to patient care. I would like to encourage every member of the division to monitor the discussions and news to understand possible new structures that will influence our work as physicians and our collaboration. In the end, both hospital systems are supposed to serve the mental health population in London and surrounding areas in a cohesive and adequate care system.

Dr. Hocke



From Windsor



The Windsor program continues to grow strong, and the word is getting out! Even Doug Ford and the Minister of Health were on site at HDGH last week, taking in the beautiful campus and seeing for their own eyes where mental health services in Windsor will expand over the next 5 years. Currently, as we go through CaRMS, we are excited in anticipation of welcoming 3 new incoming residents this July. 2 new clinical faculty have been welcomed this past year, Dr. Sabrina Botsford, and Dr. Andrew Bridgen who we all know well from recently graduating from our program. Dr. Bridgen has already taken a lead role in medical education, as the UGE Psychiatry Lead in Windsor. We thank Dr. Adewale Akinlosotu for his years of dedication in that role. Not only do we have exciting new faculty, we are also looking stylish too! Thanks also to Dr. Tanuj Sharma (PGY2) for coordinating our Schulich Lululemon attire that helps us grace the hallways, and show our Schulich pride. One more important addition to our family, is Scarlett Eva Enman. Dr. Natalie Musial (PGY4) is on mat leave currently, and she is now a proud momma to this beautiful baby. She is absolutely adorable!



For this edition, we are featuring Dr. Ashan Veerakumar (PGY4 chief resident) and Dr. Kristina Levang, in our bio's section.

Pat Montaleone

Tell us about yourself.

I am the current chief resident of the Schulich Psychiatry Residency Program - Windsor Campus. Soon, I am going to Vancouver for a child-adolescent psychiatry residency focused in developmental disabilities.

What are you most proud of?

Firstly, my family is a source of pride. Secondly, I'm proud of the mentorship I received at Windsor and all that came before. I believe I trained with psychiatrists managing complex cases with relatively few resources. I am also proud of my co-residents, who help keep me sharp.

Where do you see yourself in the next 5-10 years?

Perhaps, one day, I'll be sleeping in a snow hut again. All I need is to find people who would go with me. Raise your hand if you would trade bug bites for frostbite while camping.

Hopefully, I will be part of a team helping mentally ill individuals with developmental disabilities reach their potential and find meaning. I aspire to make a difference, possibly make a few discoveries, and teach others.

If I could be a reliable cook for my family, that would brighten more than a few challenging days at work.

What are your hobbies/interests?

Self-improvement is one of my most meaningful alignments. I might be learning a recipe, reading a new study, or chasing my personal best in fitness.

There are few things more humbling to me than submitting myself to nature. Building a camping site on a pristine winter lake with others, achieving neutral buoyancy during a lush reef dive, or experiencing a new culture are part of my growing list of examples.

I am really into the boardgame Wingspan, and I am trying with little success to introduce people to the subtle brilliance of John le Carre novels.

What is your favorite food?

There are too many cultures and cuisines to choose.

When I host friends and family in Windsor, I take them to the Caboto Club for pizza, Cafe March 21 for coffee, croffles, kimchi and ramen, and Mancini's bakery for tiramisu.

Where is your favorite vacation destination?

The next place I go, among all the others before.

What is your favorite tv series?

The Wire. The show is funny, thought-provoking, heartbreaking and full of soul. I would hope to be as studied in anything as The Wire was in the city of Baltimore.

What type of music do you listen to?

I enjoy exploring music, whatever catches me. Generally, I like music that has stood the test of time.





Spotlight Dr. Kristina Levang

Tell us about yourself.

My name is Kristina and I'm a busy mother of 2 little ones; a 5-year-old daughter and a 2-year-old son. I've lived in the Lakeshore area my entire life, apart from medical school and residency, although even then, I always knew I would return! I graduated from The American University of the Caribbean in St. Maartin and completed my General Psychiatry Residency at Wayne State University. I then went on to do an Addiction Psychiatry Fellowship at the University of Michigan in Ann Arbor, where I met my amazing spouse, Bryan. Working with addictions and concurrent disorders continues to be my passion throughout my career in Windsor. I also receive immense satisfaction and fulfillment from working with the residency program and working very closely with the Windsor psychiatry residents.

What are you most proud of?

My children! They are such incredible little humans and continue to amaze me on a daily basis.

Where do you see yourself in the next 5-10 years?

Professionally, I hope to be exactly where I am now! I love my job and my role in the residency program. Personally, I hope to do a lot more travelling with my kids as they get older.

What are your hobbies/interests?

I love to travel. Even for just weekend getaways whenever I have the chance. I also love camping, reading and crafting with my kids.

What is your favorite food?

Mexican!

Where is your favorite vacation destination?

I love to travel; it doesn't matter where. I love going anywhere from tropical beaches, to remote camping spots to weekend getaways in nearby cities.

What is your favorite tv series?

Grey's Anatomy (of course)

What type of music do you listen to?

Currently, our playlists at home are filled with CoComelon and Disney.

Child and Adolescent Psychiatry

Dear Colleagues,

Happy New Year to everyone!

Since our last update we have welcomed Dr. Royi Gilad.

Dr. Gilad graduated with a B. Med. Sc degree from Sackler Faculty of Medicine, Tel Aviv University in 2002. He went on to complete his M.D. degree in 2010 at the Rappaport Faculty of Medicine, Technion. Dr. Gilad received his Certification as Specialist in Psychiatry in 2015 from the Israeli Ministry of Health. He received his Certification as Specialist in Child and Adolescent Psychiatry in 2019 from the Israeli Ministry of Health.



Dr. Gilad's most recent role was working as a Clinical Fellow in Sleep Medicine and Neuropsychiatry at the Youthdale Treatment Center and Youthdale Child and Adolescent Sleep Center in Toronto. Before this role, Dr. Gilad worked as a Specialist in Child and Adolescent Psychiatry at the Brull Mental Health Center, Clalit Health Services in Tel Aviv.

Dr. Gilad is currently a member of both the Ontario Medical Association and the Israeli Medical Association.

Dr. Gilad joins us at Victoria Hospital campus primarily serving the Child and Adolescent population. His clinical practice will be a mix of inpatient and ambulatory work in this area.

To welcome Royi, please email him at Royi.Gilad@lhsc.on.ca

I am pleased to share the following update in regards to the MAPP study:

The MAPP (Multi-Disciplinary, Patient-Partnered, Pan-Canadian, Comparative Effectiveness Evaluation of an Innovative Acute Pediatric Mental Health and Addiction Care Bundle) Study continues to make a marked improvement in treating acute-negative paediatric patients who arrive at Children's Hospital. The past year has been transformative for our ED team. The ASQ screening tool was implemented at Triage and is averaging 77% completion rates. Social Workers receive an automatic page when an ASQ is completed, in hopes the patient will be seen in a timelier manner. If a patient is ASQ positive, it generally creates a radar that a psychiatry consult may be needed, which also helps Social Workers structure their assessments.

Social Workers and ED Physicians are adopting the HEADS-ED screening tool to inform assessments. It can be especially helpful during initial assessments for residents/medical students when social work is not in the ED. The HEADS-ED can guide what they should be looking for and what type of questions to ask. On average, the tool is being used 48%.

The newest improvement is the onboarding of Tandem, Vanier Children's Services. Tandem's role is to support the patient and family by co-developing a care plan and recommending community services and programs to meet their needs. To date, Tandem has completed 48 appointments, averaging 7 hours from the time of referral. The average meeting duration is 54 minutes. They are onsite from 3:30pm to 8:30pm Monday to Friday.

In addition to quality improvement, a key component of MAPP is research. Twenty-five patients have completed the study and currently there are 121 patients enrolled. Follow-ups occur at one, three and 6 month intervals. The Research Study also provides anecdotal patient feedback the Working Committee values. There have been a few times parents have expressed their positive experiences with the ED and psychiatric department staff. It is not uncommon to hear patients advise that their child will return to the hospital because that is where they feel the most safe. Also, parents have expressed concern about wait times and being discharged, what they felt was prematurely. The family would return to the ED within days for more help or demand that their child be admitted.

Child and Adolescent Psychiatry

In the coming months, the quality improvement aspects of the Study will hone on “Choice Appointments” which represent community referrals. This is an exciting potential being pursued by having Tandem offer therapeutic waiting support for patients while in the ED.

Dr. Patricia Hall



Upcoming DCAP Rounds/Events

<i>Date</i>	<i>Type</i>	<i>Presenter</i>
Friday, March 17, 2023	Patient Safety Rounds	Dr. Christina Yee
Thursday, March 23, 2023	Child and Adolescent Psychiatry Interest Group	Dr. Royi Gilad
Friday, April 21, 2023	Complex Case Rounds	Dr. Christina Yee
Thursday, April 27, 2023	Child and Adolescent Psychiatry Interest Group	Dr. Joy Abramson
Friday, May 19, 2023	Journal Club	Dr. Zinnia Ali
Thursday, May 25, 2023	Child and Adolescent Psychiatry Interest Group	Dr. Sandra Fisman
TBD	Annual Conference	Coming Soon!
TBD	Research Half Day	Coming Soon!

Contact [Jason Widdes](#) for event details

Child and Adolescent Psychiatry Residency Program:

The internal review for our residency program is occurring on May 3. I would like to thank the entire residency program committee for their efforts in preparing for this important day. In particular, our program administrator, Tracy Henebry, should be acknowledged for her exemplary work in preparation for this review. Our program is proud to be leading another resident and medical student recruitment event, “CAP off your training!” on April 13, where child and adolescent psychiatrists from across the country will share their perspectives on what drew them to this career.

Dr. Michelle Ngo
Program Director

Post-graduate Education

Accreditation Update:

The preliminary accreditation report has been received and has been favourable about the changes made in the program over the past 2-3 years. As predicted, while the report was very positive, the RCPSC will have a return accreditation visit in 2025 to ensure that the existing changes remain in place and the remaining changes that need to happen are successfully implemented. **The report in 2018 had 30 broad areas for improvement or “AFIs”. The 2022 report has 9 AFIs**, with one being a simple issue of funding CPD for the administrator in Windsor and one likely being an error of fact based on a misunderstanding of one of the rotations. The final report is due by May 2023.

The remaining 7 AFIs in the preliminary report fall into 4 areas:

- **Psychotherapy** – specifically, the organization of supervision and the coordination of patients for therapy. The PGE office and RPC psychotherapy subcommittee are actively working to find a long-term solution to these issues. The hiring of new faculty should help with supervision numbers.
- **Child and Adolescent Emergency** – Dr. Hall is actively working with hospital leadership to support a collegial learning environment.
- **Clinical Teaching** – while there have been overall improvements and many faculty have provided exemplary supervision, the consistency of supervision of residents on rotations, especially regarding **direct observation of clinical activities for EPAs, EPA completion by faculty and supervision vs. service**, is still found to be lacking. This is an area that all faculty can contribute to improving. The residency program will be providing a **workshop** on effective supervision as part of the **upcoming department retreat**.
- Follow up of the residency program’s **continuous improvement program**. While the Evaluations Committee structure and work to date was highly praised in the report, there has not yet been adequate time for a full PDSA cycle of information gathering and systematic implementation of required changes.

Thanks to everyone for their hard work on improving our program to date. The remaining changes are extremely important but we are well on our way to full accreditation in 2025.

CaRMS:

The resident selection CaRMS process is underway, with the CaRMS committee well into the process of reviewing resident files to select for interviews. Interview dates are Feb 10, 17 and 22nd.

Dr. James Ross



Undergraduate Education

There have been significant changes in the UGE as some of our dedicated teachers stepped down for personal reasons after serving UME for several years. After a successful search, we are happy to share that all the positions have been filled. Congratulations to the successful candidates.

Dr. Bushra Elhusein as the new Mood Disorder Content Captain in P2 course.

Dr. Rebecca Barnett as the new Child and Adolescent UGE Coordinator.

Dr. Vasavi Poolacherla as the new Psychiatry Block Lead in Principles of Medicine 2 Course

We look forward to working closely with all of them. Their enthusiasm and passion for teaching is commendable.

As we welcome the new team members, we would like to express gratitude to Dr. Heidi Haensel who has taught and led several courses in UGE for many years. She has provided leadership to the program through many changes including CBME, integration and more recently with a rapid shift to a hybrid curriculum during the pandemic. Dr. Haensel has been an invaluable member of the UGE Committee, sharing innovative ideas and creative solutions. We will miss her passion, expertise, humour and comradery. Most importantly, students will miss an amazing teacher and mentor. Dr. Haensel has been the recipient of the Schulich award for excellence in teaching. We wish her the very best.

Gratitude to Dr. Hira Safdar who provided captaincy to the mood disorder week in Principles of Medicine 2 Course.

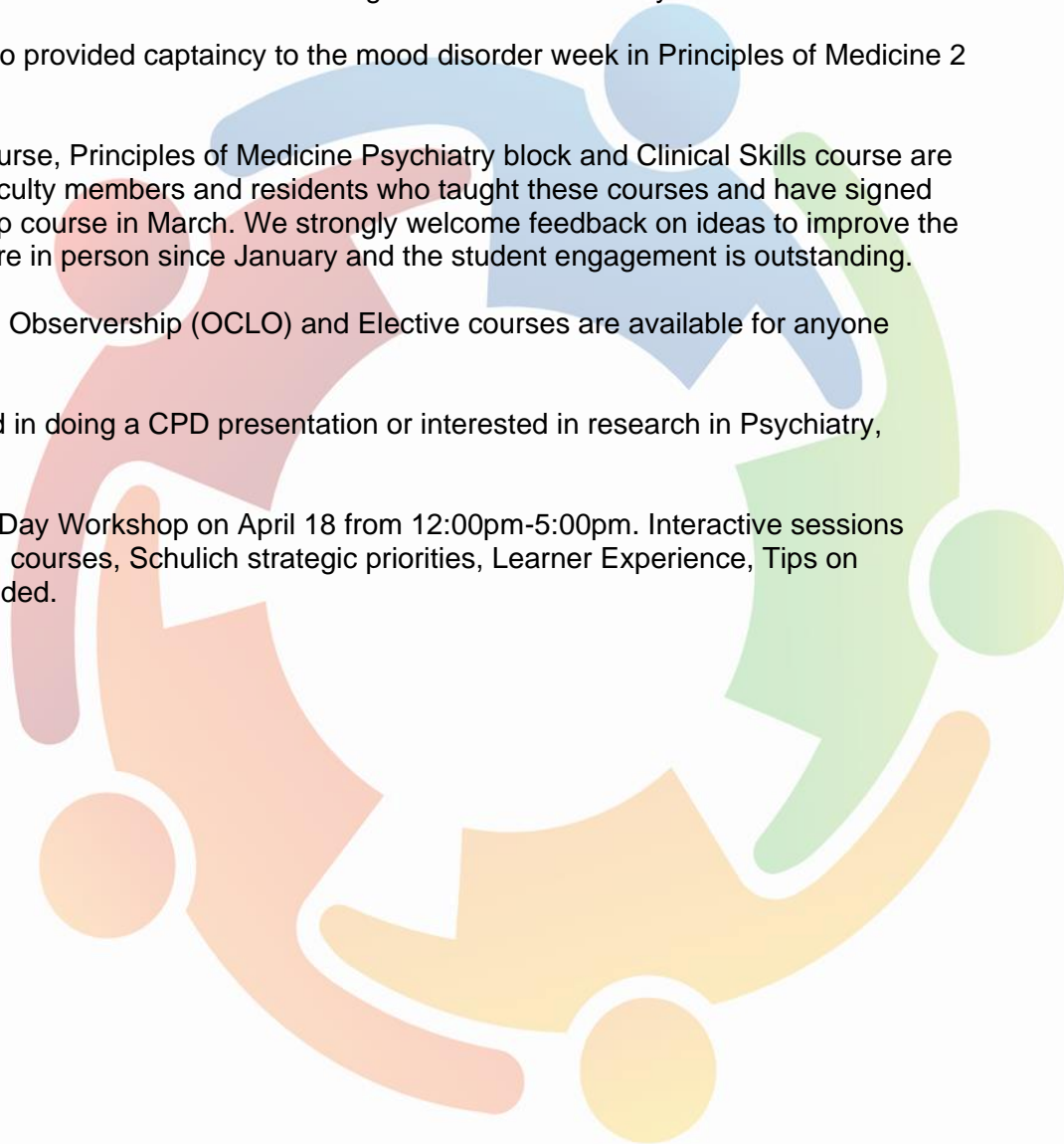
In other news, Foundations Course, Principles of Medicine Psychiatry block and Clinical Skills course are all completed. Thanks to the faculty members and residents who taught these courses and have signed up for the Transition 2 Clerkship course in March. We strongly welcome feedback on ideas to improve the Courses. Clerkship seminars are in person since January and the student engagement is outstanding.

Opportunities for supervision in Observership (OCLO) and Elective courses are available for anyone interested.

If you have a student interested in doing a CPD presentation or interested in research in Psychiatry, please let us know.

Save the date for the UGE 1/2 Day Workshop on April 18 from 12:00pm-5:00pm. Interactive sessions along with updates on the UGE courses, Schulich strategic priorities, Learner Experience, Tips on teaching and more will be provided.

Cheers
Sreelatha Varapran
UGE Director





SAVE THE DATE

**JOINT MENTAL HEALTH
RESEARCH AND
INNOVATION DAY 2023**

Wednesday, October 25th, 2023
9:00am - 4:00pm

MORE DETAILS TO COME!

QUESTIONS?

CONTACT NICOLE.NORTH@SJHC.LONDON.ON.CA



Western Health Sciences Research Ethics Board (HSREB) Reviewers Required from the Department of Psychiatry

In 2022, the HSREB received 5 Full Board and 12 Delegated submissions from the Department of Psychiatry. The HSREB reviewers with expertise in psychiatry also provide valuable reviews of research applications from other departments that include aspects involving mental health.

Recently, two reviewers have decided to step down from the Board and we no longer have an adequate number reviewers from the Department of Psychiatry to aid in the review of the REB applications involving mental health research.

What is needed?

Reviewers who are able to attend some Full HSREB meetings, review the applications for that meeting with a mental health lens, and to act as a Primary Reviewer for REB applications concerning mental health on occasion. The HSREB is hesitant to ask reviewers from other departments to review outside of their department and review files concerning mental health. Having expertise in this area is both an asset and a requirement.

The HSREB office provides training on what is expected of the reviewers, time commitments and how to use the WREM submitting platform. They are quite flexible as to the reviewers' availability and will work with their schedule.

If you have more questions and/or are interested in becoming a HSREB reviewer, please contact:

Patricia Sargeant, BSc. (Hons), CCRP
Ethics Officer (Health Sciences Research Ethics Board)
Western Research-The Office of Human Research Ethics
E-mail: psargean@uwo.ca

CPD – February 2023

Welcome to a cold, blustery, snowy and wintry New Year. As we enter a fantastic, fascinating, flirtatious February, we hope that you have enjoyed the journalistic, jampacked, judicious, January that brought you some very interesting educational sessions. Despite the freezing temperatures outside, we hope the learning and educational activities that you will embark on for the rest of the academic year (2022-2023) will bring warmth and delight to each and every one of you. Picture yourself on a cold wintry day with snowflakes falling, flickering flames and red embers in the fireplace, sipping on a warm drink and partaking in the educational activities. What a mesmerizing experience!!! Let this glimmering light and ray of hope be your beacon of optimism that beckons you into a world of engaging and tantalizing learning experiences.



***“ALWAYS WALK THROUGH LIFE AS IF YOU HAVE SOMETHING NEW TO LEARN AND YOU WILL.”
VERNON HOWARD***

Our hearts are filled with joy and gratitude for all the dedication and commitment of our past and upcoming presenters as they share their knowledge, wisdom, and experiences and passionate engagement and the unwavering attendance of our participants and consumers in our CPD activities and events. We thank you all for providing us the opportunity to walk with you as you continue to embark on your journey of learning, knowledge and education in the remaining 2022-2023 academic year.

Upcoming CPD presentations for the Department of Psychiatry:

1. DPCCR, February 14, 2023 – Dr. Andrew Lechman, 12:00 – 1:00 pm
2. ABC Book Club, February 21, 2023, 12:00 – 1:00 pm
3. DPCCR, February 28, 2023 – Dr. Nicholas O'Brien, 12:00 – 1:00 pm
4. MGR, March 9, 2023 – Dr. Audrey Murrell, 8:30 – 10:30 am
5. DPCCR, March 14, 2023 – Dr. Brian Robertson, 12:00 – 1:00 pm
6. MMI, March 21, 2023 – Dr. Joy Abramson, 12:00 – 1: 00 pm
7. Note: there will be no ABC Book Club in March 2023
8. DPCCR, March 28, 2023 – Dr. Michael Warren, 12:00 – 1:00 pm

We would like to thank the presenters for January, and they are:

1. DPCCR, January 10, 2023 - Dr. Justin Kowalewski, 12:00 – 1:00 pm
2. MGR, January 12, 2023 – Dr. James McKenna, 8:30 – 10:30 am
3. ABC Book Club – January 17, 2023, 12:00 – 1:00 pm
4. LAF, January 30, 2023 – Robert Sibbald, Julie Campbell, Marleen VanLaethem, 4:00 – 6:00 pm
5. MMI, January 31, 2023 – Dr. Aturan Shanmugalingam, 12:00 – 1:00 pm

Learning After Five and other special education events will be announced via email. We continue to offer all of our education events virtually, via zoom, during this pandemic. Thank you for your patience and continued support.

Developmental Disabilities Rounds

These rounds are offered October through June, on the second Wednesday of the month, from 4:00 pm to 5:00 pm. These rounds are offered via Western Zoom. Please look for email communication from Sarah O'Flanagan.

REMINDER: Registration is required for these accredited CPD events, as per the Royal College of Physicians and Surgeons of Canada Guidelines. The guidelines stipulate that attendance must be tracked for these educational events. Please complete your online evaluations for these events, also as per the RCPSC Self-Accreditation Guidelines.

PLEASE NOTE: We will continue to send all CPD events as calendar appointments, which will include the zoom registration link. Please ensure that you have registered for the event in order for us to track your attendance as per RCPSC guidelines. Certificates will only be sent to those individuals who register and attend the event.

We look forward to meeting with you all (virtually) at our next CPD event.



Cheers,

Dr. Varinder Dua
CPD Director



Congratulations



We are thrilled to share that **Dr. Poolacherla** has accepted the Psychiatry Block Lead P2 Course position.

Vasavi, Congratulations!!! Thank you for your continued interest and commitment to UGE. Looking forward to your leadership in this course.

Congratulations

Congratulations **Dr. Bhojani & Dr. Spivak** on the successful completion of their Royal College Geriatric Subspecialty exam.

The Child and Adolescent Psychiatry residency program is thrilled to announce that our graduates **Dr. Julia Mastrangelo** and **Dr. Peter Cordell** have passed their subspecialty exams as well! Please help us congratulate them on this exciting milestone!



We had another Movie Night!

Our 2nd Annual “Light Snacks & a Movie” night was held on **Wednesday, November 23, 2022 from 5-7:30PM**

Movie title – “The Florida Project”

Held in person at Victoria Hospital Sumner Auditorium. All MH&A staff were welcome to attend.

The movie was followed by a short-facilitated discussion, led by Nivetha Sivaranjan, MSW, RSW, Social Worker, Adult Inpatient Psychiatry Mental Health Program



CEO

Shout Outs!

Dear colleagues,

*Not only does Team LHSC provide exemplary care to patients, we also go above and beyond to care for their loved ones. Thank you **Dr. Nimanpreet Gajebasia**, Charlene Narine (Social Worker) and the 'A team' for helping this patient and their family develop a compassionate plan of action. The below letter conveys that our work goes beyond hospital walls and into the homes and lives of patients.*

What started out as one of the worst times in our lives ended up being the beginning of freedom from the hopelessness and helplessness of the past three years.

Dr. Gajebasia, in her clear self-assured way, calmed me down and very quickly made me innately know that my child was in good hands. Dr. Gajebasia did not jump to medication as she acknowledged the complexities that my child faces. When she felt it was time to introduce medication, Dr. Gajebasia contacted me, explained her plan and asked for my input. I was confident in her assessment. Within two days of my child receiving the prescribed meds, she was more stable. When it came time for a discharge plan, Dr. Gajebasia went above and beyond to assure us that the plan was sustainable.

Dr. Gajebasia, Charlene Narine, the staff from B8-100, the occupational therapist, the physiotherapist, my son, his partner, myself and my child became the 'A team.' The discharge meeting was truly a team showing solidarity in my child's success.

As an update, my child is better than she has been in three years. A big shout out to all of you, as what I saw as impossible four months ago is now not only possible but happening.

Sincerely,
A grateful mother

I encourage you to submit a shout out to your colleagues at ContactCEO@lhsc.on.ca. I look forward to reading your messages of gratitude.

Warmest best,

*Jackie Schleifer Taylor, PT, PhD, CHE
President & CEO
London Health Sciences Centre*