

Department of Psychiatry January 2021 Newsletter

Dear Psychiatry community,

Welcome to 2021! I suspect few of us are sad to say good-bye to last year and we all are looking forward to a brighter new year. With the coming of the vaccine, we have hope that it is as effective as promised and eases the suffering experienced by our patients, families, colleagues, and selves. The key now is patience: patience while Canada procures enough doses, rolls out injections, and people's immunity is built.

While we continue to be vigilant about masking, distancing, and sanitizing, we also want to be excited about other aspects of our work.

Clinically, we are shifting our culture towards more continuous quality improvement. Every program, every sector of our work, can always be made better and better. We demonstrated this repeatedly during the pandemic and so now know just how effective and powerful we can be when we work together. While we have formal champions in Vasavi Poolacherla, for example, each of us can champion improvement in our own areas. Another example was the rich array of QI/Well-being proposals—all of which were granted. We are grateful to Don Richardson, Naghmeh Mokhber, Varinder Dua, Jeremy Chitpin, Alex Hofkirchner, Mohamad Elfakhani, Israel Spivak, Priya Sabesan, Iouri Rybak, Amer Burhan, Joy Abramson, Sandra Fisman, Lauren Riffin, Julia Mastrangelo, Jessica Chen, Arash Dhaliwal, Katrina Fenicky, Georges Loba-Gutierrez, Jedrin Ngungu, Tricia Mohan, Sreelatha Varapranan, and Priya Subramanian. We look forward to seeing the fruits of those labors later this year. Let's continue to think creatively on how we can improve the quality the care we provide.

In teaching, in a similar vein, let's continue to experiment with our teaching methods. Many of you have heard me mention the National Neuroscience Curriculum Initiative. While it is about how to teach neuroscience when you know less than you would like, it is really about exploring innovative teaching methods and integrating it into your clinical work. If you spend a bit of time exploring their free resources (<https://www.nncionline.org/>), you may find yourself eager to try new methods.

One new aspect of our communal learning is the new Morbidity & Mortality Improvement Rounds hosted by Varinder Dua, Svetlana Kotin, and their CPD (Continuing Professional Development) team. In this Rounds, we explore systems issues that may have affected clinical outcomes and brainstorm how to improve upon existing processes. We do this within a context of mutual backing and learning. The key to this Rounds is supportive engagement and building our community of learners and peers. We are grateful to Akshya Vasudev for leading off our series.

With research and scholarship, we are encouraging integration and dissemination. Arlene MacDougall is connecting basic scientists and psychiatrists through different conversations and seed competitions. Be part of that interconnection! Then, given that you are doing interesting things, disseminate what you learn. Part of being an academic is propagating your work through scholarly writing—think of it as part of our responsibility to give back to the larger academic community. If you struggle with how to start, reach out, as we are here to help.

We also are focusing this coming year on supporting your academic advancement. We have started a new onboarding program to orient new faculty to aspects of our diverse Department. We created a mentorship document aimed at helping people see the central importance of mentorship (thanks Melissa Monahan, Neuza Rolo, and Sarah McLaughlin). By now each of you should have met with your mentorship committee (each fall) and are gearing up for your spring mentorship and summer CDP (Career Development Planning) meetings. If you don't yet have a committee, please connect with Naghmeh Mokhber, Patty Hall, Sarah Jarman, or me.

Another aspect of our Department we are focusing on in 2021 is the discussion of our finances. This past year COVID impacted our finances. We can see this as an opportunity to reflect on how well our expenses reflect our stated principles, our stewardship, and our support of academic advancement. We are grateful to the Merit-based Recognition Committee and Finance Management Committee members for leading the approach to these ongoing discussions.

We have welcomed terrific new faculty to our family including Chintan Shah, Sheena Ghodasara, Sumit Chaudhari, Jennifer dela Paz, Nina McCurdy, Jon Gregory, Michael Thompson, Rob Renwick, Niman Gajebasia, Michaela Routhu, Sunil Routhu, Tuoyo Awani, Hira Safdar, and Mahesh Nachnani. With each addition, we continue to build our depth and interconnections.

Finally, and most importantly, in 2021 we will continue to forge a stronger community of psychiatrist peers through starting our book club reading "Difficult Conversations" and "On Managing Oneself". If you still would like a copy, connect with Amy Ribera. We hope that through these discussions and explorations we will grow closer together as one Department.

I am optimistic about where our Department will be one year from now. We are a strong team and becoming stronger each day. Let's continue to work collaboratively to ensure that we become the Department of our dreams.

Major Achievements in 2020

Clinically, together we created:

New ambulatory injection and other clinics, Short-stay and Specialized Care Units, smoke-free inpatient services, telepsychiatry options, Emergency Diversion Clinic, virtual groups, treatment streams, and virtual inpatient services. Thanks to Nina McCurdy, Tom Jansen, Frank Symons, Viraj Mehta, Mohamad Elfakhani, Jedrin Ngungu, Sarah Jarman, Patty Hall, and Chintan Shah.

In Research, we studied the impact of COVID on:

Men, front-line workers, moral injury, bias, youth, and First Nations, thanks to Marnin Heisel, Don Richardson, Ruth Lanius, Javeed Sukhera, Lloy Wylie, and Beth Osuch.

In Education we rolled out:

Competency-by-design, Transition to Clerkship course, hybrid curriculum, on-line modules, small group facilitated learning, supervision policies and contracts, and well-being leads. Special thanks to Jeremy Chitpin, Yoel Green, Arash Dhaliwal, Katrina Fenicky, Aturan Shanmugalingam, Heidi Haensel, Sreelatha Varapravan, Vadim Beletsky, Lisa VanBussel, Priya Sabesan, Iouri Rybak, and Michelle Ngo.

Together, we wrote our Mission Statement:

“The Department of Psychiatry serves our communities’ mental health needs, advances innovation, and fosters life-long learning through advancing a culture of collaboration, excellence, and compassion that is infused with meaning and joy.”

None of this would be possible without our UWO administrative team, including Meghan Backtash, Bela Franze, Kate Hayes, Tracey Henebry, Janet Holmes, Bernice James, Khushnum Khatow, Jim McCormack, Suzy Mendes, Sarah O’Flanagan, Amy Ribera, Nicole Snake, Sophie Wang, Nicole Watt and Jason Widdes.

If you happened to have counted the number of names listed above, I believe you will confirm the sub-total to be 80. Sub-total, because we know that to do any of this work, many more had to be involved. And this does not include all of our administrative partners and hospital partners. My goodness! We did all of this while facing arguably the largest challenge of our careers: we cared for patients with COVID-19 as we cared for our loved ones and each other. We wrestled with difficult ethical decisions for which there were no simple answers. We balanced competing values and pressures knowing that harm could be done with any decision we made. We changed course – often 180° -- within the course of a single day. We shared information as rapidly as we could, even if contradicted later in the week. We provided solace to one another as we sought compassion from someone else. We relied on each other. *We believed in each other.*

Take good care and stay well,

Chandlee

Research Updates:

Department of Psychiatry Research Collaborations Kick Off Event

Date: Friday, January 29th 2021

Time: 1:00 – 3:00 p.m.

Virtually with Zoom

Please join this virtual session focused on building and strengthening research collaborations among clinical and basic science faculty members in our Department of Psychiatry. During this facilitated event, participants will:

- learn about the planned initiatives and available resources to support research collaborations
- hear about the different areas of research expertise and interests among our basic science and clinical faculty/programs
- have opportunities to connect and dialogue with faculty members with shared research interests
- receive updates about the different programs and opportunities to involve trainees and students in research
- identify concrete actions to facilitate collaborations moving forward

Please register by **Friday, January 22nd 2021** through email to Nicole Snake at Nicole.snake@sjhc.london.on.ca .

Coming soon: Special Call for Novel Collaborative Programs of Research in Psychiatry Funding

Department of Psychiatry – Internal Seed Grant Opportunity 2021

The Department of Psychiatry's Research Committee is pleased to announce that there will be a special call for Novel Collaborative Programs of Research in Psychiatry Funding for 2021. This will be a special call of the Department's Internal Seed Fund that is focused on building new teams pursuing novel programs of research involving collaboration between basic scientists, clinical faculty and trainees in our Department. Stay tuned, more information to come!

Methodology Clinics – Department of Epidemiology and Biostatistics - Western University

Over the winter terms, the Methodology Clinics take place on Fridays, and are available by appointment only.

What is Methodology Clinic?

Consulting and collaboration provided by supervising faculty and senior graduate students.

Why is the department offering this service?

- To train our students. One potential outcome, if the clinics are successful, is a graduate course in Methodological Consulting.
- To develop alternative funding streams for graduate student support.
- To identify potential employment opportunities for students and graduates.
- To facilitate collaborations between our faculty and our colleagues.

For more information [click here](#)

Contact Information:

Please direct any inquiries to EpiBio@uwo.ca to make an appointment to attend the clinic.

IMPORTANT NOTE: Due to COVID19, Methodology Clinic meetings will occur via online means (Zoom, Skype, etc.) until otherwise noted.

Research Opportunities: Student/Trainee Researchers for your labs/projects

It takes a dedicated team to stay up to date on all the amazing research that is ongoing in mental health. To assist in the process of finding new team members, we have been collecting a list of potential new members for faculty!

If you are looking for a new research team member, please connect with Nicole Snake (Nicole.Snake@sjhc.london.on.ca) and I will happily share our updated list of interested individuals and their CVs with you!

Thank you!

Call for Research Publications

Dear all,

We want to recognize and showcase your research as it happens. We kindly request that faculty, residents, and students affiliated with the Department of Psychiatry to please send in the citations of your recent (2019-2020) publications to Nicole Snake.

- Preferred format: APA
- Please state your division membership (as applicable)

Please email your publications to: Nicole.snake@sjhc.london.on.ca

Thank you.

CPD Updates:

CPD Update – January 2021

We want to thank all our faculty and allied health staff who attend CPD events and wish them a safe and Happy Holiday season and a Happy New Year. We hope and wish that 2021 will bring happier times, where we can celebrate the “good old days”!

We would like to thank Dr. Katrina Fenicky for her presentation at MMI rounds on December 8, 2020. This venue allowed for an enriched and robust discussion related to the challenges and complexities involved in ensuring privacy. It was also instrumental in highlighting the importance of maintaining privacy and confidentiality when we provide care to our patients.

Please see below the CPD events offered by our Department CPD Office.

As a reminder, the CPD Office organizes and hosts the following educational events:

1. Monthly Department Grand Rounds (DGR)-second Thursday of the month, 8:30-10:30 am
2. Learning After Five (LAF)-variable – 2 hours, from 5-7pm
3. Department of Psychiatry Complex Case Rounds/Morbidity and Mortality Improvement Rounds (DPCCR/MMI)-second and fourth Tuesday of the month, 12:00-1:00 pm
4. Psychiatry Academic and Clinical Education Rounds Series (PACERS)-variable – 3-3.5 hrs.

Please note that all of these rounds are accredited group learning activities as per the Royal College of Physicians and Surgeons of Canada (RCPSC).

Planning for the following educational events is underway for 2021:

1. Mental Health Symposium
2. Medicine Update in Mental Health
3. Psychotherapy Educational Events
4. Transcultural Psychiatry and Indigenous Mental Health

Please find below the educational events that have occurred:

DGR

1. November 12, 2020 – Dr. Sandra Fisman, CREATING A MAP FOR WELLNESS
2. December 10, 2020 – Dr. Valerie Taylor, OBESITY, PHYSICAL HEALTH AND MENTAL HEALTH: A COMPLEX RELATIONSHIP

LAF

1. December 9, 2020 – Dr. Valerie Taylor, THE MICROBIOME AND MENTAL HEALTH: HOPE OR HYPE?
2. December 17, 2020 – Dr. Noel Laporte, PRACTICAL TOOLS AND TIPS IN MANAGEMENT OF THE CHRONICALLY SUICIDAL PATIENT

DPCCR/MMI

We would like to thank the following residents who took out the time to prepare and present at our accredited rounds.

1. November 10, 2020 – Dr. Corinne Boudreau, "I'M ON A MISSION FOR NASA... OR AM I?" A PATIENT CASE EXPLORING THE INTERPLAY OF MANIA AND PERSONALITY TRAITS
2. November 24, 2020 – Dr. Svetlana Iskhakova, SEXUAL/GENITAL DYSFUNCTION: DID WE CAUSE IT AND CAN WE HELP?
3. December 8, 2020 – Dr. Katrina Fenicky, THE DOS AND DON'TS OF NAVIGATING A PRIVACY VIOLATION (MMI Round)

PACERS

1. November 24, 2020 - Dr. Georges Loba Gutierrez, STACERS Workshop – the workshop was well attended; please stay tuned for a follow up workshop.

Upcoming Educational Events

(please note titles of events are subject to change)

1. January 14, 21, DGR- Dr. K. Vasudev and Rev. Nevin, BIO-PSYCHO-SOCIAL FORMULATION - THE MISSING PEACE!
2. February 9, 2021, LAF- Dr. G. Glancy, IN THE LION'S DEN: TIPS AND TRICKS TO TACKLE THE SCRUTINY OF CROSS EXAMINATION
3. February 10, 2021 – LAF- Dr. C. Hutnik and Patricia Telfer, AMOSO AND YOU: WHAT YOU NEED TO KNOW!!
4. February 11, 2021, DGR- Dr. S. Simpson -MADNESS, PRISONS AND COURTS: IMPACT ON PSYCHIATRIC CARE
5. February 24, 2021, PACERS- Dr. W. Lamba Workshop, 9:00 am to 12:00 pm, theme: Psychotherapy/ Addictions Therapy

We look forward to meeting with you all virtually on January 14, 2021.



Happy Holidays,

Dr. Varinder Dua CPD Director & Dr. Svetlana Kotin Assistant CPD Director

Division of Geriatric Psychiatry Update:

Geriatric Psychiatry Symposium planning committee

For the last 18 years the Division of Geriatric Psychiatry has hosted an annual fall interprofessional education event called the Geriatric Psychiatry Symposium. Due to the restrictions of pandemic, the Geriatric Psychiatry Symposium planning committee, who a group of health care providers passionate about the mental health and wellbeing of older adults, developed a virtual event. With superb coordination lead by Kate Hayes, the symposium shifted to series of four virtual sessions called the Geriatric Mental Health Education Series. Each session has a keynote presentation and a spotlight presentation on local community service providers supporting the mental health of older adults and their care partners.

The first two sessions have received very positive feedback with attendance as high as 180 registrants for the Nov 4, 2020 keynote by: **Dr Andrea Iaboni, University of Toronto**, on the topic of Dementia Care in the context of the pandemic and with over 100 registrants for Dec 2, 2020 keynote by **Danielle Alcock, PhD, Schulich School of Medicine and Dentistry, Western University**, Keynote: on Indigenous eldercare "I Honoured him until the end: Storying Telling of Indigenous Female Caregivers for a loved one with Dementia. Stay tuned for the upcoming 2021 sessions. The next session will be Feb 26th, 2021 Keynote: **Darcy Harris, R.N., R.S.W., M.Ed. (Couns), Ph.D., King's University College, London Ontario** on the topic of COMPASSION-BASED APPROACHES IN DIFFICULT TIMES. Please contact Kate Hayes regarding upcoming events.

Child and Adolescent Psychiatry Residency

Program:

The Child and Adolescent subspecialty residency match is now complete and we are pleased to have a resident, Dr. Christina Yee, from the University of Manitoba join our program! Dr. Yee has a strong interest in getting more training in developmental disabilities. We welcome her to Western and look forward to working with her. Three of our new faculty members and recent graduates have passed their Royal College Child and Adolescent Psychiatry Exams- Congratulations to Drs. Jennifer dela Paz, Jonathan Gregory, and Nina McCurdy! A retreat for Child and Adolescent faculty to prepare them for Competence by Design is being organized so that everyone will be ready for the July 2021 start date. Watch your emails for the date of this virtual retreat. Lastly, our donation drive for the Youth Opportunities Unlimited Stocking Stuffer Campaign was a big success! Check out how generous our division members are with their donations including \$130 in cash/gift cards!



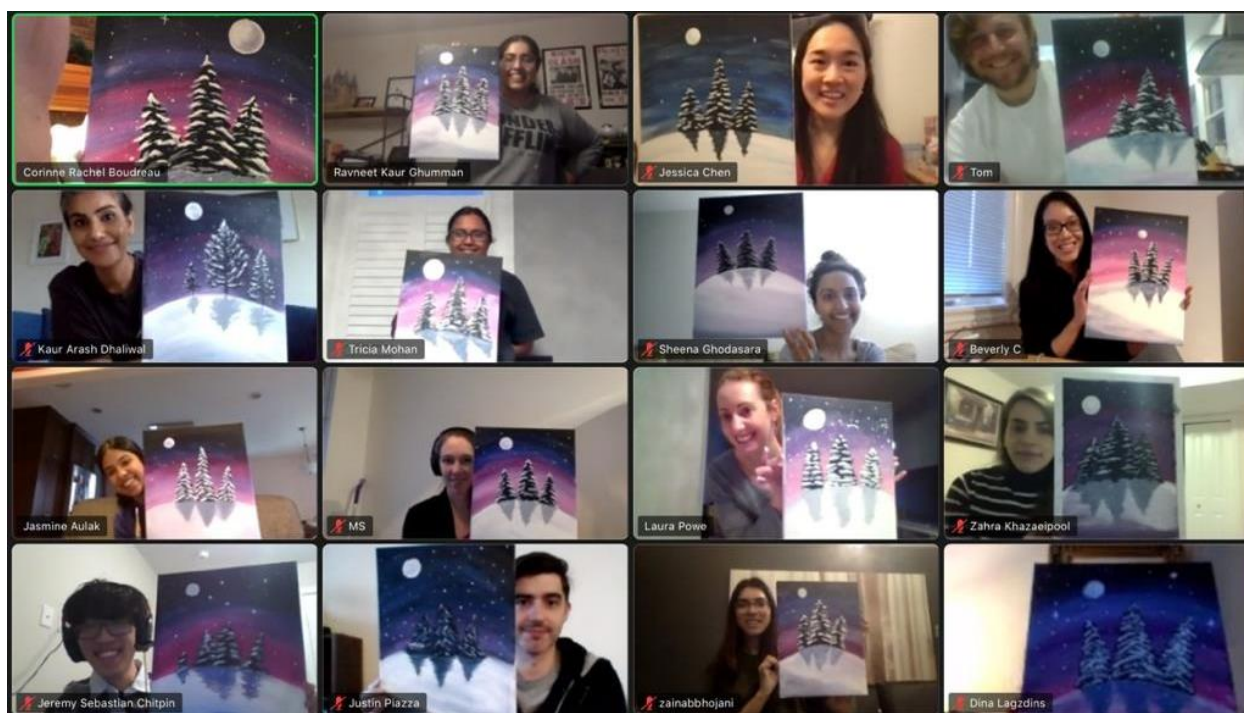
Dr. Michelle Ngo, BSc, BEd, MD, FRCPC

Child and Adolescent Psychiatrist, LHSC First Episode Mood and Anxiety Program (FEMAP)/Child and Adolescent Mental Health Care Program

Resident's Corner

Happy New Year 2021! I hope everyone enjoyed lovely holidays and got some well-deserved time off. The resident body enjoyed some festivities, check it out!

We had our first ever wellness half-day in December, with our own spin-off of "Paint Night," hosted by our own PGY-2 resident Corinne Boudreau, who lead us all to create our own artistic masterpieces. Thank you to the department and faculty for supporting us, and of course big thanks to the wellness committee Drs. Laura Powe and Jennifer Dela Paz, as well as Zainab Bhojani, Jasmine Aulak, Jueun Lee, Corinne Boudreau, and Ravneet Ghumman on the wellness committee who organized, purchased and prepared paint kits. If you have any ideas for wellness and social activities, for a retreat or otherwise, please feel free to get in touch with us.



The sock drive supporting the Regional HIV/AIDS Connection ran for the 4th year straight. Winter socks are essential for clients staying warm, preventing frostbite, and maintaining clean wounds. Big thanks to Arsh Dhaliwal for organizing and to all residents and faculty who donated!

On the home front, Alex MacDonald ran the 2nd annual holiday raffle raising \$2165 for toques, socks, gloves, neck warmers and more for our patients on B7 and in CEPS. Thanks to everyone who donated so generously, and congrats to everyone who managed to snag a prize!

As we move into CaRMS season, thanks to residents and faculty who have been "interviewed" and who have written up blurbs for CaRMS promotional material. Look forward to seeing everyone in person in the near future!

Jeremy



Dr. Itoro Udo graduated from University of Nigeria in 2000.

Following this, he trained in Psychiatry in Ireland and the UK where he became specially endorsed in Consultation Liaison Psychiatry. He has a master's degree with distinction in Medical Education. He holds postgraduate diplomas in Public Health, Clinical Hypnosis and Stress Management.

At present, Dr. Udo works with Oxford ACT Team, Woodstock and Adult Ambulatory, Parkwood Institute, London. His current focus is on improving the placement experiences of medical students rotating through Psychiatry., as well as improving the patient experiences of persons with severe mental illness. He is keen on translational research. His most recent work has been a review of the management of co-morbid OCD and Chronic Psychosis. He is interested in comorbidity, complexity and psychological trauma. In medical education, his interests are in the areas of medical professionalism, reflective practice, continuing medical education

and the training needs of international medical graduates. He lectures medical students and residents of Western University on Somatoform Disorders.

Dr. Udo's interest in psychiatry spans back to his childhood, growing up on the grounds of St. Luke's Hospital, Anua-Uyo, Nigeria. This was a prominent hospital, at its time, established by the Medical Missionaries of Mary based in Drogheda, Ireland. As a consequence of his exposure to a regular stream of international medical professionals and health needs, he made up his mind to study medicine to be able to help the least, the last and the lost. Through a stimulating medical school placement and mentors at the time, he found Psychiatry to be the specialty that best affords him this opportunity. What Dr. Udo is most proud of, are the medical students whom he has encouraged into psychiatry as well as the successes of his medical students and residents over the years. Recently, he has been appointed to the editorial board of the BJPsych Advances Journal, the UK's Royal College of Psychiatrists' CPD Journal and he is excited to deliver educational content to an international readership.

Dr. Mahtab Asadabadi - I was born and raised in Iran, where I also graduated from medical school and completed my residency. It was during my clerkship in psychiatry that, for the first time, I noticed something totally different from anything I had previously learned about medicine. Today, even in the final year of residency, I am still fascinated by the unique perspective our patients bring to us, something that one could not measure in routine tests. I am currently in my "Medical Education" rotation, where I enjoy learning how to promote excellence in teaching skills and to be a better "educator." While preparing myself for the Royal College exam these days, I have faced new challenges in balancing motherhood, my profession and study plan. However, thinking back to my childhood, I remember watching how my mother maintained this balance confidently and how she did not give up learning and teaching even in her last months of fighting cancer when she was only 39 years old. So, going through and managing my current busy work-life, I hope to be a good role model for my daughter, the way my



mother had always been for me. Further, relying on my inspiring and supportive mentors in our program gives me the confidence and courage to try even harder and to overcome the final year's hardship.

Fun Fact: I love psychodynamic psychotherapy and take every opportunity to advocate (sometimes too much) for it. So, if I trap you in the hallway, CEPS office or anywhere, preaching about how psychodynamic psychotherapy is a unique and life-changing experience and that you should take your case as soon as you can, but you are not in the mood, simply say: "Mahtab, stop it! I am not interested at all!" I will understand, move on but may catch you again another time! It's that easy!

Dr. Jedrin Ngungu - It all started by a chance encounter I had in my second year of Med school. Sitting in a restaurant alone, in a pensive mood, I was joined by someone I thought was a tramp. My initial instinct was to change seats immediately. I did not and ain't I glad I overcame my fears and indulged the 'tramp'.

Fast forward 2 years, to my shock and embarrassment, the man I thought was a tramp was standing in



front of the lecture room to give a lecture on Phenomenology! He was Professor Allan Haworth, soon to be my mentor and source of inspiration. The main reason I find myself in psychiatry. Dr. Allan Haworth, a rare gem, a gift to humanity. May his soul rest in peace.

I did flirt with Pediatrics and had a fling with Medicine but from early on in Med School, I have always wanted to be a psychiatrist. Residency was so much fun for me. I was young, had no kids and I managed to pack in a lot of other things. I did my Masters in Clinical Education and added a diploma in journalism just to spice it up. I gravitated to General Adult Psychiatry and never really got tempted to consider Paeds, Geri, LD or Forensics.

The bulk of my work is on the inpatient unit although I do spend two half days a week in our Centralized Emergency Psychiatric Service (CEPS) and one afternoon a week doing outpatients. I believe both the inpatient unit and CEPS provide core skills to our trainees. I also double up as the Medical Director for Inpatients, CEPS and consultation Liaison service. I role that is challenging, intense and absolutely exciting.

I love the breadth of General Psychiatry; there are so many opportunities and niche areas such that most would have an enjoyable and fulfilling career as I do.

Dr. Verinder Sharma is a professor of psychiatry and has a cross appointment to the department of Obstetrics & Gynecology at Western University, London, Ontario. Dr. Sharma's research focusses on the diagnosis and treatment of refractory mood disorders and peripartum psychiatric illnesses. Lately he has devoted his research efforts to exploring the relationship between postpartum psychiatric disorders and bipolar disorder. He is a member of the Canadian Network for Mood and Anxiety Treatments (CANMAT) as well as the International Society for Bipolar Disorders (ISBD) Women's Health task force. Goals of the task force include promoting problem-focused collaborative research, developing treatment and safety guidelines for women of reproductive age, and improving quality of care of patients from a bio-psycho-social perspective. Dr. Sharma recently authored a section for the CANMAT and ISBD Bipolar Treatment Guidelines on managing bipolar disorder in pregnancy and postpartum. He regularly has residents working with him from the departments of psychiatry, family medicine, and obstetrics & gynecology. Dr. Sharma runs an observational study of women with mood disorders in the postpartum period and is planning a feasibility study examining the prevention of manic symptoms in pregnant women who are at risk of developing bipolar disorder. His clinical interest is in the assessment and management of mood disorders and related psychiatric comorbidities. Dr. Sharma considers himself a clinician rather than a researcher because clinical work propels his research endeavors.



Dr. Michelle Marlborough - After living in a city far too large and expensive for my liking during residency, I am very happy to be back home in London. My undergraduate degree was in nursing and I then moved progressively east along the 401 for medical school (McMaster) and residency (Toronto). In medical school I was voted "most likely to be a secret mafia don" and 9 years later I'm still trying to figure out why. My primary clinical work is in the Operational Stress Injury (OSI) clinic at Parkwood, assessing and treating still-serving members of the Canadian Forces and veterans. My passion in psychiatry is in the area of trauma, and we welcome residents who are interested in getting more exposure to this in a unique clinic. It is a privilege to be part of a skilled interdisciplinary team that serves those

who have served us. Physician health is another passion of mine for both personal and professional reasons, and I am so grateful at the recent opportunity to support postgraduate learners at Western. I also am a coroner for the city and surrounding area and do occasional locums on inpatient units in Northern Ontario. I have two boys under the age of 4, a menagerie of dogs and cats, and I unapologetically know absolutely nothing about sports. There is never enough time in the day to listen to my favourite podcasts - these are how I add to knowledge of random and useless facts like Saddam Hussein's side career as a trashy romance novelist. I have yet to meet any famous people, but Suri Cruise almost ran into me on Robson St. in Vancouver years ago so there's that.