







Psychiatry Department Communication

March 2020



Dear colleagues,

The Psychiatry Leadership Council (PLC) is pleased to announce a new award to promote clinical quality improvement, engagement, well-being, academics, or departmental enhancements. The purpose of this award is to create a mechanism by which people can lead initiatives important to them and to the advancement of our department. Submission teams must be composed of a faculty member from both SJHC and LHSC as well as a resident. The funding amount is anticipated to be around \$7,500 per year, with up to four awarded per year. The submissions will be judged by members of your PLC. The PLC is working to craft the final details of the announcement.

We are excited about this initiative as physician engagement supports a sense of well-being in the work place. The design of having at least three team members from different constituencies is intentional—it is designed to lower barriers to connecting. We are grateful to LHSF and their generous donors for their support of this initiative. We believe that the investment in our shared future is worthwhile.

We look forward to reviewing your submissions and strengthening our department together. Keep an eye out for the announcement.

Best,

Chandlee Dickey





We are working on updating the career development planning (CDP) process for every faculty member in our

Department. This is done on annual basis for faculty in assistant professor rank and every two years for faculty in associate professor rank. The process involves completion of medical affairs approved document by the faculty (link below) and a meeting between the faculty and their clinical and academic leads to review their academic role category (ARC) and make sure that their current, short-term and long term plans are on track towards the clinical-academic goals. The meeting results in review of the period before, plans for the coming year and plans for the next few years, review of any necessary changes in the ARC, and the support needed from the leadership to enable the faculty. Mentorship is normally discussed as part of this meeting as well as a way to assure adequate support and guidance. Stay tuned!



Link to CDP form from Medical Affairs website:

https://apps.sjhc.london.on.ca/sj_files_internet/medicalaffairs_cdpdfoundationlleadershipselfassessment.docx

Thanks,

Amer



Dear Colleagues,

We would like to start a new initiative here at LHSC for our new joining faculty members. As we all might remember how difficult it can be to start at new hospital, with new staff, in a different culture, with different routines, etc., we thought it could be very helpful to partner up our new incoming faculty members with one of us who knows the ins and outs of our workplace.

I would offer to coordinate the partnering (contact: Volker.hocke@lhsc.on.ca). How to develop the partnership we would leave in your creative hands. The formal duration and end to it would be a mutual agreement between you and our new faculty.

I am hoping to get your responses for volunteering soon. We are expecting 3-4 hires in the next several months.

For SJHC members, please contact Dr. Chandlee Dickey (Chandlee.Dickey@lhsc.on.ca) to coordinate partnering.

Thank you very much,

Volker Hocke & Chandlee Dickey



Whom would you like to lead your division? Whom should we as a department recruit to lead? Please reach out to your colleagues across the country and encourage them to consider a move to London to join our dynamic team.

Please ask them to send their CV and letter of interest to both Khushnum Khatow and Chandlee Dickey.



Competency by Design for Electroconvulsive Therapy in Psychiatry Postgraduate Training

Face and Content Validation Study

Al-Qadhi, Samim A. MD, MEd, FAAP, FRCPC¹; Chawla, Taran MD¹; Seabrook, Jamie A. PhD^{1,5}; Campbell, Craig MD, FRCPC, FSCAME¹; Burhan, Amer M. MBChB, MScCH, FRCPC^{1,8}

(Click title to see abstract or visit our newsletter homepage for the link)



Please join us in welcoming **Dr. Mahesh Nachnani** as a Full Time Clinical Academic with the Department of Psychiatry, Division of General Psychiatry, Schulich School of Medicine & Dentistry, Western University effective February 18, 2020. Mahesh joins us from Queen Elizabeth Hospital, Charlottetown, PEI where he served as a Consultant Psychiatrist within General Adult, Emergency Psychiatry and Inpatient Psychiatry. Prior to this Mahesh worked with Lincolnshire Partnership NHS trust, Pilgrim Hospital, UK as a Consultant Psychiatrist within General Adult, Liaison & Military Psychiatry. He has completed his residency in UK in 2014 and achieved his MRCPsych UK. Mahesh will be based out of Victoria Hospital supporting Consultation Liaison Psychiatry & Ambulatory Care programs.

To welcome Mahesh, please email him at Mahesh.Nachnani@lhsc.on.ca

Please join us in welcoming back **Dr. Robert Renwick** as a Full-time Clinical Academic with the Department of Psychiatry, Division of General Psychiatry, Schulich School of Medicine & Dentistry, Western University effective February 15, 2020.

Rob will be based out of Parkwood Institute Mental Health Building supporting the Treatment & Rehabilitation program. To welcome Rob, please email him at Robert.Renwick@sjhc.london.on.ca



Please join us to congratulating **Dr. Akinade Adebowale** in accepting a Term appointment with the Elgin Act 1 Service within St. Joseph's Health Care London effective March 9, 2020. In the last few years Dr. Adebowale has been supporting us within the Inpatient Psychiatry program at LHSC, while also serving as a Locum Consultant Psychiatrist at Crisis Resolution and Home Treatment Team, Fulborn Hospital, Cambridge UK.

He has completed Bachelor of Medicine, Bachelor of Surgery (M.B.Ch.B) from Obafemi Awolowo University, Nigeria, in 2004 and his Diploma in Clinical Psychiatry (DCP) from Ireland in November 2007. He has also achieved his Specialist certificate in Psychiatry from the Royal College of Physicians and Surgeons of Canada in 2013

To congratulate Akinade, please email him at Akinade.Adebowale@lhsc.on.ca



The Department of Psychiatry hosted the Seventh 'Taste of Psychiatry' event on Feb 25, 2020 at Best Western for first and second year medical students. The registration closed at 60 and we had a great turnout despite a few cancellations. The students were eager and enthusiastic. They appreciated hearing about the different aspects of Psychiatry including the rewarding aspects of Psychiatry, Art in Psychiatry, Work life balance, the fun side of Psychiatry, Residency program and why faculty and residents chose Psychiatry as a career. They interacted with faculty and residents informally and appreciated the opportunity to ask questions to the panel. Several students expressed an interest in Psychiatry and exploring available opportunities after the event. UGE expresses sincere gratitude to all the faculty members – Dr. Chandlee Dickey, Dr. Sandra Northcott, Dr. Vadim Beletsky, Dr. Aturan Shanmugalingam, Dr. Mark Watling as well as the residents – Dr. Israel Spivak, Dr. Katrina Fenicky and Dr. Ashely Galloway for your dedication and commitment to undergrad education. Thanks to Ms. Janet Holmes who put together a fantastic and enjoyable evening for all!!

Save the Date!! The Third 'Psychiatry Enrichment Program' will be held from June 22 – June 26 this year. Please encourage medical students working with you to take advantage of this Summer Program. This is an evidence based program that has shown to improve recruitment to Psychiatry. This program is open to 1st and 2nd year students enrolled at Canadian medical schools. The program includes talks by experts on diverse and exciting topics in psychiatry, tours of the hospitals and exposure to unique treatment modalities, afternoon electives, demonstrations and evening social events. Accepted applicants have the opportunity to interact with residents and practicing psychiatrists and see patients at hospitals.

Research is now considered as a mandatory part of new curriculum for first year medical students. Faculty members are requested to offer supervision to provide students the experiential learning in research. The project requirement is highly variable and can range from chart review, literature review,

quality improvement project or a major research project. The time requirement is also quite flexible. This is an exciting opportunity for us to engage medical students in Psychiatry early on Please centers Stages hastion@schulish uses as if you have any questions.

on. Please contact Stacey.bastien@schulich.uwo.ca if you have any questions.

~ Sreelatha Varapravan UGE Director



ews from our SJHC Site Chief – Sarah Jarmain

Greetings from the Site Chief Office at St. Joseph's Mental Health Care. It has been my honour to bridge the transition from Sandra Northcott to Viraj Mehta over the last 3 months as Interim Site Chief, and I would like to take this opportunity to thank Sandra for all the contributions she has made to the program and officially welcome Viraj to his new role.

In January St. Joseph's Mental Health Care was recognized internationally for its Zero Suicide work by its inclusion on the "Zero Suicide in Health and Behavioral Care" website Research and Outcomes page. The project is finishing off Phase 2 (implementation across the inpatient units at Parkwood Mental Health Care and Southwest Centre, and OSI) and planning for Phase 3 (spread to the community). Congratulations to all who have contributed to making this initiative such as success.

Work is well underway in the OneChart Clinical Documentation Phase 1 project. The teams have been working with Cerner to review Cerner's standardized tools (model experience), review our workflows across the different mental health care programs in our region, and come up with design recommendations for our build. The review of that build will occur on March 10th to 12th. After that the focus will shift to the development of training materials and planning for implementation which will occur at Parkwood Mental Health Care Building inpatients and on-site clinics in September 2020 (other sites and programs to follow in Phase 2). A thank you to Aturan Shanmugalingam and Frank Symons who are our Physician Leads for the project.

St. Joseph's Mental Health Care has also had a number of initiatives underway with regards to care redesign. The largest of these is the Adult Ambulatory Redesign. The purpose of the re-design is to provide an excellent patient experience by establishing integrated assessments and care pathways through the advancement of leading practices, strengthening integrated/interprofessional care models, streamlining access and discharge, and supporting care transitions. A visioning session held in 2018, explored the evolving needs of our patients, family and caregivers. Close to a hundred community partners, staff, patients and family members were in attendance. The vision by those engaged was established as follows: To work in collaboration with one another, to design and transform our mental health Adult Ambulatory Program and Concurrent Disorders Services into a leading, standardized suite of services that meet the needs of our changing patient population and allow us to thrive as care providers. The work has been organized around the themes of:

- Access to care
- Flow and navigation
- Specialized care
- Community connections

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The planning phase of this work is drawing to a close and an extensive group of stakeholders (internal and external) will be meeting together on March 25th for a Validation Day before moving forward with implementation.

I would also like to take this opportunity to inform you that we have changed the name of our four Physician Leader roles to Medical Director roles. This change allows us to align with the LHSC Mental Health Care Program, Medical Affairs naming standards, and other Departments' roles internal and external to the organization. The role description and accountabilities for these roles will remain unchanged.

Going forward our Medical Directors will be as follows:

Sreelatha Varapravan – Interim Medical Director – Assessment, Treatment and Rehab

Lisa VanBussel – Medical Director – Geriatric Psychiatry

Arun Prakash – Medical Director – Forensic Psychiatry

Don Richardson – Medical Director – Operational Stress Injuries

Please join me in welcoming them to their new titles.



Sarah Jarmain, MD, FRCPC, CCPE





All spots filled both in London and Windsor

Great job CaRMS committee! Thank you for all your hard work.

London

CMG

Anwar Hammoud Western University
Andrew Lechman Western University
Brian Robertson Western University
Niron Sukumar Western University

IMG

Ravneet Ghumman Windsor University
Zahra Khazaeipool Zanjan University
Justin Piazza Vita-Salute San Raffaele University

Windsor

CMG

Milan Radulj Western University

IMG

Harry Jhawer Avalon University

We are excited to teach our future psychiatrists



SAVE THE DATE



FRIDAY, APRIL 24th, 2020

Division of Child and Adolescent Psychiatry Annual Conference "Building Mental Health Resilience in the Face of Social Disadvantage"



Dr. Kathleen Gallagher

Contact Jason Widdes - Jason.Widdes@sjhc.london.on.ca Or visit our website

Featuring: Crossing the White Line Crossing the White Line

A play written by Michael Mulvihill exploring two protagonists who have very different "truths" to tell and who in the telling, discover much more about themselves than they ever could have had they remained as solitudes.

(Participatory workshops follow to translate themes into action)



Dr. Joy Abramson is currently organizing the annual division of Child and Adolescent Psychiatry conference which will take place **April 24, 2020** at the Best Western Lamplighter here in London.

The conference, "Building Mental Health Resilience in the Face of Social Disadvantage", will focus on the work of University of Toronto Professor Dr. Kathleen Gallagher. Dr. Gallagher will give the keynote presentation and the morning workshops will be based on her work.

The afternoon will begin with a play "Crossing the White Line". The play, shown in video form, will lead into a unique discussion addressing themes such as grief and bereavement and building resilience.



The Academic Medical Organization of Southwestern Ontario (AMOSO) is hosting the 4^{th} annual **Physician Leadership Institute (PLI)** course which will take place March 20 - 21, 2020.

Each year the Department of Psychiatry nominates faculty to attend the event. This year's theme is "Building and Leading Teams"

We look forward to hearing from our colleagues about what they learned.

Nominated Faculty:

- Dr. Varinder Dua,
- Dr. Ajay Prakash,
- Dr. Viraj Mehta,
- Dr. Sreelatha Varapravan,
- Dr. Lisa VanBussel,
- Dr. Priya Subramanian
- **Dr. Leslie Ritchie**

Learning Objectives:

- Discuss the goals and attributes of team leadership;
- Explore the attributes of a high-performing team;
- Discuss how to empower teams and build a team culture;
- Examine the special dynamics of inherited teams;
- Identify the challenges of leading inherited teams that are dysfunctional or highperforming;
- Demonstrate skills to lead both dysfunctional and high-performing inherited teams;
- Diagnose conflict in a team;
- Explore skills needed to manage different kinds of conflict in a team;
- Practice providing timely, direct, and constructive feedback to the team as a group and to individual team members.



FACULTY DEVELOPMENT WORKSHOPS

Please see the Posters below for upcoming faculty development workshops. Schulich Faculty can find updated CPD offerings related to faculty development by visiting this link:

https://www.schulich.uwo.ca/continuingprofessionaldevelopment/teaching_and_learning_resources/schulich_faculty_development_value_learning_faculty_development_value_learning_resources/schulich_faculty_developmen

- New workshops are accepting registration:
 - Should I Be Promoted? A Workshop for Clinical Academics at the Associate Professor Rank, March 11, 4:30-7pm
 - How to Get Promoted: Clinical Academics from Assistant to Associate Professor, April 22, 4:30-7pm

If you have any questions, please contact Megan Baxter, Program Administrator, CPD, at megan.baxter@schulich.uwo.ca or 519.661.2111 x85125.

Visit the Newsletter webpage for Poster PDFs



REGISTRATION IS NOW OPEN



CUTTING EDGE NEUROSCIENCE DESERVES CUTTING EDGE TEACHING

Wednesday, April 1, 2020

8:00 am – 4:30 pm Best Western, Lamplighter Inn

Who Should Attend:

Psychiatrists, faculty, neuroscientists, deans, basic scientists, PGE Coordinators, residents and medical students.

Contact

Kate Hayes, CPD Education Coordinator, Phone: 519-685-8500 ext. 76554 email: kate.hayes@sjhc.london.on.ca



March 25th

- 18th Annual Developmental Disabilities Spring CPD

April 1st

- Cutting Edge Neuroscience Deserves Cutting Edge Teaching
 - Dr. David Ross (Yale) & Ashley Walker Innovative Approaches to Teaching
 - o 8:00 am to 4:30 pm @ Best Western

April 24th

- <u>Division of Child and Adolescent Psychiatry Annual Conference</u>

May 7th

Department Quarterly Meeting
 3-4pm VH C3 301 A/B

May 25th

5th Annual Dr. Benjamin Goldberg
 Developmental Disabilities Research Day

Aug 20th

Department Quarterly Meeting3-4pm PW F4 201/202

Nov 4th

- 18th Annual Geriatric Psychiatry Conference

Nov 5th

- Joint Mental Health Research and Innovation Day 2020



