CaRMS

The beginning of February saw a lot of activity around the department as it was that time again for CaRMS.

Forty one candidates were interviewed in Saskatoon for three Canadian Medical Graduate positions and one International Medical Graduate position. The food was wonderful and we had full participation from faculty and staff.

Regina interviewed 19 IMGs for one IMG position and 12 CMGs for 2 CMG positions.

Match Day was March 1 and in Saskatoon, we have Mark Luba from the University of Saskatchewan and Kara Quennell from the University of Toronto matched to the CMG stream. Rani Ojah from the Trinity College Dublin School of Medicine matched to the IMG stream.

In Regina, we have Tanisha Uppal from the Windsor University School of Medicine matched to the IMG stream.

We are really looking forward to our new residents starting in July!!

Unfortunately, we still have one unmatched spot in Saskatoon and two unmatched spots in Regina which we will be looking at filling by the end of March.

Thank you to Dr. Davidson and Joanie Bagalay for making everything run smoothly. Thank you also to Krista Schultz in Regina for making it run smooth in Regina!
This edition of our Newsletter showcases exciting news and developments as well as information for our academic and clinical mission.

First of all, congratulations are due to Dr. Yanbo Zhang on the award of the Small Indiana Professorship in Biological Psychiatry (5 year). Other grant submissions are due in the next while and we look forward to more success for our department members.

Early March will see the inaugural Saskatchewan Centre for Patient Oriented Research (SCPOR) meeting which will be focused on Mental Health and Addictions. The first meeting will involve patient and family members as well as provincial administrative and clinical stakeholders throughout the province coming together to identify perceived gaps in mental health that would benefit from a research focus. Within the College of Medicine there is a need to enhance the graduate student recruitment and experience and an advertisement for an Assistant Dean is circulating. There is a new Masters in Health Science Education program under development and we also have an increased number of graduate students affiliated with our faculty members.

These months also usher in our teaching in Mental Health Foundations and Clinical Skills. Not only do we need teachers but we need patients for our clinical skills teaching. If you have patients who enjoy this role please let Holly Maas know.

There is significant change also occurring on the clinical side with the transitioning to one Provincial Health Authority. There is a great deal of excitement, but also a lot of uncertainty as the VPs and CEOs from all the regions are making decisions about their future. There is an urgency for physician leadership at this time. Physicians offer a patient centered focus not only as part of operational dyad leadership but to bring in the academic - research and teaching - to improve the health of our patients and focus on the quality and safety agenda. The province is focusing on the establishment of team based care in acute and community (i.e.. Accountable Care Units which are found in Regina).

Thank you to all who participated in the working group on redesigning resident on-call arrangements. The group has completed their work and are preparing for implementation. We are looking to establish another working group to determine solutions for our outpatient wait times – first focusing on patients discharged from the adult inpatient unit. If you are interested in being part of this group please let me know.

At a local level we have new psychiatrists coming into Saskatoon including Dr. Mahomed Coovadia for a 9 month locum for inpatient care, Dr.Chidianma Ukandu-Ndubueze working at the Hope Clinic and Dr. Anne Porter providing a one year locum with Dr. Prasad. Dr. Ogunsona is also spending a few weeks at Hope Clinic as he takes a break from his North Battleford practice and beginning in April we anticipate Dr. Femi Ahmodu to have relocated to Victory Manor on a full-time basis. Each of these will provide a unique perspective from their experience in other settings and I encourage you to meet them and welcome them to our department and provide not only guidance to them but to learn from their experiences as well.

Dr. Marilyn Baetz
Kaeli Knudsen and Lisa Poon are MSc students who are working with Dr. Mousseau looking into the relationship between Alzheimer’s disease and the use of antidepressants. Dr. Mousseau was recently featured in a National Post article “Antidepressants may be doubling risk of Alzheimer’s and other dementias” where he discusses how there may be a possibility that one of the top prescribed drugs – SSRIs are associated with an increase in the odds of developing brain-destroying dementias.

Kaeli Knudsen entered into the world of Psychiatry with a keen interest in researching diseases of the mind at the molecular level. Kaeli is working in Dr. Carlos Carvalho’s worm lab where they are looking to see if antidepressant drugs increase or decrease the rate of aggregation of the beta-amyloid protein thought to have pathology in Alzheimer disease. Kaeli will conclude her worm studies within the year and she will continue in similar studies using cell culture.

Lisa Poon began her graduate studies after she decided that she wanted to learn more by getting involved in the research field before moving on to a clinical setting. She hopes to attend medical school someday to practice as a psychiatrist or neurologist. Her research studies the gender specific differences in patients diagnosed with Alzheimer’s Disease, hopefully moving towards the direction of finding gender specific treatment options.

Lisa also works with human brains to study the linkage between depression and Alzheimer’s. Lisa will be obtaining her Masters this year and she hopes to continue her medical education at the UofS.
Dr. Olubunmi Adebìyi is a medical researcher with more than 8 years graduate research experience. Dr. Adebìyi has a Doctor of Medicine (MD), Masters of Science in Pharmacology (M.Sc. Pharm) and PhD in Molecular Pharmacology degrees from Obafemi Awolowo University, Nigeria and University of Natal (now KwaZulu-Natal,) Durban, South Africa.

Dr. Adebìyi is married with two lovely children aged 7 and 4 years and enjoys basketball and movies. Dr. Adebìyi looks forward to an enriching experience in his present position as a Postdoctoral Fellow in the Department of Psychiatry at the University of Saskatchewan.

Dr. Adebìyi is currently working with Dr. Zhang on the effects of low frequency magnetic stimulation on white matter deficits and inflammation—The new treatment targets for Major Depressive Disorder.

“I am a master’s student and I like it! My name is Ali Mooshekhian and I am honored to be a master’s student in U of S starting in May. I have just started working with Dr Yanbo Zhang and have high hopes that interesting, novel results come out of our project. In brief, we will start the project by working on employment of Low Frequency Magnetic Stimulation (LMFS) on treatment of depressive symptoms in mice subjects in whom we have induced depressive and cognitive impairment. It’s going to be a combination of Psychiatry and neuroscience material since we will utilize pathology, western blot alongside behavioral tests.

I am a physician, born and raised in Iran with seven years of experience as a family physician. It’s hard to describe how exciting it is to be a student again. It might be a little hard to believe for those who can not wait to be graduated to have empathy with someone like me when I say that I even look forward for exams to sit for, but, there is a good chance that ten years from now they look back to these days and say:” if I could do that all over again I would act differently here and there and enjoy every minute of it.” This is how I feel about this master’s degree.

Working as a physician in Iran provided me with a great deal of unique experiences which helps me enjoy life much more easier and take it much easier than I used to take. My first job as a physician was in a clinic in north of Iran which was specifically dedicated to serve veterans of Iran—Iraq war. A unique experience to work with people who somehow feel ignored in a society and most of them suffer from a psychiatric disorder, mostly, PTSD and MDD. My next job was in an Iron mine, located in the central desert of Iran, with about 5000 personnel and 180 km from the nearest city. I was in charge of the clinic 24/7 during my shifts and aside from the hard work, it was an absolutely fascinating opportunity to work with people from different cultures who spoke different languages and were utterly different from a cultural point of view.

It took almost 7 years for my immigration application to get accepted and when my wife and I arrived in Montreal in 2012, it was a dream come true. It was in Montreal that I attended a summer program in Trans-cultural psychiatry and enjoyed a month as an observer in Jewish general hospital psychiatry department.

I do have high hopes that our project with Dr. Zhang could be a new song in management of mood disorders, speaking of singing my biggest hobby is singing and I have been lucky enough to join the singing shrinks.

Speaking of non academic activities, I used to teach English for kids in Iran for more than 14 years and I also play Taar which is the national Persian musical instrument. I have been happily married for 13 years and we just had our baby girl on January 28th.”

Ali Mooshekhian
Wanda Seidlikoski Yurach (Dr. Tait’s PhD student) is currently enrolled in her first year of a Doctor of Philosophy program in Health Sciences in the Department of Medicine (Dean's Office). She lives in Prince Albert with her husband of 31 years and is the mother of four children and has one grandchild. She completed a BA Advanced from the University of Saskatchewan in 1987, a BSW from the University of Regina in 1994 and an MSW from the University of Regina in 2001. Her graduate thesis focused on the challenges women face balancing work and family.

Wanda is a registered social worker and has been employed in a number of positions in her career including: a Corrections Worker with the Department of Corrections; Group Home Worker and Assistant Supervisor with the Ministry of Social Services and a Residential Support and Training Consultant with the Prince Albert Parkland Health Region. She has also been a sessional lecturer with the University of Regina, Faculty of Social Work.

Wanda has worked as a community based Mental Health Therapist in northern First Nations communities since 2006 and is certified ASIST and SAFE Talk Trainer with Living Works. Most recently Wanda was contracted by Prince Albert Grand Council to assist in the development of community based Mental Wellness Teams in six First Nations communities. These Mental wellness teams are one of the only community based teams developed within Canada. She also has a private counselling practice in Prince Albert that has been placed on hold while she attends the University of Saskatchewan.

Wanda’s research will be focused on mental health therapists working in northern remote First Nations communities in Saskatchewan in order to understand the risk and protective factors relating to secondary trauma and in turn explore recommendations for strategies to support these workers in their role.

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Research Updates

The Department of Psychiatry is delighted to congratulate and highlight recent research awards. Dr. Anna Felstrom and Dr. Lloyd Balbuena have been awarded one year support from the Royal University Hospital Foundation Community Mental Health Endowment Granting Program.

Dr. Anna Felstrom received support for a collaborative project with the Social Science Research Laboratory, titled Understanding Inpatient Models of Care in Child Psychiatry and Their Impacts on Physician Burnout.

Dr. Lloyd Balbuena received support for the project, titled Suicide Psychological Autopsy Network Saskatoon (SPANS).

Dr. Lloyd Balbuena has also received additional support from the Mitacs Globalink Research Internship for the project titled, Suicide Prevention through Community-Hospital Partnerships.

Congratulations to Dr. Caroline Tait for a successful Canadian Institutes of Health Research (CIHR) Knowledge Synthesis Grant, titled Building Cross-Generational Wellness and Resilience in Multi-Generational Indigenous Households: A Scoping Review.

If you would like to highlight your research in our newsletter, please contact your research facilitator.

Dr. Izabela Szelest
FAILURE TO FAIL
THE CULTURE OF ASSESSMENT VALIDITY

WHEN
April 26, 2017
8am - 12pm

WHERE
Room 329
St. Andrew’s College
1121 College Drive

ORGANIZERS• Dr. KALYANI PREMKUMAR •
Dr. VERN BENNETT • SEAN POLRIES, MEd, Faculty Development Coordinator

PRESENTED BY THE DEPARTMENT OF PSYCHIATRY

HALF DAY FACULTY AND RESIDENT DEVELOPMENT RETREAT

LIMITED SEATING
SPEAKERS

Dr. Sean Kidd

is a Clinical Psychologist at the Centre for Addiction and Mental Health (CAMH) and a Clinician Scientist in CAMH’s Complex Care and Recovery Program. He is also Associate Professor in the Department of Psychiatry at the University of Toronto. The focus of Dr. Kidd’s career has been upon marginality and service enhancement. The populations of focus, often overlapping, are homeless youth and individuals with severe mental illness. Specific domains of contribution include international recognition for his research into youth homelessness, extensive work in developing and testing psychiatric rehabilitation interventions in the area of psychosis, and examining social inclusion among marginalized populations.

Dr. Abraham Rudnick

is a Professor in the Psychiatry Section of the Clinical Sciences Division at the Northern Ontario School of Medicine, Lakehead University, Thunder Bay, and Laurentian University, Sudbury, Ontario, Canada. He is a Certified Psychiatric Rehabilitation Practitioner. He is the founder of the Canadian Unit of the International Network of a UNESCO Chair in Bioethics, a recipient of the pioneer award in recovery research granted by Psychosocial Rehabilitation (PSR) /Readaptation Psychosociale (RPS) Canada, a recipient of the Michael Smith research award granted by the Schizophrenia Society of Canada, a Fellow of the Canadian Psychiatric Association and a Distinguished Fellow and Gold Medalist of the European Society for Person Centered Healthcare as well the Chair of its Mental Health Special Interest Group.

Dr. Phil Tibbo

is Professor of Psychiatry at Dalhousie University, Adjunct Professor of Psychology at Dalhousie University, and Adjunct Professor of Psychiatry at the University of Alberta. He is the Dr Paul Janssen Chair in Psychotic Disorders and Director of the Nova Scotia Early Psychosis Program. He chairs the Schizophrenia Society of Canada Foundation and co-chairs the Nova Scotia Psychosis Research Unit. Dr. Tibbo investigates psychosis/schizophrenia in the areas of neuroimaging (MRS, DTI), genetics, and non-pharmacological treatment options for schizophrenia. Other projects include the development of a relapse prediction tool for use by clinicians and family members; a tool for monitoring medication side effects; and service delivery national guide-

When

May 5th, 2017

8am - 4pm

Where

Rependa Centre,
Saskatoon City Hospital

Registration is $85 plus GST

Ensure your seats starting March 1

Registering online

Register by April 11, 2017 to be eligible for the early bird draw

Deadline to register is April 30, 2017

Questions? Contact Holly Maas

Application has been made to the Division of Continuing Medical Education, College of Medicine, University of Saskatchewan, to ensure that this event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada.
Helpful Research and Informational Tool

I was recently introduced to: Read by QxMD by another USASK colleague while attending a medical education conference in Toronto. Read by QxMD is a platform that provides you access to up to date research, reviews, and literature search capabilities in a highly personalized digital journal format. You can search PubMed, read your favourite journals or select topics to follow; then share them through email or social media with colleagues. Activity can be recorded in your MOC portfolio. Access to full text is granted through the University subscription using your NSID and is available on mobile devices and desktop. Check it out at:

http://www.qxmd.com/apps/read-by-qxmd-app

Submitted by Dr. Vern Bennett

UPCOMING EVENTS

Mark your calendars!

March 17, 2017—Assessment and Management of Substance Use Disorders for Psychiatrists—Dr. Lamba is providing a DBT workshop. This event has SOLDOUT!

April 26, 2017—Half Day Faculty and Resident Education Development Retreat—"Assessment and Failure to Fail—Clinical Training Culture and Assessment Validity". Organizers: Dr. Vern Bennett, Dr. Kalyani Premkumar and Sean Polreis. 8am-12pm St. Andrew’s College Room 329. Please RVSP holly.maas@usask.ca

May 5, 2017 Academic Day—Major Mental Illness: Early Intervention and Psychiatric Rehabilitation, with Special Consideration for Marginalized Populations—Registration begins online
March 1 (see page 7) Psychiatric Rehabilitation—Register early to avoid disappointment!

May 6, 2017 Saskatchewan Psychiatric Association Meeting

Please email holly.maas@usask.ca with any future newsletter entries.
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John Howland ELT | **4** |
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| 8:30am Executive Meeting  
Rm117 EH |     |     | **8:00am** Psychiatry Rounds  
Dr. Amelia Villagomez ELT  
**12PM DEPT. MEETING** |     | **11:00am** Psychiatry Rounds  
Dr. Amelia Villagomez ELT | **18** |
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|     |     |     | **12:00pm** Addiction Workshop (FULL)  
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**10:00am RTC**  
Rm113 EH |     |     | **17:00** Addiction Workshop (FULL)  
St. Andrew’s Rm329  
**10:00am RTC**  
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Rm 231 EH | **12:00pm** Journal Club  
Rm GD04 HScB |     | **25** |
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|     |     |     | **5:00pm** Faculty Council Meeting  
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