The month of April always represents a feeling of renewal and sense of hope for me. This is a good thing since it has been a long winter with challenges from many sides. It has been two years since the announcement that the College of Medicine would fundamentally need to be restructured. Although the pain has dulled a bit we are still struggling to see what that will mean. There is always reason for optimism though since as a department we are continuing to progress and make academic and clinical improvements. We have the promise of recruiting our soon to be new grads into much needed positions and we matched a great group of residents! We are so pleased that our CaRMs match was filled in Saskatoon and Regina on the first round.

Some things to watch for in the upcoming months are changes to the Royal College CanMeds 2015 and a move to change residency to a “competency based curriculum”. The new undergraduate curriculum known as the “2+2 curriculum” is set to be started this fall and there is a need for wide consultation and input from all psychiatrists. The CanMeds changes are important for practicing physicians as our MOCOMP will reflect some of these new requirements. We are looking forward to some new and interesting ways to obtain CME from our Grand Rounds as led by the innovative Dr. Lau. Details around these educational changes are in the newsletter.

We also just had our 8th Academic Day with a focus on Addictions update. It was so good to see an diverse group of practitioners and academics come together for an interesting look at addictions – from the research to what is going on out on the streets.

One more thing to watch for in April along with our regular programming is the Saskatchewan Psychiatric Association meeting on April 25/26th in Saskatoon. Also prepare your calendars for a department retreat on May 30th, the MHAS “We Day” on May 25th, a fundraiser “A Mindful Evening in Support of Mental Health” with Clara Hughes on June 7th and more to come.

Finally, best wishes to our final year residents as they prepare and write their exams.
Research Update — Dr. Tom Graham

Dr. Adams submitted her Saskatchewan Health Research Foundation Establishment Grant application on March 17/2014. The title is “Nature and nurture: A biopsychosocial exploration of the relationship between childhood trauma, adult attachment style, and severity of depression and social anxiety in Saskatchewan.” The co-investigators are Drs. Scott Napper (Department of Biochemistry/Vaccine and Infectious Disease Organization) and Rudy Bowen (Department of Psychiatry) and the budget is $110,000 over three years. Dr. Adams will be informed of the funding decision by SHRF in mid-June.

The publications are up to date on the Psychiatry wall and we are presently updating the posters. If you have newer posters that you would like on the wall, please email Tom with a time that is convenient for you. He will pick them up and drop the old ones off.

Royal University Hospital Foundation Funding.

- Drs. Camelia Adams and Mansfield Mela received formal news of funding through the 2014 Royal University Hospital Foundation (RUHF) competition. RUHF received a total of 29 applications this year from across the University of Saskatchewan and the Saskatoon Health Region. Dr. Adams and Dr. Mela were the only applicants from the Department of Psychiatry and were ranked 2nd and 6th, respectively.

- Dr. Adams’ project is entitled “The relationship between attachment, treatment compliance, and treatment outcomes in patients with Obstructive Sleep Apnea”. The Co-Investigators are Dr. Robert Skomro (Division of Respirology, Critical Care and Sleep Medicine) and Dr. Lachlan McWilliams (Department of Psychology). The budget is $24,578 over two years.

- Dr. Mela’s project is entitled “Intervention for forensic psychiatric outpatients in Royal University Hospital with Fetal Alcohol Spectrum Disorder (FASD)”. The Co-Investigators are Dr. Caroline Tait (Department of Psychiatry), Dr. Terry Nicholaichuk (Department of Psychology), Dr. Elena Shurshilova (Department of Psychiatry) and Sudheej Krishnan (Department of Psychiatry). The budget is $24,584 over two years.

Congratulations to you and your teams!

Recent Publications


Regina-Qu’Appelle Health Region

Regina-Qu’Appelle Health Region has a formal advertisement for a Department Head for Psychiatry – 0.5 FTE - of which 0.2 FTE is Academic and 0.3 FTE is clinical –search committee which will include an academic
Update from Dr. Vern Bennett — Education Director

The CPA spring round of meetings take place from April 8-13 in Ottawa. This year the CPA has created an inaugural CPA Lobby Day on Parliament hill for Thursday. This is an important and unique opportunity to create a dialogue with Parliamentarians and advance the views and objectives of the CPA. The spring education meetings include the CPA Standing Committee on Education, CPA Committee on CPD, and related meetings for COPE (Canadian Organization of Undergraduate Psychiatric Education) and the postgraduate committee COPE. A number of our faculty representatives will be attending these meetings including Dr. Lau for CPD, Dr. Bennett for the Standing Committee on Education, and Dr. Davidson for COPE.

Planning the Psychiatry component of the 2+2 curriculum has begun. Dr.’s Melissa Denis, Curtis Chioine, and Vern Bennett with support from Dr. Marcel D’Eon and Dr. Jennifer Chlan-Founey form a small working group and are initially focusing on the Psychiatry module scheduled for Term Two, Year Two (March/April 1016) that will replace the current third year professional skills module. The new curriculum also includes an opportunity for involvement by Psychiatry and mental health as a theme during the first two years such as during the Medicine and Society course. Some of this content will be bridged from the current curriculum. Marcel D’Eon has sent out course summary to faculty that have previously participated in this course but provides for additional input from interested faculty. For further information on the Fall 2014, Term One course Medicine and Society, contact Marcel D’Eon marcel.deon@usask.ca

There is excellent opportunities for faculty to become engaged on undergraduate teaching not specific to Psychiatry but critical to the development of professional skills including the Introductory and Advanced Communication Skills modules. Participating in these modules is very rewarding and if you would like further information or to become involved please contact: Brenda Wruck (Phase B/C Administrative Coordinator Phone: (306) 966-5354, Fax: (306) 966-2601, Email: brenda.wruck@usask.ca)

Update from Dr. Marla Davidson — Postgraduate Director

CaRMS 2014 Update

Both Regina and Saskatoon sites matched in 1st iteration of CaRMS. The names of successful candidates are listed below.

We are looking forward to welcoming the new PGY1 cohort in July. Thank you again to all of the individuals involved in the CaRMS process this year for your hard work.

Saskatoon Site:

**CMG:** Joshua Frost – U of S
Brittni Webster – U of S
Natalie Skilliter - U of S

**IMG:** Adam Tancred - University Palackeho, Olomouc Region, Czech Republic

Regina Site:

**CMG:** Samra Sahlu – U of S

**IMG:** Nishma Patel – Ross University of Medicine, Dominica
CanMEDS 2015 Update (Dr. Marla Davidson)

The RCPSC visited the University of Saskatchewan to discuss a number of new initiatives on February 25, 2014. They will be returning to visit the University of Saskatchewan over the upcoming months to discuss CanMEDS 2015 on March 26, 2014 and Resident Duty Hours on April 30, 2014. These initiatives will affect our program therefore I feel it is important for our department members to be aware of the upcoming initiatives. I have chosen to highlight CanMEDS 2015 in this month’s newsletter.

CanMEDS 2015

The CanMEDS Physician Competency Framework describes the knowledge, skills and abilities that specialist physicians require to effectively meet the needs of the individuals they serve. The framework is based on the seven roles that all physicians need to have, to be better doctors: Medical Expert, Communicator, Collaborator, Manager, Health Advocate, Scholar, and Professional. The CanMEDS Framework forms the basis for all Royal College of Physicians and Surgeons of Canada (RCPSC) educational standards.

The RCPSC is currently revising the CanMEDS Framework with the goal of aligning the existing (2005) Framework with a competency-based approach to medical education. This is occurring in conjunction with Competence by Design, which is the implementation of a competency-based medical education (CBME) approach to residency education and specialty practice. The RCPSC released the first draft of the revised CanMEDS Physician Competency Framework this February.

What is Competency Based Medical Education (CBME) Curriculum?

In a competency based curriculum trainees are no longer credential based on time on rotation and activities but rather on competencies that they achieve. Competencies describe the active abilities required, rather than knowledge or comprehension of those abilities. Competencies will be described as milestones, which are descriptions of abilities expected of a trainee or physician at a defined stage of their professional development. Milestones will be defined across the continuum of training and are clearly defined targets to guide authentic learning and assessment. They are clear markers of expected resident performance at various stages in training. New forms of assessment will be used to examine learner’s achievement of milestones of competence. This will mean targeted learning objectives and increased formative assessments as well as flexible learning plans. Residents who master the needed competencies earlier than their peers can use the remaining time to finesse their skills and abilities. The number of years of training is not expected to change.

CanMEDS 2015 Project Outline

- **Series I** - New and revised content outlined within existing CanMEDS roles
- **Series II** - Milestones will be released (April 2014)
- **Series III** - Draft of CanMEDS 2015 Framework to be reviewed by Stakeholders
- CanMEDS 2015 framework will be released at the ICRE 2015 in Vancouver, BC
- Specialty specific objectives of training and resources will then be rolled out over several years. This will include faculty development support from the RCPSC.
Summary of Series I: Review the CanMEDS Roles

The CanMEDS roles have been reviewed with the goal to eliminate redundancy and repetition between roles. A brief summary of some of the changes that have occurred include:

- Communicator role will have a greater emphasis on communication with the patient
- Collaborator role will be more of a relationship-centered care with focus on intraprofessional communication
- Manager role will be changed to Leader. It will focus on patient safety, quality improvement, and the balance between personal and professional life
- Health Advocate role will focus on communication with the public
- Scholar role will have emphasis on Evidence Based Medicine and critical appraisal
- Professional role will have an increased emphasis on physician health

What does this mean for our program?

There will be changes to our Standards of Training Requirements (STR) and Objectives of Training (OTR) for psychiatry to reflect CBME. This will affect our rotation design, curriculum design, rotation specific objectives and our methods of assessing residents. Rotations will not be defined in terms of time but rather as targeted milestones or competencies. Assessment tools will need to be standardized and assessments will likely be more frequent. As a result of the new CanMEDS framework accreditation standards will change.

How can you be involved?

A survey to provide input on Series I is available on RCPSC website until March 31, 2014. Currently the RCPSC is hosting webinars to review the changes.

- March 26, 2014 RCPSC visit
  “Royal College Initiatives Competency by Design & CanMEDS 2015” 10:00-11:30 am SaskTel Theater
  For Program Directors, Program Administrative Assistants, Faculty and Residents
  “Effect of CBD & CanMEDS 2015 on Residents and Their Learning” 3:30-5 pm HSc B6
  For Chief Residents, any other residents who wish to attend and PAIRS

- March 27, 2014 Webinar: Manager to Leader: An overview of the changes to the CanMEDS Manager Role 1-2 pm EDT

- April 15, 2014 Webinar: Medical Expert: An overview of the changes to the CanMEDS Medical Expert Role 1-2 pm EDT


There are 17 individuals who took the Incentive Retirement Package within the College of Medicine including our own Dr. Blackshaw – June 30, 2014.

The College of Medicine is struggling with budget clawbacks as all retirement and unfilled positions are being subsumed by central administration. There is a loss of about 17% to the operating budget with the impact of TransformUS still to be determined.

There are 4 Unified Department Head searches underway Obs/Gyn, Pathology, PM&R, Medicine.

CaRMs – 53/84 positions were filled by Saskatchewan grads – highest ever.

There is a search under way to populate the Education portfolio’s for accreditations issues. There are 6 Assistant Dean positions to be advertise including:
1. Assistant Dean Undergraduate Medical Education:
2. Assistant Dean Quality (Accreditation)
3. Assistant Dean Curriculum
4. Assistant Dean Medical Education Scholarship and Support
5. Assistant Dean Equity, Diversity, and Gender
6. Assistant Dean Postgraduate Medical Education (Admissions and Assessment)

These positions will need to be filled internally as there are no new positions to hire into.

1. Kaizen Basics 1 day training for physicians was held on March 8th, 2014. There were 90 participants and 10 were from Psychiatry. Practitioner Staff Affairs is aware the format was not ideal for physicians and plans to make changes for any further events but does want to thank all those that did participate.

2. The pilot Safety Alert system for the province has started at St Paul’s Hospital. There is one phone number for anyone to call about a critical incident – staff, visitor, patient or physician. The volume of calls is high so it appears to be working. This will be extended to all of SHR after a trial period.

Provincial ACFP is set to be unveiled in April/May those departments with a high level of interest will need to submit an expression of interest. No further details are forthcoming but this is meant for any physicians in the province who are interested.
Announcements

European Congress of Psychiatry Conference, Munich Germany March 4, 2014

PsycHiatry Academic Research Day - Psychiatry Update: Addictions and Mental Health - March 28, 2014

Update from the Chief Resident (Saskatoon) - Dr. Daniel Yaworski

Results of recent internal review suggest that the psychiatry residency program at the U of S be immediately moved to the Island of Rarotonga. Recently the Saskatchewan Government newly rich and flush with cash from potash royalties and a secret tax revenue from Roughriders merchandise, has made the decision to purchase the Island from the Cook Islands. As a part of the distributive medicine plan for the newly expanded province, it has decided to move the psychiatry residency program to the Island. No word yet on who is to cover the moving costs.

I assume that one will not be believed for long. April Fools and another thing, as April begins, our fifth year residents will be partaking in their written Royal College Exam! We take this time to extend the best of luck to them, and know that they are going to do great! We had a reinitiating of the psychiatry movie night, graciously held at Dave’s home last month! This month, we have yet to find a venue, but are looking forward to ongoing psychodynamic dissection of cinematic content. The Royal College Initiatives Competency by Design & CanMEDS update tour 2015, will have been here on March 26, 2014, and we eagerly await some of the proposed changes. We would like to take this time to thank and extend our appreciation to all of the Attendings who have been involved and continue to help us with our weekly Mock Oral and OSCE sessions!
### UPCOMING EVENTS

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<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>2nd</td>
<td>CPP Meeting</td>
<td>12:00 noon</td>
<td>Ellis Hall Library</td>
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<tr>
<td>4th</td>
<td>Academic Meeting</td>
<td>9:30 am</td>
<td>Ellis Hall Library</td>
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<td>4th</td>
<td>Psychiatry Rounds</td>
<td>12:00 noon</td>
<td>East Lecture Theatre</td>
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<td><em>Structured debate: This house believes that mental illness is over diagnosed and over-treated</em></td>
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<td><em>Drs. Thorpe, Marcoux, Yaworski and Denis</em></td>
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<td>9th</td>
<td>Monthly Academic Research Meeting</td>
<td>12:00 noon</td>
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<tr>
<td>11th</td>
<td>Academic Meeting</td>
<td>10:30 am</td>
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<td>11th</td>
<td>Quality Improvement Rounds</td>
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<td>15th</td>
<td>Residency Training Committee meeting</td>
<td>12:00 noon</td>
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<td>16th</td>
<td>Executive Meeting</td>
<td>8:30 am</td>
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<td>18th</td>
<td><strong>Good Friday — Department Closed</strong></td>
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<td>21st</td>
<td><strong>Easter Monday — Department Closed</strong></td>
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<td>25th</td>
<td>Department Meeting</td>
<td>12:00 noon</td>
<td>Conference Room A</td>
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<tr>
<td>25th</td>
<td>Resident Journal Club</td>
<td>12:00 noon</td>
<td>Room 6751 RUH</td>
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As part of *Clara’s Big Ride Bell Let’s Talk*, Clara Hughes, one of Canada’s most influential athletes, will be in Saskatoon on June 7th to share her struggles and triumphs off the podium as the keynote speaker at A Mindful Evening in Support of Royal University Hospital’s Community Mental Health Endowment Welcomes Clara Hughes and Clara’s Big Ride. The event will take place on Saturday, June 7, 2014 in the Delta Bessborough Gardens beginning with cocktails at 5:30, dinner at 6:30 and the program at 7:30. To purchase tickets visit [www.picatic.com](http://www.picatic.com).
For more information about the Department of Psychiatry:

www.medicine.usask.ca\psychiatry

To submit articles for our newsletter please send information to dept.psychiatry@usask.ca

Photos for this newsletter taken from the UofS website and Bing images

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