McMaster University, Department of Psychiatry
Horizontal Electives Guide

WELCOME FROM THE PSYCHIATRY UNDERGRAD DIRECTOR

A warm welcome from the Department of Psychiatry and Behavioural Neurosciences, McMaster University! We are thrilled that you are interested in a horizontal elective in Psychiatry. We have dedicated supervisors in numerous specialty and general programs, ready to provide a stimulating and enriching learning experience for medical students. We hope that this booklet will give you an idea of what is happening in our department, and what may be of interest to you. Please contact the Clerkship Education Coordinator (Lisa Kennedy lkenne@mcmaster.ca) directly for logistic questions, or for booking a horizontal elective, as all clinical placements must be reserved centrally through our office. We look forward to hosting you for a Psychiatry placement in our department!

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 STEPS FOR BOOKING A HORIZONTAL ELECTIVE WITH PSYCHIATRY

- Review this guide for an idea of the varied clinical settings psychiatry has to offer for a horizontal placement

- Once you have an idea of your areas of interest in psychiatry contact Lisa Kennedy our Education Coordinator at (lkenne@mcmaster.ca) to specify these areas and the dates you would be available for placement

- We require a minimum of 8 hours either in one day or over a couple of days for our horizontal placements

- Do not book your horizontal directly with our supervisors. Our Education Coordinator Lisa Kennedy will contact our staff directly to request placement and connect you with a supervisor once you are placed. Be sure to contact the supervisor once you are connected to discuss the exact dates and times of your horizontal placement

- Once the date/s are set please be sure to log the placement into MedSIS prior to the first placement date

- Although you most likely will be observing in your placement the MD office still requires a paper evaluation to be completed by your supervisor at the end of your placement. Please be sure to print off and take with you to your horizontal for completion*

- Please return your evaluation to the MD office and complete a supervisor evaluation which is available at the MD office*

- Send the Education Coordinator a quick email detailing exact dates and times of your placement with each supervisor once you have completed them*

*These steps are vital to ensure your supervisors are credited for your placement
HORIZONTAL PLACEMENT OPTION DESCRIPTIONS

GENERAL PSYCHIATRY

Acute In-patient Psychiatry
Horizontal electives are available in an acute general adult inpatient psychiatry setting. The acute general adult inpatient psychiatry program is an exciting place to learn and explore various psychiatric presentations and skills, in a diverse population. A learner can expect to learn about various acute presentations of psychiatric conditions and understand the bio-psychosocial nature of the presentation and management thereof. Acute inpatient psychiatry functions with a multidisciplinary team, including adult psychiatrists, nurses, occupational therapists, recreation therapist, social workers, pharmacists, dieticians, peer workers, family mediators, spiritual therapists, psychotherapists and psychologists. There are various opportunities for education such as formal teaching weekly rounds, group teachings for DBT, protected weekly supervision time with the named supervisors and informal teaching time such as supervised interviewing time, observation time for management/therapies specifically geared towards inpatient population such as neuropsychology testing, DBT and WRAP program. There are other opportunities for individual seeking specialized training or experience such as leading family meetings, ECT observation, presentation in education rounds in multi-disciplinary rounds, and attending and/or leading mental health review boards.

Consultation-Liaison Psychiatry
Horizontal electives are available on the consultation-liaison/medical psychiatry service. This is a busy service that involves psychiatric consultation to all the medical, surgical, intensive care and trauma services at St. Joseph’s Healthcare Hamilton, the Juravinski and Hamilton General Hospitals. Students can choose to be at one specific hospital or to be involved across sites. There is also the potential for involvement with the out-patient Neuropsychiatry Clinic at McMaster University Medical Centre (HHSC) where a neurologist is involved. Each hospital C/L team is made up of two experienced nurses and 1-2 staff psychiatrists. Senior psychiatry residents are regularly on service for their core consultation-liaison rotations which last 3-6 months. Students have the opportunity to regularly observe staff assessments as well as to be observed in their assessments. The service is an academic one with regular teaching rounds. The range of patients seen is remarkably wide and challenging. Involvement on the service affords students the potential to learn about the biological and neuroscientific underpinnings of psychiatric illness. There is definitely the potential for involvement in clinical research activities.

General Out-patient Psychiatry
Horizontal electives are available in the Community Psychiatry Services (CPS). The CPS philosophy is to provide an integrated approach to psychiatric treatment combining psychotherapy and psychopharmacology. CPS is multidisciplinary and has three treatment streams: [I] Primary Care Consultation Stream (“Rapid Consult Clinic”): this is a service provided to family physicians to assist them in the on-going care of patients with psychiatric disorder; [II] Dialectical Behavioural Therapy Stream: this is a one year individual and group therapy program for patients diagnosed with borderline personality disorder; and [III] Treatment and Recovery Stream: for people with serious psychiatric illness who have high levels of symptoms and impairment and who can benefit from the services provided which include various psychotherapy modalities. Clerks placed for an elective at CPS will be able to see a range of patients with multiple psychiatric diagnoses, including unipolar and bipolar disorder, dysthymia, PTSD, anxiety disorders, borderline personality disorder, and concurrent substance abuse. Students will participate in patient interviews and observe various psychotherapeutic modalities.
**Psychiatry Emergency Services**
Horizontal electives are available in the Psychiatric Emergency Service. The PES offers trainees the opportunity to participate in the assessment and care of patients presenting to the emergency department in distress. Many patients are experiencing suicidal ideation, and we see patients with a wide range of diagnoses and problems. Trainees work with the on duty attending psychiatrist and PGY-1 to observe, assess and manage patients. There is often the opportunity to provide short-term follow-up care to one or more patients. The team consists of an on duty psychiatrist, a PGY-1, a charge nurse, a social worker and PES nurses. The PES offers a great opportunity to do many assessments, observe acute psychopathology, become familiar with the Hamilton mental health network of services, and learn some brief psychotherapeutic interventions. Electives can be customized to the interests of a clerk or combined with another part time placement.

**PSYCHIATRY SPECIALTY PROGRAMS**

**Anxiety Disorders**
Horizontal electives are available at the Anxiety Treatment and Research Centre (ATRC). The ATRC is one of Canada’s leading centres for clinical service, education, and research in the area of anxiety disorders. Staffed by a multidisciplinary team consisting of psychiatry, psychology, social work, nursing and administrative staff, the ATRC provides specialized consultation, assessment, and treatment for individuals with a principal anxiety disorder. Treatment includes pharmacotherapy and evidence-based psychological treatment provided in both group and individual formats. Clerks completing an elective at the ATRC will have exposure to individuals presenting with a broad range of anxiety disorders and comorbidities. They will observe evidence based consultation and assessments as well as group treatment.

**Child and Adolescent Psychiatry**
Horizontal electives are available in the Division of Child and Adolescent Psychiatry and its attendant clinics at McMaster Children’s Hospital and St Josephs Hospital. A variety of different clinics/settings are available including in-patient, out-patient, day program, consultation-liaison, child welfare, emergency, eating disorders, mood and anxiety disorders with youth, neuropsychiatry and community consultation. The teams/clinics consist of child and adolescent psychiatrists as well as a variety of health care professionals working in multi-disciplinary teams. Opportunities for research or intensive study of a particular topic relevant to child and adolescent psychiatry are also available through the Offord Centre for Child Studies (www.offordcentre.com), a research institute supported by the university and the hospital. Clerks placed for an elective in the Division can expect exposure to a wide range of developmental psychopathology and will develop skills in psychiatric assessment of children and youth. An emphasis is placed on group interventions as well as individualized treatments.

**Cleghorn Program**
The Cleghorn Program is a well-reputed “early intervention for psychosis” clinical and research service. It provides rapid consultation and follow-up for young people in the early phases of psychiatric illnesses such as bipolar disorder, schizophrenia, and other related disorders. It is a multidisciplinary team consisting of child and adult psychiatrists, nurses, occupational therapists, recreation therapist, social worker, community support worker, and neuropsychologist. The Cleghorn Program team members are also involved in research studies such as pharmaceutical trials, longitudinal studies, and epidemiological determinants of health studies.
Dual Diagnosis Team
Horizontal electives are available with the Dual Diagnosis Team at St. Joseph’s Healthcare Hamilton. The Dual Diagnosis Team provides psychiatric consultation and short-term follow-up for adults with developmental disabilities with a concurrent diagnosis of a mental health issue (mood/ anxiety/psychotic disorder) and/or significant behavioural issues (such as self-injurious and/or aggressive behaviours). The Dual Diagnosis Team provides care to their patients in the community (private homes and group home environments) as well as in an office environment, depending upon the individual patient’s needs. The Team is multidisciplinary, consisting of two registered nurses, an occupational therapist, and three part-time psychiatrists. An elective with the Dual Diagnosis Team provides exposure to the challenges faced by people who have a developmental disability and who are also living with a mental illness or significant behavioural issues.

Forensic Psychiatry Program
Horizontal electives are available with the Forensic Service of St. Joseph’s Healthcare, Hamilton at the West 5th campus. Forensic Psychiatry is a psychiatric subspecialty in which scientific and clinical expertise are applied to legal issues in legal contexts, embracing civil, criminal, correctional or legislative matters. Forensic Psychiatrists also have specialized expertise in the assessment and treatment of special populations including young offenders, sexual offenders and violent offenders. The Forensic Program consists of sub-clinics including 2 inpatient units, a Forensic outpatient component, and various consultative activities (Fitness to Stand Trial clinic, civil medicolegal insurance-type cases and occasional telehealth consultations). The teams/clinics consist of psychiatrists, psychologists, nurses, in-house legal counsel, and a variety of allied health professionals. Forensic Psychiatry is a new subspecialty recognized by the Royal College of Physicians and Surgeons of Canada. We are an academic program with research activities, and teaching complementing our clinical service. Students may have opportunities for unique experience such as attending court, visiting local detention centres or observing Ontario Review Board tribunals.

Geriatric Psychiatry
Horizontal electives are offered in the Geriatric Psychiatry Program. The Geriatric Psychiatry Program capitalizes on the strengths at McMaster University with emphasis on high quality clinical care, teaching and research. The Program provides care to patients over the age of 65 years with serious mental illness and age related mental health issues. Expertise in managing common clinical conditions encountered in geriatric psychiatry include dementia, delirium, mood and anxiety disorders, late life psychosis and interactions between medical and psychiatry illness in seniors. The work takes place in a variety of health care settings including outreach and outpatient clinics, an acute psychiatry inpatient unit and a specialist unit for patients with dementia and behavioural concerns. Our teams are all multidisciplinary and include psychiatrists, nurses, social workers, physiotherapists, recreation and occupational therapists, with access to the neuropsychology team. An elective with our Program would provide an excellent introduction to Geriatric Psychiatry as we provide care in a variety of settings within designated teaching facilities with optional research exposure in this specialty.
**Mood Disorders Program**

Horizontal electives are available at the Mood Disorders Program at St Josephs Centre for Mountain Health Services. The Mood Disorders Program is a large program involving both inpatient beds and outpatient clinics. Patients seen in clinic have complex unipolar and bipolar illness and usually have comorbid anxiety disorders or ADHD. An elective in Mood Disorders could involve broad or more focused exposure to cognitive behavioural therapy (CBT), mindfulness based CBT, psychopharmacology and stimulant treatments such as Transcranial Magnetic Stimulation and ECT. The program additionally has a clinic focused on transitional age youth (14-25) which includes a running group. This is a multidisciplinary program with active involvement of social workers, psychologists, and occupational and recreational therapist. This program has extensive research involvement including imaging studies, memory, and clinical trials. Clerks placed for an elective in the program can expect to see a broad range of illness and treatment, but are welcome to narrow this to their specific interests.

**Schizophrenia and Community Integration Service (SCIS)**

The Schizophrenia and Community Integration Service’s aim is to support individuals with schizophrenia and experiences with psychosis to regain and manage their health, and to live hopeful, meaningful lives through the provision of compassionate, innovative, specialized mental health and addiction services. Multidisciplinary clinical teams use recovery-oriented practices to deliver state-of-the-art services according to evidence-based practices at different stages of illness. These multi-disciplinary teams include medicine, nursing, occupational therapy, social work, vocational therapy, recreational therapy, nutrition and psychology. The service is comprised of inpatient, outpatient and transitional services. The inpatient services are organized on three units with a total of 86 beds, servicing approximately 300 inpatient stays per year for individuals with diverse and complex psychiatric, psychosocial, medical and legal needs. The outpatient services provide a range of resources in early intervention (Cleghorn), rehabilitative (Centralized Rehabilitation), and community (Community Schizophrenia Service and ACTT) models. The SCIS program is very active in research and education and welcomes learners at various stages of training.