

DEPARTMENT COVID-19 UPDATE #15 - May 15, 2020

On behalf of Nick Kates, Chair, Department of Psychiatry & Behavioural Neurosciences -

At our Department meeting last week, (here is the [recording](#) password: Om\$#2Cq9, and the meeting itself begins at the 4.44 mark) a number of members of our Department reflected on their experiences over the last 9 weeks, both professional and personal. Many recurring themes emerged and one of the more consistent was seeing the Pandemic as a marathon, not a sprint and that we needed to look after ourselves, as well as each other. So in that light I'd like to wish each of you and your families – whether you're together or at a distance – a restful and relaxing few days. And to help your weekend start sooner, this will be a brief Update.

DEPARTMENT NEWS

Restart of Department Rounds

We will be restarting Department Rounds for the month of June. These will be held virtually and our first Rounds will take place on Wednesday, June 3rd. JoAnn Corey will be the presenter and more details regarding her talk will follow. There are two vacant spots – June 10th and 17th – if anyone would like to do a presentation. Please contact Bruno Losier LosierB@stjosham.on.ca or Heather McNeely hmcneely@stjosham.on.ca if interested.

Future use of new communication technologies

As we look ahead, part of the new future is going to be shaped by how we embrace and take full advantage of the opportunities the new communication technologies we have become so familiar with over the last 9 weeks. To help us develop a plan for this I want to set up a short term virtual Task Force to look at how we can a) identify the communications platforms and technologies that best meet our needs, and the innovations or “extras” each offers b) best use these technologies to improve the efficiency and productivity of the Department c) consider the roles they could play in our educational programs and CE and Community Education Initiatives and d) determine the technical support we need as we move forward. If you who would be interested in joining this group just let me know.

Neuroscience Graduate Program (MiNDS) – Interim Director

I am very pleased to announce that **Ryan Van Lieshout** has been appointed as the Interim Director of the MiNDS Program, while the search gets underway for the new Director. Ryan has been involved with MiNDS for many years in a variety of capacities, including a time as Assistant Director. We wish him well in this new role.

EDUCATION

MD Program

A message from Vanessa Lentz

"As you likely know, clinical clerks are returning to clerkship effective Monday, July 6, 2020. We recognize that many of you are still facing significant impacts on your usual practice, but we are on a tight timeline to ensure that the Class of 2021 graduates on time as planned, and so will be looking for as many hands on deck as possible for core psychiatry rotations starting in July.

Core rotations will be shortened to 4 weeks (full-time, Monday to Friday + call), and although full-time supervision would be preferred (even for as little as 1-2 weeks), part-time supervision is also very helpful (e.g. 2 days per week for 4 weeks). We are hoping that everyone can please consider hosting a clerk for even just 1-2 weeks!

Thank you to those of you who have already agreed to supervise a clerk. Please let Claudia Castellanos (castell@mcmaster.ca) know if you are able to supervise in the months of July and August, and be on the lookout for further requests from our office."

Postgraduate Programs

A message from JoAnn Corey

As the Royal College has confirmed that Psychiatry will proceed with the official implementation of Competence Based Medical Education (CBME) for those residents starting July 1, 2020, we are full steam ahead with both our Soft Launch (with our current Pgy1s) and Official Start (with our incoming Pgy1s)!

With that, just a quick reminder of our CBME Faculty Development session, **CBME Requirements of the Pgy2 Year: What you need to know for General Inpatients, General Outpatients, and in Emergency Psychiatry**. If you supervise at all in PES, or on the Pgy2 Inpatient and Outpatient Rotations, you will not want to miss this. This session is being offered via videoconference on three different dates:

- Tuesday, May 19th 5 - 6:15pm
- Friday, May 29th 12 - 1:15pm
- Wednesday, June 3rd 8:30 - 9:45am

Please visit <https://doodle.com/poll/txdr3bsd95sxn52w> to select your preferred date to register and we will forward a calendar invitation with Zoom meeting details closer to your registration date. For any assistance, please contact Cheyenne at creid@mcmaster.ca

RESEARCH

Re-opening research facilities

Plans for reopening both clinical services and research programs are underway. This week Karen Mossman, McMaster's VP Research published the University's "roadmap", which can be found [here](#).

Message from Jonathan Bramson this afternoon

"I am very pleased to confirm that we are on the Ontario list of enterprises that may open in the next phase of provincial re-openings. Safety of all faculty, staff and students on campus is of first and foremost importance, and the University is working very hard to implement changes for the return to campus in ways that ensure social distancing, hygiene and any other Public Health directives.

FHS is developing practical solutions for navigating your research space and, by May 22, we will be providing you with information on the process for re-opening your lab. Each principal investigator will be required to develop a plan in conjunction with their department or research

centre/institute that will be submitted to my office for a review. We are committed to re-opening the labs to non-COVID-19 research by June 1st, if not sooner.”

And as Paul O’Byrne mentioned in his Update this morning, if you want to learn how to manage your online profile consider attending one of two “Getting Started with ORCID” webinars scheduled Tuesday, June 2, from 10 to 11 a.m. or Wednesday, June 10, 2 to 3 pm. Registration can be found [here](#).

IN THE MEDIA

The Conversation included a piece by **Margaret McKinnon** and **Ruth Lanius** on why the choices health care workers make can increase their risk of developing PTSD. Full article [here](#).

The Spectator featured an article on the new mobile unit developed by the Schizophrenia and Community Integration Program at St. Joe’s for people who are unable to attend appointments at the hospital. Full article [here](#).

Lindsey George was quoted in a story the **Dundas Star** ran on the work of the Hamilton FHT’s mental health team in their Dundas hub. Full article [here](#).

This is a link to a **daily COVID-19 podcast** by a journalist and physician who works for the Australian Broadcasting Corporation. It covers the most up to date evidence and answers questions from the public on a wide range of topics. The podcast can be found [here](#).

May 17th is International Day against Homophobia, Transphobia and Biphobia

The International Day Against Homophobia, Transphobia and Biphobia was created in 2004 to draw the attention to the violence and discrimination experienced by lesbian, gay, bisexuals, transgender, intersex people and all other people with diverse sexual orientations, gender identities or expressions, and sex characteristics. The date of May 17th was specifically chosen to commemorate the World Health Organization’s decision in 1990 to declassify homosexuality as a mental disorder.

The Day represents a major global annual landmark to draw the attention of decision makers, the media, the public, corporations, opinion leaders, local authorities, etc. to the alarming situation faced by people with diverse sexual orientations, gender identities or expressions, and sex characteristics.

And finally....

Quote of the week

“As we can’t visit our relatives homes but realtors can buy and sell houses, I’ve put my house on the market. Mom and dad are coming round for a showing at 4.30.”

Stay well, stay safe and enjoy the weekend.

Nick