



November 5, 2019

FROM THE DESK OF NICK KATES

Recognizing the importance of keeping you informed about events happening in the department and the university while at the same time wanting to limit the number of emails you receive, we will be making some changes in the format of the Digest.

We will shortly be switching to a weekly format, incorporating a lot of information that might otherwise have gone out in separate emails, with links to where information can be found on our soon to be redesigned website. Eventually we hope to also integrate the information we send out in "This Week in Psychiatry", so that our communications are brief and useful, and more likely to be read, and that you receive fewer emails. We will test this new model for a few weeks, but if you have any other ideas for improving our written communication or our website, please let [Joanne Milne](#) know.

And welcome back to the Psychiatry Elves.

Nick

Save the Date!

Annual Education Day
November 27th - [info](#)

CBS - Acceptance
and Commitment
Therapy (ACT)
November 27th to
30th - [info](#)

Holiday Reception
December 11th, 5-
7:00pm
Great Hall, University
Club

2nd Annual Psychiatry
Review Course
May 7 & 8, 2020 - [info](#)

Department
Calendar

Department News

Congratulations to...

Tara Riddell (PGY4) recently presented at the *ICRE (International Conference on Residency Education)* conference on the **RESPITE initiatives for resident wellness** that she has undertaken under Ana Hategan's supervision. Tara will also be presenting a poster at the upcoming *Canadian Conference for Physician Health* on the **Wellness Curriculum** which she and **Amanda Ritsma (PGY5)** developed with the assistance of Joanna Jarecki.

Aaron Prosser (PGY1) and his wife Julia on the safe arrival of their daughter, Sophia, on October 12th.

Sheryl Green, Margaret McKinnon and all their colleagues who organized the recent review of the RCT (Research and Clinical Training) component of the Psychology Masters Program, in which our faculty play a major role. It appears to have gone extremely well.

Welcome to...

Dana Waldern who started with our department and McMaster on October 23rd supporting Flavio Kapczinski.

Azim Gangji as the inaugural Vice President, Education for St. Joes, effective December 9th. [St. Joes website](#)

Media News



Ryan Van Lieshout and **Sawayra Owais**, MD/PhD student, whose study showed that Indigenous women are more likely to experience mental health issues around the birth of a baby, published in the **Canadian Journal of Psychiatry** and in the **McMaster news**. **Sawayra** also spoke to CHML radio recently about this study,



Catharine Munn spoke to the Globe and Mail about some of the issues connected to suicide and student mental health in light of the recent suicide at the U of T. Full story [here](#). Catharine also did a story in University Affairs on youth mental health. Full story [here](#).

News from the Big Apple.....again...



Sheryl Green was interviewed by the **Wall Street Journal** on a novel approach to treating hot flashes. Full story.



James MacKillop spoke about CBD - Cannabidiol - and its benefits in a recent interview with **The New York Times**. Full story.



In time for the 50th anniversary celebration of the McMaster Medical School, the first edition of the **McMaster Textbook** of Internal Medicine was launched. It is the first Canadian textbook of internal medicine and almost entirely authored by McMaster faculty members, 24 of which are from our Department. The book is available both in print form or online at a cost of \$50. To purchase, [click here](#).

University and Faculty Census

As part of the University and Faculty's commitment in promoting diversity, equity and fairness and building an inclusive community, all full time faculty and staff are asked to complete the McMaster University Employment Equity Census, a confidential two minute census. To complete the census, [click here](#) and log on to Mosaic with your MAC ID.

Research News

Congratulations to:

Margaret McKinnon who successfully received two grants, each for \$100,000 over two years, from the **Canadian Institute for Military and Veteran Health Research and True Patriot Love Research Initiative**. The first entitled, "*Impact of sexual trauma during military service on Canadian female-identifying military members and veterans*" and the second, "*Leveraging technology to improve mental health outcomes*". Five of 49 submissions

Education News

Competency Based Medical Education Update!

Just a reminder that

EPA Evals and PES Evals will expire on MedSIS after 7 days, if not completed by the assessor.

Expired observations will not be included in residents' learning portfolios.
This could then affect their assessment by the program & promotion.

Your efforts in completing the evaluation soon after the assessment is greatly appreciated.

Illustrated [Instructions on Accessing the Assessment Form on MedSIS](#) can be found in this [guide](#).

Questions? Contact JoAnn Corey at jcorey@stjoes.ca

Psychiatry Elves



It's that time of year again, when our **Psychiatry Elves** are gearing up for another year!! Their goal is to provide holiday gifts to ALL psychiatric inpatients, at both Charlton and West 5th, who remain in hospital over the Christmas holiday. Donations can be made online at **Psychiatry Elv es**. Be sure to choose '*psychiatry elves*' from the drop down menu.

Stay Connected

