

BAYCREST HEALTH SCIENCES

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Baycrest is a geriatric centre providing multiple levels of care to older adults. Resident positions at Baycrest meet core and elective training requirements. Residents are integrated into

interprofessional teams and develop knowledge and skills in the assessment and treatment of the older adult from diverse perspectives. There are opportunities to gain experience with health systems, and collaborative care. The nature of the rotations is such that residents are exposed to a full range of psychiatric illnesses and their presentations in geriatric patients. Academic strengths of our

department include education, neuropsychiatry, psychopharmacology, psychodynamic therapy, and

psychiatry in long-term care where there is a behavioural support unit for people with dementia. We value psychotherapeutic as well as biological approaches to treatment. Clinical programs include

consultation-liaison, inpatients, psychiatry day program, community outreach, and ambulatory clinic. Residents may also participate in telehealth consultations to communities in Ontario.

Residents are typically assigned to two clinical programs for their educational experience. Residents learn not only the specific skills particular to that service, but how to organize and manage their

clinical time; an experience generalizable to future clinical practice. Residents are assigned their own office space. The rotations would be suitable for anyone from the PGY3 level and beyond, including Fellowship. The depth and extent of supervision can accommodate each resident's educational level and meet the need for either a core, elective or career experience. Members of the Department of Psychiatry take pride in our collegial work environment.

**Clinical Programs at Baycrest**:

**Consultation Liaison (CL):** The Department of Psychiatry provides consultation liaison services to long term care, hospital complex continuing care units and specialized units (including a Palliative Care Unit); supervisors include Drs. Madan, Lopez de Lara, Keng and Boctor.

**Inpatients:** The inpatient unit is an acute care unit. The biopsychosocial model is applied to develop comprehensive treatment plans. The patient population is diverse and patients are referred from

internal as well as external sources. Patients range from ambulatory, highly independent older adults to individuals who are frail or cognitively impaired. Residents will work with medically complex

individuals and collaborate with Dr. Michael Kirzner, the attending family physician who will have the primary responsibility for managing acute medical issues. Residents participate in an

interprofessional team. Drs. Michael O'Mahony and Alvin Keng are the supervisors in this program.

**Psychiatry Day Program:** This is an ambulatory program for older people with various psychiatric disorders offering intensive group and individual therapy as well as medication management and

other nonpharmacological modalities in an interdisciplinary setting.

Residents will have the opportunity to assess and manage elderly patients within the program using both psychotherapy and pharmacotherapy. Residents can receive credit for group psychotherapy. Drs. Rob Madan, Ken Schwartz and Cindy Grief are the supervisors in this program.

**Community Outreach Program:** The geriatric psychiatry community assessment team provides consultation and treatment services to psychiatrically ill older adults in the community. Residents work closely with case managers. On this service, residents will assess and manage patients in the community, and will develop increased knowledge of how to utilize community resources. Drs. Christopher Kitamura, Suzanne Duchen, and Kerstina Boctor are the resident supervisors in this program.

**Ambulatory Clinic:** This clinic is primarily an assessment clinic for patients presenting with various mental health problems. Residents will have an opportunity to assess, diagnose and make treatment recommendations to referring physicians as part of an interprofessional team. Residents may also be able to provide short-term follow-up and treatment (pharmacological and nonpharmacological). There is an opportunity to build an outpatient clinic for those interested. Problem-solving therapy and a Mindfulness-based stress reduction program are provided in this clinic. Drs. Cindy Grief, Rob Madan, Catalina Lopez de Lara, and Kerstina Boctor are the supervisors in this program.

**Telehealth**: Baycrest is committed to education through videoconferencing. Telehealth consultations are also provided to communities across Northwestern Ontario. Residents can gain expertise in

providing consultations through interactive videoconferencing by working with Drs. David Conn and Rob Madan. Tele-consultations are also provided to other communities across Ontario by Drs. Cindy Grief and Christopher Kitamura.

**Psychotherapy:**

The Baycrest Psychotherapy Program is capable of providing experience and supervision for

residents in various modalities of psychotherapy which include:

Cognitive behaviour therapy

Couples and family therapy

Group therapy (CBT and integrative)

Interpersonal therapy

Short-term and long-term psychodynamic therapy

**Research:**

Baycrest offers a number of different research opportunities in education, health services delivery, neuropsychiatry and palliative care among others. Residents who are interested in research are

advised to contact the Site Director.

**Seminars and Rounds:**

The educational program for residents includes the following seminars:

**Formulation** - This seminar focuses on the presentation and biopsychosocial formulation of cases selected by residents for discussion and feedback.

**Journal Club** – This is an opportunity to discuss articles of interest in geriatric psychiatry among

residents and staff. Residents present articles chosen in advance and are responsible for presenting a summary and leading the discussion with the group. Residents are expected to circulate the article among other Journal Club participants at least one week in advance.**Psychopharmacology and Psychotherapy** **seminar** - Residents have an opportunity to review and discuss current psychopharmacology modalities and psychotherapies with a focus on geriatric mental health. These are intended to have a clinical focus and be interactive.

**Grand Rounds -** Grand rounds run weekly from September until June on Fridays between 12-1 pm. Once a month, rounds are videoconferenced nationally. Both internal and external speakers participate. Residents are strongly encouraged to present grand rounds at Baycrest, where mentorship is offered by supervisors with an interest in educational scholarship. Residents are expected to attend rounds weekly.

**Supervision:**

Baycrest supervisors are committed to the educational experience of residents. Residents work

concurrently on two clinical services and are paired with one supervisor for each service. Residents receive a minimum of 1 hour of one-on-one supervision per week by each supervisor, and often more. The amount of supervision and direct observation that is received is discussed at the beginning of each rotation, when learning objectives are jointly established. Psychotherapy supervisors are available for the modalities listed above and supervision is weekly. Dr. Christopher Kitamura is the site psychotherapy coordinator.

Rotation specific objectives are discussed at the beginning of the rotation and reviewed throughout the rotation to ensure that residents are meeting the training objectives. All residents receive mid-term feedback and are encouraged to provide feedback to their supervisor at that time. Baycrest

supervisors work flexibly with one another in order to ensure that residents meet their objectives. Residents are encouraged to speak with their supervisors and/or Site Director at any time if they are interested in additional learning opportunities outside their assigned clinical programs and/or if they are experiencing any problems during their rotation.

**Teaching:**

Residents have the opportunity to be involved in staff educational activities (e.g. teaching about a

topic at team rounds, doing an in-service), education to families, and continuing education to other health care providers and medical colleagues. There are opportunities also to supervise medical elective students, overseen by Baycrest staff.