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**SUNNYBROOK HOSPITAL (SHSC)**

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**HOSPITAL OVERVIEW**

At Sunnybrook Health Sciences Centre, we are one of Canada’s largest and most dynamic hospitals. Our 10,000 staff, physicians and volunteers provide the best care for critical times in the lives of the 1 million patients we see each year.

Today, we specialize in caring for Canada’s war veterans, high risk pregnancies, critically-ill newborns, adults and the elderly, and treating and preventing cancer, cardiovascular disease, neurological disorders, orthopaedic and arthritic conditions and traumatic injuries. We are fully affiliated with the University of Toronto and provide learning opportunities for more than 2,000 students annually.

Sunnybrook is also a research intensive hospital. Each year, our more than 600 scientists conduct $100 million in breakthrough research.

**ROTATIONS OFFERED**

# Longitudinal Ambulatory Care Clinics

# LAE Supervisors:  Dr. Boyle, Dr. LaCroix, Dr. Steinberg, Dr. Sinyor, Dr. Castel, Dr. Grujich, Dr. Ellis, Dr. Silver, Dr. Toma, Dr. Zaretsky, Dr. Schaffer, Dr. Isenberg-Grzeda, Dr. Scalco, Dr. Grigoriadis, Dr. Mansfield, Dr. Richter, Dr. Lewis

This rotation seeks to introduce residents to outpatient ambulatory care in a longitudinal rotation.  It currently takes place in each of the first three years of the residency program, with graduated levels of responsibility.  Residents will be closely supervised and taught by a variety of excellent supervisors.

# PGY2 - General Hospital Inpatient Psychiatry Core Rotation

**Inpatient Supervisors:** Dr. S. Castel, Dr. S. Toma, Dr. A. Schaffer, Dr. A. Raghunath and Dr. P. Giacobbe

This rotation seeks to introduce residents to the multiple facets of general psychiatry practice in an inpatient hospital setting.  Learning occurs in a hospital setting replete with an extensive array of compelling patients with varying illnesses. Residents will be closely supervised and taught by a variety of excellent supervisors.  This rotation meets Royal College requirements of general hospital psychiatry.

# PGY2 – Child Psychiatry Core Rotation

**Supervisors:** Drs. A. Cheung, D. Kreindler, R. Lewis, R. Mitchell, S. Reiter, J. Teshima, K. Wang

This rotation introduces residents to the assessment and treatment of children, youth, and their families. The first 3 months of the rotation are based in outpatient clinics with several supervisors, including the Youth Urgent Assessment Clinic. Residents will have the opportunity to do new assessments and to provide follow-up care to a selection of patients. There are also opportunities for exposure to CBT and family therapy. The last month of the rotation is based on an adolescent inpatient unit, providing experiences with a variety of acute presentations. This rotation meets Royal College requirements of Child Psychiatry core rotations.

**PGY2- Addictions Medicine Rotation**

Supervisors: Dr. Mark Greenberg & Dr. Stephanie Fan

**Rotation Description**

This rotation involves supervision within the Rapid Access to Addictions Medicine (RAAM) Team, as well as within the Addictions CL service. The RAAM Clinic provides brief outpatient consultation, pharmacologic and psycho-social interventions for substance use disorders to patients in the community, the ED or referrals from inpatient at discharge. The rotation offers an opportunity to work with a collaborative inter-professional team, and will involve provision of virtual and in person care. The RAAM outpatient clinics take place 3 times per week (Monday 5-7, Wednesday 2-4, Friday 10-12) with a mix of new assessments, medical and counselling follow-ups. The addiction CL service is delivered as an arm of the CL psychiatry service and provides consultation to all services in the hospital for patients who are struggling with substance use disorders. Key activities include withdrawal management and acute stabilization, motivational interviewing for substance use disorders, and occasionally consultation regarding medication interactions between the medications prescribed during the acute stay and replacement therapies, or related to past history of substance use with a prescribed class of drugs.

The structure proposed is the following;

1. 3 RAAM clinics per week (Monday 5-7, Wednesday 2-4, Friday 10-12)
2. 1.5- 2 days per week providing addictions CL inpatient service – Tuesday/Thursday afternoons or flexible depending on schedules, in addition to CL consults during clinic times if not otherwise engaged with patients
3. Supervision in MI,CBT, DBT and other modalities employed in the delivery of addictions counselling with MSW addictions counsellors on clinic days
4. Observing and gaining understanding of the role of peer support groups and individual work through the RAAM peer support groups and services
5. Supervision inSpecialty Community Clinics providing specialized consultations and assessments to communities within the GTA and Northern Ontario through both in person and OTN models (ie Indigenous clinic)
6. Pre-clinic team huddles and weekly team rounds

**PGY3- PSYCH ER Core Rotation *(****This rotation meets Royal College requirements for ER psychiatry.)*

**Supervisors:**Dr. Eileen La Croix, Dr. N. Grujich; Dr. Jay Moss, Dr. M. Fefergrad, Dr. A. Scalco, Dr. Saulo Castel and Dr. Mara Silver

This rotation involves supervision on the Psychiatric Emergency Services (PES) team providing psychiatric assessment and care to patients in the emergency department and within urgent care program at Sunnybrook Health Sciences Centre.

Residents work alongside the psychiatrist on duty in the emergency department for direct supervision of cases including opportunities for observation of their interviews, advanced psychopharmacology and crisis intervention skills, obtain supervision on their teaching and supervision of more junior learners on the team, and opportunity run morning report and coordinate the efforts of the team (similar to a junior attending on service).  The rotation allows for residents to fine-tune their emergency psychiatry assessment skills, safety assessment, and short term crisis stabilization skills.  Residents have the opportunity to become more familiar with the literature in emergency psychiatry through a weekly journal club.

**Consultation Liaison Psychiatry Core Rotation at Bayview Campus *(****This rotation meets Royal College requirements for C-L psychiatry.)*

**Supervisors:** Dr. R. Jaunkalns, Dr. N. Grujich, Dr. J. Ellis, Dr. M. Boyle, Dr. A. Scalco, Dr. Steinberg and Dr. Elie Isenberg-Grzeda

This rotation involves supervision on the consultation liaison (C-L) team that provides psychiatric assessment and care to the medical and surgical services, as well as a chronic veteran’s facility at Sunnybrook Health Sciences Centre.

Residents receive daily supervision of C-L cases with opportunity for experience in liaison with oncology, cardiology, long-term care and our regional burn unit, regional trauma unit and moms and babies unit. Residents may also receive training in neuropsychiatric assessment and treatment of selected patients. **Besides one and a half hours of supervision** a day, the residents also participate in weekly case conferences/seminars with a C-L focus. Residents on this rotation may also arrange supervision in outpatient consultations in medical psychiatry.

**CL-Psychiatry Core Rotation at St John’s Rehab (***This rotation can also be modified for a senior selective***)**

We are able to accommodate a resident on a CL psychiatry rotation for either an elective/PLEX time (which can range from 1 month in PGY-1 to longer time in more senior years) as well as being available as a site for the core CL rotation.

**Rotation Description -** Residents will have the opportunity to participate in both inpatient and outpatient psychiatry CL, develop groups, as well as engage with allied health team members in collaborative-care/capacity building. The CL rotation at St. John's Rehab offers exposure to diverse patient populations with a wide array of clinical presentations. Core clinical cases will include management of delirium, dementia, agitation, depression and chronic psychiatric illnesses within a medical/rehab setting. Residents will have the opportunity to work with patients with cardiac, oncology and post stroke presentations, patients recovering from trauma, burns, musculoskeletal injuries and amputations as well as geriatric and general medical populations. These patients often present with an acute mental health issue triggered by a new injury, illness or disability. The CL service at St. John’s has had a significant impact on these patients as well as the health care teams Rehab patients typically have a longer length of stay (typically 3-4 weeks) than those in acute care settings and this creates an opportunity for consultation *and follow-up* including provision of psychotherapeutic interventions at the bedside. There is also an opportunity to follow patients from inpatient to outpatient settings depending on clinical interest.

It should be noted that this is **not a resident service-dependent** rotation and both supervising staff are involved in patient care with the ability to provide direct supervision in real-time. Volumes will be equally divided between staff and residents, and the resident new consults per day are capped at 2 new assessments.

The structure of the proposed rotation is as follows:

        4-5 days/week of inpatient CL providing psychiatric care to the above populations.  We can also accommodate residents for part-time elective as well.

* Based on residents learning goals, they can become involved with outpatient CL, groups, or inpatient psychotherapy.  There is also opportunity to have a focus on medical education/teaching of allied health team members on presentations and management of common mental health conditions in a rehab medicine setting.

**Perks of Rotation**

         Flexibility to develop clinics in area of interest while gaining exposure to core CL presentations

         The goal of this rotation is to be educational and not service-driven as it is not resident dependent. Staff share in the clinical load and provide accessible and timely supervision.

         Access to supervision in CBT, IPT or group therapy modalities within the CL rotation if psychotherapy requirements need to be met. (Staff expertise)

         Staff will provide mentorship on transition to practice, teaching on billing and career planning

         Beautiful non-urban location

         Opportunities to work with and embed oneself in an inter-professional team

         Many other physician teachers including: family medicine, PM&R, geriatrics, and others

         Many other learners including: medical students, PM&R residents, family medicine residents (in the future), nursing students, and allied health students.

         Longer length of stays allow for follow-through with recommend treatment plans (good balance between new consults and follow-ups)

         Wide variety of presentations, populations and age ranges.

         Space will be made available for up to 2 residents/rotation

         Provision of CL services in rehabilitation settings is a relatively new but growing and important practice, and offers opportunities for developing research and new ways to address these patient needs.

# Collaborative Care Core Rotation & Telepsychiatry

**Primary Supervisor:** Dr. N.Grujich

**Secondary Supervisors:** Dr. J. Moss, Dr. M. Sinyor, Dr. J. Ellis, Dr. S. Grigoriadis, Dr. E. LaCroix, Dr. M. Boyle

Dr. Grujich is very excited to work with you on this Collaborative Care rotation. Residents will be working autonomously in the Sunnybrook Family Practice Clinic (VIRTUALLY\*) providing education and support to our family practice colleagues. The patient population is diverse and will encompass the full life span. If you are interested, there are always opportunities to engage in scholarly work and quality improvement projects. This rotation is malleable and can be tailored to support the students’ interests.

# Chronic Care Core Rotation

**Primary Supervisor:** Dr. Cliff Posel

**Secondary Supervisor:** Dr. Jay Moss

The primary assignment will be with SunPACT, an assertive Community Treatment Team. On the average day, 3-4 patients will be seen, mostly in the community. Access to a car is recommended, but mileage expense will be reimbursed by the program. In addition to SunPACT, the resident will assess 2-4 new consults per month on patients with Primary Psychotic disorders. They would follow up to 5 of these patients at once during the rotation.

Supervision for SunPACT work would be provided directly or by cell phone by the primary supervisor on Mondays, Wednesdays, and Fridays, and by the Secondary Supervisor on Tuesdays. Supervision for the general consults and follow-up will be provided by the primary supervisor.

This rotation meets Royal College requirements for Chronic Care

**Geriatric Psychiatry Core Rotation** *(this rotation meets Royal College requirements for Geriatric Psychiatry)*

**Supervisors:** Dr. M. Rapoport, Dr. C. Cohen, Dr. G. Tennen, Dr. K. Shulman, Dr. D. Gallagher

This rotation involves supervision in a variety of settings focusing on the assessment and management of mental health issues pertaining to the elderly. Available opportunities for supervision include a specialized Psychogeriatric inpatient unit, a multi-professional community home-visiting service, acute care and long-term care consultation- liaison services, busy out-patient services, and a multi-disciplinary memory clinic.

This rotation meets Royal College requirements for Geriatric Psychiatry.

**The Mood Disorders Association of Ontario (MDAO)**

**Supervisor**: Drs. Rosalie Steinberg & Mara Silver

This is a community agency, in partnership with Sunnybrook Department of Psychiatry, which offers a wide range of mental health services including peer support, counselling and group programming for clients and family struggling with a variety of mental health challenges, but with a stronger focus on mood and anxiety disorders. The MDAO resident will be a part of the Family Matters Counselling team which supports families and clients ranging from 15-69. While majority of clients suffer from mood disorders, there is also a first episode program focused on support for clients with early psychosis or bipolar disorders as well as a transitional aged youth program. Often this will be the first contact with a psychiatrist for the majority of clients. All clients are registered as Sunnybrook patients as part of this Hospital-community partnership. Sunnybrook Mood and Anxiety Program patients are also seen at the MDAO based on need and availability.

This integrated mental health care opportunity offers a unique blend of direct and indirect service with about 60% of the time focused on direct care/consultation of MDAO clients and 40% focused on indirect support and capacity building for the Family Matters Program counselling team. (Approximately 1 new assessment/week). The resident will participate in weekly collaborative care case conferences (MONDAYS) with the counselling staff to review shared clients and offer teaching and support to the team as needed. Additional opportunities include provision of formal teaching to the MDAO staff and on various mental health topics as well as the opportunity to co-facilitate groups (e.g. CBT, Mindfulness or psychoeducation) based on interest. Residents can also choose to follow clients longitudinally for management of episodes of care based on interest as this is not a consult heavy service. Group and IPT supervision is also available.

The supervisors, Dr. Rosalie Steinberg & Dr. Mara Silver, are present on Mondays and Thursdays alongside the resident and is able to offer direct and real-time supervision as needed. However, residents wishing to participate on other days may be able to arrange off-site supervision. This rotation is also available as a senior selective opportunity for residents wishing to do a half-day or develop group programming.

# Grand Rounds:

Weekly Grand Rounds

# Psychotherapy:

SHSC also emphasizes training in psychotherapy, including cognitive behavioural, short and long–term psychodynamic, interpersonal, group, couples and family psychotherapies.

A superlative cadre of supervisors includes: Dr. A. Cheung, Dr. J. Ellis, Dr. M. Fefergrad, Dr. L. Gerber, Dr. S. Grigoriadis, Dr. N. Grujich, Dr. S. Hershkop, , Dr. D. Leibow, Dr. J. Mansfield, Dr. P. Richter, Dr. M. Sinyor, Dr. F. Small, Dr. A. Sullovey, Dr. N. Westreich, Dr. A. Zaretsky, Dr. R. Steinberg, D. D. Nacson, Dr. J. Dembo, Dr. K. Wang, Dr. H. McGeer, Dr. S. Toma, Dr. A. Raghunath, Dr. R. Mitchell, Dr. C. Brown, Dr. A. Ho

# Research:

Residents will have an opportunity to participate in both prospective clinical trials and retrospective chart reviews at varying levels of involvement according to their wishes and needs. We have a very active research portfolio in the department run by Dr. Anthony Levitt. Current areas of study include epidemiology of mental illness, genetics of mental illness, mood disorders including a focus on women, suicide, Obsessive Compulsive Disorder, geriatric psychiatry, adolescent psychiatry, psychosocial oncology, post traumatic stress disorder and Cognitive Behavioral Therapy

**Seminars**

SHSC provides a rich seminar program experience. While the seminars are designed to meet specific needs of either junior or senior residents, we have found that most residents attend and benefit from the spectrum of teaching activities.

These programs include the following Seminars:

* 1. Resident Interview Seminar
  2. Formulation
  3. Geriatric Psychiatry
  4. Psychopharmacology
  5. Interpersonal Psychotherapy
  6. Family/Couple Therapy
  7. Psychosocial oncology and palliative care
  8. Grand Rounds Preparation
  9. Mood and Anxiety Rounds
  10. Brain Sciences Rounds
  11. Department Chief Rounds

# Supervision:

**Geriatric Psychiatry:** Drs. Gayla Tennen, Ken Shulman, Mark Rapoport, Carole Cohen, Damien Gallagher

**General Psychiatry:** Drs**.** A. Feinstein, A. Schaffer, S. Castel, M. Boyle, S. Toma, A. Raghunath, M. Silver, N. Grujich, J. Ellis, E. LaCroix, A. Zaretsky

**Medical Psychiatry:** Drs. Rob Jaunkalns, Gayla Tennen, Nikola Grujich, Janet Ellis, Matt Boyle, Rosalie Steinberg, Elie Isenberg- Grzeda, Andreia Scalco

**Neuropsychiatry:** Drs. Anthony Feinstein, Neal Westreich, Matthew Burke

**Adolescent Psychiatry:** Drs. Carolyn Boulos, John Teshima, Neal Westreich, Sharon Reiter, Amy Cheung, David Kreindler, Ralph Lewis, Karen Wang

**SUNPACT** *(Assertive Community Treatment Team):* Drs. Jay Moss, Cliff Posel

**Psychiatric Emergency Services** (PES): Drs. Eileen LaCroix, Jay Moss, Nik Grujich, Mark Fefergrad, Saulo Castel, Andreia Scalco, Mara Silver

**Mood Disorders:** Drs. Anthony Levitt, Ayal Schaffer, Sophie Grigoriadis, Mark Sinyor, Amy Cheung, David Kreindler, Rosalie Steinberg

**Obsessive Compulsive Disorder (OCD) and related disorders:** Drs. Peggy Richter, Nik Grujich, Neil Rector

**Psycho-oncology:** Drs. Janet Ellis, Eileen LaCroix, Andreia Scalco, Elie Isenberg-Grzeda, Ralph Lewis

**Women’s Mental Health:** Drs. Sophie Grigoriadis, Joanna Mansfield, Amanda Sullovey, Gail Robinson

# Teaching:

Opportunities to teach all levels of medical students in small and large group settings

# Senior Selectives at Sunnybrook SHSC

**Psychosocial Oncology**

Supervisor(s): Drs. J. Ellis / A. Scalco / E. Isenberg-Grzeda

Place: Sunnybrook HSC

Time: Negotiable

Inquiries: Dr. J. Ellis (416) 480-4073 or [janet.ellis@sunnybrook.ca](mailto:janet.ellis@sunnybrook.ca)

This selective provides the supervised opportunity to become comfortable and proficient in assessing and managing psychiatric and psychological issues in the context of the diagnosis and treatment of cancer. It also includes developing expertise in grief, existential psychotherapy and individual and family support for those living with chronic medical illness as well as those who are dying. There is opportunity to participate in a biweekly seminar as well as research

# Mood Disorders

Supervisor(s):    Drs. A. Schaffer / M. Sinyor /M. Silver /R.Steinberg

Place:                       Sunnybrook HSC

Time:                        Negotiable

Inquiries:                 Dr. A. Schaffer (416) 480-4070 or [ayal.schaffer@sunnybrook.ca](mailto:ayal.schaffer@sunnybrook.ca)

The Mood and Anxiety Disorders Program offers a clinical and/or research elective in Mood Disorders. The aim of the elective is to enhance clinical experience with patients suffering from major depression and bipolar disorder, with opportunities for a focus on ambulatory care, urgent care, inpatient care, community-based interventions, or a combination of these. The elective can also be designed to allow the resident to participate in a research or QI project (optional). The areas of clinical and academic interest include: diagnosis and management approaches to bipolar disorder and treatment-resistant depression, enhancing care delivery across treatment settings, population health / epidemiology of mood disorders or suicide, and the principals of outpatient pharmacologically-based treatment for mood disorders with comorbid medical or psychiatric conditions.

# Mood and Anxiety Disorders in Women

Supervisor(s): Drs. S.Grigoriadis / J.Mansfield / A.Sullovey / G.Robinson

Place: Sunnybrook HSC

Time: Negotiable

Inquiries: Dr. S. Grigoriadis (416) 480-5677 or [Sophie.Grigoriadis@sunnybrook.ca](mailto:Sophie.Grigoriadis@sunnybrook.ca)

The Women’s Mood and Anxiety Disorders Clinic: Reproductive Transitions is part of the Mood & Anxiety Disorders Program at Sunnybrook and staff work closely with the Women’s and Babies program of the hospital. The aim of the

selective is to enhance clinical experience with women suffering from mood or anxiety disorders across the reproductive life cycle. Assessment and treatment of perinatal mood and anxiety disorders is currently the focus of the clinic but exposure to other stages such as perimenopause is also an option. Both outpatient and inpatient experiences are available, including shared care. Consultation, assessment and short-term follow-up are provided. Our staff have expertise in both psychotropic medication and psychotherapies as potential treatment options. Elective experiences will be catered to resident’s interests and ongoing educational needs / goals and can be designed to allow for the participation in a research project.

# OCD & Related Disorders

Supervisor: Dr. Peggy Richter

Place: Sunnybrook HSC

Time: Negotiable

Inquiries: Dr. Peggy Richter (416) 480-6832 or [peggy.richter@sunnybrook.ca](mailto:peggy.richter@sunnybrook.ca)

This rotation will provide residents with the opportunity to gain expertise with obsessive compulsive disorder, as well as related OCD-spectrum disorders such as hoarding, trichotillomania, and body dysmorphic disorder. The resident will develop skills pertinent to the assessment and treatment of outpatients with these conditions, covering provision of consultations to community physicians, and hands on delivery of treatment to a selected cohort of appropriate outpatients. Expertise will be developed in delivery of both pharmacological and psychological treatments, focusing on specific CBT skills for this population. There may also be opportunities to learn more advanced CBT skills through participation in our intensive treatment program for OCD (running from Bellwood and/or virtually) which offers intensive CBT in a day treatment/ residential environment. The interested resident will also have the opportunity to co-lead group CBT for these conditions. Regular supervised interviews will be provided, as well as close supervision with Dr. Richter. Opportunity to assess the broader range of anxiety disorders may also be arranged.

This selective is most appropriate for residents with a career interest in OCD, anxiety disorders, or CBT, as well as in general psychiatry with a proficiency in these areas of expertise.

There is significant opportunity to participate in research if interested, however this is not a requirement.

# Collaborative Care

Supervisor: Dr. Nik Grujich

Place: Sunnybrook HSC

Time: Negotiable

Inquiries: Dr. Nik Grujich (416) 480-4693 or [Nikola.Grujich@sunnybrook.ca](mailto:Nikola.Grujich@sunnybrook.ca)

Dr. Grujich is very excited to work with you on this Collaborative Care rotation. Residents will be working autonomously in the Sunnybrook Family Practice Clinic (VIRTUALLY\*) providing education and support to our family practice colleagues. The patient population is diverse and will encompass the full life span. If you are interested, there are always opportunities to engage in scholarly work and quality improvement projects. This rotation is malleable and can be tailored to support the students’ interests.

# Cognitive Behaviour Therapy for the Senior Resident

Supervisor: Dr. Ari Zaretsky

Place: Sunnybrook HSC

Time: 1 day a week

Inquiries: Dr. Ari Zaretsky (416) 480-5836 or [ari.zaretsky@sunnybrook.ca](mailto:ari.zaretsky@sunnybrook.ca)

This rotation will provide residents with the opportunity to acquire mastery of CBT for both common as well as challenging psychiatric conditions such as bipolar disorder, PTSD and eating disorders. Expertise will be developed in delivery of both pharmacological and CBT, focusing on the acquisition of specific CBT skills for the diagnostic group that the resident is interested in. An immersive supervision experience will involve review of audiotapes and experiential learning through role-playing and self-reflection. Opportunity to observe Dr. Zaretsky’s own CBT treatment and weekly assessments will be built into this senior elective experience.

# Transition to Practice – General Psychiatry

Supervisor: Dr. Saulo Castel, [saulo.castel@sunnybrook.ca](mailto:saulo.castel@sunnybrook.ca)

Target audience: PGY5s

Length: To be discussed, 3-6 months (six is preferable), one FTE or 0.8 FTE

The goals and content are framed according to the CANMEDS roles as indicated besides the item, as per the legend below:

* Medical Expert (ME)
* Collaborator (Col)
* Communicator (Com)
* Manager (Ma)
* Health Advocate (HA)
* Scholar (Sc)
* Professional (Pr)

# Goals

Foster autonomy (Pr, ME, Ma)

Brush up skills in general psychiatry including:

* Clinical skills of how to apply knowledge on daily patient care in an interdisciplinary environment. ME, Col, Ma, Pr
* Personal managerial skills including time management, billing and learning needs. Ma, Sc, Pr
* Team managerial skills as the leader of a treatment interdisciplinary team. Col, HA, Pr
* Communication skills by providing a rich environment to communicate with patients, families and other team members, sometimes in stressful situations given the acuity of the patients. Com, Col, Pr
* Collaborative skills as a member of teams involved in providing inpatient care but also in outpatient care to facilitate the transition from inpatient to outpatient. Col, ME, HA, Pr
* Advocate by being exposed and included in the management of an inpatient unit. HA, Ma, Col
* Scholar as the resident will be involved in clinical teaching of junior residents and clinical clerks, and the resident will also be expected to create and implement a learning plan during the rotation. ME, Sc, Col
* Professional as the evaluation will include self-evaluation but also feedback from colleagues and patients. Pr, Col, Sc

# Clinical care:

* The resident will be responsible for three inpatient beds in general psychiatry under the supervision of the Primary Supervisor (Saulo Castel) including the opportunity of working as a supervisor of a Junior Resident and Clinical Clerks, when possible. This will be the core of clinical care and the areas below are optional. ME, Com, Col, Pr, Sc
* Outpatient clinic in general psychiatry (Saulo Castel) and Discharge and Transitional (DAT). ME, Com, Col, Pr, HA
* Psychotherapy clinics in CBT and IPT as time will limit other techniques (Justin Weissglas, Nik Grujich, Steven Selchen). ME, Col,
* Shared care with family practice at Sunnybrook (Nik Grujich). ME, Col, HA, Pr
* C/L with Robert Jaunkalns. ME, Col, HA, Pr
* Emergency and PES (Saulo Castel). ME, Col, HA, Com, Pr

# Content areas:

1. Direct patient care.
   1. Main clinical areas of inpatient psychiatry – diagnosis and management of psychosis, severe depression, mania, complex and comorbid personality dx, behavioral complications of neurocognitive disorders, overlap with substance use disorders (concurrent disorders).
   2. Transition to the community after inpatient stay – developing and implementing strategies to improve transition of care to outpatient services.
   3. General outpatient psychiatry.
   4. Emergency Psychiatry – one half a day covering Emergency Room and Psychiatric Emergency Services.
2. Content areas not involving direct patient care.
   1. Legal areas relevant to general psychiatry, Mental Health Act and Health Care Consent Act including Capacity and Consent Board hearings.
   2. Inclusion in the management of the unit including Involvement in management meetings and roles, when feasible, under the supervision of Saulo Castel, Medical Director of the Inpatient Unit.
   3. Development of at least one Quality Improvement initiative to be designed and at least initially implemented in F2 or outpatient areas. The design of the project should include from data collection to publication strategies.
   4. Art and science of billing – we may ask Ralph Lewis and Stephen Selchen to provide input on that.
   5. Clinical teaching opportunities will be available – we may ask John Teshima to provide some input there.
   6. Participation in the Patient and Family Advisory Council of the Department of Psychiatry, Sunnybrook.
   7. Interview three graduates of recent years that practice in areas of interest of the resident. The supervisor (Saulo Castel) will assist on developing content for the interviews as well as facilitating the connection.

# Evaluation and assessment

The evaluation model will be the usual feedback and evaluation from the supervisors but also one peer assessment (CPSO model, including chart reviews), patient satisfaction questionnaires and feedback from allied health professionals and physicians.

**Ambulatory Care Clinic PGY4 & PGY5 Junior Attending Elective**

Supervisor: Dr. Matthew Boyle, Dr. Eileen LaCroix, Dr. Mark Sinyor and Dr. Rosalie Steinberg

Place: Sunnybrook HSC

Time: ½ day per week supervising two PGY-1 residents in a general outpatient clinic. Time slots available are flexible, and the clinics run either from 9:00 – 13:00 or 13:00 – 17:00. Opportunity exists for this elective to be combined with any other clinical or research electives for the PGY 4-5 academic year. We can potentially accommodate up to eight senior residents for the elective, contingent on office space availabilities.

Inquiries: Dr. Matthew Boyle (416) 480- 4089 or Matthew.Boyle@sunnybrook.ca

As part of the CBE curriculum, the PGY-1 residents attend a ½ day per week of clinic where they see new patients and follow-ups under the supervision of a staff psychiatrist. Sunnybrook HSC is a core rotation for the PGY-1 longitudinal ambulatory care clinic

In the 2017-18 academic year, we began to offer an elective for PGY 4-5 residents who have an interest in teaching and education. The residents took on a supervisory role (i.e.: junior attending role) within the clinic. In the first month of the rotation, the senior residents would generally perform the consultation with the PGY-1 residents observing and the senior resident would provide teaching to the residents on the structure of the psychiatric interview. After this period of observation the PGY-1 residents would start to do consultations with direct supervision from the senior resident. Throughout the course of the year the residents can pick up follow-up cases that they would find beneficial for their learning needs.

As part of the clinic, the senior resident would receive “supervision on their supervision” to help improve their skills as a supervisor and teacher. Hence, this is an ideal elective for residents who have a strong interest in teaching and education, as it provides an opportunity to further develop teaching and supervisory skills. There is also an opportunity for residents to meet with supervisors to provide mentorship on transitioning to practice or planning a career in academics. We have specifically scheduled social outings over dinner throughout the year to help residents in preparing for things such as; creating a CV, meeting with chiefs of psychiatry about jobs, how to bill effectively, and making a smooth transition from being a resident to staff physician. For the elective we also created a full day of interactive workshops for residents on how to become an effective supervisor.

This elective can easily be combined with further elective experience at Sunnybrook Hospital in any of the following areas; General Outpatient Psychiatry, General Inpatient Psychiatry, Psychotherapy, Collaborative Care, Psychiatric Emergency Services, Women’s Mental Health, CL Psychiatry, or Research. There are also opportunities to combine this elective with other psychiatry electives at different hospital settings.

**CL-Psychiatry elective at St John’s Rehab (***This rotation can also be modified for a senior selective***)**

This rotation is listed as a **separate match option from the Bayview Campus** (unlike the UHN model), so as not to pull residents away from the core clinical needs of the downtown campus. Interested residents will have the option to rank this rotation separately. Ideally we suggest that 2 residents rotate together at any given time. Referral Volumes at SJR are regularly around 15 – 20 per week.

**Rotation Description -** Residents will have the opportunity to participate in both inpatient and outpatient psychiatry CL, develop groups, as well as engage with allied health team members in collaborative-care/capacity building. The CL rotation at St. John's Rehab offers exposure to diverse patient populations with a wide array of clinical presentations. Core clinical cases will include management of delirium, dementia, agitation, depression and chronic psychiatric illnesses within a medical/rehab setting. Residents will have the opportunity to work with patients with cardiac, oncology and post stroke presentations, patients recovering from trauma, burns, musculoskeletal injuries and amputations as well as geriatric and general medical populations. These patients often present with an acute mental health issue triggered by a new injury, illness or disability. The CL service at St. John’s has had a significant impact on these patients as well as the health care teams Rehab patients typically have a longer length of stay (typically 3-4 weeks) than those in acute care settings and this creates an opportunity for consultation *and follow-up* including provision of psychotherapeutic interventions at the bedside. There is also an opportunity to follow patients from inpatient to outpatient settings depending on clinical interest.

It should be noted that this is **not a resident-dependent** rotation and both supervising staff are involved in patient care with the ability to provide direct supervision in real-time. Volumes will be equally divided between staff and residents.

The structure of the proposed rotation is as follows:

* 3 days/week of inpatient CL providing psychiatric care to the above populations.
* Additional 1/2 -1 day per week of outpatient CL with the opportunity to run a clinic in an area or population of interest
* 1/2 half day/week protected time at SBK to engage in psychotherapy supervision, resident lunch, +/- half day elective, grand rounds, teaching
* Opportunity to provide group therapy (in or outpt) (option ½ day),
* Collaborative CL care, capacity building, teaching of interdisciplinary team members in CL psychiatry, pairing with family medicine residents (option ½ day)

**Perks of Rotation**

* Flexibility to develop clinics in area of interest while gaining exposure to core CL presentations
* The goal of this rotation is to be educational and not service-driven as it is not resident dependent. Staff share in the clinical load and provide accessible and timely supervision.
* Access to supervision in CBT, IPT or group therapy modalities within the CL rotation if psychotherapy requirements need to be met. (Staff expertise)
* Staff will provide mentorship on transition to practice, teaching on billing and career planning
* Beautiful non-urban location
* Opportunities to work with and embed oneself in an inter-professional team
* Many other physician teachers including: family medicine, PM&R, geriatrics, and others
* Many other learners including: medical students, PM&R residents, family medicine residents (in the future), nursing students, and allied health students.
* Longer length of stays allow for follow-through with recommend treatment plans (good balance between new consults and follow-ups)
* Wide variety of presentations, populations and age ranges.
* Space will be made available for up to 2 residents/rotation
* Provision of CL services in rehabilitation settings is a relatively new but growing and important practice, and offers opportunities for developing research and new ways to address these patient needs.

**CANMEDS Framework**

**The Family Navigation Project Elective (PGY1-5)**

Supervisor: Drs Anthony Levitt and Monidipa Ravi

Place: Family Navigation Sunnybrook

Time: Negotiable (Wednesdays)

Inquiries: Dr. Anthony Levitt/ [Anthony.Levitt@sunnybrook.ca](mailto:Anthony.Levitt@sunnybrook.ca)

The Family Navigation Project elective affords the opportunity to join a unique team which navigates for youth and families between the ages of 13-26 to mental health and addictions services, the right service at the right time. The resident will have the opportunity to work with a stellar interdisciplinary team, primarily conducting team reviews whereby youth/family stories are discussed and management options are brainstormed. This is an opportunity to view the patient and family narrative in a different way, away from specific diagnostics and more towards a systems view.

**Neuropsychiatry/ Functional Neurological Disorders Clinic (PGY1-5)**

Supervisor: Dr. Matthew Burke

Place: Sunnybrook

Time: 1 day per week (min 2 weeks) Thursdays

Inquiries: Dr. Matthew Burke/ [matthew.burke@sunnybrook.ca](mailto:matthew.burke@sunnybrook.ca)

Functional Neurological Disorders Clinic. Residents will see a wide variety of functional symptoms/clinical presentations (functional weakness, psychogenic non-epileptic seizures, unique somatoform disorders etc). Referrals will come from all over the province and will range from acute to chronic. Residents will learn about optimal clinical approaches for this complex patient population, psychoeducation and management strategies.

**WOMEN’S MENTAL HEALTH AND/OR CBT PSYCHOTHERAPY ELECTIVE (PGY1-6)**

SUPERVISOR: Dr. Joanna Mansfield

PLACE: Sunnybrook Health Sciences Centre / OTN

TIME: Flexible

INQUIRIES: Dr. Joanna Mansfield/ [Joanna.mansfield@sunnybrook.ca](mailto:Joanna.mansfield@sunnybrook.ca)

This elective can be for someone with a particular interest in the perinatal population or for someone who would like to gain expertise in this area so they can apply it to their general practice of psychiatry.

Learn about assessment, management and follow up of women experiencing mental illness around pregnancy planning, pregnancy, and postpartum. You will learn about psychopharmacology prescribing in this population and how to help determine a treatment plan for the patient, conducting a risk benefit assessment. Can include an introduction to or a more significant psychotherapy component if interested (individual, group, couples). This elective can be modified to fit your interests and availability.