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DIVISION OF GERIATRIC MEDICINE
DEPARTMENT OF MEDICINE

Issue 6
December 2011

GERIATRIC MEDICINE

at the University of Toronto



Dr. Michael Gordon Publishes Dementia Resource for Health Care Professionals and Families



The desire to provide the best care possible for frail elders experiencing late-stage dementia is the driving force behind difficult decisions that both

health care professionals and family members alike are confronted with. Drawing on his extensive experience, Dr. Michael Gordon's recent book *Late-Stage Dementia - Providing Comfort, Compassion, and Care* serves as a guidebook that empowers care givers to make informed decisions.

A strong advocate of compassionate end-of-life care, Gordon touches upon the challenges associated with balancing

promising treatments and the deterioration of a patient's quality of life due to natural progression of diseases such as Alzheimer's and other causes of dementia.

Reviews:

"... families will learn much about helping patients with dementia, but so too will physicians and other caregivers. Michael Gordon's humanity shines through every page, and, when combined with his medical expertise, the result is a guide which is both truly thoughtful and practically useful."

- Professor Arthur Schafer, Director, Centre for Professional and Applied Ethics, University of Manitoba

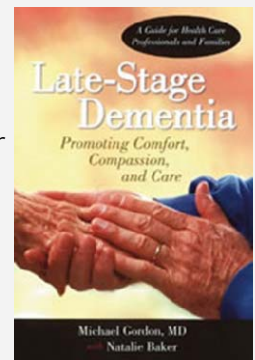
"Dr. Gordon is truly a healer whose experience as a geriatrician provides a road map for all of us who want to provide care, respect, and love for people

diagnosed with dementia."

- Steven R. Sabat, PhD, Professor, Department of Psychology, Georgetown University

Other published books include *Moments that Matter* and *Brooklyn Beginnings*;

Michael has also authored a national bestseller: *Parenting Your Parents*.



Available in bookstores and online (amazon.ca, chapters.ca) - eBook also available!

DIVISION RETREAT: Resident Impressions from Dr. DL Sackett, "Mentorship and the determinants of academic success"

On December 2, 2011, the Division hosted a half-day retreat for faculty and trainees at the Four Seasons Hotel. This event provided an opportunity to strategize around educational activities and scholarship within the Division, focusing on both undergraduate and postgraduate education. Below, Co-Chief Resident Nishi Varshney shares her reflections:



Keynote speaker Dr. David Sackett (centre) with wife Barbara (left) and Dr. Sharon Straus

As a resident in medicine, I had attended several journal club sessions where the question of "what would David Sackett say" was posed every time. Many of you know what I am talking about, especially those who spent a significant amount of time at

Sunnybrook Hospital Journal Club. So when we received the invitation to the Division of Geriatrics Retreat, with Guest Speaker Dr. DL Sackett, I was thrilled and intrigued to be meeting the wondrous enigma named David Sackett.

Witnessing Dr. Straus and Dr. Sackett as they reunited with a hug made it clear that they shared a solid respectful mentoring relationship and why he was the ideal guest speaker on the topic of mentorship and academic success. It was also a pleasure to learn that Dr. Sackett, despite all his successes, was a devoted family man and had his wife, Barbara, by his side.

We had a case based discussion with Dr. Sackett. It was interesting to learn about the concept of "speed mentoring" which paralleled the "speed dating" concept. This highlighted the importance of chemistry in mentorship. We also discussed the implication of a literal and figurative concept of signing a mentorship contract... paralleling marriage and the marriage certificate.

We spoke about the responsibilities of both the mentee and the mentor. As a resident I identified with both, as there have been times when I have accepted the role of mentor and men-

tee. Dr. Sackett made some insightful points from his personal experience mostly as a mentor: the mentor should not be insecure, and the mentor should keep the mentee's best interest in mind at all times. The importance of mentoring was further elucidated by the statement that the real determinant of academic success is mentoring.

Another important reflection from Dr. Sackett's guest lecture was that of career choice. The point of "wanting to be wanted" versus "wanting to do the job" was significant and timely, as many of the senior geriatric residents look to the next steps in their career. Other survival pearls included getting our hands on the 1975 article by RJ Johns, "How to swim with sharks: the advanced course", before entering the "real world".

Now at the next geriatrics journal club, we will have a better idea of what David Sackett would say, not just in the world of evidence based medicine but also on how to be an effective mentor/mentee.

Nishi Varshney, MD FRCPC
PGY5 Geriatric Medicine—University of Toronto



L-R: Marisa Zorzitto, Camilla Wong, Heather Gilley, Arlene Bierman, Sharon Straus



Trainees (L-R): BACK-Dov Gandell, Karen Ng, Kartika Malik, Karen D'Silva; FRONT-Vineet Bhan [Cardiology, partner of] Nishi Varshney, Vicky Chau, Dan Liberman

Faculty Profile: Michael Gordon

Here are a few things that you may not already know about your colleague:

Why I chose Geriatric Medicine as a subspecialty:

- I did not choose it, it chose me—what a wonderful accident of fate!

Where I completed my training:

- No formal training in geriatrics—this didn't exist when I finished my internal medicine training in Toronto

If I could have any career outside of Geriatric Medicine it would be:

- Professor of English Literature

The one gadget or piece of gear that I could not do without is:

- My iPod for music or programs anywhere

My tip for relaxing after a stressful day/week/month:

- Listen to music lying down and reading a good novel.

The words I live by are:

- Try to be nice to people, especially those who are not in your circle of friends and colleagues as the former are easy; those you do not know are the ones that appreciate it very much. Also, find out about people and their narrative.

Announcements

DOM Strategic Planning Innovation Fund Awards Trauma Consultation Service \$54,500

The Division is excited to share news that the proposed "Proactive Geriatric Trauma Consultation Service: An Innovative Model of Care to Improve Quality of Care" research project has been awarded funding from the Department of Medicine's Strategic Planning Innovation Fund. This collaborative initiative partners St. Michael's and Sunnybrook Health Sciences Centre and is being led by Camilla Wong (PI), Sharon Straus, Rajin Mehta and Dov Gandell.

The aim of the Strategic Planning Innovation Fund is to encourage and facilitate inter-institutional, university-wide alliances whilst enhancing programs. Successful initiatives receive one-time funding for up to 2 years, effective January 2012. Response to the DOM's Fall RFP was overwhelmingly positive; PIs of other successful initiatives include:

- Sandra Black, Tony Lang - "Development of the Toronto Dementia Research Alliance Database and Creation of an Integrated Discovery System in Neurodegenerative Disorders"
- Eddy Fan - "Understanding barriers to Early Rehabilitation in the Intensive Care Unit using the Toronto ICU Registry"
- Shital Gandhi, Michelle Hladunewich, Joel Ray - "University of Toronto Hypertension in Pregnancy Program"
- John Granton, Peter Selby - "Development of a Smoking Cessation Collaborative"
- Stephen Hwang - "Probiotics for the Prevention of Clostridium difficile Infection in Hospitalized patients"
- Anna Sawka - "Canadian Thyroid Research Network"

Congratulations!

View POWER Teaching Effectiveness Scores (TES): Jan 3-9, 2012

Faculty will have the ability to view October-December POWER teaching effectiveness scores (TES) online from January 3 to January 9, 2012. Previous TES can be viewed at anytime provided that 3 or more teaching evaluations have been submitted for any given quarter.

Viewing TES:

1. Go to POWER login page: <https://pgme.med.utoronto.ca/power/index.cfm>
2. Enter your PIN/Password; PIN/Passwords can be recovered using the "Forgot your pin and/or password?" link directly below login button
3. On the blue menu, click 'Effectiveness Scores'
4. Select the academic year you wish to view using the 'Training Session' filter. If there are less than 3 evaluations, a message indicating that there are too few completed evaluations will display.
5. For assistance with using the system, contact the POWER help desk (power@knowledge4you.com)

UofT 3rd Annual Networking Event—February 2012

The Department of Medicine will be hosting its annual networking event for faculty in February 2012 to celebrate success in leadership and advocacy.

Brian Goldman, host of CBC's *White Coat, Black Art*, who will moderate what is sure to be a lively discussion that will showcase the accomplishments of colleagues. You are invited to join and gain insight regarding lessons learned by Danielle Martin (Canadian Doctors for Medicare) and Sheila Laredo.

Mark February 2nd on your calendars now and plan to attend.

- Additional event details will be confirmed via email



Upcoming Events

Executive Committee Meeting (*Dec 28, 2011— MEETING CANCELLED*)

- Next meeting: Feb 29, 2012— 5:30pm via teleconference

Program Committee Meeting (*Jan 25, 2012—5:30pm via teleconference*)

Journal Club* (*Friday, Jan 27— 8:00am-9:00am*) *Baycrest, rm. 2E11*

- Videoconferencing available at: Mount Sinai, St. Michael's and Sunnybrook

3rd Annual Faculty Networking Event (*Thursday, Feb 2, 2012*)

Additional details to be announced via email, soon.

Journal Club* (*Friday, Feb 24— 8:00am-9:00am*) *Sunnybrook rm. M1006*

- Videoconferencing available at: Baycrest, Mount Sinai, St. Michael's

**Trainee attendance is mandatory*

Have an upcoming event or announcement that you would like to share with the division in an upcoming issue?

Send pertinent details to:

liis-ann.klein@sunnybrook.ca



Recent Faculty Publications

[Do We Continue to Unnecessarily Perform Ipsilateral Adrenalectomy at the Time of Radical Nephrectomy? A Population Based Study.](#)

Yap SA, **Alibhai SM**, Abouassaly R, Timilshina N, Finelli A. J Urol. 2011 Dec 14. [Epub ahead of print]
PMID:22177155 [PubMed - as supplied by publisher]
[Related citations](#)

[Core competencies in the science and practice of knowledge translation: description of a Canadian strategic training initiative.](#)

Straus SE, Brouwers M, Johnson D, Lavis JN, Legare F, Majumdar SR, McKibbin KA, Sales AE, Stacey D, Klein G, Grimshaw J, Stihr KC. Implement Sci. 2011 Dec 9;6(1):127. [Epub ahead of print]
PMID:22152223 [PubMed - as supplied by publisher]
[Related citations](#)

[WikiBuild: A New Online Collaboration Process For Multistakeholder Tool Development and Consensus Building.](#)

Gupta S, Wan FT, Newton D, Bhattacharyya OK, Chignell MH, **Straus SE**. J Med Internet Res. 2011 Dec 8;13(4):e108.
PMID:22155694 [PubMed - in process]
[Related citations](#)

[Clinician-trialist rounds: 7. Mentoring: why every clinician-trialist needs to get mentored.](#)

Straus SE, Sackett DL. Clin Trials. 2011;8(6):765-7. PMID:22167113 [PubMed - in process]
[Related citations](#)

[The impact of the electronic medical record on structure, process, and outcomes within primary care: a systematic review of the evidence.](#)

Holroyd-Leduc JM, Lorenzetti D, **Straus SE**, Sykes L, Quan J Am Med Inform Assoc. 2011 Nov-Dec;18(6):732-7. Epub 2011 Jun 9. PMID:21659445 [PubMed - in process]
[Related citations](#)

[Effect of 12 months of whole-body vibration therapy on bone density and structure in postmenopausal women: a randomized trial.](#)

Slatkovska L, **Alibhai SM**, Beyene J, Hu H, Demaras A, Cheung AM. Ann Intern Med. 2011 Nov 15;155(10):668-79.
PMID:22084333 [PubMed - in process]
[Related citations](#)

[Thyroid cancer patients' involvement in adjuvant radioactive iodine treatment decision-making and decision regret: an exploratory study.](#)

Sawka AM, **Straus S**, Gafni A, Meiyappan S, David D, Rodin G, Brierley JD, Tsang RW, Thabane L, Rotstein L, Ezzat S, Goldstein DP. Support Care Cancer. 2011 Nov 10. [Epub ahead of print]
PMID:22072050 [PubMed - as supplied by publisher]
[Related citations](#)

[Association between chronic cerebrospinal venous insufficiency and multiple sclerosis: a meta-analysis.](#)

Laupacis A, Lillie E, Dueck A, **Straus S**, Perrier L, Burton JM, Aviv R, Thorpe K, Feasby T, Spears J. CMAJ. 2011 Nov 8;183(16):E1203-12. Epub 2011 Oct 3.
PMID:21969411 [PubMed - in process]
[Related citations](#)

[Considerations when prescribing trimethoprim-sulfamethoxazole.](#)

Ho JM, Juurlink DN. CMAJ. 2011 Nov 8;183(16):1851-8. Epub 2011 Oct 11. No abstract available. PMID:21989472 [PubMed - in process]
[Related citations](#)

[Balance assessment practices and use of standardized balance measures among ontario physical therapists.](#)

Sibley KM, **Straus SE**, Inness EL, Salbach NM, Jaglal SB. Phys Ther. 2011 Nov;91(11):1583-91. Epub 2011 Aug 25.
PMID:21868613 [PubMed - in process]
[Related citations](#)

[Cardiovascular toxicity of androgen deprivation therapy: a new door opens.](#)

Alibhai SM. J Clin Oncol. 2011 Sep 10;29(26):3500-2. Epub 2011 Aug 15. No abstract available. PMID:21844507 [PubMed - indexed for MEDLINE]
[Related citations](#)

[What is the value and impact of quality and safety teams? A scoping review.](#)

White DE, **Straus SE**, Stelfox HT, Holroyd-Leduc JM, Bell CM, Jackson K, Norris JM, Flemons WW, Moffatt ME, Forster AJ. Implement Sci. 2011 Aug 23;6:97. PMID:21861911 [PubMed - in process]
[Related citations](#)

