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DIVISION OF GERIATRIC MEDICINE
DEPARTMENT OF MEDICINE

Issue 10
November 2013

GERIATRIC MEDICINE

at the University of Toronto



Dr. Samir Sinha Receives Faculty of Medicine “Dean’s Rising Star Award”



Photo: Aaron Harris / For the Toronto Star

The Faculty of Medicine is instituting a new award: the Dean’s Rising Star Award. This award recognizes alumni who have

graduated within the last 15 years who have made an outstanding contribution to the Faculty, their local medical/healthcare community, or a scientific or academic achievement and is awarded for either a specific achievement or for a body of work.

The award’s selection committee, comprised of faculty, students, staff and fellow alumni chose Samir as the inaugural recipient based on his exceptional leadership and innovation in the field of geriatrics.

Earlier this month (Nov 7), an award ceremony was hosted at the Dean’s Honor Roll Lunch at the Windsor Arms Hotel. Enter the following link in your web browser to

view a video presentation that was shared at the ceremony: <http://www.youtube.com/watch?v=JkoCvRSiMKQ>. Faculty of Medicine Lifetime Achievement and Alumni Volunteer awards were also presented. The Division congratulates Samir on this prestigious distinction.

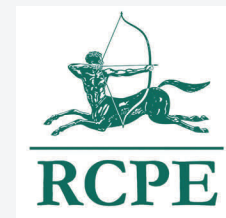
Dr. Dov Gandell Named Top UofT Teacher

During his first year on staff, Dov’s dedication to teaching and contributions to education have earned additional recognition from the Department of Medicine. He has been named—not only as a top teacher amongst the department but—among the top 10% of teachers across the university. Dov has also been recognized by the Division of Geriatric Medicine for his outstanding teaching and was the recipient of the 2012/13 Teach of the Year award, as voted by that year’s trainees.

Dr. Barbara Liu elected to Royal College of Physicians of Edinburgh

Dr. Barbara Liu, Geriatric Medicine Postgraduate Program Director and Executive Director of the Regional Geriatric Program of Toronto, has been elected as a Fellow of the Royal College of Physicians of Edinburgh (RCPE). This distinction is a highly respected international standard of clinical excellence.

The RCPE is an independent, standard-setting agency that is frequently called upon by the government and other leading organizations to comment regarding proposed policy and organizational changes that will affect clinical care. Dr. Liu was elected to this role following nomination by two colleagues.



Education

Review: 7th Canadian Conference on Dementia

The 7th Canadian Conference on Dementia was hosted in Vancouver, British Columbia at the Westin Bayshore hotel (Oct. 3-5). Residents Raza Naqvi and Dilpriya Mangat and shared their learnings with SHSC staff following the event. Below, Raza shares some of his insights:

I had the privilege to attend the CCD in early October through a generous travel grant by the conference organizers. The conference was an all-around success with several interesting and exciting speakers. The protective effects of proficiency in the arts was highlighted during the first evening with a couple of excellent speakers. Talks ranged from understanding the genetics and pathophysiology of dementia to ethical issues in aboriginal communities in BC. An interesting debate on whether early diagnosis of dementia

is best practice was both informative and entertaining for all. The highlight of the conference for me was a plenary discussion focusing on the patient as a person which included an Alzheimer's patient who gave a moving speech and the spouse of another patient who brought the audience to tears and to their feet with his story and the impact that dementia has on the person who is often forgotten.

I am already looking forward to CCD 2015!



Geriatric Medicine Trust Fund: Supporting Trainee Education

As we approach the holiday season, why not consider a gift that keeps on giving?

A donation to the Geriatric Medicine Trust Fund will help to support training and educational initiatives for trainees, including educational resources, speaker honoraria and networking opportunities. Geriatric Medicine is one of the only divisions that does not receive corporate pharmaceutical support.

Make a donation today! Charitable tax receipts will be issued.

- Visit <https://donate.utoronto.ca/deptmedicine>
- Click on “Geriatric Trainee Trust Fund”, enter an amount to donate and click “Add to cart”
- Follow the prompts to enter your personal information

The Department of Medicine will develop an annual report outlining donations from division members. Funds received to date, and how monies are directed, will be presented at the upcoming Division Retreat at the King Edward Hotel on Thursday, December 12, 2013.

Inaugural Division Social Event a Success!

The very first division social event was hosted at the Shangri-La Hotel on Saturday, November 2, 2013 and followed the Mount Sinai and UHN Network hospital “Geriatrics Update” event.

Included below are some pictures—can you spot Samir Sinha’s parents?



Members of the Social Committee are:

- Karen Ng (Co-Chair)
- Raza Naqvi (Co-Chair)
- Karen D’Silva
- Dov Gandell
- Emily Kwan
- Barbara Liu
- Jarred Rosenberg

Don’t miss out on the fun; mark your calendars now for the next event: Sunday, January 26, 2014!

The committee is busy planning an family friendly event that is not to be missed. Additional details will be circulated via email—stay tuned!

Getting to know you, getting to know all about you...

Previous issues have featured faculty, however, we'd like to profile some of the current trainees. Here are a few things you may not know about the 2013/14 crew:

Amanda Isabel Gardhouse (PGY4)

Why I chose Geriatric Medicine as a subspecialty:

- a calling; love the stories, the potential to help & mostly the people.

My very first job was:

- Canteen girl at the Collingwood Arena

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

- currently - iPad for RCE MCQs and MKSAP audio

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

- giggle from your toes - like my baby makes me do while knowingly glancing over and shoving a finger up her nose

The words I live by are:

- its not the years in your life but the life in your years

An accomplishment unrelated to geriatric medicine that I am proud of, and why:

- backpacking solo - learned a lot about myself

Grace Sin Yee Leung (PGY4)

Why I chose Geriatric Medicine as a subspecialty:

- I chose geriatric medicine because of the diverse patient population with fascinating life stories and the interesting challenge of assessing managing complex medical conditions.

My very first job was:

- Newspaper delivery

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

- iPhone

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

- Go for a nice walk with my family

The words I live by are:

- "Do to others what you would have them do to you"

An accomplishment unrelated to geriatric medicine that I am proud of, and why:

- Raising a beautiful, active 5 month old boy. My answer would have been different one year ago, but now I feel there is no greater vocation than motherhood

Dilpriya Mangat (PGY4)

Why I chose Geriatric Medicine as a subspecialty:

- I wanted a career that is emotionally fulfilling, full of possibilities and hope.

My very first job was:

- Working at Dairy Queen. Probably the best summer job a teenager could ask for.

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

- My iphone.

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

- Visit a new dessert shop! Trying is new flavour of gelato is a great way to unwind.

The words I live by are:

- Kindness is always fashionable - Amelia E. Barr

An accomplishment unrelated to geriatric medicine that I am proud of, and why:

- I created and was the president of an Internal Medicine Resident funded organization in South Dakota, which helped to cover medical costs of underprivileged adults without health insurance.

Raza Mohammed Naqvi (PGY5)

Why I chose Geriatric Medicine as a subspecialty:

- Geriatrics has allowed me to see patients as people and making a genuine difference in their lives.

My very first job was:

- Geriatrics has allowed me to see patients as people and making a genuine difference in their lives.

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

- Wish it wasn't so, but my iPhone

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

- Get away from your gadgets, emails, and technology - and enjoy the moment

The words I live by are:

- Be honest, be yourself, and be content.

An accomplishment unrelated to geriatric medicine that I am proud of, and why:

- I was voted MVP of my undergrad ice hockey team, not for my skill but for my team spirit and leadership which meant a lot.

Catherine Talbot-Hamon (PGY4)

Why I chose Geriatric Medicine as a subspecialty:

- Because it's the best! Taking care of the frail elderly is extremely challenging (and I love challenge!) It demands a great deal of humility and judgment. I have learned from each of my patients so far.

My very first job was:

- I was serving ice cream in a café during summer.

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

- I hate technology. I am very bad using it as well. I must admit however that a cellular phone is of great use, especially when you have a baby.

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

- Move! Any kind of exercise helps me relax. I'm mostly a runner however. I find it extra relaxing to be outside to exercise.

The words I live by are:

- Something my grandfather used to say which, translated, may sound like: «Anything worth being done, deserves to be well done».

An accomplishment unrelated to geriatric medicine that I am proud of, and why:

- My daughter Laurie. She is everything to her parents!

What an amazing group!!!

Announcements

Drs. Paula Rochon, Sharon Straus named Fellows of the Canadian Academy of Health Sciences

Eighteen members of the University of Toronto community have been named fellows of the Canadian Academy of Health Sciences, one of Canada's most esteemed academic academies.

The fellows are recognized for their leadership, creativity and commitment to advancing academic health science and are drawn from a wide range of health professions – recognizing work from basic science to population health.

“It is encouraging to see the accomplishments of so many members of our community recognized by the Canadian Academy of Health Sciences,” said Professor Catharine Whiteside, dean of the Faculty of Medicine. “Their leadership and dedication are deserving of this recognition and they are an inspiration to their fellow colleagues and students.”

Election to fellowship in the Academy is considered one of the highest honours in the Canadian health sciences community.

The new fellows were inducted at a ceremony hosted by the Academy September 19.

Liam Mitchell, Faculty of Medicine; Full article available online (<http://news.utoronto.ca/>)

Upcoming Events

RPC Meeting (Wed, Nov 27 – 5:30pm via teleconference)

* Journal Club (Fri, Nov 29 – 8:00am-9:00am) Sunnybrook rm. C103

Videoconferencing available at:

- Baycrest, Telehealth Boardroom 2A11
- Mount Sinai, A01-212 rm. #1
- North York General, Classroom C
- Orillia Soldier's Memorial Hospital
- St. Joseph's, Classroom #10 4G
- St. Michael's, Shuter rm. 3-054

Division Retreat (Thurs, Dec 12 – beginning at 1:30pm) King Edward Hotel

* Journal Club (Fri, Dec 13 – 8:00am-9:00am) Sunnybrook rm. C103

Videoconferencing available at:

- Baycrest, Telehealth Boardroom 2A11
- Mount Sinai, A01-212 rm. #1
- North York General, Classroom C
- Orillia Soldier's Memorial Hospital
- St. Joseph's, Conference room B Sunnyside Building rm. 2S 2-59
- St. Michael's, Shuter rm. 3-054

As of January 2014, Journal Club events will be extended by 30-minutes to facilitate discussion of both presented articles. Beginning January 31, 2014, events are scheduled 8:00am-9:30am; arrangements have been confirmed with all participating sites.

RPC Meeting (Wed, Jan 29 – 5:30pm via teleconference)

Division Social Event (Sun, Jan 26)

Additional details to be communicated by email

DOM Postgraduate Innovation Fund (Fri, Jan 31—application deadline) Additional information is available online http://www.deptmedicine.utoronto.ca/Postgraduate_Studies/pginnofund.htm

*Trainee participation 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



Trainee Publication Runner-up for SMH “Arthur” Award

As principal author of a CMAJ article entitled “Preventing cognitive decline in health older adults”, Dr. Raza Naqvi has been recognized by St. Michael's research community and has been awarded 2nd place in the group's **Most Prestigious Media Attention** category of the annual Arthur awards—see pg. 5 “Trainee Publications” for co-authors and citation. The hospital's Communications and Public Affairs group uses a weighted scale to rate top media sources in order to determine award recipients.

Dr. Dan Liberman – so much to be thankful for

Over this past Thanksgiving holiday weekend, Dr. Dan Liberman wed Leora Shuval (now Liberman) in a ceremony hosted on Sunday, October 13, 2013. Leora is an occupational therapist at Toronto Rehabilitation Institute.

The Division congratulates Dr. Dan Liberman on his nuptials.



Introducing...



...Zachary!

First child to Grace Leung (incoming PGY4) and her partner. Zachary made his appearance on May 11, 2013 and won the unofficial award for “Youngest Attendee” at the July welcome bbq.

...Matilda Bik-Lum Pavlin!

Joanne Ho, along with her husband, welcomed their second child on September 10, 2013. Big sister Emily (see insert) is excited and a contributing member of the diaper changing team.





Recent Publications

Trainee Publications

[Unveiling a prescribing cascade in an older man](#)

Rosenberg J, Rochon PA, Gill SS. JAGS. Accepted October 14, 2013.

[Harassment and Discrimination in Medical Training: A Systematic Review and Meta Analysis.](#)

Fnaiss N, Tricco AC, **Straus SE**, Mamdani M, Soobiah C, Lillie E, Perrier L, Tashkandi M, Chen M, Alomran M. Academic Medicine. 2013 Sep. In Press.

Hospital-acquired delirium in older adults.

Stall N, Wong CL. CMAJ. 2013 Sep 3. [Epub ahead of print]

[Preventing cognitive decline in healthy older adults.](#)
Naqvi R, Liberman D, Rosenberg J, Alston J, Straus S. CMAJ. 2013 Apr 15.
As featured in Issue 9

Faculty Publications—Journal Articles

[Staffing, Quality and Productivity in the Nursing Home.](#)

Schnelle JF, **Karuzza J** and **Katz PR**. J Am Med Dir Assoc. 2013 Nov;14(11):784-6. doi: 10.1016/j.jamda.2013.08.017. Epub 2013 Oct 2.

[The association between metformin therapy and mortality following breast cancer: a population-based study.](#)

Lega IC, Austin PC, Gruneir A, Goodwin PJ, **Rochon PA**, Lipscombe LL. Diabetes Care. 2013 Oct 29.

[Risk of Perioperative Blood Transfusions and Postoperative Complications Associated with Serotonergic Antidepressants in Older Adults Undergoing Hip Fracture Surgery.](#)

Seitz DP, Bell CM, Gill SS, Reimer C, Herrmann N, Anderson GM, Newman A, **Rochon PA**. J Clin Psychopharmacol. 2013 Oct 2. [Epub ahead of print]

[Impact of H1N1 on socially disadvantaged populations: summary of a systematic review.](#)

Tricco AC, Lillie E, Soobiah C, Perrier L, **Straus SE**. Influenza Other Respir Viruses. 2013 Sep;7 Suppl 2:54-8. doi: 10.1111/irv.12082.

[Quality Indicators for High Acuity Pediatric Conditions.](#)

Stang AS, **Straus SE**, Crotts J, Johnson DW, Guttmann A. Pediatrics. 2013 Oct;132(4):752-762. Epub 2013 Sep 23.

[Efficacy and safety of cognitive enhancers for patients with mild cognitive impairment: a systematic review and meta-analysis.](#)

Tricco AC, Soobiah C, Berliner S, Ho JM, Ng CH, Ashoor HM, Chen MH, Hemmelgarn B, **Straus SE**. CMAJ. 2013 Sep 23. Epub 2013 Sep 16.

[Safety, effectiveness, and cost of long-acting versus intermediate-acting insulin for type 1 diabetes: Protocol for a systematic review and network meta-analysis.](#)

Tricco AC, Ashoor HM, Soobiah C, Hemmelgarn B, Moher D, Hutton B, Yu CH, Majumdar SR, **Straus SE**. Syst Rev. 2013 Sep 10;2(1):73. [Epub ahead of print]

[Determinants of implementation of maternal health guidelines in Kosovo: mixed methods study.](#)

Straus SE, Moore JE, Uka S, Marquez C, Gülmezoglu AM. Implement Sci. 2013 Sep 9;8(1):108. [Epub ahead of print]

[Measuring quality of care: considering measurement frameworks and needs assessment to guide quality indicator development.](#)

Stelfox HT, **Straus SE**. J Clin Epidemiol. 2013 Sep 6. doi:pil: S0895-4356(13)00254-0. 10.1016/j.jclinepi.2013.05.018. [Epub ahead of print]

[Measuring quality of care: considering conceptual approaches to quality indicator development and evaluation.](#)

Stelfox HT, **Straus SE**. J Clin Epidemiol. 2013 Sep 6. doi:pil: S0895-4356(13)00253-9. 10.1016/j.jclinepi.2013.05.017. [Epub ahead of print]

[Demographics and Health Care Use of Centenarians: A Population-Based Cohort Study.](#)

Rochon PA, Gruneir A, Wu W, Gill SS, Bronskill SE, Bell CM, Fischer HD, Stephenson A, Wang X, Gershon AS, Anderson GM. JAGS. 2013 Jul. In Press.

[Defining quality outcomes for complex-care patients transitioning across the continuum using a structured panel process.](#)

Jeffs L, Law MP, **Straus S**, Cardoso R, Lyons RF, Bell C. BMJ Qual Saf. 2013 Jul 12. [Epub ahead of print]

Continued on next page...



Recent Faculty Publications *(Cont'd from previous page)*

Evaluation of a multisite educational intervention to improve mobilization of older patients in hospital: protocol for mobilization of vulnerable elders in Ontario (MOVE ON).

Liu B, Almaawiy U, Moore JE, Chan WH, **Straus SE**. Implement Sci. 2013 Jul 3;8(1):76. [Epub ahead of print]

An International Survey of Nursing Homes.

Tolson D, Rolland Y, **Katz PR**, Woo J, Morley JE, Vellas B. J Am Med Dir Assoc. 2013 Jul;14(7):459-62. doi: 10.1016/j.jamda.2013.04.005.

Tendon Injury and Fluoroquinolone Use: A Systematic Review.

Stephenson A, Wu W, Cortes D, **Rochon PA**. Drug Saf. 2013 Jul 26. [Epub ahead of print]

Frailty Consensus: A Call to Action.

Morley JE, Vellas B, Abellan van Kan G, Anker SD, Bauer JM, Bernabei R, Cesari M, Chumlea WC, Doehner W, Evans J, Fried L, Guralnick, JM, **Katz PR** et al. J Am Med Dir Assoc. 2013 Jun;14(6):392-7. doi: 10.1016/j.jamda.2013.03.022.

Geriatrics, Interprofessional Practice and Interorganizational Collaboration: A Knowledge-to-Practice Intervention for Primary Care Teams.

Ryan D, Barnett R, Cott C, Dalziel W, Gutmanis I, Jewell D, Kelley ML, **Liu B**, Puxty J. J Contin Educ Health Prof. 2013 Jun;33(3):180-9. doi: 10.1002/chp.21183.

Influenza and seasonal patterns of hospital use by older adults in long-term care and community settings in Ontario, Canada.

Gruneir A, Kwong J, Campitelli MA, Newman A, Anderson G, **Rochon PA**, Mor V. Am J Public Health. In press (Accepted Jun 16, 2013).

Comparing patient and provider perceptions of home and community based services: social network analysis as a service integration metric

Ryan DP, Puri M, **Liu BA**. Home Health Care Serv Q. 2013;32(2):92-105. doi: 10.1080/01621424.2013.779352.

Enhancing quality and safety standards for older people in Canadian hospitals a national collaboration.

Parke B, **Liu B**, Juby A, Jamieson C. Healthcare Quarterly. 2013;16(1):23-29.

Identification of Potential or Preclinical Cognitive Impairment and the Implications of Sophisticated Screening with Biomarkers and Cognitive Testing: Does It Really Matter?

Gordon M. Biomed Res Int. 2013;2013:976130. doi:10.1155/2013/976130. Review.

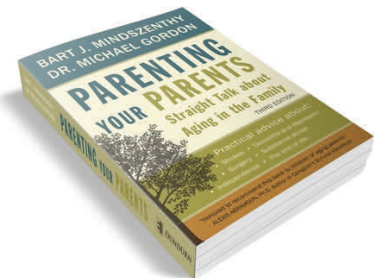
Care demands by families and family healthcare proxies: a dilemma for palliative care and hospice care staff.

Gordon M. Ann Longterm Care. 2013;21(5):42-46.

Faculty Publications—Books

Capezuti E, Malone M, Methy M, **Katz P**. *Encyclopedia of Aging*. 3rd ed. New York: Springer Publishing. In Press.

Mindszenty BJ,
Gordon M. *Parenting Your Parents*. 3rd ed.
Toronto: Dundurn.



Program resources are just a click away!

Division of Geriatric Medicine materials and resources are available through the UofT Portal. Access is membership based and is limited to Division faculty and trainees.

FEATURES

- Journal Club articles, presentation material and schedule
- Academic Half-Day presentation materials
- Forms (e.g. leave request)
- Division newsletters
- Residency Program Committee meeting minutes
- Program Manual and updates
- Current rotation schedule

TO ACCESS PROGRAM PORTAL

- Login at <https://weblogin.utoronto.ca/> and enter your UTORid username and password
- Once logged in, you will be directed to a new page; click on "Portal" link on the top right part of the screen
- From the UofT Portal homepage, click on the "Log in to the portal" icon - this will direct you to a new page
- click on "Geriatric Medicine" link under "My Organizations Plus"

TO JOIN

To access the portal, please forward your UTORid username (e.g. "janedoe") to liis-ann.klein@sunnybrook.ca

