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Psychologists in Hospital and Health Care Center's Newsletter

Greetings members! The winter Olympics have just ended and Canada has a lot to be proud of. In addition to our great Canadian athletes, we have excellent student members in the PHHC! This edition is focused on their awards and contributions. Enjoy!

PHHC 2017 Best Presentation Award Goes to....

VINCENT SANTIAGO



Tell us who you are: Hello fellow members of the PHHC section! I am Vincent Santiago and I am a second year Master's student in Clinical Psychology. I am supervised by Dr. Stephanie Cassin in the Healthy Eating and Lifestyle (HEAL) Lab at Ryerson University in Toronto, Ontario, and plan to continue my doctoral studies at Ryerson this fall. I completed a B.Sc. at the University of Toronto in Psychology and Biology.

Tell us about your research: Through some amazing collaborations with Toronto Western Hospital's Bariatric Surgery Program (TWH-BSP), I am investigating how adult attachment style, emotion regulation, and psychopathology contribute to cigarette smoking following bariatric surgery. As smoking is associated with complications after this surgery, there is a need to better understand the processes contributing to it.

How have you been involved in the PHHC section? I presented at the PHHC Graduate Student Symposium in June 2017 at the 78th annual CPA convention in Toronto. I presented an oral presentation alongside Lillian MacNeill and Sean Robb, who highlighted important issues in the PHHC section, such as better understanding service use of women in addiction recovery, and the role of basic psychology knowledge in an inpatient psychiatry unit, respectively. The symposium was organized by Fanie Collardeau and chaired by Dr. Deanne Simms.

What did you win? I was honoured to win the PHHC section's Student Best Presentation Award for my presentation, "Increasing Efficiency in Bariatric Surgery Appointment Attendance Using a Patient Centred Approach" following the CPA convention.

What was your research on? I was formerly a research coordinator at the TWH-BSP from 2014-2016. In this time, I worked within a multidisciplinary team staffed by psychologists, psychiatrists, social workers, dietitians, nurse practitioners, surgeons and more. Bariatric surgery is an effective treatment for severe obesity and it limits the capacity and absorption of food. High rates of psychiatric comorbidity are often seen in this population and psychological risk factors are associated with appointment non-attendance, such as depression. However, increased attendance is associated with better weight-loss outcomes.

Our clinicians follow up with post-bariatric surgery patients for up to five years and so we aimed to increase appointment attendance by calling patients four weeks in advance to tailor appointments to their needs. With help from the *Improving and Driving Excellence Across Sectors* (IDEAS) program, we used quality improvement tools such as Pareto Charts and surveys to assess the main barriers to attendance (e.g., lack of individualized scheduling). We also created new patient resources such as an after-care website, transition letters to family physicians, and a cancellation list to increase efficiency and improve care. Compared to four months of baseline data, post-surgical appointments and no-show rates over ten months remained stable, but advanced cancellations significantly increased, indicating service use. Excluding nursing appointments (due to Ministry of Health requirements), cancellations among psychologists, social workers, and dietitians were roughly equivalent, suggesting a uniform need among disciplines. Pre-surgical and last-minute appointments also rose and refilled some of the cancelled slots by 6.5 appointments/week, thereby reducing unused clinician time. This increase in efficiency was estimated to save the clinic an average of over \$500/week and totalling over \$21,000 over the first 41 weeks of the project.

Do you have any updates on the project? I'm happy to say that our hard-working clerk staff have incorporated some changes due to this project (e.g., tailoring appointments at the outset of scheduling and sending blood requisitions as necessary), and the advanced care planning calls continue to be delivered by our dedicated volunteers. Our quality improvement group recently submitted a manuscript describing more details on this project and we hope to have it published soon. We hope that our findings can spread to other programs in hospitals and health centres more generally. Stay tuned!

Thank you to CPA, the PHHC section, and my colleagues involved in this project (Sandra Robinson, Katie Warwick, Shanthini Ratnakumarasuriyar, Ajibike Oyewumi, Dr. Sanjeev Sockalingam, and the rest of the team at TWH-BSP).

Join us online for information and resources!

<http://www.cpa.ca/aboutcpa/cpasections/Hospitals/>

Follow us on Twitter



@cpa_phhc

Meet the Current Executive

Chair — Dr. Vicky Veitch Wolfe



Dr. Vicky Veitch Wolfe is a clinical psychologist with Halifax Community Mental Health at IWK Health Centre. Dr. Wolfe oversees the various Section committees and activities, and provides leadership for the section activities during the CPA annual convention.

Past-Chair — Dr. Deanne Simms

In addition to my work on the PHHC Executive, I am currently working with children, youth and their families in both inpatient and outpatient mental health settings at the IWK in Halifax, Nova Scotia.



Chair-Elect — Dr. Simone Kortstee



Dr. Simone Kortstee is the Professional Practice Leader at Children's Hospital of Eastern Ontario. As PHHX Section Chair Elect, Dr. Kortstee assists with planning and organizing section activities and responsibilities, and will be actively involved in transition to Chair responsibilities during the 2018 convention. Dr. Kortstee has been involved with the Leadership Committee for the past four years, and will continue to support that committee.

Secretary/Treasurer—Dr. Amanda Pontefract

I am the Profession Leader for Psychology at The Ottawa Hospital (TOH). My role as Secretary/Treasurer includes keeping a record of section activities, including the minutes of general meetings and of the Executive Committee. I work with CPA Head office to maintain and up-to-date list of members, including a record of dues paid. I am responsible for the care and custody of the funds and other assets of the Section. As signing officer, I make the payments of approved expenses.



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Section Executive Updates

Member-At-Large — Dr. Dawn Philips

For the past 16 years I have worked as a staff psychologist in the Department of Clinical Health Psychology, Saskatoon Health Region. As a new member to the Executive (Member-at-large), my primary role will be acting as Chair of the Convention Committee, however, I look forward to learning and contributing the Section and other Committees as needed.



Member-At-Large — Dr. Marcie Balch



I am the Psychology Practice Leader at the IWK Health Centre in Halifax, NS where I currently work with children and adolescents in the Mental Health and Addictions program. I was honoured to be the first Student Representative to the PHHC Section upon its inception in 2013. I have since returned to PHHC as Member at Large and look forward to contributing to the Section as needed.

Student Representative—Julia Grummisch, PhD Student in Clinical Psychology at University of Regina

The student representative serves as a liaison between student members and the PHHC section, and helps the executive to create more opportunities for students' involvement (e.g. Graduate Student Symposium at the Convention).

Julia Grummisch is a doctoral student in the Clinical Psychology program at the University of Regina. She has interests in clinical psychology and clinical neuropsychology and has completed clinical practicums at The Ottawa Hospital, the Royal Ottawa Mental Health Centre and the Regina Qu'Appelle Health Region.



CPA has a Sister APA Organization

The Association of Psychologists in Academic Health Centers, an affiliate of the American Psychological Association

Did you know that PHHC has a “sister” organization in the US, the Association of Psychologists in Academic Health Centers (APAHC)? Like PHHC in Canada, APAHC supports the work of US psychologists working in teaching hospitals, medical schools, allied health schools and/or VA medical centers. Like PHHC and our relationship to CPA, APAHC works with the American Psychological Association (APA) to identify advancements and concerns that affect hospital-based psychological service, education & training, research, funding, and governance. APAHC meets at the annual APA convention and also hosts biennial meetings that focus on special interests of psychologists in academic health centers and medical schools. APAHC has also sponsored major US national conferences (e.g., *Health Care Reform and Psychologists in Medical Schools: Stress, Challenge & Change* (Georgetown) and *The Role of Psychology in Academic Medical Settings: Building on a Tradition of Success* (St. Louis)). APAHC hosts the online journal, *Journal of Clinical Psychology in Medical Settings*, and supports ongoing collaborative research activities on topics such as supply and demand in doctoral internship positions, and interprofessional practice, and also collaborates with APA in conducting the APA Health Service Provider Survey.

At their biennial meetings, APAHC offers pre-meeting one-day “bootcamps” for early- and mid-career hospital-based psychologists that foster continued clinical and academic excellence and career development. These bootcamps include workshop topics such as leadership, career development, research strategies, and addressing new healthcare opportunities, such as working in primary care settings. As well, the bootcamps offer individualized brief mentorship sessions with colleagues attending the conference.

PHHC has considered the idea of offering similar bootcamps for our members, possibly through future preconvention workshops. We are interested in hearing from you about interest in such bootcamps, along with topics that would interest you.

If you are interested in attending a future “bootcamp,” please take our very brief survey by clicking this link: <https://web2.cpa.ca/membersurveys/index.php/117795?lang=en>

<http://www.div12.org/section8/index.html>



Update from the Student Committee

By: Julia Grummisch

Hello student members!

My name is Julia Grummisch. I am the new Student Representative for the Psychologists in Hospitals and Health Centres (PHHC) Section, taking over for Fanie Collardeau. Last year, I served as a student committee member for the section alongside Fanie and the rest of the PHHC Section student committee. This year, I am excited to be taking on this new role and representing student members who are part of this dynamic section! I will be serving a 2-year term in this position and I am always interested in hearing from and working with our student members! Please feel free to contact me at anytime with any questions, concerns, or ideas – student member input is always welcomed and valued!

Below are some updates from the PHHC Section Student Committee:

We are happy to host the PHHC Graduate Student Symposium at the CPA Annual Convention again this year! For 2018, CPA has teamed up with ICAP to host a 5-day conference that is taking place June 26-30, 2018 in Montréal, QC. We thank everyone for their submissions to the Graduate Student Symposium and we look forward to showcasing the research being conducted by student members of our section! This year, our student presenters will discuss institutional and cultural competencies and their impact on the well being of psychologists, community treatment orders and their relation to psychologists working in hospitals and health centres, and psychologist-physician collaborations in delivering hospital-based interventions. If you plan on coming to CPA/ICAP 2018, please consider attending this symposium. Further information and details to come!

Last year's PHHC Graduate Student Symposium Best Student Presentation Award (worth \$250) winner was Vincent Santiago! Congratulations Vincent! Check out what he is doing now in his spotlight article on page 1 of this newsletter!

Last year, the PHHC Section student committee worked on creating helpful resources for student members of the section. We put together some resources related to APPIC and the internship application process. Tips about navigating internship applications and other relevant information are available for free to current student members and accessible through the CPA online portal! Check them out!

The PHHC Section is very active on Twitter! Updated frequently by one of the student members, we tweet about news related to the section, updates about hospital and health centre psychology in terms of research, policies, news headlines, and just anything else we find interesting! Be sure to follow us on Twitter at @CPA_PHHC!

Want to become more involved in the CPA PHHC Section? The PHHC Section Student Committee is always looking for enthusiastic graduate student members to join our executive! Primary roles include: (a) assisting the PHHC Student Representative in connecting with PHHC student members across Canada based on student activities such as practica, internship, research, teaching, and publishing; (b) propose ideas for inclusion in the annual CPA convention program based on student members' interests; (c) propose and develop content for the PHHC Section's newsletter; (d) help to host PHHC Section student events, such as the annual CPA convention meet-and-greet and represent the PHHC Student Committee at other CPA student-related events. Feel free to contact me should you be interested or have any questions!

Get to Know the Student Committee

Julia Grummisch



Email: jgrummisch@uregina.ca

Role: PHHC Section Student Representative

Position: PhD Student in Clinical Psychology (first year) at the University of Regina, supervised by Dr. Jennifer Gordon in the Behavioural Neuroscience Research (BNR) Laboratory.

Research: The relationship between female reproductive hormones, mood, and cognitive performance.

Clinical interests: Clinical psychology (treatment of mood, anxiety, and psychotic-spectrum disorders) and clinical neuropsychology (assessment of cognitive

functioning in first episode psychosis, schizophrenia, traumatic brain injury, geriatrics; cognitive remediation and rehabilitation).

Rebecca Vendittelli

Role: PHHC Section Student Committee Member



Position: PhD Student in Clinical Psychology (first year) at the University of Victoria, supervised by Dr. Andrea Piccinin.

Research: Cognitive decline and aging, specifically the relationship between stress, physical activity, and cognitive outcomes over time and at the individual level; integrating technology into primary care settings for client-specific interventions.

Clinical interests: Clinical psychology (treatment of mood and anxiety disorders) with a CBT and mindfulness orientation, and clinical neuropsychology (assessment of children and adolescents with cognitive, learning, behavioural, and

emotional challenges).

Julia Marinos

Role: PHHC Section Student Committee Member

Position: PhD Student in Clinical Psychology (fourth year) at the University of Ottawa, supervised by Dr. Andrea Ashbaugh.

Research: Understanding the mechanisms involved in updating long-term memory, specifically examining the process of reconsolidation. This research has implications for cognitive-behavioural treatments for anxiety disorders.

Clinical interests: Treatment of anxiety disorders, trauma, and schizophrenia and psychotic-spectrum disorders.



All in a day's work: The student experience of working in a hospital

By Julia Marinos

Where are you working? I am currently a 4th year PhD student from the University of Ottawa. I am completing a yearlong placement at the Royal Ottawa Health Care Group in the Schizophrenia Recovery Program under the supervision of Dr. Nicola Wright.

What is it like being a student working in the hospital? Working in the hospital is an enriching experience with lots of learning opportunities available for students. Students are apart of the following:

Work within a multidisciplinary team: As students we get to work within a multidisciplinary team which consists of psychiatrists, nurses, social workers, occupational therapists, and recreational therapists. We work within the team to consult with other health professionals to ensure clients get optimal care. We also attend kardex weekly to discuss client care from the whole teams' perspective.

Continued Learning: At the hospital students are able to attend grand and ethical rounds where unique cases are presented and treatments are discussed. Students are also able to attend excellent workshops that enrich our training. I attended an excellent training workshop on DBT last year, given by one of Marsha Linehan's former graduate students, Dr. Janice Kuo!

Group and individual psychotherapy experience: Students are able to observe psychologists delivering therapy as well as see clients under the supervision of a psychologist. We get the valuable experience of learning to apply evidence-based therapy working with complex clients. Students are also provided with a unique opportunity to co-facilitate group therapy within a multidisciplinary team. I have been a part of cognitive behavioural therapy groups where the facilitators are from social work, psychiatry, psychology, and nursing. This multidisciplinary team allows for a client-centered and recovery-focused approach.

Contribute to research that helps to inform treatment: Students are able to be a part of larger research studies that provide opportunities for publication and conference presentations. This allows students to contribute to research that helps inform treatment and advocate for client care.

Program evaluation: Students are able to take part in program evaluation and development. This allows students the opportunity to make changes within the hospital programs that directly help clients.

Help exceptional clients and advocacy: Working in the hospital is truly an enriching experience where we are able advocate for client care, work to help improve the mental health of patients, and work alongside clients on their road to recovery.

Overall, hospital placements provide students with a unique learning experience where we get to be a part of a team, benefit from excellent supervision, and help truly remarkable clients.



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<http://www.cpa.ca/aboutcpa/cpasections/Hospitals/>

Newsletter Contributions Welcome – Instructions to Authors

We welcome submissions from section members to our newsletter. We are interested in hearing from our members to share knowledge, successes and challenges of the hospital based psychologist.

We have developed some recurring columns, but are open to other ideas. The following columns are available for contributions:

1) Open submissions: 500-1000 word column outlining a specific issue; historical review of a department; or any other topic of interest to the section.

2) Leading Practices: 500-1500 words Reports of psychological services that are

considered leading practices, either as a result of recognition by accrediting bodies such as the Canadian Council on Health Services Accreditation (CCHSA: “Accreditation Canada”) or similar organizations, or through outcome data that demonstrate the effectiveness of an innovation or an exemplary service model.

3) Recommended reading: 100-150 word summary of any article, book, website, journal, etc that would be of interest to the section.

4) Cross country check up: 500-750 word article outlining an issue or experience that may apply across the country .

5) Student focus: 250-1000 word submission from a student member.

6) Short snappers: 150-175 words describing a new initiative, a promising practice, a summary of a research study, etc.

7) Member profile: 250 word biography including picture of a member.

8) Other areas: announcements, job postings, clinical practice guidelines, management structure.

Please send submissions to:

Dr. Marcie Balch
Marcie.Balch@iwk.nshealth.ca

INTERESTED IN ASSISTING WITH THE NEWSLETTER? The Communication Sub-Committee is always looking for passionate members to become involved, especially if you have familiarity with Publisher or Adobe InDesign. Please email the committee’s chair, Dr. Marcie Balch, with your interest.

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