

## **Consultation Liaison Psychiatry Two Year Clinical Fellowship**

This Fellowship is offered to candidates who have not had any psychiatry training in North America.

**Name of institution:** McGill University Health Center

**Type of Fellowship:** Consultation-Liaison Psychiatry

**Number of fellowship positions requested:** 1-2

**Duration of Fellowship:** 2 years.

**Hospitals involved in training:** McGill University Health Center, including Montreal General, Glen - Royal Victoria, Montreal Chest Institute, and Montreal Neurological Hospital Sites

Time spent by the fellow in each institution: MGH- 40%

Glen - 40%

MNH- 20%

### **Mission of Fellowship:**

This Clinical Fellowship is intended to teach advanced skills in C/L psychiatry. Its purpose is to train academic leaders in CL psychiatry, stimulate interest in academic work in the field and provide the administrative skills required for the development of CL services at other, including international, settings.

### **CL Fellowship Program Director:**

Dr. Annette Granich

### **Names of Teaching Faculty:**

The teaching faculty comprises Drs. M-J. Brouillette, S. Ducharme, G. Galbaud du Fort, A. Granich, L. Hoffman, T. Nguyen, L. Pinard, Z. Prelevic, and L. Tourian. This is an expert group of Consultation-Liaison Psychiatrists with an average of 15 years of clinical experience in the field.

### **Roles of Teaching Faculty:**

Supervising psychiatrists will review clinical cases with the fellow and assess his/her skills specific to interviewing and interacting in the medical setting, including diagnostic and therapeutic skills, clinical judgment, communication effectiveness with other professionals, and advocacy for patients so as to ensure optimal care delivery.

### **Role of Project Supervisors:**

Supervisors will guide and oversee the fellow in the preparation and completion of a project to be submitted for publication, in their area of specialized interest and expertise. They will ensure comprehensive exposure to and provide supervision for clinical experience in their area of subspecialty.

### **Summary of Clinical and Academic Practice:**

Dr. A. Granich, Director, Consultation-Liaison Service MUHC, Associate Professor of Psychiatry, McGill University; supervisor in general consultations, with specialized expertise in geriatric psychiatry. Dr. Granich has had extensive experience in administrative aspects of CL psychiatry, has presented at national and international conferences on the role of Liaison in CL Psychiatry and is a

founding member of the Canadian Academy of Psychosomatic Medicine, and past member of its executive board. She will meet regularly with the fellow to supervise her/his academic work on various aspects of CL service delivery, Liaison functions, and the roles of interdisciplinary members of a CL team.

Dr. M-J Brouillette is an Associate Professor of Psychiatry at McGill University and a consultant to the Chronic Viral Illness Service of the McGill University Health Centre (MUHC). Her research program focuses on the neuropsychiatric and cognitive aspects of HIV and HCV infection. She is the principal investigator of the Positive Brain Health Now study, which tracks neurocognitive change in a cohort of 900 aging HIV+ positive individuals across several sites in Canada, with the aim of understanding the determinants and consequences of poor brain health and identifying potential ways to improve it. In addition, Dr. Brouillette has formal training and expertise in biomedical ethics.

Dr. S. Ducharme has a medical degree from the Université de Montréal and a Masters from McGill University. He completed his residency in Psychiatry at McGill in 2012, and a fellowship in Behavioral Neurology & Neuropsychiatry at Harvard University in 2014. He is a Neuropsychiatrist at the Montreal Neurological Institute/MUHC, Assistant Professor in the Department of Psychiatry, and an associate member in the Department of Neurology & Neurosurgery. Dr. Ducharme holds an FRQS Junior 1 Clinician-Scientist award. His research uses advanced structural brain imaging techniques to study the longitudinal changes in brain development from childhood to old age, and how it impacts behavior across health and psychopathology. His current projects aim to develop novel neuroimaging diagnostic and prognostic biomarkers for frontotemporal dementia. He is the Montréal site PI of the Genetic Frontotemporal Dementia Initiative study and an FTD team member of the Canadian Consortium on Neurodegeneration in Aging.

Dr. G. Galbaud du Fort, MD, PhD (Epidemiology & Biostatistics), Associate Professor in Psychiatry, McGill University; Past Educational Coordinator, Canadian Academy of Psychiatric Epidemiology; Past President, Population Health Grant Review Committee, Fonds de la Recherche en Santé du Québec. His area of clinical expertise is adult CL psychiatry to oncology outpatients, with a special interest for short-term psychotherapy of cancer survivors (meaning-making, personal growth). He also has a solid research record, with several grants as principal investigator and multiple publications over the last fifteen years, and a longstanding experience of teaching quantitative research methods in their application to psychiatry and of research supervision of MSc students and fellows.

Dr. L. Hoffman MDCM, FRCPC completed his residency in Psychiatry at McGill University and is Assistant Professor, McGill University. He holds joint appointments in the departments of Medicine and Oncology, as well as Psychiatry. His areas of clinical and teaching expertise include adult Consultation Liaison Psychiatry, (hematology, oncology, stem-cell transplantation, hepatology, liver transplantation), family therapy and psychodynamic psychotherapy. His research interest in the psychological aspects of bone marrow transplantation led to the development of F.I.T. assessment tool (family, individual, attitude to treatment) designed to evaluate individual patients undergoing complex medical treatments.

Dr. T. V. Nguyen completed a Master's and a residency in psychiatry at McGill University, as well as a post-doctoral research fellowship at the National Institutes of Health in the Sections on Behavioral Endocrinology and Integrative Neuroimaging. She is now Assistant Professor in the Department of Psychiatry and the Department of Obstetrics-Gynecology, McGill University, and a Junior Scientist

at the Research Institute of the McGill University Health Center (RI-MUHC). Her research interests are centered on the effects of steroid hormones on the CNS, in both health and disease.

Dr. L. Tourian, MD, MSc, FRCPC completed residencies in Psychiatry and Clinical Pharmacology and Toxicology at McGill University, and is currently Assistant Professor at McGill University. His clinical and research interest is Pain Psychiatry, and he is liaison psychiatrist at the Pain Management Unit. His research focus in pain involves the management of depression in patients with chronic neuropathic pain treated with long-term opioids. Dr. Tourian's clinical areas of interest and expertise involve the management of complex medical cases, and he serves as liaison psychiatrist to the ICU at the Montreal General Hospital.

### **Major Strengths:**

Members of the teaching faculty, from broadly diverse backgrounds and areas of clinical expertise, provide supervision on the many various and complex cases encountered at a large university health center, the MUHC. The fellow has the opportunity to undertake research in the different sub-specialized areas of Consultation Liaison psychiatry, HIV, Neuropsychiatry, psycho-oncology, women's health and pain psychiatry. In addition, some of the supervisors have had psychoanalytic training as well as extensive experience in consultation-liaison psychiatry, which enables them to offer a psychodynamic understanding of the clinical cases and a perspective on group dynamics in the complex medical setting. Members of the teaching faculty have extensive research experience, including quantitative research, and have supervised MSc. students as well as clinical fellows.

### **Description of Fellowship:**

This fellowship will focus on clinical care in the in-patient and in specific ambulatory liaison settings, as follows:

It will aim to facilitate the acquisition of advanced clinical expertise in the care and management of a wide variety of cases seen in the medical/surgical setting. The fellow will carry out the clinical component of the fellowship doing consultations on the inpatient medical/surgical wards and in liaison settings under the supervision of the CL psychiatry staff at various sites in the network.

A second component will consist of initiating an academic project (research, meta-analysis, literature review) in a specific area of CL psychiatry such as Psycho-oncology, Women's health, Neuropsychiatry, and Pain Psychiatry. Based upon her/his area of interest, the fellow will choose a specialized area to design a project under the supervision of the psychiatrist specialized in that domain. This project is expected to yield a submission for publication, by the end of the second year.

A third component entails the acquisition of organizational and administrative skills necessary to develop, staff, and manage a CL service. The fellow will acquire an understanding of the functions of members of interdisciplinary CL teams. Throughout the fellowship, the Director of the CL service will provide mentoring as well as guiding for the fellow to critically review the pertinent literature and discuss its application to her/his future site of practice.

### **Fellow duties and responsibilities during the fellowship:**

The fellow will not be on day or evening call to cover general psychiatric emergencies throughout his/her two years of fellowship training

## **First Year of Fellowship**

For the clinical component of the first year, the fellow will respond to in-patient consultation requests, from all the wards of the MUHC site to which (s) he is assigned. The fellow will collaborate with students and residents on the service according to their graded responsibilities appropriate to the level of training.

The fellow will have the assistance of a service secretary, who will receive and forward the consultation requests, and the collaboration of a liaison nurse and a clinical nurse specialist. The fellow will endeavor to choose an area of interest toward developing a project that will continue into the second year of the Fellowship.

## **The Second Year of the Fellowship**

For the clinical component of training rotations in any 3 - 4 of the following Liaison Services will be offered, and will take place largely in the ambulatory care setting.

### **Women's Mental Health**

During this Liaison activity, the fellow will acquire clinical competence in evaluation and treatment of patients with infertility and recurrent perinatal losses; patients with premenstrual psychiatric disorders; patients with mood and anxiety disorders around the perinatal period; patients with perimenopausal psychiatric disorders. The fellow will have an opportunity to be involved in such research, as the evaluation and follow-up of group intervention treatment strategies and impact on fertility and other reproductive outcomes and the neurodevelopmental and neuroendocrine trajectories of children and adolescents exposed to various reproductive risk factors.

These activities entail: Half to one day per week, 1-2 new patients or 4 follow-ups in Obstetrics Clinic; Half to one day per week, 1-2 new cases or 4 follow-ups in Gynecology Clinics

### **Neuropsychiatry**

During this out-patient activity, the fellow will acquire clinical competence in the evaluation and treatment of atypical cognitive disorders that cannot be optimally managed in regular psychiatric or neurology clinics (e.g., FTD, early onset, strong behavioral component, psychogenic aspects, etc.). In addition, the fellow will have the opportunity to participate in Liaison to the Epilepsy service, where a variety of neuropsychiatric issues related to epilepsy are managed. For example, the diagnostic assessment of atypical altered consciousness episodes (panic attack vs epilepsy, dissociative, etc.); diagnosis and management of psychogenic non-epileptic seizures; post-ictal agitation/psychosis; diagnosis and treatment of comorbid mood and anxiety disorders; and management of behavioral disturbances in patients with intellectual disability/autism and seizures.

These activities entail two days per week.

### **Pain Psychiatry**

During this outpatient activity, the fellow will acquire clinical competence in the evaluation and treatment of 1) the psychiatric sequelae of chronic pain and (2) neuropathic/centralized pain. Fellows will have the opportunity to manage major depressive disorder, generalized anxiety disorder, post-traumatic stress disorder etc., in patients suffering from chronic pain. They will also have opportunities to develop competence in the correct usage of complex pharmacology, in

the streamlining of treatment regimens and in the management of risk of adverse drug effects and reactions. Fellows will learn to identify and potentially address key elements and factors associated with poorer outcomes in chronic pain patients. They will also develop competence in evaluating and treating substance-use disorders in chronic pain patients (opioids and benzodiazepines). A multidisciplinary psychology team at the pain clinic and will provide guidance for honing their CBT skills as they relate to the management of chronic pain patients; they will also have the opportunity to be exposed to other non-pharmacological treatment methods including hypnosis and biofeedback.

These activities will entail: 2 full days plus the potential of 2 half-days per week: 2 one-hour lunch time rounds per week: one-hour grand rounds per week.

### **Psycho-oncology**

During this outpatient activity, the fellow will acquire clinical competence in the assessment and treatment of major depressive disorder, adjustment disorder, generalized anxiety disorder etc., in cancer patients and survivors of cancer. Fellows will also learn psychotherapeutic aspects specific to this population, and will have the opportunity to interact with a team of psychologists specialized in psychosocial oncology. Fellows will also develop competence in the assessment and treatment of bereavement depression.

These activities will entail two half-days per week.

### **Hematological oncology, Stem Cell and Liver Transplantation**

During this activity the fellow will have the opportunity to learn to evaluate patients for suitability for treatment as well as to identify potential treatment difficulties (including adherence to treatment) by using a psychodynamically informed biopsychosocial approach. The fellow will follow patients from the time of diagnosis through treatment and aftercare, and occasionally even in palliative care, both in inpatient and outpatient setting. The focus is on patients presenting with complex, co-morbid conditions. As a member of the multidisciplinary transplant team the fellow will collaborate with all team members (pharmacy, nutrition, OT, SW, etc.) in elaborating individualized treatment/care plans.

This activity will entail two days per week.

### **Participation in Academic Activities:**

- The fellow will supervise some of the clinical work of junior residents and students, and will deliver a didactic session on a relevant topic
- The fellow will attend the weekly CL Academic rounds and present at these rounds once per semester
- The fellow will prepare and deliver an academic presentation at Psychiatry Grand Rounds once during the academic year
- The fellow will be encouraged and assisted to present at the academic rounds of the medical service in which they are developing their project
- The fellow will be encouraged to attend a national or international meeting in CL psychiatry, for which some funding will be made available if the fellow participates in a presentation.
- Supervising staff will guide the fellow's reading by suggesting appropriate references

## Curriculum

- The fellow's case load will vary according to the complexity of cases in their area of endeavor
- The fellow will be involved in an average of 7 new consultations per week, and will provide the necessary follow-up for these cases
- A variety of cases will be assigned from medical, surgical wards

## Academic Facilities:

- The fellow will provide consultations to inpatient medical/surgical/obstetrical wards at the MUHC's three adult sites, tertiary care services. The fellow will provide liaison services and consultations to designated medical/surgical/obstetrical/neurological out-patient units at the MUHC's three adult sites, tertiary care services
- The fellow will be provided with an office and a computer
- The fellow will have access to McGill Libraries and the services of a McGill Librarian
- The interdisciplinary CL teams include competent Nurse Clinicians and Clinical Nurse Specialists who collaborate in consultations to patients
- The HIV clinic of the Montreal Chest Institute at the Glen site, staffed by an expert interdisciplinary team, operates on Mondays and Thursdays
- Psycho-oncology services offer comprehensive diagnostic evaluations and treatment for in and out-patients, as well as to their families, at the MUHC Cancer Center located at the Glen site, and operate daily
- In-patient Neuropsychiatry at the Montreal Neurological Hospital includes daily consultation to both medical and surgical neurological wards, to the Neurological Intensive Care Unit and to the specialized Epilepsy Unit, as well as out-patient consultations to a variety of clinics. Neuropsychiatry, evaluating and treating patients with neurocognitive disorders and other general neuropsychiatric disorders.
- Epilepsy Clinic, evaluating and treating patients with neuropsychiatric comorbidities of epilepsy
- Gynecology Clinic, including consultations to premenstrual dysphoric disorder as well as mood and anxiety disorders related to the menopausal transition;  
Obstetrics Clinic, seeing patients with psychiatric disorders during pregnancy and postpartum