



DEPARTMENT OF

Medicine 2020



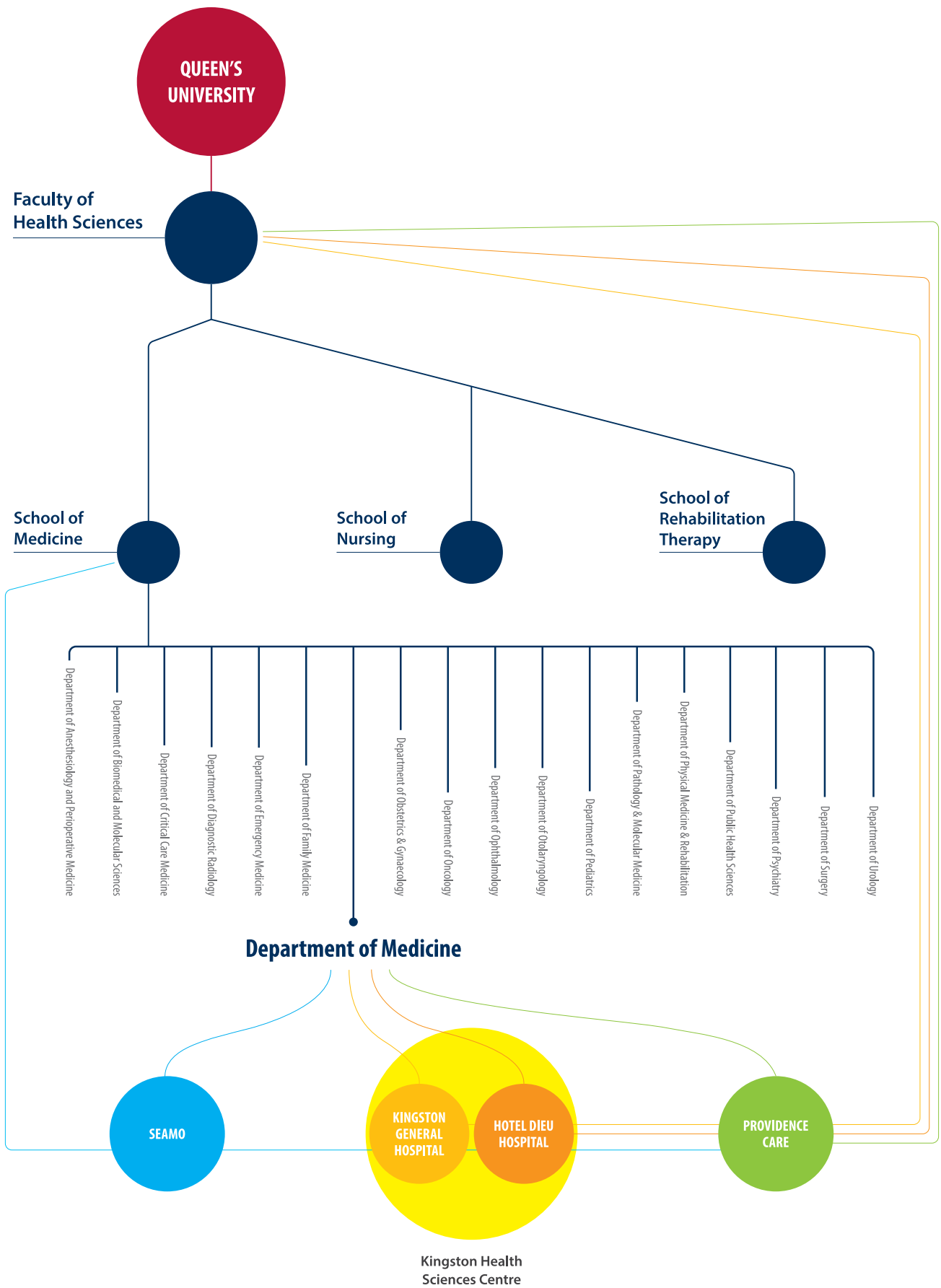


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Message From The Department Head



Welcome to the 2020 Department of Medicine Annual Report. It has been a year to remember. What is remarkable to me is not the pandemic, nor the once unimaginable changes in the structure of society and the practice of Medicine; it is not the stay at home orders, the masking, the vaccines, or even the revelation of every social inequity by a simple coronavirus. Rather it is the caliber of the people in the Department of Medicine with whom I have served.

In 2020 Medicine staff, trainees and physicians have adapted to every curve ball the virus has thrown. Change was our constant in 2020 and while I will admit we were not always happy with change, we learned to embrace it. While scrambling to provide care for our families we still ensured students were taught, grants were written and patients were cared for.

Together we figured out how to operationalize a COVID-19 ward, how to physically distance without socially distancing, how to interview and select a whole new class of residents and how to run our rounds virtually with record audiences. We deemed ourselves essential workers and showed up every day throughout the pandemic. By “we” I don’t mean just physicians; we means our clinical and research staff and our administrative teams, we all showed up. We hired new faculty, we hired new administrative staff, we celebrated each other’s successes and supported one another through loss and separation. We had virtual holiday parties and a Divisional Chairs retreat with a virtual sommelier. We communicated with each other as never before and although our cool Zoom back-grounds gradually disappeared as 2020 wore on, our smiles persisted, and we remained a cohesive team. When one of us was weak some other member gave us strength; when one was sad another brought levity. We provided baskets of treats, scrubs, skin care products, buttons with our faces on them so we could see who was who and we were as flexible as we could be with people’s schedules.

In 2020 a simple droplet born RNA virus reminded us of the importance of social contact with other people. As borders closed and people were separated from loved ones, we all vowed to never again take the freedom to travel and assemble together for granted.

Although the past year has been incredibly tough on so many people, I am extremely proud of how we all were able to step up to the many challenges the pandemic presented.

But enough COVID-19 talk. In 2020 we did some serious stuff; achievements that would have been laudable in any year! I've just mentioned a few things below, because as you read on, you will see that there is so much more.

- **We grew:** Welcoming 9 new faculty members and a new position to our DOM Admin team.
- **We did research (COVID-19 related and other):**
 - Members of the DOM collectively received over 6.5 million dollars in external research funding and over 300 thousand dollars in internal research funding. With support from Dr. Stephen Vanner and Dr. Steve Smith we ensured that Medicine was the first group back at the bench after a very brief interruption of research in wave 1. Most labs have remained at work ever since.
- **We led:** My philosophy is to ensure all of our faculty rise to their full potential and I believe that DOM members can and should serve broadly throughout the organizations, the Faculty of Health Sciences, the hospitals and beyond. Just a few examples of our DOM leaders who emerged during 2020:
 - Dr. Tony Sanfillipo navigated the Queen's School of Medicine safely through 2020.
 - Dr. Gerald Evans served on the provincial science table to guide COVID-19 policies and inspired all of us with his knowledge and commitment to educate and explain the pandemic.
 - Dr. Michael Fitzpatrick led KHSC as an engaged and effective Chief of Staff.
 - Dr. Chris Smith was very instrumental and proactive as he led the reorganization of the Medicine units within the hospital, a huge undertaking, ensuring there were enough beds and staff to care for the existing and incoming patients.
 - We created new COVID-19 wards, first on Connell 10 and ultimately on Connell 3. This required a great team effort with leadership from Michelle Matthews POD and Drs. Kristin Marosi and Chris Smith.
 - We rapidly expanded our telehealth program and with the leadership of Dr. Ramana Appireddy and Dr. Siddhartha Srivastava and helped KHSC launch a robust REACTS video visit program.

- Dr. David Taylor led and supported our residents as they hit the ground running with new ways of learning, providing patient care and cancelled & rescheduled examinations!
- Dr. Mala Joneja continued to lead our EDI initiatives.
- Anita Ng and her team led themselves and supported each of us as we did our best to make our way through the year.

• **We communicated:**

- We continued to ensure the good news in the DOM was celebrated and shared through social media and of course our monthly E-newsletter, which has an audience over 800 people.
- Frequent COVID-19 notes and increased Departmental meetings, kept the staff, trainees, faculty and others up to date on COVID-19.

• **We supported one another:**

- With the turbulence of the pandemic we created an income stabilization program for our physicians. This program helped remove one major worry from the minds of our physicians.

• **We continued our educational mission:**

- Our PGME programs all navigated virtual CaRMS interviews and converted to virtual half days and much more.
- Our amazing program directors kept the house staff front and center in our priorities and we were repaid by amazing junior colleagues who proved essential to running inpatient and outpatient care.
- We even launched a new training program in Endocrinology, under the leadership of Dr. Josh Lakoff.

Although the past year has been incredibly tough on so many people, I am extremely proud of how we all were able to step up to the many challenges the pandemic presented, adapt to the continuous change and keep things going. I hope you enjoy the 2020 Department of Medicine Annual Report and are as impressed as I am of this awe-inspiring group of people. As always, the DOM is *#Awesome!*

Dr. Stephen Archer
Department Head

The Department of Medicine Welcomed 9 New Faculty in 2020



Dr. Simon Hansom
Cardiology



Dr. Troy Climans
Hematology



Dr. Guillaume Richard-Carpentier
Hematology



Dr. Phil Laird
General Internal Medicine



Dr. Marie Leung
General Internal Medicine



Dr. Claire Kennedy
Nephrology



Dr. Bryce Durafourt
Neurology



Dr. Stephen Ryan
Neurology



Dr. Ana Wing
Neurology



Education

SECTION I

Translational Medicine Graduate Program

A Message from the TMED Graduate Program Directors

The TMED Program leaders are very proud of the accomplishments of our students in 2020. Their programs of study underwent enormous change because of the COVID-19 pandemic. Students had to immediately pivot to cope with lab closures, the loss of in-person research and remote learning in addition to personal and professional fear and uncertainty.

Despite these challenges, our students continued to shine with multiple successful defenses, publications, presentations, and awards. Through the establishment of the vibrant and active TMED Student Society, the group has managed to create a sense of community and provide peer support to one another.

Additionally, our program staff, Julie Heagle and Wei Yan have seamlessly risen to the challenge of working from home and navigating the ever-shifting landscape of public health guidelines, while maintaining an excellent level of organization and management of program activities.

The TMED program was one of the first graduate programs on campus to start in-person classes at the beginning of Fall 2020. Our first-year students truly appreciated the in-person learning experiences and started their research journey with passion and excitement.

Our students are indeed becoming the researchers of the future, able to translate new knowledge efficiently and effectively into improvements in health. We look forward to their ongoing success.

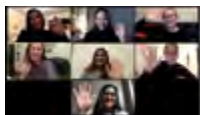
Dr. Paula James,
Graduate Program Director



Dr. Mark Ormiston,
Graduate Program Co-Director



2020 TMED Milestones and Events



August 18, 2020: Establishment of TMED Student Society Constitution.



September 16, 2020: First executive council of TMED student society elected.



November 2020: The official TMED logo is approved!

November 19, 2020: TMED Student Society Game Night.

November 27, 2020: TMED Student Society Wellness Packages were created and given to all TMED students.



December 16, 2020: TMED Student Society Cookie Decorating Contest.

Number of MSc Students

20

Number of PhD Students

5

Number of Awards

10

Graduates (MSc- Ruaa Al-Qazazi – Fall 2020)

1

Number of Publications

4

**Number of Core Internal
Medicine Residents**

71

2020-2021 Chief Residents

Dr. Sunchit Madan
Dr. Monica Mullin
Dr. Thomas Swan
Dr. Peter Wang



*(top) Social distance hike
(above) Dr. David Taylor*

Core Internal Medicine

Internal Medicine at Queen's University is a residency program of the highest quality, fully accredited by the Royal College of Physicians and Surgeons of Canada. Our core program currently trains approximately 71 residents. The program is predominantly based at Kingston General Hospital (KGH) which serves the city of Kingston and a large catchment area of approximately 500,000 people in Southeastern Ontario. The program is committed to a high-quality educational experience throughout the 3 years of training in preparation for the Royal College Exams and the practice of medicine.

Our goal is to provide our trainees with experience in all the major disciplines of internal medicine. The program is designed with a system of graded responsibility and a reducing call burden from the PGY1 to PGY3 years. The PGY1 year is focused mainly on inpatient ward experiences but also involves some consult rotations, ER, Airway/ICU and Community Medicine rotations. The PGY2 residents serve as team leaders on the CTUs, complete their ICU training, ambulatory and consult rotations. The PGY3 residents supervise patient care and teaching on the CTUs and continue rotations in ambulatory and consult services.

A Message from the Core Internal Medicine Program Director

The Core Internal Medicine Program showed its strength and innovative character in the face of the many challenges this past year provided. Even from those early days last March when so little was known, the residents of QIM stepped up and showed the character and values we hold to in our profession. They've taken on new roles and responsibilities, prepared and delivered exceptional care to COVID-19 patients (whether local or from the GTA) and organized to support each other during times of distancing and isolation. And despite this added work, they still negotiated an amazingly successful fellowship match, Royal College certification exam, and supported the on-going medical needs across our IM subspecialties.

The program also found opportunity to innovate in our academic curriculum this past year. Dr. Sara Awad spearheaded an amazing transformation towards our new problem-based learning curriculum and Dr. Stephen Gauthier continued QIM's leading ways in advancing CBME and our understanding of workplace-based assessment. We also implemented novel virtual approaches to events from sign-in rounds to journal club to wellness events.

Our office, led by Geneviève Bureau and Gemma McEachern, was instrumental in our success this year. Whether it was CaRMS, virtual retreats or just the daily grind of holding a program together in a pandemic, our admin team shone. QIM is lucky to have such an amazing admin team.

In a year that could have gone dark very quickly, QIM shone. The Department and I couldn't be more proud.

David Taylor,
Program Director



DOM Sub-Specialty Highlights 2020

Despite a year of much turmoil, the Department of Medicine residency programs have not just maintained, but have grown and adapted to our new world. A big thank you to all of the Program Administrators and Program Directors who have navigated the changing expectations, schedules, and regulations that affect residents and their training programs.

In 2020, the DOM welcomed several new Program Administrators, and so started a new mentorship program to support them. Program Administrators have benefited greatly from the leadership and guidance provided by the more experienced Administrators, helping build a stronger sense of connection and collaboration between programs. A special appreciation is extended to both Carolyn Saulnier (PA for GIM) and Michelle Wolfreys (PA for GI and Neuro) who are both exceptionally competent and knowledgeable in their roles, and have gone above and beyond this year. Thank you for your dedication to the programs you support and leadership among the PAs!

CBME Curriculum Update

- Neurology launched thanks to Dr. Lysa Lomax (PD) and Dr. Stuart Reid (CBME Lead).
- Cardiology launched ahead of schedule in 2019 thanks to Dr. Samir Hazra (PD) and Dr. Peggy DeJong (CBME Lead).
- Respiriology launched ahead of schedule thanks to Dr. Paul Heffernan.
- Hematology has been working on updating their EPAs this year towards the Royal College standard for a seamless transition and have intentions of soft launching the updated curriculum in 2021 thanks to Dr. Janet Lui.

New Programs

- Adult Echocardiography became a fully accredited fellowship in July 2020. Under the leadership of Dr. Zardasht Jaff, this newly accredited program was pleased to welcome their first resident.
- Endocrinology launched their accredited program in February and accepted their first resident in September thanks to the leadership of Dr. Josh Lakoff.
- Interstitial Lung Disease (ILD) launched a competency-based program on Elentra in 2020 thanks to Dr. Onofre Moran-Mendoza.

While all programs have been working hard to adapt and innovate during the pandemic, here's a short list of highlights from a very interesting year:

- Dr. Hasitha Welihinda (Nephrology) developed a Python script that reads the data output from Elentra to produce progress reports on residents. This script allows the Academic Advisors and the Competence Committee to provide guidance and support for residents' learning experiences.
- Dr. Lysa Lomax and Dr. Appireddy (Neurology) played a key role in developing and leading the resident led virtual clinic guidelines during the first wave of COVID-19.
- General Internal Medicine (GIM) has been collaborating with the Department of Obstetrics and Gynecology to expand the GIM Obstetric Medicine clinics and facilitate more involvement of GIM OB Med faculty and GIM residents in the OB Maternal Fetal Medicine rounds.

Number of Sub-Specialty Residents

68



(above) CBME Word Cloud

(top) Neurology Residents



Research

SECTION II

TIME

The Translational Institute of Medicine (TIME) is a virtual institute comprised of over 200 basic and clinician scientists. It was created to capture the breadth of translational research at Queen's University and maximize sharing of state-of-the-art research platforms and expertise between research groups in the Department of Medicine and their collaborators. TIME is currently comprised of seven research groups whose interests span the spectrum of translational research. Even through this unprecedented year, TIME and its members have been hard at work accomplishing so much. Make sure you check out the [2020 TIME Annual Report](#) to find out more.

Time Launched their First Strategic Plan for 2020-2025

The TIME strategic plan sets out a clear vision for the Institute, a roadmap of how to achieve this vision, and is accompanied by the aspirational metrics by which our accomplishments and investments can be judged. TIME is committed to the following core guiding principles:

VISION AND IMPACT – TIME will forge a cohesive and inclusive, interdisciplinary research community.

RESEARCH EXCELLENCE – TIME will prioritize 'research excellence' in its decision making.

EDUCATION EXCELLENCE – TMED will train highly qualified people (HQP) who will act as ambassadors.

GROWTH AND SUSTAINABILITY – TIME will develop a sustainable financial plan to meet its goals.

COVID-19 Research Initiatives

To help fight the global pandemic, our researchers switched gears and adapted their research focus to address the COVID-19 pandemic. The Southeastern Ontario Academic Medical Organization (SEAMO) recognized and funded the following TIME members' projects in June 2020:

- Synthesis and preclinical testing of novel small molecule therapies for COVID-19 – Dr. Stephen Archer & Dr. Victor Snieckus
- Coagulopathy: Understanding and Treating a Novel Entity – Dr. Paula James & Dr. David Lillicrap
- COVID-19 and the Genetics of Mortality in Critical Care – Dr. David Maslove & Dr. Michael Rauh
- The Role of BCG-induced innate immune memory in the protection against coronavirus – Dr. Robert Siemens & Dr. Charles Graham
- The application of metabolomics to enhance detection of COVID-19 and predict disease severity: A proof-of-principle study – Dr. Stephen Vanner & Dr. Premeet Sheth

[READ THE TIME ANNUAL REPORT](#)

(left) *Dr. Pati Lima*



Number of Members

250

External Research Funding

\$6.5M⁺

Internal Research Funding

\$325K⁺

Peer Reviewed Journal Articles

157



Dr. Charlie Hindmarch



*By the Numbers: Number of
Echocardiograms (ECHO) per day*

8

Due to the global
COVID-19 pandemic
QCPU has had to
pivot like many other
units on campus.

QCPU

The Queen's CardioPulmonary Unit (QCPU) is an \$8 million dollar, 8000 square foot research facility that is focused on a Bench-to-Bedside philosophy with emphasis on heart, lung, blood and vascular diseases. QCPU was funded by a Canadian Foundation for Innovation (CFI) grant and opened in 2017. QCPU is comprised of a state-of-the-art basic science research facility that is complimented by an onsite Kingston Health Sciences Center (KHSC) satellite Echocardiography clinic with clinical trials research capacity. Built on existing institutional investments by Queen's University, QCPU enhances the current links between clinical and basic investigators at Queen's and fosters new collaborations between researchers in other faculties and at other universities. QCPU is funded by the Department of Medicine, the Faculty of Health Sciences (FHS) and through cost recovery for services provided.

QCPU's mission includes growing the extramurally funded research enterprise for the Department of Medicine and FHS at Queen's University.

Due to the global COVID-19 pandemic QCPU has had to pivot like many other units on campus. We were proud to be one of the first labs at Queen's to return in April 2020 to help tackle a new demand for research services for labs that could not return and to provide service for specific COVID-19 projects. Make sure to check out the [2020 QCPU Annual Report](#) to find out more.

Clinical Satellite Unit

In 2020 QCPU saw clinical services expand to include the use of contrast agents for ECHO, which again has had a positive impact on patient waitlists. QCPU has a unique partnership with KHSC which allows 25% of the imaging capacity for use in clinical research studies. This partnership provides KHSC with a state-of-the-art imaging facility, and our researchers with access to the services of expert sonographers and ongoing maintenance of the equipment.



*Dr. Patricia Lima and
Dr. Elahe Alizadeh*

Translational Unit

The centre offers faculty across the university, access to state-of-the-art equipment, much of which exists only within QCPU. Notably, our model is innovative in that services are provided for faculty by QCPU's scientists on a cost-recovery basis.

Examples of key equipment include:

- MLLabs Tri-modality micro-CT/SPECT/PET nuclear imaging platform
- Illumina NextSeq550 Sequencing for next-generation sequencing services
- Sony SH800 flow cytometer and sorter
- Leica SP8 confocal and super-resolution microscope upgraded with 2-photon laser
- MultiPep RSi peptide array technology
- Fluidigm Helios/Hyperion mass cytometer
- XCelligence cell culturing system
- ***NEW*** Histology services and electron microscopy

[READ THE QCPU ANNUAL REPORT](#)

Dr. Oliver Jones



Number of QCPU Scientists

5

Number of QCPU Laboratories

5

Number of Superusers

13

Number of Research Groups

27

Number of Trainees

60

Contribution to Publications

18



Department Initiatives & Events

SECTION III

Medical Grand Rounds

Medical Grand Rounds (MGR) is a well-attended traditional medical education venue whereby faculty at the Department of Medicine and guest speakers, share discoveries and advances in their field of expertise. Medical Grand Rounds is jointly chaired by Dr. Mala Joneja and Dr. Stephen Archer and supported by Ms. Karley Salisbury. The Department of Medicine Medical Grand Rounds is a robust and engaging experience which provides an excellent learning opportunity for all in attendance. In April 2020 we took things virtual. This new format made our rounds more accessible for those outside of our department to attend, and thus resulted in a substantial increase in attendance.

Highlights

2020 provided us with a number of great presentations on a range of hot topics including, but not limited to:

- **HIV Cure: The Quest for the Holy Grail:** Dr. Santiago Perez
- **KHSC Epilepsy Surgery: Our First Intracranial Electrode Case:** Dr. Lysa Lomax
- **How Do We Deal with Sleep? A Queen's Perspective and Future Directions:** Dr. Sophie Crinion
- **Not Just Another F-Word: Why Frailty Matters in Medicine:** Dr. Leah Nemiroff
- **Challenges and Opportunities in Residency Training During a Pandemic:** Dr. David Taylor
- **Towards Precision Medicine in Glomerulonephritis:** Dr. Sarah Moran
- **The Imatinib Story:** Dr. David Lee
- **Alcohol-Related Liver Disease: A New Treatment Approach is Needed:** Dr. Melissa Kelley

Case of the Year

The 2019-2020 Case of the Year was presented by Dr. Marie Clements-Baker and Dr. Jocelyn Garland with contributions from Dr. Kevin Ren and Dr. Michael O'Reilly. The presentation was entitled "Rheumatology and Nephrology: Complementary Diseases."

Greenblatt Lecture

At the end of the year, Dr. Bikram Sidhu was awarded the Greenblatt Lectureship after his peers voted his presentation titled "Back to the future: integrating old and new care models to address inequity" as the best Grand Rounds of the year. He will be presenting his talk at the Greenblatt Lectureship at the University of Ottawa in 2021.

Distinguished Lectureship Series

Unfortunately, due to the evolving situation with COVID-19 and public health restrictions, the Department made the difficult decision to cancel our 2020 Distinguished Lecture Series. We are working towards hosting the 2021 series in a new virtual format.

Medical Morbidity and Mortality Rounds (M&M)

In addition to Medical Grand Rounds, the Department of Medicine hosts weekly Medical Morbidity and Mortality Rounds for our DOM faculty to discuss cases of actual or potential adverse outcomes. These rounds provide a forum for discussion of quality improvement and patient safety incidents. The goal of these rounds is to improve patient care by sharing, learning from collective experiences and identifying where improvements are possible.



Dr. Sarah Moran

Mentorship

The Department of Medicine (DOM) re-established our Mentorship program in 2018 after the addition of many new faculty who joined our growing Department. Led by Dr. Mala Joneja, and ably supported by Ms. Krista Knight, the purpose of the DOM Mentorship Program is to create a welcoming environment for new faculty, to enhance professional development and to provide ongoing support, promoting increased job satisfaction and optimal performance in the workplace. The DOM assists in the matching of mentees with mentors, connecting pairs with similar interests and aspirations. We also provide educational training and resources for both mentees and mentors so as to make each meeting with each other as productive and beneficial as possible.

Highlights

In March the Mentorship program planned an evening event with special guest, Dr. Vineet Chopra. Dr. Chopra is the Chief of the Division of Hospital Medicine and an Associate Professor of Internal Medicine at the University of Michigan Medical School. He is also an expert in physician mentorship and has co-authored two books on the subject. Unfortunately, due to the pandemic this event had to be postponed, but Dr. Chopra agreed to virtually present to us at Medical Grand Rounds in October. This event was extremely well received by all in the audience, including many from outside of the Department of Medicine.

We currently have over 50 mentorship pairings within the Department and are continuing to grow as new faculty arrive.

Quality

The Medicine Quality Improvement and Patient Safety Committee (MQIPSC) is a multi-disciplinary representation of the Department of Medicine and Medicine Program with a focus on patient safety (PS) and quality improvement (QI). The committee is co-chaired by Dr. Geneviève Digby & Dr. Joseph Abunassar. In 2020, the MQIPSC continued to make strides towards achieving its 3 main mandates.

MQIPSC Mission Statement

Improving healthcare quality and patient safety in the DOM

Strengthen the Delivery Of High-Quality and Safe Care for Patients

- The MQIPSC welcomed new members to the committee, including Derry Thibeault (Charge RT), Kimberley Smith (Professional Practice Leader for OT and PT), Jeff Lalonde (Registered Dietician), and Dr. Danielle Kain (MD).
- The MQIPSC is developing a repository of recommendations for improvement identified at each Medical Morbidity & Mortality rounds to thematically evaluate opportunities for improvement.
- The committee continues to support many QI initiatives, including those on the hospital QIP, the Departmental QIP, and projects brought forth by individual clinicians. Relevant QI projects include:
 - Early identification of patients requiring palliative care.
 - Improving documentation of goals of care for inpatients.
 - Post-discharge nurse phone calls to improve transitions of care.
 - Reducing medication discrepancies on discharge.
 - Reducing the prevalence of pressure ulcers.

Advance QI Initiatives within the DOM and Promote Scholarly Activity in QI

- The MQIPSC has been working with the Physician Quality Committee and Health Sciences Research Ethics Board to develop a new, streamlined, and simplified process for QI projects to receive REB approval or exemption letters where appropriate. This will simplify the process of REB approval for QI work.
- The Physician Quality Committee, chaired by Dr. Digby from the DOM, facilitated workshops on “Data for QI” and a “Virtual Forum on Virtual Care.” This included a panel discussion with Queen’s Health Quality Program leaders and educators, presentations of virtual care projects from across the organization and discussions around opportunities for improvement.

Support Departmental and Program Education in QI

- The Patient Safety Rounds working group continues its work to evaluate and improve the QIPS curriculum for the Core Internal Medicine Residency Training Program. A qualitative study assessing resident and physician perceptions of QIPS education in the program was completed. The curriculum is being revised based on feedback, including more case presentations from residents.



(top) MQIPSC co-chairs, Drs. Geneviève Digby and Joseph Abunassar

(above) Honour Your Caregiver, Dr. Andres Enriquez

Philanthropy

The Department of Medicine would like to thank all of our incredibly gracious donors. When you give to the Department of Medicine you support our clinical, research, quality and education mission. Donations to the Department of Medicine are made through both Queen's Faculty of Health Sciences Advancement and the University Hospitals Kingston Foundation (UHKF). At the beginning of 2020 the DOM set a goal to raise \$2M by December 2021. By December 2020 we had raised over 50% of our goal!

DONORS

- **WJ Henderson Foundation:** \$500,000
(matched by the DOM)
- **Garrington Family:** \$10,000
- **Cloutier Family:** \$50,000
- **Mrs. Marilyn Braden:** \$100,000

UHKF Honour Your Caregiver Recognition

The University Hospitals Kingston Foundation (UHKF) recognizes staff and physicians through their Honour Your Caregiver (HYC) program. This program allows donors to make a donation and show their appreciation for the staff at Kingston Health Sciences Centre and Providence Care while providing much needed funding for equipment, education, research, facilities and more. We would like to thank all recipients of the HYC program with a special shout out to those in the DOM family:

- Dr. Erin Dahlke (Division of Dermatology)
- Dr. Michael Fitzpatrick (Division of Respiriology & Sleep Medicine)
- Dr. Maggie Yu (PGY5 Resident in Palliative Medicine)
- Dr. Danielle Kain (Division of Palliative Medicine)
- Dr. Paula James (Division of Hematology)
- Dr. Leah Nemiroff (Division of Geriatric Medicine)
- Dr. Andres Enriquez (Division of Cardiology)
- Dr. Cathy McLellan (Division of Cardiology)
- Staff of the Cardiovascular Labs
- Staff of the Cardiac Care Clinic
- Staff of the Cardiac Sciences Unit



(right) Dr. Chris Frank, and (opposite) Drs. Kristen Marosi and Marie Leung wearing their smile buttons
(middle) SEAMO Care Packages

Coping with COVID-19

2020 was an unprecedented and difficult year for all. The Department of Medicine wanted to ensure our members felt supported and empowered to continue to care for patients, educate learners and conduct research. Here are a few initiatives we took on to help cope with COVID-19:

- We provided our faculty and residents with scrubs to wear while working in the hospital.
- Hand sanitizer was hard to come by at the beginning, but we ensured everyone had a personal bottle!
- Working alongside KHSC, we set up over 150 Reacts accounts to ensure our physicians could continue to care for their patients virtually.
- Dr. Archer hosted weekly COVID-19 update meetings every Wednesday morning from March – June to ensure the Department stayed informed.
- Throughout the pandemic and continuing into 2021 he wrote a daily or biweekly COVID-19 blog to provide the latest news about the pandemic locally, nationally and globally.
- We didn't let our masks stop the members of the DOM from showing off their smiles! The DOM purchased smile buttons for our faculty & residents in support of UHKF's Share Your Smile fundraising campaign!
- We provided treat baskets for our colleagues on the wards. A thank you from DOM faculty to nurses and ward staff for their service.
- SEAMO dropped off individual care packages for our physicians.
- We hosted a food drive to collect non-perishable food items and donations for the Partners in Mission Food Bank.





544 \$1,700

LBS OF FOOD

CASH DONATIONS



Thank you for your help
in making the DOM food
drive a huge success!



(top left) Faculty and resident smile buttons

*(above) Drs. Heather Johnson and Laura Marcotte
showing off their scrubs*

This year's Family Fun Day was a virtual magic show that was enjoyed by DOM families.



(top) Staff Appreciation thank you cards

(bottom) Family Fun Day's performer, Michael the Magician

Events

Lunch & Learn Series

The DOM continued to run our Lunch & Learn workshops (virtually, with a shift away from the lunch part) for our administrative support staff. The sessions are educational and rotate between informational & wellness themed sessions. Not only are these sessions educational but they provide networking opportunities for our staff. Our instructors are from both Queen's University and Kingston Health Sciences Center. To date these have been well attended and we are looking forward to our fourth year of this offering!

In 2020 we ran 3 learning sessions:

- Records Management Lunch & Learn
- Virtual REACTS Refresher Learning Session
- Virtual COVID-19: Strategies for Managing Stress Learning Session

Staff Appreciation

Although we could not gather in person for our annual Staff Appreciation Lunch, the Department sent out tokens of our appreciation, in the form of gift cards, to recognize all of our hardworking administrative staff!

Women in Medicine

In 2020, the WIM Committee added 4 new members: Dr. Annette Hay, Dr. Lysa Lomax, Dr. Sonja Molin, and Dr. Sarah Moran.

Dr. Mala Joneja completed her three-year term as Chair of the Women in Medicine Committee in June. A BIG thank you goes out to Dr. Joneja for all of her hard work and the sharing of her invaluable wisdom and experience over the past 3 years. Dr. Anne Ellis has been appointed as the new Chair of the committee for the next three-years. The Department looks forward to working with the committee as they continue to advance the Women in Medicine agenda!

Annual Event: The WIM group went virtual with their annual event this year. The group got together in early October and enjoyed wine, charcuterie and great discussion. Thank you to Dr. Leslie Flynn for the great keynote!

Journal Club: Our Women in Medicine Journal Club continued in 2020 with two meetings to discuss academic articles on the topic of Women in academic medicine. We discussed advancing women in academic medicine, professionalism & social media, and representation of female speakers at conferences.

Family Fun Day

The Department of Medicine did not let a global pandemic (of immense proportions) hinder our desire for fun and disrupt our Annual Family Fun Day! This year's event was a virtual magic show by Michael the Magician that was enjoyed by DOM families!



The DOM extended a warm welcome to two new members of the Queen's Community, Principal Patrick Deane and the Dean of the Faculty of Health Sciences, Dr. Jane Philpott.

Professional Development

The DOM kicked off our in-house professional development learning program with our Enhancing Leadership Effectiveness Series. This series consisted of five 90 min monthly virtual learning sessions, led by Mary Yates, from September 2020 to January 2021. We received a lot of positive feedback for these sessions and are looking to launch a similar program for the residents in the department in 2021.

A DOM Warm Welcome

The Department of Medicine extended a warm welcome to two new members of the Queen's Community, Principal Patrick Deane and the Dean of the Faculty of Health Sciences, Dr. Jane Philpott.

In February 2020, we welcomed Principal Patrick Deane for a 'tour' of the DOM! Principal Deane toured Queen's CardioPulmonary Unit (QCPU), the WJ Henderson Centre for Patient-Oriented Research and the Environmental Exposure Unit (EEU). He also had to the chance to meet with various members of the department to discuss education, divisional successes and department initiatives.

In the fall of 2020, the Department of Medicine hosted Dean Philpott at a special Medical Grand Rounds to showcase the department. We had some fun playing the game of Operation and highlighted some of the incredible and innovative work our faculty members do. In addition to the rounds presentation, Dean Philpott toured QCPU and some of the DOM floors at KGH to meet members of the department and learn more about the amazing clinical, education and research initiatives!



(top left) Dean Jane Philpott at a special Medical Grand Rounds
(above) Dean Patrick Deane, with Dr. Patricia Lima, receiving a tour of the DOM.

Awards & Recognition

Annual Awards Ceremony

The Department of Medicine took things virtual this year and presented our pandemic-friendly version of the Annual Awards Ceremony and Holiday Celebration. This was no easy task. The DOM arranged for the delivery of pizza and a cookie decorating kit to each faculty member's house. Over 100 faculty members and their families logged on, celebrated, and reflected on everything they accomplished throughout the year. We presented our annual awards, ate pizza, decorated cookies, tested our holiday knowledge with a game of trivia and of course, enjoyed a performance from Old Docs New Tricks (ODNT).

The 2020 Annual Awards Winners are:



**Department of Medicine
Distinguished Service
Award**

Dr. Khaled Shamseddin



**Department of Medicine
Distinguished Service
Award**

Dr. David Taylor



**Department of Medicine
Research Achievement
Award**

Dr. Rachel Holden



**Department of Medicine
David Ginsburg Mentorship
Award**

Dr. Anne Ellis



**Department of Medicine
Young Clinician Award**

Dr. Stephen Gauthier



**Department of Medicine
Mid-Career Physician
Award**

Dr. David Maslove



**Bill Depew & Ron Wigle
Master Clinician Award**

Dr. Lawrence Hookey



**Department of Medicine
Master Educator Award**

Dr. Robyn Houlden



**Department of Medicine
COVID-19 Outstanding
Service Award**

Dr. Gerald Evans



**Department of Medicine
COVID-19 Outstanding
Service Award**

Dr. Chris Smith

We would like to recognize all of the nominees for the Annual Awards Ceremony:

- Dr. Sara Awad
- Dr. Sanoj Chacko
- Dr. Erin Dahlke
- Dr. Bryce Durafour
- Dr. Andres Enriquez
- Dr. Jennifer Flemming
- Dr. Sudeep Gill
- Dr. Annette Hay
- Dr. Mala Joneja
- Dr. Josh Lakoff
- Dr. Janet Lui
- Dr. Paul Malik
- Dr. Cathy McLellan
- Dr. Leah Nemiroff
- Dr. Lisa Nguyen
- Dr. Denis O'Donnell
- Dr. Garima Shukla
- Dr. Gavin Winston
- Dr. Zijiang Wu

Years of Service

Congratulations to the faculty below for their continued dedication and service to the Department of Medicine.

Dr. Chris Frank	25 Years of Service
Dr. Ed Iliescu	25 Years of Service
Dr. Gerald Adams	30 Years of Service
Dr. Gerald Evans	30 Years of Service
Dr. Robyn Houlden	30 Years of Service
Dr. John Puxty	30 Years of Service
Dr. Hoshiair Abdollah	35 Years of Service
Dr. John McCans	45 Years of Service



Stay Connected

Dr. Archer's Blog on News Innovation and Discovery

Dr. Archer shares his thoughts on a variety of topics in his blogs. Follow along as he discusses innovative clinical care, social issues, and so much more!

Check out some of his most popular posts in 2020:

"The House Call: Five Lessons I Have Learned"

"COVID-19: Are There Lessons from Hockey As We Enter the 1st Period?"

"COVID-19: We're Not All in the Same Boat"

"If You See Something, Say Something: A Personal Story About Systemic Racism"

eNews

The DOM produces and sends out a monthly eNews highlighting many of the exciting and amazing achievements of our faculty and staff. This newsletter is a wealth of information recognizing award winners, welcoming new faculty (and family members), incredible research, faculty in the news, upcoming events and so much more. **Subscribe here.**



Twitter

Keep connected with us @QueensuDOM. We use this platform to promote the #Awesome work members of the DOM are doing. Whether it's a new publication, a news article, an interesting lecture, or a new dog – we've got it covered!

Want to get Dr. Archer's blogs delivered right to your inbox?

[SUBSCRIBE HERE](#)



Division Reports

SECTION IV

Allergy and Immunology



Division Chair
DR. ANNE ELLIS

Dr. Anne Ellis is a clinician-scientist with 70% protected time for research. She has served as the Chair of the Division of Allergy & Immunology since May 2010 and is the Director of the Allergy Research Unit (Kingston Allergy Research, KAR) at the Kingston Health and Science Centre (KHSC – KGH Site). The flagship of this research program being the Environmental Exposure Unit (EEU), an internationally recognized and validated controlled allergen challenge model of allergic rhinitis. She also has gained considerable expertise in direct nasal allergen challenge in her former role as Principal Investigator within AllerGen NCE.

Faculty Members & Rank

Professor [*Dr. Anne Ellis*](#)
Associate Professor [*Dr. Rozita Borici-Mazi*](#)

Awards

Dr. Anne Ellis [*Department of Medicine*](#)
[*David Ginsburg Mentorship Award*](#)

COVID-19 Challenges

- Adapting research to the COVID-19 pandemic.
- Creating Standard Operating Procedures (SOPs) to make a safe research environment.
- Evolving work with everchanging pandemic restrictions and guidelines.

COVID-19 Successes

- Two major collaborative research projects that are COVID-19 focused.
- The Division's meticulously created SOPs that were specifically designed for the COVID-19 pandemic have been shared and used widely throughout KHSC and the Queen's research communities. They have been considered as the gold standard for research during this highly sensitive time period. Additionally, their biohazard permit was successfully amended/updated to include the new risks and mitigation strategies in record time.
- The Allergy group has had to update their practices and SOPs to stay ahead of the constantly changing local restrictions. With frequent communication with IPAC, HSREB and various KHSC department decision makers they have managed to continue their studies without impact on their research.

Mission Statement

To provide high quality care to patients suffering from allergic conditions and immunodeficiency in the Southeastern Ontario region while enhancing our global reputation for excellence in research into the allergic condition

Peer-Reviewed Journal Articles

24

Number Book Chapters

5

Number/Value of Grants

\$1.14M⁺



Dr. Borici-Mazi

DIVISION HIGHLIGHTS

Clinical Highlights

- The Division of Allergy has continued to provide high-quality, urgent access to care for in-person assessments as well as telemedicine throughout the pandemic.

Educational Highlights

- The Division of Allergy provided educational learning opportunities for 3 research medical trainees, 2 graduate students and 3 undergraduate students.
- The Allergy Symposium Kingston (ASK) was successfully converted into a monthly webinar series and was one of the top-rated CPD events of the fall offering from Queen's CPD office.
- The CME Webinars offered by members of the Division included: CME Webinars related to COVID-19 "Managing Allergic Rhinitis and Asthma During the COVID-19 Pandemic: The Specialists Perspective", "Allergic rhinitis in time of COVID-19", "Managing Allergic Rhinitis and Allergic Asthma During the COVID-19 Pandemic."

Research Highlights

- Prior to the onset of the pandemic, Dr. Anne Ellis and Sophia Linton (MSc candidate at the time) successfully recruited and

The Division of Allergy has continued to provide high-quality, urgent access to care for in-person assessments as well as telemedicine throughout the pandemic.

completed all study visits for her study of Allergic Rhinitis and the Microbiome Study (ARMS), in collaboration with Dr. Preet Sheth.

- Dr. Anne Ellis and her team have launched the highly challenging COVID-19 Testing of Health Professionals Students and Residents.
- The Division was able to keep three of their industry-funded pharmaceutical multicentre trials continuing throughout the pandemic.
- The Division spearheaded two collaborated effort COVID-19 focused research projects:
 - CAAARES: COVID-19 Associated Anxiety in patients with Asthma and Allergic Rhinitis Experiencing Symptoms.
 - Over 2000 surveys were completed in this research study.
 - COVID-19 Testing of Health Professional Students, Residents and Faculty of Health Sciences Graduate Students: Informing Testing and Public Policy for Universities and Society.
 - ~ 500 enrolled and over 1000 study visits completed.
- Dr. Anne Ellis was the editor of *Anaphylaxis: A Practical Guide* (Springer Nature Switzerland, 2020), and co-authored several chapters, many with current and former students.
- Dr. Anne Ellis continued her partnership with several collaborative groups, leading to many publications this year. Several of these provided guidance for allergists and physicians, both through the COVID-19 pandemic and in their ongoing allergy practices.

Selected Publications

- Baluch N, Gallant M, Ellis AK. Ann Allergy Asthma Immunol. "Exposomal Research in the Context of Birth Cohorts – What Have They Taught Us?" 2020 Dec;125(6):639–645. Sep 11; doi: 10.1016/j.anai.2020.09.006. Epub 2020 Sep 12.
- Rawls M, Thiele J, Adams DE, Steacy LM, Ellis AK. Ann Allergy

Asthma Immunol. "Clinical Symptoms and Biomarkers of Bermuda Grass-Induced Allergic Rhinitis Using the Nasal Allergen Challenge Model." 2020 Jun;124(6):608-615.e2. doi: 10.1016/j.anai.2020.03.003. Epub 2020 Mar 13.

- Aberumand B, Borici-Mazi R. "A Rare Case of Anaphylaxis to Indian Jujube" (Ziziphus Mauritiana Lam). Allergy Asthma Clin Immunol: 16, 48 (2020) <https://doi.org/10.1186/s13223-020-00444-y>.
- Shuster S, Borici-Mazi R, Awad S, Houlden RL. "Rapid Desensitization with Intravenous Insulin in a Patient with Diabetic Ketoacidosis and Insulin Allergy." AACN Clin Case Rep. 2020 Apr 3;6(4): e147- e150. doi: 10.4158/ACCR-2019-0562.
- Parry M, Bjørnnes AK, Toupin-April K, Najam A, Wells D, Sivakumar A, Richards DP, Ceroni T, Park M, Ellis AK, Gilron I, Marlin S. "Patient Engagement Partnerships in Clinical Trials: Development of Patient Partner and Investigator Decision Aids." Patient. 2020 Dec;13(6):7 45-756. doi: 10.1007/s40271-020-00460-5. Epub 2020 Oct 7.

Feature Switching Gears

When the pandemic was first announced, Dr. Anne Ellis along with co-investigators Dr. Stephen Vanner and Dr. Prameet Sheth were quick to switch gears and propose a research project to study COVID-19 transmissions and immunity among health sciences students.

The study was approved and has recruited over 500 asymptomatic students from the Faculty of Health Sciences at Queen's. Dr. Ellis and her team of researchers have tested and continue to test the students for COVID-19. In addition to the COVID-19 test, the team performs a test on their blood for the presence of antibodies, that would suggest if they had a previous infection. Both types of tests are repeated on all participants three times over eight months in order to capture any changes in infection rates and antibody levels.

The study also uses follow-up questionnaires to determine students' degree of anxiety and their coping mechanisms, to make correlations between mental health status and changes in their COVID-19 testing status. Dr. Anne Ellis notes that, "We have two primary objectives. First, we want to identify carriers of the virus with no symptoms to determine the prevalence of asymptomatic SARS-CoV-2 infection among these students. Second, we will evaluate antibody levels for any change from negative to positive or vice versa over the eight-month period to see whether it can be linked to immunity."

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DR. ANNE ELLIS



Cardiology

Mission Statement

To improve the heart health of residents in Southeastern Ontario and beyond, through a focus on timely delivery of quality care, innovation, discovery, teaching, and learning

Number of Publications

113

Number of Learners

5 PGY4

1 PGY5

3 PGY6

Number/Value of Grants

\$1.3M⁺



Division Chair
DR. CATHY MCLELLAN

Dr. Cathy McLellan is an interventional Cardiologist and is the Clinical lead, Percutaneous Coronary Interventions. She is a respected leader and mentors not only in the Division but with her colleagues outside of cardiology!

Faculty Members & Rank

Assistant Professor	<u>Dr. Cathy McLellan</u>	
Professor	Dr. Hoshiair Abdollah	Dr. Stephen Archer
	Dr. Adrian Baranchuk	Dr. John McCans
	Dr. Damian Redfearn	Dr. Tony Sanfillipo
	Dr. Chris Simpson	
Associate Professor	Dr. Amer Johri	
Assistant Professor	Dr. Joe Abunassar	Dr. Wael Abuzeid
	Dr. Gerald Adams	Dr. Sanoj Chacko
	Dr. Peggy DeJong	Dr. Andres Enriquez
	Dr. Simon Hansom	Dr. Samir Hazra
	Dr. Zardasht Jaff	Dr. Henry Kafka
	Dr. Stephen LaHaye	Dr. Paul Malik
	Dr. Michael O'Reilly	Dr. Raveen Pal
	Dr. Amar Thakrar	

COVID-19 Challenges

- The Division has had to develop new protocols with all teams to maintain emergency and non-emergency cardiac care.
- Recruitment in a virtual forum has been challenging.

COVID-19 Successes

- The ability to provide some clinic services virtually.
- The CRDC nurses adjusting to new scheduling.

DIVISION HIGHLIGHTS

Clinical Highlights

- In October 2020, Dr. Wael Abuzeid and his team completed their first funded TMVr (MitraClip) procedure at KHSC.
- The Division now has an inpatient attending schedule that is functional and manages workload effectively.

In October 2020, Dr. Wael Abuzeid and his team completed their first funded TMVr (MitraClip) procedure at KHSC.



Dr. Wael Abuzeid & MitraClip Team

- CSU is now staffed consistently by cardiologists who have the necessary clinical skills.
- The management of the physician human resource in the echo lab has become dramatically more sustainable. Growth to meet the increased demand within our catchment area will be a challenge in the near future.
- There is a rapidly improving situation regarding access to outpatient cardiology.
 - The Rapid Access Clinic evolved to allow more appropriate assessment and consistent follow-up as needed.
 - The Brock 1 Clinic schedule is evolving to allow more appropriate use of clinic space.
 - There is a functional valve clinic that provides a more consistent focused follow up of these patients.
 - The Heart Failure Clinic took steps to ensure its continuity and brought in a specialist with advanced training and fresh ideas.
- The Cardiac Electrophysiology section has solidified the physician manpower that positions it very well to meet procedural demand in the intermediate future.
- Members of the Section of Cardiac Anesthesia from the Department of Anesthesia have assumed the primary role for providing post-operative care for cardiac surgical patients. In addition to relieving the strain on the cardiac surgeons, their presence has

facilitated improved care of our medical cardiology patients in the CSU. It has proven to be an important resource for our trainees doing critical care cardiology.

Educational Highlights

- The Division has had a second consecutive year of exceptional recruiting into the Cardiology fellowship training program.
- The Division has safely and effectively navigated very difficult education and personal situations with current sophomore C2 fellows and they are the better for it.
- The EP Fellowship program has successfully established a Royal College training program.
- The Level 3 Echo Training Fellowship is well established and is preparing for its first Royal College review for certification.

Research Highlights

- Dr. Wael Abuzeid received funding from the SEAMO Innovation Fund Competition for his project entitled "Implementation of a Structural Mitral Valve Clinic for the Management of Patients with Heart Failure Refractory to Medical Therapy."
- Dr. Amer Johri was successful in his application to the CCS C3 Grant Competition for his project entitled "Accelerated Remote Cardiopulmonary Tele-POCUS by Augmented Intelligence in COVID-19 Assessment (ARCTICA)."

- Dr. Stephen Archer received funding from the SEAMO COVID-19 Innovation Fund Competition for his project entitled “Synthesis and Preclinical Testing of Novel Small Molecule Therapies for COVID-19.”
- Dr. Amer Johri was awarded a DOM Quality Improvement & Patient Safety Research Award for his project entitled “POCUS Education and Training of GIM Physicians for Pandemic Preparedness.”
- Dr. Stephen Archer was the recipient of a TIME Incubator Grant for his project entitled “TIMEKeeper: A Comprehensive Cardiovascular Biobank Linked to Clinical Data to Support Implementation of Personalized Medicine through Translational Research.”

Selected Publications

- Gupta S, Gazendam N, Farina JM, Saldarriaga C, Mendoza I, Lopez-Santi R, Perez GE, Martinez-Selles M, Baranchuk A. “Malaria and Heart.” *J Am Coll Cardiol* 2021; 77(8): 1110–21.
- Lopez-Lopez JP, Posada-Martines EL, Saldarriaga C, Wyss F, Ponte CI, Alexander B, Miranda-Arboleda AF, Martinez-Selles M, Baranchuk A. “Tuberculosis and the Heart.” *J Am Heart Assoc* 2021; Apr 6;10(7): e019435.

- *The Net-Heart Book (Neglected Tropical Diseases and Other Infectious Diseases Affecting the Heart)*; Editor: A. Baranchuk, ELSEVIER, 2021.
- Sanfilippo AJ, Kolos A, Chan K, Leong-Poi H, Sasson Z, Wald R, Woodward G, Yared K. *Impact of a Mandated Accreditation Process on 1,045 Registered Echocardiographic Service Providers in a Previously Unregulated, Publicly Funded Environment.* *JASE* 2021;34(3): 308-15.

Administrative Highlights

- Effective October 31st, 2020, Dr. Cathy McLellan stepped down as Cardiology PMD. She will remain on as Division Chair of Cardiology. Thank you, Dr. McLellan for your hard work over the years and your tireless advocacy!
- Dr. Paul Malik is now co-Cardiac PMD with Dr. Darrin Payne from Cardiac Surgery. The effect of Dr. Malik and Dr. Payne’s experience in management has already been noticeable at all levels, especially among the CSU nursing staff.
- Dr. Peggy DeJong completed a successful term as president of the MSA at KHSC. Thank you, Dr. DeJong for your significant contributions!

Feature A New Generation of Training Program Directors



Dr. Samir Hazra
Cardiology Training Program



Dr. Sanoj Chacko
Electrophysiology (EP) Fellowship
Training Program



Dr. Zardasht Jaff
Echocardiography (ECHO) Fellowship
Training Program

Dermatology



Division Chair
DR. SONJA MOLIN

Dr. Sonja Molin is an academic dermatologist with all her heart, committed to high-quality patient care, innovative treatments, research and passionate teaching. She has more than 15 years of experience in the field. She is the principal investigator of several ongoing research projects. The main focus of her clinical expertise and research are inflammatory skin diseases, mainly hand eczema and psoriasis, contact allergy and occupational dermatology.

Faculty Members & Rank:

Associate Professor *Dr. Sonja Molin*

Professor *Dr. Thomas Herzinger*

Associate Professor *Dr. Yuka Asai*

Long-Term Locum/
Adjunct Faculty *Dr. Erin Dahlke*

COVID-19 Challenges and Successes

- The Division had planned an interactive live CME event for primary care providers in 2020 which could not happen due to COVID-19. Although the live event had to be postponed, the Division developed an online webinar series addressing current dermatology topics for primary care providers that is planned for January/ February 2021.
- In-person clinic visits had to be limited and clinics had to be restructured. However, the Division implemented virtual care successfully into their patient management and by doing this was able to optimize patient flows.

DIVISION HIGHLIGHTS

Clinical Highlights

- We would like to acknowledge and thank Dr. Erin Dahlke who has been providing continued care to our Mohs patients over the past couple of years.

Educational Highlights

- Dr. Sonja Molin was appointed chair of the subgroup on "Classification of Hand Eczema" for the current update of the Guidelines on Hand Eczema from the European Society for Contact Dermatitis.

Mission Statement

To provide specialist-level medical and surgical care for individuals with skin disease

To educate undergraduate and postgraduate learners and health professionals on the diagnosis, prevention and treatment of skin disease

To educate the public and promote awareness of the causes, prevention and impact of skin disease

To advocate for patients

To advance knowledge of skin disease through research

Number of Publications

8

Number/Value of Grants

\$145K+

Research Highlights

- Dr. Yuka Asai was the recipient of the Colin Ramsay Endowment Award, a CDF Research Grant, valued at \$100,000 for her project entitled "Retinoid Metabolism in Basal Cell Carcinoma: Back to the Future."

Selected Publications

- Asai Y, Martino D, Eiwegger T, Nadeau K, Koppelman GH, Clarke AE, Chan E, Simons E, Laprise C, Mazer B, Marenholz I, Royce D, Elliott S, Hampson C, Gerdts J, Eslami A, Soller I, Hui J, Azad M, Sandford A, Daley D. "Phenotype Consensus is Required to Enable Large-Scale Genetic Consortium Studies Of Food Allergy." *Allergy*. 2020 Apr 23. Doi: 10.1111/all.14333.

- Aparicio-Soto M, Riedel F, Leddermann M, Bacher P, Scheffold A, Kuhl H, Timmermann B, Chudakov DM, Molin S, Worm M, Heine G, Thierse HJ, Luch A, Siewert K (2020) "Tcrs With Segment Trav9-2 Or A Cdr3 Histidine are Overrepresented Among Nickel-Specific Cd4+ T Cells." *Allergy*;75:2574-2586.

Administrative Highlights

- Dr. Sonja Molin has been appointed chair of the Research Planning Committee of the American Contact Dermatitis Society.
- Dr. Yuka Asai was appointed secretary of the Board of the Canadian Dermatology Foundation in June 2020.



Dr. Dahlke

Feature The Mohs Surgery Clinic & Dr. Erin Dahlke

Dr. Dahlke enthusiastically joined the Division of Dermatology at Queen's University in 2017 to work in the Mohs micrographic surgery clinic, which sees over 800 patients a year. She is the physician lead for two of the four academic hospital-based Mohs micrographic surgery units in Ontario — Hotel Dieu Hospital, Queen's University and St. Joseph's Health Centre, Unity Health Network. Dr. Dahlke holds cross-appointments in the Division of Dermatology at Women's College Hospital, University Health Network as well as in Laboratory Medicine at St. Michaels Hospital.

What exactly is Mohs surgery? Mohs surgery is used to remove non-melanoma skin cancers from sensitive areas (e.g., head, face, neck). It allows surgeons to verify that all cancer cells have been removed at the time of surgery (by frozen section analysis), increasing the chance of a cure and reducing the need for additional treatments or surgery.

Dr. Dahlke is dedicated to medical education, she is the undergraduate Director of Dermatology Education for the University of Toronto Medical School and she was the recipient of a national clinical teaching award from the Canadian Dermatology Association for post-graduate dermatology teaching in her first year of practice. Her research interests include the treatment of skin cancer, medical education, quality improvement related to patient experience, and equity and diversity in dermatology. The Department of Medicine and the Division of Dermatology are extremely fortunate for the coverage and excellent clinical care Dr. Dahlke has provided for the past three years!

Endocrinology & Metabolism



Division Chair
DR. ROBYN HOULDEN

Dr. Robyn Houlden is a consultant in adult endocrinology at the Kingston General and Hotel Dieu Hospitals. She is the Medical Advisor for the Diabetes Education and Management Centre at the Hotel Dieu Hospital in Kingston, and Specialist Lead for the Southeast Ontario Diabetes Regional Coordination Centre. She serves as the lead for undergraduate medical education in Endocrinology and Metabolism, as well as the clinical programs. She has an interest in diabetes; diabetes and pregnancy; insulin pumps and continuous glucose monitoring; as well as inpatient management of diabetes.

Highlight from the Chair

A dynamic and growing Division developing innovative clinical programs to meet the rapidly expanding needs for patients with endocrine disease in Southeastern Ontario.

Faculty Members & Rank

Professor [Dr. Robyn Houlden](#)

Assistant Professors [Dr. Sara Awad](#) [Dr. Katherine Kovacs](#)
[Dr. Joshua Lakoff](#) [Dr. Bikrampal Sidhu](#)

The Division of Endocrinology wishes to acknowledge the invaluable contributions of the Hotel Dieu Hospital Diabetes Education and Management Centre and KHSC Diabetes Consult Service toward the service, education and research activities of the Division.

Awards

Dr. Robyn Houlden *Queen's University, Years of Service, 30 Years
Department of Medicine Master Educator Award*

Dr. Bikram Sidhu *Greenblatt Lectureship Award for Best Medical Grand Rounds 2019-2020*

COVID-19 Challenges and Successes

- The Division of Endocrinology continued to provide care to all patients with Endocrine disease throughout the COVID-19 pandemic.
- Many patients were seen using phone or video appointments. Patients with type 1 diabetes were contacted ahead of clinic appointments by a diabetes educator who reminded patients to have blood work drawn,

Mission Statement

To provide the best possible care for patients with endocrine disease in Southeastern Ontario

To teach undergraduate students and postgraduate trainees at Queen's University, and regional healthcare providers about optimal management of endocrine disease

To educate patients and the public about endocrine disease and advocate for the best endocrine care

To conduct research in clinical care and education related to endocrine disease

Number of Publications

17

Number of Publications: Abstracts

12

Number/Value of Grants

\$50K+

In February 2020, the Endocrinology Training Program was granted the status of an Accredited New Resident Program by the RCPSC and in September welcomed their first resident

obtained an up-to-date medication list, asked about the status of screening for diabetes complications, and prompted how to upload insulin pump and continuous glucose monitoring data for review with the endocrinologist during their virtual appointment. Patients expressed high satisfaction with this model of care.

- Patients with diabetes and pregnancy, thyroid nodules and cancer, and other endocrine diseases that required physical examination continued to be seen in in-person visits.
- The Division of Endocrinology is pleased to report there is no backlog of patients waiting to be seen. They also anticipate continuing to provide virtual care to groups of patients post-pandemic to reduce barriers faced by many patients with keeping only in-person visits.
- Dr. Sidhu is developing a program to provide diabetes care to people in the Weeneebayko Area that includes virtual visits and regular visits by Dr. Sidhu to Moose Factory. This will reduce burdens on the individual with diabetes and the healthcare system for the need to travel to Kingston for assessment while promoting optimal care.

DIVISION HIGHLIGHTS

Educational Highlights

- In February 2020, the Endocrinology Training Program was granted the status of an Accredited New Resident Program by the RCPSC and in September welcomed their first resident.

Research Highlights

- Dr. Sara Awad was awarded with a DOM Medical Education Research Award for her project entitled "Barriers and Enablers of the Implementation of Personal Learning Plans in an Internal Medicine Program: An Exploration Study."
- Dr. Sara Awad received a CTAQ grant with Dr. Alkins of Neurosurgery for a population-based study of radiotherapy in non-functioning pituitary adenomas.
- Dr. Sara Awad was a co-investigator on a SEAMO Medical Education Fund grant for evaluation of a QI and Patient safety resident program on Department of Medicine resident and physician knowledge, attitudes and patient safety culture.

- Dr. Sara Awad's abstract on the Efficacy and Safety of SGLT2 inhibitors in diabetic kidney transplant patients was selected for an outstanding abstract award at the ENDO 2021 conference.
- Drs Robyn Houlden and Bikram Sidhu abstract on results of a pilot project to assess a nurse practitioner-led clinic for adults without access to primary care was selected as a highlighted paper at the 2020 Diabetes Canada Conference.
- Dr. Robyn Houlden helped create recommended Canadian Standards for Perioperative/Periprocedure Glycemic Management.

Publications Highlights

- Dr. Josh Lakoff published his Masters thesis on an analysis of factors affecting Canadian Medical students' success in the residency match (Can Med Educ J 2020;11(3):e43-e55).
- Drs Sara Awad and Robyn Houlden published an audit of the prevalence and clinical characteristics of adults presenting with SGLT2 inhibitor associated DKA (Can J Diabetes 2020).
- Dr. Robyn Houlden published an update to the pharmacologic glycemic management of type 2 diabetes chapter of the Diabetes Canada Clinical Practice Guidelines (Can J Diabetes 2020;44:592-596).
- Dr. Robyn Houlden published a paper of long term follow-up of one of the first patients to receive human growth hormone therapy (AAACE Clin Case reports 2020;6(5):e262-264).

Administrative Highlights

- Dr. Bikram Sidhu was appointed as the Medicine Subspecialty Clerkship Course Director for the School of Medicine.
- Dr. Bikram Sidhu's application to the SEAMO Fall 2020 Medical Education Development Program (MEDP) was successful. He will be using his funds to complete the Harvard Program for Leading Innovations in Healthcare and Education.
- Dr. Josh Lakoff completed his Masters of Health Professions Education Courses from Maastricht University, Netherlands.
- Dr. Robyn Houlden assisted with CADTH reviews on flash CGM and hybrid closed-loop pumps.



Dr. Sara Awad

Faculty Profile Dr. Sara Awad

Meet Dr. Sara Awad, an Assistant Professor in the Division of Endocrinology & Metabolism. Her decision to pursue a career in medicine was influenced by her father who is a physician himself. When Dr. Awad was young, she would always accompany him to the hospital and subsequently fell in love with biology in school. Dr. Awad completed medical school at the University of Sharjah in the United Arab Emirates followed by her residency in Core Internal Medicine at Queen's University and Endocrinology & Metabolism at the University of Ottawa.

Dr. Awad enjoys internal medicine because of the complex and challenging cases that she constantly encounters, along with the opportunities it provides for clinical and educational research. Her main passion is certainly endocrinology which she chose to pursue following the completion of her internal medicine training. She aspired to be an endocrinologist simply because she finds endocrinology very complex and interesting. It provides continuous intellectual stimulation and is a very rewarding specialty. Endocrinology is unique as it is not an 'organ specialty'; in fact, hormones control the entire body with effects on homeostasis, well-being, growth, development, metabolism and reproduction. In her clinic, she is exposed to a variety of endocrine diseases from diabetes, pituitary gland disorders, thyroid gland disorders, thyroid cancer and nodules, adrenal gland disorders and reproductive endocrinology.

Dr. Awad has a clinical interest in advances in diabetes technology including insulin pumps and continuous glucose monitors, especially for type-1 diabetes. She conducts a weekly multidisciplinary

insulin pump clinic for type-1 diabetics in SEO with the diabetes nurse educator at the diabetes education center. She also has a special interest in thyroid cancer and runs a weekly thyroid nodule/thyroid cancer clinic at the cancer center. Dr. Awad leads a multidisciplinary monthly pituitary tumor clinic alongside Dr. Ryan Alkins, a neurosurgeon to manage patients with pituitary tumors and ensure perioperative endocrine optimization before their pituitary surgery. She enjoys treating patients with a wide age range but particularly young people!

In addition to her clinical duties, Dr. Awad has a strong interest in medical education. She is currently working towards her Master of Health Professions Education (MHPE) at the University of Illinois at Chicago. Her thesis research is focused on exploring the facilitators and barriers, to the use and implementation of personal learning plans in the internal medicine program from the residents and academic advisor lens. She is the Associate Program Director in the Core Internal Medicine residency program at Queen's and has a strong interest in curriculum development which she leads in the program. She is aiming to improve the teaching and learning experiences for internal medicine residents and improve the instructional methods used for teaching during their training. Since the COVID-19 pandemic, her division has changed their ambulatory practice to a mix of virtual and in-person clinic visits. She is currently working on research with the Department of General Surgery, to explore residents and faculty experiences with virtual clinics, aiming to develop a virtual care curriculum to optimize residents learning experiences and assessment.

Dr. Awad enjoys doing endocrinology research particularly with residents who are interested in pursuing a career in endocrinology. She finds it rewarding to mentor young residents to become future endocrinologists. Her endocrine research includes presenting and publishing interesting case reports and retrospective cohort studies. She is working to improve the diagnosis and management of hyperosmolar hyperglycemic state at KHSC through a quality improvement project by the development and implementation of a new order set. Dr. Awad has developed and implemented an order set for the management of patients post transsphenoidal resection of pituitary tumors and patients with central diabetes insipidus. This is intended to improve the care and management received when patients are admitted for pituitary surgery.

Dr. Awad finds Kingston a very charming and peaceful city to live and work in. It is easy to commute between hospitals and she finds there is a collegial and supportive work culture with amazing leadership and colleagues. She loves the cute downtown, with most importantly, great local coffee places where she can grab a coffee between clinics. Her go-to restaurants/cafes in #YGK are Juniper Café and Northside Espresso + Kitchen!

Gastroenterology

Mission Statement

To create a culture of excellence in the integrated care and study of patients with digestive diseases

Number of Publications

40

Number of Learners

3 PGY4

2 PGY5

Number/Value of Grants

\$1.7M+



Division Chair
DR. LAWRENCE HOOKEY

Dr. Lawrence Hookey is a Gastroenterologist and the Medical Director of the Endoscopy Units at Kingston Health Sciences Centre. His practice includes general GI with a focus on therapeutic endoscopy and pancreatic and biliary disease. His research program includes investigating optimizing bowel preparation for colonoscopy, quality assurance in endoscopy, and education for colonoscopy.

Faculty Members & Rank

Professor	<u>Dr. Lawrence Hookey</u>	
Professor	<i>Dr. Michael Blennerhasset, PhD</i>	
	<i>Dr. Jacob Louw</i>	<i>Dr. Stephen Vanner</i>
Associate Professor	<i>Dr. Mark Ropeleski</i>	<i>Dr. Jennifer Flemming</i>
Assistant Professor	<i>Dr. Robert Bechara</i>	<i>Dr. Michael Beyak</i>
	<i>Dr. Melissa Kelley</i>	<i>Dr. Catherine Lowe</i>
	<i>Dr. David Reed</i>	

Awards

Dr. Lawrence Hookey	<i>Bill Depew & Ron Wigle Master Clinician Award</i>
Dr. Jennifer Flemming	<i>Aesculapian Society Lectureship Award</i> <i>2020 Term 4A</i>

COVID-19 Challenges and Successes

- The beginning of the pandemic saw the Division go wholesale to virtual care in their ambulatory clinics, with an adjustment to triaging patients to in person or virtual within a couple of weeks. The administrative team did an incredible job adjusting to these new realities and processes, and the faculty worked hard to provide both excellent care as well as continuing to provide meaningful education for our trainees.
- The endoscopy team adapted quickly to the new realities, with the screening of patients, the adoption of more intense PPE, and pre-procedure COVID-19 testing. New protocols were developed for treating known COVID-19 positive patients.
- Managing to see the Division's patients in a timely fashion has always been a challenge, and in the last two years the Division saw a 40% increase in referrals, without any change in their resources or abilities to see these patients. With the pandemic, their endoscopy volume has been decreased by 30% due to space and infection control measures, thus further stressing the wait times.

- The GI Division is a close-knit group, with regular get togethers that include the administrative staff and endoscopy teams. The pandemic has obviously challenged them in this way. The group has kept together through education zoom evenings with food delivery and through touching base and acknowledging that this year is stressful and different, even when things are going well.
- Managing work-home balance has been a challenge this year, particularly during school closures, and the group has proven flexible, understanding, and innovative (eg. carrying around a laptop so that a faculty member can follow teaching as it changes from boardroom to clinical area) when these challenges arise.

DIVISION HIGHLIGHTS

Clinical Highlights

- Dr. Robert Bechara completed his 100th POEM procedure at KHSC. This is a major milestone in the progress of this program, which offers minimally invasive, effective therapy for achalasia.

Educational Highlights

- After a pause at the beginning of the pandemic, the Division resumed journal club and Gastroenterology rounds, along with “Case-based learning,” all virtually, with excellent results.
- The Division’s former trainees have continued to flourish in faculty positions (McGill University, University of Calgary, Memorial University) and community gastroenterology positions.



Dr. Robert Bechara's 100th POEM

- The Division’s first therapeutic endoscopy fellow, Dr. Simon Hew, completed his training and has returned to Melbourne Australia. Their second fellow, Dr. Mandip Rai, was awarded the John Alexander Stewart fellowship, and is also engaged in a Master’s degree in evidence based health care.
- The reputation of the gastroenterology motility program has continued to be global, with regular clinical fellows, including their current trainee Dr. Saeed Al-Zubide from Saudi Arabia.

Research Highlights

- Dr. Robert Bechara received funding from the SEAMO Innovation Fund Competition for his project entitled “Fistulotomy as the Primary Cannulation Technique for all Patients Undergoing Ercp: A Randomized Controlled Trial.”
- Dr. Stephen Vanner received funding from the SEAMO COVID-19 Innovation Fund Competition for his project entitled “The Application Of Metabolomics to Enhance Detection of COVID-19 and Predict Disease Severity: A Proof-Of-Principle Study.”
- Dr. Robert Bechara was awarded a DOM Clinical Innovation Research Award for his project entitled “Tranexamic Acid to Prevent Bleeding After Endoscopic Resection of large Colorectal Polyps: A Pilot Project.”
- Dr. Jennifer Flemming was awarded a DOM CIHR Pillars Research Award for her project entitled “Pregnancy in Women with Hepatitis C: A Population-Based Cohort Study.”
- Dr. Stephen Vanner was awarded a DOM CIHR Pillars Research Award for his project entitled “COVID-19 Testing of Health Professional Students: Informing Testing and Public Policy for Universities and Society.”

Selected Publications

- “Targeting G Protein Coupled Receptors for the Treatment of Chronic Pain in the Digestive System.” Gottesman-Katz L, Latorre R, Vanner S, Schmidt BL, Bunnett NW, Gut 2020.
- “Nutritional Profile of Redent Diet Impacts Experimental Reproducibility in Microbiome Preclinical Research.” Tuck CJ, PalmaG, Takami K, Brant B, Caminero A, Reed DE, Muir JG, Gibson PR, Winterborn A, Verdu EF, Bercik P, Vanner S. Scientific Reports, 2020.
- “Reference Letters for Subspecialty Medicine Residency Positions: Are They Valuable for Decision-Making? Results from a Canadian Study.” Chopra D, Joneja M, Sandhu G, Smith CA, Spagnuolo CM, Hookey L. BMC Medical Education, 2020.
- “Gastroscopy Should Come Before Colonoscopy Using CO2 Insufflation in Same Day Bidirectional Endoscopies: A Randomized Controlled Trial.” Jowhari F, Hookey L, J Can Assoc Gastroenterol 2020.
- “Outcomes of Pregnant Women With Cirrhosis and Their Infants in a Population-Based Study.” Flemming JA, Mullin M, Lu Jacque, 2020.

Sarkar MA, Djerboua M, Velez MP, Brogly S, Terrault NA. Gastroenterology 2020.

- “Validation of a Hierarchical Algorithm to Define Chronic Liver Disease and Cirrhosis Etiology in Administrative Healthcare Data.” Philip G, Djerboua M, Carlone D, Flemming JA. PLoS One. 2020.
- “Examining Psychosocial Mechanisms of Pain-Related Disability in Inflammatory Bowel Disease.” Fretz KM, Tripp DA, Katz L, Ropeleski M, Beyak MJ. J Clin Psychol Med Settings. 2020.

Administrative Highlights

- Dr. Melissa Kelley has taken the lead on the Gastroenterology Clinical Care pathway. In partnership with several family doctors, they have co-developed 6 care pathways, and are

working with the KHSC working group to bring these into clinical practice.

Donations and research support: The Gastroenterology Division and the Gastrointestinal Diseases Research Unit have benefited greatly from donations over the years, which go towards, supporting research equipment purchases, summer research studentships, and clinical and basic science research. The Mitchell family has been a regular donor to GIDRU, and their support is greatly appreciated. The members of GIDRU try to give back as well, with regular fundraising for the Crohn’s and Colitis Foundation, as well as the Canadian Diseases Health Foundation, with over \$100,000 dollars raised by the group thus far!



Dr. Melissa Kelly

Faculty Profile *Dr. Melissa Kelley*

Meet Dr. Melissa Kelley, an Assistant Professor in the Division of Gastroenterology. She has always had an interest in health care, which she attributes to her mother’s influence as a nurse. After researching different health professions, she ultimately decided on a career in medicine because it offered her the opportunity to take one’s expertise and career in many different directions. Dr. Kelley completed medical school and her Core Internal Medicine residency at Memorial University in Newfoundland followed by her Gastroenterology training at Queen’s University. She then completed a fellowship in Clinical Hepatology at Toronto Western Hospital before returning to St. John’s, Newfoundland where she practiced for four years. Although she enjoyed working with their GI group again, when the opportunity arose, she moved back to Kingston to pursue an academic position at Queen’s University.

Dr. Kelley was interested in Gastroenterology early on following an elective towards the end of medical school. She states that the GI group in St. John’s was great to work with and learn from and she also enjoyed the variety of clinic work and procedures. Around this time, Newfoundland recruited their first hepatologist, and she was also only the second female gastroenterologist in St. John’s and the entire province. It was her recruitment and influence that really caused Dr. Kelley to go on to pursue further training in hepatology.

The Division of Gastroenterology is developing Clinical Pathways to help family doctors with the management of common GI conditions, as well as to help expedite referrals for those patients who need specialist assessment. Dr. Kelley is the clinical lead within this group and is also involved with the Eliminating Wait Times Initiative with Dr. Eisenhauer. In addition to her work on these projects, her clinical and educational duties, she is working towards her MSc in Evidence-Based Medicine at Oxford University. She was awarded the Oxford-McCall MacBain Graduate Scholarship to pursue her studies.

Dr. Kelley feels that Kingston is a great place to live and practice. She is from a small town in Nova Scotia and spent many years living in Newfoundland. What drew her to Kingston was its small-town, East Coast vibe. Though it is small in size, she finds that it still offers lots of options for restaurants, festivals, and live music (once the pandemic is over!). She states that the hospital has a very collegial environment and supportive staff that make for a positive work experience. In her free time, she enjoys exploring the hiking trails around Kingston with her dog, reading, baking, and traveling back to the East Coast as often as possible. Her go-to restaurants in #YKG are Olivea, Atomica, Geneva Crepe Cafe, and Riverhead Brewing.

General Internal Medicine



Division Chair
DR. CHRISTOPHER SMITH

Dr. Christopher Smith is an Internist. He performs most of his clinical duties on the clinical teaching units (CTU's) and on the GIM consult service. His main interests are in medical education, evidence-based medicine and clinical skills.

Faculty Members & Rank

Associate Professor *Dr. Christopher Smith*

Associate Professor *Dr. David Maslove* *Dr. David Taylor*

Assistant Professor *Dr. Stephen Gauthier* *Dr. Phil Laird*
Dr. Marie Leung *Dr. Laura Marcotte*
Dr. Kristen Marosi *Dr. Laura Milne*
Dr. Steven Montague *Dr. Johanna Murphy*
Dr. Lisa Nguyen *Dr. Siddhartha Srivastava*
Dr. Matthew Strauss *Dr. Don Thiwanka Wijeratne*
Dr. Rasika Wijeratne *Dr. Zijong Wu*

Awards

Dr. Stephen Gauthier *Young Clinician Award*

Dr. David Maslove *Mid-Career Physician Award*

Dr. Chris Smith *COVID-19 Outstanding Service Award*

Dr. David Taylor *Distinguished Service Award*

Dr. Laura Milne *John T. Tweddell Award from the Department of Family Medicine*

DIVISION HIGHLIGHTS

Clinical Highlights

The most obvious challenge for the Division of General Internal Medicine, like all other divisions, has been the COVID-19 pandemic. The Division has had to adjust throughout the year to maintain the inpatient teaching services while remaining flexible to accommodate the needs of the regional population and hospital. GIM has helped with a restructuring of the Hospital bed-map and the creation of a dedicated COVID-19 unit initially on Kidd 10 and then expanded and re-located to Connell 3. Fortunately, Kingston's COVID-19 numbers have been manageable through the past year and the Connell 3 unit has been transformed into a triage unit for high-risk patients and COVID-19 screening is now done for all inpatient admissions. There was a dip in medicine

Mission Statement

**To provide excellence
in patient care, research
and teaching of internal
medicine**

Number of Publications

32

Number of Learners

5 PGY4

5 PGY5

Number/Value of Grants

\$134K+



(top) Drs. Chris Smith and David Taylor

(above) Drs. Kristen Marosi and Marie Leung

admissions in the early part of 2020, and an overall reduction in the ALC numbers, but as the end of 2020 approached, medicine went back to its pre-pandemic levels.

Drs. Lisa Nguyen and Zijiang Wu continue to develop the Obstetric Medicine program at KHSC in collaboration with the Department of Obstetrics and Gynecology. Demand is outstripping their current clinic capacity and there are plans to open a second clinic in order to accommodate the clinical need. They have been providing a regular educational curriculum to the GIM fellows and participate regularly with teaching in the Ob/Gyn program too. The goal of the Division will be to hire a 3rd GIM trained faculty member with an interest in Obstetric Medicine.

Educational Highlights

The GIM Division provides approximately 70% of the coverage for inpatient medicine on the six CTU teams. These services account for 40% of the total hospital admissions to KHSC. The CTUs are a core component of the residency program and the hub for team-based learning.

Research Highlights & Selected Publications

- Dr. David Maslove continues his work in his successfully funded research program and as an editor of *Critical Care Medicine*. He had 16 peer-reviewed publications in 2020 including papers in the *New England Journal of Medicine* [ref: NEJM 1-2021 384(4):345-352 doi: 10.1056/NEJMoa2022713.] and *Nature* [ref: Nature epub 2020 Dec 11. doi: 10.1038/s41586-020-03065-y].
- Dr. Thiwanka Wijeratne published a study as a result of his international collaboration on cancer care in Sri Lanka (Ref: *Journal of Cancer Policy* 10-2020 epub) and an evaluation of the impact of an echographic diagnosis of pulmonary hypertension on patient outcomes (Ref: *Canadian Journal of Cardiology* 2020 April 9, 2(5):328-336).
- Dr. Steven Montague has published work related to his POCUS skills (Ref: *The Ultrasound Journal* 4-2020 12(1) 19-21 and 11-2020 POCUS Journal).
- Dr. David Taylor had 4 publications in medical education including senior authorship on entrustable professional activities (EPAs) in (Ref: *Medical Teacher* 11-2020 42;1-9, *Academic Medicine* 11-2020 95(11):1755-1762 and *Teaching and Learning in Medicine* 7-2020 32:1-9).
- Dr. Thiwanka Wijeratne received funding from the SEAMO Innovation Fund Competition for his project entitled *A Multi-modal Virtual Care Bundle to Improve Quality of Care for Chronic Obstructive Pulmonary Disease (COPD) at Kingston Health Sciences Centre (KHSC)*.
- Dr. David Maslove received funding from the SEAMO COVID-19 Innovation Fund Competition for his project entitled *COVID-19 and the Genetics of Mortality in Critical Care*.

Administrative Highlights

- Dr. Thiwanka Wijeratne was appointed as a member of the Senate Educational Equity Committee (SEEC) at Queen's University.
- Dr. Marie Leung was appointed as the Medicine Core Clerkship Course Director for the School of Medicine.
- Dr. Marie Leung's application to the SEAMO Fall 2020 Medical Education Development Program (MEDP) was successful. She will be using her funds to pursue her Masters in Health Professions Education at Maastricht University.
- Dr. Rasika Wijeratne was granted her Certificate of Added Competence in Care of the Elderly from the College of Family Physicians.



Faculty Profile Dr. Johanna Murphy

Meet Dr. Johanna Murphy, an Assistant Professor in the Division of General Internal Medicine. She wanted to pursue medicine from a young age, her scrapbook notes from Grade 3 report that she wanted to be a psychiatrist, although she ended up in internal medicine! She completed her undergrad degree at Queen's in Life Sciences which she loved, and then went on to pursue medical school and her residency at the University of Toronto. She chose internal medicine as she is a generalist at heart, but her current interests seem to be circling back to mental health. In her early career, she started off doing locum work in Northern Ontario and the Yukon, and then Nova Scotia, where she worked in ICU and GIM for 8 years. She returned to Queen's as she wanted to raise her two girls (born in Nova Scotia) closer to where she was raised.

Dr. Murphy is most interested in learning and teaching strategies that will help care providers and patients make better decisions and develop healthier behaviours. Dr. Murphy states that, "so much of our personal health depends on the decisions we make daily, and we need to practice skills which enhance our ability to challenge our current belief system and change our minds and our behaviour." Dr. Murphy is interested in how mindfulness,

Dr. Murphy is most interested in learning and teaching strategies that will help care providers and patients make better decisions and develop healthier behaviours.

cognitive strategies, more focused listening, and attention can improve interactions with patients and the system in which we work. Her activities in these areas are somewhat broad and include patient safety and quality work and teaching, being a faculty member for Cognitive Behavioural Medicine Canada, education through simulation, Choosing Wisely advocate, mentorship and First Patients Program for junior medical students, and hospital committee work including Safety and Quality, Utilization and Chair of the Patient Record Committee.

Dr. Murphy is piloting a new clinic model of seeing patients in their family practice location to try to improve access to specialty consultation and develop a better partnership with community care providers. Her work in patient safety and quality involves improving medication safety, medication reconciliation, inpatient quality targets, health record documentation, and the overall focus on improving inpatient care experiences and transitions of care from hospital to home. She would like to contribute to reducing waste in health care through Choosing Wisely initiatives and focusing resources on activities with high yield and working to eliminate low yield activity which utilizes resources and does not enhance health and wellbeing.

Kingston has been a great place for Dr. Murphy's family life. She has an academic lifestyle, but she can still ride her bike to work and to run errands, get to yoga and go for runs. She works with great people which is probably the most important thing. The GIM group works extremely well together, they support each other, are all interested in providing the best care and education, and they have fun! She finds that she is always learning, and she is humbled daily by how little she knows which will hopefully keep her from aging too rapidly (known as PCAD- premature clinician aging disease- she is interested in physician wellness at this point in her career!)

Her go-to restaurants in Kingston are Olivea, Chez Piggy, and the Toucan; she says it never changes, she goes with her family sometimes and she gets to feel like she's an undergrad again!

Geriatric Medicine

Mission Statement

To promote excellence in clinical service, education, research and innovation intended to improve health care outcomes for frail seniors throughout Southeastern Ontario

Number of Publications

11

Number/Value of Grants

\$229K+



Division Chair
DR. JOHN PUXTY

Dr. John Puxty is an experienced Geriatrician and the co-Director of the Centre for Studies in Aging and Health at Providence Care. He has special interests in the development of eldercare services, evaluation of age friendly communities, distance-education and the use of information technology both as an aid to learning and strategies for effective Knowledge and Information transfer.

Faculty Members & Rank

Associate Professor *Dr. John Puxty*

Professor *Dr. Chris Frank*

Associate Professor *Dr. Sudeep Gill*

Assistant Professor *Dr. Michelle Gibson* *Dr. Leah Nemiroff*
Dr. Agata Szlanta *Dr. Erica Weir*

Awards

Dr. Michelle Gibson *Aesculapian Society Lectureship Award – 2020 Term 2B*

COVID-19 Challenges

- Adapting our ambulatory assessment programs to incorporate a mix of virtual and in person assessments during the COVID-19 Pandemic.
- Need to triage, identify and support older patients who are most vulnerable to barriers accessing necessary community and hospital services.
- Challenge to maintain continuity of care options after abrupt cancellation of many of our outpatient rehabilitation programs.
- Challenge of carrying out a virtual comprehensive geriatric assessment in the presence of common sensory and cognitive problems in this population.

COVID-19 Successes

- Supported the rapid conversion of outpatient space and staff to be redeployed and adapted to meet surge of inpatient care.
- Integration of outpatient and inpatient rehabilitation team with sharing of competencies and culture.
- Rapid evolution of a variety of virtual assessment strategies to respond to barriers for onsite assessments.



Providence Care Hospital

- Completion of several rapid reviews for best practices in terms of virtual cognitive assessment, strategies to mitigate impact of isolation in elderly during a pandemic, and use of technology to support aging at home.
- Increased capacity for virtual delivery of core education program.

DIVISION HIGHLIGHTS

Clinical Highlights

- A new Integrated Memory Disorders clinic has been planned and launched at Providence Care Hospital including specialists from Geriatric Medicine, Geriatric Psychiatry and Neurology.

Educational Highlights

- The Division updated and adapted their core teaching program for virtual delivery.

Research Highlights

- Dr. John Puxty received \$165,000 in funding from the Ministry for Seniors and Accessibility (MSAA) for the support and evaluation of Age Friendly Communities across Ontario.
- Dr. Sudeep Gill was a Co-Investigator on a team that received a CIHR Project Grant valued at \$970,000 for their project entitled Stronger at Home: A Randomized Controlled Trial to Improve Functional Outcomes for Community-Dwelling Older Adults After Hip Fractures.

Administrative Highlights

A number of initiatives were undertaken in the last year at local, regional and provincial levels in response to an evolving health care system in Ontario and the COVID-19 pandemic.

Some examples were:

- Dr. Chris Frank was appointed as a member of the Advisory board to the Provincial Geriatric Leadership Office.
- Dr. Sudeep Gill served on the Ontario COVID-19 Science Advisory Table – Congregate Care Setting Working Group.
- The creation of the new Specialized Geriatric Services East Committee as a forum for planning and coordinating of geriatric services across Eastern Ontario, co-led by the group in SE Ontario.

Selected Publications

- Frank C, John PS, Molnar F, "Screening Tools for Virtual Assessment of Cognition." 7-2020, *Canadian Family Physician Medecin de famille canadien*, Vol. 66(7):502-503.
- Vozoris NT, Pequeno P, Li P, Austin PC, Stephenson AL, O'Donnell DE, Gill SS, Gershon AS, Rochon PA, "Morbidity and Mortality Associated with Prescription Cannabinoid Drug Use in COPD." 1-2021, *Thorax*, Vol. 76(1):29-36.
- Wolfe DM; Corace K; Rice DB; Smith A; Kanji S; Conn D; Willows M; Garber G; Abramovici H; Puxty J; Moghadam E; Skidmore B Garritty C; Thavorn K; Moher D; Hutton B; "The Effects of Medical and Non-Medical Cannabis Use in Older Adults: Protocol for a Scoping Review" *BMJ Open* 2020; 10:e034301. doi: 10.1136/bmjopen-2019-034301.



Feature Ontario Age-Friendly Communities Outreach Program

Dr. John Puxty received \$165,000 in funding from the Ministry for Seniors and Accessibility (MSAA) for the support and evaluation of Age Friendly Communities across Ontario and to respond to specific COVID-19 related concerns around isolation of older adults.

The following activities were undertaken in 2020 and continue into 2021:

Responding to the COVID-19 pandemic

1. Targeted Webinars Related to COVID-19 issues:

- Older Adults, Physical Distancing and Social Isolation During the COVID-19 Pandemic — What Can Communities Do NOW (April 16, 2020) — 526 registrants.
- Connectedness, Purpose, and Belonging: Role of Social Prescribing in Integrating Health Care and Social Supports (April 29, 2020) — 267 registrants.
- Findings from a literature review on social isolation, loneliness and older adults during COVID-19 (October 21, 2020) — 491 registrants.

2. Outreach to Ontario Communities During Pandemic

- Creating 2 Reading Lists of recent academic literature on Social Isolation, Older Adults and COVID-19 and Age-Friendly Communities. These resources were distributed to more than 3,000 stakeholders in Ontario and Canada.
- Conducting a Rapid literature review on Social Isolation and Resources including an environmental scan on programs implemented in Canada that address social isolation in community-dwelling older adults.

3. Created and supported a new Canadian Community of Interest (COI) on Social Isolation and Loneliness with 125 members across Canada who are connected and informed through a regular e-newsletter.

Support and Evaluation of Age Friendly Communities

1. Developed an evidence-based tool to enable physicians to prescribe exercise to increase healthy lifestyles and reduce the risk of frailty among older adults. Complementary informational handouts on nutrition for older adults were also developed.

2. Developed new resources for AFC Communities including

- A new Online Age-Friendly Communities Pilot Evaluation Workshop Series.
- A revised Provincial AFC Planning Guide with a new focus on special populations inclusive of small rural communities, new Canadians, indigenous populations and LGBT2SQ seniors.

3. Ongoing support to AFC knowledge exchange for Ontario communities by maintaining a provincial AFC website (over 14,000 visits), access to Knowledge Broker, regular webinars 7 with (over 2,300 registrants), monthly e-newsletter (1,187 recipients), four regional networks of AFCIs and participation in regional, provincial and national conferences and workshops.

4. Collecting and analyzing data of local AFCI implementation to support evidence-informed decision-making locally and provincially and further a collective understanding of AFC development and sustainability in Ontario.

Hematology



Division Chair
DR. DAVID LEE

Dr. David Lee is a Hematologist, the Chair of the Department of Medicine Morbidity and Mortality Rounds, and Director of the Anticoagulation Management Service. His practice and teaching encompasses benign and malignant conditions across ambulatory and inpatient settings. He is an excellent educator and has been recognized on numerous occasions by his learners.

Faculty Members & Rank

Associate Professor	<i>Dr. David Lee</i>	
Professor	<i>Dr. Paula James</i>	
Associate Professor	<i>Dr. Annette Hay</i>	
Assistant Professor	<i>Dr. Troy Climans</i>	<i>Dr. Jill Dudebout</i>
	<i>Dr. Janet Lui</i>	<i>Dr. Guillaume Richard-Carpentier</i>
	<i>Dr. Natasha Satkunam</i>	

Awards

Dr. David Lee	<i>Aesculapian Society Lectureship Award</i> – 2020 Term 2A
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COVID-19 Challenges

- Welcoming new faculty members to the Division, figuring out onboarding, introductions and making people feel welcome and part of the team, with very limited in-person interactions.
- Delivering the same high quality patient care to those who need it, whether they are suffering from cancer or bleeding disorders, while minimizing in person contact and interactions to the essential cases.
- Responding to rapid changes in our environment, emerging literature, rules and risk.

COVID-19 Successes

- Pivoted to conduct important weekly meetings virtually, from multi-disciplinary case conference to journal club to slide rounds.
- Weekly 30 minute catch up virtual Division meeting Monday 8 am to stay connected, convey new information and discuss challenges.
- Demonstrated that many lower risk patients can safely be managed virtually, set up the processes to coordinate phone clinical visits with

Mission Statement

To ensure excellence in the care of patients with blood disorders

To provide the highest standards of undergraduate and postgraduate Hematology education

To advance knowledge in diseases of the blood to the benefit of patients and society

Number of Publications

20

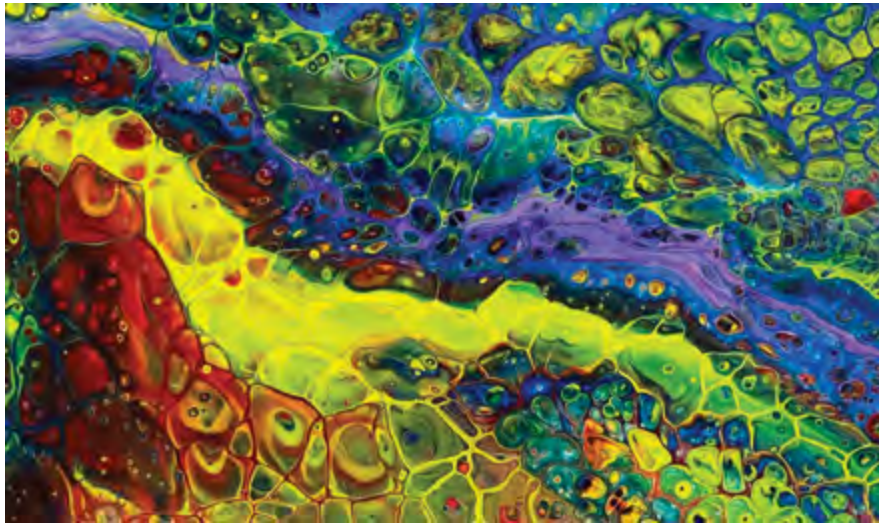
Number of Learners

2 PGY4

3 PGY5

Number/Value of Grants

\$270K+



*Hematology Art
by Dr. David Lee*

required blood work in the community in advance, while missing the connection of in person, for some much more convenient.

DIVISION HIGHLIGHTS

Clinical Highlights

- Expansion of complex malignant hematology service. The Division welcomed Dr. Guillaume Richard-Carpentier (acute leukemia) and Dr. Troy Climans (stem cell transplant). These additions increase the ability to provide high quality clinical care to our community, minimizing the need for people to travel to others cities for care.
- Dr. Natasha Satkunam established a clinical practice focused on myeloproliferative neoplasms.
- 2020 was a year of exciting growth for the KHSC stem cell transplant program. Under the leadership of Dr. Jill Dubebout, the program underwent numerous changes to prepare for application to the Foundations of Accreditation in Cellular Therapy (FACT) and adapt to new models of care implemented by CancerCare Ontario-Ontario Health to make practice more modern and efficient. This includes implementation of outpatient autologous stem cell transplant, apheresis through peripheral rather than central venous access and a complete overhaul to the quality management program. Despite the pandemic, the program is set this fiscal year to perform over 60 transplants, a program record! The welcome arrival of Dr. Troy Climans who joined our team in August 2020 will facilitate further expansion of transplantation and cellular therapy over coming years.

Educational Highlights

- Blood and Coagulation undergraduate course for first year medical students led by Dr. Paula James with input from all in Division. Highly rated.

- Dr. Bethany Monteith successfully defended her Masters thesis entitled “High-dose weekly carfilzomib, cyclophosphamide, and dexamethasone in the treatment of patients with relapsed and refractory multiple myeloma – exploring the financial cost and rare side-effects” under supervision of Annette Hay, and as part of TMED program under Paula James’ leadership, with Guillaume Richard-Carpentier on the examination committee.
- Despite the challenges brought on by the COVID-19 pandemic (the sudden loss of away electives, a newly virtual CaRMS interview process), Queen’s Hematology had an extremely successful CaRMS season with 24 applicants, 23 glitch-free virtual interviews, and ultimately matched 2 very highly ranked external candidates.
- Dr. Janet Lui, Program Director, is conducting research into the 2020 virtual medicine subspecialty CaRMS match, and data has been collected from almost all schools and programs across the country.

James' Lab



- Queen's Hematology is well positioned to be a leader in this field, as the program is set to implement the Royal College Competency By Design curriculum in July 2021, one year ahead of the national roll-out.

Research Highlights

- Dr. Paula James received funding from the SEAMO COVID-19 Innovation Fund Competition for her project entitled Coagulopathy: Understanding and Treating a Novel Entity.
- Dr. Annette Hay was awarded a CIHR Bridge Grant values at \$100,000 for her project entitled Randomized Phase 3 Evaluation of Lower Dose (3-2-1 Strategy) vs. Full Dose of Ibrutinib for the Treatment of Chronic Lymphocytic Leukemia.

Administrative Highlights

- At the end of 2020 Dr. David Lee stepped down from the position of Division Chair. Dr. Lee was the Chair of the Division of Hematology for 10 years. We thank him for his leadership and service in this position. We look forward to welcoming Dr. Annette Hay as the incoming Divisional Chair of Hematology beginning in 2021.

Fun/Life Highlights

In 2020 the Division of Hematology welcomed into their lives:

- 2 new faculty members (Dr. Guillaume Richard-Carpentier and Dr. Troy Climans)
- 2 administrative staff (Janet Lee and Paul Fortin)
- 1 baby (Nova – mother Dr. Natasha Satkunam)
- 1 albino dwarf hedgehog (Beau)
- 3 dwarf rats (Frizzo, Alicia Cheese, Furgie)

Feature Equity, Diversity and Inclusion

2020 was a tumultuous year, during which a global realization started to sink in about the inequities inherent in our society. The Division of Hematology is no exception to this. Dr. Paula James' publication on 'Sexism in the Management of Bleeding Disorders' in the *Journal Research and Practice in Thrombosis and Hemostasis* garnered widespread attention. Dr. Annette Hay joined the Dean's Action Table for EDI in Research. Division members turned attention to other populations whose needs may be better served, including those with hemoglobinopathies and First Nations communities. While working through the problem awareness phase began in 2020, the Division of Hematology is committed to better understanding the issues and collaboratively working to address them over the coming year.



(top) Dr. Annette Hay, incoming Divisional Chair of Hematology 2021

(middle) Furgie, the mouse

(above) Beau, the albino dwarf hedgehog



Dr. Bethany Monteith and Dr. Guillaume Richard-Carpentier discuss patient care 'COVID style.'

Feature Patient Story

Shae-Lynn was admitted to KGH – Kidd 9 late in the evening of Friday, March 20, 2020, presenting with Acute Lymphoblastic Leukemia (ALL). The week that followed consisted of a full schedule of tests and scans to obtain benchmarks and a confirmed diagnosis of ALL. Shae-Lynn has always had a severe needle phobia, so these tests and diagnoses presented many fears and anxieties for her. Her mother was so impressed with the level of patience and support given to Shae-Lynn by the Doctors, Nurses and Support Staff during those times. Shae-Lynn's hospital stay was initially 43 days which included a week of testing and an induction phase of chemo. She was discharged on May 1, 2020. With 3 additional admittances thereafter, she faced many challenges including setbacks and side effects.

Her mother wanted to recognize and express her sincere appreciation for Shae-Lynn's team consisting of, Dr. Richard-Carpentier, Lee Ann Fox, NP, Michelle Foulkes, NP, Social Worker Sherrie McKegney and Spiritual Leader Janeta Kobes. She always felt Shae-Lynn was in the 'best' capable hands with this team and appreciated all the support she received from each and everyone of them. Dr. Richard-Carpentier, Lee Ann and Michelle were daily supports and we referred to them as the "terrific trio." Shae-Lynn often commented she felt relieved and reassured when any of these 3 were present — they consistently displayed compassion in a professional manner. The family is also thankful for the other dedicated and amazing doctors who were involved in Shae-Lynn's care: Dr. David H Lee, Dr. Annette Hay, Dr. Jen Leung, Dr. Janet Lui, Dr. Jill Dudebout and Resident Dr. Gregory Paulon. Special mention to Resident Dr. Gregory Paulon for his compassionate assistance in helping Shae-Lynn cope through one of her lumbar punctures.

In addition to the team of physicians, the patient's mother also wanted to recognize:

- The wonderful Kidd 9 nursing staff lead by charge nurse Tracey – what a TEAM! Given Shae-Lynn's lengthy hospital stays, this team truly felt like family!
- The Stem Cell team led by Angie, nurses Julie, Caroline, Kaitlin and receptionist Christine and Cindy. These ladies were so understanding and accommodating while Shae-Lynn attended for her consolidation phase of chemo as an outpatient and maintenance prior to her bone marrow transplant in Ottawa. Another team to be proud of!
- Support Staff, porters and food services who were all very pleasant and professional as well.

Shae-Lynn did require a stem cell transplant that required us to move to Ottawa on August 13, 2020 until the end of November 2020. One of the highlights of moving back home at the end of November was knowing Shae-Lynn was going to be having follow-up appointments on Kidd 9 (stem cell) for maintenance while giving us the opportunity to reunite with this team and Kidd 9. As a parent and Shae-Lynn's main caregiver throughout this journey, it warms her mother's heart to witness all the love and interest shown towards Shae-Lynn when they returned to KGH.

Shae-Lynn is pleased Dr. Richard-Carpentier will continue to see her occasionally in between follow-up appointments with Ottawa General Hospital and Dr. Troy Climans. They are looking forward to the same positive experiences they've witnessed, going forward!

Infectious Diseases



Division Chair
DR. GERALD EVANS

Dr. Gerald Evans is a Professor in the Departments of Medicine, Biomedical & Molecular Sciences, and Pathology & Molecular Medicine at Queen's University. He is a former President of the Association of Medical Microbiology and Infectious Disease (AMMI) Canada, the professional society for Medical Microbiologists and Infectious Disease physicians in Canada. He is a member of the Ontario Anti-infective Review Panel, and Chair of the Guidelines Committee of AMMI Canada. His research interests include clinical guideline development, antimicrobial pharmacology, and health technology assessment for optimal drug utilization.

Faculty Members & Rank:

Professor *Dr. Gerald Evans*

Assistant Professor *Dr. Jorge Martinez-Cajas Dr. Santiago Perez
Dr. Evan Wilson*

Awards

Dr. Gerald Evans *Queen's University, Years of Service, 30 Years
Department of Medicine, COVID-19 Outstanding
Service Award*

DIVISION HIGHLIGHTS

Clinical Highlights

- The Division continues to provide exceptional clinical care to patients in all areas of infectious diseases.
- There was a 30% increase in consults for 2020 even with the draw down in hospital activity to prepare for the 1st wave of COVID-19.
- Dr. Jorge Martinez-Cajas continues to provide leadership and clinical care as Director of the HIV program.
- The Division continues to look at regional expansion of programs in Antibiotic Stewardship throughout the region, at KHSC and regional partner hospitals and as well as the provision of Infection Prevention & Control (IPAC) expertise across the Southeast Ontario region.

Educational Highlights

- The Division is completing the required documentation necessary to establish a subspecialty Fellowship Program in Infectious Diseases at

Number of Publications

18

Number/Value of Grants

\$246K+

Queen's University and KHSC. Dr. Evan Wilson is leading this effort with the able help of Lindsay Crawford, the Department of Medicine Education Consultant and as well as the Faculty Office of Postgraduate Medical Education. The Division hopes to submit their application in spring 2021!

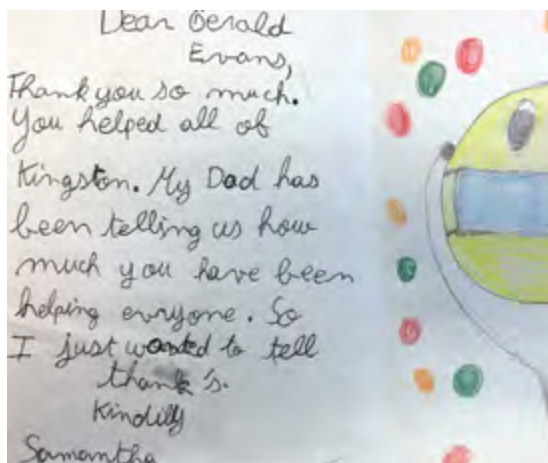
Research Highlights

- Dr. Jorge Martinez-Cajas received a PSI COVID-19 Grant valued at \$196,000 for his project entitled An Assessment of Serologic Evidence of COVID-19, Social and Occupational Contacts in Health Care Workers in a Sample of Long-Term Care and Acute Care Facilities in South Eastern Ontario.
- The Division and KHSC participated in the CATCO trial, which merged with the solidarity trial sponsored by WHO. The result

of this merger was that CATCO became the Canadian arm of the SOLIDARITY trial. This is a dynamic trial which means the investigational product can change and it did! At first Hydroxy-chloroquine was investigated, then interferon but at the end only Remdesivir was investigated. Over 10,000 participants were enrolled world-wide. The Division was very proud to participate and put Kingston on the map.

Administrative Highlights

- Dr. Gerald Evans was appointed as an expert member of the newly established Science Advisory Table to inform Ontario's Command Table's response to the COVID-19 Pandemic and as a member of the Ontario Strategy & Policy COVID-19 Taskforce, which is worked on a short timeline to expedite a strategic plan for COVID-19 testing in Ontario.



Faculty Profile Dr. Gerald Evans

Dr. Gerald Evans, as head of IPAC, and the chair of the Division of Infectious Diseases has been essential in providing the DOM, KHSC and the Kingston community with the wisdom and best practices to deal with COVID-19 in KFL&A. He has led our approach to the virus, providing amazing infectious disease insights and clear daily/hourly infection prevention guidance in the hospital and clinics. Dr. Evans has been a pillar of professionalism, providing evidence-based advice to physicians and allied health care workers across the entire organization.

Dr. Evans has provided remarkable leadership and engagement with our local public health authority and is working with the senior leadership teams at Kingston Health Sciences Centre. He has worked 7 days per week to keep on top of COVID-19 literature and pandemic data, guide our organizations in sensible and frugal use of PPE, and answer thousands of questions from colleagues, hospital administration, nursing and other hospital staff, patients, the public and the media. He has served on numerous guidance committees throughout this pandemic time, notably as the content expert for Incident Command and on the provincial science table. His sage advice is the critical element that all are waiting for at each meeting. He has given presentations to both large and small groups of physicians and medical residents on the COVID-19 pandemic and containment strategies. Despite being very busy he has always taken the time to educate and respond to his colleagues' inquiries.

Dr. Evans has been critical in our response to the COVID-19 pandemic, and we are so thankful for his guidance and leadership!

Nephrology



Division Chair
DR. DAVID HOLLAND

Dr. David Holland is a Nephrologist with a busy clinical practice in general nephrology and kidney transplantation. His research interests include outcome-based studies in chronic kidney disease and kidney transplantation. Dr. Holland has been extensively involved in undergraduate and postgraduate medical education and has been the recipient of numerous Aesculapian Society Teaching Awards and the Faculty of Health Sciences Education Award.

Faculty Members & Rank

Associate Professor	<u>Dr. David Holland</u>	
Professor	Dr. Rachel Holden	Dr. Karen Yeates
Associate Professor	Dr. Jocelyn Garland	Dr. Eduard Iliescu
	Dr. M. Khaled Shamseddin	
	Dr. Christine White	
Assistant Professor	Dr. Claire Kennedy	Dr. Sarah Moran
	Dr. Samuel Silver	Dr. Hasitha Welihinda

Awards

Dr. Ed Iliescu	Queen's University, Years of Service - 25 Years
Dr. Rachel Holden	Research Achievement Award
Dr. Khalid Shamseddin	Distinguished Service Award
Dr. David Holland	Aesculapian Society Lectureship Award – 2020 Term 3

COVID-19 Update

The Division has always operated using a 'hub and spoke' model that provides renal care to the region of Southeastern Ontario. As the centre for regional care, the renal program has a long history of outreach to its regional partners including James Bay, Bancroft, Belleville, Brockville, Smith Falls, Picton, and Napanee. Although the pandemic has presented obvious challenges, it has also provided the opportunity to strengthen partnerships with our regional sites, and to increase our investment in long distance virtual care. For example, with the assistance of nurse practitioners, pharmacists and other allied health care providers, clinics have now pivoted to a combination of alternating in-person and virtual visits. The model has been especially well received by patients who live outside of the Kingston area, for whom travel has always been difficult and time-consuming.

Mission Statement

Excellent clinical care throughout the Kidney Disease continuum

Comprehensive training in adult nephrology to undergraduate, postgraduate, established physicians, allied health care professionals and education in preventative strategies to family practitioners and the general public

New scientific information to the medical community in general and the nephrology community specifically

Leadership in clinical care delivery, research and education in underserved areas recognized to be at high risk for chronic kidney disease

Number of Publications

45

Number of Learners

4 PGY4

1 PGY5

Number/Value of Grants

\$361K⁺

DIVISION HIGHLIGHTS

Clinical Highlights

- The Renal Transplant program performed their first Pediatric en-bloc kidney transplant at the end of 2020.

Educational Highlights

- Dr. Hasitha Welihinda developed a Python script that reads the data output from Elentra to produce progress reports on residents. This will aid the Academic Advisors and the Competence Committee to better provide guidance and support for residents' learning experiences.
- Dr. Shirley Shuster (Int. Med PGY-2) was awarded the Outstanding Abstract Award in conjunction with ENDO 2021. The abstract was titled *Efficacy and Safety of SGLT2 Inhibitors in Diabetic Kidney Transplant Patients: Review of the Current Literature*.

Research Highlights

- Dr. Eduard Iliescu, Dr. Samuel Silver & their co-authors received the AJKD Editors' Choice Award for their publication entitled *The Frequency of Routine Blood Sampling and Patient Outcomes Among Maintenance Hemodialysis Recipients*.

- Dr. Samuel Silver received funding from the SEAMO Innovation Fund Competition for his project entitled *Improving Care after a Hospitalization with Acute Kidney Injury*.
- Dr. Sarah Moran was awarded a CIHR Pillars DOM Research Award for her project entitled *The Role of Complement in Membranous Nephropathy*.
- Dr. Rachel Holden was the recipient of a TIME Incubator Grant for her project entitled *Parathyroid Gland Cell Phenotype and Pathological Alternations in Bones and Blood Vessels; The Impact of Dietary Phosphate*.

Administrative Highlights

- Dr. Claire Kennedy is now the Director of the Home Dialysis program.
- Dr. Christine White and Dr. Sarah Moran contributed to the COVID-19 guidelines on behalf of the Canadian Society of Nephrology.
- The Renal Transplant program received full accreditation from Health Canada.



Dr. Claire Kennedy

Faculty Profile Dr. Claire Kennedy

Meet Dr. Claire Kennedy, an Assistant Professor in the Division of Nephrology. She is the newest member of the Division and joined the department mid-pandemic. Dr. Kennedy completed medical school at University College Cork, Ireland, and did her postgraduate training between Cork and Dublin in Ireland. She has always been drawn to improving renal replacement therapy for patients with end-stage renal disease, which inspired her to complete fellowship training in both Renal Transplantation (UBC, Vancouver) and Home Dialysis (UHN, Toronto).

Dr. Kennedy's current clinical focus is home dialysis — both home hemodialysis and peritoneal dialysis. She has ambitious plans for the growth of the home dialysis program and has an amazing multidisciplinary team who are motivated to help her with these plans. Dr. Kennedy is looking forward to getting involved in the kidney transplant program — which has been growing steadily in recent years.

Fun Fact: Dr. Kennedy had the honor of being the team doctor for the Irish Transplant Team for several years. She traveled with them as they participated in the European and World Transplant Games. She notes that it was fantastic to be a part of this celebration of transplant recipient health, determination, and gratitude!

Dr. Kennedy absolutely loves living by Lake Ontario and she enjoys the sense of calm it gives her on her walk into work every day. The rest of her day is far from calm, especially the parts where she is running after or away from her one-year-old whirlwind. She has found that the people in Kingston have been very welcoming to her, her husband, and their daughter. Her go-to restaurant in #YGK is Pan Chanco — she realized she was spending too much time there when a staff member told her she would be happy to be their babysitter as she felt she had bonded so well with their daughter!



(top) Dr. Jocelyn Garland
(above) Dr. Sarah Moran

Feature Glomerulonephritis and Pregnancy Clinic

According to provincial data (Ontario Renal Network), in 2020 growth in the GN/ Pregnancy clinic was 37 per cent. During that time, Dr. Sarah Moran and Dr. Jocelyn Garland worked very hard to expand the Glomerulonephritis (GN) and Pregnancy Specialty Clinic — just one of 6 such clinics in the province of Ontario.

We ended 2020, together with our colleagues from General Internal Medicine with training in Obstetrics Medicine (Drs. Zijing Wu and Lisa Nguyen), Maternal Fetal Medicine (Drs. Graeme Smith and Laura Gaudet), and Hematology (Drs. Troy Climans, Janet Lui and Annette Hay), delivering specialized care to a 30-year-old pregnant diabetic woman who presented with a clinical picture of severe microangiopathic hemolysis at 16 weeks' gestation.

Dr. Garland sent blood for analysis to Iowa, U.S., Bergamo, Italy, London, ON, and Toronto to assist with the diagnosis. A diagnosis of atypical hemolytic uremic syndrome was eventually made. Dr. Garland petitioned the pharmaceutical company to provide Eculizumab for this patient, at no cost, and a years' supply of medication was granted. As a result, the patient was able to receive Eculizumab dosing which otherwise would have cost hundreds of thousands of dollars.

Lack of treatment almost certainly would have resulted in pregnancy and/or maternal loss. Throughout her pregnancy, the patient required coordinated specialized visits by Maternal Fetal Medicine, Obstetrics Medicine and the GN clinic. She was seen weekly — even over the holiday season — ensuring continuity of care.

When the patient was almost 31 weeks pregnant, she began to develop kidney complications which continued post-partum. A C-section was required and Dr. Graeme Smith delivered a healthy baby boy on December 31, 2020.

Dr. Moran and Dr. Garland are very pleased to have participated in a collaborative, multidisciplinary team approach in caring for this mother and baby, along with our Hematology, Endocrinology, Nephrology (Dr. Khaled Shamseddin), Obstetric Medicine and Obstetrics colleagues. CTU attending staff including Drs. Steven Montague, Stephen Gauthier and Michelle Olah and others were also extremely dedicated and assisted care by working in a collaborative manner.

Nursing staff, in particular the nurses from the Davies 4 ICU, Kidd 5, Connell 10, and RNs Janice Reynolds and Christine Broughton were supportive in providing clinical assessments and intravenous infusions for this patient. This successful patient outcome was a great way to end 2020.

This patient wishes to specifically thank all the Neonatal ICU nurses for their exemplary care of her baby boy. In particular, she wishes to acknowledge Roberta Faroldi RN who was with her and her baby from start to finish, including transferring her baby from KHSC Neonatal ICU to a Neonatal ICU out of center, when it was time — even on her day off.

Finally, Dr. Moran and Dr. Garland would like to thank Stephanie Samms, the Renal Program and Administration for providing the necessary resources to help support the complex care needs of glomerulonephritis/pregnancy patients.

Neurology

Number of Publications

48

Number of Learners

4 PGY1

2 PGY2

2 PGY3

2 PGY4

2 PGY5

Number/Value of Grants

\$227K+



Division Chair

DR. MICHEL MELANSON

Dr. Michel Melanson is a Neurologist and is currently the Director of the KHSC EMG laboratories. His research focus is on neuromuscular diseases and has collaborations with basic science researchers at the Queen's Center for Neurosciences. He studies clinical aspects of disorders such as ALS, Multiple Sclerosis and Muscular Dystrophies. Additionally, he is the lead investigator in several clinical trials in ALS and Inflammatory Neuropathies.

Faculty Members & Rank

Associate Professor *Dr. Michel Melanson*

Professor *Dr. Garima Shukla*

Associate Professor *Dr. J. Gord Boyd* *Dr. Albert Jin*
Dr. Lysa Lomax *Dr. Gavin Winston*

Assistant Professor *Dr. Ramana Appireddy* *Dr. Moogeh Baharnoori*
Dr. Bryce Durafour *Dr. Shirin Jalini*
Dr. Giovanna Pari *Dr. Stuart Reid*
Dr. Stephen Ryan *Dr. Ana Wing*

Awards

Dr. Lysa Lomax *KHSC Exceptional Healer Award*

Dr. Ramana Appireddy *KHSC MSA Clinician Innovator of the Year Award*

COVID-19 Updates

- Despite COVID-19 affecting elective inpatient activity, the Epilepsy Monitoring Unit assessed 137 patients and performed epilepsy surgery on 5 patients.
- The COVID-19 pandemic presented many challenges to the Stroke Program and drove many innovations. We were able to rescue high numbers of acute stroke patients with continued and uninterrupted delivery of thrombolysis and endovascular thrombectomy while protecting our own Stroke Team through the rapid implementation of protective protocols and real-time videoconferencing technology.

DIVISION HIGHLIGHTS

Clinical Highlights

- The Epilepsy Clinics switched almost entirely to telemedicine to continue to provide effective care which has been demonstrated in a QI project.
- Our First Seizure Clinic continues to offer rapid assessment of patients with

KHSC continued to lead the province in treating stroke patients with the fastest door-needle time for delivery of thrombolysis, the fastest door-reperfusion time for patients requiring EVT, and is a top performer in getting stroke patients back in to the community to independent living

first unprovoked seizure and a key training opportunity for neurology and IM residents.

- KHSC continued to lead the province in treating stroke patients with the fastest door-needle time for delivery of thrombolysis, the fastest door-reperfusion time for patients requiring EVT, and is a top performer in getting stroke patients back in to the community to independent living.

Educational Highlights

- The Neurology Training Program launched their CBME curriculum thanks to Dr. Lysa Lomax (PD) and Dr. Stuart Reid (CBME Lead).
- Dr. Shirin Jalini spearheaded the development of a new Stroke Fellowship Program, the first ever at Queen's University and we expect to begin training our first Stroke Fellow in the next year.
- The Stroke Program continued to deliver Stroke School courses virtually to our colleagues in the Emergency Medicine/Family Medicine-ER program, as well as to the stroke physician groups in our partner hospitals at Quinte Healthcare — Belleville General Hospital and Brockville General Hospital.

Research Highlights

- Dr. Ramana Appireddy received funds through the SEAMO Innovation Fund Competition for his project entitled 'Adoption and Scaling up Home Video Visits in Kingston Health Sciences Center and Evaluation of Health Economics, Patient Experience of Care on Home Video Visit Use: A Mixed Methods Implementation Study.'
- Dr. Ramana Appireddy was the recipient of a PSI New Innovation Award valued at \$242,500 for his project entitled 'Patient Experience and Healthcare Costs With Home Virtual Visits, A Multiple Methods Study.'
- Dr. Gord Boyd was awarded a CIHR Project Grant valued at \$562,275 for his project entitled 'Cerebral Oxygenation and Neurological outcomes Following CriticAL illness (CONFO-CAL)-2 study: A Prospective Observational Study Assessing the Relationship Between Cerebral Oxygenation, Delirium, and Long-Term Cognitive Outcomes in Critically Ill Patients.'

- Dr. Ramana Appireddy was awarded a CIHR Project Grant valued at \$70,000 with matching funds from the department for his project entitled 'Scaling Up Evisits (Home Video Visits) for Ambulatory Care in Kingston Health Sciences Center, A Mixed-Methods Implementation Study.'

- Dr. Lysa Lomax was a recipient of the DOM Research Awards. Her project was entitled 'Implementing Resident Telemedicine Clinics: Virtual Medicine Assessment Tools in the Era of Competence by Design (CBD).'

- Dr. Shirin Jalini was successful with her application to the TIME Incubator Grant Competition. Her project is entitled 'Prevalence of Atrial Cardiopathy in Transient Ischemic Attack/ Minor Stroke.'

- Dr. Gavin Winston was successful with his application to the TIME Incubator Grant Competition. His project was entitled 'Combining Neuroimaging and Robot-Based Behavioural Assessment to Identify Biomarkers of Cognitive Dysfunction in People with Epilepsy.'

- Dr. Ramana Appireddy received funds from the SEAMO Endowed Scholarship and Education Fund for his project entitled 'Telemedicine and Medical Education: A Systematic Review.'

- Dr. Ramana Appireddy received a grant valued at \$50,000 from Canada Health Infoway for his work in virtual care.

- Dr. Ramana Appireddy was the recipient of a CTAQ grant valued at \$20k for his project entitled 'A Pilot Study Of Physician and Resident Experiences and Perceived Barriers of Using Virtual Care to Inform the Development of a Digital Health Curriculum.'

Administrative Highlights

- KHSC and Queen's University were well represented in the provincial stroke community from our participation in CorHealth's Clinical Advisory Committee and Stroke Leadership Council which make strategic recommendations to the CorHealth executive team on stroke care in Ontario, and our continued longstanding involvement in the CorHealth Stroke Evaluation and Quality Committee which provides ongoing assessment of provincial, regional and district performance across the stroke care continuum.

Patient Story *Paying it Forward*

Mr. Carl E. Jones was an independent mentally and physically active man until his 76th year, when he developed a fine tremor in his right hand, his mental acuity slackened, and he suffered bilateral retinal detachments.

Carl first became acquainted with the Neurology team at Kingston Health Sciences Centre in the spring of 2018 when he presented to the Emergency Department, having suffered involuntary falls and other symptoms of an acute stroke. Fortunately, the stroke symptoms improved quickly, but in the process, it became apparent that Parkinson's Disease distressingly impaired his quality of life. Carl was grateful for the thorough investigation while in the Stroke Unit and his referral to Dr. Stuart Reid.

With appropriate medical care and rehabilitation supports, he

regained some small measures of independence, such as rising from a chair and getting into and out of a car without assistance.

At each clinic visit, Mr. Jones spoke highly of the comprehensive care he'd received while a patient at KGH. He was appreciative of how recognizing and treating Parkinson's Disease can restore some degree of independence.

Carl, unfortunately, died on Oct 3, 2019, at 81 years of age. In appreciation of his care, his sister Marilyn made a generous gift on Carl's behalf, to further research into the causes of Parkinson's Disease. This donation recognizes the care from Dr. Stuart Reid and contributes to the ongoing investigations into the modulation of control of movement by deep brain stimulation and to the improvement of the quality of patient care in our region.

I was struck by his very pleasant demeanor. He did not remember much of his epilepsy history, but I could confirm that he had started having seizures at the age of 6, with most seizures noticed during early morning hours.

Patient Story

*By Dr. Garima Shukla with contributions from
Mr. Michael Einspinner and Ms. Sandra Weatherby
Epilepsy and EEG services, Division of Neurology*

Yvon was a pleasant young man followed by Dr. D. Weaver from 1992 to 2001 at KHSC. As Sandy, our senior Epilepsy nurse recalls, he always seemed happy to come to clinic and talk with Dr. Weaver. He was a quiet man, but he always seemed determined that he knew what medication worked for him. He learned to be compliant with his medication because if he wasn't he would have a nasty seizure. With the departure of Dr. Weaver he was then followed by Dr. A. Jackson for a year until his departure for the west. He went a few years without a neurologist in Kingston and then he was set up with Dr. A. Spiller in 2007. She followed him and again worked on changing his medication to rid him of his seizures. She followed him until her illness required her to stop working in 2013.

I met him for the first time in December 2018. I was struck by his very pleasant demeanor. He did not remember much of his epilepsy history, but I could confirm that he had started having seizures at the age of 6, with most seizures noticed during early morning hours. He had been living alone for a long time and often he would know he had a seizure because he would find himself on the floor in the morning because he would have fallen out of bed with the seizure.

Despite this, he continued working hard, volunteering with the government. With all the challenges, Yvon was passionate about the curling sport. He actively participated in many competitions and demonstrated his indomitable spirit in everything he did, pretending that epilepsy was just another part of his active life. He stayed away from alcohol, nicotine and cannabis.

We had brought him into our Epilepsy monitoring unit (EMU), and figured that his epilepsy was not as well controlled as he believed it was. We captured several seizures occurring out of sleep, and over the next two years, worked to offer him the best possible seizure control. While he would be visited by a PSW once or twice a week, he began to mix up medication dosage sometimes, either because of seizures or the cognitive slowing that he had braved over the years. This brought him back to the hospital once or twice a year, with breakthrough seizures or medication toxicity. He spent several weeks with us each time, yet came out stronger. After a prolonged hospital stay in early spring 2020, he participated in the Special Olympics and shared his joy and pride with us. He knocked enthusiastically at my office door and on seeing me, he proudly shared this achievement with me, his medal around his neck. He had also gone and shared this with Sandy.

Mike Einspinner, our EEG technologist, worked with Yvon when he was an EMU patient, and subsequently worked with him when he was later in Davies 4 ICU and then in Kidd 2 ICU during his last admission. Mike remembers Yvon as an extremely nice person. He was always in a good mood and so considerate of others. In fact, when he was in the EMU he helped and supported the person in the other bed to get through the whole week they were both in the EMU together. Mike spent a lot of time with Yvon looking after his electrodes and the EEG recording and even his CPAP machine. Of course it was a social time as well, at least whilst Yvon was conscious. Mike got to hear about some of Yvon's adventures participating in Special Olympics Curling. Yvon even showed Mike where to download a curling app for his smartphone.

His father Eugene was in the hospital quite a lot spending time with his son. Yvon lived independently here in Kingston, but his Dad lives in the Cornwall area so Eugene had many long drives to spend time with his son. When Eugene and son were together and Mike was working with Yvon, Mike established a very cordial rapport with Eugene. Mike found that Eugene was a passionate and caring individual who was always thinking of others. Then in early July when it looked like Yvon was not going to recover Eugene asked Mike if he would care to come to a small service for his son (small because of COVID-19). Of course, Mike said yes.

Sadly, Yvon passed away on July 10, 2020.

In early December Mike received a call from Eugene. He informed Mike there would be a small service for his son on December 13th at the Community Living Office here in Kingston. Would Mike care to come? Mike responded "of course", that Eugene could count on him being there. Then Eugene asked Mike, if he would be interested in receiving a donation to help people who suffer from epilepsy? Mike said of course, it would be very welcome. Mike's first thought perhaps Eugene was talking maybe a few hundred dollars, perhaps even \$500? When Mike asked him what kind of donation Eugene was talking about, Eugene responded \$50,000. Mike asked him to repeat that as maybe he misheard him. Eugene repeated \$50,000! Of course, Mike was shocked and pleased, and also happy that Eugene wanted to help those with epilepsy on behalf of Yvon and his family!

On Sunday, December 13th, 2020, Mike attended the small service for Yvon. Mike got to hear from other people who knew Yvon some wonderful things about Yvon's life that Mike didn't know. For example, Yvon's curling coach was there and had some heartwarming stories to tell about Yvon. Other people who knew and worked with Yvon had amusing and delightful stories about him. Mike's only exposure to Yvon was in a hospital setting so it was very gratifying to hear other people talk about him and his life outside of the hospital!

Then Eugene presented Mike with a cheque for \$50,000 made out to the University Hospitals Kingston Foundation, to be used exclusively for epilepsy.

The whole experience was very touching, in fact very moving!

Eugene was contacted once again to obtain consent for publishing this story, in March 2021. He willingly provided the same and this time he handed over another cheque for the UHKF, worth \$10,000 to further the cause of epilepsy care.

There are some patients one cannot help remaining attached with. Yvon is one of them for me. The most positive soul, he braved through the stormy course of relentless seizures over the last few months of his life, with the same kind smile until he was conscious and beyond. His family has displayed the generosity and humaneness which was evident in Yvon.

I am deeply grateful for having known this beautiful soul and for his continuing to live among several with severe epilepsy for whom his amazing family continues to work.

Palliative Medicine

Mission Statement

The development and provision of high quality, accessible palliative care through a regional model of integrated specialist and primary palliative care

Building capacity for primary palliative care through advocacy, mentorship, and education for undergraduate and postgraduate medical trainees, practicing physicians, and interdisciplinary team members

Providing clinical excellence in specialist palliative care to patients and families with complex palliative care needs

Training palliative medicine specialist physicians through the Royal College Subspecialty in Palliative Medicine and the CFPC Enhanced Skills program in Palliative Care

Participating in research to improve the quality of care and therapies for patients and families with palliative care needs

Number of Publications

3

Number of Learners

1 PGY5

Enhanced Skills Palliative Medicine

4

Number/Value of Grants

\$115K⁺



Division Chair

DR. LEONIE HERX

Dr. Leonie Herx is a Palliative Medicine specialist and Medical/Clinical Director of Palliative Care at Kingston Health Sciences Centre and Providence Care. She is also Co-Chair of the new Frontenac Lennox Addington (FLA) Palliative Care Partnership that is responsible for the development of a new integrated regional program for palliative care as part of the new FLA Ontario Health Team.

Over the past 13 years, Dr. Herx has been actively involved in growing and building the discipline of palliative care at a national level. She co-founded the new Royal College Subspecialty in Palliative Medicine and is now the Chair of the Royal College Specialty Committee for Palliative Medicine. She has been on the board of the Canadian Society for Palliative Care Physicians (CSPCP) for the past 8 years, including just completing a 2-year term as President of CSPCP and is now the Immediate Past-President. Through her work with CSPCP Dr. Herx helped lead a number of initiatives including consulting with Health Canada in the development of the new Framework for Palliative Care in Canada, co-developing a CSPCP staffing model for planning palliative care programs and developing a national set of competencies for a palliative approach to care for all postgraduate education programs.

Dr. Herx's areas of interest are medical education, professional development, and advocacy for building palliative care capacity across the health care system.

Faculty Members & Rank

Associate Professor [Dr. Leonie Herx](#)

Assistant Professor [Dr. Alison Flanagan](#) [Dr. Craig Goldie](#)
 [Dr. Majid Iqbal](#) [Dr. Danielle Kain](#)
 [Dr. Natalie Kondor](#)

COVID-19 Challenges:

- The need to change to virtual visits for our ambulatory palliative care cancer clinics and many homecare visits.
- The change in how we work with families and a patient's community of supporting for decision-making and care at the end of life due to travel restrictions and facility visitor restrictions. Patients experienced additional psychosocial stress when loved ones could not be with them.

The Division transitioned most follow-up visits to video or telephone for community and clinic settings, including the use of a new e-prescription tool.

- The Division was less able to anticipate and plan for symptom crises and functional decline of patients with changing trajectories of illness as we usually would because of less ability to see patients and less frequent contact. Many patients did not want homecare staff in their homes and did not want to come to the clinic/hospital for fear of COVID-19.
- The anticipated medication shortages for core palliative care medicines needed for symptom management and end of life care.

COVID-19 Successes

- The Division co-led the development and adaption of standardized symptom management tools for use in COVID-19 across care settings, in partnership with the Regional Palliative Care Network. Including, advanced care planning and serious illness conversation tools, a symptom management guide for end-of-life care in COVID-19, and a modified Symptom Response Kit to address medication shortages and reduce waste. Our Division also developed Palliative Sedation Guidelines for use in COVID-19 with additional options for management in the event of medication shortages.

Dr. Danielle Kain's video visits



- The Division transitioned most follow-up visits to video or telephone for community and clinic settings, including the use of a new e-prescription tool.
- The Division supported patients in connecting with loved ones at the end of life virtually, including the use of donated iPads for video visits in partnership with our Spiritual Health and Social Work colleagues.
- The Division hosted weekly Zoom Division Meetings during key times of pandemic to ensure clear communication around the rapidly changing processes and situations in various care sites.

DIVISION HIGHLIGHTS

Clinical Highlights

- Dr. Leonie Herx co-chaired the FLA Palliative Care Partnership (FLAPCP), bringing together regional partners to create a shared vision and develop a model for an integrated, coordinated program for palliative care services in the FLA region. The FLAPCP was successful in obtaining grant funds from UHKF, with matching funds from the Regional Palliative Care Network, to hire a Project Manager starting October 2020 who will help support a broad stakeholder engagement and refinement of the proposed model based on local need and resources. This work was chosen as one of four Year One Projects for the new FLA OHT.
- 'Care Closer to Home' initiative for our Palliative Oncology Program through the Cancer Centre of South Eastern Ontario. Through this initiative and in partnership with Quinte Health Care — Belleville site, the Division started a satellite Palliative Oncology clinic in Belleville, initially 1 clinic per month now 2 clinics per month to provide consultative support for patients that live closer to Belleville. The second part of the 'Care Closer to Home' initiative the Division completed this year was to transform our Community Palliative Consult team to a KHSC Palliative Outreach team to improve transitions and continuity of specialist palliative care supports when needed for patients who can no longer attend ambulatory care clinic appointments. This included the development of a new centralized referral and triage process for all consult requests from across the SouthEast region, a shared and accessible single electronic medical record, new E-prescriptions, and the establishment of a new Community Nurse Navigator position. Dr. Iqbal and Dr. Goldie were instrumental in developing the electronic tools and processes for this initiative.
- Remote Care Monitoring pilot initiative led by Dr. Majid Iqbal for improving palliative care in the community. Use of Aetonix platform technology to improve quality of care and remote symptom management for patients seen throughout the SE LHIN by CCSEO palliative care clinic team or KHSC Palliative Care Outreach Team.

Educational Highlights

- The Division trained over 100 residents and clerks who completed palliative care rotations with their program across sites, including

acute care, subacute care, ambulatory clinics and community palliative care, led by Dr. Craig Goldie Residency Program Director.

- The Division transitioned weekly rotating resident seminars, journal clubs, and resident academic half day teaching to Zoom so they were able to maintain the usual standard of resident teaching through the pandemic.
- The Division continued to host quarterly Regional Palliative Care Rounds for Southeast palliative care partners led by Dr. Danielle Kain and successfully transitioned these to Zoom-based platform.

Research Highlights

Queen's Division of Palliative Medicine participated as a member of the Pan Canadian Palliative Care Collaborative and contributed to several multi-site grants for improving new palliative care therapies and quality of care. We are a partner site for use of the mHOMR tool for early identification of patients with unmet palliative care needs admitted to acute care, a Symptom screening Tool for Early Palliative care (STEP) in patients with advanced cancer pilot project, a RCT for use of medical cannabis for symptom management in cancer patients, a comparison of pain syndromes and pain intensity across multiple palliative care settings, and the

development of a national COVID-19 Palliative Registry.

Selected Publications

- Haase KR, Kain D, Merchant S, Booth C, Koven R, Brundage M, Galica J. "Older Survivors of Cancer in the COVID-19 Pandemic: Reflections and Recommendations for Future Care." *J Geriatr Oncol.* 2020 Dec 3:S1879.
- Herx L, Cottle M, Scott J. "The 'Normalization' of Euthanasia in Canada: the Cautionary Tale Continues." *World Medical Journal* 2020, Vol. 66, 28-38.
- Sohi G, Caraceni A, Moulin DE, Zimmermann C, Herx L, Gilron I, "Nonopioid Drug Combinations for Cancer Pain: Protocol for a Systematic Review," 12-2020, Pain reports, Vol. 5(6): e856.

Administrative Highlights

- Dr. Leonie Herx was appointed as the Chair for the Speciality Committee in Palliative Medicine, Royal College of Physicians & Surgeons of Canada.
- Dr. Leonie Herx was appointed Co-Lead for the new FLA Ontario Health Team Palliative Care Project.

Feature Did You know?

Dr. Craig Goldie is the Training Program Director for not one but TWO training programs at Queen's University? Dr. Goldie is the leadership behind both the Palliative Medicine sub-specialty training program and the Palliative Enhanced Skills program under the Department of Family Medicine!



Respirology & Sleep Medicine



Division Chair
DR. DIANE LOUGHEED

Dr. Diane Loughheed is a Professor in the Departments of Medicine, Biomedical and Molecular Sciences and Public Health Sciences. She is also a Senior Adjunct Scientist at the Institute for Clinical Evaluative Sciences. She is a clinician scientist whose primary clinical interests are asthma and cystic fibrosis in adults. She founded the KHSC Asthma Program, including the Asthma Education Centre and Asthma Research Unit. Her research interests include asthma symptom perception, mechanisms of cough in asthma, work-related asthma, asthma health services and outcomes research, and guidelines implementation/knowledge translation. She is a Past President of the Canadian Thoracic Society (CTS) and past Chair of the CTS Asthma Clinical Assembly. She is currently Deputy Editor of the Canadian Journal of Respiratory, Critical Care and Sleep Medicine.

Faculty Members & Rank

Professor	<i>Dr. Diane Loughheed</i>	
Professor	<i>Dr. Michael Fitzpatrick</i>	<i>Dr. Alberto Neder</i>
	<i>Dr. Denis O'Donnell</i>	<i>Dr. Juan Pablo de Torres</i>
Associate Professor	<i>Dr. Christine D'Arsigny</i>	<i>Dr. Susan Moffat</i>
	<i>Dr. Onofre Moran-Mendoza</i>	<i>Dr. Christopher Parker</i>
Assistant Professor	<i>Dr. Sophie Crinion</i>	<i>Dr. Geneviève Digby</i>
	<i>Dr. Helen Driver (PhD)</i>	<i>Dr. Paul Heffernan</i>
	<i>Dr. Christina Liak</i>	

Awards

Dr. Susan Moffatt	<i>Ron Wigle Mentorship Award</i>
	<i>Aesculapian Society Lectureship Award – 2020 Term 3</i>
Dr. Denis O'Donnell	<i>Distinguished Scientist Honor Lecture in Cardiopulmonary Physiology (CHEST 2020)</i>
Dr. Geneviève Digby	<i>Laurence Wilson Professionalism Award</i>

COVID-19 Challenges

- The Division had to adapt to therapeutic decision making with very limited access to investigations such as pulmonary function tests, sleep studies and imaging.
- Respirology patients were (and are still) presenting with more severe symptoms and advanced disease due to hesitation to seek or access care.

Mission Statement

To provide excellence in the care of respiratory patients in our community. To continuously improve the treatment and prevention of respiratory illnesses by conducting and supporting high quality clinical research, and by educating students and caregivers in state-of-the-art clinical practice of respiratory medicine.

Number of Publications

102

Number of Learners

3 PGY4

2 PGY5

Number/Value of Grants

\$793K+

The Division embraced virtual care and adapted ambulatory practice to include e-Visits and telephone visits. This has improved access for frail patients and those distant from Kingston.

- Social distancing in the work environment meant the Division missed the day-to-day interactions with our colleagues and training residents.
- The Division developed protocols to ensure safety in the workplace for our patients and ourselves as our patients all have respiratory symptoms and we routinely perform high-risk aerosol generating medical procedures, such as bronchoscopies.
- Clinical research was necessarily interrupted, affecting many members' research programs and postgraduate research trainees. The Division developed standard operating procedures to safely re-open.

COVID-19 Successes

- The Division embraced virtual care and adapted ambulatory practice to include e-Visits and telephone visits. This has improved access for frail patients and those distant from Kingston. We will be able to incorporate virtual care options post-pandemic.
- The Division continued to offer in-person care within our allocated clinic capacity to see patients for whom virtual care would not suffice. Notably, under Dr. Geneviève Digby's leadership, our Lung Diagnostic Assessment Program (LDAP) operated at regular capacity for in-person consultations throughout the pandemic, to ensure patients with suspected lung cancer received timely, high-quality care.
- Under Dr. Chris Parker's leadership, we successfully adapted the undergraduate medical school curriculum to virtual learning.
- Academic rounds were maintained at a high level of quality in a virtual format and attendance was excellent.
- The Division learned how important it is to support each other, our residents and our staff through unprecedented times.

DIVISION HIGHLIGHTS

Clinical Highlights

- The Division continues to provide care across the spectrum of respiratory diseases in ambulatory and inpatient care setting. We place a high value on interdisciplinary care in our Asthma, COPD, Respiratory Rehabilitation, Sleep Medicine, Cystic Fibrosis, ILD, Pulmonary Hypertension, and Lung Diagnostic

Assessment Programs. We provide care in ~9000 ambulatory clinic visits annually at HDH and PCH, and see ~900 inpatient consults annually, conduct 230 Pleural Space Clinic visits and perform ~560 bronchoscopies annually at KGH. The Asthma Biologic Injection Clinic in FAPC serves approximately 140 severe asthma patients, providing 160-170 visits per month.

- The Division continues to expand sub-specialty procedural care. The Pleural Space clinic has increased its capacity to provide diagnostic and therapeutic procedures and now offers virtual follow-up care. Our use of advanced minimally invasive technologies including bronchoscopy with Endobronchial Ultrasound (EBUS) has grown to several hundred procedures per year. EBUS plays an important role in the diagnosis and staging of patients with lung cancer as well as other malignant and benign thoracic diseases. Currently 6 Division members perform this procedure. This has been a valuable asset for patients in Southeastern Ontario as we are the only centre to provide this service in the region. Additionally, we are one of the only centres in Ontario where trainees receive extensive exposure to EBUS during their core Respirology training. The Lung Cryobiopsy program, led by Dr. Onofre Moran-Mendoza, was highlighted in the local press.
- Dr. Christopher Parker continues to contribute his expertise to KHSC's Medical Assistance in Dying (MAID) service.
- Drawing upon their expertise in COPD and Sleep Medicine, Dr. Juan Pablo de Torres and Dr. Sophie Crinion are collaborating to create an ambulatory program for initiating and monitoring nocturnal non-invasive ventilation in COPD patients.
- Dr. Susan Moffatt retired in September, 2020, after 33 years on Faculty. She is continuing in a part-time Adjunct position this year, and assumed the role of COVID-19 lead for our Division. Her past and ongoing contributions to patient care, undergraduate and postgraduate medical education, mentorship and leadership have been outstanding. We are grateful for her ongoing support of our Division.

Educational Highlights

- Dr. Christina Liak assumed leadership of the Sleep Fellowship at Queen's, previously led by Dr. Michael Fitzpatrick. Dr. Liak has redesigned the fellowship, which has attracted applications from

both Canada and abroad. Our first fellow under her leadership, Dr. Hadeel Alquarashi, started in July 2020. We are delighted to be continuing this tradition of exemplary Sleep medicine training in the DOM.

- Dr. Chris Parker assumed the helm of Director of the Respiratory Undergraduate Curriculum. He skillfully adapted the course to be delivered virtually during the pandemic.
- Dr. Paul Heffernan continued to serve as Program Director of our Respiriology Specialty Training Programs, showing tremendous dedication as we continue to implement competency-based medical education.
- Dr. Christine D'Arsigny's application to the SEAMO Medical Education Development Program (MEDP) was successful. She will be using her funds to complete the Harvard Macy Program for Educators.
- We awarded the first Ruth Pattenden ILD Fellowship to Dr. Mohamed Khalil.

Research Highlights

- Dr. Denis O'Donnell and Dr. Alberto Neder maintained exemplary research productivity in clinical respiratory physiology despite the necessary interruption of in-person clinical research as a result of the pandemic. Each had over 34 peer-review publications this year and published several book chapters. In addition, Dr. O'Donnell is the editor of a complete book on Cardiopulmonary Exercise Testing (CPET) for Frontiers in Physiology.
- Dr. Diane Loughheed received funds from the SEAMO Innovation Fund Competition for her project entitled 'Promoting Evidence-based Asthma Care: Use of Sentinel Surveillance for Quality Improvement' (PEACSS-QI) (\$196,500).
- Dr. Geneviève Digby was the recipient of a Breathing as One Young Investigator Research Award (Canadian Lung Association).

Dr. Onofre Moran-Mendoza



tion). Her project is entitled 'Characterizing and Overcoming Barriers to Access of Specialty Care for Patients with Lung Cancer in Southeastern Ontario' (\$30,000).

- Dr. Geneviève Digby, Dr. Diane Loughheed and Dr. Denis O'Donnell were each recipients of William M. Spear Endowment Funds in Pulmonary Research/Richard K. Start Memorial Fund Grants in the 2020 Health Sciences Internal Grant Competition. (\$30,000 each).
- Dr. Onofre Moran-Mendoza's team was selected as an ILD centre for 2 multinational studies for new treatments of idiopathic pulmonary fibrosis and pulmonary hypertension in patients with ILD.

Selected Publications

- Crinion SJ, Tiron R, Lyon G, et al. 'Ambulatory Detection of Sleep Apnea using a Noncontact Biomotion Sensor.' *Journal of Sleep Research*, 2020. 29(1):e12889.
- Neder JA, Milne KM, Berton DC, de Torres JP, Jensen D, Tan WC, Bourbeau J, O'Donnell DE; CRRN (Canadian Respiratory Research Network) and the CanCOLD (Canadian Cohort of Obstructive Lung Disease) Collaborative Research Group. 'Exercise Tolerance According to the Definition of Airflow Obstruction in Smokers.' *Am J Respir Crit Care Med*. 2020;202(5):760-762.
- O'Loughlen SB, Levesque L, Fisher T, DeWit Y, Whitehead M, To T, Loughheed MD. 'Health Services Utilization is Increased in Poor Perceivers of Bronchoconstriction and Hyperinflation in Asthma.' *J Allergy Clin Immunol: In practice*. 2020; 8(8): 2643-2650.
- de Torres JP, Wisnivesky JP, Bastarrika G, Wilson DO, Celli BR, Zulueta JJ. 'Exploring the Impact of Lung Cancer Screening on Lung Cancer Mortality of Smokers with Obstructive Lung Disease: Analysis of the NLST-ACRIN Cohort.' *Archivos de Bronconeumologia*. 2020; 57; 36-41.
- Mullin M, Tran A, Golemic B, Stone CJL, Noseworthy C, O'Callaghan N, Parker CM, Digby GC. 'Improving Timeliness of Lung Cancer Diagnosis and Staging Investigations Through Implementation of Standardized Triage Pathways.' *JCO Oncol Pract*. 2020; 16(10): e1202-1208.
- Milne KM, Ibrahim-Masthan M, Scheeren RE, James MD, Phillips DB, Moran-Mendoza O, Neder JA, O'Donnell DE. 'Inspiratory Neural Drive and Dyspnea in Interstitial Lung Disease: Effect of Inhaled Fentanyl.' *Respir Physiol Neurobiol*. 2020; 282:103511. doi: 10.1016/j.resp.2020.103511.

Administrative Highlights

- Dr. Michael Fitzpatrick continues to serve as KHSC's Chief of Staff, with extraordinary skill and dedication.
- We implemented a new Central Triage system for respirology referrals, ensuring equitable and timely access for patients to the next available specialist in our Division.

- The UGME Respirology Course Directorship was transitioned from Dr. Susan Moffatt to Dr. Chris Parker.
 - In her role as co-Chair of the Medicine Quality Improvement (QI) and Patient Safety Committee, Dr. Geneviève Digby heightened the focus on QI at weekly Medical Morbidity and Mortality (M&M) rounds. By collating opportunities for system improvement identified at M&M rounds presentations and thematic review, tangible system level change initiatives are being identified.
 - Dr. Juan Pablo de Torres served on the American Thoracic Society Scientific Advisory Committee, providing strategic guidance for research programs and scientific policies.
 - Dr. Diane Loughheed, Delanya Podgers (Asthma Program Nurse Practitioner) and Jessica Schooley (Certified Respiratory Educator) served on Health Quality Ontario's Advisory Committee for two Quality Standards: Asthma in Adults, and Asthma in Children and Adolescents.
 - Members supported Dr. Diane Loughheed's mini-sabbatical. She visited the University of Western Australia, Melbourne University and the renowned Woolcock Institute of Research, affiliated with the University of Sydney.
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Dr. Christine D'Arsigny

Faculty Profile Dr. Christine D'Arsigny

Meet Dr. Christine D'Arsigny, an Associate Professor in the Division of Respirology & Sleep Medicine. Not only is Dr. D'Arsigny a member of the DOM, but she is also cross-appointed to the Department of Critical Care Medicine, and has been on staff since 1998. Dr D'Arsigny decided on a career in medicine at a young age and was accepted into the Med-P program at McGill University. She completed medical school and her Core Internal Medicine residency at McGill followed by her Respirology residency at Queen's University. She started her overlap year in Critical Care Medicine while at Queen's, completing it at McGill University.

When Dr. D'Arsigny started general internal medicine, she had plans to complete a cardiology subspecialty residency. Over the years, her exposure to respirology patients and mentors redirected her to Respirology. When she came to Queen's for her Respirology residency, her exposure to Kingston's critical care unit motivated her to change her training to an overlap Respirology/Critical Care program. Following her Critical Care residency, she returned to Kingston to work for a year in the expanded Critical Care Unit, following the recent merger of the Hotel Dieu Hospital (HDH) ICU with the Kingston General Hospital (KGH) ICU. She had planned to return to Montreal the following year, but she was fortunate (as was Queen's) to stay after obtaining a position in both Respirology and Critical Care at Queen's/KGH.

Dr. D'Arsigny has a clinical interest in pulmonary physiology and dyspnea, pulmonary hypertension-related dyspnea, thromboembolic disease-related dyspnea, and ventilator-related lung injury. She is currently working to develop training modules for mechanical ventilation that can be used at different levels of training. She is developing clinical pathways for pulmonary embolism assessment and management, with order sets and a plan for a modified PERT team. Dr. D'Arsigny is also clinical director of the pulmonary hypertension program with their 5-year plan to develop a fellowship training program, along with growing the clinical and administrative staffing.

Fun Fact: Queen's University/KGH's pulmonary hypertension program is one of the oldest in Ontario, having started in 2001. Our PH clinic has consistently been the first PH clinic in Canada to start patients on the newer oral and IV PAH drugs. Our PH clinic is now seeing more patients with CTEPH than PAH, with at least 4 patients undergoing CTEPH surgery annually, others undergoing balloon angioplasty, and the remainder receiving oral CTEPH therapy.

Dr. D'Arsigny feels that Kingston is one of the best places to practice medicine. She finds the staff to be pleasant and respectful, while still being able to practice high quality, cutting edge medicine and research. Her go-to restaurants in #YKG are Harper's, for their custom-made burgers, and Aqua Terra, for their scallops.

Rheumatology



Division Chair
DR. MAJA JONEJA

Dr. Mala Joneja is an Associate Professor and the Division Chair for the Division of Rheumatology. Along with Dr. Stephen Archer, she coordinates Medical Grand Rounds for Queen's University Department of Medicine. Her interests in medical education include role modeling in postgraduate medical education, the hidden curriculum, professionalism and transformative learning.

Faculty Members & Rank

Associate Professor *Dr. Mala Joneja*

Professor Emeritus *Dr. Tassos Anastassiades*

Professor *Dr. Tanveer Towheed*

Assistant Professor *Dr. Marie Clements-Baker Dr. Tabitha Kung*

COVID-19 Challenges

- Changing in-person patient visits to telehealth.
- Conducting educational activities via Zoom.
- Supporting our patients through the uncertainties of a pandemic.

COVID-19 Successes

- Successful pivoting to telehealth (see Healthy Debate blog written by Dr. Mala Joneja).
- Continuation of educational activities and rounds without interruption (Thanks to Dr. Marie Clements-Baker, Dr. Tabitha Kung, Holly Shea).
- Uninterrupted support to patients provided by our administrative staff (Kerri Rochon, Sandra Dudley, Nancy Barber, Katie Murell, Holly Shea).

DIVISION HIGHLIGHTS

Clinical Highlights

- Combined specialty clinics: Dr. Marie Clements-Baker continues to work with Nephrology in the Specialized Kidney Disease Clinic and with Respiriology as well to care for patients with connective tissue diseases and interstitial lung disease.

Mission Statement

To Provide:

Care that is excellent and compassionate for patients with rheumatic diseases in our region

Education, at all levels of medical education including undergraduate, postgraduate and continuing education

Research that is cutting edge and translational in areas including:

- **Conditions of bone and cartilage**
- **The epidemiology of osteoporosis**
- **The patient experience**

Number of Learners

2 PGY4

2 PGY5

Number/Value of Grants

\$15K+

Educational Highlights

- The Rheumatology clinic has become a teaching clinic that welcomes learners of different levels and from different programs including: Rheumatology subspecialty trainees, General Internal Medicine subspecialty trainees, Core Internal Medicine residents, clinical clerks, medical student observers and Graduate Medical Sciences students.
- Dr. Marie Clements-Baker and Dr. Henry Averbs have collaborated to develop a Musculoskeletal ultrasound course for Rheumatology subspecialty trainees.
- We welcomed Dr. Parham Daneshvar (Hand and Upper Limb surgeon from the Department of Orthopedic Surgery to collaborate with us.

Research Highlights

- Dr. Mala Joneja received funding from the SEAMO Endowed Scholarship and Education Fund for her project entitled Queen's School of Medicine during the COVID-19 pandemic.
- Dr. Bailey Dyck (PGY-5) in Rheumatology won the silver award at the Canadian Rheumatology Association meeting for her work in Quality Improvement around Cardiovascular Disease and Psoriatic Arthritis.

Selected Publication

- Chopra, D, Joneja, M, Sandhu, G, Smith, C, Spagnuolo, C, Hookey, L. 'Reference Letters for Subspecialty Medicine Residency Positions: Are They Valuable for Decision-Making? Results from a Canadian Study.' BMC Med Educ 2020 Oct 7;20(1):350. Doi: 10.1186/s12909-020-02270-7.
- Gupta A, Pipe SG, Towheed T, Anastassiades T, 'Is Rheumatoid Arthritis a Risk Factor for Fractures: A Systematic Review of Observational Studies.' 12-2020, 1, Vol. 16(1):29-37.

Administrative Highlights

- Dr. Mala Joneja was accepted into and attended the Academic Life in Emergency Medicine Faculty Incubator program.
- Dr. Mala Joneja became a member of the SEAMO Nominations & Governance Development Committee.
- Dr. Mala Joneja became a member of the Ontario Hospital Association's Research and Innovation Committee's Anti-Racisms Task Force.
- Dr. Marie Clements-Baker has applied to the Program for Clinical Excellence at Harvard School of Public Health.
- Dr. Tabitha Kung has a new role in UGME accreditation.

Every patient encounter that I had by telephone felt incomplete, like something was missing. What once was rewarding and satisfying now had become disappointing.

Feature Embracing Telemedicine; a Lesson in Compassion by Dr. Mala Joneja

As a specialist physician in practice for 15 years, I value the ability to maintain strong relationships with my patients. I strive to deliver compassionate care no matter the circumstances. That is why I was frustrated and doubtful about providing care when the COVID-19 pandemic and the restrictions that came with it forced a switch to the most convenient form of virtual care, the telephone visit.

In addition to the anxiety related to the pandemic, I quickly noticed an internal dissatisfaction and uneasiness after a day of telephone visits. This mode of delivery seemed less than ideal to me and appeared to interfere with my ability to provide quality care. The explanation that I came up with was that I missed the face-to-face interaction with patients and the inability to have a patient in front of me during the assessment was, frankly, throwing me off.

I complained that I could not see my patients' facial expressions or body language. I could not see how they moved their hands or how they got up from a chair. As an observant clinician, I needed this nuanced information to make decisions. I had worked for years to develop a style that used aspects of this face-to-face interaction as tools to build relationships with my patients, gather extra information for clinical judgment and let patients know that I cared about them.



The techniques that I had developed to demonstrate compassion — sitting across from patients at eye level, concentrating on body language or facial expression, and taking in their dress, movements or the way they kept their hands — were no longer available to me. Every patient encounter that I had by telephone felt incomplete, like something was missing. What once was rewarding and satisfying now had become disappointing.

And then I came to realize something. The in-person meeting had become of tremendous value to me, the physician, because I had become used to the convenience it afforded me. The difficulty I was having was internal. The problem was me.

I had come to value physician-centred care that involves having patients travel distances, wait long hours in one waiting room and then in another room for an encounter that may last only a few minutes, perhaps only to hear that they are doing fine.

If a physical examination is not needed, then this is a huge burden to the patient. Taking time off work, finding transportation and parking, dealing with the stress of being in another city, finding childcare, the requirements to fulfill the needs of physician-centred care can be significant. All so a patient can make the 15-minute appointment in the specialist's clinic.

I now understand that telemedicine is one of the most patient-centred ways to provide care and one of the most compassionate things that medicine can offer. I became aware of this, I believe, when call after call, I would hear the palpable ease with which my patients spoke to me from their own environments. And the security that when the call ended, there would be no long

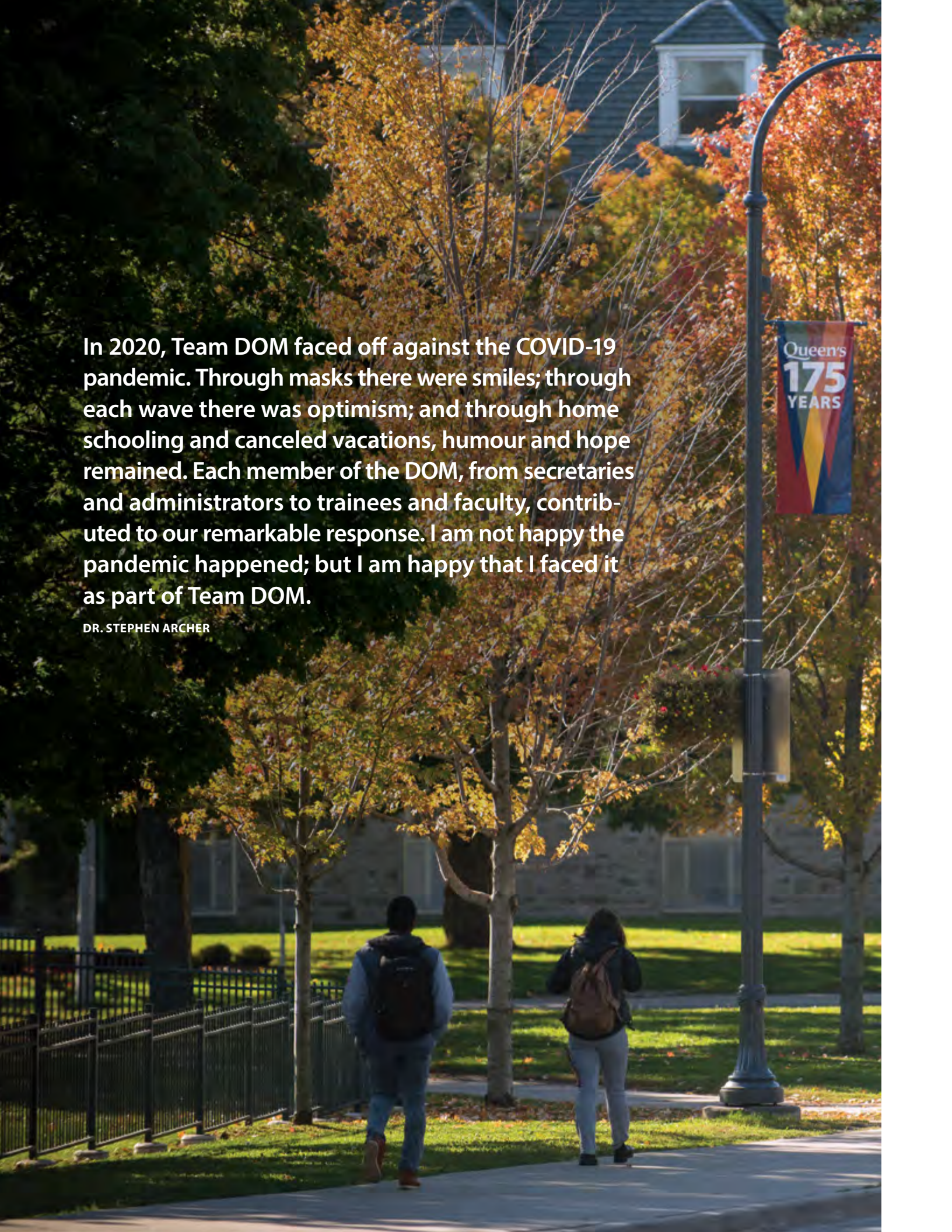
trip home. Sometimes I would hear classical music playing in the background or pet dogs barking for attention. These were signs of contentment to me.

Once it became clear that the discomfort was a physician-centred problem, I became mindful of ways to show compassion over the phone and ways to stay present in my patients' stories even without sitting directly across from them in an examining room. I became aware of the benefits of listening closely and intently and the value of concentrating on patients' tones of voice as much as their words. I discovered how easy it is to pause and wait for a sentence to finish naturally without interrupting. I would catch myself when I was nodding and stopped this habitual gesture as it is not visible and therefore offers no reassurance to the patient. I reminded myself to speak out loud, which I hope resulted in some reassurance.

Instead of worrying about misunderstandings or that telemedicine was not working for me, I began making sure that my own spoken language was clear and unambiguous.

Having now offered care this way for several months, it's clear to me that telemedicine is not inferior but a method of making patient-centred care accessible with minimal disruption to comfort and well-being. While adjusting to the pandemic restrictions, I found ways to be more patient-centred. Where I had thought I would not be able to provide compassion to my patients during the pandemic, the opposite has come true. I just needed to see it and embrace it.

Originally posted on [healthydebate.ca](https://www.healthydebate.ca)



In 2020, Team DOM faced off against the COVID-19 pandemic. Through masks there were smiles; through each wave there was optimism; and through home schooling and canceled vacations, humour and hope remained. Each member of the DOM, from secretaries and administrators to trainees and faculty, contributed to our remarkable response. I am not happy the pandemic happened; but I am happy that I faced it as part of Team DOM.

DR. STEPHEN ARCHER



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