



## Meet Dr. Siddhartha Srivastava

“Dr. Sidd” was nominated for this month’s profile by Dr. Archer and his team as well as several others within the Medicine Program. #popular He’s widely regarded as a highly skilled, genuine, compassionate and collaborative physician. And as you’ll find out he’s also a very interesting, insightful and well-rounded person with a great sense of humour!

### What is your current position?

*I’m a General Medicine Attending Physician and an Assistant Professor at Queen’s. Besides clinical practice, I do teaching and informatics research.*

### How long have you worked at KHSC?

*I have been an Attending Physician for three years. I did my undergrad Medical School education in Calgary (my hometown) and then did my residency and fellowship at Queen’s.*

### What are your research interests?

*I have an interest in informatics – specifically how technology interfaces with human behaviour in complex environments. Or in other words how to make health care providers’ lives better using technology.*

### What is your astrological sign?

*I’m a Libra.*

### Are you a typical Libra?

*I guess so. Something to do with balance. It’s not achievable every day but I do strive for balance in life.*

### Do you have a favourite food?

*I love ice cream, especially gelato. Mio Gelato has a mojito flavor with real mint. And I like the mango flavour too. Clearly I live in the wrong climate (laughs).*

### Do you like to cook?

*I’m learning to cook more and enjoying it. I have to do some cooking. My 15-month old daughter needs food!*

### What is your favourite movie?

*The Matrix. I love the sci-fi part, the human-technology interaction, the philosophy, the martial arts and the cool videography like bullet time.*



### What do you mean about ‘philosophy’ of The Matrix?

*The philosophy – the world is as we perceive it. And everyone perceives it differently. Another theme was the concept of choice in a world made of boundaries and rules. How the movie portrays and conceptualizes choice in the context of humans and technology was interesting.*

### Name something that grosses you out.

*Nail filing. I can’t stand the sound. (laughs)*

### Do you have a favourite artist?

*I listen to anything but I like Indian music, specifically an artist named A. R. Rahman. He did the soundtrack to Slumdog Millionaire. His music is a fusion of a lot of different genres. He has a really great documentary on Amazon Prime Video called Harmony, where he travels around India highlighting artists from different regions.*

### Another food question: list your perfect pizza ingredients.

*I have the counter at Score Pizza in mind while I’m thinking of this. I’d go for sauce, cheese, lots of vegetables and chicken.*



### Who are the most important people in the world to you?

*My family. My daughter, my wife, my sister and her family in London and my parents in Alberta.*

### Is anyone else in your family in health care?

*Yes my wife is also a physician.*



### What is your favourite place to visit?

*Anywhere warm. I've been to Hawaii a few times. I did a cruise to each of the islands where all the travelling was done at night and you visited the islands during the day. It was great. I also like to go to an all-inclusive. I've been to Mexico and Jamaica. I like the idea of not having to make any important decisions! And get my Vitamin D.*

### Name a word you don't like the sound of.

*I have a phrase: "It can't be done".*

### Why don't you like that phrase?

*Because I truly believe there are few things that can't be done. It's more a matter of changing the environment around you or considering a different solution or even changing your perspective.*

### Do you have a favourite hobby?

*I love photography. Initially I used DSLR cameras and have a variety of lenses to play around with. Now I'm getting more into phone cameras as the technology has improved so much.*

### What do you take photos of?

*Initially it was landscapes like beaches, farms or fields. Now I take portraits and take a lot of photos of my daughter. I bought a phone with the largest storage space for this reason!*

### Name one thing you are really good at that most people wouldn't know.

*I know Kung Fu. Essentially black belt.*

### What would you do with your time if you weren't working?

*Spend time with my family.*

### What is the best thing about your job?

*I really love the teamwork on Medicine – the residents, nurses and Allied staff. I have always enjoyed working in a hospital because of the team – having people to talk to. I also enjoy the clinical practice of Internal Medicine because of the breadth and depth associated with this specialty.*

### What do you dislike most about your job?

*The paperwork and the inefficiencies and redundancies around those processes, especially things like tests, blood work or imaging that require both electronic and paper sign offs. I'm looking forward to an electronic integrated system.*

### If you had to pick a simple phrase that you say silently or subconsciously that influences how you do your work what would that be?

*"This too will change."*

### What does that mean for you?

*What I am experiencing now, will change. It's like the weather – good or bad, nothing is permanent. In good times it reminds you to be grateful. And even if it's bad you can tell yourself it's not permanent and realize it will change. This mindset can build resilience.*

### Describe one of your best days at work.

*Having a full team of housestaff, nurses, the charge nurse and all the allied staff and we all get our work*



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*done and do a great job and then go for ice cream rounds!*

**If you could design a medication that could do anything what would it be?**

*I would design a combination medication – an antibiotic, diuretic and steroid. We could use it on patients with shortness of breath treating several conditions at once!*

**What prank would you play on your bosses?**



*For Dr. Archer I would change his coffee to decaf for just a day to see what would happen...*



*For Dr. Smith I would steal the couch in his office.*



**If you were CEO of KHSC what would you do?**

*(Laughs) I would definitely not be CEO! I have huge respect for Dr. Pichora but I could not do that job!*

**What super power would you like to have?**

*Teleportation. So I could always be on time. (laughs)*

**If you had a designer cologne named after you what would it be called?**

*Equanimity. It means calmness in difficult situations.*

**How would we get past the Scent Free Policy?**

*We could add it to the Formulary and have it prescribed by physicians!*

**Drug Listings**

**Equanimity – NEW!**

**Name some people you enjoy working with.**

*I really enjoy all members of the team – the physicians, nurses and allied staff. It's always so informative to talk with different people and to get their perspectives. You realize you have a narrow perspective of the patient compared to what everyone else sees.*



A few members of the K9/IMU G team with Dr. Srivastava. Linda Garrah, Tammy Darton, Kelsey Hayes and Nadia Karim.

**Do you have a clinical pearl you'd like to share with the Medicine interprofessional team?**

*I always try to remind myself that we need to focus on the people in the beds and not the beds themselves. There is so much pressure to flow people through the system because of the volume of patients we have to see but it's important that we focus on care and not just flow.*



## New Buttons!

You want more flair. We want you to have more flair. The first Medicine Program buttons were such a hit that you asked for more! The Connell 10 team came up with this new button design that they wanted to share with their Top Shelf/Top Floor Medicine comrades of the Kidd 10 MSSU. We love these! If you want one please email Joanna Elliott. She will hook you up. And if your unit or department has an idea for a button then let us know and we will work together to get you the flair you want and deserve!



## Medicine Haiku for You

As a big fan of Haiku and of the Medicine Program staff, KHSC Ethicist, David Campbell, said he was inspired and honoured to contribute a poem to this issue. Thank you, David!

### Ode to Medicine

by David Campbell, Ethicist

*Patient centred-care  
With team-work extraordinaire  
Rock stars in my eyes*

## Haunted Hallways!

We asked for your best Halloween costume pics and we got a range from hilarious to scariouss!



Florence Nightingale and Dr. H. (censored) Magroin aka Louise Ruttan and Vici Del-Mei.



Ryan Bourdeau and Carys Roberts (People Services) aka Ry-skelly and C-Skelly



### Medicine Horoscope: Scorpio

By Joanna Elliott

It's Scorpio season. You've probably heard (from a Scorpio). If not, you've definitely felt it. So let's all buckle up and get ready to celebrate one of the most intriguing, honest and talented signs of the zodiac.



#### Scorpio (Oct 23-Nov21)

Scorpios are **BOLD**, passionate, focused and assertive. Saturn's return to direct motion will have them advocating for their patients, getting them up and moving and not taking "I don't feel like it" for an answer. They organize a floor Olympics and have the patients and staff competing together for ultimate Medicine Program glory.

#### Famous Scorpios:

- Katy Perry
- Grace Kelly
- Ciara
- Leonardo DiCaprio
- Dr. Sanjay Gupta

### Whatcha Watchin'!?

Here's what you told us you're binging on. Please keep the recommendations coming!

MURDERY	FUH-NEY	RERUNNIN	PODCAST
Secret City	VEEP (HBO)	Magnum PI	My Favorite Murder
Succession (HBO)	Fleabag (Prime)	Bob's Burgers	Blank Check
Money Heist	Forever (Prime)	Seinfeld	Conan O'Brian Needs a Friend
Peaky Blinders	Jean-Claude Van Johnson (Prime)	The Office	Here's the Thing with Alec Baldwin
Sneaky Pete	Barry (HBO)	Sopranos	Wooden Overcoats

### October is OT Month!

By Kim Smith, OT/PT Professional Practice Leader

The Medicine Program Occupational Therapists (OTs) and Occupational Therapy Assistant (OTA) see patients that may have experienced functional decline due to a traumatic event, a worsening of a progressive disease, or the onset of a new condition. They provide interventions to address:

- Activities of Daily Living (ADLs)
- Cognition and visual perception
- Seating and wheelchair mobility
- Pressure injury prevention
- Education on adapting daily routines to short- and long-term effects of illness and disability
- Discharge planning related to safety and functional readiness to return home following their hospital admission



Interesting facts about the KGH site OT team:

1. 100% of these smiling faces either work in Medicine right now or have before!
2. Common interests are food, travel, music, outdoor activities and movies!\*
3. They supervise OT and OTA/PTA students who consistently report that they value the learning experience in the Medicine Program because of



the diversity of patients and the interprofessional collaboration!

4. They participate in local and national research and teach in the OT program at Queen's!
5. If you are walking by the OT office on Douglas 5 - OT laughter can be heard daily!
6. They once received a consult that read "Please provide a patient with a bottomless chair"!

### \*KHSC OT Department Top 20 Movies

After we found out how much the OT Department loves movies we interviewed them to find out their favourites. This is what they told us:

1. Shaving Private Ryan
2. Schindler's List of ADP Authorizers
3. Pulp Friction
4. 9 to 5: A Work Hardening Program
5. Alfred Hitchcock's Psycho-social Assessment
6. MOCA Cabana
7. Footloose: Splint Applied
8. Home Alone With Life Line Device
9. Back to the Future and Reoriented X 1
10. While You Were Sleeping on a Pressure Relief Mattress
11. Harry Potter and the Accessible Chamber of Secrets
12. Mulholland Drive Needs an OT Home Assessment
13. Fight Club Energy Conservation Strategies
14. There's Something About Mary: Cognitive Assessment Required
15. Forrest's Rump Needs a Roho
16. Meet the Fockers: Family Meeting 1pm
17. Citizen Quad Cane
18. Stand By Me: Close Guard Assistance
19. Eternal Sunshine of the Spotless Frontal Lobe With Retained Executive Functions
20. Driving Assessment: Miss Daisy May Drive Herself

### Happy RT Week Oct 21-27!

Photos by Derry Thibeault

Party on! October is also RT Week! This year the theme is "Inspiring Excellence in Respiratory Therapy". That certainly applies to our fabulous KHSC RTs seen here in action!





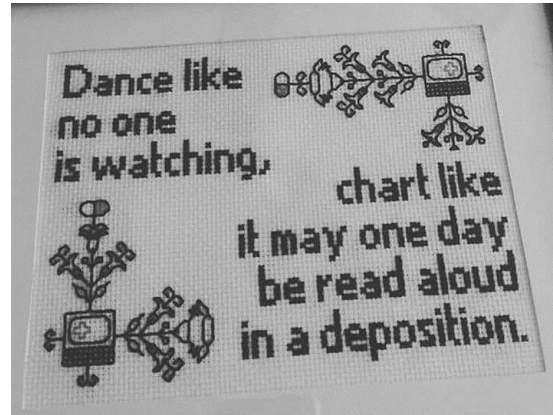
## KHSC RTs Top 20 Artists

Yes it's true. RTs love music. They listen to some mainstream acts but as you'll see below they also enjoy a lot of eclectic artists you've probably never heard of. In honour of RT Week we interviewed the KHSC RTs to get their Top 20 list of all time:

1. Van Inhalen
2. Uncle Crackle
3. The Black Eyed PFTs
4. Flo-rence and the Bi-Level Machine
5. Depeche Ventilator Mode
6. Iron Lung Maiden
7. Red Hot Chili PEPpers
8. Puff Daddy
9. Bullae Eilish
10. Pleura Abdul
11. Dyspnea's Child
12. Adele-ectasis
13. Pneumo Kids on the Block
14. Wheeze Khalifa
15. Phlegminem
16. Carina Carey
17. Jennifer Flowpez
18. PEEP Seeger
19. The Flaming Pursed Lips
20. Saline Dion

## Medicine is the Best Laughter

The Medicine Program has a twisted sense of humour. That is all.





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REPORT: He's A&Ox4, uses his call light, very pleasant and cooperative

\*walks into room\*



**When someone asks for help boosting a patient up in bed**



When you have a date right after surgery



Kingston Health Sciences Centre



Centre des sciences de la santé de Kingston





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## Photos from Out and About



These attendees at Canadian Stroke Congress 2019 accepted the prestigious Accreditation Canada Stroke Distinction Award on behalf of the KHSC teams and partners providing stroke care.



More Connell 9 smiles



Impromptu Endoscopy meeting!



MSSU crew!



Good morning from Connell 9!



#Connell10 #thetop #notlookingverylonely



The members of SIGMA (the name they came up with!) – Nurse Practitioners and Diabetes Educators in their natural habitat aka their office on Connell 4.

## Get your Meddit Credit!

We hope you enjoyed this issue of Meddit. Huge thanks to this issue's contributors! Our publication is growing every month thanks to your enthusiasm!

Do you want to get some Meddit Credit? Email us to nominate someone for a profile, send your team photos, story ideas, memes, TV shows, Haiku poems, button ideas, feedback or anything else you want to share. We'd LOVE to hear from you.

Deanna Abbott-McNeil  
Medicine Program Operational Director  
[Deanna.Abbott-McNeil@kingstonsc.ca](mailto:Deanna.Abbott-McNeil@kingstonsc.ca)

Dr. Stephen Archer  
Medicine Program Medical Director  
Head, Queen's Department of Medicine  
[Stephen.Archer@queensu.ca](mailto:Stephen.Archer@queensu.ca)

We'd like to leave you with this poem we received that fits perfectly with the themes throughout this month's newsletter. Though the poem was inspired by life in the Big Smoke the message is universal – it's a reminder to be in the present, that the present is perfect and complete and all that exists. There is no past and no future – they are but present moments that have passed and ones that are yet to come. As Dr. Srivastava eloquently stated, "*This too will change*", so let's be present and grateful in as many moments as we can in our days together with our families and friends at home and here at KHSC.

### *Sunlight at Sherbourne and Bloor*

*Late afternoon my bike rides me across the city. I wonder how we*

*fashion our lives, these brilliant disorders, these fine, inspired errors, when*

*— look — the future is utterly implicit in the present, the present is the logical outcome*

*Of all points in the past, and that building going up across the*

*street has been going up forever. Everything we do now contains the*

*seeds of its own unfolding. The bridge eases over the deep ravine.*

*Something tells me:*

*"You will never do anything more vital, more profound, more perfect or more*

*necessary than what you are doing right now.*

*Today has been Friday; that was its name — Friday — and the*

*Sunlight at Sherbourne and Bloor completes the city.*

*~ Gwendolyn MacEwen*