
UBC PSYCHIATRY

March Research Bulletin



Putting the SPOTLIGHT on the Face of UBC PSYCHIATRY

The leadership shown by UBC residents like Julia Gibson (R3) and staff like Dr. Evelyn Stewart are moving Psychiatry Forward.

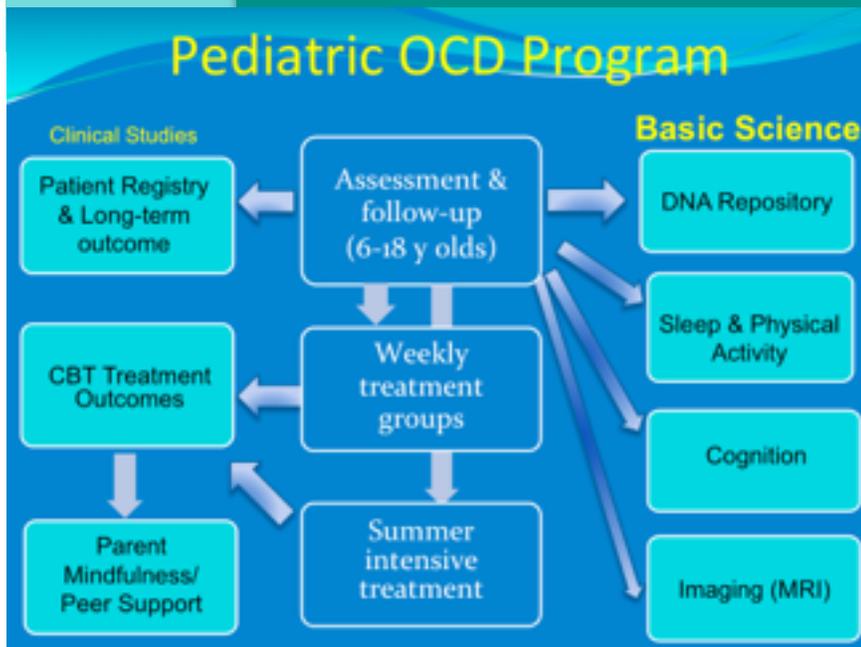


Dr. Evelyn Stewart is an Associate Professor in Psychiatry at the University of British Columbia, a child and adult psychiatrist, and founding director of the British Columbia Pediatric OCD Program at B.C. Children’s Hospital. Her academic efforts focus on clinical, familial and biological aspects of Obsessive-Compulsive Disorder (OCD) throughout the lifespan, with particular emphasis on Pediatric OCD.

The BC Pediatric OCD program has been developed such that research is integrated into all aspects of clinical work, including initial assessments and treatment and long-term outcomes. Moreover, numerous biologically-based studies are currently underway, including genetics, imaging, cognition and sleep research. A team model is used in this program, aiming to maximize upon individual strengths of contributing staff and trainees.

Dr. Stewart is highly motivated to mentor and support both faculty and trainees in their careers as emerging translational OCD researchers.

She welcomes requests from psychiatry residents and doctoral students who have serious interest in becoming involved in research projects at the B.C. Pediatric OCD Program. Interested residents should contact our research coordinator Rhonda Ellwyn rellwyn@cfri.ca.



Julia Gibson R3-

“Advocacy can take many forms, however I see research as a particularly powerful way to influence change. Those who allocating healthcare funds tend to want hard numbers on how much bang they can reasonably expect to see for their buck. I’ve had mixed experiences with research over the years. Earlier on I did a research elective with a prominent I

UP COMING CONFERENCES

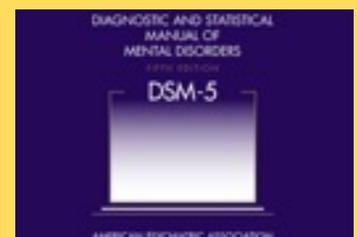
- **Canadian Association for Neuroscience 9th Annual Meeting** - May 24 -27
2015 Vancouver Abstract
- **Canadian Psychiatric Association 65th Annual Conference** - October 1 - 3, 2015 - Vancouver
- **International College of Neuropsychopharmacology Thematic Meeting** - June 4th - 6th, 2015, Dublin *Accepting Abstract Submissions*

leader in research, advocacy and policy development, but a combination of this supervisor's very busy schedule and my lack of previous research training resulted in a less than satisfying experience. Fortunately, more recently I was able to develop a **community-health project** where I could formulate and then answer my own question **about unmet mental health needs**, which was much more satisfying.

Thus far during residency I've been able to participate in, and **publish**, a **research project** characterizing an educational tool developed for psychiatry residents on **second-generation antipsychotic side effects in the paediatric population**. I am keeping my eyes open for further research opportunities in child psychiatry, and am starting to hone in on specific questions that I find interesting. Ultimately, I'd like to further my research skills and experience so that I can answer my own questions, and become an effective advocate in the process."

RESEARCH OPPORTUNITY

Dr. Shaohua Lu of VGH is planning to do a survey study on **MDs and other health professionals looking at prevalence of PTSD under DSM5 criteria**. DSM-5 addresses the issues of repeated exposure to trauma as a risk for PTSD. First responders such as paramedics were included, however there is NO specific study on MDs who are exposed to repeated traumatic scenarios. This would be a new idea not explored based on MEDLine search. The resident will work with us to develop the survey and comparison group. Please contact Dr. Lu at shaohua.lu@ubc.ca for more details.



RESIDENTS WHO RECENTLY PUBLISHED

MAFDALENA SZUMILAS (PGY1):

Murphy, A, Szumilas, M, Rowe, D, Landry, K, Martin-Misener, R, Kutcher, S, Gardner, **D. Pharmacy students' experience in provision of community pharmacy mental health services.** Canadian Pharmacists J. 2014; 147(1): 55-65.

ANDREW PERRIN (PGY2):

Perrin, AJ. **Intentional misuse of veterinary medications in human suicide.** J of Veterinary Pharmacology and Therapeutics. 2014; Epub Nov 18th

TRISHA CHAKRABARTY (PGY3):

Chakrabarty, T, Kozicky, JM, Torres, IJ, Lam, RW, Yatham, LN. **Verbal memory impairment in new onset bipolar disorder: relationship with frontal and medial temporal morphology.** World Journal of Biological Psychiatry. 2015; 24: 1-12.

ALEXANDER MCGIRR (PGY3):

McGirr, A, Berlim, MT, Bond, DJ, Neufeld, NH, Chan PY, Yatham, LN, & Lam, RW. **A systematic review and meta-analysis of randomized controlled trials of adjunctive ketamine in electroconvulsive therapy: efficacy and tolerability.** J Psychiatric Res. 2015; 62: 23-30.

Gignac, A, McGirr, A, Lam, RW, & Yatham, LN. **Course and outcome following a first episode of mania: four-year prospective data from the Systematic Treatment Optimization Program (STOP-EM).** J Affect Disord. 2015; 175C: 411-417.

RESEARCH DIRECTOR ANNOUNCEMENT

Residents interested in doing research should contact Dr. Ray Lam regarding protected time from PGY2-4 and identification of a suitable supervisor at r.lam@ubc.ca.

We encourage all residents interested in research to explore the TCPS CORE tutorial as a useful tutorial on research and research ethics. <https://tcps2core.ca/welcome>



Each Month we'll be highlighting a few achievements from our resident body.

Please keep us up to date with your research by emailing us at ubcpsychscholarly@gmail.com