



FACULTY OF MEDICINE

MUNMED *News*

Vol. 18 No. 1 Winter 2006



**Ross Family Medicine Centre opening
see page 3**



Memorial
University of Newfoundland

Cover photo:

Mrs. Doreen Ross cut the ribbon at the official opening of the Ross Family Medicine Centre, under the watchful and admiring eyes of daughter Wendy Ross, Dr. Roger Butler (Discipline of Family Medicine), and John and Doreen's youngest son George Ross.

Message from the Dean

Successes, opportunities and challenges

The Faculty of Medicine at Memorial University is a dynamic academic body. In this message I would like to draw your attention to a few important items.

The MD Undergraduate Medical Education Program accreditation site visit took place May 15-18, 2005. I am very pleased that CACMS (Committee on Accreditation of Canadian Medical Schools) at their meeting on December 6, 2005; and the LCME (Liaison Committee on Medical Education) at their meeting on February 22, 2006, awarded Memorial University of Newfoundland's Faculty of Medicine continuing accreditation of the education program leading to the MD degree, with a follow-up limited survey to occur within 12 to 18 months. This reflects well on the high quality of Memorial's medical education program. Our medical graduates consistently place among the top three in the MCCQE Part II National Qualifying Exams and are known across the country and internationally for their sound knowledge base, practical

skills, excellent communication and positive attitude.

I would particularly like to thank the members of our Accreditation Team for their tireless and diligent work. I am sure I can count on all of our faculty, staff and students to work together to ensure that we not only meet, but exceed, all accreditation standards in our quest to make the medical education program at Memorial the best possible.

This year's CaRMS Match has just been completed, and again our faculty and our MUN MD graduates have been very successful. Our Family Medicine Residency Training Program was one of the very few in the country that was completely filled in the first iteration of this year's match. Our Family Medicine Program (like the Undergraduate Medical Education Program) has training sites throughout Newfoundland and



DEANS MESSAGE continued on page 5

From the editor

I hope you enjoy the new look of MUNMED. I've had the pleasure of being editor of MUNMED since it was launched 17 years ago



in February 1989. Under the vision of Dr. David Hawkins, dean of Medicine (1987-95), the newsletter was founded and grew and changed. As technology improved while Dr. Ian Bowmer served as dean (1996-2003) colour was introduced and a spin-off publication, *MUNMED NEWS* was developed for a quicker turnaround in publishing current news.

Now we are at a time when many of you would prefer to be notified by e-mail when *MUNMED* is published so you can view or download it as a PDF, or view it in HTML. We've changed the look and feel and renamed it *MUNMEDNews*. It will be published quarterly: Winter, spring, summer and fall.

As the new *MUNMED* turns 18, we would like to know your opinions, suggestions and

comments. Inside this issue you will find a survey you can mail in. This survey will also be available at <http://www.med.mun.ca/mun-med/survey.htm> so you can fill it out on-line. On just email me at sgray@mun.ca with your comments

This issue of *MUNMED* is being sent to more than 3,000 people. If you would prefer to save trees, staff time and mailing costs, let me know. If you prefer to continue to receive a paper copy, that's fine too. Or if you don't want to receive it at all, again just let me know.

It is particularly fitting that the re-designed *MUNMED* focuses on Family Medicine. As I am sure you know, our current dean of Medicine, Dr. James Rourke, is a leader in Family Medicine. He has moved the Faculty of Medicine forward in this area. Our cover story, on the opening of the Ross Family Medicine Centre, commemorates a significant milestone in the history of the Discipline of Family Medicine, originally known as the Discipline of Family Practice.

In addition to this important event, there is a feature article that shows just

how far Dr. Rourke and some faculty and staff members in Family Medicine are willing to go to reach out to the people of Newfoundland and Labrador.

Thanks for your time and your loyalty to Memorial University's Faculty of Medicine. And particular thanks to graphic artist Sylvia Ficken for her patience and creativity in this production, and to photographers John Crowell and Terry Upshall for their co-operation and skillful work.

Sharon A. Gray
Sharon A. Gray
Editor



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INSIDE

Ross Family Medicine Centre opens.....	3-4
New Brunswick Medical Education Program.....	5
Message from the Dean continues.....	5
Memorial's response to R.K. Chandra.....	6
Dr. Richard Neuman on research ethics.....	6
New leadership.....	7
New faculty.....	8-9
Faculty awards.....	10
Student awards and news.....	11-12
Research news.....	13-14
Physician recruitment.....	14

Outreach activities.....	15-17
Sundays at the Fluvarium.....	15
Partnership with Arthritis Society.....	16
International Outreach.....	17
News from Pathology.....	18
Family Medicine hits the road.....	19-21
News from NLCAHR.....	22
Humanities at Work.....	23
Stories from Family Medicine.....	24
Patient Centredness by Dr. Ravalia.....	25
Frontwards view.....	26
A back wards view.....	27
Development and Alumni Matters.....	28



A tribute to a remarkable doctor

The Ross Family Medicine Centre officially opened Jan. 27 at the L.A. Miller Centre on Forest Road in St. John's. This academic teaching site of Memorial University has moved to the 6th floor of Southcott Hall in the Miller Centre and was formally named in memory of the late Dr. John Ross, a well-respected physician, educator and humanitarian.

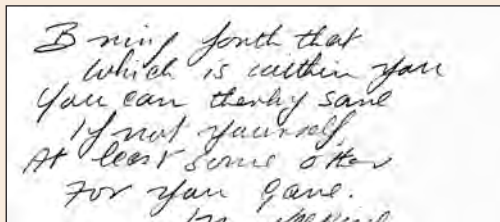
In a moving tribute to the Ross Family and the role of the family doctor, speaker after speaker extolled the virtues of the late Dr. Ross and paid tribute to his family.

Dr. William Eaton served as master of ceremonies, and greetings were brought in person by Dr. Oleh R. Waler, Family Medicine alumnus (1974) and family friend; John Ottenheimer, minister of health and community services; George Tilley, president and CEO of Eastern Health; and Dr. James Rourke, dean of Medicine at Memorial

There were also short presentations by Dr. Pauline Duke, Family Medicine; Dr. John Lewis, colleague and friend; Dr. Paul Patey, colleague and friend, and Sister Elizabeth Davis, past CEO of the former Health Care Corporation of St. John's. Following a video tribute, the closing prayer was made by Archdeacon Frances Buckle.

The ribbon was cut by Dr. Roger Butler, Family Medicine, and members of the Ross family - Mrs. Doreen Ross and two of the three Ross children - Wendy and George.

At the end of the ceremony, Dr. Roger Butler gave everyone a memento in the words of Dr. Ross.

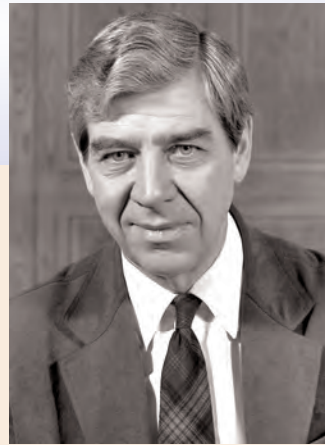


Sample of the poem in Dr. Ross' handwriting

Advice

Bring forth that
Which is within you
You can thereby save
If not yourself,
At least some other
For you gave.
In keeping
That which is within you
Sleeping,
It will die
And you'll belie
That which is
True Life

Dr. Ean Parsons
played the pipes



Dr. John Munroe Ross
1928 – 1999



"He had a 'healing aura'...
in his presence you felt
better than you did alone.

Dr. Bill Eaton
(Class of 1973)



"John Ross was one of
those incredible characters
you meet and you will
never meet again. He was
the living epitome of the
Hippocratic Oath."

Dr. Oleh Waler
Family friend
Family Medicine
(alumnus 1974)

"May his memory
be eternal"
Translation of a
Ukrainian
proverb
Dr. Oleh Waler

Letter

Mrs. Doreen Ross sent the following letter to Health Sciences Information and Media Services (HSIMS) following the ceremony.

The ceremony to honour John at Southcott Hall could not have been surpassed. The work, organization, and dedication that you all put in was indeed tremendous. For those who knew John, he would have said this should not have been, however he would have been most humbled by this dedication. For all that he achieved, it would not have been possible without the support and dedication of the faculty and staff who supported him throughout the years.

I remember visiting Medical Audio Visual (MAVS) as it was known, to check on slides etc. regarding the Uganda project. This helped us with visits to various schools here in St. John's, some of which raised funds to send medications and other medical supplies that were not available in Uganda. You all played a part in John's life and his achievements.

My sincere thanks,
Doreen Ross
Wendy, Andrew, and George



A tribute to a remarkable doctor



"He carried with him several sets of perspectives. He was a doctor without borders. He was a great man. He wasn't perfect; no-one is quite perfect...."

Dr. John Lewis
Colleague and friend



"John Ross was a part of this province. John was always at the interface. His focus was on what was meaningful in all of us. Family Medicine is community-based and John valued house calls as well as office visits..."

Dr. Paul Patey
Colleague and friend



"Many of you have had such strong connections to John Ross and his family. If he could be looking down on us today he would see such richness...."

Dean James Rourke



"Friends in health, friends of health.... I did not know Dr. Ross, but I feel very humbled simply to be here this afternoon..."

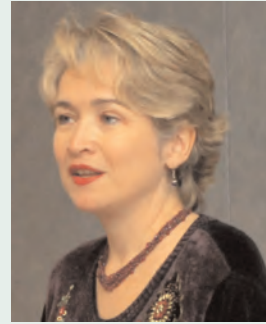
John Ottenheimer
Minister of Health and
Community Services



"We are proud to accommodate the area here [in the Miller Centre]...it is a new space and the physicians who work here have a strong and dependable relationship with Eastern Health."

George Tilley
CEO Eastern Health

The "Fox Harbour" girls: Dr. Pauline Duke and Sister Elizabeth Davis



"I was John's patient, he was very famous in my community. People cared about him and we all knew he cared about us...."

Dr. Pauline Duke



"When I was a teenager in Fox Harbour, the word 'doctor' meant Dr. John Ross.... he was a doctor who cared about our health as well as our illnesses...."

Sister Elizabeth Davis
Former CEO, Health
Care Corporation of
St. John's

To view the video visit
http://media.med.mun.ca/public/mednews/Ross_Tribute.wmv



New Brunswick Medical Education Program

New Brunswick plans to offer a full medical education program for English-speaking students in that province. New Brunswick currently funds 10 positions for medical students at Memorial. Dean James Rourke and a team from Memorial University are involved in ongoing discussions to establish the expanded medical education program in New Brunswick.

The New Brunswick students, plus two students funded by PEI, help make up the complement of 60 undergraduate medical students accepted each year at Memorial. These students spend most of their first two years, called the pre-clerkship, in Newfoundland and Labrador. Dr. Rourke said there is an opportunity for New Brunswick students to spend some of their first two years of study in their home province through rotations in Community

Health and Family Medicine. "These students then have the opportunity of spending some, or almost all, of their third and fourth years – the clerkship – in clinical rotations in New Brunswick."

Dr. Rourke said the New Brunswick government's plan is to develop a medical education program that will allow all New Brunswick students to spend almost all of their entire four years in New Brunswick. The process and timelines to decide how this will be done have not yet been finalized.

"This has become a priority item involving visits from New Brunswick deputy ministers to both Memorial and Dalhousie," explained the dean. "Dr. Scott Moffatt is the project lead at MUN on the New Brunswick development. Dr. Moffatt grew up in Fredericton, New Brunswick, is a medical graduate of Memorial, has practiced in New Brunswick and is now a full-time faculty member at Memorial."

In mid-January this year there was a meeting in St. John's of Dalhousie and Memorial representatives. Dalhousie representatives were Dr. Harold Cook, dean of Medicine; and

Dalhousie's medical education leadership team of Bruce Holmes, Susan Spence Wach, Dr. Jonathan Kronick and Dr. Sam Rowe. Memorial's representatives were Dr. Rourke, Dr. Moffatt, Dr. Mary Wells, assistant dean of undergraduate medical education, Dr. Gerard Farrell, pre-clerkship co-ordinator; and Dr. Jenny Harris. "We met to explore all possibilities and potentials with regards to the New Brunswick Medical Education project," said Dr. Rourke. "The discussions were very positive. We agreed that the potential for combining our expertise and resources in working with New Brunswick presents a unique and exciting opportunity to develop medical education programs, resources and expertise for New Brunswick that will benefit all of Atlantic Canada in ways that would not otherwise be possible."

Further meetings involving Memorial, Dalhousie and the New Brunswick government key stakeholders are needed to determine how the New Brunswick medical education program will be developed and the respective roles for Memorial and Dalhousie universities.

DEANS MESSAGE continued from page 2

Labrador as well as in New Brunswick, and has the highest percentage of graduates who enter into rural practice – not only in this province but across the country and internationally.

In February I had the opportunity to visit the Goose Bay site for a winter disaster training exercise program. This took place in extreme winter conditions and involved medical students and residents, nurses, physicians, and the Department of National Defense. This was followed by a winter survival camping weekend in which we learned about how to survive and go on to provide health care in extreme conditions. My visit was completed by working in a clinic in the nursing station in Nain on the far northern Labrador shore. It is through these trips to the teaching sites throughout Newfoundland and Labrador that I continue to develop my understanding and appreciation of the diverse living, health care and medical education challenges which are faced by our people.

Working together in teams has historically been an essential component of health care, particularly in the rural and remote areas of this province. and it will continue to be an integral part of future health care delivery. In 2005, Memorial's Centre for Collaborative Health Professional Education (CCHPE), which involves the Faculties of Medicine and Education and the Schools of Nursing, Pharmacy and Social Work, was awarded a \$1.25 million grant for curriculum development. The Faculty of Medicine has more than 15 faculty members leading this collaborative development, which includes working on the challenges of fitting collaboration with other health care professionals and students into the complex needs and scheduling of our medical curriculum.

On a higher administrative level, in response to the provincial White Paper on Post Secondary Education, Memorial President Axel Meisen has established a Committee on Collaborative Health Professional Education & Research, chaired by Dr. Duncan Sinclair and Wayne Ludlow to "elucidate ways and means of optimizing collaborative health professional

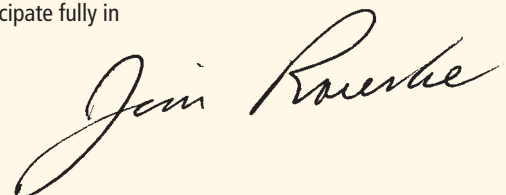
education in Memorial."

Memorial University's MD program is currently funded to accept 10 students per year from New Brunswick. We have excellent teaching sites throughout the province of New Brunswick where MUN medical students can do clinical training. The New Brunswick Government is looking to expand their medical education program in New Brunswick, which presents us with both a challenge and opportunity (see story above).

Another challenge involves the research practices of former faculty member Dr. Ranjit Chandra. This troubling ordeal has caused a great deal of distress for Memorial University's students, staff, faculty and alumni, especially in the Faculty of Medicine. I want to assure you that we will be taking every possible action to ensure that Memorial University is leading the way in research integrity, guidelines and practice (see p. 6).

This is also a busy time for the faculty's Office of Research and Graduate Studies. Over the past five years our external research funding and our graduate student enrolment has more than doubled. We are currently working very hard to meet this year's grant funding agency deadlines, and we look forward to further successes. As part of a normal cycle, the graduate studies program is undergoing an external review, which will help us more clearly identify strengths and areas that can be improved in order to continue to build on the success of this outstanding program.

Students, staff and faculty in MUN's Faculty of Medicine are facing an increasing number of challenges, as well as new and developing opportunities. It is all part of our goal to "Build A Healthy Tomorrow" and I invite you to participate fully in this exciting process.



Memorial University's response to the research practices of Dr. Ranjit Chandra

This message was sent from the president and vice-presidents of Memorial University on Feb. 7, 2006.

The recent CBC-TV news series concerning the research practices of Dr. Ranjit Chandra, formerly a member of Memorial University's Faculty of Medicine and employee of the Janeway Child Health Centre in St. John's, is of great concern to us and to the entire university community.

As a result of this story about one researcher, the integrity and reputation of Memorial University have been called into question. That is both unfortunate and unfair to the thousands of faculty, staff and students here who are conducting research that meets the highest ethical standards. They comply fully with Memorial University's research policy, which is consistent with the Tri-Council Policy Statement on Integrity in Research and Scholarship, the national standard for research integrity.

On February 2, 2006, we issued a statement outlining the actions that Memorial University had taken in the past to examine allegations of research misconduct against Dr. Chandra.

As a result of new information revealed in the CBC broadcasts and our own assessment of the situation, we have decided to undertake a thorough analysis of the investigations that were conducted, the effectiveness of the actions flowing from the investigations and any other related issues. The analysis will be directed by an expert in research integrity and practices. We are in the process of identifying such an expert and will announce the specific details of the analysis shortly.

In addition to analyzing the specific situation at Memorial University, we will also engage the national and international research communities in the ongoing quest to ensure research integrity. Because research in all its forms is fundamentally about trust and integrity and because other universities have also struggled with similar cases, we pledge to pursue the further development of a national strategy on research integrity.

At Memorial University, we are committed to the pursuit of the truth. We are committed to learning from what has occurred in our university and elsewhere so that we have the best possible policies and practices to ensure research integrity. Our students and graduates, our researchers and our supporters deserve no less.

We ask you, as one of the many friends of Memorial University, to bear with us in this challenging time and to give us your good counsel.

*Axel Meisen, PhD, PEng
President and Vice-Chancellor*

*H.E.A. (Eddy) Campbell, PhD
Vice-President (Academic)*

*Christopher Loomis, PhD
Vice-President (Research)*

*Kent Decker, CA
Vice-President (Finance and Administration)*

For further information, visit www.mun.ca/chandra.php

An open look at research ethics



Dr. Richard Neuman

If you ever thought that ethics was a simple matter of right or wrong, Dr. Richard Neuman's presentation the afternoon of Feb. 10 in the main auditorium of the Health Sciences Centre intelligently and comprehensively challenged that notion.

Dr. Neuman is a pharmacologist and faculty member in Medicine's Division of Basic Medical Sciences. For the last five years he has been actively involved in the university's Human Investigation Committee (HIC) and currently serves as co-chair with nephrologist Dr. John Harnett, Discipline of Medicine.

In a riveting presentation to faculty, graduate students and other interested persons, Dr. Neuman gave an historical overview of the evolution of research ethics to the present day. Currently Canadian researchers operate under the Tri-Council Policy Statement, which specifies the ethical guidelines for human investigations.

The guiding principles of the Tri-Council Policy Statement include respect for human dignity; respect for free (not coerced) and informed consent; respect for vulnerable persons, such as infants, children, prisoners and those in the military; and respect for privacy and confidentiality. A further principle is respect for justice and inclusiveness. "If you participate in clinical trials and other research you should be able to enjoy the benefits," said Dr. Neuman.

A historical look at the development of these principles is shocking. Dr. Neuman described the study ship physician James Lind made in 1747 of scurvy among sailors. Six treatments were tried: Seawater; apple cider; lemons and oranges; elixir vitriol (sulfuric acid); vinegar; and nutmeg. Lind found that lemons and oranges were effective in curing scurvy but because of their high cost at the time he did not recommend them. "By not making this recommendation on the basis of cost, 10,000 sailors died of scurvy before the British Navy began to use lime juice, less expensive than oranges, for all sailors," said Dr. Neuman.

In 1897, research on yellow fever that resulted in unnecessary deaths led to condemnation from Dr. William Osler at Johns Hopkins University, the most prominent physician of the day. Unethical practices continued and in the wake of shocking revelations from WWII, guidelines were developed after the Nuremberg trials in response to Nazi physicians who conducted horrific medical experiments on concentration camp internees. The World Medical Association began to develop an expanded code of ethical principles and these were finally proclaimed in 1964 at Helsinki.

But that was far from the end, and the case that affects Dr. Neuman most profoundly was the Tuskegee Syphilis Study which started in 1932 in Maco County, Alabama. Four hundred syphilitic African-American men and 200 uninfected controls were set up by the U.S. Public Health Service in a study to investigate the course of untreated syphilis in blacks. Access to penicillin was denied these men, even those who enrolled in the army during WWII where the treatment of syphilis was mandatory.

Asked following his presentation what he thought of R.K. Chandra's alleged fraudulent research, Dr. Neuman said that while he agreed it was unethical and needs thorough investigation, the problem isn't unique to Memorial. "If people want to cheat they're going to do it. I can't see any way imaginable to completely prevent it."



NEW LEADERSHIP

Community Health expands

The Faculty of Medicine's newly expanded Division of Community Health and Humanities has a new associate dean and a larger number of faculty, staff and students. The division has a faculty and staff complement of over 50 along with 40 graduate students.

Previously known as the Division of Community Health, the addition of Humanities to the name reflects the integration of faculty in Humanities, Ethics, and Law in Medicine.

"Teaching is undertaken from pre-clerkship through post graduate years in medicine, graduate programs at the mas-



Dr. Jim Connor is associate dean for the newly-expanded Division of Community Health and Humanities.

ter's and doctoral levels in Community Health, and in undergraduate and graduate Faculty of Arts courses," said Dr. J.T.H. Connor, the new associate dean of Community Health and Humanities. "Faculty members also undertake professional consultation, often in conjunction with the division's Health Research Unit, as well as conduct original research funded by national agencies."

Dr. Connor said that "Bringing together faculty with a broad range of complementary backgrounds such as public health, epidemiology, health promotion and policy, ethics and humanities under the one divisional banner is unique among Canadian medical schools. We have a wonderful opportunity to make interesting and novel intellectual links."

Dr. Connor joined the Faculty of Medicine in November 2004 as the John Clinch Professor of Medical Humanities and History of Medicine, which he will continue to hold. As a member of faculty he has worked closely with the other members of the Medical Humanities, Ethics and Law group in the Faculty of Medicine, as well as colleagues in Community Health and the Department of History in the Faculty of Arts.

Dr. Ken LeDez Discipline of Anesthesia

Dr. Ken LeDez is the new chair of the Discipline of Anesthesia. He is a specialist in Diving and Hyperbaric Medicine and director of the Centre for Offshore and Remote Medicine (MEDICOR), a special unit of the Faculty of Medicine. Under his leadership, MEDICOR has established and expanded a treatment program for patients with medical conditions that benefit from hyperbaric oxygen.

Dr. LeDez is a member of a number of national committees relating to the specialty of anesthesiology, including the Standards of Practice, Research, and Economics committees of the Canadian Anesthesiologists Society. He is on the editorial board of the *Canadian Journal of Anesthesiology* and is a guest reviewer for other publications. He has been the research coordinator for the Discipline of Anesthesia since 1993 and a participant in anesthesia equipment-related committees of the Canadian Standards Association and the International Standards Association.

Dr. LeDez is a strong advocate for greater research within the specialty of anesthesiology. His research interests include inhaled anesthetics, hyperbaric oxygen treatment, and occupational exposure to inhaled chemicals. He is also involved in studies related to occupational offshore and underwater hazards. He holds two patents for devices that he developed. His clinical interests include hyperbaric medicine, acute pain, regional anesthesia, new anesthetic techniques and patient safety.

Dr. LeDez' priorities for the Discipline of Anesthesia include promoting greater openness and academic participation, an expanded role in undergraduate medical education, updating the anesthesia training program, and a focus on research.



Dr. Marshall Godwin Professor of Family Medicine Director, Primary Healthcare Research Unit

Dr. Marshall Godwin has returned to the Faculty of Medicine as director of the new Primary Healthcare Research Unit.

His priority is to establish a practice-based research network for primary health care.

"The laboratory is really other doctors and health care providers. We need to talk to these people and assure them we will not take up a lot of their time and will communicate results to them. They will always have the choice to participate."

Dr. Godwin said research areas for the new Primary Healthcare Research Unit will be in the areas of hypertension and cardiovascular health. He is interested in investigating ways of most effectively treating elderly patient with multiple health problems.

Marshall Godwin grew up in Belleoram and Harbour Breton on Newfoundland's isolated southwest coast. He entered Memorial University at age 17 and was accepted into medical school after two years. He graduated with his MD in 1977 at age 23 and completed a two-year family medicine residency at Dalhousie University in 1979. He then went into practice in Canso, Nova Scotia, for five years. In 1984 he took a faculty position with Memorial University's Discipline of

Family Medicine at the new satellite teaching clinic in Whitbourne.

After three years he moved to the St. John's campus as research director for Family Medicine.

In 1993 he moved to Queen's University in Kingston, Ontario as research director of Family Medicine. He completed a master's degree in Epidemiology in 1998 while at Queen's. "It was a good move for me, we were incredibly successful and more and more people began to collaborate on research projects with us. We set up a Centre for Studies in Primary Care. In 2000 I was appointed the first director."

During his time at Queen's University, Dr. Godwin maintained contact with Memorial, returning several times to speak at Family Medicine Research days. "Dean James Rourke is committed to the idea of creating a solid primary care research initiative in the province and he persuaded me to head up the new unit. I am receiving good support with office space and a research assistant for ongoing research that is not project-based."



NEW FACULTY

Dr. Jennifer Connor
Associate professor,
Division of Community
Health and Humanities
Department of History,
Faculty of Arts



Dr. Jennifer Connor's major research interests and experience are in the area of communication. She developed a new course for the Department of History (History 3741) on the history of the book, which was offered for the first time Winter semester 2006.

In the Division of Community Health and Humanities she will be developing graduate level courses on biomedical communication, looking at the larger theoretical issues in this area so students can apply rhetorical analysis to a document and their own writing. She has also taught ethical issues in biomedical communication and will bring this expertise to Community Health and Humanities.

"I am also interested in ethical issues in biomedical communication, which I have taught, so I think there will be a niche for me in that area in Community Health and Humanities."

Dr. Connor earned her PhD in Library and Information Science (Historical Studies) at the University of Western Ontario in 1992. She also holds three degrees in English: M.Phil (English) from the University of Waterloo (1982); MA (English) from York University Toronto (1979); BA (English) from the University of Guelph (1972).

Memorial University and the province of Newfoundland and Labrador have long held a strong attraction for Dr. Connor. Her MA thesis supervisor was well-known

folklorist Edith Fowke, and at that time Dr. Connor studied the interplay between print and oral cultures by analyzing many versions of an Irish broadside ballad. Her PhD thesis incorporated William Vaughan's *Newlanders Cure* (1630) as the earliest example of publishing about health and medicine in Canada.

Dr. Connor's most recent academic appointments were at the University of the Sciences in Philadelphia. She served as an adjunct associate professor in the graduate program in Biomedical Writing (2005-2008); associate professor of Biomedical Writing in the College of Graduate Studies (2002-2004); director of the Graduate Program in Biomedical Writing (2001-2004); and assistant professor of Biomedical Writing, Department of Humanities and College of Graduate Studies (2000-2002).

Dr. Connor is author of the 2001 book *Guardians of medical knowledge: the genesis of the Medical Library Association*. She has also published numerous peer-reviewed articles. Her complete profile is at www.med.mun.ca/comhealth/core_faculty.htm.

Dr. Andria Jones
Assistant professor of
epidemiology and
public health
Division of Community
Health and Humanities



Dr. Andria Jones' research interests are in the area of infectious diseases transmitted by food, water and animals. With a background as a veterinarian she adds a new perspective to the expertise in the Faculty of Medicine in the study of zoonotic diseases, or diseases and infections which are transmitted between animals and humans.

After graduating from the Ontario Veterinary College in 2000 and practicing small animal medicine for about 18 months, Andria Jones began graduate studies at the University of Guelph. Her doctoral thesis was on the use and perception of drinking water in an Ontario community.

"I first became interested in this topic when I was involved in an analysis of some data from Health Canada on what type of water people drink in the City of Hamilton. We found that 49 per cent of people used some sort of water treatment device and 27 per cent of people only drank bottled water," she explained.

To find out why so many people drank only home-treated or bottled water, Dr. Jones researched people's water consumption and perceptions about water in Hamilton. "This was post-Walkerton in a community about two hours drive from Walkerton. For people on a municipal water supply about 80 per cent had concerns such as source water protection and water contamination."

Her research showed that peo-

ple's perceptions about their water differed by water source. People on private wells and water cisterns generally rated their water quality as high, and their concerns tended to be about agricultural contamination or the effect of urban sprawl on their aquifers. In contrast, people using water from a municipal resource reported a wider range of concerns including unpleasant water aesthetics, perceived poor source water protection, a perceived decline in government funding and insufficient water treatment and testing, failing distribution systems, and water contamination and waterborne disease.

When it came to taste, many people in Dr. Jones' study were dissatisfied with municipal water. "People didn't like the chlorine, and in the summer water from Lake Ontario gets a mildewy, mossy smell. We found an increase in people buying bottled water during this time and parents commented that their children wanted bottled water and often wouldn't drink tap water."

Based on the results of Dr. Jones' work, the public health department in Hamilton initiated a public education program for residents on private water supplies and increased the convenience of the testing process. Submissions of water samples for testing increased by 50 per cent compared to the previous year.

Dr. Andria Jones continued on next page



Dr. Andrea Jones continued from previous page

In her new position in Community Health and Humanities, Dr. Jones will be looking at doing a similar study on perceptions of drinking water, as well as seeing in what ways her

expertise in infectious diseases – particularly foodborne, waterborne and zoonotic infections – can be applied to provincial research needs.

Dr. Amin Muhammad *Professor of Psychiatry* *Discipline of Psychiatry*

Dr. Amin Muhammad brings an extensive range of research interests, teaching experience and administrative experience to the Faculty of Medicine. He was appointed professor of Psychiatry in February, 2006.

His research interests are in the areas of psychiatry, ethnopsychiatry, juvenile prison services, community epilepsy programs and rural psychiatry. He is also involved in an anthropological research project established at Manora Island in Karachi. His most recent research papers are on the topics of the decline in morbidity through a community project; the uses and limitations of e-psychiatry; primary care psychiatry; appraisal of disaster psychiatry; mental health and rescuing medical professionals; Shamanism and role of shamans, mental health in Pakistan; the implications for society of criminality and mental health; polypharmacy in psychiatry; and the uses and limitations of ethnotherapy.

Dr. Muhammad graduated in 1984 from Dow Medical College, Karachi, Pakistan. He holds MRCPsych, FRCP, BCPsych, DPM, DCP and PhD (UK). Before accepting a faculty position at Memorial, he was a consultant



psychiatrist at the Dr. Everett Chalmers Hospital in Fredericton, NB. He has wide experience in general adult, geriatric and transcultural psychiatry.

He has taught medical students, nurses, social workers, community health workers and junior and postgraduate doctors throughout his medical career, particularly since he specialized in psychiatry. He has also supervised postgraduate students in Public Health, doctoral students in the social sciences, and postgraduate medical residents in Psychiatry.

Dr. Muhammad is author of six books and more than 40 scientific articles, including a 2004 publication on the prevalence of depression and the associated risk factors among adult women in a fishing community.

"I have always been interested in bringing medicine to the population in the areas in which I have worked, and have undertaken a number of projects on my own initiative," he said.

Dr. Sue Moore *Assistant Professor of* *Pediatrics*

Dr. Sue Moore is expanding her research interests in her new position as a faculty member. She is already well-known in the Memorial University community for receiving the Governor General's Gold Medal at the 2004 spring convocation for her master's thesis on Bardet Biedl Syndrome. She subsequently completed a residency in pediatrics in the Faculty of Medicine.

Dr. Moore's new research projects involve the genetic epidemiology of the neuronal ceroid lipofuscinoses in Newfoundland and Labrador. These are a group of neurodegenerative disorders of which Batten Disease is one.

"They are progressive and result in death, mostly in childhood," she explained. "The child may appear to be developing normally, but then start to lose skills and develop seizures. Gradually the child regresses, and loses cognitive function and vision. There is currently no cure. The late infantile type is the most common in the province, whereas in most other populations juvenile is the commonest type. We have identified clusters of the disease in several communities in the province, with founder mutations and several mutations which have not yet been described in the literature. We are now in the process of giving this information back to the families, offering carrier testing for the known family mutations, and reporting the findings in the medical literature."

Dr. Moore is also involved in an ongoing study on the genetic epidemiology of epilepsy in the province, in collaboration with pediatric neurologists Drs. David



and Muhammed Alam. "We have identified several families with many affected individuals, suggestive of a major effect from a single gene. Dr. Terry-Lynn Young will perform molecular genetic studies with the aim of identifying the causative gene."

Dr. Moore began her studies in the UK, first earning a degree in Engineering and then doing a medical degree at Edinburgh. She began a residency in pediatrics and genetics before moving with her husband to Newfoundland. With four young children, she decided to pursue a master's in clinical epidemiology before finishing her medical residency. She linked into ongoing research at Memorial on the genetic disorder Bardet Biedl Syndrome (BBS), which affects people around the world but is more common in Newfoundland. By the time she finished her thesis seven genes had been either identified or mapped for this syndrome, enabling the BBS research group to determine which genes were causing the syndrome in the Newfoundland population.

Dr. Moore said she was lucky to be involved in the BBS study at time when the groundwork had been laid through a collaboration of clinical epidemiologists and geneticists, coupled with cutting edge laboratories. She is pleased to be able to continue her research combined with clinical work and teaching in the Faculty of Medicine.



Faculty awards

Honours for Labrador physician



Dr. Michael Jong, Happy-Valley/Goose Bay was chosen Family Physician of the Year by the College of Family Physicians of Newfoundland and Labrador.

Dr. Michael Jong, a full-time faculty member in the Discipline of Family Medicine based at the Labrador Health Centre in Goose Bay, was elected president-elect of the Society of Rural Physicians of Canada (SRPC) in the fall of 2005. He was also honoured by the College of Family Physicians of Canada (CFPC) as Newfoundland and Labrador Family Physician of the Year. The 10 provincial awards were presented during Family Doctor Week in Canada held in early December at the CFPC's annual meeting in Vancouver, B.C.

A report about Dr. Jong's honour in *Rural News*, a publication of the SRPC, commented, "We at the society have long known the quality in our leadership. It is always nice to know that others see it as well. His award (as Newfoundland and Labrador Family Physician of the Year) reflects many of his virtues as a great rural family doctor, educator of family doctors to be and even the occasional researcher. We can expect great things from him in the next two years as he assumes the presidency of the Society of Rural Physicians of Canada at our next Rural and Remote Conference in Winnipeg on April 20, 2006."

Dean James Rourke said, "Memorial's Faculty of Medicine is very pleased that Dr. Jong is becoming president of the SRPC. This organization has been instrumental in providing important leadership to address the health needs of rural Canadians. This is so important in Newfoundland and Labrador, Canada's most rural province. Dr. Jong is an excellent physician, teacher and leader and he provides a tremendous role model for our students and residents."

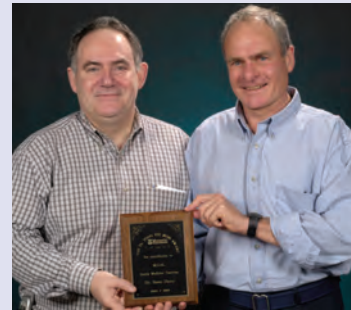
Canada's Family Physicians of the Year are chosen by their peers for providing exceptional care to their patients, making meaningful contributions to the health and well being of their communities, and dedicating themselves to the education of future generations of family doctors. "Celebrating the role of the family physician is a milestone we look forward to each year," said Dr. Alain Pavilanis, president of the CFPC.

Happy Valley-Goose Bay has been home to Dr. Jong since Sept. 15, 1982, with a two-year break from 1989-91 to complete a Family Medicine residency at Memorial. Originally from Malaysia, Dr. Jong graduated from the University of Malaya in 1975 and then trained in internal medicine in England. A sense of adventure brought him to St. Anthony for a year and then to Goose Bay.

During his family medicine residency at Memorial, Dr. Jong worked with Dr. Carl Robbins and other faculty members at MUN to start the Northern Family Medicine Education Program (NorFaM), which offers residents a seven-month rural practice rotation in Goose Bay as part of their two-year program.

Dr. Jong said the work at Goose Bay is challenging and he finds it encouraging to see improvements in the health of Labrador's peoples over the last 10 years. "At one time the hospital was full of admissions from

Awards for Family Medicine teachers



Dr. Steve Darcy (L) was not able to attend the Steady Brook meeting, so he dropped into the Health Sciences Centre in St. John's last fall to receive his award from Dr. Bob Miller (R).

The Family Medicine Community Preceptors' meeting was held in Steady Brook Oct. 20 at the Marble Mountain Resort.

The 2005 Dr. Yong Kee Jeon Award, given annually in honour of Dr. Jeon, a family physician who contributed over 20 years service to the rural community of Brookfield, Newfoundland, went to



L-R: Dr. Bob Miller, chair of the Discipline of Family Medicine, presented the 2005 Dr. Craig Loveys award to Dr. Mammen Cheriyan.

Dr. Steve Darcy (Class of 1991), a family physician in Brookfield. The award recognizes excellence in teaching Family Medicine residents; contributions to the Discipline of Family Medicine either administrative or in time to residents; and participation in teaching activities such as the Rural Family Medicine Teachers Meeting, the Rural Fair, educational teleconference, rounds or resident interviews.

This year's Dr. Craig Loveys Award was presented to

Dr. Mammen Cheriyan, a pediatrician in Grand Falls. The Dr. Craig Loveys Award was established in 2004 in honour of the former associate professor of obstetrics and gynecology at the Central Newfoundland Regional Health Center who died in 2002. It is presented annually to specialist for excellence in teaching family medicine residents. The award was presented for the first time in 2004 to Dr. Brendan Lewis, Orthopedics, of Corner Brook.

FACULTY AWARDS continued on page 12



life

MEMORIAL UNIVERSITY JOURNAL

First impressions: journalling the med school journey

Publication showcases med students' essays, photos, art and poetry

by Carol Hilton

WHEN YOU THINK BACK to your early days as a medical student, do you remember the uncertainty you felt over whether you made the right choices? The fears you had in living up to others' expectations? The joys you experienced as you progressed as a doctor? A unique publication by med students at Memorial University of Newfoundland captures these first impressions in a collection of reflective writing pieces and artwork, titled *Collected Works: The Body of*

explains. "They were really good, so I says we should encourage them to put together a journal, and that's what they did."

The first journal was published in the fall of 2004, with all submissions being anonymous to foster honest thoughts without vulnerable feelings. In the second edition, published last month (November), the new crop of students forming the editorial board decided to attach bylines to the pieces and increase the range of submissions to include visual arts.

What remains the same is the emotion and sincerity in the students' efforts.

"The smart, sleek and sexy physician was confident, intelligent and was what I wanted to be when I grew up." —Colin White 36



Members of the editorial board of *Collected Works: The Body of F(r)iction* are (standing, from left): Mike MacDonald, Monica Kidd, Greg Manning, Sarah Mathieson, Brian O'Neill, Michelle Cunningham, Mike Carstensen, Leslie Moss and Peter Collins; (kneeling, from left): Becky Dunlop, Yoella Teplitzky. Missing: Dr. Fern Brunger, Dr. Jim Connor, Brian Metcalfe, Dax Rumsey, Jim Seraj, Melissa Kelley and Stephanie Sibley.

lian likened medical school to a fire hose, pumping information in under really high pressure, leaving a student feeling overwhelmed. Because of this, she says, it is important for students to take the time to sit back and think about what is happening

human beings, and there's no sense to me in trying to hide that behind a white coat."

In support of the project, both the dean of medicine, Dr. James Rourke and Dr. Jim Connor (PhD), who teaches the history of

MUN medical students draw national attention

Body of F(r)iction a big hit

The second volume of the *Collected Works* by MUN medical students, *Body of F(r)iction*, is popular locally and has drawn the attention of the national *Medical Post*. After a launch in St. John's in November 2005, the publication was posted to Medicine's website and can be viewed or downloaded at Publications www.med.mun.ca/med/publications.

In the Dec. 6, 2005 issue of the *Medical*

Post, associate editor Carol Hilton's article *First Impressions, Journalling the Med School Journey*, showcases our medical students essays, photos, art and poetry.

"When you think back to your early days as a medical student, do you remember the uncertainty you felt over whether you made the right choices? The fears you had in living up to others' expectations? The joys you experienced as you progressed as a doctor? A unique publication by med students at Memorial University of Newfoundland captures these first impressions in a collection of reflective writing pieces and artwork, titled Collected Works: The Body of F(r)iction. Published here are several pieces reprinted with permission."

This *Medical Post* article can be viewed online at www.medicalpost.com.

Collected Works

The Body of F(r)iction

Volume II

Fall 2005

Faculty of Medicine
Memorial University of Newfoundland
St. John's, NL



Of Note

Student awards



Crystal Hann (L) received the 2005 Ford Hewlett Oncology Scholarship from Simone Kendall of the Canadian Cancer Society, NL Division.

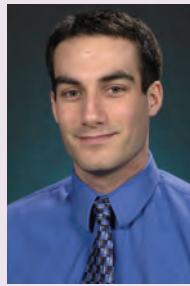
Fourth-year medical student **Crystal Hann** was presented with the 2004-05 Ford Hewlett Oncology Scholarship Award on Jan. 13, 2006.

Crystal has had a special interest in the field of oncology since her second year of medical school. Her first exposure to oncology came from a shadowing experience in radiation oncology. "I spent time at the Bliss Murphy Cancer Center, assigned to a radiation oncologist two afternoons a week," she explained. "The experience proved very influential and rewarding, and since then I have taken the opportunity to further explore the areas of both medical and radiation oncology throughout my clerkship."

During the summer of 2004, Crystal spent time at home in Summerville on Newfoundland's west coast. "During my two months summer vacation I spent three days a week on the palliative care unit at Western Memorial Hospital in Corner Book under the supervision of Dr. M. Dean. The palliative care experience involved, for me, understanding the many different aspects of end-of-life care. We would often visit patients in their homes in rural Newfoundland and focus on optimizing pain management, particularly in patients afflicted with cancer."

Crystal found this to be such a challenging and rewarding experience that she spent a month on the Medical Oncology Team at the HSC during her third-year rotation in Internal Medicine. "Over the past year my interest in oncology has become more focused and has developed into more of a passion. At this point in time I cannot see myself pursuing a medical career in any other discipline."

Now completing her clerkship, Crystal has been matched to a radiation oncology residency at McMaster University. "I can say with confidence that oncology is the best career choice I could possibly make."



Paul Boland, a second-year medical student at Memorial, has been named the latest Rhodes Scholar from Newfoundland and Labrador. The 23-year-old Corner Brook native attended Sir Wilfred Grenfell College from 2000-01, completing a B.Sc.(Hons) in Biochemistry at the St. John's campus. In addition to his numerous academic awards, including the Governor General's Medal and the University Medal for Academic

Excellence in Biochemistry, Paul is an accomplished athlete and a member of the Corner Brook Barons Senior All-Star Baseball Team.

At Oxford, Paul plans to pursue a graduate degree in cardiovascular research before returning to Memorial to complete his medical degree.

Monica Kidd, a second-year medical student at Memorial, has won a 2006 Gracie Allen Award from the American Women in Radio and Television (AWRT). Her hour-long radio documentary *A Map of the Body* was submitted by CBC Radio producer Glen Tilley in the special program category.



The letter of congratulations to Mr. Tilley from the AWRT board said, "In a year with a record-breaking number of entries, your submission displayed superior quality in writing, production and programming."

Monica's accomplishment will be recognized at the Gracie Allen Awards Luncheon on June 20, 2006, in New York City. She is delighted with this award, and told *MUNMED* she has also received an award from the William Carlos Williams poetry contest and will be in Cleveland, Ohio, in April for a reading. Before entering medical school, Monica made her living as a radio reporter. Last year she was editorial co-ordinator of the MUN medical student publication **Collected Works Vol. II Body of F(r)iction**. *See story on page 11*

FACULTY AWARDS *continued from page 10*

FACULTY awards



Dr. Michael Murray, professor of Social and Health Psychology in the Division of

Community Health and Humanities, has been awarded the Leonard Slater Fellowship by University College, Durham University in England. The University of Durham was recently ranked the top university in the UK by *The Times*. Dr. Murray said that it is an honour to be awarded this Fellowship and he hopes that during his time in Durham he will have the opportunity to renew his energies and to establish a number of new collaborative projects. Dr. Murray will be attached to a new School for Health at Durham University that has many innovative features.

Memorial University's wireless network

is now up-and-running in the following areas of the Health Sciences Centre:

- Library
- Lecture Theatres A, B and D
- Main Auditorium
- Cafeteria
- Med school foyer
- Small group teaching rooms on the second floor
- Med School labs

For more information on how to get connected see: www.mun.ca/cc/wireless_access

FACULTY AWARDS continued on page 26



Doing research that makes a difference

New risk factor discovered for diabetes

Memorial University medical researcher Dr. Guang Sun has discovered that high serum calcium is a new risk factor for diabetes.

Dr. Sun's research discovery is featured in the first newsletter of the Institute of Nutrition, Metabolism and Diabetes (INMD), published January 2006. INMD is one of 13 institutes that comprise the Canadian Institutes of Health Research (CIHR).

Dr. Sun's research discovered that an increase in serum calcium levels causes an increase in insulin resistance and contributes to the development of type 2 diabetes. "This increase in serum calcium is also correlated to a decrease in beta cell function. That study was published late last year in the journal *Diabetes*."

Dr. Sun said this is the first paper to explore the relationship between serum calcium with fasting serum glucose, insulin, insulin resistance and beta cell function in a large population whose blood glucose is under 7 mmol/l. "Higher blood glucose is part of clinical evidence of diabetes."

The research Dr. Sun did is on blood samples from more than 1,000 human volunteers in Newfoundland. He thoroughly examined factors that might affect serum calcium and insulin sensitivity. The study on serum calcium took into account factors such as vitamin D and levels of parathyroid hormone. The study on insulin sensitivity



Dr. Guang Sun

took into account factors such as age, sex, medication status, menopausal status and trunk fat percentage.

"I used the homeostatis model assessment (HOMA) for the quantification of insulin resistance

because this method is highly correlated with other measures of insulin resistance in experimental models. This careful approach was necessary because studies in this area have been controversial, even contradictory."

Dr. Sun's data showed a significant positive correlation between serum calcium with glucose lev-

els and insulin resistance in both sexes, but the data generated by female subjects provided the strongest evidence. "Women with the lowest calcium levels had the lowest concentration

of glucose and the least insulin resistance. Those with the highest calcium levels had the highest concentration of glucose and the most insulin resistance."

Dr. Sun was also able to statistically demonstrate an inverse relationship in women between serum calcium and beta cell function. "The reason for the difference probably related to sample size. The study included approximately four times more women than men, so the larger female sample size probably allowed the statistical correlation to emerge in women but not in men. We did see the trend in men, but it didn't reach statistical significance."

The INMD newsletter posed the question "Does this mean we need to be careful how much calcium we take in?" The answer is no. Earlier studies from Dr. Sun's lab show that dietary calcium, even in the form of a supplement, is not significantly correlated with serum calcium levels.

Dr. Sun is continuing his studies in the areas of obesity from his laboratory in the Faculty of Medicine. Volunteers interested in participating in his study can contact his office at (709) 777-8861.

"Women with the lowest calcium levels had the lowest concentration of glucose and the least insulin resistance."

"Those with the highest calcium levels had the highest concentration of glucose and the most insulin resistance."



National funding to improve outcomes for arthritis

Researchers in the Faculty of Medicine are leading the genetic investigation for a \$2.5 million study over five years to improve the diagnosis and management of two forms of inflammatory arthritis – psoriatic arthritis and ankylosing spondylitis

The grant is the first National Research Initiative (NRI) from The Arthritis Society of Canada, which selected the Spondyloarthritis Research Consortium of Canada (SPARCC) to receive the grant.

At Memorial, rheumatologist Dr. Proton Rahman is one of four principal investigators in Canada for the SPARCC project. The other principal investigators are Drs. Robert Inman and Dafna Gladman, University Health Network, Toronto; and Dr. Walter Maksymowych, University of Alberta, Edmonton.

"We are the node for all the genetic investigations, which include genotyping and training for the consortium," said Dr. Rahman.

Dr. Christopher Loomis, vice-president (research) said, "Leading edge research accelerates the development of new treatments which offer hope for people with these types of arthritis. This is especially important in an aging population. Understanding of the role genetics in these diseases is an important focus of research at Memorial. This grant from the NRI and The Arthritis Society of Canada will

advance our efforts in a major way."

Dr. James Rourke, dean of Medicine, said this grant is an example of how research in the Faculty of Medicine is unique and applicable to the people of Newfoundland and Labrador. "It is part of our mission to conduct research in clinical and basic medical sciences as well as applied health sciences. Dr. Rahman is one of our most industrious and dynamic researchers and his participation in this first national grant from The Arthritis Society of Canada is a tribute both to him and to the quality of research at Memorial University and within the Faculty of Medicine.

Vivian Randell, chair of The Arthritis Society (NL Division), is very pleased that this province will play an important role in carrying out this research. "Dr. Rahman and Memorial University have developed a recognized expertise in arthritis research. This research award will allow this expertise to be applied to improving our understanding of spondyloarthritis and improving care and treatment for people who endure the debilitating consequences of this disease. Arthritis in its many forms is the leading cause of disability in Canada.

Ms. Randell pointed out that the research



Dr. Proton Rahman

program administered by The Arthritis Society is made possible through the on-going financial support of individual and corporate donors. "It is rewarding to know that donor funds will result in direct benefits for persons with spondyloarthritis through this research, and also very rewarding to know that substantial funds are being directed to Memorial University and this province to nurture and support local research expertise".

Known collectively as spondyloarthritis (SpA), this group of diseases is characterized by chronic inflammation of the pelvic joints and spine. It is frequently accompanied by arthritis in a number of other joints. SpA affects at least the same number of Canadians as rheumatoid arthritis (one in 100 people). Until recently, SpA was both under-recognized and under-studied in Canada.

Recruiting physicians for Newfoundland and Labrador

The Health Human Resources Project of Health Canada has made it possible to develop improved tools for the four Regional Integrated Health Boards to recruit physicians to practice in Newfoundland and Labrador. The project funded the development of a website www.NLphysicianjobs.ca designed to communicate information to potential candidates that will soon be launched.

The website will identify current vacancies in one location and provide a means for regions to better share information and resources to strengthen our recruitment initiatives, especially with MUN medical students and alumni.

In addition to designing this multi-purpose website, regional health authorities are working together to develop "best practice guidelines" to help prioritize recruitment activity in the province. This work will go a long way toward streamlining how physicians experience recruitment in Newfoundland and Labrador. It is hoped that a more unified approach across the province will result in improved retention.

The best practices are being developed through a focus group format, with regional physician recruitment staff working towards reaching a consensus on the best way to approach all aspects of recruitment. The first session on Sept. 16, 2005 produced a detailed list of 48 generic

RECRUITING continued on page 17



OUTREACH ACTIVITIES



Dr. Gary Paterno, a basic sciences researcher in the Terry Fox Cancer Research Laboratories, gave an engaging presentation to a capacity audience on the science behind the research he and Dr. Laura Gillespie are doing on breast cancer.

“Sundays at the fluvarium” proves popular with St. John's audience



Genetic researcher and doctoral candidate Kathy Hodgkinson explained why Newfoundland and Labrador's population is recognized internationally as a great place to do genetic research, and why researchers from around the world are interested in conducting studies here.



Dr. Sandra LeFort, director of the School of Nursing at Memorial, made a presentation based on her work in developing and assessing a chronic pain management program.



Dr. Ken Kao is the CIHR delegate for Memorial University.



Dr. Axel Meisen facilitated the final session on Sunday Feb. 5 on the topic "Who is Fishing in Our Gene Pool."



The most popular Sunday afternoon session took place on the mild sunny afternoon of Jan. 29. Dr. James Rourke, dean of Medicine, made general introductions and welcomed the capacity audience. Dr. Kara Laing, clinical chief of oncology for the province, moderated questions following the presentations.



Bioethicist Dr. Daryl Pullman addressed some of the difficult ethical issues that arise when conducting genetic research. The session was taped by CBC and the next day national radio program the Current interviewed the two researchers.



On the cold and blustery Sunday afternoon of Jan. 22, Dr. Christopher Loomis, vice-president (research), facilitated presentations on occupational health and disease; and chronic pain management.

Dr. Cathy Popadiuk spoke about recent advances in the treatment of ovarian cancer, as well as her award-winning research with Dr. Ken Kao in the Terry Fox Cancer Research Labs.



A series of four “Sundays at the Fluvarium” were held Jan. 15, 22, 29 and Feb. 5 of this year at the Fluvarium on Nagle's Hill Road in St. John's. The purpose of the free talks was to attract a non-academic audience, and showcase research at Memorial University which is funded by the Canadian Institutes of Health Research (CIHR).

Health-related topics by CIHR-funded researchers at Memorial were presented in the format of two talks per Sunday afternoon with a free nutrition break between talks. Dr. Ken Kao, a faculty member in the Terry Fox Cancer Research Laboratories at MUN and the CIHR university delegate, was pleased with the public interest in this series.

“The Canadian Institutes of Health Research (CIHR) directly funds research in universities and research institutes across Canada and, in some cases, internationally,” he said. “Over the last five years CIHR has funded projects worth about \$69 million at Memorial. It's important as researchers that we let the public know what we are doing.”

FLUVARIUM TALKS continued on page 25

OUTREACH ACTIVITIES

Partnering for Public Education

Memorial and The Arthritis Society work together



L-R: Vivian Randell, chair of The Arthritis Society, NL Division; Andrew Grant, past chair; and Beverly Byrd, executive director.

The Arthritis Society of Canada and Memorial University hosted a very successful public panel discussion on arthritis care and research the evening of Dec. 7 at the medical school. The event was sponsored by Dr. Christopher Loomis, vice-president (research) for Memorial, in co-operation with the local chapter of The Arthritis Society.

People unfamiliar with the route to Lecture Theatre A came to the panel discussion because their own lives, or the lives of people they love, have been seriously affected by arthritis. The message from the public was: "We want to know more and we want better treatment." The message from the researchers and medical experts who spoke was: "We understand what you

are saying but we need more resources."

The national speakers were Dr. David Hart, chair of the Scientific Advisory Committee for The Arthritis Society of Canada and Dr. Arthur Bookman, chair of the Medical Advisory Committee for The Arthritis Society of Canada.

The local panelists were rheumatologists Dr. Sean Hamilton and Dr. Proton Rahman, both faculty members at Memorial's Faculty of Medicine. Dr. Hamilton is an associate professor of Rheumatology at Memorial and chief of the Division of Rheumatology at St. Clare's Hospital. He received a 2005 Certificate of Merit from the Canadian

Association of Medical Education. Dr. Rahman has an impressive publication record in the areas of arthritis and lupus, and has won numerous awards for his research and teaching. In 2003, he made a significant discovery relative to the Card 15 gene's role in psoriatic arthritis.

The session was videotaped and copies of the proceedings are available at Memorial's Office of the President, Office of the Vice-President (Research), Office of the Dean of Medicine, and The Arthritis Society (Newfoundland and Labrador Division), 78 O'Leary Av., St. John's, 579-8190 or Toll Free 1-800-321-1433.

Related story page 14

Birdwatching

Semi-palmated plovers feeding at low tide.

Photographed at Haricot, St. Mary's Bay.

Photo courtesy of Sylvia Ficken



Do you enjoy photography?

Send us a photo for the spring issue of *MUNMED* and we'll print the best (our decision is final). Photos must be sent to photomed@mun.ca and a subject line must be included. Judging will be provided by Health Sciences Information and Media Service, Faculty of Medicine.

Newfoundland expertise helps train pediatric staff in China

Dr. Khalid Aziz, a professor of pediatrics at Memorial University and a specialist in neonatal (newborn) medicine, spent a month last year teaching at the Children's Hospital of Fudan University in Shanghai, China. He is participating in an initiative by the Canadian Neonatal Network to build capacity in newborn medicine in China.

Three other members of the Neonatal Intensive Care Unit at the Janeway Children's Health and Rehabilitation Centre have also visited Shanghai to teach specialized skills for treating high-risk babies.

Dietitian Linda Manning returned from a four-week teaching stint in China just before Christmas. "I was teaching human nutrition, particularly nutrition for premature babies," she said. "In China, they do not have a pre-term baby formula and I worked with staff at the hospital to develop an appropriate formula. The formula they were using, one designed for low birth weight babies, was not really suitable."

Darlene Toope, a neonatal nurse at the Janeway, was in Shanghai in January 2005 for four weeks to train nurses in basic neonatal care. Four months earlier, in September 2004, her colleague Kim Spracklin went for a month



Bottom to top: Kim Spracklin, Darlene Toope, Linda Manning and Dr. Khalid Aziz

to the Children's Hospital.

"The nurses in China don't have the Neonatal Resuscitation Program, which is the educational standard in Canada," said Ms. Spracklin. "They do have some training in neonatal resuscitation but it is limited."

The nurses agree that their counterparts in China are well-trained, but need to develop specialized expertise. One group of three Chinese nurses has been to Canada to complete their training and a second group is now in the country for training.

Dr. Aziz said the exchange with the Children's Hospital at Fudan University stems from a 1999 fact-finding mission to China by 12 Canadian neonatologists. "We decided that we had something to offer, and developed a

training institute in Shanghai. Over three years, two Canadian healthcare providers – a neonatologist and a nurse or allied health worker – are visiting China each month and six or seven Chinese pediatricians are to visit Canada. The program is organized by the Canadian Neonatal Network."

Dr. Aziz said that while Chinese doctors are well trained, they lack the technology to deal with sick pre-term babies. "Canadian hospitals are helping to train Chinese pediatricians through international fellowships. As yet, no Chinese doctor has trained at Memorial because we do not have a postgraduate program in neonatal medicine. But perhaps in the future we may be able to offer some electives to Chinese doctors or medical students."

RECRUITING continued from page 14

recruitment tasks. Most of these tasks were considered very important and quickly grew into "core competency statements" about the work involved in recruiting physicians.

The next step is to have physicians provide input by participating in reviewing these documents. Later there will be some discussion about recruitment approaches taken in other provinces. The work has also included the development of guiding principles about how the province wants to engage in recruitment activity. High on that list sits our interest in MUM medical graduates and alumni as the first point of contact in all

recruitment campaigns.

This article was compiled for MUNMED with the invaluable assistance of Scarlet Hann, Provincial Physician Recruitment Coordinator, Newfoundland and Labrador Health Boards Association, Room 2713, Student Affairs, Faculty of Medicine, 300 Prince Phillip Drive, St. John's, NL A1B 3V6. Phone: (709) 777-5031 Fax: (709) 777-8296.



Dr. Gordon Mathieson honoured at CANP meeting

By Dr. Jane Barron

Dr. Gordon Mathieson, professor of Pathology at Memorial, was honoured at the 45th Annual meeting of the Canadian Association of Neuropathologists (CANP) held in St. John's June 2005.

Dr. Mathieson is a founding member of CANP. He had attended many American Association of Neuropathology meetings, which were once held in Atlantic City, U.S. During one of these American meetings, he was enjoying a break on the boardwalk in Atlantic City with another Canadian colleague. It was then that Dr. Mathieson formulated the plan to start a Canadian Association of Neuropathologists.

The annual meetings of the CANP started with just a few members surrounding a microscope, discussing interesting cases. It has now grown to just over 75 active members from not just Canada but from around the world. This



L-R: Dr. Gordon Mathieson and Dr. Roland Auer

Dr. Mathieson is known to our association both as a founding member and as a scholar with publications in neurodegenerative disease and epilepsy. He has been, and continues to be, a teacher to many of our medical students and pathology residents and he is a past chair of the Discipline of Laboratory Medicine. His dedication to the study of neuropathology has influenced many students, including myself. I now practice neuropathology in our province.

CANP honored him at the most recent

annual meeting is a three-day event filled with presentations which are eventually published in the *Canadian Journal of Neurological Sciences*.

meeting by naming the annual invited member lecture The Gordon Mathieson Invited Member Lecture.

Dr. Mathieson no longer practices neuropathology as a full-time staff member but he does continue to help in any way he can to the staff in this department. He provides vacation relief to me and he is always available for advice, support, and guidance.

His accomplishments also extend to his personal life. His two children are studying medicine and certainly must have been influenced by his love of the subject. His son, Dr. Alexander Mathieson, is a surgical resident. His daughter, Sarah Mathieson, is in second year medical school.

Dr. Jane Barron is an assistant professor of Laboratory Medicine at Memorial University. She is a MUNMED alumni ('93) and did her postgraduate training at Memorial 1993-98.

CANP meeting

The Canadian Association of Neuropathologists (CANP) met at the Delta Hotel Sept. 21-24, 2005, for its 45th Annual Meeting. This was the first time the meeting was held in this province and it was a success with more participants than anticipated.

Dr. Jane Barron, assistant professor and neuropathologist at Memorial University, was the local host. Dr. James Rouke, dean of Medicine, gave a welcoming address to the participants. The meeting was attended by neuropathologists from Canada, the U.S. and as far away as Japan. There were also neurologists, neurosurgeons, and residents in attendance.

During the three-day meeting, the Royal College of Physicians and Surgeons of Canada lecture was given by Professor Paul Kleihues, Department of Pathology, University Hospital, Zurich. His talk was titled Glioblastoma multiforme: Epidemiology, Genetics and Prognosis.

The highlight of the meeting was a symposium on Brain Injury and Repair. This symposium included an invited member lecture. During the meeting, this lecture was officially named the Gordon Mathieson Invited Member Lecture. Dr. Gordon Mathieson, professor of Pathology, Memorial University of Newfoundland, was honoured as being one of the founding members of the CANP.

The first Gordon Mathieson Invited Member Lecture was given by CANP member Dr. Roland Auer, University of Calgary, and titled Hypoglycemia: Neurochemistry, Electroencephalography, Neuropathology and Public Relations.

The remainder of the symposium featured local researchers. Dr. Dale Corbett gave the Jerzy Olszowski Guest Lecture. His lecture was titled Neuroplasticity, Brain Repair, and Recovery of Function Following Stroke.

Dr. Karen Mearow, associate dean of Basic Sciences at Memorial, spoke on neuronal survival and axonal regeneration in the peripheral nervous system. The annual banquet took place at the Johnson Geo Centre and Dr. Mathieson delighted us with a special address during our dessert titled Then and Now: The Early Days of Our Association.

Anatomical Pathology Residents Research Day



L-R: Dr. Donald Cook, Dr. Anjana Chawla and Dr. Gary Paterno

On January 13, 2006, the Department of Laboratory Medicine at MUN held an Anatomical Pathology Residents Research Day. There are currently nine residents in the program and all participated in this event.

Dr. Donald Cook, clinical chief of the Division of Anatomical Pathology, and Dr. Gary Paterno, Division of Basic Medical Sciences, were the invited judges - and they had the difficult job of selecting the best clinical and research-based presentation. Dr. George Yousef was awarded the best research presentation for **The potential role of kallikreins as ovarian cancer biomarkers**. Dr. Chhaya Acharya was awarded the best clinical presentation for **Primary leptomeningeal precursor B cell lymphoma in a 10 year old child in the absence of bone marrow involvement**. All of the resident's presentations were excellent and the research day was a tremendous success.



A photo essay

RURAL MEDICINE VISIT



Above – What a dean will do to travel!

Dr. Rourke joined the road trip in Gander for a morning of talks.

Right –L-R: Dr. Roger Butler, Linda Kirby and Dr. Wanda Parsons at Goobies

Family Medicine hits the road

A team from the Discipline of Family Medicine travelled across the island Sept.12-16, 2005, to visit sites involved in teaching Family Medicine residents. The team included Dr. Wanda Parsons, Family Medicine Residency Program director; Linda Kirby, program co-ordinator; Dr. Roger Butler (Class of 1977) and faculty member; and John Crowell, biomedical photographer with Health Sciences Information and Media Services (HSIMS). They were joined in Gander for a morning by Dean James Rourke.

This year, the sites visited included

Port aux Basques, Corner Brook, Grand Falls, Botwood, Gander, and Burin. The team met with both family medicine and specialty preceptors, as well as administration and residents at these sites. The team also visited the teaching facilities and accommodations.

Dr. Wanda Parsons (Class of 1982) explained that the purpose of the trip was to visit the preceptors and residents where they work, "and to thank the wonderful preceptors who are so integral to the teaching of our residents and are such a valuable resource to the medical school."

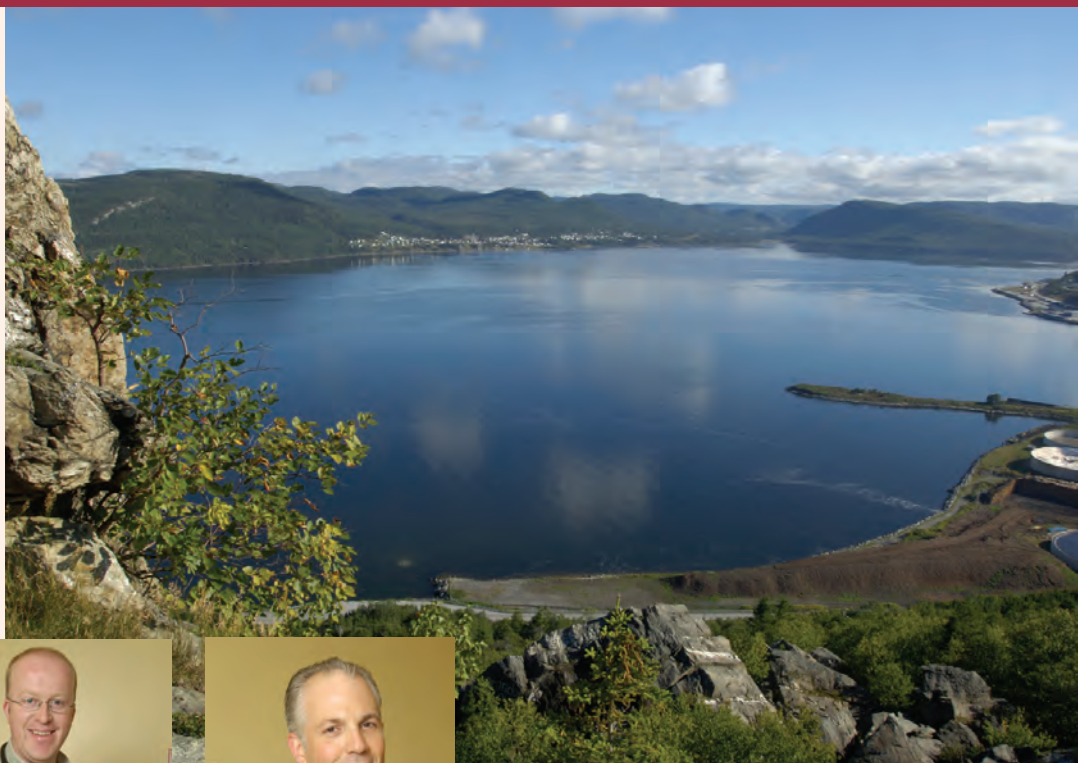


RURAL MEDICINE VISIT

Port aux Basques



Dr. Wendy Graham
(Class of 1997)



Corner Brook



Dr. Brendan Lewis,
Orthopedics, Corner Brook
(Class of 1997)



Dr. Greg Sutton
(Class of 2005)



Dr. Peter Callahan
(Class of 1994) in the
Emergency Room at
Western Regional
Hospital

Corner Brook

As part of last fall's Family Medicine site visits, exploration was also done for the development of new rotations at these sites. Facilitated by these visits, the following developments have occurred:

- New site for palliative care rotation in Corner Brook began in December 2005
- New site for emergency medicine rotation began in Corner Brook in December 2005
- New site for care of the elderly began in Corner Brook in January 2006
- New site for care of elderly being developed in Botwood

Botwood



L-R: Dr. Jody Woolfrey (Class of 1995), main preceptor; Peter Barnes of Phillip's Head, NL, third-year medical student; Dr. Greg Rideout (Class of 2003), faculty member; and Dr. Andrew Vanzyl, preceptor.



L-R: Family Medicine resident Dr. Darcie Sharapova (Class of 2003) and Dr. Jody Woolfrey (Class of 1995)

Dr. Wanda Parsons said the Family Medicine team was very impressed by the calibre of teaching at all the sites and by the dedication of the preceptors involved in teaching both medical students and residents. "It is what makes our program unique and strong."



Grand Falls



L-R: Dr. J. A. Agboola, and Dr. Steve Parsons, Obstetrics, (Class of 2000)



Dr. Karolyn Dobbin surgery (class of 1992)



Family medicine residents (L-R) Drs. Birender Wadhwa; Danielle O'Keefe, Melanie Noseworthy and Tara Rector



L-R: Sam Ralph, Bruce Doultton, Lori Hayward and Susan Campbell, Family Medicine

Gander



Dr. Jim Rourke and Dr. John Haggie, surgery



Burin



Dr. Stacey Saunders' Family Medicine (Class of 2000)



Dr. Joe Tumilty Orthopedics



Dr. Doug Torraville (Class of 1981) Obstetrics & Gynecology

Scholar-in-Residence Program

The Newfoundland and Labrador Centre for Applied Health Research (NLCAHR) is using a new initiative called the Scholar-in-Residence Program to bring to the province established scholars who are actively involved in research linked to the Centre's priority themes.

Dr. Stephen Bornstein, director of NLCAHR, said that the Scholar-in-Residence Program builds linkages and facilitates collaboration of local researchers with external researchers and research organizations. "We want to provide input into our ongoing research activities and research plans as well as to the work of graduate students at Memorial."

The program accepted its first visiting scholar in January 2006, Dr. Keith Cash, a retired professor of Nursing from Leeds Metropolitan University in the UK.

Dr. Cash has been working as a volunteer with the United Nations



Dr. Keith Cash

Relief and Works Agency (UNRWA) in Syria.

During his tenure at Memorial, Dr. Cash will collaborate with NLCAHR-affiliated researchers and give some public lectures and seminars on his current research. He will collaborate with the School of Nursing at Memorial to help develop and implement a doctoral program and will also participate in various NLCAHR activities and be available for consultation with graduate students.

NLCAHR is now accepting applications for the 2006-2007 Scholar-in-Residence Program. The appointment will be for a period of one or two terms, with no more than one scholar appointed at any time. The scholar will receive a stipend of \$15,000 Cdn (in salary or a research grant) for a full academic year's residence or \$7,500 for a single semester. Office facilities and services will be provided at NLCAHR. Up to \$2,000 will also be provided in reimbursement for travel, relocation and research expenses on submission of appropriate receipts.

Memorial researchers and research teams that feel they would benefit from the involvement of a visiting scholar are encouraged to disseminate this information and recruit applicants. For more information, contact NLCAHR at 777.6993 or nlcahr@mun.ca or visit the website at www.nlcahr.mun.ca.



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*a joint international conference hosted by
SafetyNet and the Canadian Association for
Research on Work and Health (CARWH)*

June 7-10, 2006

Memorial University

St. John's, Newfoundland & Labrador, Canada



CONTACT INFO: Angela Drake, Conference Coordinator, SafetyNet,
95 Bonaventure Avenue, Suite 300, St. John's, NL A1B 2X5 Canada adrake@mun.ca



Truth, consequences and Medical History

by Dr. Jim Connor

“Everybody lies,” barks Dr. Gregory House, the fictional Princeton U. diagnostician who is cynical, irascible, irreverent, and usually insulting.

I'm in Theatre B facing 60 Med 1 students. I run a clip from the current hit TV series *House M.D.*, which gets their attention. “Everybody lies,” barks Dr. Gregory House, the fictional Princeton U. diagnostician who is cynical, irascible, irreverent, and usually insulting. He continues growling at the juniors on his team expounding why patients fib to their doctors, and occasionally, vice versa.

So begins this class on medical “truth telling.” Yes, of course, doctors should not lie. Obviously, doctors ought to tell patients the truth. But is lying the same as not telling the truth? Are there occasions when withholding the truth may be justified? Under what clinical conditions might such an action be ethical? How do issues of paternalism and autonomy play out under these circumstances? What legal obligations apply to informed consent? My colleagues, healthcare anthropologist/ethicist Dr. Fern Brunger and lawyer-physician Dr. Barbara Barrowman have already, or soon will, directly address such matters. As the historian on the team, I participate in this process by challenging our students to think about these issues in wide, changing social and political contexts.

From the 21st-century, hi-tech world of *House M.D.*, I guide the class back to 1930s' Tuskegee, Alabama. Tuskegee and the issue of truth telling are synonymous. This small, over-

whelmingly black southern American town was not only originally home to recently deceased civil rights campaigner, Rosa Parks, but was also the location of a nefarious, long running medical experiment on humans. It was there for 40 years until 1972, when a journalist blew the whistle on this federally-funded study, that about 400 African-American men suffering from syphilis were led to believe that doctors were treating their disease. But their “treatment” for “bad blood” (as syphilis was colloquially and inaccurately referred to) was limited to aspirins, a green tonic, and rubs, with spinal taps to detect the impact of the disease on the central nervous system.

In reality, medical investigators and their series of reports on “Untreated Syphilis in the Male Negro” did not consider the men as patients, not even as experimental subjects, but as living cadavers. For their service, the African-American men involved (who did not give informed consent and who were lied to) were promised \$50 to cover funeral expenses; those who survived the 25-year mark were awarded a certificate of “active participation” from the US government.

So how does one compress into one class decades of history of medicine, along with a plethora of ethical, legal, and moral issues? With considerable student involvement and some theatrical staging! Two students took on the roles of recognized authorities in clinical epidemiology and public health of the time by delivering brief lectures to their classmates by these experts' publications (—readily available in Memorial's History of Medicine Collection). It becomes clear that when the Tuskegee study was begun in 1932, syphilis was a public health problem among both the white population and the “Negro race,” was easily diagnosed using the Wassermann test (devised in 1907), had several fairly effective treatments available (including Salvarsan or “606”, the original “magic bullet”), had a well-understood pathology, and was a disease that could and ought to be controlled.

Even by the standards of the era, then, the Tuskegee study was unjustifiable and unethical. Viewing a movie clip that “recreates” the government meeting in Washington, DC, which saw the birth of the study, then highlights for students the issues of truth telling, informed consent, and duty to care. We then jump ahead 40 years to another DC scene, the United States Senate hearing on human experimentation led by Senator Edward Kennedy. Reading excerpts from the official transcript, one student acts as Ted Kennedy as others play Charles Pollard and Herman Shaw, two of a handful of Tuskegee survivors who gave testimony and who later helped launch a \$2 billion class-action law suit against the government.

Do these dramatic teaching techniques pay off for medical students? Apparently. Students declared the class a “break” from their usual study routine—but even they perhaps underestimate how much they learned. What began as a class in Humanities, Ethics, and Law in Medicine (HELM) also evolved into a mini course on race and class discrimination, politics, and current affairs. After all, they made the connection from Tuskegee to research by pharmaceutical firms in third-world countries. Closer to home Tuskegee reminded another student of the “Texas vampires” who in 2000 descended on some Newfoundlanders to draw blood for DNA analysis without fully explaining the purpose of the experiment and its social consequences. Another raised the issue of experimental design because “bad blood” bore “bad science.” One student succinctly summed things up: “...having to examine a real-life situation makes you examine the concepts more critically and gain a better understanding of them.”

Historical truth can be stranger than fiction.

Dr. J. T. H. Connor is the John Clinch Professor of Medical Humanities and History of Medicine.

Two tiny circles

by Dr. Paul Patey



"I'm planning to inject a knee tomorrow. Can you be there?"

"Yes. You'll have the stuff ready?" I reply.

"I will", responds Karen.

Next morning we gather beside the helicopter: Karen, a family medicine resident; Jean, a nurse; George, a public health inspector; and myself, a family doctor.

Soon, snugly strapped in our seats, we fly about 400 ft. above the hills, which means significantly higher above sea level in the fiords we cross. Those long fiords are the reason the tiny town to which we are headed has no connecting road. Karen rides in front, camera at the ready.

In less than half an hour we crest a low hill and settle gently onto a solid concrete landing pad. After the pilot, Fred, shuts down the engine we get out and walk the 100 feet to a small white wooden building. One end is the community hall; the other is the clinic, consisting of a central room, a washroom and two rooms for seeing patients. George has disappeared to check water supply and other environmental and community factors affecting health. I remind Karen to interrupt me whenever she wants.

I interview and examine patients, discussing diagnosis and management with them. Karen is doing similar work.

Jean the nurse is busy. She gets charts ready, records vital signs before we see patients, draws blood specimens to take back to the hospital, tests urine, helps patients with their blood pressure and blood sugar measurements, and -if necessary -reviews and re-bandages sores and operative wounds. Her work includes gathering prescriptions, referrals and requisitions for further action back at the hospital.

"Karen's ready," says Jean.

When I enter Karen's office she introduces me to Mrs. Baker, a lady with osteoarthritis.

"I see you are both ready," I say. They nod.

Karen spreads a clean towel on a flat surface and starts preparing her tools.

"That's a good habit. Get all the stuff ready and tidy before you start. I've brought two additional tools - an ear speculum, and a hemostat."

To Mrs. Baker I say, "May I examine your knee?"

"Go ahead," she replies.

My examination is brief, mostly to look for fluid and select the injection point. I position the leg in the precise position I want it during the injection.

"Karen, I find I can select the injection site best if I feel the area with my hands."

I pick up the ear speculum and for a few seconds press its round tip snugly against the skin at my chosen spot. The ear speculum is a small plastic cone that normally goes on the end of the instrument the doctor uses when she looks into patient's ears.

When I remove it, a tiny circle about half-a-centimeter in diameter remains as a indentation on the skin.

"This tiny circle will last for a few minutes. It won't wash off and it causes no contamination. You check the spot then go ahead."

Karen feels the knee with both hands, then paints the area with a brown antiseptic solution. With an alcohol swab she wipes a spot clear around the tiny circle. Then with a fine needle she injects a local analgesic into the skin at the little circle, then deeper towards but not through the joint capsule.

Karen picks up a larger empty syringe to which she has previously attached a considerably larger needle.

She pushes the point through the tiny circle on the skin and continues straight in, through the joint capsule and into the joint. Karen has the needle tip exactly where she wants it. Gently she draws back on the plunger, aspirating two cubic centimeters of clear yellowish fluid. She holds the syringe steady.

Karen says. "Mrs. Baker, as I expected, there is a little bit of extra fluid in this worn knee."

Picking up the hemostat, I say to Karen. "This will help hold the needle steady while you change syringes." Karen clamps it like a little pair of pliers onto the base of the needle, placing its handle against Mrs. Baker's knee.

Karen removes the syringe with its yellow fluid, picks up the other containing the medication, attaches it to the needle (which has not budged) and gently injects the medicine into the knee. Then she promptly removes the needle, immediately presses a folded piece of gauze against the puncture site for nearly a minute, then replaces it with a simple band aid and wipes the remaining antiseptic from the skin.

"Mrs. Baker, that went smoothly," I say. She smiles.

To Karen I say, "Nicely done," She nods.

I continue: "That tiny circle made with the ear speculum, the hemostat to stabilize the needle, and the flat surface with all tools organized before you start: those are three nice habits which help aspirations and injections get done smoothly and precisely, wherever they are -: here in this clinic or in an ICU - whether it's on Mrs. Baker's knee or anywhere else on our patients."

Later that day, as the helicopter lifts off and swings over the wharfs at the shorefront, Karen looks back and sees the landing pad with its painted circle. It's also now tiny and she remembers the other tiny circle that had been temporarily imprinted on her patient's knee.

*Resident's name used with permission, others changed.
Dr. Paul Patey is a retired member of the Discipline of Family Medicine at Memorial University.*

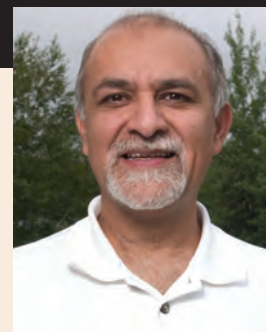
"That's a good habit. Get all the stuff ready and tidy before you start."



A recipe for success *in family medicine*

Patient centredness

by Dr. Mohammed Ravalia



The shrill ring of his bedside telephone woke Adam with a start. The display on the alarm clock read 2:06 a.m..

"Hello," he answered in a groggy slumber.

"Hi! Stat to the ER, we have a patient in shock!" came the agitated response.

In the dull green hue of the night light, he reflexively pulled his jeans and jumper over his pyjamas, splashed some cold water on his face, and popped a stick of Trident peppermint gum into his mouth as he made his way across the darkness of his practiced route to the porch door to face the blast of Arctic air on that cold, silent, pitch black morning.

The three-minute drive to the hospital gave him time to wake up. "I'm getting too old for this routine," he mumbled to himself.

The fluorescent lights and hustle and bustle in the ER quickly brought him to his senses. The orders flowed rapidly: "Two wide bore IVs,

100%t O2 x, labs, IV Rocephin, start the Dobutamine, catheterize, let's get Air Search & Rescue...."

His 63-year old patient with septic shock following a prostate biopsy was obtunded and required vigorous and concerted resuscitation. The drone of the Air Search & Rescue helicopter and the flight into St. John's seemed like a blur. Intense concentration, half exhilaration and half fear left him exhausted. It was with a strong sense of relief that Adam transferred the patient to the gurus at the Health Sciences Centre in St. John's in stable clinical condition.

With dawn breaking, Adam slumbered out of the goliath building and spotted the patient's family gathered around the hospital entrance. A tearful reunion followed - one member of the family looked particularly concerned and mulled beside a garbage can at the corner of the entrance.

Adam went into patient-centered mode and reached out to him. "I can imagine how difficult this has been for you. We have done our best and Bert is in the best hands possible. My thoughts and prayers are with you...."

The man looked at him and a perplexed expression came over him. "Who's Bert? I'm just the taxi driver."

Overcome with acute embarrassment, Adam wished that the ground below him would open and swallow him whole. He slung his overnight bag over his left shoulder and ambled slowly into the emerging morning light. "So much for patient centeredness.... I'll walk to the airport," he muttered.

FLUVARIUM TALKS continued from page 15

Dr. Kao explained that because Memorial is the only university in Newfoundland and Labrador, CIHR funding is directed to research projects at MUN. "We want the public to understand our research, and this series of talks in a relaxed off-campus location proved popular."

The first presentations on Jan. 15 were facilitated by Dr. Patrick Parfrey, associate dean for clinical research in the Faculty of Medicine. The presenters were Dr. Dale Corbett, Canada Research Chair in Stroke and Neuroplasticity, and Dr. Brendan Barrett, nephrologist and co-principal investigator of a pilot study on preventing complications from kidney disease. About 50 people attended the presentations, most from the general public.

On the cold and blustery Sunday afternoon of Jan. 22, Dr. Christopher Loomis, vice-president (research), facilitated presentations on occupational health and disease; and chronic pain management. Drs. Stephen Bornstein and Barbara Neis, co-directors of SafetyNet, made the first presentation. Dr. Sandra LeFort, director of the School of Nursing at Memorial, made a presentation based on her work in developing and assessing a chronic pain man-

agement program.

The most popular Sunday afternoon session took place on the mild sunny afternoon of Jan. 29. Dr. James Rourke, dean of Medicine, made general introductions and welcomed the capacity audience. Dr. Kara Laing, clinical chief of oncology for the province, moderated questions following the presentations. Dr. Gary Paterno, a basic sciences researcher in the Terry Fox Cancer Research Laboratories, gave an engaging presentation on the science behind the research he and Dr. Laura Gillespie are doing on breast cancer. The second presentation, by Dr. Cathy Popadiuk, was on recent advances in the treatment of ovarian cancer, as well as her award-winning research with Dr. Ken Kao in the Terry Fox Cancer Research Labs.

The final session on Sunday Feb. 5 was on the topic "Who is Fishing in Our Gene Pool" and featured genetic researcher and doctoral candidate Kathy Hodgkinson and bioethicist Dr. Daryl Pullman. Ms. Hodgkinson explained why Newfoundland and Labrador's population is recognized internationally as a great place to do genetic research, and why researchers from around the world are interested in con-

ducting studies here. Dr. Pullman addressed some of the difficult ethical issues that arise when conducting genetic research. The session was taped by CBC and the next day national radio program the Current interviewed the two researchers.

If you wish to comment on this series, or have your name added to a list for notification of any future public talks on health research at Memorial, please e-mail Sharon Gray at sgray@mun.ca.

This series of free public talks was funded by CIHR under a special public education. It was held as part of the celebrations of the fifth anniversary of the CIHR, which funds research in four areas: biomedical; clinical; health systems and services; and the social, cultural and environmental factors that affect people's health.

About 240 audience evaluations were completed for the entire series, and these will be analysed by Drs. Sharon Buehler and Katherine Gallagher. Dr. Kao said the series was a "terrific success with good audience turnout and a pleasant atmosphere."

The best graduates

Though I am definitely a loyal faculty member of the Schulich School of Medicine & Dentistry here in London, Ontario, I am still fiercely loyal and proud of Memorial. I am certainly not alone in this -- indeed, this is a common characteristic of all of us MUN grads.

This pride stems from multiple cultural roots: the unique social culture of the province itself, Memorial's geographical separateness, and it's small size. The real pride, though, comes from the achievements, success and impact that we have experienced or brought about, despite our size or location.

I am proud of the achievement of Dr. Ian Rusted in generating the common vision of the medical school and steering it to reality. Dr. Max House guided Telemedicine's vision to shine the way for the world's medical systems in how to bring all sites together. [ed. See *Medical Post* Feb. 03, 2006, Vol. 42 Issue 04 'Tele-oncology: a Newfoundland success story in cancer care', by Cheryl La Roque]

We have seen success in a huge variety of basic science, primary care, and specialty clinical research. Our graduates are leading innovation in a variety of fields in scattered locations around the world. Amongst the best achievements are the excellent clinical teaching our students and residents get, and the resulting excellent care our patients receive. Most of us will be able to point to particular outstanding examples of dedication in the work we see our colleagues do.

For me, though, the best of all of this has been the work of Nick Withers, Steve Crummey, Dan Power and many others who have served our country by providing medical care through the Armed Forces.

He doesn't yet know it, but Nick [Dr. Nick Withers] has truly been a hero to me. The times I have had the privilege to become aware of his patient care, it has proved to be dedicated, focused, and patient-centred. Yet what stands Nick apart is the dedication he has demonstrated in his service to our country by putting himself in harm's way to provide medical care to the troops and civilians.

by Dr. David Keegan

Nick is still a family doctor, detecting prostate cancer and managing children's developmental problems. But he also jumps on airplanes, flying to areas of instability, arranging the care and transport of critically ill soldiers. He has provided medical support to anti-terrorism activities, and a whole bunch of other dangerous things that he cannot even say out loud.

Through all this, Nick's warm, funny and beautiful wife, Heather, has raising their two children as the whole family is shunted from Alberta to Labrador to Ontario to B.C. and, most recently, Germany near the border with the Netherlands. As a couple, they have allowed their own family's direction to be largely dictated by pressing world security and safety initiatives. Their selflessness has been inspiring to my wife and me with our own family in safe London.

Most recently we have all seen Nick on television speaking for the Armed Forces about Canadian soldiers injured in Afghanistan. Like many others, I have been proud to witness his calmness and professionalism (and also traces of his own great unique character sneaking through!)

To Major Nick Withers (our good friend and our daughter's godfather) and all the medical officers of the Canadian Armed Forces, please accept my heartfelt thanks and my profound respect. You are our best graduates, our true heroes.

David Keegan, MD, CCFP(EM) is program director, Family Medicine Child Health Residency Program, Schulich School of Medicine at The University of Western Ontario

Editor's note: The next issue of *Luminus* will carry a feature story on Dr. Nick Withers.



FACULTY AWARDS continued from page 12

Royal College awards

Both Royal College of Physicians and Surgeons of Canada (RCPSC) regional awards for 2005 went to faculty members associated with Memorial's Faculty of Medicine.

Dr. A. Rick Cooper was awarded the RCPSC Prix D'Excellence for 2005. This award is given annually specialists in five regions of the country who have provided outstanding service. Dr. Cooper received his MD



from Dalhousie University in 1969 and completed his FRCP(C) in Pediatrics in 1973. He is currently professor and chair of the Discipline of Pediatrics at Memorial and chief of pediatric medicine for Eastern Health. He is also co-clinical chief (child) of the Children's and Women's Health Program for Eastern Health. He was chosen by medical students as the Out-standing Teacher of the Year in 1990 and

2002 and received the Silver Orator Award from the graduating class four times in 1991, 1996, 2001 and 2005.

Dr. Chaker (Chuck) Hobeika (FRCPC), was selected as a Mentor of the Year for 2005 in recognition of his outstanding contributions to medical education, the high standards of care he has demonstrated to students, peers and patients, and his long history of fostering excellence in the pediatric training program at Memorial University. The Mentor of the Year award, conferred annually in five regions across Canada, acknowledges medical specialists who have demonstrated a long-standing commitment to the welfare of patients and to high standards of excellence in clinical care and ethical conduct. Dr. Hobeika was an associate professor of Pediatrics at Memorial University for over 30 years until his retirement in 2001. He remains on staff at the Janeway Children's Health and Rehabilitation Centre, holding one to two clinics a week.





"What does a modern health care complex do with those too worn out for acute care, with those too tired for curative medicine, with those too feeble-minded to be bothered? Why, send them forthwith ... to the back wards. Those parts of the hospital not suitable for stores or even administrative offices."

*A back wards view, Dec. 1971
Bill Eaton's first column in MUNMED Vol. 3 No. 5*

a back **WARDS** view

by Dr. Bill Eaton

The Greeks knew

Herodotus was an historian in ancient Greece. He wandered about the earth the same time as **Hippocrates** and they probably could see each other's houses from their own. (remember those two names as you read this column).

The present author doesn't know, or has forgotten, or has been advised by counsel not to even express an awareness of whether either of the above named foreign nationals actually lived in houses. But we digress.

Digressions may be internal, as in "I had another tangential thought and I'd better practice spelling (out loud) 'world' backwards or drawing a clock at 10 to 2." Perhaps the digression is environmental like when an old friend sends a happy e-mail. Worst of all are the digressions external like when you get invited by the licensing college to attend a meeting to discuss a recent complaint and your thoughts of an early trip home are side tracked.

My friend Todd always said, "The chances of getting caught are directly proportional to the number of laws you're breaking." By way of example I relate the following (one-sided) discussion with an incarcerated patient: "I'm here because I ran a stop sign." It wasn't my place to point out that his break and indicator lights were broken, the car's insurance and registration had expired, his license was suspended, there was a beer between his legs, and a joint in his hand. But we digress.

My guess (not really a guess as I read it somewhere but can't recall where, so I'll call it a guess) is that the ancient Greeks figured out how to write things and the above named two (remember, Herodotus and Hippocrates) simply wrote down what was known, until then, about their chosen fields.

Hippocrates on medicine: he was

My friend Todd always said, "The chances of getting caught are directly proportional to the number of laws you're breaking."

perhaps the first to dispel the myth that illness was a magical visitation and proposed an upset in internal homeostasis as cause for disease. He wrote about the four vital humors: Melancholy: too much *black bile* (literal translation) and you'd be in a foul mood. Hot blooded: too much of the *red humor* and the sufferer would over-react to the smallest slight or off-handed remark. Too

much *yellow bile* made one anxious or fearful ('yerr yellor, 'ya chicken"). And finally, phlegmatic, reticent people had an excess of *grey phlegm*. What a guy that Hippocrates. He probably made it all up.

Meanwhile Herodotus, the historian, reflected thus: If a man (apparently the Greeks of old didn't concern themselves with political correctness) insisted always on being serious and never allowed himself a bit of fun and relaxation, he would become mad or unstable without even knowing it. The part about Herodotus' reflection that appeals most to me is the not knowing.

The telephone, the airplane and the thermos were touted as the greatest inventions of humankind. The benefits of the first two candidates for the award were easily and resoundingly espoused but enunciation of the thermos' greatness was more difficult. In summer, up by the pond, it gives forth tea, refreshing and cool. While in winter, up on the ice, it dispenses vein-warming hot tea.

The dilemma: How do we know? The Greeks knew. Do we?

In the spring of 2004 in a Back Wards View column I made comments about the physical appearance of men supporting cancer prostate screening. I apologize for any embarrassment I may have caused these men by my comments.





DEVELOPMENT AND ALUMNI MATTERS

UPCOMING MEDICAL GRADUATES' SOCIETY REUNION 2006

The annual Medical Graduates' Society (MGS) Reunion will be held July 28 - 30, 2006. The MUNMed classes of 1976, 1981, 1986, 1991 and 1996 will gather for a weekend of festivities and CME (volunteers welcome).

There will be individual class parties Saturday evening at the home of one of your fellow graduates and we will be holding the annual Medical Graduates' Golf Day on Sunday. More details and

information on registration will be available soon on our medicine alumni website at www.med.mun.ca/alumni/pages/reunion.htm

We have a great team of class reps and the enthusiasm is contagious. It's not too late to get involved. If your graduation year ends in a six or a one and you would like to be involved in the planning for this year's reunion please contact Vera Griffin at (709) 777-6997 or by email vgriffin@mun.ca.

Medicine leading Memorial's fundraising campaign for faculty and staff

The Faculty of Medicine is leading the way at Memorial University in the Faculty and Staff Campaign which began in November 2005.

In November, all faculty, staff and pensioners in the Memorial community were asked to help support our university by making a gift to the area of their choice. The overall response has been excellent, with many new payroll pledges coming in. The number of faculty and staff across the university who contribute through payroll deduction has increased by 41 per cent and the total value of donations has increased by 79 per cent. This amounts to total annual contributions from faculty and staff of almost \$69,000. Donors from the Faculty of Medicine are responsible, so far, for

Faculty of Medicine	# donors	Annual gift
Faculty	13	\$14,882
Staff	8	\$2,960
Pensioners	1	\$1,200
Total	22	\$19,042

28 per cent of all new support to the university. This is a tremendous vote of confidence in our faculty and our medical school. The donations will provide new funding for scholarships, research and other areas of need.

If you would like to know more about the faculty and staff campaign, we have a group of campaign volunteers who can answer your questions. Just call any of the following point people to see how you can help our Faculty of Medicine:

Dr. Rick Audas
Community Health and Humanities
777-7395
raudas@mun.ca
Janet Bartlett
Community Health and Humanities
777-6216
jbartlet@mun.ca
Linda Kirby
Family Medicine
777-6739
lkirby@mun.ca

Dr. Donald McKay
Basic Medical Sciences
777-6587
dmckay@mun.ca
Cecilia Mesh
Office of Professional Development
777-8380
cmesh@mun.ca
Dr. Lynn Morris-Larkin
Laboratory Medicine
777-7298
clarkin@mun.ca

Gary Peddigrew
Finance and Administration
777-7040
peddigrew@mun.ca
Margaret Miller
Development Office
777-8289
mmiller@mun.ca

An innovative way of donating

Dr. Rick Cooper, Pediatrics, has come up with an innovative way to donate money to the Faculty of Medicine. Using about \$5,000 in payments for lectures he has given for Merck Frosst, he has donated this money for student awards in the Discipline of Pediatrics.

"I hope this will encourage other faculty to fund from pharmaceutical companies to the pediatric awards as well," he explained.

Dr. Francis L. O'Dea Scholarship receives new donation

A substantial donation from the estate of Mrs. Raymonde O'Dea was recently made to the Dr. Francis L. O'Dea Scholarship in Obstetrics and Gynecology.

This scholarship is established to commemorate the memory and work of Dr. Francis L. O'Dea in the field of Obstetrics and Gynecology, and is valued at a portion of the income on the investment. It is awarded annually to a third-year student in the Faculty of Medicine at Memorial University whose special interest lies in the area of obstetrics and gynecology. The award is made by the Senate Committee on Undergraduate Scholarships and Financial Aid, acting on the recommendation of the dean of Medicine and a faculty selection committee.

Speaking on behalf of the family, Oonagh O'Dea said they are "pleased to be able to continue this scholarship in memory of the work that our father did."

UPCOMING

Alumni and Friends reception in London, Ontario

Dr. James Rourke, dean of Medicine, will host reception for alumni and friends of Memorial University, Sat. April 29 from 5:30 to 7:00 p.m. in the Queen Victoria Room on the third floor of the Hilton London, 300 King Street, London, ON.

Invitations will be in the mail soon to all MUN alumni in London and area. If you would like to attend please RSVP: 709-737-4354, rsv-palumni@mun.ca

For further information contact Mary Dray, Office of Student Affairs, Faculty of Medicine, 709-777-6029, mdray@mun.ca.

