

FOCUS ON GENERAL INTERNAL MEDICINE

March 2022



Spring is coming! Stay Safe!

Ongoing Excellence in the Division



APPOINTMENTS

Dr Louise Pilote and colleague Dr Indra Gupta were appointed as Deputy Directors of the Research Institute of the McGill University Health Centre, effective January 4, 2022. They join the Executive Leadership to contribute to the future growth of the RI locally, nationally and internationally.

Dr Susan Kahn's Tier 1 Canada Research Chair was successfully renewed for another 7-year term! Click [here](#) for details.

PROMOTIONS

Congratulations to **Dr Natalie Dayan** who was promoted to Associate Professor. If you wish to be considered for promotion in the Fall please contact Vicky as soon as possible and arrange to meet with Dr Rodger before April 15th (contact: naomi.charles@muhc.mcgill.ca). Details on the Faculty of Medicine promotion process can be found [here](#).

AWARDS

Dr Laurence Green is the recipient of the 2021 Transition to Clinical Practice (TCP) Internal Medicine Teaching Award. This award is given to the physician who received the most nominations by the students completing TCP Internal Medicine.

Dr Michelle Elizov received the CAME Certificate of Merit Award 2022 which promotes, recognizes and rewards faculty committed to medical education in Canadian medical schools.

Dr Suzanne Morin is co-recipient of the 2021 Osteoporosis Canada Eleanor Mills Award in recognition of being a catalyst for action and a positive role model in providing hope and encouragement.

25 Years of Service 2021!

Congratulations to **Dr Louise Pilote** and **Dr Bert Govig** for 25 years of dedication and contributions to the Department of Medicine and General Internal Medicine!

Welcome!



Dr Jesse Popov joined the GIM Division at the MUHC on February 1, 2022! He obtained his medical degree from McGill University, completed his Internal Medicine residency in 2019 at Queen's University and his GIM residency in 2021 at McGill. He is currently completing his Master of Applied Science in Patient Safety and Healthcare Quality at John Hopkins and his Fellowship in Adult Thrombosis Medicine at McMaster. He will have a clinical and academic focus in thrombosis medicine and quality improvement at the MUHC. In his spare time, Jesse is a classical pianist, an avid runner and practices yoga.



Joyful News!



Congratulations to Dr Julian Huertas-Garcia and his wife, Yuliana, on the birth of their daughter, Emily, on December 17, 2021. Samuel's little sister!



Congratulations to Dr Amal Bessissow and her husband, Munir Shahin, on the birth of their daughter, Talya, on March 9, 2022.



Research News

Dr Kaberi Dasgupta is leading a CHIR-UK Medical Research Council study, *“Remission of diabetes and improved diastolic function by combining structured exercise with meal replacement and food reintroduction (Reset).”*

The primary aim is to determine if a meal replacement low energy diet combined with structured exercise can help young adults ‘cure’ their type 2 diabetes (achieve A1C < 6.5% without meds) and improve their cardiac function (MRI measures).

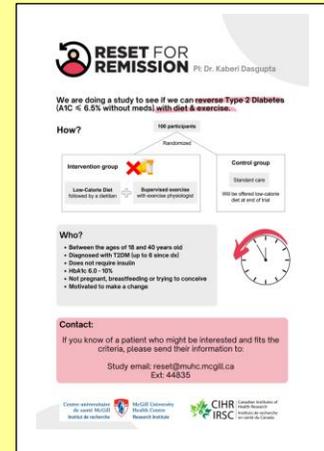
They need your help for recruitment! For now, they are recruiting at the MUHC and outside clinics, but they will shortly extend to the JGH and St. Mary’s.

Who?

- Between the ages of 18 and 40 years old
- Diagnosed with T2DM (up to 6 since dx)
- Does not require insulin
- HbA1C 6.0 – 10%
- Not pregnant, breastfeeding or trying to conceive
- Motivated to make a change

Contact: If you know of a patient who might be interested and fits the criteria, please send their information to:

Study email: reset@muhc.mcgill.ca



Major Publication



JAMA Internal Medicine *Less is More*

The MedSafer Study—Electronic Decision Support for Deprescribing in Hospitalized Older Adults: A Cluster Randomized Clinical Trial

E McDonald, P Wu, et al [Online first January 18, 2022](#)

Emily and her colleagues showed in this impressively large RCT of over 5600 hospitalized patients that providing deprescribing decision support to acute care medical teams did not impact 30-day adverse drug events (ADE). However, the intervention was safe and led to improvements in deprescribing. It may be that short-term ADEs is the not the ideal measure to capture the benefits of deprescribing during a hospitalization.

CIHR Grants



Dr Suzanne Morin is Co-Principal Investigator on the study, *“Bone and muscle health following sleeve gastrectomy in men, premenopausal and postmenopausal women.”*
Ranked 2 out of 32 in its category!

Dr Natalie Dayan is Co-Investigator on the 2-year project, *“Developing a question prompt tool to support communication about risk and prevention of cardiovascular disease after hypertensive pregnancy.”*

Dr Kaberi Dasgupta is Principal Investigator on the study, *“Diabetes in a time of COVID: Understanding impacts of material deprivation and other social factors on direct and indirect pandemic effects in persons with diabetes.”*

Mentorship and Coaching Program
Drs Michelle Elizov and Isabelle Malhamé, Co-Directors

Successful launch of our GIM Doctors' Lounge!



As part of our new Mentorship and Coaching Program that will soon be officially launched, we held our first **Doctors' Lounge** on February 8th entitled “*Planning for Leaves.*” With several of our members planning parental leaves, the discussion often centered on this type of leave, with members sharing their experiences and tips. However, the principles that emerged could apply to all kinds of leaves and included: being kind to yourself, setting explicit expectations for others (and yourself) including responding to emails and research supervision, and having a plan to ease back in including a back up in case the return doesn't go as smoothly as you'd like. Of course talking to others for advice and support was also key!

The discussion was lively (even on Zoom), honest and heartfelt and people did appreciate the chance to chat and share informally like this.

We hope to have two (2) Doctors' Lounges per year and are looking for your feedback on the process (we hope to do this in person soon!) as well as suggestions for future topics. ***Please email Michelle or Isabelle with suggestions!***

GIM Residency Training Program Corner
16 new residents to start in July 2022!

Welcome new GIM residents!

Ève Belzile-Dugas, Jeanne Bienvenue, Benoit Billette, Vladimir Cherniak, Laurence Davies, Jamie Koenekoop, Samer Makhaly, Luca Melnychuk, Jassy Meng, Daniel Negreanu, Robert Samberg, Marie-Camille Soucy-Giguère, Loucif Tala-Ighil, Alex Tang, Rossi Zhao, Yimeng Wang



EPAs – from the desk of Dr Patrick Willemot

Questions have come up regarding the EPAs in the 3.15 suite: The “**resident as teacher.**”

3.15a: The GIM resident is teaching junior learners. This EPA is filled out by faculty, upon direct supervision of a GIM resident giving a bedside or board talk.

3.15b: The GIM resident is assessing junior learners. This EPA is filled out by faculty, upon direct observation of a GIM resident giving end-of-week/end-of-period feedback to junior learners. One EPA per feedback to junior learner, so if you directly observe 2 or 3 Friday feedbacks given by the GIM resident, you can fill out 2 or 3 separate 3.15b EPAs.

3.15c: The junior learners giving feedback to the GIM resident after a formal teaching session.

“Pro tip”: have the GIM resident push a 3.15c to each junior who is present when the GIM resident is giving a formal bedside or board talk. Then have the whole team take 15 minutes after the formal teaching session (which you have directly observed and assessed for EPA 3.15a!). During this time, the juniors all go to a computer/phone to complete 3.15c which the GIM resident has pushed to them, and during that time you can give verbal 3.15a feedback to the GIM resident and complete the One45 EPA.

The ASMIQ assemblée générale spéciale was held on February 23, 2022. The ASMIQ constitution is being modified to be more representative of the current distribution of internists in the province and on the conseil d'administration, as well as modifying the duration of mandates. This makes a difference in terms of ensuring that the Association is better able to hear voices from the ground and advise on manpower issues relevant to the local context.

Upcoming Events

McGill DoM High Value Care Symposium ZOOM -- Thursday April 7th, 9:00 – 12:30

Showcase Quality / Safety research and initiatives!

This year's keynote speakers will be Drs David Levine and Robert Boxer from Harvard University and Dr David Brown, the Less-is-More Cardiologist. Trainees and faculty can submit abstracts to showcase their Quality/Safety research and initiatives. Abstracts should be 250 words or 1 page max and use the format: Title with list of authors, Background, Objectives, Methods, Results and Conclusion. Submit abstracts by **March 18th** to caroline.alcaraz@mcgill.ca

Click [here](#) for more details and registration.

McGill GIM Academic Division Rounds McGill GIM Academic Symposium on Management of Anticoagulants ZOOM -- Thursday May 19th, 4:00 – 6:00 pm

Featuring international and national invited speakers as well as local speakers who will discuss local research and QI initiatives.

Dr Jim Douketis, McMaster: *Perioperative management of DOACs: a delicate balance of bleeding and thrombosis*

Dr Camille Simard, McGill: *Anticoagulation management in pregnant and postpartum women: current state of knowledge and future directions*

Dr Geoffrey Barnes, U of Michigan: *Combination aspirin and DOAC therapy: understanding the risk of bleeding*

Dr Maral Koolian, McGill: *Anticoagulation stewardship: lessons learned*

Education 2022

McGill Faculty Development Health Sciences Education Rounds 2022

See topics of interest [here](#).

Workshops

Your Teaching Journey @ McGill - Module 6: Assessment (Clinical & Classroom)

See information and registration [here](#).

CSIM Educational Sessions:

GIM Research-in-Progress Seminar March 29

See information and registration [here](#).

ASMIQ: Mise à jour sur les traitements de la COVID-19: 17 mars

Les membres du Comité de DPC de l'ASMIQ vous invitent au 27^e Rendez-vous avec les guides de pratique sous forme de webinaire :

Le jeudi 17 mars 2022 Conférence : 12h à 13h. Période de questions : 13h à 13h15

Lien pour vous inscrire : [Lien](#)



Interested in sharing news with our Division? Please email Antoinette or Vicky