

McMaster University

Department of Psychiatry

Horizontal Electives Guide



WELCOME FROM THE PSYCHIATRY UNDERGRADUATE DIRECTOR

A warm welcome from the Department of Psychiatry and Behavioural Neurosciences, McMaster University! We are thrilled that you are interested in a horizontal elective in Psychiatry. We have dedicated supervisors in Numerous specialty and general programs, ready to provide a stimulating and enriching learning experience for medical students. We can accommodate elective placements at the undergraduate level of medical education in a variety of inpatient and outpatient areas. We hope that this booklet will give you an idea of what is happening in our department, and what may be of interest to you. Please contact the Psychiatry Electives Coordinator (Jennifer MacDonnell jemacdo@mcmaster.ca) directly for logistic questions, or for booking a horizontal elective. All clinical placements must be reserved centrally through our office. Please let us know if you have any questions, we look forward to hosting you for a placement in Psychiatry!

Vanessa Lentz – Undergraduate Director
Department of Psychiatry & Behavioural Neurosciences
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STEPS FOR BOOKING A HORIZONTAL ELECTIVE WITH PSYCHIATRY

- Review this guide for an idea of the varied clinical settings psychiatry has to offer for a horizontal placement
- Once you have an idea of your areas of interest within psychiatry contact Jennifer MacDonnell, our Electives Coordinator at (jemacdo@mcmaster.ca) to specify these areas and the dates you would be available for placement
- We require a minimum of 8 hours either in one day or two half days for our horizontal placements
- **DO NOT** book your horizontal directly with our supervisors. Our Undergraduate Coordinator will contact our staff directly to request placement and connect you with a supervisor once you are placed. Be sure to only contact the supervisor after Jennifer connects you with them to discuss the exact dates and times of your horizontal placement
- Once the date/s are set please be sure to log the placement into MedSIS PRIOR to the first placement date
- Although you will be observing in your placement, the MD office still requires a paper evaluation to be completed and **signed by both yourself and your supervisor**. Please print off the evaluation and take with you to your horizontal for completion*
- Please return the completed Summary of Student Elective Performance Form to Deb Klunder in either hard copy or emailing a scanned copy to: klunder@mcmaster.ca
- Send the Electives Coordinator, Jennifer MacDonnell, a quick email detailing exact dates and times of your placement with each supervisor once you have completed them*

***These steps are vital to ensure your supervisors are credited for your placement**

Placement Options in the Department of Psychiatry

Please note that at certain times supervisors may become increasingly busy and placements in a certain specialty may become unavailable for a period of time.

GENERAL PSYCHIATRY

- **Acute In-patient Psychiatry**

The acute adult inpatient psychiatry program located at the St. Joseph's Healthcare Charlton site is an exciting place to learn and explore various psychiatric presentations and skills in a diverse population. A student can expect to learn about various acute presentations of psychiatric conditions and understand the bio-psychosocial nature of the presentation and management thereof. Acute inpatient psychiatry functions with a multidisciplinary team, including adult psychiatrists, nurses, occupational therapists, recreation therapist, social workers, pharmacists, dieticians, peer workers, family mediators, spiritual therapists, psychotherapists and psychologists. There are various opportunities for education such as formal teaching weekly rounds, group teachings for DBT, protected weekly supervision time with the named supervisors and informal teaching time such as supervised interviewing time, observation time for management/therapies specifically geared towards inpatient population such as neuropsychology testing, DBT and WRAP program. There are other opportunities for individuals seeking specialized training or experience such as leading family meetings, ECT observation, presentation in education rounds in multi-disciplinary rounds, and attending and/or leading mental health review boards.

<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/acute-psychiatry>
<http://psychiatry.mcmaster.ca/academic-areas/general-psychiatry>

- **General Out-patient Psychiatry**

General Out-patient psychiatry clinics take place in Family Health Team offices (FHT), East Region Mental Health office (ERMH), and private practice offices throughout Hamilton and surrounding areas. Student placements in our Community Psychiatry clinics (CPS) located at the St. Joseph's Healthcare West 5th site may also be available. Clients with mental illness including bipolar disorders, depression, anxiety disorders, post-traumatic stress disorders and concurrent disorders who can benefit from time limited goal focused treatment which may include therapeutic groups (i.e. Cognitive Behavioural Therapy, Mindfulness, Behavioural Activation, etc), individual sessions, and psychopharmacology. A car may be necessary for transportation to some of these Greater Hamilton area sites.

The Community Psychiatry Service philosophy is to provide an integrated approach to psychiatric treatment combining psychotherapy and psychopharmacology. CPS is multidisciplinary and has three treatment streams: [I] Primary Care Consultation Stream ("Rapid Consult Clinic"): this is a consultation service provided to family physicians to assist them in the on-going care of patients with psychiatric disorder; [II] Dialectical Behavioural Therapy Stream: this is a one year individual and group therapy program for patients diagnosed with borderline personality disorder; and [III] Treatment and Recovery Stream: for people with serious psychiatric illness who have high levels of symptoms and impairment and who can benefit from the services provided which include various psychotherapy modalities. Students placed in CPS will be able to see a range of patients with multiple psychiatric diagnoses, including unipolar and bipolar disorder, dysthymia, PTSD, anxiety disorders, borderline personality disorder, and concurrent substance abuse. Students will observe patient interviews and various psychotherapeutic modalities.

<https://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/community-psychiatry-clinic>

- **Psychiatry Emergency Services (PES)**

Psychiatric Emergency Service placements at the St. Joseph's Healthcare Charlton site may be available. The PES offers horizontal students the opportunity to observe in the assessment and care of patients presenting to the emergency department in distress. Many patients are experiencing suicidal ideation, and we see patients with a wide range of diagnoses and problems. Trainees follow the on duty attending psychiatrist and PGY-1 to observe, assess and manage patients. The team consists of an on duty psychiatrist, a PGY-1, a charge nurse, a social worker and PES nurses. The PES offers a great opportunity to do many assessments, observe acute psychopathology, become familiar with the Hamilton mental health network of services, and learn some brief psychotherapeutic interventions. Please note day shifts in PES are split between am 8-1230 and pm 1230-5 and supervisors change with each shift.

<http://psychiatry.mcmaster.ca/academic-areas/emergency-psychiatry> <https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/emergency-psychiatry-services>

PSYCHIATRY SPECIALTY PROGRAMS

- **Anxiety Disorders/Cognitive Behavioral Therapy (CBT)**

The Anxiety Treatment & Research Clinic (ATRC) at the St. Joseph's Healthcare West 5th site is one of Canada's leading centres for clinical service, education, and research in the area of anxiety disorders. Staffed by a multidisciplinary team consisting of psychiatry, psychology, social work, nursing and administrative staff, the ATRC provides specialized consultation, assessment, and treatment for individuals with a principal anxiety disorder. Treatment includes pharmacotherapy and evidence-based psychological treatment provided in both group and individual formats. Students placed at the ATRC will observe individuals presenting with a broad range of anxiety disorders and comorbidities. They will observe evidence based consultation and assessments as well as group treatment.

<http://psychiatry.mcmaster.ca/academic-areas/anxiety>

Full day or half day observational placements can be arranged for students in a Cognitive Behavioral Therapy Group at the ATRC. Sessions are held for: Obsessive Compulsive Disorder, Generalized Anxiety Disorder, Panic Disorders, Social Disorder, or Post Traumatic Stress Disorder groups.

<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/anxiety-treatment-research-clinic-atrc/anxiety-treatment-program-by-diagnosis>

- **Child and Adolescent Psychiatry**

Students interested in Child & Adolescent psychiatry are placed at the McMaster Children's Hospital or Ron Joyce Children's Centre sites. A variety of different clinics/settings may be available such as in-patient, out-patient, day program, consultation-liaison, child welfare, emergency, eating disorders, mood and anxiety disorders with youth, neuropsychiatry and community consultation. The teams/clinics consist of child and adolescent psychiatrists as well as a variety of health care professionals working in multi-disciplinary teams. Students placed in the division can expect exposure to a wide range of developmental psychopathology and will develop skills in psychiatric assessment of children and youth. An emphasis is placed on group interventions as well as individualized treatments.

<http://psychiatry.mcmaster.ca/academic-areas/child>

- **Cleghorn Program**

The Cleghorn Program is a well-reputed “early intervention for psychosis” clinical and research service. It provides rapid consultation and follow-up for young people in the early phases of psychiatric illnesses such as bipolar disorder, schizophrenia, and other related disorders. It is a multidisciplinary team consisting of child and adult psychiatrists, nurses, occupational therapists, recreation therapist, social worker, community support worker, and neuropsychologist. The Cleghorn Program team members are also involved in research studies such as pharmaceutical trials, longitudinal studies, and epidemiological determinants of health studies.

<https://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/schizophrenia-community-integration-service-scis-/cleghorn-early-intervention-clinic>

- **Concurrent Disorders & Addictions**

Placements are available in Hamilton in Concurrent Disorders and/or the Methadone Clinic for ½ to 1 day horizontal elective placements. Placements in Concurrent Disorders is at the St. Joseph’s Healthcare West 5th site, and the Methadone Clinic takes place at a privately managed location in Hamilton.

St. Joseph’s Healthcare-West 5th site in Hamilton, Ontario is the regional leader in the provision of psychiatric care and research, innovating programs to help radically reduce the disability and stigma associated with mental illness and addiction. Specifically, St. Joseph’s is a leader in the areas of early intervention, outreach services, rehabilitation, recovery and integration into the community. While it is common for persons with mental illness and addiction to experience stigma and barriers to social integration, St. Joseph’s is deeply committed to working with our community partners in mental healthcare to eradicate stigma and promote the fullest recovery for every individual.

This horizontal elective offers the opportunity to observe assessments and follow-ups of patients with both psychiatric illnesses and addictions.

<https://www.stjoes.ca/hospital-services/mental-health-addiction-services> <http://psychiatry.mcmaster.ca/academic-areas/addictions> <https://www.stjoes.ca/hospital-services/mental-health-addiction-services/addiction-services/concurrent-disorders-program>

- **Consultation-Liaison Psychiatry**

Student placements may be available in the consultation-liaison/medical psychiatry service. This is a busy service that involves psychiatric consultation to all the medical, surgical, intensive care and trauma services at St. Joseph’s Healthcare Hamilton, the Juravinski and Hamilton General Hospitals. Students can choose to be at one specific hospital or to be involved across sites. There is also the potential for involvement with the out-patient Neuropsychiatry Clinic at McMaster University Medical Centre (HHSC) where a neurologist is involved. Each hospital C/L team is made up of two experienced nurses and 1-2 staff psychiatrists. Senior psychiatry residents are regularly on service for their core consultation-liaison rotations which last 3-6 months. Students have the opportunity to regularly observe staff assessments as well as to be observed in their assessments. The service is an academic one with regular teaching rounds. The range of patients seen is remarkably wide and challenging. Involvement on the service affords students the potential to learn about the biological and neuroscientific underpinnings of psychiatric illness.

<http://psychiatry.mcmaster.ca/academic-areas/psychiatry-in-medicine>
<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/consultation-liaison-psychiatry-service>

- **Dual Diagnosis Team LIMITED AVAILABILITY**

Full day or half day placements are available to join the Dual Diagnosis Team at St. Joseph's Healthcare West 5th site. The Dual Diagnosis Team provides psychiatric consultation and short-term follow-up for adults with developmental disabilities with a concurrent diagnosis of a mental health issue (mood/anxiety/psychotic disorder) and/or significant behavioural issues (such as self-injurious and/or aggressive behaviours). The Dual Diagnosis Team provides care to their patients in the community (private homes and group home environments) as well as in an office environment, depending upon the individual patient's needs. The Team is multidisciplinary, consisting of two registered nurses, an occupational therapist, and three part-time psychiatrists. An elective with the Dual Diagnosis Team provides exposure to the challenges faced by people who have a developmental disability and who are also living with a mental illness or significant behavioural issues.

<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/developmental-dual-diagnosis-program>

- **Eating Disorders Program LIMITED AVAILABILITY**

McMaster Children's Hospital Eating Disorders Program staff are leaders in Canada in the delivery of outpatient Family Based Treatment (FBT) for eating disorders. They provide care to children and adolescents with moderate to severe eating disorders in both inpatient and outpatient settings. They have a large team with many different specialists including pediatricians, a psychiatrist, psychologists, social workers, nurses, dietitians and child life specialists who are skilled at working with children and families struggling with an eating disorder. Treatment is provided to young people with moderate to severe eating disorder symptoms.

<http://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/eating-disorders-program>
<http://www.mcmasterchildrenshospital.ca/body.cfm?id=350>

- **Forensic Psychiatry Program**

Student placements are available with the Forensic Service of St. Joseph's Healthcare West 5th site.

Forensic Psychiatry is a psychiatric subspecialty in which scientific and clinical expertise are applied to legal issues in legal contexts, embracing civil, criminal, correctional or legislative matters. Forensic Psychiatrists also have specialized expertise in the assessment and treatment of special populations including young offenders, sexual offenders and violent offenders. The Forensic Program consists of sub-clinics including 2 inpatient units, a Forensic outpatient component, and various consultative activities (Fitness to Stand Trial clinic, civil medicolegal insurance-type cases and occasional telehealth consultations). The teams/clinics consist of psychiatrists, psychologists, nurses, in-house legal counsel, and a variety of allied health professionals. Forensic Psychiatry is a new subspecialty recognized by the Royal College of Physicians and Surgeons of Canada. We are an academic program with research activities, and teaching complementing our clinical service. Students may have opportunities for unique experience such as attending court, visiting local detention centres or observing Ontario Review Board tribunals.

<http://psychiatry.mcmaster.ca/academic-areas/forensic>
<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/forensic-psychiatry-program>

- **Geriatric Psychiatry**

The Geriatric Psychiatry Program is located in at the St. Joseph's Healthcare West 5th site as well as various sites throughout our community providing outreach and outpatient clinics, an acute psychiatry inpatient unit, and a specialized unit for patients with dementia and behavioural concerns. The program places emphasis on high quality clinical care, teaching and research and provides care to patients over the age of 65 years with serious mental illness and age related mental health issues. Expertise in managing common clinical conditions encountered in geriatric psychiatry include dementia, delirium, mood and anxiety disorders, late life psychosis and interactions

between medical and psychiatry illness in seniors. Our teams are all multidisciplinary and include psychiatrists, nurses, social workers, physiotherapists, recreation and occupational therapists, with access to the neuropsychology team. A placement with our Program would provide an excellent introduction to Geriatric Psychiatry as we provide care in a variety of settings within designated teaching facilities with optional research exposure in this specialty.

<http://psychiatry.mcmaster.ca/academic-areas/geriatric>

<https://www.stjoes.ca/hospital-services/senior-care-services/geriatric-assessment-unit>

<https://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/seniors-mental-health-service/seniors-mental-health-outpatient-and-outreach-programs>

- **Mood Disorders Program/ Electroconvulsive Therapy (ECT)**

The Mood Disorders Program is a large program located at the St Joseph's Healthcare West 5th site involving both inpatient beds and outpatient clinics. Patients seen in clinic have complex unipolar and bipolar illness and usually have comorbid anxiety disorders or ADHD. A placement in Mood Disorders could involve broad or more focused exposure to cognitive behavioural therapy (CBT), mindfulness based CBT, psychopharmacology and stimulant treatments such as Transcranial Magnetic Stimulation and ECT. The program additionally has a clinic focused on transitional age youth (14-25) which includes a running group. This is a multidisciplinary program with active involvement of social workers, psychologists, and occupational and recreational therapist. This program has extensive research involvement including imaging studies, memory, and clinical trials. Clerks placed in the program can expect to see a broad range of illness and treatment, but are welcome to narrow this to their specific interests.

<http://psychiatry.mcmaster.ca/academic-areas/mood>

<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/mood-disorders-program>

Electroconvulsive Therapy Sessions take place at the St. Joseph's Healthcare-West 5th site. Opportunities are available for students to attend ECT sessions for a half day. Electroconvulsive therapy is a procedure done under general anesthesia in which small electric currents are passed through the brain, intentionally triggering a brief seizure. ECT seems to cause changes in brain chemistry that can quickly reverse symptoms of certain mental illnesses. It often works when other treatments are unsuccessful and can provide rapid, significant improvements in severe symptoms of several mental health conditions.

- **Schizophrenia and Community Integration Service (SCIS)**

The Schizophrenia and Community Integration Service's aim is to support individuals with schizophrenia and experiences with psychosis to regain and manage their health, and to live hopeful, meaningful lives through the provision of compassionate, innovative, specialized mental health and addiction services. Multidisciplinary clinical teams use recovery-oriented practices to deliver state-of-the-art services according to evidence-based practices at different stages of illness. These multi-disciplinary teams include medicine, nursing, occupational therapy, social work, vocational therapy, recreational therapy, nutrition and psychology. The service is comprised of inpatient, outpatient and transitional services. The inpatient services are organized on three units with a total of 86 beds, servicing approximately 300 inpatient stays per year for individuals with diverse and complex psychiatric, psychosocial, medical and legal needs. The outpatient services provide a range of resources in early intervention (Cleghorn), rehabilitative (Centralized Rehabilitation), and community (Community Schizophrenia Service and ACTT) models. The SCIS program is very active in research and education and welcomes learners at various stages of training.

<http://psychiatry.mcmaster.ca/academic-areas/schizophrenia> <https://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/schizophrenia-community-integration-service-scis->

- **Women's Health Concerns Clinic (WHCC) LIMITED AVAILABILITY**

The Women's Health Concerns Clinic (WHCC) is located at St. Joseph's Healthcare-West 5th and provides assessment and treatment for women who are experiencing mood and anxiety problems relating to the menstrual cycle, childbearing or menopause. We are a clinical and research team that consists of psychiatrists, psychologists, master's level therapists, nurses and social workers. In addition to providing clinical care, we also conduct clinical, epidemiological and biological research into the etiology, diagnosis and treatment of women's mood and anxiety problems. Students placed at the WHCC can expect to gain knowledge and practical experience in the recognition, diagnosis, and management of common women's mental health problems encountered around the menstrual cycle, childbearing, and menopause. Students interested in research can also become involved in one of our ongoing projects.

<http://psychiatry.mcmaster.ca/academic-areas/womans-health> <https://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/women's-health-concerns-clinic-whcc->

