



AWARDS

Awards of the Canadian Academy of Child and Adolescent Psychiatry Annual Conference (Virtual) 2020

SCIENTIFIC AWARDS

Dalhousie Award for Best Oral Presentation by a Full Member

Recipient: Dr. Seena Grewal

Code White Prevention and Management: A Clinical and Educational Perspective

Abstract: Management of agitation in pediatric patients is a reality for many practitioners working in health care institutions. While the aim is to use “noncoercive de-escalation” (Knox & Holloman, 2012) methods to calm an agitated youth, at times behavioural escalation may necessitate calling a “code white” and the use of physical, mechanical and/or chemical restraints to ensure safety for all. Unlike code blues (cardiac arrest) which has a body of literature supporting methods for training and use of mock scenarios to build expertise (Hunt et al 2018; Sahu & Lata, 2010), there is no consensus approach to code whites nor is there even consensus on how to approach restraints (Dorfman & Kastner 2004) . As experts in youth mental health, child and adolescent psychiatrists are often asked to help manage agitated youth. Whether with an individual patient, as a member of a clinical practice or in an institution we play an important role in the prevention and management of code whites. This workshop will focus on how individuals and institutions can approach the topic of pediatric agitation and code white situations in a systematic way. The literature on code white and interventions for agitation in the pediatric population will be reviewed. Using a combination of didactic and interactive methods involving case examples from a hospital setting we will outline clinical approaches to agitation. Strategies to create education for both mental health and non-mental health colleagues on restraints and code whites will also be shared.

Award for Best Poster Presentation by a Full Member

Recipient: Dr. Laura Rosato

Evaluation of PBL in the Child Psychiatry Subspecialty Program

Introduction: The McMaster Child and Adolescent Psychiatry Subspecialty Program has implemented a novel inter-professional PBL curriculum in the PGY 6 year, which involves child psychology residents as well. We endeavored to evaluate the resident experience of this curriculum. **Method:** Individual semi-structured qualitative interviews were completed with three learners at end of the 2018/19 curriculum to gather feedback about PBL process, and resident experience in learning discussions. These interviews were recorded, transcribed and coded to examine themes arising. **Results:** Learners identified that the PBL model allowed for a more tailored learning approach, with group learning enhancing the experience. Critical appraisal was often woven into discussion without being a specific learning objective. Learners who came from a didactic teaching background, initially struggled with the self-directed learning format, and tended to prefer tutors who were content experts and more directive with their facilitation style. Balancing clinical duties with preparation for sessions was a limitation. The interdisciplinary learning experience enriched the resident experience with opportunities to learn about others’ role, and offer specific expertise, with suggestion for further diversity of health roles. **Conclusion:** Overall the PBL learning format was viewed as a positive process to consolidate knowledge and set learning objectives around complex cases that enabled higher level discussion. Competing priorities in a busy residency year is a possible limiting factor to fulsome discussion and differs between programs. This PBL model could be adapted to various

medical specialties and has potential to enhance interdisciplinary connections and core competencies as residents transition to practice.

Award for Best Poster Presentation by a Member-in-Training

Recipient: Dr. Tea Rosic

Time to Repeat ED Visit for Pediatric Mental Health Concerns

Introduction: Pediatric mental health concerns (MHCs) are associated with increases in emergency department (ED) visit rates (1) and perceived need for professional intervention (2). This study explores factors associated with time to repeat ED visits for MHCs. **Methods:** We used prospective hospital administrative data for 9,018 ED visits for MHCs to McMaster Children's Hospital from January 2013-December 2017. We used Cox regression to identify characteristics at the first ED visit associated with shorter time to repeat visits for MHCs. The time origin was the date

of first ED visit for a MHC, and time to repeat visit was defined as days since the first ED visit. Patients were censored at the end of the study or at age 18. **Results:** ED visits were made by 4,974 patients (61% female, mean age=14 years, standard deviation=2.7); 33% of patients had repeat visits (n=1,656). Median time to first repeat visit was 88 days (minimum=0, maximum=1,759). Factors present at the first visit associated with increased hazard of repeat were female sex (HR [Hazard Ratio]=1.26, 95% CI 1.14-1.40), overnight presentation (HR=1.11, 95% CI 1.01-1.22), hospital admission (HR=1.29, 95% CI 1.16- 1.43), and discharge diagnosis of depression (HR=1.18, 95% CI 1.07-1.31) or behavioral problem (HR=1.44, 95% CI 1.05-1.98). For females, diagnosis of self-harm was associated with a decreased hazard of return (HR=0.79, 95% CI 0.65-0.97). **Conclusion:** Given shorter time to repeat visits for patients presenting overnight or diagnosed with depression or behavioral problem, differential clinical management may be needed. Future studies are required to assess interventions in higher-risk groups.

RECOGNITION AWARDS

Excellence in Education Award

This award is presented to a psychiatric educator who has made a significant contribution in undergraduate, postgraduate, continuing professional education or public education in child and adolescent mental health.

Awarded to Dr. Patricia Hall



Dr. Patricia Hall is Associate Professor and Interim Chair/Chief of the Division of Child and Adolescent Psychiatry in the Department of Psychiatry at Schulich School of Medicine & Dentistry at Western University.

Dr. Hall was Program Director for the Child and Adolescent Psychiatry (CAP) Subspecialty Program at Western from 2010 until July 2020. In 2010, she was tasked with creating a new CAP subspecialty residency program at Western. She created the program clinical rotations with learning objectives, as well as the curriculum to meet training objectives. She engaged with multiple hospitals and community mental health agencies to create breadth and depth to the clinical and educational experience. At the external accreditation of Western's postgraduate education by the Royal College, the program received recommendation for recognition in Leading Practice and Innovation (LPI) in Wellness, and Program Assessment. Dr. Hall has participated on the Residency Allocation Committee, Postgraduate Medical Education Committee, and the internal accreditation teams for Postgraduate Education.

Dr. Hall received the Schulich Award of Excellence in Education in 2014 and 2020. She received the CAP division Award of Excellence in Postgraduate Teaching seven times over the past ten years.

At the national level, Dr. Hall was part of the Royal College of Physicians and Surgeons Specialty Committee in CAP from 2010-2020. She was part of the Royal College

Competency Based Medical Education Working Group. She currently is Vice Chair of the Canadian Academy of Child and Adolescent Psychiatry Education Committee.

Dr. Hall is honoured to work with children, youth and their families and advocates for evidence-based, ethical, compassionate care.

Naomi Rae Grant Award

This award is dedicated to the memory of Dr. Naomi Rae Grant and is presented annually to a member of the Academy who has done creative, innovative, seminal work on an aspect of community intervention, consultation, or prevention.

Awarded to Dr. Terry Bennett



Teresa (Terry) Bennett is a child and adolescent psychiatrist in the McMaster Children's Hospital Child and Youth Mental Health Program, core member of the Offord Centre for Child Studies and Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster. She holds the Jack Laidlaw Chair in Patient-Centered Health Care. She conducted her clinical and research training at McMaster, including a PhD in Health Research Methodology.

Dr. Bennett's interests include developmental psychiatry, preschool mental health, and autism spectrum disorder, and evidence-based models of prevention and timely mental health intervention. Together with a team of researchers and clinicians, she has led "Family Check-Up (FCU) Canada". The FCU is a targeted prevention program with demonstrated evidence in U.S. and European cities, but it has yet to be evaluated within a Canadian context. Dr. Bennett and her team are completing a proof-of-principle randomized controlled trial of the FCU in a Hamilton, ON sample of 207 families of preschoolers at high risk of mental health problems, to investigate its effects on child emotional and behavior problems, caregiver well-being, parenting and

family stress. She is also separately investigating its role in supporting the health and well-being of children with autism and their families. The aim of this research program is to create better models of targeted prevention and clinical intervention that act upon the social determinants of health, to improve the healthy development and well-being of children in greatest need across their lifespan.

Paul D. Steinhauer Advocacy Award

This award is dedicated to the memory of Dr. Paul D. Steinhauer and will be presented annually to a member of the Canadian Academy of Child and Adolescent Psychiatry who has been an exceptional advocate for children, adolescents and their families at the regional, national, and international level.

Awarded to Dr. Selene Etches



Dr. Selene Etches is a Child and Adolescent Psychiatrist at the IWK Health Centre and an Assistant Professor of Psychiatry at Dalhousie University, Halifax, Nova Scotia. She obtained her MD at the University of Toronto, her psychiatry degree at Dalhousie University, and completed further fellowship training in child and adolescent psychiatry at the Centre for Addiction and Mental Health in Toronto.

Dr. Etches' time is split between working as an emergency and hospital inpatient consultant liaison psychiatrist as well as physician-lead of the Concurrent Disorders Specific Care Clinic at the IWK. Current research interests include outcome evaluations of patients with concurrent disorders, risk and protective factors in adolescent substance users (particularly the impact of past trauma), sleep disturbances in substance users, primary prevention programs, tertiary program development, and staff/family/community education.