



CAGP

Bulletin

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Non-members who would like to subscribe to the CAGP Bulletin may do so by sending correspondence to:

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Contributors: Submissions are welcome, and should be directed to the editor. Submissions are preferred via E-mail, in Rich Text Format (RTF) or Hypertext Markup Language (HTML). Direct submissions via E-mail attachment to myronuk@geripsych.com with a note as to the proposed format for the item—letter to the editor, opinion column, or peer-reviewed original research.

Advertising: Inquiries should be directed to the editor, at the address above.

Editorial

President's Report

DAVID K. CONN

This is an exciting time to begin my two-year term as President of our Academy. First, on behalf of our members, I would like to thank Marie-France Rivard for her incredible dedication to the Academy. She has worked tirelessly for our organization since its inception nine years ago. We are also fortunate to have her continuing presence on the Board as Immediate Past President. We are fortunate to have Lilian Thorpe as our new Vice-President. I would also like to welcome our four new Board members:

Lonn Myronuk (Nanaimo, BC),
François Rousseau (Quebec City, QC),
Catherine Shea (Ottawa, ON) and
Marlene Smart (Calgary, AB),

We had a very successful Scientific Day at the annual meeting in Victoria. Many thanks to Lilian Thorpe for coordinating this program. The meeting was well attended and we were treated to first-rate speakers. The highlights included excellent presentations by five of our current and former Fellows.

The Academy has hired Shelly Haber, a healthcare consultant, to help us with the or-

ganization and implementation of the Millennium Project. Please find a description of the Project in this edition of the Bulletin. We are organizing a National Consensus Conference on mental health issues in long-term care for the spring of 2002.

We are planning to deliver three editions of the bulletin each year. If you have any suggestions or contributions, please contact Lonn Myronuk (e-mail: myronuk@geripsych.com). Lonn is also coordinating a newly-designed website for the CAGP.

Susan Lief has developed a proposal to acquire funding for three CAGP fully-funded one-year fellowships. We are hoping to get support from three pharmaceutical companies for this exciting new development.

Finally, we are planning to carry out a survey of all members of the CAGP regarding priorities for the Academy in the years to come. If you have any immediate suggestions for the Board, please feel free to e-mail me (dconn@baycrest.org) or phone me at 416-785-2456.

David K. Conn

Millennium Project

SHELLY HABER, DAVID CONN & KEN LECLAIR

The Co-Chairs of the Millennium Project, Ken LeClair and David Conn have hired Shelly Haber as Project Director on a part-time basis for two years to advance the implementation phase of the Project. In addition to the co-Chairs the Project has a Steering Committee comprised of Drs. Evelyn Keller, Ian Ferguson, Ivan Silver, Cathy Shea, Maria Geizer, Elizabeth Drance, Andrew Hackett, Isabel Martins, Serge Gagney and Lilian Thorpe.

The Millennium Project has had the first meeting of the Steering Committee on June 26th. At the meeting the Steering Committee further refined the purpose of the project, set goals for achieving the purpose and defined specific strategies. The proposed purpose of the project is to:

"Improve mental health of the elderly in long term care through education, advocacy and collaboration."

It was suggested that long-term care be the overarching focus of the project, but that the first phase of the project emphasizes nursing homes. The

RESOURCES NEEDED:

As an initial step in the project we are calling for any educational resources that could be part of an inventory for national distribution. If you are aware of any articles, videos, or other educational resources related to mental health practices in long-term care, please contact Shelly Haber or Dr. Ivan Silver (416) 480-4085.

recommendation to keep nursing homes as the initial focus was to ensure that the project scope remain achievable within two years.

Two sets of goals for the Millennium Project were defined under the categories of Education and Advocacy. Collaboration with other stakeholders is considered necessary to achieve the educational and advocacy initiatives. The Steering Committee recommended expanding the current membership of the group to include senior representatives of key stakeholder agencies.

The proposed draft initiatives for the project are:

Education:

- ♦ To collect resources to distribute to family physicians, psychiatrists and consumers.
- ♦ To provide educators with tolls and resources to teach.

Advocacy:

- ♦ To advocate & collaborate with key national, provincial & community organizations & policy makers.
- ♦ To increase public awareness & understanding of mental health issues prevalent in Long Term Care.

Any members interested in participating in any of the initiatives please call either Shelly Haber at (416) 781-2886 or E-mail at s.haber@sympatico.ca, David Conn at (416) 785-2500 ext 2456, or Ken LeClair at (613) 548-5567 ext 5842.

Canadian Academy of Geriatric Psychiatry (CAGP) **Presentation to Federal Standing Committee on Health Priority Issues and Solutions**

Issues:

The proportion of elderly Canadians (age 65+) is expected to increase dramatically in the next few years. Increasing demand for appropriate and effective long-term care services will be inevitable. Recent prevalence studies have estimated that approximately 80% of nursing home residents suffer from psychiatric disorders. Dementias, such as Alzheimer's Disease affect many of these residents and result in problem behaviours, which include verbal and physical aggression, agitation, pacing, wandering and screaming. Education for physicians, nurses and other care providers of long term care services, regarding effective management of psychiatric problems has not been readily available.

In spite of the demand for mental health services by nursing home residents, very few residents see a mental health specialist on a regular basis. Based on a study in Ontario, nursing homes receive 5 hours or less per month of psychiatric care and almost 40% of nursing homes receive no psychiatric consultation. The Canadian Academy of Geriatric Psychiatry has committed to improving the quality of mental health care in Canadian long-term care facilities through a collaborative project aimed at developing educational initiatives, advocacy opportunities and national standards.

Solutions:

The following objectives identify potential solutions to improving the mental health of residents in long-term care organizations. The CAGP could work collaboratively with Health Canada in the following areas:

- ♦ to facilitate collaboration among diverse stakeholders to identify common opportunities for issue resolution. Opportunities can include,

but are not limited to:

- educational symposia for physicians, nurses, and other health care providers;
 - access to specialized services/resources including outreach teams;
 - setting national standards for the best care/management of psychiatrically ill nursing home residents using evidence from medical and nursing literature and consensus amongst caregivers;
 - increase funding for research to define best practices.
- ♦ to implement educational initiatives that incorporate best practices.
 - ♦ to develop new knowledge in teaching practices.
 - ♦ to advocate in collaboration with key national, provincial and community organizations and policy makers.
 - ♦ to increase public awareness and understanding of mental health issues prevalent in long term care.

The need for an appropriate range of mental health services for the elderly in long-term care settings substantially outweighs the systems current capacity to provide these much needed services.

How can Health Canada support this issue?

Health Canada, in collaboration with the CAGP can facilitate the coordination of multiple stakeholders (such as physicians, nurses, other staff, consumer groups, clients and families) to identify opportunities for issue resolution (as defined above).

Health Canada can participate as a partner with the CAGP in identifying and disseminating educational initiatives to care providers.

Health Canada can be an active partner in a public relations strategy that will increase understanding and awareness related to mental health issues in long term care.

Secretary/Treasurer Report

ISABEL MARTINS

The past year has been very successful from a financial perspective, due primarily to revenues generated by the IPA Conference in August of 1999. These funds are currently invested in a GIC and interest generated will be used to sponsor a variety of activities planned for the coming years. Health Canada and Industry will also be approached for additional funding for the Millennium Project, Fellowship programs, CAGP Bulletin and Web site. The Board of Directors is currently in the process of creating a financial plan to address these issues.

The CPA continues to provide head office and administrative service for the CAGP. Accounting services are provided by Bulmash Cullemore. Ms Shelly Haber has been appointed to coordinate the Millennium Project. At the recent meetings in Victoria, the Board of Directors resolved to create a new part-time position for an executive director to assist with the business affairs of the Academy.

Recent changes have occurred in the Board of Directors. Dr. Marie-France Rivard has stepped down from the President's office and Dr. Ivan Silver has left the Board and the Chair of the Education Committee. We gratefully acknowledge the many valuable contributions made by these individuals to the CAGP. Nominations have been received for the following positions on the board: Dr. David Conn, President; Dr. Lilian Thorpe, Vice-president;

Drs. Marlene Smart, Lonn Myronuk, Cathy Shea, and François Rousseau, Board members. Elections will be held during October, with the deadline for voting being October 31st.

Isabel Martins, MD, FRCPC
Secretary/Treasurer
October 25, 2000

2000/2001 Board Members

At the October 1, 2000 Board meeting in Victoria, the nominations for the 2000/2001 Board were approved. The following is the new Board structure:

- President:* David Conn, Baycrest Centre for Geriatric Care, Toronto.
- Past President:* Marie France Rivard, Royal Ottawa Hospital, Ontario.
- Vice President:* Lilian Thorpe, Saskatoon City Hospital, Saskatchewan
- Treasurer/Secretary:* Isabel Martins, Memorial University of Newfoundland.
- Membership:* Susan Lief, Baycrest Centre for Geriatric Psychiatry, Toronto.
- Education:* Cathy Shea, Royal Ottawa Hospital, Ontario.
- Communications:* Lonn Myronuk, Central Vancouver Island Health Region, Nanaimo.

Additional members of the Board are:

- Evelyn Keller, Centre Hospitalier Robert-Gifford, Quebec City
- Marlene Smart, University of Calgary, Alberta
- François Rousseau, Centre Hospitalier Robert-Gifford, Quebec City
- Andrew Hackett, Hamilton Psychiatric Hospital, Ontario

Membership Report

SUSAN LIEFF

Congratulations to those of you who have been members up until 1998. Your 1999 membership was complimentary due to some administrative issues that have now been ironed out. Our year 2000 renewal campaign is well under way. By now, for those of you who have not renewed, you should have received your final renewal notice. Please note that your membership will lapse if dues are not received within the specified period. New to the CAGP, is an up to 3 year renewal option which we hope will be more convenient and efficient for our members. Additionally we are collecting some information on your areas of interest, e.g. education, annual meeting, etc., that we hope will facilitate the involvement of members in future CAGP initiatives. Membership initiatives for 2000 have focused on recruiting our more junior colleagues in training and early practice. They are the future of our field and we welcome them warmly.

It is anticipated that the descriptions of categories of membership such as associate and affiliate will need review in the coming year as the field and training becomes further defined. Should you have any thoughts about this issue, please feel free to contact me. Your feedback is helpful.

Please welcome to membership the following colleagues who were approved in 1999 and 2000:

Full Members

Mahmoud Abdel-Kader
Barry Campbell
Peter Chan
René Desautels
Elizabeth Drance
Anne Hennessy
Nirmal Kang
Christina Korsak
Diane Lezon-Giacomelli
Christine Mason
Helen Meier
Hern Phaterpekar
François Rousseau
Catherine Shea
Allan Steingart
Stephane Tanguay

Associate Members

Joëlle Bernier
Karl Farcnik

Affiliate Members

Christine Caravan
Bharat Chawla
Terry Chisholm

Members-in-Training

Harpreet Chauhan
Julie Jardine
David Lam
Pauweliëna Laureijs
Suzanne McKay
Mark Rapoport
Karen Smith
Michael Wilkins-Ho

Education Report

CATHERINE SHEA

At the most recent meeting of the CAGP Board of Directors in Victoria, it was announced that after many years of enthusiastic and creative service, Dr. Ivan Silver would be stepping down as chair of the Academy's Education Committee. Dr. Cathy Shea, new board Member from Ottawa (Royal Ottawa Hospital), has volunteered to chair the Education Committee with the able assistance of Dr. Susan Leiff, board member from Toronto (Baycrest Hospital), Dr. François Rousseau, board member from Quebec City (C.H. Robert-Gifford), Dr. Melissa Andrews, CAGP Member from Kingston (Kingston Psychiatric Hospital) and Dr. Joe Walker, CAGP member from Dartmouth (Nova Scotia Hospital).

Projects currently under the direction of Dr. Leiff include both expansion of the CAGP Fellowship Program and initiatives to increase awareness of training opportunities in Geriatric Psychiatry for Canadian psychiatry residents. Support for the CAGP Millennium Project (the initiative to improve the mental health of the elderly in long-term care through education, advocacy and collaboration) is ongoing. Future projects under discussion at this time include the possibility of regular contribution to the Canadian Journal of Psychiatry, and regular courses or symposia at the CPA annual meeting.

We are looking for a CAGP member representative from western Canada to help the

Education Committee ensure that the educational needs from members across the country are addressed. Any interested volunteers (western provinces or otherwise!) are invited to contact Dr. Shea at (613) 722-6521 ext 6413 or cshea@rohcg.on.ca.

Catherine Shea MD FRCPC
Chair, Education Committee