HOSPITAL OVERVIEW

The resident positions at Baycrest meet mandatory or senior selective training requirements. Baycrest is a geriatric centre that provides multiple levels of care to the elderly. Residents are integrated into multidisciplinary teams and learn the complexity of incorporating multiple systems and services into treatment plans. The nature of the rotations is such that residents are exposed to a full range of geriatric psychiatrically ill patients. The academic strengths of the department are currently in neuropsychiatry, psychopharmacology, mood disorders, nursing home psychiatry, and psychotherapy. Treatment programs include community outreach, day hospital, consultation-liaison, inpatients, and outpatients. There is also the option of participating in telepsychiatry.

All residents are assigned to two of the clinical programs at Baycrest for their educational experience. Residents learn not only about the specific skills necessary for that particular service, but also how to organize and balance their clinical time; an experience which is generalizable to clinical practice. The rotations would be suitable for anyone from the PGY 3 level plus. The depth and extent of supervision can accommodate to the resident's educational level and need for a core vs career experience. Residents are requested to do their elective on Thursday afternoons so there will be no conflict with the academic and clinical programs.

Grand Rounds:

Grand rounds run from September to June and take place on Fridays from 12-1. Both internal and external speakers present grand rounds. Residents are expected to attend rounds weekly and to present once during the 6 month rotation.

Psychotherapy:

The Baycrest Psychotherapy Program is capable of providing an experience and supervision in various modalities of psychotherapy which include:

- Cognitive behaviour therapy
- Couples and family therapy
- Group therapy (CBT and integrative)
- Interpersonal therapy
- Long-term psychodynamic
- Short-term psychodynamic
**Research:**
Baycrest can offer a number of different research opportunities ranging from educational research to neuropsychiatry/brain research. Residents who are interested can be linked with a research supervisor.

**Seminars:**

The education program for residents includes the following seminars:

- **Formulation** – this seminar focuses on the presentation and formulation of cases selected by the residents for discussion and feedback.

- **Evidence based practice group** - staff and residents critically appraise the literature related to a clinical problem.

- **Psychotherapy seminar** - residents discuss current psychotherapies and related literature with a focus on geriatric mental health.

- **Interviewing skills course** – residents have the opportunity to develop skills in interviewing and discussing patients consistent with the format of the STACER examination. Residents also participate in weekly psychiatry rounds, twice weekly case conferences and a minimum of three mock orals/six-month rotations.

**Supervision:**

The Baycrest supervisors are committed to the educational experience of the residents. Residents work concurrently on two clinical services and are paired with one supervisor for each service. Residents receive a minimum of 1 hour of one-on-one supervision per week by each supervisor, although most residents receive more than that. The amount of supervision and direct observation that is received is discussed at the beginning of each rotation. Psychotherapy supervisors are available for the modalities listed above and supervision is weekly. All residents receive mid-term feedback and are encouraged to provide feedback to their supervisor at that time. In addition, residents review the rotation specific objectives with their supervisors in order to ensure that there are no gaps in their training. Baycrest supervisors work flexibly with one another in order to ensure that residents meet their objectives. Residents who are having difficulty are encouraged to speak to Dr. Madan at any time.

**Teaching:**

There are no medical students at Baycrest. Residents have the opportunity to be involved in staff educational activities (e.g., teaching about a topic at team rounds, doing an in-service), education to families, and continuing education to other health care providers. These activities would be supervised by a Baycrest staff person.

**MANDATORY CORE ROTATIONS**

Clinical programs and their supervisors which are offered include:

- **Consultation Liaison (CL):** The Department of Psychiatry provides consultation liaison services to the Apotex nursing home which is attached to Baycrest. The supervisor is currently Dr. Madan.
Inpatient: The inpatient unit is an acute care unit for the psychiatrically disturbed elderly. The biopsychosocial model is comprehensively applied. Residents learn about milieu therapy and the formulation of the patient’s difficulties from this perspective. The patient population is quite diverse as the unit is a mix of secondary care and tertiary referral. They range from the ambulatory, cognitively intact elderly to the medically ill and cognitively impaired. Residents participate in a multidisciplinary team and serve as a resource for the paramedical staff. Drs. Michael O'Mahony, Matthew Robillard, and Cindy Grief are the resident supervisors in this program.

Day Hospital: The Psychiatric Day Hospital is an ambulatory mood disorders program. Patients participate in an intensive group program. The resident functions as one of the psychiatric consultants to the program providing assessments and management of the patient's psychiatric disorders (pharmacological and psychotherapy). Residents receive credit for group psychotherapy. Drs. Rob Madan and Ken Schwartz are the primary resident supervisors.

Community Outreach Program: The geriatric psychiatry community assessment team provides consultation and treatment services to the psychiatrically ill elderly in the community. The resident will assess and manage a wide variety of patients in their homes as well as enhancing their knowledge of community resources. Drs. David Myran and Uri Wolf are the resident supervisors in this program.