Cover photo: An artist’s sketch of the new building, which will include space for the Craig L. Dobbin Genetics Research Centre, was unveiled at a news conference May 23 to announce a major gift from philanthropist Elaine Dobbin. From left: Dr. Gary Kachanoski, Elaine Dobbin, Harry Steele and Dr. James Rourke.

Team 1984 Award in Medicine

**MUN MED GRADS** Peter Bartlett and Rick Hu love driving their Porsche Turbo 944 and participating in races such as the annual Targa Newfoundland race. They are using this hobby to raise money for an annual scholarship for medical students, which will support educational efforts focused on the care of individuals with autism spectrum and developmental disorders.

“The Team 1984 Award in Medicine is a fantastic opportunity to give aid to future doctors and for Peter and myself to give back to our alma mater,” said Dr. Hu, who practices in Calgary. He’s been maintaining a blog at www.team1984.ca and Dr. Bartlett has recently started contributing the view from out east.

“I thought with the start of the transfer of our beloved Turbo 944 from Calgary to Newfoundland I should pitch in,” Dr. Bartlett posted on June 27. The blog features a countdown to the race which takes place Sept. 8, 2012.

The team recently placed second in the Targa Tour of Targa Canada West. They also hosted a Speed and Spine Weekend for friends and family who love motorsports, where they launched the fundraising for the scholarship and received some generous donations towards the Team 1984 Award.

If you would like to donate to the Team 1984 Award in Medicine, please visit www.team1984.ca or www3.mun.ca/alumni/giving.p001; or contact the Development Office in the Faculty of Medicine at 709 777 8289.

“The Team 1984 Award in Medicine is a fantastic opportunity to give aid to future doctors and for Peter and myself to give back to our alma mater.”
Craig L. Dobbin Genetics Research Centre named in recognition of major gift

A MAJOR GIFT from philanthropist Elaine Dobbin to Memorial University’s Faculty of Medicine was announced May 23. This significant donation is being made in support of medical education and genetics research at Memorial. It has been made in the name of Mrs. Dobbin’s late husband, Dr. Craig L. Dobbin.

In recognition of this gift, Dr. Gary Kachanoski, Memorial’s president and vice-chancellor, announced that the university’s new centre for interdisciplinary research in human genetics will be formally named the Craig L. Dobbin Genetics Research Centre. This centre is scheduled to open in Memorial’s expanded Faculty of Medicine building in 2014.

The announcement was made to a packed audience at the main auditorium of the Faculty of Medicine. Among the special guests for the event were Mrs. Dobbin and Harry Steele, a long-time friend of the late Dr. Dobbin.

The gift will support undergraduate student bursaries, graduate student scholarships, two post-doctoral fellowships and a research fund in the Faculty of Medicine.

“It is through the generosity of philanthropists like Elaine Dobbin that we are able to develop the facilities and resources required to attract the highly qualified people we need to drive innovative research and development in Newfoundland and Labrador,” said Dr. Kachanoski. “This gift is an investment in our future, and will continue to position Memorial – and this province – as a global destination of choice for talented academics, students and staff. I thank Mrs. Dobbin for her generosity.”

Dr. James Rourke, dean of medicine, said Mrs. Dobbin’s important commitment to the Faculty of Medicine will support scholarships and genetics research, particularly in the areas of autism and pulmonary fibrosis. “Her gift will fund the people who do the thinking and the work to convert our new building and equipment into great research.”

Dr. Rourke said the gift from Mrs. Dobbin means the Faculty of Medicine “will have the capacity to do more of the interdisciplinary research that focuses on the unique needs and opportunities for health research in Newfoundland and Labrador.”

The Craig L. Dobbin Genetics Research Centre and the expansion of the medical education program of the Faculty of Medicine will be housed in a new six-storey building adjacent to the Health Sciences Centre. The Craig L. Dobbin Genetics Research Centre will be housed on levels three, four and five, with space on level six framed in for future research.
Graduation address
By Dr. Mohamed Ravalia

I AM DELIGHTED TO BE HERE tonight and on behalf of my wife Dianne and myself, I would like to extend my congratulations to the graduating class of 2012 on reaching this pivotal milestone. Let me also acknowledge your families and friends who have stood by you throughout the years.

You are blessed to have received such a fine and balanced educational experience at Memorial’s medical school. This institution stands out as one of our province’s greatest success stories in what is a rich and remarkable history.

Please join me in recognizing the achievements of two of our finest physicians, Drs. Ian and Nigel Rusted. The recent passing of Dr. Nigel has left a huge void in the medical family that we are all a part of. These physicians pioneered and nurtured this institution of learning, and it is their shoulders, and the shoulders of subsequent faculty and grads, that we stand upon today.

We live on a planet fraught with division and despair, but it is our good fortune to be living in this truly progressive nation, Canada. As an immigrant to this country, I am able to appreciate this land that is internationally recognized for its contribution to the planet’s disenfranchised. This country, with its four centuries of give and take, wrongdoing and redress and compromise and acceptance, has instilled in you the very best tenets of freedom and democracy. When Pericles spoke to a gathering of Athenians almost 2500 years ago about government of the people, for the people and by the people, he could well have been describing Canada. This nation is a beacon for those living under tyranny or terror, and recent events such as the Arab Spring are a testimony to humanity’s basic yearning for freedom, a freedom that we should never take for granted.

Having been raised in a fractured and fragmented society, I am in constant awe of your strength and moral purpose. Yours is a class with a rich background of diversity, diligence, empathy, caring and achievement. I applaud these fundamental strengths in you as you embark upon a privileged path in a very noble profession.

I am confident that the foundation that has been built in your education portfolio will indeed stand you in good stead whatever the future may hold, and that you will be great ambassadors for Memorial.

Much of my adult life has been spent in beautiful Notre Dame Bay in the community of Twillingate. It was here that I first witnessed the relationship between MUN’s Faculty of Medicine and its rural teaching sites. Early in my career, I befriended students and residents who helped me to navigate the complexities of medical practice in a foreign land. They were supportive, caring and kind. They helped me with the colloquial singsong lilt of the local conversations and nurtured my early career aspirations in Newfoundland and Labrador.

This bond was further enhanced when I became a rural preceptor. The opportunity to become involved in teaching medical students and residents will stand out as one of the highlights of my medical career.

This remarkable privilege has given me the opportunity to work closely with trainees at various stages of their medical education. Having witnessed your journey from that early anxiety-provoking clinical encounter through to the mature, wise, confident and polished presentation, I have felt great comfort and joy in watching your progress and growth as physicians in training. This transformation has warmed my heart and even brought tears to my eyes.

The rural milieu that I live in is so typical of what makes our province unique and enchanting. Scenic rugged coastlines, blinding snowstorms, neat homesteads, the majesty of the ocean and a population that is fiercely proud and independent are the backdrop for your education encounters. These communities welcome you into their homes and their hearts, and you witness the generosity, altruism, spirituality and goodness of the rural Newfoundlander and Labradorian. You feel their sense of pride and purpose and are left breathless by an indefinable sense of comfort and security. I felt all of these emotions when I first arrived; a little intimidated by 3,000 white folks, I put my head down and hung out with the five Catholics on the island, but eventually married a Protestant.
The essence of our island is perhaps best exemplified by a passage from *Waiting for Time* by Bernice Morgan:

The shoreline is different with each dean, the idea of a place that is forever reshaping itself or being reshaped by the ice and sea both horrifies and delights. But it is the changing that saves it; one bit of beach crumbles away and another appears. Yet some things remain…. 

Graduates, I cannot begin to express the profound sense of gratitude that I feel with respect to the contribution that you make as trainees in our little communities. You are role models for our high school students. (“Who were those hot chicks who came to our class?” one of my son’s friends asked me the other day). Your energy and enthusiasm is infectious, you look at our clinical situations with an untainted lens and sometimes bail us out of clinical dilemmas. Your dedication and sense of purpose is enviable, you consume vast quantities of coffee and tea buns and some of you are great Karaoke artists.

Over the years, your presence and engagement in our rural practices have helped to shape us, keep us young at heart and keep us honest. You have taught me how to navigate an iPhone, text (LOL), watch and appreciate shows like *American Idol* and of course I, in turn, have had to nurse you when you may have overindulged in homebrew.

Is it not remarkable that Sir William Osler echoed many of these sentiments when he said, and I quote:

“I desire no other epitaph than the statement that I taught medical students, and I regard this as by far the most important and useful work I have been called upon to do.”

I urge you to reflect upon your blessings and to contract with your conscience to remain steadfast and true to the morals and ethics that make you the next generation of leaders in society.

You are about to embark on a fascinating journey: part of this journey will include your responsibility to society at large and ultimately to this global village that is our home.

In closing, let me leave you to reflect upon the erudite prose of Margaret Laurence:

“If this were my final hour, these would be my words to you. I would not claim to pass on any secret of life for there isn’t any, or any wisdom, except the passionate plea of caring. Try to feel in your heart’s core the reality of others.”

Thank you and God bless.
Graduation 2012

AT THIS YEAR’S GRADUATION Dinner and Dance, held June 2 at the St. John’s Convention Centre, the Class of 2012 celebrated with an evening of speeches and awards. The evening before on June 1 the new class of doctors assembled in the main auditorium of the Faculty of Medicine for the traditional Shingles Night.

For these 60 young men and women, the two-day ceremony marked the transition from medical student to resident. For many it was time to say good-bye to classmates and wish each other well in the future.

In addition to the awards below, Dr. Jonathan Clayton, Mount Hope, N.B., received the William and Frances Pound Scholarship, the result of a donation by Dr. Bernard So (Class of 1974), in recognition of the kindness and generosity shown to him by Mr. and Mrs. Pound during his years as a student at Memorial.

To view all the award photos from the Graduation Dinner and Shingles Night, please visit http://bit.ly/gradawards2012.

Dr. Calvin Powell and daughter Dr. Rebecca Powell gave the toast and response at the Graduation Dinner, entertaining the audience with comparisons of then and now, including the size of the graduation Shingle.

Dr. Françoise Guigné of St. John’s, centre, received the Drs. James and Leslie Rourke Dean’s Convocation Award in Medicine, presented by Dean Rourke and Dr. Leslie Rourke. This award, made possible by a generous donation from Drs. James and Leslie Rourke, is awarded to a student who has made an outstanding personal contribution to bettering the lives of others through volunteer work and humanitarian acts while maintaining high academic standing.

Dr. Jamison Mercer of St. John’s, centre, received the Medical Practice Associates Scholarship for Academic Achievement, presented by Dr. Michael Paul, right, and Dean James Rourke. Medical Practice Associates (MPA) is the business association of all full-time clinical faculty members in the Faculty of Medicine. This prestigious scholarship, valued at $2,000, is awarded to the recipient of the University Medal for Academic Excellence in Medicine. Dr. Mercer also received the Dr. Henry Gault Memorial Scholarship, made available by the colleagues of Dr. Henry Gault, who had an international reputation in nephrology research and was instrumental in building a strong program of clinical and research nephrology at the General Hospital and the Faculty of Medicine. Dr. Mercer also received the Dr. Patrick J. Dobbin Memorial Bursary, awarded by the Atlantic Provinces Medical Peer Review in recognition of Dr. Dobbin’s contribution to medicine in Newfoundland as a family physician and administrator for over 30 years; the Prize in Surgery, awarded to the most outstanding student in surgery; and the Prize in Internal Medicine, awarded to the most outstanding student in internal medicine.
Five graduates received Amgen Canada Memorial University Family Medicine Scholarships, presented by Dr. Jason McCarthy, left. Recipients were (from Dr. McCarthy, left): Drs. Robert Power, Laura Callaghan, Matthew Ryan, Brianne Quinton and Shawn Metcalfe. Amgen Canada Inc. generously established these scholarships, valued at $1,000, to provide support for medical students who are planning a career in family medicine. They are awarded to five full-time medical students in their graduating year who have been accepted into the Family Medicine Residency Program at Memorial.

Dr. Lacey Harding of St. John’s received the Dr. Robert B. Salter Award, presented by Dr. Don McKay. This award is made available from income derived from an endowment supported through a gift from Dr. Robert B. Salter, professor and head of orthopedic surgery at the University of Toronto.

Dr. Paul Boland of Corner Brook received the Cooze Keinath Scholarship, presented by Dr. Terry O’Grady. This scholarship was established by Dr. Derek Cooze, a graduate of the Class of 1985, and his spouse Dr. Kim Keinath. Dr. Boland also received the Gerry Lynch Memorial Scholarship, awarded annually to a medical student at Memorial University for the completion of a research paper on a medical/political topic. This year’s topic was Self-regulation: The challenge of maintaining public trust in an environment of increased scrutiny and criticism. The essay is available for all to read on the Newfoundland and Labrador Medical Association’s website.

Dr. Trisha Daigle-Maloney of Saint John, NB, left, received the Erica Bartlett Memorial Bursary, presented by Janet Bartlett. This bursary is the result of an endowment to the university, funded by donations from family and friends of the Bartlett family, as well as students, staff and faculty members of the Faculty of Medicine. The bursary is awarded to a student who is matched to a postgraduate program in oncology.

Dr. Natalie Graves of Belleisle Bay, N.B., left, received the Dr. Harry W. Edstrom Scholarship in Medicine, presented by Mrs. Grace Edstrom. Family, friends and colleagues of the late Dr. Harry W. Edstrom established this scholarship in his memory. Dr. Edstrom is recognized for his lifetime contributions to teaching and leadership in the medical profession. He was a professor of medicine (respirology) at Memorial.
Dr. Angela Wareham of St. John’s, right, received the Dr. Andrew Bagby and son Zachary Andrew Memorial Bursary, presented by Mary Dray. This endowed bursary was initiated in memory of Dr. Andrew Bagby and his son Zachary by David and Kathleen Bagby, parents of Andrew. The recipient must have an engaging demeanor and must relate with ease to people at all levels, as this was a unique characteristic of Dr. Bagby. In addition to demonstrated financial need, the student will demonstrate the qualities Andrew embodied: a positive, caring attitude, a sense of camaraderie, passion for life, supportive of others with a genuine concern for, and a desire to impact positively on the lives of their classmates.

The Dr. Charles (Chip) Nardini Memorial Award for 2012 went to Dr. Rebecca Powell, left, presented by Dr. Lynn Dwyer (Class of 1986). This award goes to a fourth-year medical student who best exemplifies the characteristics of leadership, friendliness, good humour, care and concern for fellow students and patients. Dr. Chip Nardini was a medical student who died accidentally March 1, 1986 and received his degree posthumously.

Dr. Françoise Guigné, right, received the Dr. Gregory Rideout Award, presented by Dr. Alexis Marshall. This award goes to a fourth-year medical student who has demonstrated an outstanding commitment to activities outside of the medical school that will benefit others. This award was established by Dr. Rideout’s classmates (Class of 2003) in recognition of his heroic act that saved the life of a man who would have drowned but for Dr. Rideout’s intervention.

Dr. Laura Edwards, left, received the Dr. I.E. Rusted Award, presented by Peter Rusted. This award goes to a fourth-year medical student who has made the greatest contribution to the graduating class. Dr. Ian Rusted was the founding father of the medical school: it is because of his vision and determination that Newfoundland and Labrador has a medical school. The medical school admitted its first students in September 1969.

Dr. Laura Murphy of Marystown, NL, left, received the Dr. H. Bliss Murphy Cancer Care Foundation Scholarship, presented by Dr. Kara Laing. This scholarship is awarded annually by the Dr. H. Bliss Murphy Cancer Care Foundation. It is awarded to a student who demonstrates clinical proficiency and an interest in oncology.
MEMBERS OF THE FOURTH-YEAR Dean's List were Drs. Paul Boland, Curtis Budden, David Carroll, Jonathan Clayton, Trisha Daigle-Maloneym, Jon Duplisea, Jamison Mercer, Nicole Myers and Amanda Parsons.

Dr. Jennifer Power of Torbay received the Crohn's and Colitis Foundation of Canada Student Book Award.

Dr. Rebecca Powell of Bay Roberts received the Mary Honeygold Scholarship/Bursary, established in memory of Mary Honeygold and her family. It is awarded to a student who has an interest in practicing medicine in rural Newfoundland upon graduation.

Dr. Curtis Budden of Mount Pearl received the Merck Sharpe & Dohme Award, provided annually to an outstanding student in clerkship.

Dr. David Carroll of Paradise received the Charles E. Frosst Medical Scholarship, awarded to a student who has shown the most promise in the field of therapeutics.

Dr. Kady Herrington of Saint John, N.B. and Dr. Stephanie Reid of New Harbour N.L. received Hunter W. Earle Memorial Scholarships in Medicine. These scholarships have been made possible from the proceeds of a memorial fund established by the colleagues of the late Dr. Hunter Earle and a generous donation from Mrs. Marilyn Pasternak, widow of Dr. Earle.

Dr. Robyn LeDrew of Portugal Cove-St. Phillips received the Dr. Janice E. Lessard Scholarship in Geriatric Medicine, awarded to a student who has demonstrated a desire to improve the function and social well-being of the frail and elderly.

Dr. Amanda Collier of Bay d'Espoir received the Society for Academic Emergency Medicine (SAEM) Award consisting of a one-year subscription to the SAEM Newsletter and a one-year resident/medical student membership in SAEM.

Dr. Amanda Parsons of Summerside, N.L. received the Donald and Elizabeth Hillman Prize in Pediatrics, awarded to the most outstanding student in pediatrics.

Dr. Crystal Blanchard of Cox's Cove, N.L., left, received the Dr. Francis L. O'Dea Scholarship in Obstetrics and Gynecology, established in memory of Dr. Francis O'Dea and his work in obstetrics and gynecology; it is awarded to a student who has done outstanding work in this field.

Dr. Ian MacPherson of Bedford, N.S. and Dr. Megan Sample of Pasadena, N.L. received the Dr. John M. Darte Memorial Awards. These awards were established by Mrs. J.M. Darte and Mrs. Frances Darte McCabe in memory of Dr. John M. Darte, the first professor and chair of the Discipline of Pediatrics.

Dr. Jonathan Duplisea of Saint John, N.B., received the Marie T. Kennedy Bursary, awarded on a rotation basis to a student in science or medicine.

Dr. Joel Koops of St. John's received the Dr. Harry Roberts Scholarship, established through generous gifts from Elizabeth Drugs Limited and the family of the late Dr. Harry Roberts, a graduate of Memorial University College in 1931 and an early and ardent promoter of the medical school.

Dr. Raie Lene Kirby of Lewisporte received the Dr. David G. Greenland Memorial Bursary in Family Medicine. This bursary is awarded to a student with demonstrated financial need and in good academic standing who has demonstrated dedication to the practice of family medicine; preference is given to students from central Newfoundland.

Dr. Nicole Myers of Mount Pearl received the Prize in Psychiatry, awarded to the most outstanding student in psychiatry.

Dr. Laura Edwards of Lawn, N.L., received the Dr. Phyllis H. Madryga Scholarship, provided by the NLMA and is awarded to a student from rural Newfoundland and Labrador in the final year of medical school with plans to practice rural medicine.

Dr. Chris Mong of St. John's received the Dr. Laura Hiscock Memorial Bursary, awarded annually to the medical student who, in addition to demonstrated financial need, best demonstrates the following qualities Laura Hiscock embodied: passion for life, devotion to family, work-life balance, selflessness, supportive of others and good sportsmanship.

The Gold Humanism Honour Society (GHHS) recognizes fourth-year medical students who have demonstrated exemplary humanistic qualities essential to good doctoring: integrity, excellence, compassion, altruism, respect, empathy and service. The number of honourees is 10-15 per cent of the class. The nine students selected for 2012 were: Drs. Crystal Blanchard, David Carroll, Natalie Graves, Françoise Guigné, Lacey Harding, Jamison Mercer, Nicole Myers, Matthew Ryan and Angela Wareham.

To view all the award photos from the Graduation Dinner and Shingles Night, please visit http://bit.ly/gradawards2012.
I was unsuRe as to what was expected of me this evening so I decided to do what any self-respecting medical student would do and I consulted Dr. Goggle. I was surprised to learn that, “Historically the Valedictorian is the highest-ranking member of the graduating class. They are the epitome of academic success and the shining star of their academic institution.”

If Matt Ryan is the “epitome of academic success” at MUN we are all in trouble and my classmates are nowhere near as smart as they look or pretend to be. I don’t actually believe this is true. Instead, I feel tradition has been thrown out the window with my class selection and I want to give a heartfelt thank-you for this humbling honour or what I feel has become one last HELMish hoorah.

As with any Humanities Ethics Law and Medicine (HELM) assignment I started with some self reflection. (Dr. Jim Connor is smiling somewhere I’m sure).

I had a flashback to my med school interview. I was sitting across from two distinguished looking fellows who continuously stared at me with blank faces. It was as though they were thinking, “is this guy for real?”

I answered questions that I had rehearsed for weeks. Just when things seemed to be going my way they threw me a curve ball. “Tell us Mr. Ryan, how do you see your life changing once you are accepted to medical school?” I remember rambling about exposure to the critically ill and dying, the responsibility that comes with the inherent trust of our patients and of course the long hours I was expecting to plug at the hospital. As I finished with my answer there was silence and I remember scrambling for one more sentence. I had a moment of insight. If I was to be accepted, I would suddenly find myself surrounded by 64 strangers that I would have to learn to live with.

A few months later we got our letters…. We were all on a level playing field. Friends that could be found in the anatomy labs well after midnight. Friends that would sign you in to the occasional missed class. And friends that found the test just as hard or worse.

Our classroom soon evolved into the floors and wards of the hospital. Our exams became reality checks. The learning curve took a drastic leap upwards but the friends still remained. They were beside you when you saw your first dying patient and they were next in line to be quizzed by the attending that made us cringe.

Outside of the serious stuff there were the dances at Monte Carlo and most recently the boogie woogie in Jamaica. The physiology labs where we got to know a select few male members of the class on a whole new level. There were hikes on the East Coast Trail and the May parties in Bay Roberts. There was a Newfie Xmas party and countless late nights at the Republic and Martini.

Through all this we have grown together as a class. As I stand up here by myself tonight it is impossible for me to feel alone. I don’t know if there is a word that can describe exactly it is we have at this point but I hope as we disperse all over this country, this feeling remains.

Yesterday, we sat at the Arts and Culture Centre for convocation. I could not help but notice that there were some missing faces. I want to digress for a quick second and let you in on a little secret. Tonight I am wearing a pair of skin tight bright pink and green Ginch Gonch underwear that was purchased during a class trip to Halifax. I wear them whenever I’m feeling adventurous. There are only a few of you in the audience that understand what I am talking about but what is more well known is the fact that our class has been presented with an overwhelming amount of adversity. A number of our classmates have faced their own personal challenges over the last four years. Some have been taken away from their studies to deal with health and family issues. While not everyone that started this journey four years ago had the opportunity to walk across the stage yesterday, I think it is important for us to acknowledge their contributions here tonight and to let them know that we are thinking about them and that we will always consider them part of OUR class, the class of 2012.

We are incredibly privileged to be sitting here tonight. There are no doubt hundreds of people that have influenced us over the years. I feel we should begin by thanking those in the crowd that brought us into this world. To those that listened to our cries and ensured we made it through our initial stages – of course I’m referring to the obstetricians in the room. Our parents and families should get some credit here as well. To the moms, dads, brothers, sisters, grandparents and extended family members out there, thank you for your love, support and guidance over the years. To the spouses, significant others and for the select few kids in attendance, the sacrifices you have made have not gone
unnoticed. On a more personal note, I would like to also extend a thank you to the creators of Skype and FaceTime for making my series of long distance relationships possible. I should also give a shout out to airmiles.ca and the staff at the Glynmill Inn.

We have been preparing for the progression to residency for four years. Sir William Osler, a renowned Canadian physician and a founding professor of medicine at John Hopkins, once said: “The best preparation for tomorrow is to do today’s work superbly well.” This is a thought that should remain with us for the remainder of our careers. Our teachers and faculty have ensured our education echoed Sir Osler’s words.

Thanks to the staff in the Office of Undergraduate Medical Education and the smiling faces at Student Affairs. These people ensured we were headed down the right track. Thanks to the residents that taught us how to survive on the floors and convinced us that the antiseptic dispensers at the OR scrub station were activated by the word Avagard. Thank you to the lab teaching assistants who taught us the dirty mnemonics that still help us through our cranial nerve exams today. On behalf of the class I extend a thank you to our teachers and faculty that encouraged us to read around our patients and that have inspired us to pursue the residences we have chosen. My last thank you tonight is to our patients. To those that let us stand at their bedside, that shared with us their stories and helped us formulate approaches that we will use for the remainder of our careers. Your trust is a gift without which we would never learn to heal or to help.

And now the part of my speech where I wish everyone bon voyage and encourage you all to carpe diem and enjoy our last few days as a class.

The whole situation we find ourselves in right now brings me back to an evening well over four years ago. I was sitting on the sixth floor of the QEI Library across the street. I was sitting in my usual study seat with a course worth of slides on proteins and a fresh yellow highlighter in hand. I remember looking towards the clock tower as I had done many times before. On that night, the lights from below drew me towards MUN’s crest high up on the concrete mass. I read the words Provehito In Altum. Now if you are anything like me at this point you are trying to figure out what that means. It is MUN’s motto and it translates to Launch Forth into the Deep.

Tonight we are at an exciting yet incredibly scary stage. We are about to take a giant leap, head first, into the depths of medicine. As we prepare to take this leap remember how privileged we are to become part of this storied profession and that we take this giant leap together.

I wish you good luck and God speed on your launch and for the last time tonight, congratulations class of 2012 – you deserve it!

Shingles Night

THE CLASS OF 2012 settled in for a good time the evening of June 1 in the main auditorium for the 31st annual Shingles Night. Drs. Bill Eaton and Alan Goodridge entertained the audience of graduates and their families. Dr. Matthew Ryan was chosen by his classmates to be valedictorian, and awards for staff and faculty valued by Class of 2012 were presented. Each student received an individual “Shingle” to hang in their practice of the future.

Dr. Michael Furey, who was unable to attend Shingles Night, received the Dr. D.W. Ingram Award. This award is given to the physician who has provided outstanding clinical teaching, shown interest in students’ well-being and served as a positive role model.

The class gave a standing ovation when Dr. Richard Fagan’s name was announced. He was too ill to attend the ceremony, and passed away June 14, 2012 (see story page 31).
Monte Carlo Night raises money for charities

THE 2011 MONTE CARLO Charity Gala, organized by MUN medical students, raised over $75,000 for six charities. Representatives collected their cheques April 23, 2012. From left: Dr. Arthur Rideout, Team Broken Earth; Keelia Farrell, Monte Carlo Charity Selection Committee; Julia Curtis, co-chair of the Monte Carlo Organizing Committee; Dr. Jeremy Pridham, Team Broken Earth; Elaine Balsom, Single Parent Association of Newfoundland and Labrador; Noel Veitch, Campus Food Bank; Shirley Lucas, Alzheimer Society; Sonia Gilroy, Tommy Sexton Centre; Rana Saunders and Megan Burke; Monte Carlo Charity Selection Committee; and Elyse Jewer, co-chair of the Monte Carlo Organizing Committee. The Down Syndrome Society of Newfoundland and Labrador also received a donation.

Med students visit Labrador

FOUR MEDICAL STUDENTS from Memorial visited communities in Labrador during March in order to spread the word to high school students about attending university and applying to medical school.

Alysha Sears and Laura Downing went to Nain and Natuashish; Emily Osmond and Emily Kendall went to Makkovik and Hopedale.

“There were about 40 students in Nain from Grades 10 to 12 who came to our presentations,” said Ms. Sears. “They had questions about the MCAT and about university in general. There were several students interested in pursuing a medical career.”

In Natuashish the medical students spoke to about a dozen Grade 12 students.

“They enjoyed learning some science and really liked their heart and brain-shaped stress ball prizes,” she added.

In Makkovik, Ms. Osmond and Ms. Kendall spoke to about 15 Grade 10 to 12 students, and in Hopedale about 20 high school students attended the presentation. “We played an interactive ‘Jeopardy’ type game created by first-year medical students which encouraged questions,” explained Ms. Osmond.

Financing for the trip was provided by the Aboriginal Health Initiative. Ms. Osmond, who is from Labrador, arranged through Labrador physicians Drs. Michael Jong and Judy Ophel for free accommodations and hospital flights, which kept costs down.

The trip to Labrador was an outreach effort of the Rural Medicine Interest Group (RMIG). The group plans to undertake more visits to high schools in the province in the coming year. Heidi Wells, president of the RMIG, said the response from schools has been very positive.
National aging study launches recruitment in Newfoundland and Labrador

AS THE PROVINCE with the highest proportion of seniors in Canada, Newfoundland and Labrador will play a key role in a new national study of aging getting underway at Memorial University.

The Canadian Longitudinal Study on Aging (CLSA) will follow 50,000 men and women between the ages of 45 and 85 for at least 20 years. The national study, which has a research site at Memorial, will collect information on the changing biological, medical, psychological, social, lifestyle and economic aspects of people's lives as they age.

“We are inviting 4,200 people in Newfoundland to join the study and contribute their time to helping us understand the factors that shape healthy aging,” said Dr. Gerry Mugford, lead investigator of the CLSA in Newfoundland and Labrador and an associate professor with Memorial’s Faculty of Medicine in the Discipline of Medicine and Discipline of Psychiatry.

“With the generous help of Newfoundlander, CLSA researchers will be able to answer critical questions on aging, which will translate into improvements in health and quality of life.”

Participation in the CLSA involves two different groups. Some people will be contacted for a telephone interview, while others will take part in a home interview and a visit to a data collection site at Memorial (located in the Health Sciences Centre in St. John’s).

Recently about 3,700 information packages were mailed by the Newfoundland and Labrador Centre for Health Information on behalf of the CLSA to residents requesting their consent to be contacted. CLSA interviewers will now begin to call interested respondents to seek their participation in the study; participants are asked questions about their health and well-being, including physical, social and emotional functioning, lifestyle and behaviours, as well as the onset of health conditions and diseases.

At data collection sites across the country, physical assessments are taken, including height and weight; vision and hearing tests; blood pressure and cardiovascular measures; a bone density scan and strength and balance tests. Participants also take part in memory tests.

Interviews and data collection visits take place every three years, with a follow-up call midway between to maintain contact. By committing an hour for a telephone interview or a couple hours for a visit to a data collection site, participants will help to improve the health and well-being of current and future generations, changing the way people live and approach growing older.

The CLSA is a strategic initiative of Canadian Institutes of Health Research (CIHR). Overall support for the study has been provided by the government of Canada through the CIHR and the Canada Foundation for Innovation. For more information, please visit www.clsa-elcv.ca.

Leadership award for MUN medical students

Three medical students from Memorial attended the 2012 Canadian Conference on Physician Leadership where they received a Leadership Innovation Fund Award from the Canadian Medical Association.

William Stokes, Fady Kamel and Lindsey Ward received the award for starting a Rural Medicine Interest Group (RMIG) at Memorial. Concerned about the shortage of rural family physicians in Canada, the medical students aim to foster the leadership potential of MUN undergraduate students of rural origins who are considering careers in medicine. Heidi Wells, the president of the RMIG, attended the conference, held in Ottawa, April 13-14, along with Mr. Stokes and Ms. Ward.

The CMA Leadership Award, one of six in the country, was given out in 2011 and provided funding to develop the RMIG. The invitation to attend the 2012 conference was welcomed by Ms. Wells, who said the students gained a lot from the conference, which was on Strength-Based Leadership: A Positive Approach for Physician Leaders.

“This conference was outstandingly beneficial for us,” she said. “There were seminars on increasing productivity and becoming leaders in the future. At the end of the conference, our feedback was to include more medical students in the future.”
Funding for research on macular degeneration

**DRS. ROBERT GENDRON AND HÉLÈNE PARADIS**, professors in the Division of BioMedical Sciences, head up one of seven Canadian research teams that will receive new funding from the Foundation Fighting Blindness, Canada’s largest funder of vision research.

The researchers will receive $210,000 over three years to study the underlying causes of wet age-related macular degeneration (AMD) and the changes in protein production in the aging eye which cause blood vessels to leak fluid in people diagnosed with this condition. By understanding the underlying causes of wet AMD, this team hopes to facilitate the design of treatments which could prevent or reverse the disease.

Wet AMD is one of the leading causes of blindness in western populations. Dr. Gendron said this disease is particularly relevant in Newfoundland and Labrador. “This is because our population is becoming skewed toward aging and our diabetes rates are thought to be higher than the national average.”

“Wet AMD is a neovascular disease,” he explained. “This means it involves the overgrowth and disregulation of blood vessels in the retinal tissues of the eye. New improved therapies and pharmaceuticals are needed to prevent and treat these central retinal diseases.”

Wet AMD affects about 10 per cent of all people with AMD. It is more severe than the early and intermediate stages of the dry form and happens when abnormal blood vessels behind the retina start to grow under the macula. These new blood vessels can be fragile and leak blood and fluid; the blood and fluid cause the macula to swell and damage occurs rapidly.

Drs. Gendron and Paradis have identified the novel protein Tubedown and are characterizing the larger complex it associates with as a factor involved in the control of the stability of retinal blood vessels. “We have found that loss of Tubedown from retinal blood vessels is an important predisposing factor for the progression of neovascular retinopathy,” explained Dr. Gendron. “Through our research we hope to better understand the mechanisms underlying Tubedown loss and how such loss leads to disturbance of the stability of retinal blood vessels, particularly during retinal aging. If we can define the other proteins involved in Tubedown loss in wet AMD, we can then design new agents and strategies to improve treatment options for wet AMD.”

*Wet AMD is one of the leading causes of blindness in western populations. Dr. Gendron said this disease is particularly relevant in Newfoundland and Labrador.*
Investment in diagnostic tools will advance Memorial’s genetics research

Research on sudden cardiac death at Memorial University will be significantly advanced with a combined investment of $750,000 from the provincial government and the Research & Development Corporation (RDC). The announcement was made March 28 by Keith Hutchings, minister of Innovation, Business and Rural Development and the minister responsible for the RDC.

The funding will target a range of activities related to inherited diseases of the heart. In particular, the funding will support the acquisition of a state-of-the-art Next Generation DNA Sequencing Platform for the research lab of Dr. Terry-Lynn Young in the Faculty of Medicine. In 2008 Dr. Young’s lab identified the gene mutation for arrhythmogenic right ventricular cardiomyopathy (ARVC), a degenerative genetic condition that causes early cardiac death, particularly in men.

“This specialized technology will increase the research capacity of the life sciences sector in Newfoundland and Labrador,” said Minister Hutchings.

“Genetic researchers in this province, and across Atlantic Canada, currently outsource all services related to Next Generation DNA Sequencing to other regions of the country, costing valuable time and money,” said Dr. Young. “This funding will allow us to continue to solve genetic puzzles of medical importance to our province and the world and train the next generation of researchers at Memorial.”

Dr. Young said that when the ARVC gene mutation was discovered by her lab four years ago, the work involved identifying one gene at a time and took a year. “With the funding for this new equipment we will now be able to look at all 20,000 genes in one week. It’s an amazing advance.”

Dr. Gary Kachanoski, president and vice-chancellor of Memorial, welcomed the funding news.

“We thank government for the support announced today and for recognizing the importance of leading-edge sciences and research tools and facilities,” said Dr. Kachanoski, who hosted a news conference on campus for the announcement. “It is through strong partnerships with both the federal and provincial governments for this and other projects that we are able to conduct the ground-breaking work that we do.”

Dr. Sean Connors, a cardiologist who has pioneered work in implanting internal cardiac defibrillators (ICD) in adult carriers of the ARVC gene mutation, described the 2009 discovery by Dr. Young’s lab as “absolutely pivotal” because it offered certain identification of affected individuals. The tiny ICD restarts the heart if it stops – while not a cure, this device has been very successful in saving lives.

“We know of 22 extended families with the ARVC gene,” said Dr. Connors. “But it is clear that there are multiple other families affected and with this new equipment we can screen people who may be affected. We are now in a leadership role nationally and internationally.”

Glenn Janes, CEO of RDC, said the new investment means genetics research and development capacity in Newfoundland and Labrador is being strengthened. “This innovative technology will provide local researchers and our future researchers with the ability to conduct vital, genetics-based studies related to a wide variety of health conditions.”

The RDC, which is a provincial Crown corporation responsible for improving Newfoundland and Labrador’s research and development performance, is investing $500,000 while the Department of Innovation, Business and Rural Development is investing $250,000.

The overall value of this project is approximately $5.1 million. The Atlantic Canada Opportunities Agency, through the Atlantic Innovation Fund, has invested $3 million in this project.
DR. IAN BOWMER, dean of the Faculty of Medicine from 1996-2003, has received this year’s James H. Graham Award of Merit from the Royal College of Physicians and Surgeons of Canada. A strong belief in the collaborative nature of medicine greatly influenced Dr. Bowmer and led to a number of important partnerships that mark his career.

“I’m very honoured to be receiving this award and it’s all because of my role at MUN,” said Dr. Bowmer, who is the executive director of the Medical Council of Canada. “I’ve spent my academic career in a small province where you realize that strength comes from working together.”

During his time as dean of medicine at Memorial, Dr. Bowmer promoted medical education as an academic pursuit and to endorse interprofessionalism. “Since we didn’t have a critical mass at the Faculty of Medicine, we brought together several faculties and created a collaborative medical education environment”, he said.

DR. VERNON CURRAN, professor of medical education, was an author on a presentation which received honorable mention from the Canadian Association for Medical Education (CAME) in the category Research Award for Best Oral Presentation at the 2012 Canadian Conference on Medical Education (CCME) in Banff, Alberta. The poster was titled Lost in Translation? The Representation of Educational Scholarship in Promotion Policies and Processes Across Canadian Medical Schools. Other authors were Elaine Van Melle (Queen’s University), Mark Goldszmidt (University of Western Ontario), Susan Lieff (University of Toronto), Jocelyn Lockyer (University of Calgary), and Christina St-Onge (University of Sherbrooke).

JUSTIN KING, a fourth-year undergraduate student who has been conducting research in Dr. Mani Larijani’s laboratory for the past year, has been awarded a prestigious graduate fellowship from the Beatrice Hunter Cancer Institute. Mr. King ranked first among all graduate applications. He has been awarded a two-year fellowship which will support him as he begins his graduate work as a PhD candidate in Dr. Larijani’s lab later this spring, when he finishes his undergraduate honours B.Sc. degree in biochemistry. Mr. King’s project involves the elucidation of structure-function relationships in the enzyme Activation-induced deaminase, which is a central player in human immunodeficiency diseases as well as lymphoma. His work as an undergraduate over the past year has already led to one published manuscript, one submitted manuscript and two more under preparation. He has presented his results in national and international conferences.

PATTI MCCARTHY, PhD candidate and a curriculum development assistant in the Faculty of Medicine, has been awarded one of the first two inaugural Quality Healthcare Scholarships from Eastern Health. These new scholarships were established to promote the study of key themes identified during the Commission of Inquiry on Hormone Receptor Testing. The scholarships, valued at $6,500 each, were presented June 7. They were established as part of the settlement agreement of the class action suit on estrogen and progesterone receptor (ER/PR) testing and implemented in consultation with the class-action members. Ms. McCarthy is currently completing a PhD in education at Memorial, with a focus on medical (physician) education and patient safety.
**Alumni news**

**CLASS OF 1986**

**DR. ANGELA GENGE,** director of the Clinical Research Unit (CRU) of the Montreal Neurological Institute, is the winner of the 2011 YWCA Woman of Distinction Award in Science and Technology.

After earning her medical degree at Memorial, she completed her Canadian and American certifications in internal medicine and neurology prior to completing a fellowship in neuromuscular diseases.

She joined the staff of the Montreal Neurological Hospital in 1994 and became director of the ALS Clinic in 1998. Although her interests in neurology focused on neuromuscular disease, she continued working with the CRU and brought in clinical trials in more neuromuscular disorders such as ALS, myopathies, neuropathies, myasthenia gravis and pain.

Dr. Genge was appointed director of the CRU in 2004; her goal is to expand both the number and scope of clinical trials in neurological disease.

**CLASS OF 1988**

**DR. MICHAEL BLACKMORE** wrote to share the news that he had a massive stroke in 2006 at the age of 40 years old. “It was touch and go – mostly go, going, gone – but I rehabilitated over the past six years and I’m now back to my rheumatology practice here in Toronto. Funny, I remember my patient’s faces, names and their diagnoses despite having half of a brain. I’m writing this in the off-chance that someone thinks I’m dead – and I can say that a few colleagues and patients thought I was!” He invites friends and colleagues to email (drmgb@rogers.com) or call him at home (416 922 9147).

“It was funny, when I was reviving (still intubated), I was always shaking my head: ‘No, no, no – Dr. Bowmer said always look for other sources of infection;’ or nodding, ‘Yes, yes, yes – that’s the right way to insert the CVP, Dr. MacCallum would like the way you’re doing this;’ or rolling my eyes in disgust, thinking, ‘Sharon Peters would have your head for doing that!’

How I cherish that special place in what brain I have left, for my training at Memorial University. Now, with a new office, I have my diplomas proudly on display in the exam room – it gives people a chance to check out my credentials!”

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**DR. PROTON RAHMAN,** with co-investigator Dr. Darren O’Rielly, received funding through the Atlantic Canada Opportunities Agency to support the development of genetic tests for the detection of developmental disorders such as autism. Early definitive diagnosis of such disorders will improve the quality of life for those affected and their families through timely access to the appropriate health and social support systems. A secondary goal is to develop a database to identify genetic markers that predispose individuals to develop common autoimmune disorders, particularly ankylosing spondylitis and psoriatic arthritis. This project, with total estimated costs of $6 million, received approximately $2.9 million from the Atlantic Innovation Fund.

**DR. BARBARA ROEBOTHAN,** Community Health and Humanities, received the 2011 Volunteer Faculty Member of the Year Award from the MUN Student Volunteer Bureau. Among her current volunteer activities she serves as chair of the Dietitians of Newfoundland and Labrador and a member of the Provincial Food and Nutrition Advisory Committee. She is also a research consultant with Kids Eat Smart Foundation of Newfoundland and Labrador.
How do you like your CPD?

By Richard Haywood
Manager of business development and marketing

NEWFOUNDLAND AND LABRADOR presents unique challenges if you’re a Faculty of Medicine department with a mandate to “provide innovative continuing professional development (CPD) to enhance and maintain competencies of health care providers, faculty and students and improve public health.”

For one, the variety and unpredictability of our weather hinders both planning and travel across the province. In addition, the audience is dispersed, occupying most coves, bays and towns across a vast landmass making travel time-consuming and expensive. Medicine is constantly evolving through new research findings, so ensuring your audience is up-to-date is an uphill struggle. Finally, the population is increasingly aged and the demand on the health care professionals responsible for their care is increasing too. Quite a few obstacles to navigate!

Professional Development and Conferencing Services (PDCS) faces these challenges along with others, yet finds ways to fulfill its mandate. As health professionals’ need for new knowledge increases and time of available learning time decreases, PDCS has stayed ahead of the demand by using technology to deliver CPD to health care professionals locally and nationally.

“We’ve always produced excellent onsite CPD for our local audiences, but found that attendees expressed difficulty in getting to some of them for various reasons,” said Fran Kirby, director of PDCS. “With new communication technology options, we’ve turned the delivery of knowledge translation on its head so that now learning comes to our learners, not the other way around.”

As an accredited provider (College of Family Physicians of Canada, Royal College of Physicians and Surgeons of Canada) of CPD, PDCS develops its programs in collaboration with a wide number of provincial and national organizations (including other Canadian medical schools), working closely with subject matter experts and technology partners to ensure learners get the up-to-date knowledge they need to provide quality care to their patients.

PDCS has worked with technology partners to identify solutions that fit more accurately with the delivery difficulties Newfoundland and Labrador poses. Investment in video conferencing bridging technology has enabled the delivery of high-definition connections to multiple dedicated sites in the province – even nationally and internationally. In addition, Internet technology infrastructure provincially is advancing the delivery of web-based content either through web conferencing software, or online learning that now features more dynamic content.

The added reach PDCS provides users of their technology is now generating increasing interest from other healthcare organizations outside of the faculty. Users of the services range from the provincial Department of Health and Community Services (DOHCS) to pharmacy organizations, and nursing groups. All have the same challenges, and many are also facing decreased budgets combined with increased demands.

Online learning has been a fixture at PDCS for over 12 years now, through their national portal MDcme.ca. Convenient 24/7 access to interactive accredited content has always been a driver for MDcme.ca users. Through a partnership with the Canadian Medical Association, and building on a pre-established collaborative partnership with all 17 medical schools across the country, PDCS leads the country in the development of university developed and accredited courses for family physicians and specialists.
The MDcme.ca model has been used to expand the audiences who can benefit from the convenience of online learning. PDCS currently provides online courses that support preceptors across Atlantic Canada (practicebasedpreceptor.ca), and is working with the four Regional Health Authorities, DOHCS and Memorial’s Faculty of Business to develop a physician management and leadership certificate program.

“We’ve been highly successful in getting content out, but it involves a lot of partnerships, knowing how to build relationships, and ultimately knowing how to make it easy for the end user to avail of,” added Ms. Kirby. “A lot of that credit has to go to our team who are very experienced, and have built some good long-term relationships with their end users through excellent customer support.”

That support has been a deciding factor for many of the organizations that use PDCS services. Venturing into new technology is a daunting task for many, but PDCS have designed their services to be user centric, taking most of the technology knowledge required to use them out of the equation. The team helps book conference call times, tests videoconference sites in advance of calls to ensure quality connections, and is in the background to help troubleshoot any issues.

Expect to see more PDCS CPD events becoming a merging of traditional and new delivery methods. New technology will handle the online registration system, tracking payment, issuing receipts and CPD transcripts. Planning of the events, organizing the logistics behind a successful event and ensuring things go smoothly on the day will still be team based, but delivery of the content will be a combination of people present in the room, and people present virtually – either via video conference from a meeting room in Burgeo for example, or from a physicians practice via web-conference.
Graduate student achievements recognized

THE ACHIEVEMENTS of graduate students in the Faculty of Medicine were celebrated May 2 with a luncheon in the Junior Common Room, R. Gushue Hall. Dr. Diana Gustafson, interim assistant dean for graduate studies (medicine) emceed the event. Dr. James Rourke, dean of medicine, attended the event and spoke about the tremendous growth in graduate studies.

“We need to stop and celebrate success from time to time,” said Dr. Rourke. “We have strong graduate programs and these will grow even more with the new space provided in the Genetics Centre, scheduled to open in 2014. As the genetics labs move to the new building it will allow us to re-develop the existing space in the Health Sciences Centre.”

The following awards were recognized at the May 2 event. For all the photos from the Graduate Students Achievement Luncheon please visit http://bit.ly/gradachieve.

Faculty of Medicine Awards

Mohammed Uddin, supervised by Dr. Proton Rahman, received the Colman PhD Award, established on behalf of Genevieve and Roberta Colman.

Heidi Morris, supervised by Dr. Rod Russell, received the Dr. Alfred T.H. Burness Graduate Awards in Medicine, established in memory of Dr. Alfred Burness. Mrs. Brenda Burness attended the luncheon.

Two inaugural Medical Graduate Students’ Society Scholar and Community Involvement Awards were given to PhD student Melody Morton-Ninomiya, supervised by Dr. Fern Brunger, and M.Sc. student David Jerome, supervised by Dr. Qi Yuan.

Memorial University Medal

M.Sc. student Stephanie Minor, supervised by Dr. Catherine Donovan, received the Memorial University Medal of Excellence.

Graduate Scholarships Doctoral Awards

Jennifer Woodrow, supervised by Dr. Peter Wang, received a NLCAHR Doctoral Fellowship.

Farrell Cahill, supervised by Dr. Guang Sun, and Neva Fudge, supervised by Dr. Karen Meawow, received NSERC Postgraduate Scholarships for 2011-2012. Mr. Cahill also received the Alexander Graham Bell Canadian Graduate Scholarship for 2011-2012 and 2012-2013.

CIHR Regional Partnerships Program with the Research and Development Corporation of Newfoundland and Labrador were received by Ali Atoom, supervised by Dr. Rod Russell; Nelly Abdel-Fetah, supervised by Dr. Terry-Lynn Young; and Melody Morton-Ninomiya, supervised by Dr. Fern Brunger.

Kerri Smith, supervised by Dr. Ann Dorward, received a Dean’s Fellowship (PhD).

Graduate Scholarships M.Sc. Awards

Yun Zhu, supervised by Dr. Peter Wang, received the Dr. Jorge Segovia Scholarship in Health Sciences Research.

Lin Liu, supervised by Dr. Peter Wang, and Elizabeth Wallack, supervised by Drs. Wendy Young and Kenneth Rockwood, received 2011-12 NL-Harp Awards.

Justin Oake, supervised by Dr. Shabnam Asghari, and Yun Zhu, supervised by Dr. Peter Wang, received NLCAHR Master’s Fellowships.

Three students received CIHR Banting and Best Graduate Scholarships: Kayla Harris, supervised by Drs. Michael Grant and Rod Russell; Heidi Morris, supervised by Dr. Rod Russell; and Laura Fullerton, supervised by Dr. Diana Gustafson.

Natasha Belanger-Willoughby, supervised by Dr. Michiru Hirasawa, received a 2012 Heart and Stroke Foundation Scholarship.
Sarah Dinn and Noelle Marsh, both supervised by Dr. Daniel MacPhee, received NSERC Postgraduate Scholarship for 2012-2013.

Daniel Duggan, supervised by Dr. Reza Tabrizchi, received a NSERC Alexander Graham Bell Canada Scholarship.

Shuo Li, supervised by Drs. Yagang Xie and Fei-Yu Han, received the inaugural Keith Griffiths Memorial Heart and Stroke Foundation Graduate Scholarship.

Miranda Polgar, supervised by Dr. Barbara Roebotham, received the Women’s Association of Memorial University Graduate Student Scholarship.

Farah McCrate, supervised by Dr. Marshall Godwin, received the Dr. Kim E. Hong Endowment Fund Scholarship.

Dean’s M.Sc. Fellowships were received by Daniel Wadden, supervised by Dr. Guang Sun, and John Hennessey, supervised by Drs. John McGuire and Bruno Stuyvers.

Program Prizes

Immunology and Infectious Diseases

Mahdis Monjemi, supervised by Dr. Mani Larijani, received the prize for Best Overall Presentation.

Brad Williams, supervised by Dr. Thomas Michalak, received the Best M.Sc. Presenter.

Panagiota Kolypetri, supervised by Dr. George Carayanniotis, received the Best PhD Presenter.

Cancer and Development

Nhu Ho, supervised by Dr. Helene Paradis, received the Mary O’Neill M.Sc. Award.

Phillip Andrews, supervised by Drs. Ken Kao and Cathy Popadiuk, received the Mary Pater PhD Award.

Neuroscience – Golden Synapse

S.M. Mahmudul Hasan, supervised by Dr. Jackie Vanderluit, received the award for the Best Overall Presentation.

Matthew Jeffers, supervised by Dr. Dale Corbett, received the Best M.Sc. Presenter.

Joseph Clarke and Neva Fudge, both supervised by Dr. Karen Mearow, received Best PhD Presenter.
**Human Genetics**

Amit Neghandhi, supervised by Dr. Sevtap Savas, and Shuo Li, supervised by Dr. Yagang Xie, received M.Sc. Awards.

Mohammed Uddin, supervised by Dr. Proton Rahman, received the PhD Award.

**Clinical Epidemiology**

Hilary Price, supervised by Dr. Laurie Twells, received the award for highest academic standing.

Robert Porter, supervised by Dr. Gerry Mugford, received the award for second highest academic standing.

**Travel Awards**

The Dean M. Ian Bowmer Graduate Travel Award went to Justin Oake, supervised by Dr. Shabnam Asghari.

Nathaniel Pollack, supervised by Dr. Shree Mulay, and Yun Zhu, supervised by Dr. Peter Wang, received Barrowman Travel Awards (Community Health and Humanities).

Hao Wu, supervised by Drs. Victor Maddalena and Peter Wang, received the Beatrice Hunter Cancer Research Institute Travel Bursary.

Melody Morton-Ninomiya, supervised by Dr. Fern Brunger, received the award for the CIHR Institute of Gender and Health Summer Institute in June 2011. She also received the St. John's Regional Fetal Alcohol Spectrum Disorder Travel Award in September 2011. Jing Wang, supervised by Drs. Peter Wang and Yanqing Yi, received the Canadian Association of Gerontology Travel Grant.

Youlian Tzenov, supervised by Dr. Ken Kao, received the International Papillomavirus Society Travel Award.

**Distinctions**

Sheila Marchant-Short, supervised by Dr. Martha Traverso-Yepez, received the Eastern Health Quality Care Scholarship for 2011-2012.

Lin Liu, supervised by Dr. Peter Wang, received a research grant from the Janeway Research Advisory Board.

Kerri Smith, supervised by Dr. Ann Dorward, received the Teal Heart Scholarship.

Mohammed Sarhan, supervised by Dr. Thomas Michalak, received the 2012 Canadian Association for the Study of the Liver Student Award, for the best graduate student research project.

Farrell Cahill and Danny Wadden received a $5,000 external grant from the Janeway Children’s Research Advisory Committee for 2011-2012.
Starting with this issue of MUNMED, we will be featuring some of the publications of our graduate students. Here are some of the papers and abstracts published in fall 2011 and submitted by graduate students who were lead authors.


Ms. Dancyger said the paper, based on her master’s thesis, looks at the protein activation-induced cytidine deaminase (AID) in fish and compares it to its role in humans. “AID is involved in antibody diversification,” she explained. “But when it acts off target it can lead to mutations that cause leukemias and lymphomas in humans.”

Ms. Dancyger presented this research last year at the Canadian Society for Immunology and will be presenting new developments from the project at this year’s conference in St. John’s. Her work was supported by a CIHR M.Sc. fellowship. She is a Fellow of the School of Graduate Studies and was nominated for a Chancellor’s Award in 2012.

**ROBERT WILSON**, a PhD student supervised by Dr. Patrick Parfrey, is the lead author of the paper titled “The restructuring of institutional long-term care in St. John’s: Impact of supply-induced demand on planning,” published in Healthcare Management Forum 2011;24:63-67. The other authors are J. McDonald, B. Barrett and P. Parfrey.

Mr. Wilson said his research involved making predictions for the future about how many beds for long-term care would be needed in future. “We found that the beds required for appropriate housing increased by 65 per cent from 113, using data from 2000, to 186 using data from 2006. Supervised care bed need increased by 21 per cent from 595 to 719, specialized care for the cognitively impaired increase by 107 per cent from 125 to 259, and nursing home bed need increased by 41 per cent from 466 to 657.”

Overall, Mr. Wilson’s study shows that the original restructuring plan for long term care in the St. John’s region will need to be changed to meet the increased demand, with more appropriate housing and supervised care beds and more limited downsizing of nursing homes.

**FARRELL CAHILL**, a PhD student supervised by Dr. Guang Sun, was the first author of three posters and abstracts. All posters were presented at the Obesity Society’s 2011 Annual Scientific Meeting. The posters were titled “No Association Between Serum Whole Peptide YY (PYY) and Adiposity Status was found in the Newfoundland Population,” “Fasting Serum Peptide YY (PYY) Concentration is Associated with Glucose” and “Insulin Resistance in Pre-menopausal Women, and Serum whole Peptide YY (PYY) is Inversely Associated with Dietary Protein and Essential Amino Acids (EAA’s) for Men in the CODING STUDY”. All abstracts were published in the Obesity Journal (Volume 19, Supplement 1, November 2012). The other authors on the posters and abstracts were D. Wadden, W. Gulliver, E. Randell, S. Vasdev and G. Sun.

Mr. Cahill said the posters and abstracts were data resulting from his intensive work on the appetite suppressing hormone named peptide tyrosine-tyrosine (PYY). “The initial stage of my PhD work was to collect this hormone from the Newfoundland Overfeeding Study and over 2,300 subjects from the Complex Diseases in the Newfoundland Population: Environment and Genetics (CODING) Study. My investigation of PYY in the overfeeding study was already published in the *American Journal of Clinical Nutrition* in January 2012 and the findings produced from CODING study presented at this conference are currently in preparation for manuscripts.”

Mr. Cahill is also investigating the adipose tissue derived hormone called adiponectin and another appetite suppressing hormone named pancreatic polypeptide (PP) and their associations with obesity and obesity-related diseases.

Mr. Cahill was first author on three posters, along with five second- and third-author posters at the 29th Obesity Society annual meeting. A total of nine posters were presented at by Dr. Guang Sun’s research team at that conference. In addition, Mr. Cahill has already had three more first-author posters and abstracts accepted to the 30th Obesity Society Annual Meeting taking place in San Antonio, Texas, USA Sept. 20-24 2012. Mr. Cahill will author on a total of nine posters and abstracts at this conference in the fall.
Graduate student publications

DANNY WADDEN, an M.Sc. student supervised by Dr. Guang Sun, is first author of the conference paper Higher Dietary Essential Amino Acid Intake is Associated with Lower Body Fat, published in *Obesity*. The other authors are Farrell Cahill, Wayne Gulliver, and Guang Sun. The poster was presented at the Obesity Society's 2011 Annual Scientific Meeting.

Mr. Wadden said this research is in the process of being developed into a full manuscript. “I began this work when I was an undergraduate student, looking at the nutritional aspects of obesity. We found that an increase in protein in the diet has a favourable impact on body composition.”

CRAIG MALONE, a graduate student supervised by Dr. Jackie Vanderluit, is author of *Mcl-1 Regulates the Survival of Adult Neural Precursor Cells*, published in the April 2012 issue of the journal *Molecular and Cellular Neuroscience*. This work was based on his M.Sc. thesis.

Mr. Malone’s research focused on identifying factors that regulate the survival of adult neural stem cells. The neural stem cells that exist in the adult brain are capable of turning into all the different types of cells found in the brain. As a result, these stem cells are thought to be one way in which the brain can repair itself when an injury such as a stroke occurs.

One of the major problems with adult neural stem cells is that they often die when they reach a site of brain injury. Mr. Malone discovered that a specific protein, known as Mcl-1, is a crucial survival factor for adult neural stem cells. Mcl-1 had previously been shown to enhance the survival of blood and liver stem cells, but it was not known whether it had a role in adult neural stem cells. The graduate student found that when the concentration of Mcl-1 in neural stem cells was decreased, the cells died. Likewise, when the amount of Mcl-1 in the neural stem cells was increased, the numbers that survive was enhanced.

“Collectively, my results demonstrate that Mcl-1 promotes the survival of neural stem cells in the adult brain,” said Mr. Malone. “Therefore, increasing the amount of Mcl-1 in adult neural stem cells may provide a mechanism for the brain to heal itself after injury has occurred.”

Mr. Malone has been accepted into medical school at Memorial and will begin in September 2012.

Citizen Engagement Casebook

THE CANADIAN INSTITUTES of Health Research (CIHR) recently released its *Citizen Engagement in Health Casebook*, which draws on examples of citizen engagement in health from across Canada.

One of the book’s editors is Dr. Roger Chafe, assistant professor and director of pediatric research in the Faculty of Medicine. “The book is a great way to showcase a small selection of the various types of public engagement activities occurring across sectors of the health field in Canada,” said Dr. Chafe. “We hope that the examples in the book will encourage other organizations to pursue greater public involvement in health care decisions.”

One of the cases is on Eastern Health’s work with its patient advisory council for cancer care.

“The 14 case studies from across the health sector and different regions of Canada will not only increase understanding of how to engage citizens but also support a better understanding of the experiences of those undertaking citizen engagement activities,” he said.

Citizen engagement exercises are a key ingredient in integrating public input into health care governance, priority setting and decision making. While there have been some high profile examples of citizen engagement processes, they are still not widespread across Canadian health care organizations. “We hope this new publication, which showcases diverse examples of citizen engagement processes, will be a useful reference for both practitioners and decision-makers,” said Dr. Chafe.

He explained that Canadian health care organizations and their stakeholders would benefit from descriptions of processes where members of the public have shared their values and opinions around important questions and challenges in health care. “Meaningful citizen engagement processes can benefit both the organizations and the citizens involved and contribute to building a stronger civil society.”

An electronic copy of the Casebook is available for download from the CIHR website at www.cihr-irsc.gc.ca/e/45358.html.
Special occurrence for graduate award

**ON MAY 17 BRENDA BURNESS** had the pleasure of having lunch with two winners of an award named in honour of her late husband, Dr. Alfred Burness. Dr. Rod Russell, now an assistant professor of Immunology and Infectious Diseases, received the award in 1998 when he was a graduate student at Memorial. This year Heidi Morris, a master’s student supervised by Dr. Russell, is the recipient of the award, valued at $5,000.

Ms. Morris is currently funded by the Canadian Institutes of Health Research and a Faculty of Medicine Deans’ Fellowship. Her work, which has been accepted for oral presentation at two upcoming international research conferences, focuses on understanding the mechanisms responsible for the development of drug resistance against antiviral compounds targeting the hepatitis C virus.

Research and Graduate Studies (medicine) had a new plaque created for the award this year. The Dr. Alfred T.H. Burness Graduate Award in Medicine was established through the generous donations of family and friends of the late Dr. Alfred Burness to commemorate the thoughtful and patient graduate supervision he provided while a faculty member from 1976–1991, and to encourage graduate students to produce work of outstanding quality.

Heart and Stroke Foundation Scholarship for grad student

**THE 2012 KEITH GRIFFITHS** Memorial Heart and Stroke Foundation Graduate Scholarship was awarded June 29 to Brian Roome, a graduate student in the Faculty of Medicine. The presentation was made by brothers Tony, Dave and Chris Griffith, sons of the late Keith Griffiths, with Steve Keats, interim chief executive office of the Heart and Stroke Foundation of Newfoundland and Labrador. The event was hosted by the Office of Research and Graduate Studies in the Faculty of Medicine.

The scholarship is now valued at $1,500, an increase of $500 over last year. It is made possible through the generous contributions of members of the family of the late Keith Griffiths, in partnership with the Heart and Stroke Foundation of Newfoundland and Labrador.

After suffering his first stroke in 1993, Keith Griffiths made a remarkable recovery with the help of family, physicians, nurses and rehabilitation specialists in St. John’s. He dedicated the next 14 years of his life to promoting greater awareness of stroke, supporting stroke survivors and encouraging healthier lifestyles.

Mr. Roome is a master’s student in the Division of BioMedical Sciences, supervised by Dr. Jackie Vanderluit. His project involved developing a model of reproducible focal ischemic injury in the mouse brain, which includes behavioural tests which measure functional deficits. This is relevant to stroke research because an injury modal is required for neural regeneration experiments using neural stem cells. Since neural stem cells have the ability to regenerate lost neural tissue in the event of ischemic stroke, testing the effect of pro-survival proteins on the survival of these steam cells is a logical progression.

Mr. Roome presented his research findings at the Centre for Stroke Recovery annual general meeting in Ottawa, May 2012. He will also be presenting a poster at the Canadian Stroke Congress 2012 in Calgary, taking place in October.

In addition to his master’s project, Mr. Roome co-organized the Brain Storm 2012 competition, affiliated to the Brain Bee. High school students from across the province competed for a trip to the national competition.

“By engaging future students and cultivating their interest in neuroscience, specifically neural regenerative therapies, I hope to help recruit new students to a career in stroke research,” he said.
PEDICATRIC RESIDENTS had the opportunity to showcase their research projects March 15 at the annual Pediatric Residents Research Day. There were 10 presentations, covering a wide range of topics including diabetes, trampoline injuries, endocrinology, allergies, transgender health issues, epinephrine use, skin infections, autism spectrum disorders and asthma.

Dr. Colleen Nugent was awarded the prize for the best second-year research proposal. She is conducting a retrospective review of Janeway Hospital outcomes of mild and moderate diabetic ketoacidosis admissions, comparing intermittent rapid acting subcutaneous insulin to low dose continuous intravenous insulin. The project is being completed with Drs. Ara Healey, Roger Chafe and Leigh Anne Newhook.

Dr. Lorine Pelly was awarded the prize for the best fourth-year project. She looked at the characteristics of autism spectrum disorders on the Avalon Peninsula, finding that there are a significant number of new cases being diagnosed each year. The project was done with Drs. Cathy Vardy, Bridget Fernandez, Eva Tucker and Leigh Anne Newhook.

THE DISCIPLINE OF PSYCHIATRY held its annual research day June 15. There were presentations from residents and faculty members. Dr. Tara Snelgrove received the Janssen Ortho Award for her presentation titled Moral Distress, Collaboration, Work Satisfaction, and Ethical Climate in Acute Care Psychiatry. The judges for research day were Drs. James Valcour, Community Health and Humanities, and Dr. Hubert White, Psychiatry.

Internal Medicine Resident Research Day

THERE WERE ORAL AND POSTER presentations at this year’s Internal Medicine Research Day held on May 4. The three judges who participated in this year’s research day were Dr. Wayne Andrews, Discipline of Pediatrics, Dr. John Fardy, Discipline of Medicine and Dr. Kathy Hodgkinson, Clinical Epidemiology.

In addition to the photos of presentations below, Dr. Jing Hu received the Dr. Harry Edstrom Medical Resident Research Award. His poster presentation topic was titled Evaluation of the cost effectiveness of computed tomographic colonography in colorectal screening in a tertiary centre.

The Dr. David Hawkins Medical Resident Research Award was presented to Dr. Dawn Armstrong for her presentation titled Predictors of Pathologic Complete Response after Neradjuvant Chemoradiation for Rectal Cancer: A Multicentre Population-based Study. The award was presented by Dr. Wayne Andrews.

The Dr. Patrick Parfrey Medical Resident Research Award was presented to Dr. Chai Phu by Dr. Wayne Andrews. His topic was Review of homozygous C282Y mutation in Newfoundland and Labrador.

The Dr. Grenfell Adams Medical Research Award was presented to Dr. Chris Bebbington by Dr. Wayne Andrews for his presentation titled Successful long-term control of serum calcium and PTH levels in a patient with parathyroid carcinoma using Cinacalcet.
The Cameron Raffard Award was presented in memory of Dr. Raffard, a second-year internal medicine resident who died January 13, 2008. This award is given to the resident who reflects Dr. Raffard's values and exhibits an aptitude for health advocacy. This year's award winner was Dr. Karen Downton. The award was presented by Dr. Kirsty Tompkins.

This year the Dr. John Simpson Memorial Award was presented to Drs. Gokul Vidyasankar and Stephen Duffett by Dr. Kirsty Tompkins. This award is given to the internal medicine resident(s), chosen by his or her peers, who demonstrates excellence in teaching other members of the internal medicine house staff and medical students. The award is a tribute to Dr. Simpson, a former medical internist at St. Clare's Mercy Hospital, who died in 1998 at the age of 46.

Dr. Chris Bebbington and Dr. Andrews.

Dr. Kirsty Tompkins and Dr. Karen Downton.

Dr. Tompkins with Drs. Gokul Vidyasankar and Stephen Duffett.

Dr. Peter Collingwood received a special award from the Canadian Interventional Radiology Association (CIRA). This is not an annual award, but is given only periodically to someone who has contributed to the organization and the field of interventional radiology. Dr. Collingwood was a founding member of CIRA, which was formed in 2000 to co-ordinate interventional radiology in Canada. Interventional radiology is a specialty of radiology that provides minimally invasive, targeted treatments performed using imaging for guidance. He served twice as president, from 2005-2007 and from 2010-2011. In 2005 he made formal presentations to the Canadian Association of Radiology (CAR) showing that interventional radiology is an important part of radiology; he went on to serve on the CAR executive.

Dr. Suzanne Ryan was the 2012 recipient of the Roentgen Resident/Fellow Research Award presented annually by the Radiological Society of North America. Dr. Ryan was nominated for this award by the Discipline of Radiology as the recipient of the first-place resident research award at the annual Radiology Residents’ Research Day for her project titled The Impact of Wait Times on the Prognosis of Non-Small Cell Lung Carcinoma in Eastern Health.

In 2011 Dr. Jennifer Young, PGY4, was the recipient of this award for her project titled Physician Awareness of Ionizing Radiation.

Dr. Robert Heale, radiology program director, presented Dr. Suzanne Ryan with her award.

Dr. Jennifer Young, PGY5, presented Dr. Paul Jeon with his teaching award.

Dr. Paul Jeon was this years’ recipient of the Dr. Spencer Bridger Teaching Award for Excellence in Teaching Radiology Residents. Each year this award is voted on by radiology residents. Dr. Jennifer Young, PGY5, is shown presenting Dr. Jeon with his award.

Dr. Connie Hapgood was the 2011 recipient of this award.

Resident awards

Dr. Ben Rokach, PGY3, and Dr. John Hopkins received the 2012 Canadian Heads of Academic Radiology/GE Healthcare Development Award and grant for their research proposal titled Occult scaphoid fractures: comparison of CT, MRI and bone scan for diagnosis and economic implications of current management, in the resident award category.

Dr. John Hopkins and Dr. Ben Rokach.

Dr. Jennifer Young, PGY5, presented Dr. Paul Jeon with his teaching award.

National honour

Teaching award
Memorial University reaching out to Nunavut

MEMORIAL UNIVERSITY’S Faculty of Medicine has a solid reputation for training family doctors for work in rural and remote areas. Now that expertise is being put to good use in Nunavut to develop a new program that will provide family medicine residents with a structured and longer-term educational rotation in the Territory.

Funding for the Nunavut Family Physician Residents Project (NunaFam) project is provided by the Government of Canada. In response to Nunavut’s ongoing challenges to recruit and retain family physicians, the federal government will provide $4.9 million to support up to eight newly graduated doctors to do their family medicine training in collaboration with Memorial University.

The NunaFam Project will also establish a Family Practice Training Centre based at Qikiqtani General Hospital in Iqaluit, which currently serves as the main referral centre for the Qikiqtalluq Region of Nunavut. The training centre will provide additional educational and academic networking support for physicians practising in Nunavut, as well as being a focal training point for residents in this project.

This extended exposure will encourage residents to stay and work in Nunavut after the completion of their medical training. While based in Iqaluit, the eight residents will conduct visits to several communities including those in the Qikiqtalluq (Baffin) Region.

“This collaboration will enhance support for family physicians working in Nunavut on an ongoing basis and will encourage their continuing medical practice in the Territory,” said Dr. James Rourke, dean of medicine at Memorial University.

Memorial University faculty and staff have already made two site visits to Iqaluit. In June 2011 Dr. Ean Parsons, faculty site lead for the Iqaluit site, Dr. Cheri Bethune, faculty development co-ordinator, and project manager Linda Kirby visited to meet the people who will be involved in the project and do some faculty development. In February 2012 a larger group travelled to the Territory: Dr. Parsons and Ms. Kirby returned, along with Dr. Marshall Godwin, chair of Memorial’s Discipline of Family Medicine; Dr. Danielle O’Keefe, program director; Patti McCarthy, educational co-ordinator; Reanne Meuse and Shannon Aylward, the project evaluation team; and John Crowell, photographer with the Faculty of Medicine.

“We have an administrative office site in Iqaluit, with a Learning Resource Centre for the residents, explained Ms. Kirby. “Our third resident is currently in Iqaluit, and the fourth is scheduled to head up north in June. Three of the residents have been first-year residents, completing two months in maternal health. The current resident is a second-year resident completing a four-month rotation in rural/remote family medicine.”

Dr. Amy Pieroway is one of the family medicine residents who has already spent time in the Territory. “I had an amazing time in Nunavut,” she said. “The work was stimulating, the people were kind and funny, and socially there was so much to do. I decided to go to Nunavut because I always like to seek out new experiences, and to challenge myself, both medically and personally. I love to travel and had always heard great things about Iqaluit and Nunavut, so when the opportunity presented itself, I jumped at the chance.”

Dr. Pieroway said practising medicine in Nunavut was completely different from any other clinical experience she’s had. “Having done rotations across Canada, in the Caribbean, and Western Africa, I thought I might have an idea as to what to expect, but it exceeded my expectations in every way. The patients were challenging, and not having the backup of a bevy of specialists as we do in St. John’s, allowed me and the family physicians practising in Nunavut to really work through the full spectrum of a general practice. I delivered babies, did home visits with elders in Cape Dorset, worked in the emergency department and did work in the tuberculosis clinics.”

The family medicine resident said one home visit stuck with her in particular. “I was in Cape Dorset doing a community visit, and we were asked to go to the home of one of the elders as she was not particularly mobile, and was blind, so she was unable to attend our medical clinic.”

“As we were preparing to leave her home, she was asking a few questions about us,” said Dr. Pieroway. “I was described as the tall woman from Newfoundland, and she wanted to stand up beside me to see how tall I really was. So after some maneuvering, she stood up, clutching on to my hips, and she reached about half way up my chest. She would reach upwards to feel my face, and then she would...
laugh outrageously, and feel downwards to make sure I wasn’t standing on a stool. She couldn’t believe that women existed who were six feet tall! As we were leaving she said to us (through a translator) that when she was a little girl she was afraid of white people, as so few visited her community. She never dreamed that one day she would be inviting them into her house!”

Dr. Pieroway has already made plans to return to Nunavut, whether for a locum or a longer stay. “My experiences there were so positive that I knew I would return long before I even left!”

Dr. Madeleine Cole, director of Medical Education for Nunavut, said the residents from Memorial were kept busy during their time in the Territory. “Clinically, they were able to deliver lots of babies, work in a busy emergency room, learn about and see tuberculosis and go on visits to the smaller fly-in communities to do clinic medicine. Residents have also done medical outreach and advocacy work such as health teaching visits to the women’s shelter and providing first aid at speed skating tournaments.”

Dr. Cole said the experience is beneficial for all residents training in Nunavut. “The residents from Memorial have lived with and befriended residents from other family medicine and pediatrics programs who are also here, making for a collegial learning environment.”
In memory

DR. NIGEL RUSTED, Memorial’s oldest alumnus and a member of the inaugural class of Memorial University College in 1925, died March 18 at the age of 104.

A member of the Order of Canada and the Order of Newfoundland, Nigel Francis Scarth Rusted was born in Salvage, Bonavista Bay, in 1907 and spent portions of his youth in Upper Island Cove and Carbonear. He received his diploma in arts and sciences in 1927 from Memorial University College and then attended Dalhousie medical school, serving as health officer for two summers aboard the S.S. Kyle, which visited more than 50 communities along the Labrador coast. He spent time in the 1930s as a medical officer on the SS Kyle, travelling through coastal Labrador, and on the MV Lady Anderson along Newfoundland’s southwest coast.

Dr. Rusted opened a private practice clinic in 1936 and went on to perform 9,000 operations before retiring from surgery in 1982. He was also appointed clinical professor of surgery at Memorial in 1968. During his career in surgery he worked and held executive positions at all four hospitals in St. John’s and served Memorial University on its first Board of Regents and its Building Committee. He joined the Canadian Medical Association (CMA) when Newfoundland became the 10th province of Canada in 1949.

“Dr. Rusted gave a lifetime of service to the people of Newfoundland and Labrador,” said Dr. James Rourke, dean of medicine. “At his home he showed me the many meticulous records he had kept and described his life's work to me. From a young doctor traveling along the coast on the SS Kyle, to a busy general surgeon in St. John’s, he saw it all and did it all over more than a century of life. Dr. Rusted went away regularly to learn the best surgical techniques – a role model for continuing medical education. He was particularly proud of his cleft lip repairs and the many surgeries he did for no compensation. After he retired he continued to contribute to the medical school through the Dr. Nigel Rusted annual lectureships in humanities and in surgery. These brought in many fascinating speakers and his witty and insightful closing remarks added to the event.”

Dr. Rusted kept abreast of recent developments in medicine through his reading. The Canadian Medical Association Journal (CMAJ) was always at the top of his reading pile by the fireplace in his home on Monkstown Road in St. John’s. Last year that journal honoured him with a feature article, titled Dr. Nigel Rusted: a CMAJ centenary reader, written by Memorial University medical humanities historian Dr. Jennifer Connor and Dr. Rusted’s granddaughter Angela Hyde, a MD/PhD student at Memorial.

Dr. Rusted kept a daily diary from Jan. 1, 1925 and his notebooks contain retrospective essays that he drew on for publications and interviews. His passion for the medical humanities prompted him to launch the Dr. Nigel Rusted Lectureship in Medical Humanities in 2003, which he continues to sponsor annually.

Dr. Rusted received an honorary D.Sc. from Memorial University in 1973 and an honorary life membership in the Newfoundland and Labrador Medical Association in 2010. Dr. Rusted was predeceased by his wife of 63 years, Florence; parents Rev. Canon Ernest and Faith Rusted; siblings Winnifred, Sybil, Joan, Edward and Ian. He will be lovingly missed by his children: Joan Rusted (Denis Jenkins), Elaine Hyde (Bob) and Tom; three grandchildren: Andrew Royal (Jill), Angela Hyde (Jim Parsons) and Danny Hyde (Cathy); four great-grandchildren: Grace and Thomas Parsons, Georgia Hyde, Tilly Royle and many close relatives and friends.

DR. MERIDITH MARKS, Class of 1987, passed away Apr. 22, 2012. She was a professor in the Department of Medicine and assistant dean of the Academy for Innovation in Medical Education, University of Ottawa. Born in Channel-Port-au-Basques and raised at the Cape Ray lighthouse, Meridith’s light and smile shone in the lives of many. She was a teacher, mentor, friend, runner, lover of gourmet cooking and life celebrations, Calabogie Lake cottager, Newfoundlander, knitter and world traveller. After earning her MD at Memorial, she did her residency at the University of Ottawa. A specialist in physical medicine and rehabilitation, she brought her healing hands and calming touch to clinical practice at the Rehabilitation Centre in Ottawa with a focus on amputee rehabilitation and an unwavering commitment to excellence in medical education. Recognized and honoured by multiple clinical care and teaching awards which marked her local and national contributions, her dedication inspired and shaped students, residents and physician peers.
DR. RICHARD FAGAN,
Class of 2012, passed peacefully away in the arms of his loving wife and family on June 14, 2012 after a long and courageous battle with cancer, age 25 years. Classmates Drs. Stephen Quigley and Matthew Ryan, and mentor Dr. Andrew Furey, share some memories of Richard.

From friend Stephen Quigley
On June 14 the graduating medical class suffered a great loss with the passing of their friend and colleague, Dr. Richard Fagan. With his passing, a great void has been left, not only within our graduating class, but also within the medical community as a whole.

Simply put, Richie was a great person, classmate, and friend. His sense of humour, intelligence, athleticism, and spirit for adventure were qualities to be admired. His love of the outdoors, nature, and the mountains, fueled energy and a passion for life that could not be matched by many.

His dedication to his wife Paige, family, and friends during the last few months of his life is something that will be remembered and cherished by all.

With great fondness, I recall upon an excerpt from a ski trip blog which we (and seven of our classmates) embarked upon in the winter of 2009. The trip lasted approximately two weeks and covered ski hills across Alberta and British Columbia.

On the first day, while everyone arrived at the hotel to get settled and unpacked, Richie seemed to have very little to do. We inquired about this, and to our surprise (and later laughter) we discovered that Richie had left packing to the very last moment and had to rush to make his flight. In his haste, all he managed to pack during those last few moments were the following items:

1. One plaid shirt
2. One pair of jeans
3. Underwear and socks (limited numbers of each)
4. Two walkie-talkies
5. A box of protein bars

For those who know Richie, this was classic.

On his funeral program a beautiful, yet simple statement captured the legacy that Richie leaves behind.

Richie you were a great success and you certainly will be missed.

“There are many ways to measure success, not the least of which is the way your friends describe you.”

From friend Matt Ryan
Richie did a significant amount of work with the Canadian Progress Club (for the mentally handicapped) and the Vera Perlin society. I’m not privy to the details of Richie’s level of involvement, but what I can comment on is how his kind spirit, level of compassion and empathy had a positive impact on the life of many of the Special Olympic athletes I coached.

Shortly after starting medical school I remember introducing myself to one athlete in particular. The athlete asked what I did. I informed him that I was a medical student. He then asked if I knew Richard Fagan? Unsure of where this was going I said “Yes, he’s a classmate.” The athlete’s face lit up. I soon came to realize that Richie was a well-respected friend of many of the special Olympic athletes I had the privilege to coach.

Richie’s enthusiasm for life was contagious. He coined the term “Adventure Time”, which soon turned into a Class of 2012 term used to describe stress-relieving adventures such as hiking the East Coast trail and Gros Morne, and spending time in the wilderness. He was often the first man on the trail, all smiles and a great ambassador of the outdoors to his peers. From what I gather he was also an amazing skier and talented hockey player.

From mentor Dr. Andrew Furey
I consider myself to be a lucky man, for I had the distinct pleasure and honour of having known Dr. Richard Fagan.

In my young tenure as an orthopedic surgeon I have had the opportunity to mentor only a few medical students in their pursuit of a career in orthopedic surgery. Richard Fagan was one of those students, in fact the only one whom I felt I connected with immediately. He was one of those very special and dedicated individuals who cared deeply for his profession and for those in need of his help.

As I sat to write this I tried to summarize my feelings on Rich as follows, “Dr. Richard Fagan simply put was an amazing individual.” Although entirely accurate, one line does not do justice to the type of person and doctor Rich was.

His passion for skiing was over shadowed only by his dedication to patient care and his thirst for knowledge in the field of orthopedic surgery. Rich began shadowing me as a first-year medical student and I am truly blessed to
have known him for the past four years. His commitment to a career in caring for patients with musculoskeletal injuries was immediately evident, always going beyond what was expected or required for his level. As his knowledge grew he frequently outperformed not only his peers but residents far above his level. As a brief example, we were scrubbed in the operating room one day, when I only mentioned a research project idea. Within weeks Rich had completed the manuscript and had it submitted for publication with only minor contributions from me. His dedication to medicine was second only to his commitment to his wife and family, an inspirational and admirable quality.

I was extremely proud of Rich, and at the risk of another residency training program selecting him, I would frequently sing his praises to surgeons in different programs throughout the country.

I often felt guilty having Rich around, for I was supposed to be the teacher, but as our conversations drifted from orthopedics and into other areas of life, such as skiing, I was the one doing the learning... and enjoying every second of it!

Having remained in contact with Richard during his diagnosis and brave fight, I have been humbled by the way he handled his unfair illness, never complaining and always with a positive attitude about his situation.

What I will remember most from his funeral is how many friends Rich had; that is a true testament of the man.

While he has been taken from us far too early, those of us who had the privilege of knowing him, will always remember him.

DR. JACK HAND, Class of 1990, and a part-time faculty member of the Discipline of Pediatrics, died June 6, 2012 at age 46. A respected pediatric hematologist and oncologist, he was known for his compassionate and caring treatment of children with cancer.

Colleague Dr. Anne Drover, who was in the same class as Jack, said he had an amazing way of dealing with people and with children and families that made you trust him. “He was a very good doctor.”

Dr. Drover said he was also a special person in the eyes of his colleagues and was able to inspire others to pursue his field, including the two pediatric oncologists who remain at the Janeway: Drs. Lynette Bowes and Lisa Goodyear.

“Jack was a mentor to them and they went off and came back because they wanted to work together in a team with Jack. He just created an amazingly positive environment for learning and working,” said Dr. Drover.

Dr. Goodyear (Class of 2008) worked with Dr. Hand for four years and said there was nothing he couldn’t do. “Jack was like an old-style physician, he had great hands-on clinical skills. I always found his skills and knowledge were much deeper than you could ever imagine. He was larger than life.”

Popular with residents, Dr. Hand was always included in retreats and social events. “He worked hard but he knew how to relax and have a good time,” said Dr. Goodyear. “He loved knowing the Janeway people and fought hard to keep the spirit of the old Janeway alive.”

After medical school, Dr. Hand completed a residency in pediatrics at Memorial before moving to British Columbia for a pediatric oncology fellowship. He returned to Newfoundland in 1997 to practise at the Janeway.

Oncology nurse Gale Roberts worked for two years alone with Dr. Hand before Drs. Goodyear and Bowes joined them. “Patients loved him and he was more than just a doctor to his young patients, especially the teenagers. He used comic relief to help them deal with their diagnosis – he had a remarkable gift.”

Ms. Roberts said she knew Jack since he was a medical student and said he was always devoted to his work. “He was not just a colleague, he was our friend.”

Aside from his work at the Janeway, Dr. Hand was devoted to making it easier for families with a sick child through his work with Ronald McDonald House Newfoundland and Labrador. Located a five-minute walk from the Janeway, it is scheduled to open this September.

Dr. Hand leaves to mourn his wife, Tina, and three children – Michael, Amy and Jessica – and a large extended family.
Ceremony honours the memory of Dr. Howard Strong

A CEREMONY was held March 13 to dedicate the Geriatric Psychiatry Day Hospital at the L.A. Miller Centre to Dr. Howard Strong, a professor of psychiatry with Memorial University and psychiatrist with Eastern Health’s Mental Health and Addictions Program. A plaque was unveiled which included Dr. Strong’s photo and words honouring his commitment to seniors. Dr. Strong, who passed away in January 2011, was instrumental in setting up the Geriatric Psychiatry Day Hospital.

“It was his proposal that established the service of the Geriatric Psychiatry Day Hospital in 1985 at the L.A. Miller Centre,” said Beverley Clarke, vice-president responsible for Mental Health and Addictions with Eastern Health. “Over the years Dr. Strong provided care to individuals through the day hospital, outpatient clinics, a home visiting service, as well as being a part of the academic team at Memorial’s medical school. The idea of the dedication of the day hospital evolved from the years of service given by Dr. Strong to the geriatric population of the province in the area of mental health.”

Dr. Isabel Martins, a colleague of Dr. Strong’s, spoke during the ceremony and recalled that Dr. Strong was central to the development of a geriatric psychiatry program in Newfoundland. “From its beginning the program was founded on timely access and flexibility. It was also a teaching service and a three-month rotation in geriatric psychiatry became mandatory for psychiatry residents.”

“Howard was a visionary,” said Dr. Roger Butler, associate professor of Family Medicine with the Ross Family Medicine Centre at the Miller Centre. “He had on file over 3,000 cases of dementia he had treated in his career. He was dedicated to providing compassionate care to people living with dementia. His knowledge of geriatric psychiatry was remarkable and his dedication to teaching and training medical students, family medicine residents and psychiatry residents, as well as seasoned practitioners, was well known.”

Dr. Butler said Dr. Strong was a firm supporter of the Alzheimer Society and his respect in the medical community was supreme. “Howard developed the Geriatric Psychiatry Day Hospital into a team of experienced geriatric psychiatrists, allied health professionals, nurses and advanced practice nurses, who provide ongoing therapeutic support to elderly patients with mental health problems. Their assessments often included home visits which are rare in other jurisdictions throughout Canada.”

Dr. Butler said that Dr. Strong was the prime mover in establishing this important program, and the legacy he left behind is one of a high-quality team that provides outstanding geriatric psychiatry care to the people of our province. “It is most appropriate that the Geriatric Psychiatry Day Hospital be dedicated to his memory, as he was a professional role model to which we all should aspire. He is missed greatly by his team, his colleagues, his family and his dedicated supportive wife of many years, Shirley,” he added.

The Geriatric Psychiatry Day Hospital provides mental health outpatient services to older people who develop mental illness or mental health difficulties. The program has three components, namely, an Outpatient Clinic for Assessment and Treatment, Community Outreach, and a Day Hospital which operates Monday to Friday.
White coat blues? When altruism, professionalism and wellness clash

By Dr. J.T.H. Connor

“You don’t get it, do you? You can give and give and give. And this place will take and take and take. ...It’s a massive juggernaut riddled with vested interests and inertia and filth and it will f--- you in the arse. You don’t get paid more if you work more and you don’t get paid less if you work less so work less. Work less. Save yourself. You think you’re going to survive on the feel good factor...There isn’t enough me. I’ve missed weddings, parties, life events, and so have you. I’ve given my pound of flesh without any regard for my own health and happiness. I’ve destroyed and suppressed what’s important to me, at least give me a career out of it.

I won’t be staying late. I’m out of here. I’m not doing any more unpaid work...

THIS PASSAGE from Tiger Country (p. 108-9), the 2011 play by British writer Nina Raine about hospital and medical life in the United Kingdom, is delivered by the character James (a junior doctor in his late 20s) and is packed with anger, frustration, and maybe even some guilt. Medical students in our Class of 2015 will recall it as I assigned them this play to read, analyze, discuss and write an assignment on; students in the Class of 2013 also acted out and discussed dramatic scenes as part of our professionalism module in the pre-clerkship preparation course. The playwright incorporated many themes into Tiger Country, but central ones include how doctors cope with stress, burnout and careerism, as well as personal physical health and well-being. But, hey, wait a minute – this play is set in Britain about English doctors working in the National Health Service, not in Canada or Newfoundland and Labrador. Yet, I would wager that a cynical person might not have much difficulty describing any provincial health authority as a “massive juggernaut riddled with vested interests and inertia,” thus similarities may be drawn. And, although Tiger Country is fictional, its author based her work on much actual research and observation in hospitals. So, even if parts of it may be exaggerated for dramatic effect the play may be helpful as a mirror.

James’ lament that he has given his “pound of flesh,” that he has missed personal celebrations, and that he suppressed much - and all to the detriment of his “own health and happiness” - may be appreciated by many medical students and young doctors. Moreover, as much as the practice of medicine has its rewards, in James’ view you can’t rely on the “feel good factor” for survival. Later in the play James is chastised by Emily, his doctor colleague/girlfriend, about drinking beer at 9 a.m., but he responds he has just finished a full day’s work so for him it’s really 9 p.m. - and he is unwinding to “escape from reality.” But Emily counters that it isn’t nine in the evening, and James is “upside down.” Their conversation (and relationship) really goes downhill after that!

As James’ sentiments illustrate, there can sometimes be a fundamental tension in medical life between giving and taking, or expressed differently between altruism and professionalism—which can have consequences for wellness. For decades, right up to the present day, the fundamental responsibility of a physician as stated in the Canadian Medical Association (CMA) code of ethics is to “consider first the well-being of the patient,” thus making altruism front and centre. Yet, curiously, it was only beginning in 1996 that a statement about a physician’s responsibility to him/herself concerning personal well-being was first added - and that at the very end of the document. In 2004, responsibility #53, the new last in the list of duties appeared:

Protect and enhance your own health and well-being by identifying those stress factors in your professional and personal lives that can be managed by developing and practising appropriate coping strategies.

Does this apparent CMA ranking of altruism first and wellness/professionalism last mean anything? Perhaps. Could it be that the medical profession is not too keen to admit to illness or stress within its ranks? Reading the literature suggests that doctors do make lousy patients; also some curious attitudes develop as medical careers advance and short white coats become replaced by long ones. Robert Klitzman, a psychiatrist who wrote When Doctors Become Patients (2008) based on numerous interviews with sick doctors (and some were really sick), was struck by the high degree of denial displayed by these practitioners. He also noted that wearing a white coat seemed to confer an attitude of immunity to disease. And that, over time, the MD designation was not just a ticket to a good career but it became a personal identity, so to be ill or sick was deemed as a professional weakness or failure. (This contrasts with the medical student syndrome of contracting almost all conditions that they happen to be learning about in the first couple of years of med school.) The good news was that those
physicians who recovered from their serious illnesses believed they became better, more caring doctors; - they truly came to understand what it meant to be a patient. (This latter issue is also the topic of another Year 1 class discussion after we view a clip from the 1991 film The Doctor, starring William Hurt - but that's another story.)

As a medical historian I know that while some beliefs and concepts do endure for long periods, the practice of medicine is nevertheless grounded in change. Certainly, in class discussions of medical professionalism with Year 2 students I am struck by their reluctance to cleave to an older hierarchical or nostalgic model of professionalism which might endorse altruism over personal well-being. These students do not in any way undervalue altruism, it’s just that in their quest for a balanced personal-professional lifestyle they are developing a different sense of equilibrium which privileges well-being in their generational model of professionalism. This trend may be due to the fact that many of them are currently in stable relationships, perhaps already with a family; have entered medicine after some other professional training (e.g. nursing, pharmacy, engineering, law); or maybe it's a gender matter—most of our classes (as with other medical schools) consist of women and women will thus comprise the majority of the Canadian medical profession soon and will stay so for some time. This is probably all to the good—after all it was Emily, one female character, who recognized that James was “upside down.”

Dr. J.T.H. Connor is the John Clinch Professor of Medical Humanities and History of Medicine.

Cox Award winner to look at causes of osteoarthritis

DR. GUANGJU ZHAI, Discipline of Genetics, has received the 2011 Cox Award of $30,000 for a preliminary study of epigenetic influence on osteoarthritis (OA). The Cox Award is given out annually through the Medical Research Endowment Fund (MRF).

“Osteoarthritis is the most common form of arthritis and has a huge clinical and economic impact,” explained Dr. Zhai. “There are about three million adults (one in 10) affected by OA in Canada, including roughly 85 per cent of the population over 75 years, with approximately twice as many females as males. It is predicted that, by the year 2031, the number of people with arthritis in Canada will more than double. The economic burden of arthritis in Canada was estimated to be $6.4 billion in 2000, most of which was due to OA.”

Dr. Zhai said OA is a complex disease that is not completely understood. “While several environmental factors such as age and obesity have been clearly associated with OA, approximately half of the risk of OA is due to genetic factors. We have recently identified several genetic changes that predispose to OA. These discoveries have improved our understanding of the causes of OA. However, the risk for any of these genetic changes is quite low, and a substantial proportion of the causality for OA still remains unexplained. DNA methylation is the process in which a methyl group is added to the cytosine pyrimidine ring. Its role is to turn genes ‘on’ or ‘off’. Emerging evidence suggests that DNA methylation plays a significant role in the development of OA and could account for the largely unexplained causality of OA.”

The aim of the study is to examine whole-genome DNA methylation pattern in the articular cartilage tissue obtained from 10 patients who undergo total hip joint replacement due to primary OA, and 10 control patients who undergo total hip joint replacement due to hip fracture who are otherwise healthy, to identify differentially methylated DNA regions that confer a larger risk of OA.

Dr. Zhai said the study results will support an operating grant application to the Canadian Institutes of Health Research. “The field of epigenomics is in its infancy and any success in this field in linking changes to common human diseases such as OA will have a major impact on the field.” He noted that epigenetic changes, although heritable at the cellular level, are potentially reversible, and could be a new molecular target for therapeutic intervention, especially early in the disease.

This project is in collaboration with Drs. Andrew Furey and Glynn Martin, Orthopedics, who are responsible for identifying study participants and collecting cartilage samples from joint replacement patients; Dr. Guan Sun, Genetics, who advises on DNA and RNA extraction from cartilage tissue as well as novel gene expression and methylation methods; and Dr. Roger Green, Genetics, who co-supervises two master’s students, Zoha Rabie and Erfan Aref Ashghi, who are working on the project. Michelle Simms, a lab technician, and Yuhua Zhang, a statistician, are also involved in the project.
THANK YOU to our many alumni who have been so generous in their support of the Faculty of Medicine. This generosity has a significant impact in advancing all aspects of our mission of excellence in teaching and research.

Overall, philanthropic support for the Faculty of Medicine has been growing consistently in recent years. In 2011-12 we received $299,936 in donations to all areas of the Faculty of Medicine from 451 donors. These include gifts from corporations and foundations, faculty/staff and retirees, alumni and friends. One very special fact to note is that 70 per cent of all donors to Medicine are our alumni. Of the total funds raised, 57 per cent of all giving came from our alumni.

2011-12 REUNION CLASS FUNDRAISING


- $11,680 Dr. Wallace Ingram Award - established by The Medical Graduates Society in 2004 under the leadership of then president Dr. Wayne Gulliver to honour Dr. Wallace Ingram, professor emeritus (internal medicine), for his outstanding contributions to medical education throughout his career. The focus of the award is medical education research/scholarly activity. Our alumni have given a total of almost $153,000 during reunion giving programs, providing support to 17 research projects so far.
- $15,550 Dr. Bob Green Memorial Award – a special project by Class of 1981 to create a new endowed award in memory of their classmate Bob Green, who died in 2008.
- $4,100 Dr. Chip Nardini Award – a special award initiated by the Class of 1986 in memory of a classmate who was tragically killed in a skidoo accident in the spring of 1986. This award is given to a fourth-year medical student who best exemplifies the characteristics of leadership, friendliness, good humour, care and concern for fellow students and patients.

THOUSAND THOUSANDS CHALLENGE FUNDRAISING – totals to date

The Thousand Thousands Challenge was started in 2005 by Dr. Wayne Gulliver, then president of the Medical Graduates Society, and has raised a total of $262,789 as of March 31, 2012. The Thousand Thousands Challenge is now our annual giving program for all medical alumni. It is a way of asking alumni to show support for their alma mater by donating back to the medical school with a yearly gift.

Support for the annual giving program by our alumni is a strong endorsement of our medical education program. Ultimately the goal is for 1,000 alumni to give at the $1,000 leadership level annually. This will one day provide annual funding of $1 million to further our mission of excellence in medical teaching and research. Of course, all gifts count and are greatly appreciated.

SPECIAL NEW GIFTS FROM OUR CURRENT STUDENTS

The Medical Graduate Students Society (MGSS) has created two annually funded graduate awards valued at a minimum of $250 per year each, based on the funds raised by the MGSS. The awards are given in the fall of each year to full-time current graduate level students in the Faculty of Medicine, one to a master's student and one to a PhD student. An application to the Office of Research and Graduate Studies (Medicine) is required for the awards.

The Medical Students' Society (MSS) has donated $10,000 to create a new endowment fund that will support the Medical Students’ Society Travel Award in Medicine. This new award will be given annually to a full-time medical student who has completed the first year of undergraduate medical studies, to help offset the costs required to attend a conference. A nomination submitted to the Office of Student Affairs will be required for this award.

President
Medical Graduates’ Society

HOW TO GIVE
For more information about any type of giving to the Faculty of Medicine please contact Margaret Miller, development officer at 709 777 8289 or margaret.miller@med.mun.ca.