

Fall 2006

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Northern Passages

Newsletter of the Northern Ontario School of Medicine

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Northern Ontario
School of Medicine

West Campus
Lakehead University
955 Oliver Road

Thunder Bay, ON P7B 5E1

Tel: 807-766-7300
Fax: 807-766-7370

East Campus

Laurentian University
935 Ramsey Lake Road
Sudbury, ON P3E 2C6

Tel: 705-675-4883
Fax: 705-675-4858

The next class arrives!



NOSM welcomed its second class of 56 students this fall. Shown with the class members are NOSM's Founding Dean, Dr. Roger Strasser (front-left), and Vice-Dean, Dr. Dan Hunt (front-right). The entry class of 2006 was introduced to life in the North with a road trip that started in Sudbury and ended in Thunder Bay. Stops along the way included Sault Ste. Marie, Wawa and Marathon. See pages 4 & 5 for more details.

The School receives "full marks" in recent accreditation site visit

The international accreditation team has again given the Northern Ontario School of Medicine full marks in its development and delivery of Canada's newest MD program.

And while this outcome is not unexpected, Dr. Dan Hunt, NOSM's Vice Dean of Academic Activities, says it is terrific news.

"The bottom line is that the site visit (by the accrediting team) went very well," he says. "They were very positive in their comments.

"It feels really good to have it confirmed once

again that we are on the right track."

In North America all medical schools meet the same standards as laid out by the Committee on Accreditation of Canadian Medical Schools (CACMS) and its U.S. equivalent, the Liaison Committee on Medical Education (LCME).

NOSM first achieved accredited status in June 2004 following a successful accreditation site visit in March of that year. This status has been reaffirmed at each subsequent visit.

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Site visit a huge amount of work for many

This latest site visit, from September 24th to the 27th, focused on NOSM's experience of teaching first year of the MD program, its implementation of year two, and its planning for years three and four.

The official document from this latest site visit will not be finalized for many months, but the exit report by the accreditors makes it clear that NOSM is on the right track.

In fact, of the eight areas to be closely examined by the accreditors, only one was even raised as a possible issue. All others received glowing marks from the team.

Preparation for an accreditation site visit takes a lot of time and a huge amount of work, explains Hunt. He, along with Cathy Powell (Executive Assistant, Office of the Vice Dean, Academic Activities) and Dr. Joel Lanphear (Associate Dean UME) led NOSM's efforts.

But as Powell says, they could not have done it without the support of a large number of other staff, faculty and students.

"I just wish to personally thank everyone who helped make the visit so successful," says Powell.

"Thank you all."



(L-R): Cathy Gosselin, Cathy Powell, Dr. Dan Hunt, Christeen Jones, and Stephanie Lesage standing in front of the enormous accreditation document that was submitted to the Committee on the Accreditation of Canadian Medical Schools (CACMS) and the Liaison Committee on Medical Education (LCME). The document contains thousands of pages, each representing many hours of hard work.

The content of this important document was developed with the help of many people in the School and quite possibly everyone at NOSM played a role in gathering the necessary information. Since the document focuses primarily on medical student education, the UME office and in particular, Dr. Joel Lanphear and Marie Matte made significant contributions.

Project leads Hunt and Powell wish to thank all those who assisted in getting this document to print and a special thank you to Ann Moro for her valuable support.

Upcoming NOSM Symposia

Times: 12:00 – 13:30 Eastern, 11:00 – 12:30 Central

The NOSM Symposium Series consists of presentations provided by nationally and internationally recognized experts. Presenters are selected by the Heads of the Clinical Sciences, Medical Sciences and Human Sciences Divisions at the Northern Ontario School of Medicine.

The Division Heads identify presenters who promote the exchange of information on key topical issues, developments and trends in medicine and

medical education. The Symposium Series enables communities, students, academics and researchers to network and explore opportunities to collaborate. The NOSM Symposium sessions are open to the public and are presented live, via video conference and as webcasts. For further information go to www.normed.ca or contact Sherry Carlucci at 705-662-7257 or sherry.carlucci@normed.ca.

Thursday, October 12, 2006

Speaker: Dr. Roy Martin

Topic: Moral Medicine in Spiritual

Perspective: Mystery and Reverence in
the Practice of Care with

Thursday, November 16, 2006

Speaker: Dr. Roger Strasser, et al

Topic: NOSM Update

Thursday, December 14, 2006

Speaker: Dr. Louise Samson, RCPSC President

Topic: Physician Competencies &
Accreditation

Thursday, January 11, 2007

Speaker: Dr. Louise Nasmith

Topic: Interprofessionalism & Faculty
Development

Thursday, February 15, 2007

Speaker: Dr. Lindsay Crowshoe

Topic: Aboriginal Health Research

Thursday, April 12, 2007

Speaker: Dr. John Frank

Topic: An Examination of National Health
Disparities

Thursday, May 17, 2007

Speaker: Dr. Roger Strasser, et al

Topic: NOSM Update

Second Aboriginal workshop a "report card" on the School's progress

Mii Kwen Daan - Continuing the Dialogue

Fort William First Nation in Thunder Bay played host to the School's second Aboriginal workshop this past August, attracting nearly 100 Aboriginal community and health-care leaders from across Northern Ontario.



Elders from various territories were present and provided continued direction and guidance to the workshop participants.

As a further indication of the partnerships being enriched through NOSM, K-Net provided a conference website that featured a live webcast open to anyone with high-

speed Net access.

Using an online facilitator, remote participants joined in the Q&A sessions and in the discussions. The session information is archived at meeting.knet.ca.

The Mii Kwen Daan - *Continuing the Dialogue* workshop was a follow-up to the 2003 "Follow Your Dreams" workshop hosted by Wauzhushk Onigum First Nation. This first workshop provided specific recommendations

for developing an "Aboriginal friendly" medical school.

"The Northern Ontario School of Medicine has a mandate to be socially accountable, reflecting the cultural diversity of Northern Ontario,"

explains NOSM Founding Dean Dr. Roger Strasser.

"Workshops like this help ensure that the School is succeeding in its efforts to engage Aboriginal communities in the School's programs."

A final

conference report will be published in the coming months.



Images from the various sessions at the Mii Kwen Daan - "Continuing the Dialogue" workshop, held August 1st to 3rd, 2006 at the Fort William First Nation in Thunder Bay.



The goal, and the title of the workshop, was Mii Kwen Daan - *Continuing the Dialogue*. By all measures, the event was a complete success.

"The School's efforts to engage the Aboriginal communities of Northern Ontario into its curriculum and administration are truly progressive," says Rosie Mosquito, a member of the Nishnawbe Aski Nation and Chair of the NOSM Aboriginal Reference Group. "With a 'think-outside-the-box' approach, NOSM leadership has pushed the parameters for a successful medical



education program."

The workshop provided a "report card" to the School concerning topics such as: communications, community engagement, admissions, curriculum, and research. In addition, several



It's Your Newsletter!

Northern Passages is published quarterly and distributed to the broad NOSM community. If you have a story idea, or want to get the word out about an event, a milestone or an interesting development, please contact:

Michael O'Reilly, Managing Editor
Michael.O'Reilly@normed.ca
phone: 807-474-5343

The Northern Ontario School of Medicine

It was an exciting journey for 56 new medical students who came together to bond, share experiences and begin the orientation process at the Northern Ontario School of Medicine.

In late August, the 2006 entry class took part in a bus excursion throughout Northern Ontario as part of their Orientation Week. The week included activities, workshops and lectures to

help students make the transition to medical school.

Launched from the NOSM East Campus at Laurentian University, the ultimate destination was the NOSM West Campus at Lakehead University campus.

Stopping in towns along the way to meet physicians and local residents, the students enjoyed the camaraderie of meeting new friends, mingling with

community leaders and talking with many Northerners.

In Sault Ste. Marie the new med students participated in recreational activities such as kayaking, canoeing and a competitive game of beach volleyball at the RYTAC Waterfront Sports & Recreation Centre.

Following a little mini-golf and a round of paintball at the Great Northern Fun Park, they enjoyed lunch and an afternoon



Daniel Cufteet

"I sort of grew up in Northern nursing stations, with my mother being a nurse. I was quite involved there as a child, so being in health-care is natural for me. More than anything though, I've seen a need in Northern communities for doctors and nurses."



**Photos of
Marlene**



"I can honestly say I've always wanted to be a physician. It's something I've felt the need to do and I chose the Northern Ontario School of Medicine because I'm from the North. I believe in the North, and I want to give back to my community."



Suzanne Lambert-Giroux



icine welcomes the entry class of 2006

at beautiful Pointe Des Chenes Beach. The friendly competition continued during a pretty hilarious (and brief) race of cardboard boats constructed by student teams.

An evening at the Bushplane Heritage Centre was highlighted by the museum's impressive array of historical and modern aircraft. During dinner, NOSM Founding Dean Dr. Roger Strasser warmly welcomed

the students. They were also introduced to His Worship Mayor John Rowsell, Algoma University's Academic Dean, Dr. Arthur Perlini, MPP David Oraziotti, and Dr. Silvana Spadafora, Director of Clinical Research and Program Development at Sault Ste. Marie's Group Health Centre. This full day of activity concluded with a scenic Soo Lock Tours boat cruise of the St. Mary's River.

The bus tour continued with visits to

Wawa and Marathon before concluding in Thunder Bay. Orientation Week was a tremendous success, and an experience the students will treasure for years to come. Now, the Entry Class is immersing itself in all things NOSM: state-of-the-art smart classrooms, a progressive distributed learning curriculum, and a community-based learning environment with placements across Northern Ontario.

and story by
ne Moore



"I grew up in Thunder Bay, but I was born in London, England. I did my Masters at the London School of Economics, so I knew I wanted to learn in a small case-based environment. I also didn't want to go back to a system that only had lectures."



Ravinder (Ravi) Dhaliwal



Geeta Yadav

"The program at NOSM just seemed perfect for me. It allows me to use my public health background and my interest in community health and community medicine, as well as advocacy and policy work, to do clinical medicine – it seems like the ideal package."

Rural practice manual penned by NOSM faculty members

"A rural doctor is someone chewing more than can be bitten off."

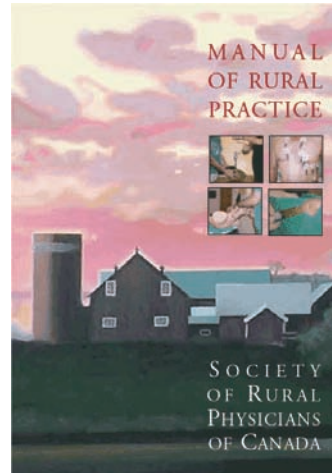
So begins the journey that is the Manual of Rural Practice; a new procedural text edited by one of Canada's leading rural physicians, Dr. Peter Hutten-Czapski.

Hutten-Czapski, who is a Haileybury doctor and also sits on NOSM's Board of Directors, is a keen member of the School's faculty. He says there has been a long-standing need for a manual like this because of the reality that many medical school graduates have limited experience and confidence in basic and emergency procedures.

"Anyone who aspires to be a rural doctor needs to know a wide variety of procedures, because they just never know what they are going to face," says Hutten-Czapski. "This is a very practical manual written by rural physicians who know from experience what information they need and how to deliver it."

The book is divided into six broad sections: airway, cardiac/pulmonary, nervous system, integument, musculoskeletal and genitourinary/maternity. The format for each procedure is quick and easy to grasp, starting with an equipment list, step-by-step instructions and ending with a procedure summary. The text is clearly written, and the illustrations are straight-forward and helpful.

"It's also written in a light and slightly humorous way," he says. "For example, we have a chapter called 'The Occasional Burr Hole.'"



The chapter begins by stating: "Every now and again word comes of some doctor in the hinterland drilling a hole in a patient's skull..." Of course, the seriousness of this situation is clear, and the chapter goes on to explain what a rural doctor, faced with an emergency patient with intracranial bleeding, can do.

"You see, we may not have the luxury of calling for the specialist or bringing in other emergency care services – many times, we are it," says Hutten-Czapski. "A city family doctor does not have

to learn these procedures, but we do. That's why we wrote the book."

The Manual of Rural Practice was put together over four years by Hutten-Czapski and fellow faculty member, Dr. Len Kelly from Sioux Lookout. It includes contributions of more than 20 primary care and specialist physicians. It is published by the Society of Rural Physicians of Canada and is available for sale online at www.srpc.ca/books.

Researcher looks at anxiety disorders

Most people live with a certain level of fear or anxiety around social situations, but when that fear rises to the level of a phobia it can be debilitating and life-limiting. Understanding the underlying mechanisms of these kinds of anxiety disorders is the work of NOSM's Dr. Martin Katzman.

Katzman is an assistant professor at the School, as well as being the Clinic Director at the S.T.A.R.T. (Stress, Trauma, Anxiety, Rehabilitation Treatment) Clinic for Mood and Anxiety Disorders in Toronto. He is a contributor to the Canadian guidelines for the treatment of anxiety disorders, as well as being an avid researcher.

His latest research looks at the psychological and biological markers/predictors of the severity of anxiety disorders. The results of a recent collaboration between Katzman and fellow NOSM researcher Dr. Brian Ross were published in *Neuropsychopharmacology*. In it they looked at patients with social phobia. Specifically, the study looked at the blush response.

It is well known that socially phobic people readily blush in response to

challenging social situations. It is also known that blushing can be induced in "normal" individuals using methyl nicotinate. As part of the study Katzman gave methyl nicotinate to healthy volunteers as well as individuals with social phobia. The findings

were surprising.

The social phobia group actually blushed *less* than the healthy control individuals. Further, it was found that socially phobic individuals with more severe symptoms blushed far less than those individuals with less severe symptoms. In other words, the blushing response was inversely related to symptom severity.

The mechanism behind this surprising finding remains unclear, but Katzman and his colleagues believe the answer may be found by looking at the progression of social phobia itself.

The illness typically develops in childhood. Their theory is that since socially phobic children are chronically exposed to the blushing response, their bodies learn to depress the intensity of blushing over time. Further research will explore this idea.

All this work has been undertaken in order to better predict outcomes in anxiety patients, and to look at the predictors of severity. As Katzman states, "We want to focus on getting people well and on improving diagnosis and treatment."



Dr. Martin Katzman

Nos partenaires communautaires

En cette deuxième année d'étude médicale pour la classe inaugurale, les étudiants auront l'occasion de vivre deux expériences d'intégration communautaire dans 28 différentes communautés au travers le Nord de l'Ontario.

Une initiative de l'École de médecine du Nord de l'Ontario ainsi qu'une des recommandations ayant découlée du Symposium « les Francophones et l'École de médecine du Nord de l'Ontario » est d'offrir aux étudiants le plus d'occasions possible d'effectuer leurs études en français.

Une façon de mettre cette initiative en place est d'offrir à nos étudiants l'occasion de faire leurs expériences communautaires dans des communautés où une grande proportion de la population ainsi que des professionnels de la santé sont francophones. Une telle communauté dans le Nord de l'Ontario est la communauté de Hearst.

Deux de nos étudiants iront à Hearst pendant quatre semaines à compter de la fin d'octobre et vivront de riches expériences cliniques, communautaires et culturelles propre à cette communauté.

Le Dr Richard Claveau est un des médecins qui a accepté de superviser ces étudiants pendant leur séjour à Hearst. Dr Claveau explique que « Hearst offre uniquement des services bilingues à l'hôpital et en communauté. C'est une ville très dynamique. Les étudiants auront l'occasion de pratiquer la médecine en français ou en anglais.

J'ai l'impression que les étudiants vivront une expérience différente et unique en raison des sentiments de collégialité et de fierté de notre communauté. » De fait, les étudiants auront l'occasion de suivre des médecins dans une variété de milieux, entre autres : à l'hôpital (urgence, chirurgie, anesthésie, obstétrique, ainsi que les appels après les heures), en établissement de soins de longue durée, à la clinique sans rendez-vous ainsi que dans les bureaux de médecin en tant que tels.

Mlle Danielle Hamilton et M. Jonathan DellaVedova sont les deux étudiants qui vivront cette expérience d'intégration communautaire à Hearst ... ils sont très excités de s'intégrer au sein de la

communauté de Hearst!

Mlle Hamilton a noté qu'« afin de me donner un défi pour cette expérience, j'ai choisi une communauté francophone.

Heureusement, j'ai été assignée à la communauté de Hearst! Jusqu'à présent, je n'ai pas encore eu la chance de développer des habiletés à communiquer en français avec des patients. Ceci dit, par l'entremise de mon expérience à Hearst, j'aimerais apprendre à prendre des historiques ainsi qu'à faire des examens physiques en français. Pour moi, il est important de développer mes habiletés afin que je puisse être aussi efficace en français qu'en anglais. Ce sera sans doute un atout lors de mes futurs exploits. Je suis tellement contente de partir à l'aventure pendant un mois dans une nouvelle communauté. Ce sera sans doute une expérience inoubliable! »

De même, M. DellaVedova a noté que : « Comme je ne

suis pas francophone, une grande partie de ma motivation pour accepter l'offre d'admission à l'École de médecine du Nord de l'Ontario était l'occasion d'améliorer mon français, de m'engager aux affaires de santé qui sont uniques aux francophones, et de participer dans la culture franco-ontarienne. Donc, je suis vraiment excité de la perspective de passer quatre semaines à Hearst dans le cadre clinique certainement, mais aussi dans le cadre culturel, communautaire et récréatif. Mon but principal est d'acquérir les expériences qui m'aideront à mieux comprendre et servir la population francophone à l'avenir en tant que médecin. »

Puisque c'est une expérience d'intégration communautaire, le but de l'expérience est que les étudiants aient l'occasion de mieux connaître ce que c'est de vivre dans une communauté du Nord de l'Ontario et, de plus à Hearst... ils connaîtront ce que c'est de vivre en français dans une communauté du Nord de l'Ontario. L'EMNO lance l'invitation à toute la communauté de Hearst - approcher nos étudiants, saluer-les si vous les voyez dans la rue et intégrer-les aux activités dans votre communauté. Ils vous en seront très reconnaissants!



Dr. Richard Claveau



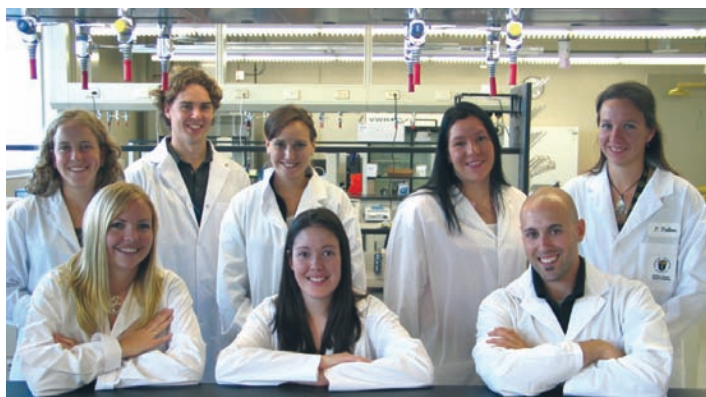
Danielle Hamilton



Jonathan DellaVedova

Students get hands-on research experience

The Northern Ontario School of Medicine congratulates the first group of undergraduate, graduate and medical students who participated in research projects during the summer of 2006. The students were trained in sophisticated experimental procedures and



West Campus (Lakehead University). Back (L-R) Rebecca Barnes, Marlon Hagerty, Lindsay Sutherland, Nicole Beauvais, Pam Tallon (Laboratory Coordinator). Front (L-R): Melanie Heney, Correne DeCarlo, Sean Bryan. (Absent: Michele Turner.)

utilized the most contemporary analytical equipment available. In addition, the students enjoyed conducting these studies in the newly outfitted research laboratories at NOSM.

Many students will continue to participate and contribute to these studies during the upcoming school year. It is also the goal of the research faculty and NOSM to continue to recruit students, at all academic levels, to continue to provide a positive and rewarding research environment.

Studies conducted include:

- Involvement of the sex-determining region on the Y chromosome in phenylethanolamine n-methyl transferase (PNMT) in rat cells
- Regulation of PNMT in genetic and fetal programming models of hypertension
- Determining the effects of hypoxia on neural and hormonal regulation of the PNMT gene

- Role of air pollution in the development of autoimmune disease
- Chemical and physical characterization of ambient Sudbury air
- Identification of B1 protein: a novel protein associated with the cancer status of epithelial cells
- Modulation of the ERK signalling pathway to sensitize breast cancer cells to apoptosis (cell death)
- Regulation of JAK/STAT signalling pathways in human endothelial cells
- Involvement of integrin receptors in host-pathogen interactions in a model of *Pseudomonas aeruginosa* infection of lung epithelial cells
- Integrins as a missing link between inflammation and cervical cancer
- Ionizing radiation induced oxidative stress and DNA damage in breast cancer



East Campus (Laurentian University). Back (L-R) Amanda Boyle, Chad Bizier, Joe Eibl (Laboratory Coordinator) and Gino Ubriaco. Front (L-R) James Cripio (Student Assistant/Research), Lindsey Forest, Catherine Brummer, Kati McCartney, Josée Poulin and Phong Nguyen. (Absent: Philip Berardi, Jeff Middaugh, Natalie Moreau and Laurie Turcotte.)

- BRCA1 protein expression and its impact on the oxidative stress response
- Liposomal taxol for the treatment of taxol-resistant cancer
- Statins and its interaction with the Cytochrome P450 Enzyme System
- Copper-metallothionein complex enhances susceptibility to radiation exposure

Upcoming professional development opportunities at NOSM

Module 108 - Structured Clinical Skills Tutorial
Date: Tuesday, October 10, 2006

Mid-Module Review Session (Module 102)
Date: Tuesday, October 10, 2006

Advanced Health-Care Directives - Series 3
Topic: Mental Health Act
Date: Thursday, October 12, 2006

Module 103 Orientation Session
Date: Friday, October 13, 2006 - rescheduled to Thursday, October 19, 2006

IT Doctor
Date: Monday, October 16, 2006

DATE CHANGED - Encounters in Bioethics
Date: Wednesday, October 18, 2006 - rescheduled to Wednesday, October 11, 2006

Teaching Communication Skills in the Clinical Skills Setting
Date: October 17, 2006 - West
October 19, 2006 - East

Teacher Preparation/Communities of Practice
Topic: The Hidden Curriculum
Date: Friday, October 20, 2006

Searching for the Evidence: Strategies for Retrieving the Best of the Literature
Date: Friday, October 20, 2006

Teaching Evidence-Based Physical Examination Skills with Standardized Patients
Date: October/November 2006

Module 103 - Structured Clinical Skills Tutorial
Date: Wednesday, November 1, 2006

Critical Appraisal: The Basics for Health Professionals
Date: Friday, November 3, 2006

Module 109 Orientation Session
Date: Friday, November 3, 2006

Contact Suzanne Lortie-Carlyle, Faculty Development Coordinator, for more information: 705-662-7263, Suzanne.Lortie-Carlyle@NorMed.ca