

News In Brief

Dr. Gordon presides over conference

Dr. Philip Gordon, chief of the Division of Colorectal Surgery, presided over the American Society of Colon and Rectal Surgeons' (ASCRS) 94th Annual Convention, held in May at the Palais de Congrès. Dr. Gordon, who is the first non-American to be elected president of the ASCRS, gave a presidential address entitled "A View from the Bridge".

Colon and rectal cancer strikes over 165,000 Americans and Canadians annually, causing over 66,000 deaths each year. It is the second most deadly cancer in North America.

Over 700 surgeons from across the United States, Canada and Europe attended the conference, making this one of the largest ever held by the American Society of Colon and Rectal Surgeons.

Welcome Dean Fuks

The Jewish General Hospital congratulates Dr. Abraham Fuks upon his appointment as Dean of the Faculty of Medicine, McGill University. Dr. Fuks, a highly respected scientist, teacher and administrator, succeeds Dr. Richard Cruess who served in that position for the past 14 years.

During those years, the relationship between the hospital and the Faculty of Medicine was satisfying and productive.

In a recent edition of "L'Actualité Médicale", Dr. Cruess expressed pride in the partnership, stating that "the JGH is very important for McGill. Without that hospital, our academic performance clearly would be weakened."

The hospital is equally proud of the affiliation, and wishes Dr. Cruess well in his future activities. We welcome Dr. Fuks with great pleasure, and look forward to further enhancing our relationship with McGill.

Congratulations, Jack Benzaquen

The JGH director of Technical Services was one of five winners in the 1995 Arista - Sun Life Provincial Contest.



The contest recognizes excellence in young executives and entrepreneurs who are making their mark in the private and public sectors. Mr. Benzaquen won the award in the category of Young Executive of Quebec - Public or Parapublic Organization.

In addition to a monetary award from the Young Chamber of Commerce of Montreal, each winner received an Arista trophy.

Audiology workshop

The Audiology Department hosted a workshop entitled "Neuroanatomy of the auditory system in 3-D", with Dr. Frank Musiek of the Dartmouth Medical School in Hanover, New Hampshire. The capacity crowd of audiologists appreciated his expertise.

X-ray exhibit at the McCord Museum

The McCord Museum of Canadian History is presenting an exhibition entitled The Inside Story: 100 years of X-rays, from May 12 - November 12, 1995. This exhibit will recount the history of x-rays, highlighting the importance of their discovery and applications and the contributions of numerous Canadian scientists to the development of X-ray technology.

Chief of the Division of Neurology



Dr. Calvin Melmed has been appointed chief of the Division of Neurology.

Dr. Melmed has played an active role in recruiting young research-clinicians to the Division of Neurology over the last several years. In addition to his clinical and teaching responsibilities, he was elected chairman of the Medical Executive Committee of the Council of Physicians, Dentists and Pharmacists in 1990, and re-elected chairman twice thereafter.

As chief of the Division of Neurology, Dr. Melmed plans to concentrate on maintaining the clinical and teaching excellence of the division and to recruit more clinician-scientists. He also intends to strengthen collaboration between the Division of Neurology and the Division of Neurosurgery.

A native of Winnipeg, he earned his medical degree from the University of Manitoba in 1968, and came to Montreal where he did an internship and residency in Internal Medicine. From 1970-1973, he was a resident in the McGill University Neurology Training Program and was the first resident to train in Neurology at the Jewish General. He then completed fellowships in neuromuscular research and electromyography at the Montreal Neurological Institute.

Dr. Melmed was a physician in the JGH Division of Neurology from 1974-1979. In 1979, he became the director of the Clinical Teaching Unit, Division of Neurology at the Montreal General Hospital, a position he held for three years. He returned to the JGH in 1983 as a neurologist and director of the Electromyography and Evoked Potential Laboratory. In 1992, he also became the director of the Movement Disorders Clinic.

An associate professor in the Department of Neurology and Neurosurgery, McGill University, Dr. Melmed was selected best neurology teacher (1994) by neurology residents in the McGill training program. Since 1992, Dr. Melmed has been a specialty examiner for neurology, Royal College of Physicians and Surgeons of Canada.

His clinical and research interests are in neurophysiology, multiple sclerosis and movement disorders. Dr. Melmed's work has appeared in publications such as the Canadian Journal of Neurological Science, Neurology, Canadian Medical Association Journal, Archives of Internal Medicine, Annals Neurology.

Dr. Melmed succeeds Dr. Israel Libman, who has served as chief of the division since 1966 and is continuing in private practice.

Chief of the Department of Medical Biochemistry



Dr. Elizabeth Mac Namara, who was appointed chief of the Department of Medical Biochemistry in May, 1994, and has extensive training in all areas of medical biochemistry, is in the process of developing procedures for quality control and assurance of glucometers and other patient tests.

Dr. Mac Namara completed her internship in Medicine and Surgery at the Royal City of Dublin and the Meath Hospitals in Ireland, (1980), followed by residencies in various specialties. In 1986, she completed the University of Toronto Residency Program in Medical Biochemistry. Dr. Mac Namara then pursued higher specialty training in chemical pathology at the University of Leeds and Bristol Royal Infirmary and Bristol Children's Hospital in England.

Prior to her arrival at the JGH, Dr. Mac Namara spent four years as a medical biochemist at the Montreal Children's Hospital, where she designed and implemented a computerized system for biochemistry and five other laboratories, linking these geographically separate laboratories to one centralised system. In addition to choosing the appropriate software, she trained the technologists to write new software developments as needed, co-ordinate and run the laboratory computer.

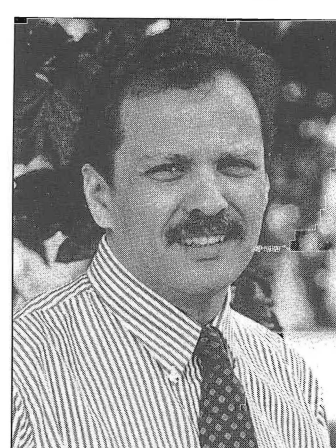
Dr. Mac Namara is also chief of Medical Biochemistry for the Chisasibi Hospital of the Cree Board of Health and Social Services of James Bay.

An assistant professor at McGill University, Dr. Mac Namara is responsible for medical students' training in medical biochemistry. With the approval of the dean of the Faculty of Medicine, she plans to extend the medical biochemistry course and to establish a committee to examine and re-evaluate the role of medical biochemists at McGill.

Dr. Mac Namara is the author of articles that have appeared in publications such as the Journal of Clinical Pathology, Electrophoresis, Clinical Chemistry. She has been invited to give presentations at national conferences for, among others, the Canadian Society of Clinical Chemists, the American Association of Clinical Chemists, the Québec Programme-Réseau (laboratory medicine), and the Association of Clinical Biochemists (U.K.).

She succeeded Dr. Reuben Schucher who served as director of Clinical Chemistry for 39 years.

Chief of the Division of Psychology



Dr. Zeev Rosberger was appointed chief of the Division of Psychology in 1994. He received his M.A. (Applied Psychology) in 1974 and his Ph.D. (Psychology) from Concordia University in 1988.

Since he joined the JGH Institute of Community and Family Psychiatry in 1975 as a staff psychologist, Dr. Rosberger has been involved in a variety of the department's services. Since 1984, he has been a consultant to the Department of Oncology. In this capacity, he provides psychological assessment and intervention, behaviour therapy for symptom management, short term psychotherapy, bereavement counselling and liaison with nursing and medical staff. He is also co-investigator on a research project called Nucare, which examines the effects of a coping skills intervention package given to newly diagnosed cancer patients. This research is funded by the National Cancer Institute of Canada.

Dr. Rosberger is an assistant professor in the Department of Psychiatry, Faculty of Medicine, McGill University, and a clinical consultant in the Department of Psychology, Concordia University. He is a member of, among others, the Order of Psychologists of Quebec, the Canadian Psychological Association and the American Psychological Association.

Dr. Rosberger has presented at conferences on a national and international level, and is the author of publications that have appeared in journals such as the Canadian Journal of Psychiatry, Cancer, Canadian Medical Association Journal, International Journal of Behavioural Geriatrics, Journal of Consulting, and Clinical Psychology.

He succeeded Dr. Nathan Greenberg who retired after 35 years of service.

Division of Psychology ...focussing on mental health

The JGH Division of Psychology consists of psychologists who specialize in areas such as child psychiatry, acute care, family therapy and behaviour therapy. Regardless of their specialty, they share a commitment to enhancing the emotional health of their clients.

Dr. Zeev Rosberger, chief of the Division of Psychology, explains that while there are definite similarities between the disciplines of psychiatry and psychology, there are also differences. Psychiatrists are trained first as physicians and then receive post graduate residency training in the specialty of psychiatry. Psychologists receive

Psychology... continued on page 8.

New Psychiatry unit ...a better environment for patients

Renovations to the in-patient psychiatry unit were completed in March, providing patients with an attractive and bright environment. At the same time, the Unité de Traitement Transitoire was moved from the Emergency Department to the in-patient area, ensuring more effective care for patients requiring emergency psychiatric care.



Left to right: Dr. Henry Kravitz, emeritus chief, Department of Psychiatry, Dr. Paul Chan, Dr. Khalil Geagea, director, in-patient services, Henri Elbaz, Steven Cummings, Louise de Bellefeuille, head nurse, Dr. Philip Beck, chief, Department of Psychiatry.

At a special opening and ribbon cutting ceremony, Vice-President Steven Cummings congratulated all of the professionals who were involved in the design of these renovations. He observed that the physical environment contributes in a positive way to patient recovery as well as staff morale. "The warm and cheerful ambiance of the in-patient psychiatry unit is a most appropriate setting for our Department of Psychiatry's hard working and dedicated staff. The department has distinguished itself

for the quality and range of its services. Our staff and our patients deserve these fine new facilities."

Executive Director Henri Elbaz thanked the government as well as the Hospital Foundation for contributing towards the project. "These facilities truly reflect our mission, which is to provide the best possible care in a humane and dignified manner and to provide our staff with a safe and pleasant working environment," he said.

Child Psychiatry staff present Family Weekend program at international conference

"Today's families—a bridge to the future" was the theme of a conference held in Montreal in recognition of the International Year of the Family.



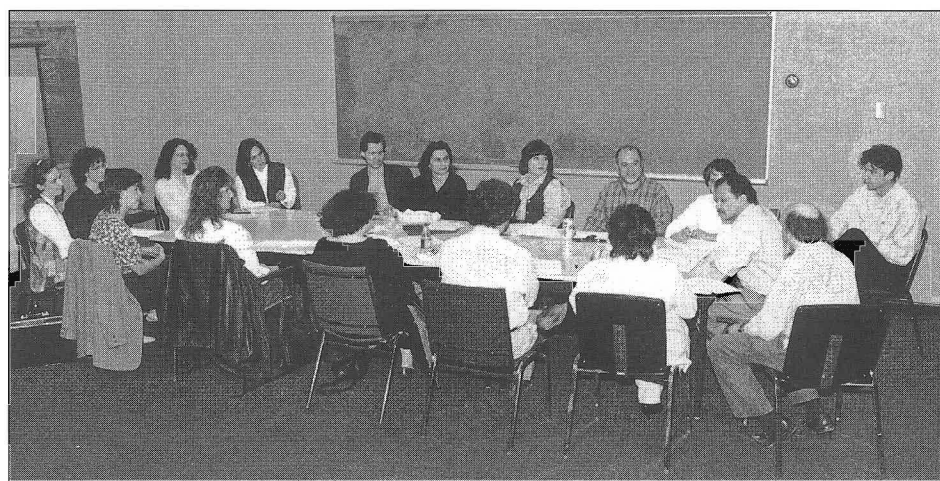
Left to right: Mia Grillakis, Monica Arnaldi.

JGH staff from Child Psychiatry Mia Grillakis, nurse and Monica Arnaldi, psychiatric care counselor, were among the 400 delegates from more than 50 countries who attended the conference.

Ms. Grillakis and Ms. Arnaldi gave a presentation on the benefits of family social support through their Family Weekend Program. Families, including siblings, of children aged 8-12 with socialization difficulties, spend a weekend in the country with other families and staff facilitators. The philosophy behind this weekend retreat program is that family social links are positive and that when families communicate and generations interact, the individual always benefits.

The goal of the program is to empower parents to deal with their children's difficulties through a family perspective, allowing the natural support mechanisms and relationships within the family to reassert themselves. Problem solving and conflict resolution skills are explored.

Speakers at the official opening ceremonies of the conference included Prime Minister Jean Chrétien, former Montreal Mayor Jean Doré, Director of the U.N. Secretariat for the International Year of the Family Henryk J. Sokalski, Quebec Youth Court Judge Andrée Ruffo and Chairman, Outward Bound Canada, Robert G.C. Couchman.



Dr. Rosberger meets with his team.

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graduate training in clinical psychology which focuses not only on mental illness but on a solid understanding of normal personality development. "One unique therapeutic approach in psychology is cognitive-behaviour therapy which helps people to evaluate and change their way of thinking about their particular problem and their behaviour," notes Dr. Rosberger.

Cognitive behaviour therapy is particularly well suited to treating children. Four of the division's psychologists—Dr. Keith Marchessault, Dr. Crystelle Garson, Judy Gradinger and Linda Greenberg—work in child psychiatry, conducting the initial psychological evaluations of children referred to the department. A particular strength of psychology, these evaluations can take up to a few hours per child. Testing the child's intellectual capacity, motor skills, learning ability, social skills and developmental level gives the psychologist a good sense of the child's overall strengths and weaknesses, and the necessary information for the multidisciplinary team to design an appropriate treatment plan.

Generally, there is a better chance of improvement when children begin treatment at a young age. "It is more difficult to change the behaviour of children who are older and have had years of failure," observes child psychologist Judy Gradinger.

Dr. Paule Delisle and Hélène Dymetrszyn work in the adult day hospital. This acute care facility provides intensive psychotherapy for patients who can function in the community with regular supervision. The program prevents many patients from being hospitalized.

The Behaviour and Sex Therapy Service, initiated in 1975 and directed by Dr. Bill Brender, was one of the first programs in Montreal offering consultation to couples on sexual issues. Counselling is provided on a private basis. In addition to counselling clients, Drs. Eva Libman and Catherine Fichten are conducting extensive research on sleep, insomnia and aging.

Teaching is an important activity in the Psychology Division, which supervises clinical psychology interns from McGill, Concordia, Université du Québec à Montréal and Université de Montréal. The JGH is a popular choice for internship and only one out of four applicants was accepted for this coming year. Dr. Elliot Sokoloff directs the clinical training program.

Research is another major focus of the division. During their training, psychologists receive extensive experience in research design and statistics. Dr. Rosberger believes that this orientation is important because it goes beyond diagnosis and treatment to answer the larger question: how can psychologists enhance health? "Our interest in research keeps us focussed and up-to-date.

Working in this environment helps us evaluate and increase our effectiveness," he explains.

In fact, one of Dr. Rosberger's priorities is to conduct a "needs assessment" to determine whether other areas of the hospital could benefit from the special skills offered by members of the Division of Psychology. "My role is to bring the unique skills of psychologists to a higher level of visibility within the hospital. We want to see where the needs are. There are many areas where we can intervene, including the systems level." Current examples include consulting in the case of difficulties among staff in a given department, teaching stress management to patients who have had a heart attack, and active involvement, on a clinical and research level, with cancer patients.

Other members of the division:

- Dr. Liliane Spector is co-director with psychiatrist Dr. Ronald Feldman of the Couple and Family Therapy Training Program, which is accredited by the American Association for Marriage and Family Therapy.
- Ruta Westreich works on the crisis service which treats acutely ill patients referred from the Emergency Room, and in the Rehabilitation Program for chronically ill patients who have stabilized and need to be integrated into the community.
- Abe Weiss is a psychologist on the psychiatry in-patient unit.
- Dr. Sylvain Neron is a consultant to the Department of Oncology, helping cancer patients and their families cope with their illness.

In addition to members of the Division of Psychology, there are other psychologists affiliated with other departments of the hospital eg. Family Medicine, Obstetrics/Gynecology and Psychiatry.

The JGH News is published by the Sir Mortimer B. Davis – Jewish General Hospital to inform the community about hospital developments, and to promote mutual understanding between the hospital and those whom it serves.

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