PGY-3 in Addiction Medicine

Based out of The Royal Ottawa Mental Health Centre (with close collaborations with The Ottawa Hospital, OASIS at the Sandy Hill Community Health Centre, and other community addictions medicine providers), the PGY-3 in Addiction Medicine is a 12-month training program that will allow residents to develop skills and knowledge in the management of substance use disorders in community, outpatient and inpatient settings. Graduates of the PGY-3 year in addiction medicine can serve as a resource to their community as clinicians, teachers and researchers in addiction medicine.

Once successfully completed, residents will be eligible to receive a Certificate of Added Competence (CAC) in Family Practice Addiction Medicine (AM)

Program Structure Overview

Primary Site: The Royal Ottawa
Secondary Sites: The Ottawa Hospital, OASIS, Primary Care Practices, Other

Core Rotations Requirements:
Experiential Curriculum will include:

1. At least 3 months of outpatient experience including intensive outpatient treatment or day treatment programs, addiction medicine consult services in an ambulatory setting, pharmacotherapy, and/or other medical services where the resident provides with supervision: patient assessment, counselling, treatment planning and co-ordination with outpatient services. (examples: Rapid Access Addiction Medicine Clinic (RAAM; The Royal), Concurrent Disorders Unit (CDU) Day program (the Royal), Transitional Aged Youth Service (the Royal), OASIS (Sandy Hill Community Health Centre)

2. At least 3 months of structured inpatient rotations, including inpatient addiction treatment programs, hospital based rehabilitation programs, medically-managed residential programs where the resident provides with supervision: patient assessment and treatment planning, and general medical facilities or teaching hospitals where the fellow provides consultation services to other physicians for patients admitted with a primary medical, surgical, obstetrical, or psychiatric diagnosis. (examples: ASU Medical Withdrawal Management (the Royal), CDU Residential Service (the Royal), The Substance Use Program (SUP) Inpatient Consult Service (The Ottawa Hospital))

3. At least one half-day per week for at least 12 months (excluding vacation) devoted to providing continuity care to a panel of patients who have an addiction disorder, in which the resident serves as either a specialty consultative physician with care focused on the addiction disorder or as a physician who provides comprehensive care for the patient panel, including diagnosis and treatment of substance-related problems with other addictions. (examples: University of Ottawa Health Services, Transitional aged youth
Elective Options (including longitudinal) may include: Pain Medicine, Infectious Disease, Public Health, Hepatology, Psychiatry, Psychotherapy, scholarly activities and other community experiences.

More detailed information about rotations/services can be obtained by contacting Dr. Melanie Willows. (Melanie.Willows@theroyal.ca)

Research

The Royal Ottawa Mental Health Centre’s Substance Use and Concurrent Disorders (SUCD) Program has an established program of research (including CIHR grants) that is led by Dr. Kim Corace Director of Clinical Programming and Research (SUCD) and a Clinical Investigator with the Institute of Mental Health Research (IMHR) and the Ottawa Hospital Research Institute (OHRI). Dr. Melanie Willows is also a Clinical Investigator with IMHR. Program evaluation is integrated into all service delivery in the SUCD program. The resident may have opportunities to participate in research/program evaluation.

Other Activities

- Training for Opioid Agonist Treatment prescribing: methadone, buprenorphine/naloxone and alternatives including Slow Release Oral Morphine (SROM) and Injectable Opioid Agonist Treatment (IOAT) where appropriate.
- Provide consultation to primary care providers in the community
- Work in multidisciplinary teams
- Assess and treat comorbid mental health problems
- Training in harm reduction, and motivational interviewing
- Opportunity for training in leading groups using cognitive behavioural therapy, dialectical behavioural therapy and motivational communication.
- Participate in didactic teaching
- Completion of a QI or other scholarly project.
- Medical administration and leadership opportunities, including teaching more junior learners.
- Attend addiction medicine and related disciplines academic rounds and conferences

Overall Goals and Objectives

Medical Expert:

1. Conduct a comprehensive substance use assessment of a patient, including:
• Completion of alcohol and drug history
• Assessment for co-morbid psychiatric conditions
• Identification of medical complications of substance use and other medical co-morbidities
• Identification of psychosocial problems that may affect treatment and recovery
• Laboratory investigations to assess substance use
• Diagnosis of substance use and concurrent disorders
• Development of a collaborative comprehensive care plan to treat the substance use disorder and concurrent medical and psychiatric conditions
• Provision of consultations to primary care and other specialists

2. Provide counselling for individuals with SUD based on the principles of motivational interviewing, cognitive behavioral therapy, and harm reduction.

3. Provide both outpatient and inpatient medical management of withdrawal from alcohol and illicit substances.

4. Manage concurrent chronic pain and substance use disorders.

5. Initiate and monitor appropriate pharmacotherapy for substance use disorders such as anti-craving medication and opioid agonist therapy.

Communicator:

1. Establish professional relationships with patients and their families.

2. Work effectively as a member of an interdisciplinary team.

3. Use motivational interviewing techniques to engage patients with substance use disorders.

4. Apply principles of Trauma and Violence-informed care to use non-stigmatizing language and create non-judgemental, welcoming clinical interactions.

Collaborator:

1. Function effectively in an interdisciplinary team to provide high quality care to individuals with substance use disorders.

Leader:

1. Contribute to the improvement of health care delivery in teams, organizations, and systems.

Health Advocate:
1. Able to provide specialized addiction consultations to local health providers both within the hospital, primary care, public health and the local community

2. Advocate for those with substance use disorders within the health care system and within the community

Scholar:

1. Capable of teaching other physicians and students in the field of addiction medicine

2. Familiar with relevant research in the field of addiction medicine and remain current with new developments

Professional:

1. Committed to providing evidence based treatment and treating patients ethically with dignity and respect.

Vacation/Leave

Residents will have 4 weeks vacation and additional leave for conference attendance.

Evaluation

Your time in the program will be evaluated using standardized forms available through the Department of Family Medicine’s one45 system. Field notes allow us to collect direct observation evaluations. Residents will also meet with the Program Director Dr. Melanie Willows regularly throughout the residency period.

Application

To be eligible for the PGY-3 in Addiction Medicine you must meet the requirements for successful completion of your Family Medicine Residency and you must apply for a self-designed PGY-3 year.

At this time, guaranteed funding for this program is not available. Interested residents will need to apply to submit an application for a PGY-3 Enhanced Skills Program Self Design. Interested candidates should contact Dr. Melanie Willows (Melanie.Willows@theroyal.ca) to start the application process as this must be completed prior to established deadlines for PGY-3 Enhanced Skills Program. (See below)

Successful candidates will be provided with a letter of support, a completed rotational schedule, learning objectives for each block, a mentor and assistance in completing the Self Design application. Application will require submission of a CV, 2 letters of reference and a 700 word individual statement which details why the applicant is interested in the training program.
and how they imagine their experience will allow them to have impact on their community. Selected candidates will be invited for an interview.

**Timeline for Application**

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>August 19, 2019</td>
<td>Addiction Medicine Applications Accepted Internally</td>
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<tr>
<td>September 2, 2019</td>
<td>Addiction Medicine Internal Application Deadline</td>
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<td>September 3-13, 2019</td>
<td>Addiction Medicine Internal Interview Period</td>
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<tr>
<td>October 4, 2019</td>
<td>Application Deadline for Successful Candidate(s) to submit application to Department of Family Medicine for PGY 3 Enhanced Year Self Directed</td>
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<tr>
<td>October 5-December 5, 2019</td>
<td>Department of Family Medicine Interviews for PGY 3 Enhanced Year applications</td>
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<tr>
<td>December 6-12, 2019</td>
<td>Notification of Applicants of acceptance</td>
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**Supplemental Information: Description of Rotations/Services**

**Royal Ottawa Mental Health Centre**

**Assessment and Stabilization Unit (ASU)**

The Assessment and Stabilization Unit is a 12-bed inpatient unit at the Royal Ottawa Mental Health Centre where clients with a substance use disorder are admitted for assessment, medically supervised detoxification and stabilization.

This program is suitable for clients who

1. Require a medically supervised detox from alcohol (i.e. previous history of seizure or delirium tremens, other complicating medical issues); OR
2. Require stabilization on opioid agonist therapy because they have been unable to stabilize on opioid agonist therapy in the community (i.e. continue to use opioids while on opioid agonist therapy, or due to other issues has been unable to initiate opioid agonist therapy.).

**Concurrent Disorders Unit: Inpatient Residential**

The Concurrent Disorders Unit is an intensive inpatient concurrent disorders unit for clients with severe, complex, and active substance use and mental health disorders with significant impairment in functioning.

The multidisciplinary team offers concurrent disorders (mental health and substance use) stabilization, assessment, diagnostic clarification, and treatment. The team consists of:
- Addiction Medicine Physicians
- Clinical Psychologists
- Psychiatrist
- Social Workers
- Nurses
- Recreation Therapist
- Dietitian

The team works with each client to develop a care plan that meets his or her needs. Most programming is group-based, using structured, evidence-based psychotherapy (CBT, DBT, MI) to target substance use and mental health problems. All groups help participants build their skills to manage their substance use and mental health problems. The unit operates Monday through Friday, and patients go home or to other community services on weekends. The team also provides connections, collaborative care, and flow with community programs.

**Concurrent Disorders Unit: Day Program**

The Concurrent Disorders Unit Day Program is an intensive day treatment service for clients with moderate to severe, complex, and active substance use and mental health disorders.

The multidisciplinary team offers concurrent disorders (mental health and substance use) stabilization, assessment, diagnostic clarification, and treatment. Most programming is group-based, using structured, evidence-based psychotherapy to target substance use and mental health problems. All groups help participants build their skills.

The Day Program operates Monday to Friday from 9 a.m. to 3 p.m., and offers blended programming with the Concurrent Disorders Unit's inpatient services. The team also provides connections, collaborative care, and flow with community programs.

**Rapid Access Addiction Medicine (RAAM) services**

The Rapid Access Addiction Medicine (RAAM) Clinic offers walk-in services for people who may have concerns about their alcohol and/or opioid use. Referrals are received from the emergency department, inpatient units in acute care hospitals and primary care. Our clinicians will assess for substance use disorders, review treatment goals, provide medication if needed for opioid and/or alcohol problems (i.e. opioid agonist therapy, anti-craving medication, alcohol withdrawal medication), provide brief individual counselling, and connect the individual with the right community resources for their needs.

**Regional Opioid Intervention Service**

The Regional Opioid Intervention Service supports and treats people who are concerned about their opioid use and related mental health issues. This service targets youth and young adults (16-29), or those who have been struggling with opioid use problems for shorter periods of time (typically five years or less).
This service offers:

- Outpatient opioid agonist therapy and follow-up services, as well as mental health and substance use treatment based on each client’s unique needs
- Partnership with community organizations to help with ongoing care, including case management, counselling, and social supports.
- Training, mentorship, and ongoing consultation for primary care providers (physicians and nurse practitioners), and addiction and mental health professionals to support their capacity to diagnose and treat opioid use problems.

**Transitional Aged Youth (TAY) Service**

The Transitional Aged Youth (TAY) Service provides community-based support to youth aged 16-25 with moderate to severe concurrent disorders (mental health and substance use problems) in addition to other social or functional problems (i.e. school, family, legal, housing etc.)

Outpatient services are both individual and group based. Services are recovery focused, developmentally appropriate, and family inclusive.

The TAY Service encompasses the Ottawa region, collaborating with both urban and rural agencies. It also has partnerships with other programs within The Royal and with community mental health and addiction agencies for shared care, education, capacity building, and consultation.

**ORACLE Pathway for Pregnant Women**

This collaborative treatment pathway ensures that women who are pregnant and struggling with their substance use have quick access to the support they need for their prenatal care, substance use, physical health issues, and mental health issues.

Key partners in this program include:
- The Royal’s Substance Use and Concurrent Disorders Program
- Community Midwives
- High Risk Obstetrics unit at The Ottawa Hospital
- Centretown Community Health Centre

**The Ottawa Hospital Substance Use Program**

Inpatient consult service addressing addiction issues in medically ill patients admitted to hospital, including assessment and diagnosis of Substance Use Disorders, maintaining and initiating opioid agonist therapy, prescribing anti-craving medications and planning discharge and outpatient follow up.
OASIS, Sandy Hill Community Health Centre

A low barrier clinic providing primary care, a Rapid Access Addiction Medicine (RAAM) clinic, and Opioid Agonist Treatment, including alternatives to first line OAT of buprenorphine/naloxone and methadone, namely Slow Release Oral Morphine and Injectable Opioid Agonist Treatment. Most patients are at risk of HIV and Hepatitis C. Oasis also houses a Consumption and Treatment Service program site (supervised injection service)

University Of Ottawa Health Services

A primary care clinic with a focus on HIV primary care, Hepatitis C care and a general addiction medicine clinic