



Dalhousie Medical Students' Society Newsletter

February 19th 2013

Vol. 7

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Welcome!

Thank-you for reading this edition of the DMSS newsletter. The goal of the newsletter is simple; we want to keep you in the loop about events Dal Medicine is involved in. The newsletter will provide an avenue to showcase the many interest groups, student initiatives and intermural teams within Dal Med.

If you would like to make a submission for the upcoming issues please email them to DMSS@dal.ca

DMSS: In the Loop

Hello Everybody!

Hard to believe another month has gone by! The month of February brings big events to Dal Medicine. In my eyes, the most important event of the year is this month. EUPHORIA! See the blurb on page 4 introducing this year's charity. What makes Euphoria so special to me is the comradely that develops within teach class while creating and practicing the skits. I've made great friends and learned about the secret talents of my classmates by coordinating skits. I am continuously amazed at the pure talent students bring with them to medical school! Euphoria is also an opportunity to step out of your comfort zone and try something new, be creative and experience the humanities. But don't get me wrong; it's also about the glory of winning! Bring it 2016, the legendary class of 2013 and last year's champs the class of 2014. I want to see what you're made of!

Mark your calendars, on Feb 26th there will be a second town hall meeting for all students to learn about the new Research in Medicine program that will launch in the near future.

The beginning of March also brings a big day for the Med 4's as residency positions will be offered across Canada. The Med 4 class will be celebrating in the lounge on March 5th from 1-5pm. Feel free to stop by for a drink!

Our next meeting is March 7th, everyone is welcome!

- Rachel Doucette
DMSS VP Communications



Above: Euphoria Champion Trophy



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Global Health Initiative

The Global Health Initiative has been busy planning our winter term events. The Local Officers of Sexual and Reproductive Health recently ran a STI and AIDS awareness campaign for Valentine's Day that was a great start to second term. Also, on February 20 at 5pm, we will be holding an event entitled "Refugee Health in Saint John: An inside look" where Lisa Freschette, NP will be shedding light on transition issues faced by refugees coming to Saint John, NB and her challenging experiences in providing healthcare services to the newcomers. This will be held in Theatre 105 in SJ and B-A3 in Halifax. Pizza and refreshments will be provided. We are also planning a food security speaker night, advocacy training workshop, and an interactive art piece to commemorate International Women's Day. Stay tuned for more information and remember to like us on facebook (Dal Med Global Health Initiative) to stay up to date on events and access global health related links.

New Room Booking Procedure

MedIT has begun using a new room booking system to replace the MedIx system. This system requires people to set up accounts in order to make and room booking requests. The new, user friendly system offers all the same options as the old system. Bookings for meeting rooms or classrooms are done through this system, while lounge bookings will still be done through the DMSS. Any prior bookings from the old system have been moved over to the new one, so re-booking is not required.

Check it out here <https://meditbookings.med.dal.ca>

Please contact Brian Fischer at fombookings@dal.ca if you have any questions about the new system.

POLITICAL ADVOCACY COMMITTEE

Four representatives from Dalhousie's Political Advocacy Committee recently attended the CFMS lobby day in Ottawa on February 4th. Representatives from all medical schools in Canada were in attendance! Lobby day involved meetings with Members of Parliament and Senators including Robert Chisholm (MP), Senator Terry Mercer, and Mike Allen (MP). The two issues that we lobbied for were for the federal government to (1) defer repayment of the principal of, and interest on, the federal portion of Canada Student Loan Program loans until the end of students' residency training in order to take advantage of rural loan forgiveness programs; and (2) create a Pan-Canadian study on Health Human Resources, including needs-based projections of physician supply and demand across Canada. If you are interested in learning more about our two asks feel free to contact us for more information. Stay tuned for information on our provincial lobby days in Nova Scotia and New Brunswick!



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Family Medicine Interest Group - Halifax

Upcoming Events

1. Central Halifax Innovative Health Clinic

- *Wednesday Feb 20th, 6-8pm.*

RSVP: fmig@dal.ca if you are interested!

Dr. Ajantha Jayabarathan (Dr. AJ) is a family physician here in Halifax and has invited us to a show and tell session allowing us to explore her innovative primary care practice.

2. Speaker night: "Physical Activity & Exercise in the Management of Chronic Conditions"

- *Wednesday, February 27th, 6-8pm.*

Dr. Jonathon Fowles, PhD, is an exercise physiologist and Professor at Acadia University who will talk to us on the benefits & principles of exercise prescription to the chronic disease population and how to do it!

RSVP at https://docs.google.com/forms/d/1w62Y_zKwiTR6XKUKtF7kcXkkXFTOG_TSWKpbjCAq-IU/viewform?sid=a7a85a7c9f32fb8&token=kprW6jwBAAA.CIQOCwUUKNkghSvsO89PvA.GOvpQFKgLEI_N7o0gMVVsA

3. FMIG & EMIG Trip to Truro

- *Saturday, March 2nd*

The FMIG and EMIG have collaborated and will be going to the Colchester East Hants Health Centre in Truro. On Saturday, March 2nd, members will have a day filled with skills, touring, and question-asking!

4. Atlantic Mentorship Network - Pain and Addictions Workshop

- *Friday March 1st & Saturday, March 2nd*

The Atlantic Mentorship Network-Pain & Addictions would love to have medical students involved in their workshop. This network is run by experts in pain management for primary care physicians to help them with managing patients who deal with chronic pain and addictions.

5. "Out of the Blue: Workplace Depression and The Impact of Unseen Illnesses"

- *Friday March 1st, 7-9pm, Bethune Building*

Please email Brittany at: brittany.barron@dal.ca if you have any questions or would like more information!

Physical Signs Presentation – Need An Idea For An Elective Project?

This Wednesday at 12-1pm in Tupper A Dr. Marrie, Dr. Purdy, Dr. Leddin and Dr. Veinotte will be presenting the Physical Signs website and how best to incorporate this resource into our current learning and future practice. Not only is this a humorous bunch to watch but I have also asked the presenters to touch on how we as students can create our own signs within the website for future elective projects. By using one as your elective project you can create a page to be used by your colleagues for years down the road



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Euphoria 2013

It's that time of year again where heroes are born and classes become legendary. That's right its Euphoria!!!

I am pleased to announce that this years beneficiary of the money raised from Euphoria is "The University Children's Centre".

The University Children's Centre is dedicated to providing affordable childcare and aims to maximize the physical, social, intellectual and emotional development. They are a non-profit organization working to serve the needs of the community including Dalhousie students, staff and faculty.

Euphoria is set to take place this Saturday February 23rd, 7pm at the Rebecca Cohn Auditorium (Doors open 6:15pm)

Tickets are still available but going fast and can be purchased at the following locations:

(Prices are \$18 General Admission and \$15 Students and Seniors)

- Scotiabank (Robie and Coburg Branch)
- Scotiabank (Springarden Branch)
- DMAA Office in the Tupper Atrium
- DMSS Website
- Rebecca Cohn Box Office

Following the show there will be an afterparty at The Grawood in the Student Union Building, plan to join us there for the celebration!

See you there!

- *Dustin Conard*
DMSS VP Internal

Colour Outside the Lines: A Reverse Innovation Challenge for Canadian Health Systems

The Challenge is open for submissions until May 31, following which an interdisciplinary committee will choose three winning submissions. First place will receive \$50,000, and second and third will each receive \$25,000, to be used towards the development and application of their reverse innovation idea. The winners will be profiled at our Global Health Conference 2013, which will be themed on reverse innovation. *Colour Outside the Lines* is made possible by partnerships we developed with industry and not-for-profits who share our goal of accelerated innovation adoption in Canadian health systems (Sandra Rotman Centre, IHSTS, Roche, Medtronic, GE Healthcare, TELUS Health), while building innovation literacy and leadership capacity among future leaders in the health system.

Check out this link for more information

<http://www.youtube.com/watch?v=3k1HCB6ljGk&feature=youtu.be>

Reminder from UGME:

A friendly reminder to always wear your name tag that identifies you as a medical student while at elective or in clinical skills!



Tax Tips for the Medical Student **From MD Consulting Services**

Tuition Fees and Education Tax Credit

Tuition fees paid during medical school or a residency program are not deductible but may be eligible for the "tuition tax credit". Obtain Form T2202A from your university to determine allowable tuition costs. Keep in mind that fees paid for admission, application, use of library or laboratory facilities, examinations (including re-reading) and diplomas, as well as mandatory computer service fees and certain academic fees qualify as eligible tuition fees. Other tuition fees (i.e., for ATLS courses, certain LMCC preparation courses) may also qualify for the tax credit. Contact the course administrators for further details and be sure to obtain appropriate documentation for these courses from them. In addition to the tuition tax credit, students may also claim an education tax credit. Full-time medical students can generally claim a federal education tax credit of \$400 per month. Should a medical student not be required to use their entire tuition/education credit to reduce their tax to nil, these remaining credits may be transferred to an eligible person (e.g., spouse or common-law partner or, under certain restrictions, a parent or grandparent) up to a maximum of \$5,000. For 2011, this translates to a \$750 federal tax credit. To make this designation, the student must complete and sign Form T2202A. A copy of the signed form should be kept by the designated person and, if applicable, by the student to support the amount claimed. The form does not need to be filed with the return but must be available if requested by the CRA.

Students are entitled to carry forward indefinitely unused tuition and education tax credits. This will enable students to utilize the credit when they have sufficient income (i.e., during residency). Any amount not used in the current year by the student and not transferred to an eligible person will be automatically available to carry forward. However, once income is sufficient to utilize the unused tax credits, they must be applied to reduce taxes payable.

CaRMS Application Registration Fees

All applicants to the Canadian Resident Matching Service (CaRMS) are required to pay a registration fee and applicable taxes. (The fee of \$265.75 + applicable taxes for the 2011 Match includes applications to four [4] programs.) The receipts issued do not qualify for the purposes of the tuition tax credit.

Textbook Tax Credit

For 2011, a student may claim a textbook tax credit equal to 15% of \$65 or \$20 for each month they were entitled to claim an education tax credit as a full-time or part-time student, respectively. For full-time medical students entitled to an education tax credit for 12 months in 2011, the potential savings resulting from the textbook tax credit could be approximately \$117 (\$65 X 12 months X 15%). Unused textbook tax credits may also be carried forward or transferred to a spouse or parent (as discussed above).

Checkout the more complete 2011 guide at

http://www.cma.ca/multimedia/CMA/Content/Images/Practice_Management/English/PDF/tax-tips-2012.pdf

The updated 2012 guide will be released shortly to the above website. It is predicted that there will not be any changes to the above information for 2012.



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Curling Challenge in Support of Camp Triumph

WHAT: A Curling Bonspiel for participants of all skill levels

WHEN: Saturday, March 30, 2013 from 1:00-5:00

WHERE: The Halifax Curling Club 948 South Bland St. Halifax

Registration Fee: \$500 per team (teams can have minimum of 4 and a maximum of 6 participants) Each participant will receive:

- a special tote bag
- good food
- a clinic from a certified instructor

Teams are encouraged to dress in a fun team "uniform".

Contact Luke Richardson at lucas.ray.richardson@gmail.com for more information

UTMJ Winter Theme: Mental Health

We hope to explore diverse topics ranging from stigma surrounding psychiatric disorders (such as schizophrenia, eating disorders, and others) to the attitudes of healthcare professionals towards patients with mental health issues. We feel these are vital topics to discuss at the formative stages of young physicians' careers.

The University of Toronto Medical Journal, whose primary readership includes the largest medical student and resident body in Canada, is devoting the last two issues of its 90th volume to the theme of Mental Health. We welcome submissions from faculty, community physicians, residents, medical and graduate students in the following article categories:

- Original Research
- Comparative Effectiveness Research
- Reviews
- Perspectives (Commentary)
- Medical Education
- History of Medicine
- Quick Diagnosis and Case Reports
- Public Health

Please note: For every issue, we also accept non-thematic submissions in all categories.

Submission Deadline: Part I: **March 1st**, 2013. Part II: **March 22nd**, 2013.

Please visit the journal's Web site at www.utmj.org for detailed submission instructions. If you wish to submit an abstract or article for the journal, please submit it either via email at editors.utmj@utoronto.ca or via online article submissions and tracking platform at www.utmj.org. First-time users are required to register themselves before making submissions.

We look forward to receiving your submissions!

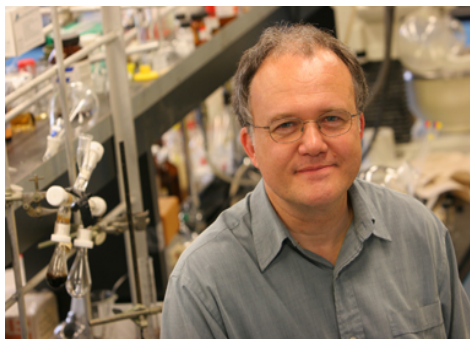


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Dr. Donald F. Weaver, MD, PhD, FRCP(C), FCIC, FCAHS
Professor, Neurologist, Sobey Chair in Alzheimer's Therapeutics, Canada Research Chair, T1,
Departments of Medicine (Neurology) and Chemistry,
School of Biomedical Engineering



My research concerns the design and synthesis of drugs for the treatment of chronic neurological disorders, with special emphasis on Alzheimer's dementia and epilepsy. I have a PhD in organic chemistry and I use this expertise to aid in designing molecules that hopefully will be drugs.

We start a research program with computational chemistry, using in silico methods to model proteins and to determine the shape of a possible receptor. Next, we use quite sophisticated modelling methods (e.g. quantum mechanics calculations) to design novel molecules that can bind into that receptor model. Since all drugs are molecules, but not all molecules are drugs, we must design these novel new agents to have drug-like properties.

They must also be "new"; i.e. never been made before, so that we can patent them if they have good biological activity. After we have designed these molecules, we actually synthesize them. It is not unusual for us to make 300 analogues around a given target. These new agents then undergo biological testing, both in vitro and in vivo, and hopefully one shows good activity. If it has good activity, we then make even more analogues, trying to optimize it. We do a lot of chemistry as part of our research.

My clinical practice is 60% people with epilepsy and 40% general neurology (headaches, ataxia, etc.). Since part of my research is focussed on designing drugs for epilepsy, I take lessons from the bedside and take them to the lab bench – which is the opposite of the commonly discussed "bench to bedside approach".

To aid in the development of new drugs, I have co-founded eight start-up biotech companies. One of these companies, called Neurochem Inc., took two of my agents to Phase III human clinical trials in the late 1990's. More recently, I have co-founded DeNovaMed Inc. (focussing on antibiotics, at the IWK Health Centre) and Treventis Corp. (focussing on anti-Alzheimer's agents, at Dalhousie University).

I was strongly motivated to pursue a future in neurological research. If space is the final frontier, then the mind & brain is the ultimate frontier. Disorders of the brain and mind are absolutely fascinating, and every patient is different. Never a dull moment.

I started off with undergraduate studies with a double major in chemistry and mathematics. However, before I could get my BSc, I entered medical school at Queen's. After med school, I did my PGY-1 year and then left clinical medicine for a period of time pursuing a PhD in organic chemistry. When all was done, I had an MD and a PhD, but still no BSc. After my PhD, I returned and did my residency in neurology. I was on staff at Queen's University (1988-2001) and have been at Dalhousie since 2001.

Combining clinical care and research is very challenging. The issues are time management. It is tough doing both of these.



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Canadian Organization of
Undergraduate Psychiatric Educators

2013 COUPE Best Paper Contest for Medical Students

PURPOSE:

The **COUPE "Best Paper Award for Medical Students"** is designed to recognize a student in undergraduate medical training who demonstrates an enhanced level of understanding and interest in mental health.

REQUIREMENTS:

The submission will be an academic discussion of ANY topic within the realm of mental health OR another area of medicine relating to mental health (i.e. post-MI depression, postpartum psychosis, etc...).

DEADLINE:

Essays to be submitted via e-mail to Dr Cheryl Murphy (murphyc@dal.ca) Chair of the Dalhousie University Psychiatry Undergraduate Education Committee. Submissions will not be accepted after **Midnight, March 31, 2013.**

PRIZE:

The author of the winning submission will be notified by e-mail and acknowledged in the Canadian Journal of Psychiatry. As well, an announcement will be made at the CPA annual meeting in the fall.

The **winner will receive \$ 250.00**, travel expenses paid to attend the fall CPA meeting, (up to a value of \$750.00) as well as an engraved plaque from COUPE.

A full description of the contest is available on the DMSS website.

Upcoming Events...

Feb 23rd – Euphoria

Feb 26th – Town Hall – Research in Medicine Program Tupper A and DMNB 102 5-7pm

Feb 27th – FMIG Halifax Speaker Night (Exercise in the Management of Chronic Conditions) Tupper Lounge 6-8pm

March 5th – CaRMS Match Day

March 7th – DMSS Meeting 6:30pm