

# AD ASTRA

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## The 2nd Annual Departmental Resident and Fellow Research Day

On May 22 residents, fellows, and faculty gathered in Jordan Hall to participate in the 2<sup>nd</sup> Annual Departmental Resident and Fellow Research Day. Last year **Prof. Johnson** suggested the event as a way to increase the residents' exposure to research, noting in his welcome address that the most enriching aspect in the process of learning is figuring out how new discoveries can be applied in real life. And what is more exciting than making those discoveries for your self?

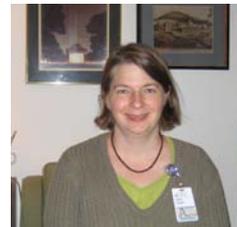


Dr. Ingersoll presenting to the residents and fellows

For the second year in a row, **Dr. Suzanne Holroyd** took the reigns and, with the invaluable assistance of **Laura Covert**, coordinated a very fun and successful day for all. After a warm and enthusiastic welcome from Prof. Johnson and Dr. Holroyd, **Dr. Karen Ingersoll** shared her personal experience of traveling down a career path from clinician to a researcher and what influences shaped her way. She attributes her successes to mentors she had as early as age 12 and throughout her academic career encouraging everyone in the audience to seek guidance from others in the field themselves. She attributes the satisfaction in her career to the "Aha" moment when she learned that she could help more people by being a *researching* clinician by studying the clinical population she was already serving. **Dr. Daniel Cox** gave the second talk on the challenging process that is grant writing and the nuances of the submission and resubmission...and resubmission procedure. Persistence is the key, and Dr. Cox suggested with good collaboration teamwork will pay off in the end...hopefully in NIH funds. The lectures were ...continued on page 2

### Laura Covert SOM Employee of the Month

Congratulations to **Laura Covert** for being named the Employee of the Month of May for the School of Medicine! She was commended for her warmth, thoroughness, and dedication as the Residency Coordinator. As one nominator commented, "words don't do justice to the feelings the psychiatry residents have about the benefits of having Laura as our residency coordinator...Laura truly shines; she makes UVA's department of Psychiatry and NB sciences stand apart from the competition." Beyond the applause and kind words, Laura also received a special golden ID badge in recognition of her excellence!



### Congratulations!

**Dr. Harjot Sekhon** has been named Chief Fellow for Child and Family Psychiatry.

And **Dr. Chris Bailey** has been named the Neuropsychology Chief Fellow.

Congratulations Harry and Chris!

*continued from page 1...*

followed by what Dr. Holroyd considers the highlight of the day: The Resident and Fellow Poster Session. The 17 posters presented ranged from case reports and proposals to in-depth research studies. Some had already been presented at prior conferences; others were created specifically for Research Day. The poster session provided a great opportunity to encourage trainees to undertake research and provide those who did with supportive and positive feedback. **Dr. Laura Dauenhauer** attended the Research Day last year and seeing how many other residents participated made the prospect of completing her own project less daunting. She was inspired to take a question that she didn't know the answer to and, with **Dr. Bruce Cohen's** support, created a project to find some answers. She quickly learned that it wasn't nearly as overwhelming as she expected and with all of the resources within the department she not only presented at this year's Research Day, but her poster made a stop at this year's APA conference as well.



The poster session was also a great opportunity to bring the residents and fellows together to learn exactly what other types of research is going on the department.



**Dr. Laura Campbell**, a fellow in the Department, was excited by the rare chance to interact with the psychiatry residents. **Dr. Matthew Sachs**, a first year resident, used the date as a motivational tool to complete a project that otherwise he might not have done. He was surprised by the number of people involved in research in the department. Dr. Sachs offered, "Everyone from first year residents to post-docs presented their research and when you see your classmates doing something feel that you can too." This year he presented a research proposal discuss-

## PROGRAM

- 1:00** *Welcome – Bankole Johnson, Chair*
- 1:15** *Dr Karen Ingersoll— An Unexpected Path: One Story of Finding My Way from Clinician to Researcher*
- 2:15** *Dr. Daniel Cox – Grant funding: team work, perseverance, perseverance*
- 3:00** *Poster Session – Resident and Fellow Research Posters*
- 4:00** *Keynote Speaker – Dr. Diana Perkins, Professor of Psychiatry, University of North Carolina at Chapel Hill. The First Episode of Schizophrenia: Evidenced Based Treatment*

ing the relationship between weather and mood. Next year he hopes to present his findings.

The final presentation of the day went to Keynote speaker **Dr. Diana Perkins**, Professor of Psychiatry, at the University of North Carolina at Chapel Hill. She used a patient case to demonstrate how to translate current research to the patient in an effective yet not overwhelming manner. It was important to Dr. Holroyd that the keynote speaker was motivated and enthusiastic about research so as to encourage the audience...Dr. Perkins fit the bill perfectly.



The overarching goal of Research Day is to encourage every resident and fellow to participate in a major research project with a faculty member before completing their training. The annual Departmental Resident and Fellow Research Day is a great way to start. The small scale among close colleagues gives all who participate the confidence that they can do it themselves, the learning experience that will enhance their clinical experience, and the stepping stone toward the national scene.



**For the half-day event all residents and fellows were excused from their duties in order to attend. A BIG THANKS to all of the clinicians for taking on the extra responsibilities!**

## Here are just a few of the posters presented...

**Dr. Harry Sekhon's** (Child Psychiatry Fellow) poster focused on the topic of Computer Addiction in children and adolescents and detailed some of the characteristics of this group obtained from a parent report questionnaire. This expanded on unreported data from a project started by previous child fellows: Drs. Martha Mann, Aditya Sharma, Sumit Anand, and Michelle Friebe.

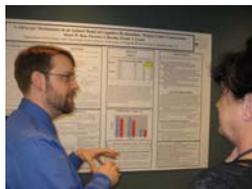
**Dr. Dave Renfrow's** (Child Psychiatry Fellow) poster explored our child OPC patient group for symptoms of dissociation using a standard parent-report questionnaire. The finding of many subjects with symptoms of dissociation in this patient population was surprising, and Dr. Renfrow discussed possible explanations with many attendees who viewed the poster.

**Dr. Aamir Mahmood's** (Child and Family Psychiatry Fellow) poster concerned the value of adequate stimulant medication coverage for ADHD drivers, using three case reports. The study utilized a number of high tech devices to record medication compliance and driving errors, and Dr. Mahmood was involved in scoring videotapes of the subject's driving behaviors.

**Dr. Laura Campbell's** (Behavioral Psychology Fellow) poster examined the links among executive functioning, coping strategies, and emotional and behavioral outcomes in children and adolescents who have completed treatment for acute lymphocytic leukemia.

**Dr. Anita Sim's** (Neuropsychology Fellow) poster examined the Test of Memory Malingering (TOMM), which is a well-validated measure of symptom validity that has been shown to be robust against the effects of depression, anxiety, mental illness, age, laboratory-induced pain, and cognitive impairment. The purpose of the study was to investigate the impact of low education on TOMM performance.

**Dr. Kurt Miceli's** (PGY 5) poster described how the symptoms of hypoactive delirium, depression, and dementia may overlap and lead to diagnostic confusion for the inpatient clinician. Such errors in diagnosis can prolong length of hospital stay, increase cost, and worsen outcomes. The poster demonstrated a scale for the primary medical provider to differentiate between delirium, depression, and dementia.



**Sekhon H**, Burket R, Mann M, Sharma A, Anand S, Friebe M, Keller A: "Computer addiction in child psychiatric out patients."

**Renfrow D**, Tucker J, Burket R: "Symptoms of dissociation in child psychiatric outpatients."



**Mahmood A**, Cox DJ, Mikami AY, Cox BS, Coleman MT, Sood AJ, Moore M, Burket R, Merkel L: "Impact of long-acting methylphenidate on routine driving of young adults with attention deficit/hyperactivity disorder (ADHD): Three case reports."

**Campbell, L.K.**, Scaduto, M., Van Slyke, D., Niarhos, F., Whitlock, J.A., & Compas, B.E. (April 2008). Executive function and coping in survivors of childhood acute lymphocytic leukemia.

**Rau SW**, Gattis K, Ingersoll K, Leslie C, Marzani-Nissen G, Stewart H, Marcopulos B. (2008). A Naturalistic Study of Patient Progress During the Implementation of a Smoking Ban in a State Mental Health Hospital: Cognition Data.

**Rau SW**, Breslin FJ, Lynch W. (2008). GABAergic Mechanisms in an Animal Model of Cognitive Dysfunction: Project Under Construction.

**Anita Sim**, Bernice Marcopulos, & Ernest Aucone. The impact of low education on Test of Memory Malingering (TOMM) performance among forensic and non-forensic psychiatric inpatients.

**Kurt Miceli, M.D.**, Anita Clayton, M.D., Bettina Joi Isaac. *Validation of a Scale to Identify Hypoactive Delirium vs. Depression vs. Dementia*

## Presentations

Drs. Steve Borowitz (pediatrics), **Lee Ritterband, Dan Cox, Frances Thorndike, and Joshua Magee** presented their poster entitled *Treatment of childhood encopresis with an Internet-based intervention* at the 2008 Pediatric Academic Societies' Annual Meeting, Honolulu, Hawaii, on May 5.

**Drs. Ritterband, Thorndike, Linda Gonder-Frederick, Magee, and Elaine Bailey** will present *An Internet intervention for adult insomnia* at the SLEEP 2008 22nd Annual Meeting of the Associated Professional Sleep Societies, Baltimore, Maryland, on June 11.

**Dr. Chriscelyn Tussey** presented *Community Re-entry and Mental Health Needs of Offenders" and "Professional Burnout: Identification, Intervention, and Prevention for Parole and Probation Officers* for the Virginia Probation and Parole Association on May 16th.

**Dr. Jeff Barth** presented *Assessment and treatment of TBI's in OEF/OIF Veterans* at the VAMC in Hampton, VA, on May 21, 2008.

## Highlights from APA

**Many of our faculty members were more than just audience members at this year's American Psychiatric Association Meeting which was held May 3-8, in Washington D.C.**

**Dr. Yad Jabbapour** acted as Chair of a Symposium entitled "*The Virginia Tech Tragedy's Influence on Virginia's Mental Health System*:" with presenters including **Professor Richard Bonnie**, Dr. James Reinhard, Dr. Robert Bernstein of the Bazelon Center on Mental Health Law, Dr. Jeffrey Geller from the University of Massachusetts, **Dr. Vicky Fisher** of Catawba Hospital with Formal Discussant Dr. Paul Appelbaum from Columbia University.

**Dr. Jabbapour** was also a Formal Discussant for the Symposium, titled "*Stuck in the Black Box: A Patient Safety Approach to Prescribing Antidepressants*" with presenters: Drs. John Goethe, Geetha Jayaram, and Alfred Herzog.

**Dr. Anita Clayton** presented *Pooled Analysis of the Safety and Tolerability of Desvenlafaxine Succinate Compared to Placebo in the Treatment of Major Depressive Disorder*. The poster was authored by Anita Clayton, M.D., Susan G. Kornstein, M.D., Gregory Rosas, Ph.D., Christine Guico-Pabia, M.D., Karen A. Tourian, M.D.

**Dr. Laura Dauenhauer**, one of our new Chief Residents, presented a poster entitled "*Factors that influence ECT referrals: a survey of Virginia psychiatrists*." The poster was authored by Dr. Dauenhauer, Dr. Bruce Cohen, and Preeti Chauhun, M.A. She also presented the poster at the Resident Research Day.

### SPECIAL RECOGNITION

**Prof. Bankole Johnson** was inducted as distinguished fellow at a ceremony on May 5.

**Dr. Shane Rau** attended as an American Psychiatric Institute for Research and Education/ Janssen Resident Psychiatric Research Scholar.

## Meet our Fellows Dan Harvey, Ph.D.



Dan joined the Neuropsychology Fellowship Program this past September after completing his doctorate in Clinical Psychology at Nova Southeastern University. He was attracted to the program because of its excellent reputation as

well as the opportunity to work with **Dr. Jeffrey Barth**, one of the leading figures in Neuropsychology.

As a fellow, Dan spends most of his time at the Neuropsych lab performing brain-behavior assessments and pre-surgical evaluations for epilepsy patients, as well as psycho-educational evaluations of athletes struggling with learning disabilities. Free moments are usually taken up with reading, writing and research. Dan is currently completing a journal submission on executive function and memory among epilepsy patients, as well as updating an existing book chapter on traumatic brain injury in sports with **Dr. Barth**. Three of Dan's recent papers were recently accepted for publication

➡ check it out in the Publication Section. Unfortunately for us, by time this issue goes to print Dan will have already packed up his office and moved on to the next exciting chapter in his career. An unexpected (and ideal) job opportunity recently arose when his former mentor at the Cleveland VA Medical Center, where Dan completed his clinical internship year, retired and the job was offered to Dan. The position coincides with his career goals of working in the VA system with veterans suffering from TBI. He will also continue his research efforts and hopes to focus on military TBI, exploring the differences between military-related trauma as compared with sports and motor vehicle accidents.

In his free time Dan competes in fencing tournaments as a member of the Charlottesville Fencing Alliance, where his neuropsychology training has come in handy during random occurrences of mild closed head injury while sparring. He also enjoys touring around town doing the "local things" with his wife. They enjoy checking out the restaurants, particularly *Ten* on the Downtown Mall, and catching the latest movies to hit theaters. Dan particularly appreciates the local art scene, having acquired a Masters Degree in Fine Arts before deciding on Psychology for good.

## Publications

**Dan J. Harvey**, Naugle, R.I., Magleby, J., Chapin, J.S., Najm, I.M., Bingaman, W., & Busch, R.M. (in press). *Relationship between presurgical memory performance on the WMS-III and memory change following temporal resection for treatment of intractable epilepsy*. *Epilepsy and Behavior*.

**Dan J. Harvey**, Harris, K., & Golden, C. (in press). *Development and validation of short-forms for the estimation of WISC-IV factor and full-scale IQ scores in a general clinical population*. *Archives of Clinical Neuropsychology*.

Busch, R.M., Chapin, J.S., Umashankar, G., Diehl, B.

**Dan J. Harvey**, Naugle, R.I., Nair, D., & Najm, I.M. (in press) *Poor presurgical performance on both verbal and visual memory measures is associated with low risk for memory decline following left temporal lobectomy for treatment of intractable epilepsy*. *Epileptic Disorders*.

**Suzanne Holroyd**. *Toward a more Rational Approach to the Treatment of Patients with Dementia with Psychosis and Behavioral Disturbance*. *Alzheimer's Disease Research Journal* 2007; 1:91-93

**Frances Thorndike**, Carlbring, P., Smyth, F., **Joshua Magee**, **Linda Gonder-Frederick**., Ost, L., & **Lee Ritterband**. (in press). *Web-based measurement: Effect of completing single or multiple items per web page*. *Computers in Human Behavior*.

**Carlos S. Alvarado** (2008). *Note on online books and articles about the history of dissociation*. *Journal of Trauma and Dissociation*, 9, 107-118.

Deshmukh, US; Ohyama, Y; Bagavant, H; Guo, X; **Felicia Gaskin**, & Fu, SM: *Inflammatory Stimuli Accelerate Sjogren's Syndrome-like Disease in (NZB XNZW)F1 Mice*. *Arthritis & Rheumatism*; vol 58: 1318-1323, 2008.

Andersson, G., **Lee Ritterband**, & Carlbring, P. (2008). *A primer for the assessment, diagnosis and delivery of Internet interventions for (mainly) panic disorder. Lessons learned from our research groups*. *Clinical Psychologist*, 12(1), 1-8.

**Dan Cox**, **Lee Ritterband**, **Joshua Magee**, Clarke, W., **Linda Gonder-Frederick**. (in press). *Blood Glucose Awareness Training delivered over the Internet*. *Diabetes Care*.

## Meet our Residents *David Byrnes, M.D.*

David is just finishing up his first year as a Resident. After completing medical school at the University of South Carolina

he saw the residency program here in Psychiatry not only as a good academic opportunity but as a friendly environment and a good fit for his interests in child/adolescent psychiatry. David is also the newly elected Medical Society of Virginia Chair-elect for the Resident and Fellow Section for 08-09. He will serve as chair for the 2009-2010 year. Currently, our own **Dr. Kurt Miceli** holds this position, and he is happy to see another UVa resident in this state-wide position.



David's first year has been a busy but exciting one. First year residents have several options in terms of electives to choose to rotate in, which is uncommon to other programs and specialties. In the seven months of off-service the first years spend time becoming familiar with all medical conditions, the remaining five months are dedicated to psychiatry. David particularly enjoyed his rotations in the endocrine clinic, toxicology, and pediatrics. He appreciates how the knowledge he gained from each will fit into the overall treatment of psychiatric patients. The faculty within each elective provide a great balance between supporting the first years and giving them their own autonomy, that way there is enough room for them to grow and learn without feeling completely on their own. He is also very grateful to have such supportive supervisors at the head of the program. Drs. Kantor and Dameron are supportive and attentive to the concerns of the residents; each have an open-door policy. David also enjoys the attending lectures and Grand Rounds, his favorite being Morning Report every Tuesday. Typically a resident presents a tough case to Dr. Canterbury and they go through the step by step process of differential diagnosis. David finds it very helpful to have a structured thought pattern to get through the more challenging psychiatric diagnosis. In the future, though at this point is still a ways away, David sees himself in private practice which will also satisfy the business oriented side of him. He also hopes to have an active role on the corner of psychiatry and policy. "Too often politicians and policy makers cast-aside psychiatric patients", David says and he feels it is important to be the voice of his patients and advocate for their needs.

In his free time, David enjoys all of the charms Charlottesville has to offer: *Fridays after Five* when the whole city comes together, the great music and food, the vineyards and concerts on Ash Lawn in the summer. He also joined the rowing club and spends several afternoons a week on the Rivanna River. He likes to relax by diving into a good book and to add a little adventure he is considering mountain biking.

### ACHIEVEMENT

Congratulations to **Anita Chu**...one of our 08-09 Intern Class who recently received the [The Leah J. Dickstein, M.D. Award](#) from the *Association of Women Psychiatrists*. The award recognizes a female medical student who best exemplifies the spirit of creativity, energy, and leadership that Dr. Dickstein herself epitomizes and seeks to foster in others.

The award is open to female medical students who have demonstrated superior academic achievement, creativity, and leadership. Examples of appropriate disciplines or genres include: service or clinical aspects of medicine; science research; or excellence in art, music, literature, etc.

## Welcome!

**Matthew Barrett**, one of our second year residents, welcomed his son,

### **Guillermo Brasa Barrett Verd**

on Wednesday, May 7. He was 7lb, 3 oz and just over 21 inches long.

Congratulations to Lilianna and Matt!

## Administrative Spotlight on *Deborah Wadsworth*



Deborah Wadsworth has been a member of our department since 1986, but before coming on board with us she worked at HSF for five years...and five years before that she worked in the hospital! She has enjoyed every minute of the fast paced work environment, the interesting tasks, and the interactions she has with so many different individuals. But what does she do? Essentially if there is a problem anywhere in the department in terms of insurance, billing, or reimbursement Deborah fixes it. She completes almost 200 reimbursement reviews a day for the pain clinic, the Multi-story, Northridge, and Child and Family as well as detailed reports which summarize the annual patient invoices. When she first began here...when we were still at Blue Ridge Hospital...Deborah was in charge of the timesheets and worked all accounts. Then she moved to obtaining the insurance authorizations where she went to group meetings on the inpatient units, reading charts and watching patients interact, and would then report back to the insurance companies why each individual needed coverage. She said it was a very eye opening experience and, as a consequence, made her very fascinated in mental health related issues.

Deborah is very detail oriented and reviews every account and issue with a "fine tooth comb." If any of the clinical areas have patients who are complaining about their bills, charges, payment plans, etc., they send the patient to Deborah who is always able to answer their questions and work with them to settle the account. Her knowledge of both the hospital and HSF billing systems and the rapport she has built with staff in both areas, ensures that all patient billing related issues are resolved to everyone's satisfaction.

In her free time Deborah loves to cook and garden and is always looking to try new foods. She also likes music and dancing and spending time socializing with her friends. She is a sucker for animals...right now she has 5 cats! Deborah has one daughter, Jennifer, who formerly worked in interior design and now works as a special education teacher who teaches 11th grade English Literature in Richmond and just bought a new condo. Deborah loves to travel, and particularly enjoys spur of the moment adventures with her daughter...her bags are always packed!

### Welcome to the Department!

#### **Kendall Plageman**

...who joined Dr. Ingersoll's team as a Research Specialist.

#### **Esther Mankanjuola**

...who will begin as a Nurse Practitioner for the Richmond CARE Clinic June 9th.

#### **Kristen Seemann**

...who will join Dr. Lynch's team as a Research Specialist on June 16th.

### A fond farewell...

**Sheila White** has left service with the Institute of Law, Psychiatry and Public Policy, in the Department of Psychiatry and Neurobehavioral Sciences, for new work in the University Health System. Ms White served for eleven years in several roles at the Institute, including Registrar for training programs, Database Manager, and Photographer. She has taken new duties with The Hospital Education Program as Administrative Assistant, and will also be using her skills with photography and videography. Working with the Hospital Education Program will continue the dedication of Ms White and her family to forming the healthy lives of children: they have been a foster family for more than 17 years. The lives of children and families in hospital will be rewarded from Ms White's work.



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**Edited by  
Caitlin Novero**

**AD ASTRA** is the monthly newsletter created by the University of Virginia, Department of Psychiatry and Neurobehavioral Sciences. Our purpose is to keep the department informed of people and events that make this department at UVA extraordinary while promoting dialogue between researchers and staff.

## GRAND ROUNDS

Camp Heart Auditorium

Off for the summer...

The next Grand Rounds will be

**August 12**

with

Yad M. Jabbarpour, MD, DFAPA

## Neurobiology Section Lunch Seminar Series

North Fork Research Park

Off for the summer...

See you in September!



### Letter to the Editor

While reading about the telepsychiatry option at Child and Family in the May Ad Astra, I was reminded of the first few experiences with telemedicine. I saw some patients with **Dr. Burket** when we started the telepsychiatry program (in fact it might have been the first patient in Danville!!). That experience has helped me a lot. I am in West Virginia where we have an acute shortage and huge demand for Child Psychiatrists (I believe there are about 6 in the entire state). I see child patients through telepsychiatry every Tuesday and one Monday a month from far flung out parts of the state where there are no psychiatrists, let alone child psychiatrists. The system was started to help with involuntary commitment hearings conducted by psychologists in these counties but has evolved over time to incorporate clinical care. At this time I am seeing about 30 child patients every Tuesday on TV!! I am extremely lucky to have had the experience at UVA. Please convey my sincere thanks to Dr. Burket.

-Aditya Sharma

Dr. Sharma trained in general and child and adolescent psychiatry and graduated in 2005.

**Please continue to send your news, upcoming events, recently published articles, and pictures for next month.**

**AD ASTRA**