1. INTRODUCTION

Our postgraduate education program is designed to offer the trainee a broad and in depth experience in Endocrinology which is appropriate to his/her educational level and needs. Typically we will have 2-3 general medicine trainees, an Endocrine Fellow as well as periodic local, national, and international elective trainees at the undergraduate and postgraduate levels. Trainees attend the Metabolic Bone Clinic, Lipid Clinic, Diabetes and Pregnancy Clinic, General Endocrinology Clinic, and Diabetes Clinic every week. Our Clinics are true "Clinics" in that there are typically 5-8 Attending Physicians who will each see 1-2 new consults plus an appropriate number of follow up patients. The residents assess all the new patients, then also see followup patients. The Clinics have also been very popular amongst other trainees (e.g. Family Practice). There is usually a spot for 1 Family Practice PGY-2 resident in Metabolic Bone Clinic (Monday morning or afternoon), Lipid Clinic (Tuesday morning), Endocrine Clinic (Wednesday afternoon) and Diabetes Clinic (Thursday morning).

Weekly Clinical Rounds are associated with the Metabolic Bone Clinic, Lipid Clinic, and Diabetes Clinic. These rounds are generally based on a case seen in clinic that day around which there is a multidisciplinary, broad ranging "bedside to bench to bedside" discussion. As well, Endocrine Rounds are held every week. These rounds are typically given by trainees, staff physicians or visitors. The trainees also attend the monthly Pituitary conference and Multidisciplinary Diabetes Complication Clinic (MDCC) Rounds as well as the weekly City Wide Endocrine Rounds and Core Lecture Series.

Finally, residents participate in the in-hospital consultation service which involves patients with a wide variety of endocrine disorders. The endocrine team (typically the endocrine fellow and two general internal medicine trainees) follows known endocrine consultations during the day and also attends PAF (Pre-Admission Facility) clinics three times weekly, when outpatient surgical consults are seen. New consults after 5 pm and on weekends are usually done by the senior admitting resident (SAR) on call. In-patients are usually admitted under team medicine with endocrinology consulting. There is one staff member on call for each week for endocrine consults.
2. CLINIC AND ROUNDS SCHEDULE

Note: SMH Diabetes & Osteoporosis Center (D&O) is at 61 Queen Street East, 7th floor

Monday
8:00-9:00  Resident rounds with Dr. Cheng Her office 7th floor 61 Queen St E
10:00-12:00 Preadmission facility (PAF) consults – 1 Cardinal Carter Wing SMH
Noon:  Metabolic Bone Rounds D&O conference room, lunch provided
1:00 - 5:00  Metabolic Bone Clinic – D&O
Drs. Josse, Murray, Derzko, Lee, Rubin, Jamal

Tuesday
8:00-11:30  Lipid Clinic  D&O
Drs. Leiter, Wolever, Patten, Ng, Booth, Goguen, Cheng
11:30 - 12:30 Lipid Rounds: D&O Conference room: case-based, lunch provided
12:45 - 2:30  Diabetes in Pregnancy Clinic - 5th fl 61 Queen St E
2:30 - 4:00  PAF Consults - 1 CC Wing SMH
- afterwards, meet with staff on call to discuss cases

Wednesday
9:00 - 10:00  General Endocrine Rounds – D&O conference room
given by residents, staff or guest speakers.
10:00-11:00  Dr. Singer rounds D&O Conference room
12:00 - 1:00  Medical Grand Rounds Basement Queen Wing Auditorium
1:00 - 4:30  General Endocrine Clinic – D&O
Drs. Josse, Leiter, Woo, Hanna, and Goguen

Thursday
8:00 - 11:45  Diabetes Clinic –D&O
Drs. Josse, Leiter, Hanna, Goguen, Cheng, and Booth
11:45 - 12:30  Diabetes Rounds: D&O conference room, case-based, lunch provided
12:30-1:15  Resident rounds with Dr. Goguen: 61 Queen St 6th floor (her office)
2:00 - 4:00  Pituitary conference monthly D&O Conference room

Friday
8:00 - 9:00  City-wide Endocrine Rounds Mt Sinai Hospital cafeteria
9:00 - 11:00  Postgraduate Academic Half Day Seminars at Mt Sinai (11th floor)
all levels of housestaff are welcome
12:00 - 2:30  PAF Consults - 1 CC Wing
(afterwards, meet with staff on call to discuss cases)
There are other clinical experiences that are not routinely available, that can be arranged by request, including:

**Cystic Fibrosis Related Diabetes Clinic:** one Tuesday afternoon and one Wednesday morning each month: Dr. Hanna or Dr. Booth (in the hospital, 6 Queen Respirology Clinic).

**Multidisciplinary Diabetes Complication Clinic (MDCC):** Wednesday and Friday mornings

**Dr. Smyth’s office** (pituitary neurosurgeon)

### 3. RESIDENT ORIENTATION INFORMATION:

**PRIOR TO STARTING ROTATION:**
1. Please let me (Dr. Goguen) know if you are planning to take holiday/conference leave during your endocrine rotation (416-867-3714).
2. Also let us know the date of your longitudinal clinic ASAP.

**ON THE FIRST DAY OF THE ROTATION:**
1. Please register with Amina in the Medical Education Office on 1 Bond wing, in the hospital. She will direct you to get your hospital photo ID, dictation number, locker, lab coat, etc.
2. See Dr. Goguen’s secretary Marfisa at 61 Queen Street East, 6th floor to pick up the rest of your orientation package (see below). Then page the other residents on the service and the endocrine staff attending that week (locating: extension 5431).
3. If you have any questions, please do not hesitate to page Dr. Goguen at 416-685-9148.

**DURING ROTATION:**

**CLINICS:**
1. **You are expected to attend all clinics/teaching rounds promptly.** All the new consults are seen first, then follow-ups should be seen—there are great learning opportunities from the follow-up patients. NEW PATIENTS NEED A COMPLETE HISTORY AND PHYSICAL EXAMINATION. Follow-up patient should have a directed history and physical. All clinic patient assessments require a letter dictated to the referring physician (the only exception is the PAF clinic). Dictations can be completed in the last 30 minutes of clinic to get you out of clinic promptly. Please record under your signature on the chart the dictation number that is given upon completion of your dictation.
2. In Lipid and Diabetes clinics, there is one staff available to review all the new cases from that week. In endocrine clinic, each staff reviews his/her own new referrals.
3. In Lipid Clinics and Endocrine Clinics, one of the residents will be assigned by the endocrine fellow to be responsible for the ward consults during the clinic (usually the resident on call that week). He/she can come to clinic after all the ward issues are taken care of, and are expected to return to clinic by the lunch hour teaching rounds, not to miss this excellent learning opportunity!
4. Any patient who does not speak fluent English, or a language that you are fluent in must be offered the services of an interpreter, even if they bring someone with them who speaks their language. Please let a staff doctor know right away if the patient needs an interpreter, so that it can be arranged immediately. It should be noted in the chart that interpreter services were offered and whether or not they were needed.

5. If the consultation service is too busy and one of you would like to leave clinic to do consults, please have the Endocrine Fellow discuss this with the staff who is responsible for that clinic (Bone: Dr. Murray; Lipid: Dr Leiter; Endocrine: Dr. Josse, Diabetes: Dr. Hanna), and we will try hard to accommodate your wishes.

6. Please let Dr. Goguen know if you have to be late or miss a clinic, as we have tried to match the number of patients with the number of trainees. As well, this is an excellent learning opportunity so it is very useful for you to attend.

IN-PATIENT CONSULTS:

7. New consults after 5 pm and on weekends are usually done by SAR on call. The Endocrine team follows known endocrine patients when on call during the day, Monday through Friday. In-patients with endocrinological problems are usually admitted under team medicine with endocrinology consulting. There is one staff member on call for each week for endocrine consults. Remember to sign out to the SAR before leaving every day and to leave a copy of the consultation list in their mailbox in the resident lounge. It is against the law to send patient information via email without their permission (even encoded)—doing so will be considered unprofessional conduct. (If the SAR isn’t in the hospital to pick up the list, they can always call the attending staff if they have a question.)

8. In patient consults should be done the day they are requested (discuss with staff on call if difficulty doing this). In hospital consults should be seen daily unless there are no active issues and notes must be written in chart every time you visit a consult patient. The responsible staff should be informed of the frequency of visits and any active issues.

9. For PAF (pre-admission facility) patients with non-endocrine problems (eg., anticoagulation, myocardial ischemia): please request that the medical consultation team assesses and follows the non-endocrine issue.

10. An up to date computer list must be kept on all the consultation patients, including dates that the PAF patients are returning for surgery.

PERSONAL LEARNING:

11. There is a computer in the conference room on the 7th floor of 61 Queen East that is for your use. It contains several teaching aids (Up-to-Date, the Endocrine Self Assessment Program CDs, teaching photos, and previous residents’ Wednesday morning talks.)
12. You will be asked to conduct one formal Wednesday morning endocrine teaching round. These are organized by the Endocrine Fellow and Dr Leiter. Please let Anna, Dr. Leiter’s secretary know the title of your presentation, and please provide two learning objectives for the people attending your rounds, at least two days prior to your presentation (867-7441, tonioloa@smh.toronto.on.ca). Dr Goguen can give a session on “How to give a good talk” during her first Thursday teaching session if you think this would be valuable.

EXPECTATIONS OF STAFF:

1. Staff should review new consults and clinic patients in timely fashion and at a time that the team has set following the pre-admission consults. On call staff will round a minimum of twice a week (Tuesday PM and Friday PM).
2. You should be given the last 30 minutes of clinics to do dictations.
3. You should receive formative feedback half way through your rotation, especially if you are on service for more than one month.
4. You should get at least one bedside teaching session by on-call staff that week, usually in the PAF clinic.

*Please feel free to ask for feedback at any time and please feel free to give us feedback as we want to make this the best learning experience possible.*

4. SUGGESTED READING:

A. **List of endocrinology guidelines available**

   Peri-operative glycemic control
   In hospital glycemic control
   Diabetes in pregnancy
   Post-operative hypocalcemia
   Pituitary peri-operative management

   From Marfisa (Dr. Goguen’s secretary): Management of DKA, UHN Endocrine guidebook

   There are three recent Canadian Guidelines available online:
   2. Lipid guidelines 2003, available on CMAJ website <http://www.cmaj.ca/cgi/data/169/9/921/DC1/1>
   3. Osteoporosis guidelines 2002 available on CMAJ website: <http://www.cmaj.ca/cgi/data/167/10_suppl/s1/DC1/1>

B. **Useful websites:**

   [www.mythyroid.com](http://www.mythyroid.com): Dr Drucker’s thyroid website
   [www.endocrinologyrounds.ca](http://www.endocrinologyrounds.ca): SMH Endocrinology Rounds website
C. Key articles:

**Glycemic control:**

**Lipids:**
MRC/BHF Heart Protection Study of cholesterol lowering with simvastatin in 20,536 high-risk individuals: a randomised placebo-controlled trial.

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5. STAFF LISTING AND RESEARCH OPPORTUNITIES

SMH Staff List

**Endocrinologists:**

**Dr. Lawrence Leiter: Divisional Director**
email: leiter@smh.toronto.on.ca
Telephone: 416-867-7441
Fax: 416-867-3696

Special clinical interests: lipids, diabetes mellitus
Research interests: Clinical trials in diabetes, lipids, and nutrition

**Dr. Amir Hanna: Deputy Division Director**
email: hannaa@smh.toronto.on.ca
Telephone: 416-867-3721
fax 416-867-3724

Special clinical interests: diabetes mellitus, diabetes in pregnancy, cystic fibrosis-related diabetes
Research interests: clinical studies in diabetes
Research opportunities for residents: studies in approaches to treatment in diabetes and pregnancy, case reports

**Dr. Jeannette Goguen**
SMH Endocrinology Education Coordinator
email: goguenj@smh.toronto.on.ca
Telephone: 416-867-3714

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Fax: 416-867-3696
Special clinical interests: diabetes mellitus, endocrine hypertension, pituitary disorders
Research interests: medical education: How do medical trainees conceptualize scientific research? Awareness of the philosophical and sociopolitical critique of scientific research.
Research opportunities for residents: short or long term research projects

Dr. Gillian Booth
email: boothg@smh.toronto.on.ca
Telephone: 416-867-3719
Fax: 416-867-3696
Special clinical interests: diabetes mellitus, lipids, pituitary disorders
Research interests: Health services research (epidemiology) and clinical trials in diabetes
Research opportunities for residents: short or long term research projects

Dr. Alice Cheng
Email: chenga@smh.toronto.on.ca
Telephone: 416-867-7460 X8206
Special clinical interests: diabetes in pregnancy, islet cell transplantation, medical education

Dr. Sophie Jamal
email: sophie.jamal@utoronto.ca
Telephone: 416-867-3701
Fax: 416-867-3696
Special clinical interests: osteoporosis in men
Research interests: Epidemiological studies in osteoporosis
Research opportunities for residents: short or long term research projects

Dr. Robert Josse
email: josser@smh.toronto.on.ca
Telephone: 416-867-7455
Fax: 416-867-3696
Special clinical interests: osteoporosis, metabolic bone disease, diabetes mellitus
Research interests: clinical studies in osteoporosis, metabolic bone disease, diabetes mellitus

Dr. Tim Murray
email: tim.murray@utoronto.ca
Telephone: 416-864-5291
Fax: 416-864-5434
Special clinical interests: osteoporosis and metabolic bone disease, celiac disease and bone, male osteoporosis
Research interests: molecular and clinical studies in osteoporosis and metabolic bone disease, epidemiology of osteoporosis, skeletal effects of parathyroid hormone

Dr. Dominic Ng
email: ngd@smh.toronto.on.ca
Telephone: 416-864-5197
Fax: 864-5884  
**Special clinical interests:** lipid disorders, genetics  
**Research interests:** genetics of lipoprotein disorders and atherosclerosis, genetically engineered animal models and human studies  
**Research opportunities for residents:** short term or long-term bench research or case studies

**Dr. Robert Patten**  
email: robert.patten@utoronto.ca  
Telephone: 416-864-5254  
Fax: 416-767-4672  
**Special clinical interests:** lipid disorders

**Dr. William Singer**  
email: singerw@smh.toronto.on.ca  
Telephone: 416-864-5054  
Fax: 416-665-1882  
**Special clinical interests:** thyroid, pituitary, reproductive disorders

**Dr. Robert Volpe**  
email: robertvolpe@sympatico.ca  
Telephone: 416-926-7777  
Fax: 416-926-9628  
**Special clinical interests:** thyroid disorders

**Dr. Minna Woo**  
email: woom@smh.toronto.on.ca  
mwoo@oci.utoronto.ca  
Telephone: 416-867-7460 ext 8231 (SMH office)  
416-946-4501 ext 3971 (OCI office)  
416-946-4501 ext 3137 (OCI lab)  
Fax: 416-867-3696  
**Special clinical interests:** thyroid disorders, diabetes mellitus  
**Research interests:** Molecular mechanism of islet apoptosis in type 1 and 2 diabetes, using genetic approaches of knockout and transgenic mouse models. We are also using mouse models to study insulin signaling pertaining to Insulin Resistance and type 2 diabetes.  
**Research opportunities for residents:** short or long term research projects

**Dr. Robert Zeman**  
email: robert.zeman@sympatico.ca  
Telephone: 416-925-1224  
Fax: 416-923-5234  
**Special clinical interests:** diabetes mellitus/osteoporosis/thyroid disorders

**Research scientists:**

**Dr. Phil Connelly**
Research Interests: Lipid and inflammatory cardiovascular risk factors, the role of lipoproteins in oxidation and atherosclerosis, the role of lipoprotein (a) in pediatric stroke.

Dr. Leticia Rao
e-mail: leticia.rao@utoronto.ca
Telephone: 416-864-5838
Research Interests: molecular and cell biology of osteoporosis and other bone disorders, effects of antioxidants, SERMS, vitamin D analogs and PTH in bone cells.

Dr. Qinghua Wang
e-mail: qinghua.wang@utoronto.ca
Telephone: 416-864-6060 ext 6767
Fax: 416-864-6043
Research interests: Using “state of the art” molecular and cellular approaches, we are studying pancreatic islet function under physiological and insulin resistant conditions. We are investigating the molecular mechanism(s) of islet hormonal secretion and intra-islet hormonal regulation.
Research opportunities for residents: short or long term research projects

Researchers in Nutrition:

Dr. David Jenkins
e-mail: david.jenkins@utoronto.ca
Telephone: 416-867-7474
Fax: 416-867-7495
Research interests: nutritional clinical studies in diabetes mellitus

Dr. Vladimir Vuksan
e-mail: v.vuksan@utoronto.ca
Telephone: 416-867-7450
Fax: 416-867-7495
Special clinical interests: Novel therapies in diabetes.
Research opportunities for residents: Short or long term clinical interventions in diabetes. Cross-sectional and migration epidemiological studies.

Dr. Tom Wolever
e-mail: thomas.wolever@utoronto.ca
Telephone: 416-978-5556
Fax: 416-978-5882
Special clinical interests: Lipid disorders
Research interests: nutritional clinical studies in dietary carbohydrates, insulin resistance, diabetes, hyperlipidemia
Research opportunities for residents: long term (more than 3 months) part-time research

Affiliated Staff:

Dr. Christine Derzko (Obstetrics and Gynecology)
email: derzkoc@smh.toronto.on.ca
Telephone: 416-867-7447
Fax: 416-867-3693

Special clinical interests: postmenopausal osteoporosis, reproductive disorders, menopause & HRT
Research Interests: clinical studies in postmenopausal osteoporosis, menopause, reproductive disorders, DUB (dysfunctional bleeding), sexual dysfunction (hormonal studies/therapies)

Jan 3, 2004