

SMH ENDOCRINOLOGY ORIENTATION BOOK

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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 Respiriology 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:

1. CDA Diabetes Guidelines from Dec 2003 <<http://www.diabetes.ca/cpg2003/>>
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: Dr Drucker's thyroid website

www.endocrinologyrounds.ca: SMH Endocrinology Rounds website

www.lipidhealth.org: US National Lipid Education Council website—lots of slide presentations—wow your friends!

<http://www.bbdc.org/info/monograph.htm>: Banting and Best Diabetes Center “Approach to the Management of Diabetes Mellitus” book

C. Key articles:

Glycemic control:

1. The diabetes control and complications trial research group. The effect of intensive treatment of diabetes on the development and progression of long-term complications in insulin-dependent diabetes mellitus. *New Engl J Med* 1993;329:977-986.
2. UK Prospective diabetes study group. Intensive blood-glucose control with sulphonylureas or insulin compared with conventional treatment and risk of complications in patients with type 2 diabetes (UKPDS 33). *Lancet* 1998;352:837-853.
3. UK Prospective diabetes study group. Effect of intensive blood-glucose control with metformin on complications in overweight patients with type 2 diabetes (UKPDS 34). *Lancet* 1998;352:854-865.

Lipids:

MRC/BHF Heart Protection Study of cholesterol lowering with simvastatin in 20,536 high-risk individuals: a randomised placebo-controlled trial. *Lancet*. 2002 Jul 6;360(9326):7-22.

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: hanna@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

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

e-mail: connellyp@smh.toronto.on.ca

Telephone: 416-864-6023

Fax: 416-864-5870

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

email: 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

email: 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

email: david.jenkins@utoronto.ca

Telephone: 416-867-7474

Fax: 416-867-7495

Research interests: nutritional clinical studies in diabetes mellitus

Dr. Vladimir Vuksan

email: v.vuksan@utoronto.ca

Telephone: 416-867-7450

Fax: 416-867-7495

Special clinical interests: Novel therapies in diabetes.

Research interests: Nutritional and herbal medicine - clinical studies in diabetes and cardiovascular disease. Epidemiology of cardiovascular disease: studies in adults and adolescent with different ethnic background.

Research opportunities for residents: Short or long term clinical interventions in diabetes. Cross-sectional and migration epidemiological studies.

Dr. Tom Wolever

email: 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