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Upcoming Events


January 28 & 29, 2015. Anesthesia CaRMS interviews at McMaster

January 31-February 1, 2015. Winterlude 2015: Improving Patient Safety at the Westin Hotel in Ottawa, Ontario

March 5, 2014.

INSERT TITLE/LOCATION

New Paths Ahead in the Department of Anesthesia

We wish to congratulate Dr. Norm Buckley on his re-appointment as Chair of the Department of Anesthesia for the period July 1, 2014 to June 30, 2017. He has held this position since 2004. Under his leadership, the Department has expanded in faculty numbers, and collaborations in research and education. During the next few years, he sees the department moving to more fully integrate anesthesia into perioperative medicine. Pain management within both the hospitals and university represent a major opportunity. Specifically, the Department has a leadership role in the focus of the Michael G. DeGroote Institute for Pain Research and Care on persistent post surgical pain as a model for chronic pain, linking it to perioperative medicine, acute and chronic pain care. He also plans to establish the RCPSC Pain Medicine Residency Program within McMaster University under the Department of Anesthesia, ensuring that the DeGroote Institute's continues to grow in its mandate.

There are also many exciting changes in both our postgraduate and undergraduate anesthesia programs. Competency based education, accreditation reviews in 2015, and the introduction of a comprehensive electronic administrative system (MEDSIS and POWER), to name a few. We welcome our Postgraduate Program Director, who has taken over from Dr. Lori Olivieri since January, 2014. Dr. Raymer has had extensive involvement in medical education both at the undergraduate and postgraduate level. She has served as a Royal College Examiner and the Vice Chair of the Royal College Examination Board. She has co-authored “Introduction to Anesthesia: A Handbook” which has recently been updated to internationally acclaimed first anesthesia e-textbook. In this edition of the newsletter, she offers her thoughts on the direction of postgraduate anesthesia education.

We also welcome Dr. Daniel Cordovani, our new Undergraduate Program Director since July 2014, taking over from Drs. Alena Skrinskas and Joanna Reiber. Dr. Cordovani completed his anesthesia residency in Brazil and fellowship at the University of Toronto. He has a broad interest in medical education and innovative teaching techniques, particularly at the undergraduate level. He is currently completing his Master in Health Sciences education. We look forward to his perspectives and plans for the program in the next edition of the newsletter. We thank Drs. Skrinskas and Reiber for their years of commitment and leadership in the Undergraduate Anesthesia Program.

Dr. Anne Wong, Associate Chair of Education

Congratulations to Dr. Fred Baxter, Recipient of the 2015 CAS Clinical Practitioner Award!

We congratulate Dr. Fred Baxter who has received the honour of being the 2015 recipient of the Canadian Anesthesia Society Clinical Practitioner Award. This prestigious national award recognizes “excellence on clinical anesthesia practice”. Fred will receive his award on Monday June 22 2015 at the Awards Ceremony at the Annual CAS Meeting. Fred has been active throughout his entire clinical career in Anesthesia as well as Critical Care. He has served in many leadership roles, including Program Director, Chief of Anesthesia Department, and Medical Lead for patient safety. He has been a mentor, friend and inspiration to many of the practitioners in the city. On a personal level, Fred is an extremely ethical, honest and generous individual who gives freely of his talents and time. This acknowledgement of his many contributions to the practice of clinical anesthesia is a very well-deserved honour.

Dr. Janet Farrell
The emphasis within residency education remains on clinical experience in the operating room setting, guided by experienced clinician-educators. Recent changes have been made to consolidate that focus, supported with key adjunctive elements. Below, a thumbnail sketch of the McMaster program:

**Clinical:** Each year is divided into 13 blocks, each block being 4 weeks long. A rotation can be made up of one or more consecutive blocks. Blocks change over on Tuesdays this year. The clinical rotations are supervised by the CTU directors at each site: Dr. Moisiuk (SJH); Dr. Bruce (MUMC); Dr. Rieber (JHCC) and Dr. Zieba (HGH)

The Academic Curriculum is organized by a committee lead by Dr. Michele Cappello and Dr. Peachey and committee:

- PGY1, 2 shared curriculum: Thursday pm: (introductory topics)
- PGY3: Wednesday afternoon: (Medicine and ICU topics)
- PGY4: Wednesday afternoon: (subspecialty anesthesia topics)
- PGY5: All day Thursday. Exam study time, including a formal oral exam prep program beginning in January.
- Summer “Foundations” program for PGY1, 2 (boot camp)

**Simulation** is a strength of our program. Residents experience 20 distinct scenarios throughout residency, including all types of Anesthesia emergencies, Pediatric emergencies and Obstetrical emergencies, the latter run collaboratively with OB residents. Residents leave the OR to attend their one-hour session. Attempts are made to minimize disruption to clinical time. Most simulations occur on (alternate) Fridays, however the interprofessional OB scenarios run on Wednesday afternoons (4-6 times/year) and the Pediatric Emergency sessions occur on the occasional Tuesday. Simulation is also used liberally during the summer foundation boot camp for PGY1 and 2. The Simulation program is run with efficiency by Dr. Greg Peachey.

**Research:** All residents must complete a research project and must present at Research Exchange Day. PGY1 residents are enrolled in an introductory course through the HRM department. We are fortunate to have many enthusiastic faculty supervisors. Research is coordinated by our Research Chair, Dr. James Paul.

**Teaching:** Residents are a key piece of Clerkship curriculum, teaching in both didactic and classroom settings. Each resident is scheduled for 2 days of teaching/year. The Undergraduate Curriculum is lead by its director, Dr. Daniel Cordovani.

**What's been happening?**

I must admit, it was a bit of a shock taking over the program last January. Not having been involved directly in the workings of the program previously, it was a bit like getting promoted from bake sale chairperson to Lieutenant Major. Fortunately, the program has always had “great bones”- a group of really great residents and a deep pool of dedicated, talented clinical educators. I am grateful to all the individuals who work very hard within the program. The resident reps (Jessica Spence, Brent McLellan and Connor Rice, lead by Chief, Annemaria De Tina) work very hard behind the scenes, taking on many complex tasks, demonstrating maturity and leadership skills. The RTC (many individuals already named here and several more) is a highly engaged group, always sharing their time, perspectives and experience. And our admin coordinator, Candice Stroud, brings with her a wealth of experience and abilities and the knack of saying “no problem” about almost any problem.

The program has to be constantly evolving to address feedback, changing times and Royal College expectations. Look for “Residency Program memos” to keep on top of what is happening within the program and why. Some of you have sent me direct feedback and I welcome that. Over the last year, we have been working on developing the:

- online promotion portfolios for each year, to clearly outline and track expectations for each PGY year
- in-house exams (3x/year) for PGY2-5, with content focused on core curriculum topics for each level
- formal mentorship program, administered by Dr. Anne Wong
- on-line calendar to track resident call and educational activities all in one location, to which all residents and faculty have access
- process to ensure fairness in on-call and vacation scheduling
- interactive academic curriculum with content aligned with the national curriculum
- 360 evaluations for residents
- new, up-to-date digital residency program handbook, soon to be distributed to all faculty and residents
- relationship with the “Anesthesia Interest Group”, a group of medical students at McMaster University, with participation in their weekend workshops and panels

**What’s coming next?**

CARMs interviews in January, with file review beginning in November

**Royal College External Review (April 13-14, 2015):** Faculty input is very important in the review process. The reviewers visit each of the four sites to speak with all faculty members. I will attend both departments over the ensuing months to hear your thoughts about the program and also to ensure that everyone understands the review process. As well, look for my presentation at City-Wide Rounds in the New Year, to discuss the external review and our preparation for it.

**Daily Evaluation Forms:** I wouldn’t be a “real” program director unless I tinkered with the daily evaluation. Look for a trial evaluation form with more intuitive, concrete anchors and a 5 –point scale that will help you evaluate all PGY levels using a novel paradigm.

**Evaluation Workshop:** Look for an evening Faculty Development offering organized by the RTC on March 5, 2015, on the topic of direct observation evaluation and feedback.

Dr. Karen Raymer
**Research News**

**Trials in Progress**

**OPRA**—Multicentre (Sunnybrook and SJHH) RCT of continuous FNB vs single shot FNB vs local infiltration for TKR patients—recruitment in winding up.

**VIGILANCE**—Single centre (Juravinski Hospital—Wards E4 and F4) RCT of wireless respiratory monitoring and nursing notification via pages of surgical patients recruited 800 of 2000 patients.

**Trials in Development**

**TACS**—this transfusion algorithm study is sponsored by CIHR and Dr. Summer Syed is working with UHN to examine blood conservation in cardiac surgery using a novel transfusion algorithm based on point of care testing.

**SAME-Day Study**—this multi-site trial at St. Joe’s, MUMC about to begin and it’s looking at the morphine vs. hydromorphone in recovery and which drug provides the best analgesia with minimal side effects.

**New and Improved Anesthesia Research Website**

Our research website was revised over the summer to include a section on research methodology which includes several articles on study methodology, statistical concepts and manuscript writing guides. The website also has an archive of all the departments’ publications, grants and research rounds. The resident requirements for research are also described in detail. Check it out: http://fhs.mcmaster.ca/anesthesiaresearch/research_methodology_background.html.

**Recent Research Grants**

**Busse, J.W., Mulla, S.** Predicting disability benefits claim durations and comparing actual versus expected disability benefits claim durations. Mitacs-Accelerate Graduate Research Internship Program: $30,000

**Busse, J.W., Guyatt, G.H., Buckley, N.** Management of Chronic Neuropathic Pain Syndromes: A Network Meta-Analysis. CIHR: $100,000

**Choi S, Khan J, Paul J.** 2014-2016 Pregabalin and lidocaine in breast surgery to alter neuropathic pain (PLAN): a pilot study. PSI Resident Grant: $17,000


**Guyatt, G.H., Busse, J.W., Rampersaud, Y.R.** Patient-centred interprofessional shared care model for low back pain management. CIHR: $100,000

**Le Manach, Y., Devereaux, P.J.** PeriOperative ISchemic Evaluation-3 (POISE-3) Trial: A Pilot. HAHSO: $99,780

**Le Manach, Y.** PeriOperative ISchemic Evaluation-3 (POISE-3) Trial: A Pilot. HHS New Investigators Fund: $37,500

**McGillion, M.H., Busse, J.W., Lamy, A.** FORESITE-VISION: Further Observation for chronic pain and poor functional recovery Risk factor Examination at the home SITE, a study in partnership with the VISION Cardiac Surgery Prospective Cohort Study. CIHR: $223,689

**McGillion, M.H., Busse, J.W., Lamy, A.** A multisite application of FORESITE-VISION: Further Observation for chronic pain and poor functional recovery Risk factor Examination at the home SITE, a study in partnership with the VISION Cardiac Surgery Prospective Cohort Study. NO-AMA: $161,083

**Paul, J.** Vital sign monitoring with continuous pulse oximetry and wireless clinician notification after surgery (The VIGILANCE Study). HAHSO: $32,004

**Syed, S., Karkouti, K.** Blood conservation in cardiac surgery using a novel transfusion algorithm based on point-of-care testing: a stepped-wedge cluster randomized controlled trial. CIHR: $32,650

**Shanthanna, H., Paul J.** Most Effective Opioid Analgesia in Ambulatory Surgeries: a randomized control, investigator blinded, parallel group with superiority design study of Morphine versus Hydromorphone. CARF: $20,000

**Number of Grants for 2014 = 12**

**Grant amount total for 2014 = $946,640**
Recent Research Publications


Forero M, Heikkila A. Lumbar transversus abdominis plane block: the role of local anesthetic volume and concentration. A pilot, prospective, randomized, controlled trial Accepted Pilot and Feasibility November 2014


Sussman D, Paul J. The impact of transitioning from a 24-hour to a 16-hour call model amongst a cohort of Canadian anesthesia residents at McMaster University – a survey study. Advances in Medical Education and Practice. In Press December 2014


Number of Publications for 2014 = 42
The 2014 Bethune Round Table Conference at McMaster a Success!

The Bethune Round Table (BRT) Conference is a unique annual interdisciplinary scientific meeting that brings together health professionals from Canada and the global 'north' with participants from the global 'south' to discuss challenges and solutions to improving, anesthetic, obstetrical and surgical care in low and middle income countries. Started in 2001 by Dr. Massey Beveridge at the University of Toronto, it is now currently led by the Canadian Network for International Surgery (CNIS) and has been hosted by academic centers in Toronto, Vancouver, Calgary, and Montreal. This year, McMaster University, led by Planning Committee Chair, Dr. Brian Cameron, was honoured to host the conference June 5-8, 2014. In addition to its sponsors, generous support was also provided by the Departments of Surgery, Anesthesia and Obstetrics and Gynecology.

The 2104 Bethune Round Table conference in Hamilton attracted 150 participants from 17 countries representing 49 organizations including universities, professional societies and NGOs. The conference theme “Improving Global Outcomes Through Safer Surgery” was addressed by 5 keynote speakers, including Dr James Orbinski, (formerly of Medecins Sans Frontieres), Dr Vivienne Mitchell (former Chair, Guyana Medical Council), and Dr Jean Chamberlain (Order of Canada recipient). In addition, there were 27 podium presentations and 21 poster presentations.

More information about the Bethune Round Table Conference can be found at http://fhs.mcmaster.ca/surgery/isd/brt2014.html

Three post-conference workshops were offered on the last day of the conference, one of which was the Regional Blocks for Trauma and Perioperative Care, coordinated by Dr. Anne Wong and co-taught by Dr. Harsha Shanthanna and Dr. Mauricio Forero. It was highly rated by the interdisciplinary participants from around the world, including Uganda, Rwanda, the Democratic Republic of Congo, Haiti and Guyana. The success of the BRT Conference will continue to support the ongoing interdisciplinary efforts to perioperative around the world in low-resource settings. Thanks to our colleagues for their invaluable support!

The McMaster-Shanghai Jiao Tong University “Approaches to Medical Education: Focus on Problem-based Learning” Program

The McMaster University Department of Anesthesia has once again hosted the “Approaches to Medical Education: Focus on Problem Based Learning” educational program for visiting medical faculty from the Shanghai Jiao Tong University medical school on August 7-12, 2014. Started in 2009 as a collaborative between the Office of International Affairs and the Department of Anesthesiology, the program provides the delegates with an overview of medical education at McMaster University, problem-based learning, professional competencies, evidence-based medicine and simulation-based learning. In addition to sharing information about approaches to medical education, the visiting delegates also have an opportunity to tour the campus and the highlights of Hamilton, Toronto and surrounding areas. Thank you to our participating faculty, Drs. Wong, Bob Lee, Meena Nandagopal, Edwin Ho, Rob Whyte, Jason Busse and Greg Peachey for an excellent and successful program!

Awards and Achievements

Congratulations to the following award recipients:

Drs. Liz Ling and Ryan Smith, recipients of the Vince Politi Teaching Award
Dr. Steve Puchalski, recipient of the Lawrence Chiu Award
Dr. Meaghan Andrews, recipient of the Hisham Zokari Resident Award
Dr. Suzan Ergun (PGY3), recipient of the 2014-2015 RMA Scholarship Award for her study: “Mentorship in Anesthesia: Surveying the Landscape” (Supervisor Dr. Anne Wong)

Dr. Alezandre Dauphin, recipient of the 2014 Mission Legacy Award in recognition of his tireless efforts to improve international health care. This is a well-deserved and fitting award for his dedication to this important initiative.

Congratulations to Dr. Jessica Spence (PGY3) who has been accepted into the Clinician Investigator Program starting July 2015 – June 2016.

Resident’s Corner

It was a great year to be the Chief Anesthesia Resident! There have been numerous changes implemented in 2014—including a transparent call schedule now available to all residents and staff online. With four resident representatives on the Residency Training Committee (RTC) our voice has grown. The separation of academic days has placed a high value on resident business meetings and resident retreats for maintaining our team mentality. Activities this year have included curling, a pool party/BBQ and bowling. Jessica Spence and a new team of resident representatives, Sean Donald (JR) and Russ Brown (SR) will be taking over in the new year. Newly appointed Year Representatives include PGY1 Caitlin Vancแดนpello, PGY2 Matt Conway and PGY3 Brent MacLellan. I have nothing but confidence that our strong resident leadership and representation will continue.

Dr. Annemaria DeTina, PGY5 Anesthesia
Farewell - Best Wishes to Mrs. Judy Pace

After 42 years at McMaster University and 13 of them within the Department of Anesthesia, Mrs. Judy Pace, Anesthesia Residency Program Assistant, retired in March of 2014. Judy had the pleasure of working with Anesthesia Program Directors Drs. Steve Puchalski, Greg Peachey, Fred Baxter, Lori Olivieri and Karen Raymer. Early on, Judy was instrumental in overseeing both the Anesthesia Undergraduate and Postgraduate Residency programs until the Postgraduate program grew so extensively the jobs were divided. Judy was known for taking care of everyone’s needs from Clerks to Residents to Faculty. Not only was Judy a valuable asset to the Department of Anesthesia, but an enjoyable presence in the office as well. Often times there would be residents (former and current) lined up waiting to speak with Judy whether on a personal or professional level. Judy’s contributions to the Department of Anesthesia certainly have not gone unnoticed. Congratulations on your long-awaited and richly deserved retirement Judy!


Anesthesiologists, surgeons and obstetricians work in the same operating room environment with the same stressors. The concept of an interprofessional team approach to patient care is at the root of the patient safety, yet clear communication and behaviour amongst team members is affected by implicit assumptions and experiences of stress. This workshop, jointly offered by the Departments of Anesthesia, Surgery and Obstetrics and Gynecology to residents and faculty, provides the space for such shared dialogue and an introduction to resilience building and stress reduction through mindfulness practices.

The “Strengthening resilience: Introduction to the science and practice of mindfulness based stress reduction” workshop will be held on Thursday Jan 15 2015 from 5:30 pm -8:30 pm in the Health Sciences Library, History of Health and Medicine Room. It will be facilitated by Dr. Parmjit Singh (Department of Family Medicine), who has trained in mind-body medicine at Harvard University and has extensive background of teaching and practice in the field of mindfulness-based stress reduction.

Residents and Faculty may register early with Linda Agro (agrol@mcmaster.ca or ext. 75174) for a unique opportunity to learn how to strengthen their resilience and stress management.

Dr. Parmjit Singh is a faculty member of the Department of Family Medicine at McMaster University. He did clinical training in Mind-Body Medicine at Harvard Medical School and Mindfulness-Based Stress Reduction under Jon Kabat-Zinn and Saki Santorelli. He is a dedicated yoga teacher and mindfulness practitioner and teaches Mindfulness-based Stress Reduction to medical students at McMaster University. He was one of the speakers for TEDx McMaster for 2013 and was also nominated for Excellence in Teaching Award at McMaster University for 2014. For more bio, please visit his website: www.ParmjitSingh.com.