Chairman’s Report

Anyone who reads this Newsletter, I believe, would agree that this Department is vibrant and strong. Research is moving forward successfully with grants and increasing numbers of publications; residents are doing well and their morale is good; our contributions to the University’s undergraduate program are significant and well recognized; our clinicians continue to garner awards of excellence; nurses and allied health professionals who work with us are doing great work and are appreciated; and our support staff who have kept the wheels of the Department turning are receiving recognition from not only inside our Department but also from outside. It takes contributions from a great many people to make this Department vibrant. We can see this in the number of contributors to this issue of the Newsletter, too many to thank individually here. The gift of your time is deeply appreciated. I would be remiss if I did not recognize the hard work and persistence of our Jessica Ladouceur on these Newsletters. Thank you.

For our Department to maintain our successes, we must continue to keep current and anticipate change. For this, everyone’s contributions are needed. It is this vein that I would like to bring up the following items for emphasis.

The Simulation Center in Ottawa was established by our Professor Emeritus, Dr. Earl Wynands, in 1998, under the Chairmanship of Dr. Dennis Reid. Right from the beginning, the Center was a multi-disciplinary facility. The simulator in Ottawa was the second in the country, after the one established by Dr. Robert Byrick at Sunnybrook. With such a prestigious lineage, it is now time to move onto another level of simulation development. The University of Ottawa and The Ottawa Hospital have joined forces in establishing a state-of-the-art Skills and Simulation Center. It is thus with great pleasure that I welcome Viren Naik to our midst as the new Skills and Simulation Center Director. Under his leadership, Ottawa simulation will undoubtedly reach new heights. In this new and improved enterprise, there is a tremendous opportunity for Ottawa anesthesia not only to continue to play a key role, but to further develop our education research. Thus, I would strongly encourage everyone to continue to support and, when so moved, to participate in this important initiative.

At the recent ACUDA (Association of Canadian University Departments of Anesthesia) Winter meeting, concerns were raised by the Chairperson of the ACUDA Undergraduate Medical Education (UGME) Committee that some of the Canadian departments of anesthesia face challenges in maintaining a role in their university. As the current President of ACUDA, I was asked to organize a plenary session on UGME for the upcoming meeting. I have met and invited Dr. Ian Bowmer, the current Director at the Medical Council of Canada (MCC) to speak at the upcoming ACUDA plenary session. He has accepted the invitation. During our conversation, however, it became quite evident that the MCC would welcome anesthesia’s involvement. The sense of isolation and alienation by anesthesia in UGME, at least nationally, has been more from our specialty’s retreat from active participation than its being “pushed” out. In Ottawa, our involvement in UGME has increased significantly in recent years and has put us in good stead (see inside the Newsletter). Although we seem to be doing well, I would strongly encourage everyone to continue to support and participate in the noble tradition of teaching our next generation. After all, we are physicians first, anesthesiologists second.

Lastly, it is the time of year, when all the PGYS suddenly develop problems of perspiration, mumbling, and staring into the middle distance as they study. I would like to take this opportunity to wish our young colleagues the best of luck at their exams: we know you can do it!

Homer Yang
Awards

Award of Excellence in Leadership Bristol-Myers Squibb

Congratulation to Dr. Alan Chaput who was awarded the Award of Excellence in Leadership on December 10, 2008 at the University of Ottawa.

Clinician Physician Awards

Congratulations are extended to Dr. John Penning, Director of The Ottawa Hospital Acute Pain Service - recipient of the 2009 Clinician Physician Award. This award recognizes the contributions of outstanding clinicians at The Ottawa Hospital, for their clinical skills and their contributions to the overall well being of patients through their professional activities.

Fall Trivia

This issue's trivia:

Ketamine and Nitrous oxide are two well known anesthetics with NMDA properties. Name two other anesthetic gases that act on the NMDA receptor.

P.S: This time if a resident gets the question right they get the prize. Even if they send in the answer after a staff person. If no resident sends a correct answer then the first staff to send in the answer gets the prize!

Answer to last issue trivia:

Edward Gilbert Abbott was the patient at the first Public demonstration of ether anaesthesia on October 16th, 1846 at the Ether Dome, Massachusetts General Hospital, Boston. The anaesthetist was William Thomas Greene Morton, a dentist, and the surgeon John Collins Warren - then Professor of Surgery at Harvard. The operation was to excise a congenital tumour from beneath the jaw, probably a vascular malformation. This demonstration established the efficacy and safety of ether anaesthesia in the eyes of the medical world. The event is commemorated by in a painting by Robert Hinckley.

Congratulations to Dr. Michael Szeto who won last issue trivia

The first person to send in the correct answer to our Trivia Question will receive a $20 Chapters Gift Card!!
Well, here I am in the relative lull between CaRMS and the oral exam sprint-to-the-finish. The PGY5s are in their final preparation for the written exams, which is a solitary activity by definition. The PGY2-4s have their latest core exam next week; the PGY1s are about to start their final off-service rotation before returning to the fold for the last two blocks of the year.

CaRMS went extremely well, as usual! We are delighted with our match. The social evenings were a success again and look like being a permanent fixture in the calendar. Thanks to all the residents who helped promote the program both at the socials and the interview holding area as it were. Especial thanks to Lukasz (interviewer extraordinaire) and Dan (extreme tour guide) and of course to Holly who orchestrated things so well. Desiree Persaud was the Wii tennis champ in the post-CaRMS debriefing session but her supremacy has been challenged successfully by Marie-Jo Flamondon. A tie-breaking rematch is in the future…

Next year we will have several new faces in our department:

- PGY1s: Sandra Bromley and Raylene Sauve from U of O; Dan MacIsaac from Dalhousie, Janet Young from Queen’s; Doris Leung from UBC and Matt Silvaggio from MacMaster.

- In the NESR stream we have Theresa Furtak from NOSM and Dan Dubois from Manitoba.

- Our IMGs are Maria Hudecova from Slovakia and Reva Ramlogan. In the “twilight zone” moment, Maria and Tammy Barrows had been on a medical mission to Ghana together 11 years ago. Both had married and changed surnames so only figured it out at the interview! Reva graduated in Trinidad and has spent the last year as a research fellow with the regional/ultrasound group led by Vincent Chan in Toronto.

- We will have 1 FPA—David Goulet who will be situated at the General Campus.

- Steve Masselink is an Emergency Medicine resident who will be spending most of the year (his PGY4 elective year) with us at the Civic. Hilary Meggison, a Staff Intensivist at the Civic, is joining us as a resident in July too. That should be an amazing experience for all of us!

- Tim O’Connor, who some of you will remember from his FPA year at the General a few years ago will be starting in January to complete his FRCP training.

We have also welcomed Ruth-Ann Green in transfer from Queen’s as a PGY4 just back from maternity leave. She has followed her husband to Ottawa—he is working with NRC.

The Xmas parties will have been dealt with elsewhere but all were a great success. Planning is well underway for our other two main events of the year—Gary Johnson Research Day and Dinner in May and our now yearly dinner at the CAS. After our great success in Halifax (over 50 attendees) we are hoping for an even larger number in Vancouver as several alumni plan to join us.

On a personal note, my travel has been somewhat less exotic recently. I did get to Mexico for a week of R&R in November. The holiday season saw us travelling to Prague to visit our friend and then to London where my niece got married.

Making a Mark was in Toronto this year at the BMO Learning Centre. Although perhaps initially it was disappointing not to go to Banff, it turned out to be an excellent location and extremely well organized. The night we arrived they had a Karaoke night…and we had Kelly Shinkaruk, anesthetist-by-day, rock star-by-night. We rocked!!!

For our usual end-of-study/exam decompressing dinner, Desiree Persaud and I took our PGYSs out to Madeline’s, a restaurant named after Susur Lee’s mother which was rated by the Globe and Mail that very day as one of the top 5 restaurants in Toronto. The 10 of us piled into a Limo there and back. What a good time!

All in all, this program is in great shape!

Linda Wynne
With three more months to go, it is hard to believe that the academic year is almost over! A flurry of activity has taken place amongst the residents, both on a personal and academic level. Residents at the Civic and CHEO campuses slaved many late nights in their kitchens preparing the annual staff Christmas Lunches. To Dr. Kim’s and Dr. Corvo’s delight, Glogg was served once more at CHEO. Although, this year I had to cut back on the amount of mulled wine. The staff at the General kindly hosted lunch for residents this year, and I heard it was quite yummy.

The annual Civic Campus Staff Christmas party was a big hit amongst the residents. It is always nice to spend time with staff outside of work and form stronger bonds within our department. And this years’ party at the Brook Street Hotel was no exception. Not to be outdone by the staff at the Civic, the Annual Resident Christmas Party was once again kindly hosted by the Ottawa Hospital General Campus staff. This year, Dan Power and his wife Laura hosted the festivities. New talents were on display, after a few ‘Caribbean’ cocktails of course. Most memorable amongst these were Marie-Jo’s skills at the fiddle, Kelly’s piano sonatas and Sinan’s break-dancing! A big thanks goes out to all General Hospital staff for letting us continue this tradition.

A few of our residents have become or are going to become new parents. Ahmed and his wife are the proud new parents of their first son, Maged, born on Feb 27th. Greg Krolczyk and his wife are expecting their first baby at the end of May. And Rob Sikorski and his wife, Kim Walton and her husband Dave, along with Ali Namazie and his wife, who are all not new to parenthood, are also expecting! On the marital front, Joel and his fiancée Kristyn Phillips, who you may have met as one of the nurses in the Civic Hospital ICU, are getting married in Edmonton on April 25. Also, Rob Jee and his fiancée Katie Morse are getting married here in Ottawa on June 13th. Congratulations to all of you!

I also wanted to take this opportunity to welcome a new resident to our program. Ruth-Anne Green is a PGY 4 who has transferred to our program from Kingston. She has recently returned from her maternity leave and has quickly learned the ropes here in Ottawa. Welcome Ruth-Anne!

On the academic front, a few minor changes have taken place. To better manage the influx of consults while on-call at the General Hospital, the on-call resident is now booked in the ortho trauma room during the day. Hopefully, this will cut down on missing interesting surgical exposure and facilitate better communication with our surgical colleagues. In addition, the Resident Program Committee (RPC) approved a second cardiac anesthesia rotation with the aim of increasing exposure to both transesophageal echocardiography and more complex cardiac cases. The CaRMS interviews took place in mid February and it was a privilege to be a part of that process. Thanks to all of the residents and support staff who helped out with the hospital tours, answering questions and attending the two pub nights for the applicants.

The PGYSs are busy putting the final touches on their exam preparations. They recently took part in “Making a Mark” in Toronto and I am sure they are looking forward, with great enthusiasm, to April 6&7 to write their MCQ exam and the end of May for their oral exams. Good luck!

As residents, we are extremely fortunate to be a part of a department where the vast majority of our faculty is truly motivated and dedicated to resident education. Our residency program enjoys one of the strongest reputations across Canadian medical schools for the quality of our education and the collegiality between our staff and residents. Lets continue to foster those relationships.

Cheers,
Lukasz Bartosik
Big Chief
Undergraduate Report

Much has happened in the Anesthesiology Undergraduate Program since my last Newsletter update about two years ago. There has been a steady increase in the number of medical students (of all levels) rotating through the department. The number of University of Ottawa students doing their core (3rd year) rotation has actually doubled over the past decade, from 80 to 160 students. We also continue to be a very popular elective rotation, accepting approximately 40 students per year from across the country.

The increased numbers and increased administrative demands from the University necessitated the creation of a new position: a dedicated Undergraduate Coordinator. Previously, these duties were carried out by France Greenwood and Judy Dureau, in addition to their countless administrative duties at the General and Civic Campuses, respectively. They have both made huge contributions to the Undergraduate Anesthesia Rotation over many years and I am indebted towards them. The newly created, dedicated position was filled by Julie Ghatalia on December 1st. If her name sounds familiar it’s because she is none other than (Residency Program alumni) Samir Ghatalia’s sister! She currently works 3 days per week and will increase her hours to full time once she completes her Master’s in Education in April. Julie has proven to be a perfect fit for our department and has much to contribute in the area of Medical Education, potentially beyond the Undergraduate Portfolio.

The Department of Anesthesiology has substantially increased its contributions to Undergraduate Education beyond the clerkship rotation. Our participation as PBL/CBL tutors in the first and second year curriculum have increased significantly in the past few years. We currently have 11 tutors for the 2008-9 academic year (up from just a few 3 years ago), covering every tutorial block in the curriculum. Ottawa attendings will soon be receiving tutor recruitment emails for the upcoming 2009-2010 academic year…

Dr. Alan Chaput has undertaken the huge task of creating an entirely new curriculum in basic pharmacology for the first year students. This is well overdue and has been greatly appreciated by both the university and the students. Alan recently received a student-nominated award at the University in recognition of his efforts. Dr. John Penning has been leading a multidisciplinary working group whose task it is to improve pain education throughout the 4 year curriculum. There have been some exciting developments, as a result of this group’s recommendations, that will substantially increase the students’ exposure to the area of pain management.

Last but certainly not least, our residents have been actively participating in undergraduate education. Whether it has been in the OR, at the airway lecture/workshop or in the Physician Skills Development sessions at the university, their contributions have been excellent and well appreciated.

Finally, I would like to bring together a small core group of anesthesiologists interested/involved in Undergraduate Education to form an Undergraduate Anesthesia Committee. The Committee members would be involved in exam development, curriculum development (core/elective), evaluation, rotation accreditation, etc. I am seeking representation from all sites. Anyone interested should contact me by email: lfilteau@ottawahospital.on.ca.

CaRMS Poetry: Ode to CaRMS

The week of CaRMS was quite the time
We all dressed up looked oh so fine
No skating, the weather was really quite warm
At least this time there was no ice storm

Chief Lukasz was great and ready for action
He was focused and sharp and had no distractions
The Program Director kept us in line
She made sure we all had our eye on the time

Tammy sat poised with laptop warmed up
And also her extra large Tim’s coffee cup
Holly was all smiles with the warm welcome wagon
Whilst Desiree suppressed her inner fire Dragon

The post CaRMS party was quite the fun night
Great food, great wine such a sweet ole delight
It ended with Wii tennis, ready set go
Des crushed everyone including Marie-Jo!

Then came March and that special Match day
We did so well, great job Hooray Hooray!

Can’t get enough CaRMS Poetry?
See Dr. Persaud for more!

Desiree Persaud
Heart Institute Research News

→ Bernie McDonald is Principal Investigator for the SEVO study: A pilot study investigating the protective effect of sevoflurane on diastolic cardiac function in patients undergoing aortic valve replacement for aortic stenosis. This pilot study is being conducted by the departments of Cardiac Anesthesiology, Surgery and Cardiology and will involve 40 patients. Eligible patients who are undergoing elective AVR for AS, with or without surgical revascularization. This is a double-blinded, randomized controlled study with two treatment arms comparing 1 MAC sevoflurane vs. propofol based anesthesia. We currently have 27 completed cases.

→ Peter Wilkes continues to investigate renal dysfunction with his study entitled Post-Operative Renal Impairment (PORI). To date he has collected data on 36 cases, and has recently submitted the REB renewal to continue this important work.

→ Jean-Yves Dupuis is busy participating in two projects with Novo Nordisk. The first is a Canadian web-based registry (The Registry) which will collect information on novel hemostatic drugs used in bleeding patients. Currently, data is only being collected on the use of Factor VIIa across Canada, in patients treated between January 1, 2008 to December 31, 2009.

The second project is a prospective, randomized trial using Factor XIII in cardiac surgery patients. The final protocol has just been received and the REB application is being prepared for the next submission deadline.

→ EPI 2: A multicenter study of outcomes in patients undergoing cardiopulmonary bypass for coronary revascularization and valve surgery is currently contacting patients for their 10 year follow-ups. Jean-Yves is also the PI for this long-term project with the Ischemia Research and Education Foundation.

→ Congratulations to Dr. Robblee for his recent award from the CAS for best abstract under the category of patient safety.

Howard Nathan

(For more research news see pages 10-11)

Promotions

Congratulations are extended to Dr. Desiree Persaud and Dr. Paul Bragg for their promotion to Associate Professor. Desiree received her promotion certificate and a very nice gift at the Promotions Ceremony held at the University of Ottawa on the 19th of February 2009. Paul was away on Postgraduate business and was unable to attend the ceremony but received his certificate and gift.

Resident Xmas Party

This years resident Xmas party was held at Dan Power’s house. A big thanks goes out to all General Hospital staff for letting us continue this tradition

Left: Marie Jo Plamondon and Kelly Shinkaruk

Right: Left to Right: Dan Power, Sinan Demir and Firas Al Qadhi

Desiree Persaud
Staff and Alumni Updates

Noeur Sang:
John Penning took Noeur Sang (right) for a taste of Canada’s winter experiences. Dr. Penning and Dr. Sang spent a few hours X-country skiing the Ottawa River pathway behind Dr. Penning’s house followed by a Junior “B” hockey game at Clarence Creek, where his youngest son, Richard plays. Both were first ever events for Dr. Sang who enjoyed them very much.

Dr. Wayne Barry:
Wayne retired May 2007. We took a trip to Southern France with the Barrys. I like the one of Wayne and his wife Nancy along the bank and bike path of the Canal du Midi (above) and the one of Wayne on top of a grape harvester supervising the grape harvest (below). I was the photographer and take the blame for the bar covering most of his face. Notice the tranquil scene along the canal that I have also in my memory banks and eagerly recall.

I don’t have any pictures from Wayne’s retirement party unfortunately but it was a great evening last May. In lieu of a retirement gift from the department he directed us to donate the funds to a hospital in Madagascar.

Anna Wyand will return from her fellowship in Australia in August. She is currently comfortable in her flip-flops and shorts. She tells us that her experience has so far been great and that she has really enjoyed the Alfred Hospital. She says that: The Anesthesia Department is very friendly and welcoming and I’ve had the opportunity to be involved in numerous interesting cases. Also, I’ve been actively involved in the implementation of their new electronic record for the pre-operative assessment clinic. Australia has a dual health care system: public and private. The Alfred Hospital is a public hospital with the largest trauma center in Australia.

Dennis Reid climbed Mount Kilimanjaro to raise money for breast cancer this year. Here he is pictured at 16500 feet!

Michael Curran
For 8 weeks in the Fall of 2008 I took my place in the growing line of Ottawa-trained military anesthesiologists who have deployed with the Canadian Forces to Kandahar, Afghanistan. Working alongside medical personnel from Denmark, the Netherlands, Australia, the United States, New Zealand, Great Britain, and Germany, the Canadian Forces’ Medical Group runs the Role 3 Multinational Medical Facility on the NATO/ISAF Coalition base at the Kandahar airfield.

This hospital is the in-theatre referral centre for the ISAF’s Regional Command South, which is where some of the most intense and frequent combat operations are taking place. Through 2008, the Kandahar Role 3 was the busiest role 3 hospital in Afghanistan or Iraq. It is expected that the next year will see even greater numbers of casualties as the United States increases its presence in the region.

To accommodate this expected increase, a larger Role 3 hospital, as well as an American-only Combat Support hospital, is being constructed on the airfield.

The overwhelming majority of patients at the Role 3 are trauma victims, typically with extensive blast and penetrating trauma. A small number of patients are non-combat trauma-related or non-trauma. Just under half of our patients are civilians, and about 10 to 15% are children. The Canadian OR team alternated 1st and 2nd call daily with an OR team from either Denmark or the Netherlands.

In addition to providing perioperative care and helping with resuscitation in the ER bays, the Anesthesiologists at the KAF Role 3 are occasionally asked to help manage the ICU patients. Needless to say, the work is fast-paced, unpredictable, and challenging. It is a credit to the University of Ottawa program that its graduates have been capable of working in such a demanding environment - I think I had to use just about every trick and skill I learned during my residency (with the exception of troubleshooting labor epidurals – there were no obstetrical patients!)

One small mercy of working there: the Taliban don’t have night vision goggles, meaning most of the fighting – and therefore most of the medical work- happened during the day.

Rob Johnston
Compass Awards 2009

Compass Awards 2009
March 25, 2009 the Ottawa Hospital held its annual Compass Award ceremony to recognize those individuals nominated by fellow workers and friends. The Compass Award recognizes those people who embody the core values of our Hospital: Compassion, Respect, Commitment to Quality and to Working Together. There were 82 nominations from every work area of TOH for 10 awards.

France Greenwood, Office Manager of the Anesthesiology Department at the General Campus was selected to be honoured with a 2009 TOH Compass Award. Please join in with us at the General Site in congratulating France for well-deserved recognition of the extra effort and always smiling demeanor she brings with her to her daily work!

Susan Madden, the Ottawa Hospital’s Advanced Practice Nurse for the Acute Pain Service, was nominated for a 2009 Compass Award. Susan is a tremendous role model for all the hospital professionals who work with her. On a yearly basis she helps with the direct patient care for over 3,500 patients. Susan has a strong desire to do the best she can for patient care and is a strong pillar of support when dealing with the challenges of providing the best in health care, in trying times. She is a patient advocate who leads not just by word but by her example. Your patients and the hospital are very grateful. Congratulations on this nomination Susan!

Annual Holiday Brunch

The Department’s Annual Holiday Brunch was held Sunday, December 7, 2008 at the Centurion Center and was a great success. The children really seemed to have enjoyed the event. Michelle Chiu says that her daughters Amelia and Naomi loved the crafts and all the volunteers did a fabulous job keeping the kids focused and not too messy! The magician did a great job as indicated by a crowd of kids kept entertained for nearly an hour (!). Judy, did an unbelievable job shopping and wrapping all the gifts. Of course the special visit from Santa Claus was on the agenda, and, Kevin Nolan was wonderful as Santa.

Above (right): The magic show!
(left): Firas Al Qadhi’s giant heaping of food affirms that the food was also great!
Left: A surprise visit from Santa Clause!
Right: An enthralled audience watches the magic show.
This year we had a change of stewardship of the Winterlude Anesthesia Symposium. Dr Ashraf Fayed stood down as the Chair of the committee after three very successful years, and I nervously took over. Thankfully, Winterlude is a well-oiled machine at this point. This is mainly due to the experience and ingenuity of Lynne McHardy and enthusiasm of Jessica Ladouceur. When I say nervous, I mean it. Having never had the experience of organizing this type of event, I was told I would have the support of senior members of the department. This was certainly the case. The committee came through with ideas, suggestions, a theme, and then followed through by contacting the speakers, calling in favours and generally pulling the strings. I thank Drs. Wynands, Yang, Bryson and Gagne in particular for going the extra mile in this regard. I am also grateful to all of the faculty members who took time to present lectures or were involved in the workshops. I am also grateful to Dr. Sharon Straus who presented our 2nd Annual J. Earl Wynands Royal College Lecture.

When I say Winterlude is a well-oiled machine, it still needs to be tinkered with. As a meeting it needs to evolve and be relevant to the delegates that come year in and year out. It has serious competition from well-established meetings that have similar themes and content. Thankfully we had a very successful meeting with 181 registrants from across Canada and 20 exhibitors. I am looking forward to organizing the 16th Annual University of Ottawa, Department of Anesthesia, Winterlude Symposium for 2010.

Dermot Doherty, Committee Chair
Staff News

After 14+ years, Dr. Michael Bourke is stepping down as Medical Director of the Cardiac Surgical Intensive Care Unit (CSICU) at the Ottawa Heart Institute. He will remain an active clinical role in this and several other areas. Dr. Bourke was asked in 1994 to assume leadership and to reorganize the CSICU. The function and structure of the CSICU has grown steadily over the subsequent 14 years and it now functions as a Cardiac Surgical ICU which is unique in Canada. He will be replaced by Dr. Bernard McDonald.

Dr. Viren Naik has been appointed to the position of Clinical Director, Skills and Simulation Centre, The Ottawa Hospital & University of Ottawa. He will be joining us July 2009. Please join me in welcoming Dr. Naik to the Department of Anesthesiology at The Ottawa Hospital.

Dr. Tania DiRenna is back from her fellowship and is working in the Pain Clinic at the General Campus.

General Campus Report

General Campus O.R. celebrates its 1st birthday!

Already a year old, the new O.R. SDA-DCU and PACU at the General are living up to the high expectations of their users. Patients are impressed with the bright corridors & large windows and are chattering endlessly about the new improved venue in PACU. We have come to the conclusion that all the chattering is not actually talking, but shivering due to the unfortunate temperature drops experienced during even the shortest OR procedure. The ventilation system, designed presumably to minimize overheating of surgical staff by OR lights, is having the unanticipated effect of maximizing patients' temperature loss. PACU stays are frequently extended for the sole purpose of rewarming the patient; it would be interesting to find out how many additional hours of recovery room care have been chalked up to the management of hypothermia (Review day project waiting for an investigator). Astute investors might consider the purchase of "WarmTouch"© stock options to counter losses incurred during the current economic downturn.

The natural daylight in the new building has been appreciated by the personnel as well, although more than one has been spooked by the appearance of a window cleaner while speaking to a patient outside O.R. doors. With so much natural light, we hope to see a drop in February absenteeism, which would be a welcome improvement to 2009 sick days to date. January has been plagued (figuratively speaking, of course) with all manner of flu, the consequence it is believed, of a high incidence of kindergarten aged offspring. We are now considering measures such as mandatory Purell dispensers in all households with children under the age of 10. Ioana & Calvin will be getting one each.

In more family-related developments, we are pleased to announce that Dr. Holly Evans & her husband Jim Butterworth are expecting their first child sometime in March. The General Campus staff offspring currently has representation from the entire spectrum: newborns through grade school, high school, University & even parenthood. Evidence once more that the circle of life, unlike the semi-closed circle of anesthesia practice, never needs checking…it just goes on & on.

At about the time Holly leaves for her new mommy job, we will be welcoming back Dr. Tania diRenna from her Pain Management fellowship. Tania will be returning with interventional pain management experience that will be a welcome addition to the Department’s palliative care armamentarium.

Despite the ups & downs of the current socioeconomic trends, job security within the department continues strong. We have recently added another billing clerk, (welcome Justine!) and hope to recruit a receptionist in the near future. There appears to be little chance of decline in anesthesia services in the foreseeable future…as long of course, as the MOH does not come up with some other initiative involving OR closures or some other decline in services.

Nay saying notwithstanding, we wish you and your families good health and contentment in the New Year.

Jocelyne McKenna

Newsletter contributor on behalf of the General Campus Anesthesiology group.
Research Report

Civic / General Research

Have you ever wondered what work is done in that little B300A office at the Civic Campus? Or why people are scurrying to and from the last cubicle in the Anesthesia office at the General? Well, in this section of the newsletter we will try to keep you up to date on all the latest research activity.

First, for those of you who don’t know us we will introduce ourselves. We are under the direction of the Vice-Chair of Research, Howard Nathan. Denise Wozny BA, our Chief Operating Officer and Analyst manages all our payroll and financial affairs, designs and maintains our databases and other software, is in charge of data quality and analysis and, in her spare time acts as grants officer for the city-wide department. Sharon Finlay RN is our Clinical Studies Manager. She assists with institutional review board submissions, turns experimental protocols into manuals and case report forms that capture the required data, trains our research assistants and, the most difficult part of her job, negotiates with hospital staff and nurses to accommodate the special needs of patients enrolled in research studies. Denyse Winch, RN and Sylvie Poloni, BScN, RN, are our Senior Research Coordinators. Diana Pepin, RN and Cathy White, RN are part time Research Coordinators. Many at the Civic know Mary Lou Crossan BA,MLT, who has worked in the MH laboratory and has been also acting as a Research Assistant. Finally, a warm welcome to the newest addition to our team. Ashley Lozanski BSc (HONS), BA has joined us as a full-time research assistant. Brittany Warren is our trusty Clerical Assistant who helps to keep us organized!

Congratulations to both Sharon and Denyse for successfully completing their Society of Clinical Research Associates (SOCRA) certification exam in the fall, qualifying them as “Certified Clinical Research Professionals”. Good luck to both Sylvie and Ashley as they plan to write the exam this spring.

So what studies are we managing currently?

→ Dr. Bryson’s APOE study is in its final analysis and results will be presented at the CAS this spring. Some of you may have been fortunate enough to catch Greg’s recent presentation at rounds. The primary hypothesis for the study was that patients with the Epsilon 4 allele of Apolipoprotein E (APOE-e4) are more likely to experience postoperative delirium and/or cognitive dysfunction following vascular surgery than patients with other genotypes. We enrolled 95 patients.

→ The Intraoperative Lidocaine Infusion Analgesia (ILIA) study wrapped up after enrolling, randomizing and completing 90 study cases. The trial assessed the effect of IV Lidocaine on postop pain and discharge readiness in women undergoing TAH +/- BSO. Final analyses are underway and the results will be presented by the Principal Investigator (PI), Ilia Charapov, at the CAS meeting this spring.

→ The Perioperative Myocardial Ischemia in Isolated Systolic Hypertension (PROMISE) study, lead by PI Ashraf Fayad and funded by the Heart and Stroke Foundation of Ontario, completed recruitment in January with over 300 patients enrolled. Data entry and cleaning is ongoing and analysis will begin soon.

→ Cathy Smyth is the local PI for a new National Neuropathic Pain Database (NeP DB), being coordinated in London, Ontario. Enrollment began in September and currently stands at 40 consented, participating patients.

→ The initial Perioperative Ischemia Reduction (PROSE) Pilot Study examined the feasibility of wireless ST monitoring in low risk patients on surgical wards and was completed last spring after randomizing 20 patients. We think Dr. Yang felt he wasn’t getting enough action on his Blackberry, so he can now get alarms from the patients’ telemetry monitors. Later that year Dr. Yang, PI, was awarded funding by the HSFO to continue with the second phase of this initiative, “PROSE 2”. This project hopes to show that it is feasible to monitor and treat postop myocardial ischemia on routine surgical wards using wireless ST monitoring. The goal is to enrol 30 high risk patients, but recruitment rates are slower than expected, so we currently have only 3 patients that have completed the study protocol.

→ In the last newsletter Dr. Yang told you Alan Chaput had been awarded funds from PSI for his Pregabalin study. This is a randomized, double-blinded, placebo controlled study with a target enrollment of 140 patients.
The primary objective of this study is to determine if the perioperative administration of pregabalin reduces the incidence of new delirium cases, defined as CAM-ICU positive, at any stage during the first 3 postoperative days in patients undergoing major orthopaedic and vascular procedures.

→ The *Short Term Atorvastatin Regime for Vasculopathic Subjects* (STAR VaS) pilot study is a randomized, placebo controlled, double blind study with a primary hypothesis that the perioperative use of atorvastatin 80mg will safely reduce the postoperative rise in C-reactive protein levels at 48 hours after elective surgery. This is a preliminary study to a later trial to test if periop atorvastatin can reduce cardiac event rates in surgical patients. The enrollment goal is 60 patients, and we are almost at the halfway point. The increased use of Atorvastatin recently has caused recruitment rates to be slower than anticipated.

→ The *STAR VaS II, also known as the BAUS (Brachial Artery Ultrasound Study)* study, is an observational trial of perioperative atorvastatin on inflammatory and endothelial function in patients undergoing vascular surgery. Six patients have completed the study to date.

→ The Efficacy of *Thoracic ParaVertebral Block in Reducing Chronic Pain and Disability after Breast Cancer Surgery with Axillary Lymph Node Dissection (TPVB)* study, is lead by PI Michelle Chiu. This study has received several grants (CAS, ORCF, WBHC) allowing pilot data to be collected; but awaits the outcome of the latest Canadian Breast Cancer Foundation of Ontario awards competition. It is a randomized, single-blind, placebo controlled trial to compare the effect of thoracic paravertebral blocks to local anesthesia on the proportion of individuals reporting chronic postoperative pain 12 months. The full study will involve 130 patients.

There are numerous other research related projects happening in the department. In this issue we are reporting to you the projects that you may be exposed to, in which our team is currently actively involved.

We are grateful for the support of all staff and residents in helping us make these studies work in the PAU, OR and wards. For further information regarding these studies, please refer to the study information pages on the front of all participating patients’ charts (which are color specific to the particular study). This page provides a brief summary of the project, requirements for clinical staff (if any), and contact information for the research staff. Please page the research personnel if you have any questions regarding a study protocol — there is a nurse on-call 24/7. More information can be found in the “Current Anesthesia Research Projects” binders located at the nursing stations of most surgical units.

Importantly, all staff can take credit for fostering an environment where scientific enquiry can take place. Very little of this activity would be possible without the support of the money contributed by staff to the Chairman’s Research Fund.

**CHEO Research**

Research activity is alive and well in the department of anesthesiology at CHEO. Anesthesia staff, fellows and residents involved in projects include Drs Doherty, Doyle, Eipe, El-Alfy, Lamontagne, Mossdorf, Murto, Neira, Rosen, Schwarz and Splinter. Topics include limiting neuronal death during global cerebral hypoxia; opioid dosing for acute postoperative pain; weight-based formula for tracheal tube size; pediatric anesthesia simulation; clinical decision tools for perioperative medicine; preoperative identification of obstructive sleep apnea; celecoxib blood/CSF pharmacokinetics and treatment for post-tonsillectomy pain; effect of inhalational agents on fetal/neonatal synaptogenesis and the prevalence of off label drug use in pediatrics. We continue to attract foreign medical students for one month summer research electives.

Congratulations to Dr. Rosen for his successful grant application to develop a nationwide pediatric anesthesia research and database consortium. Congratulations to Dr. Doherty for competing in last year’s Richard Knill’s CAS competition with his work to limit neuronal death during global cerebral hypoxia. Congratulations to Dr. Murto for receiving a 2008 Excellence in Clinical Research Award from the CHEO Research Institute and the 2009 CAS Best Paper in Ambulatory Anesthesia entitled "ASA assessment guidelines do not correlate with PSG in children".

We bid a fond farewell to Martine St. Jean a senior bench lab technician extraordinaire who was paramount in the successful mice experiments conducted by Drs. Doherty and Schwarz. We would also like to thank Dr. Naveen Eipe, a recent fellow, for his energy and enthusiasm to promote research in our department and develop our web page.

Regards,

The Research Team
Music Event

The Mentoring Program is experimenting with innovative venues for Faculty and Resident development. With this in mind, the first Music Event was born on Jan 17, 2009 at the Residence if the Chief of Anesthesia U of O.

Music is the universal language that transcends time, space and culture; a powerful communication tool. Participants and audience interact in collaborative and supportive roles.

The first event was a star studded one, attended by dignitaries of the department including Chief of Anesthesiology U of O, Chief of Anesthesiology CHEO, Editor-in-Chief CJA, Program Director U of O, Director of APS, Director of Neuroanesthesia, Director of Regional Anesthesia, and Board Chair TOHAMO. The program involved music spanning 3 centuries from Baroque music to the latest musical instrument, the iPhone ocarina. Cultural range extended from Italy, Germany, Wales, Britain and the USA.

The event opened with a creative duet of “Air Chopsticks” by DP and HL, followed by Violin sonata by HY and AL. then HRH Dutch Prince JP demonstrated acrobatic vocal range as Johnny Cash and Paul McCartney. DM’s revealed his lyrical side in his selection of beautiful piano pieces from Bach and Sinding. The audience was graced by the performance of the hostess of this event in a Violin Concerto for the finale piece.

In the end, fun was had by all. Participants and audience were bubbling with energy and creativity. The Faculty made a clean sweep of all prize categories. LW won the award for most original performance in her rendition of “Twinkle, Twinkle, Little Star” on the iPhone ocarina. GL won the award for bravery for his battle songs from Wales. KN won the award for the best entertainment in his interpretation of the air saxophone and rock and roll moves to tunes by Billy Joel.

To all residents reading this newsletter, the gauntlet is down! It is up to you to pick up the challenge if you dare.

Humbly submitted by
Anne Lui, Director of Mentor Program

PS No names were used to protect the privacy of the individuals

Many thanks to Holly Ladouceur and Lynn McHardy for superlative organization and support. Last but not least, thanks to the Yang family for hosting the event.

Mark your Calendars Anesthesia...

Schedule of Events

• April 20th is our final Journal Club
• May 8th: Gary Johnson Resident Research Day and Evening Award Celebration
• June 26-30: CAS in Vancouver!
• June 28th: Anesthesia CAS Dinner

Next year marks the Ottawa Anesthesia Program’s 40th Anniversary. We would like to plan a big homecoming week-end, with dinner & entertainment. This event will be one for the history books, and we are hoping to have a book on the history of our department published for the celebration. Pulling this off is going to require some creative and dedicated volunteers. We are looking to put a committee together and come up with an action plan for this event. If you are interested in volunteering for this, please email Jocelyne McKenna (jmckenna@toh.on.ca)
TOH Trivia

Do you work at one or more campuses of TOH?

If so, you have the opportunity to participate in the latest edition of the popular Canadian game: Trivial Pursuit, Anesthesiology version. This game requires keen powers of observation & dedication to the process of restructuring. Object: root out practices that have escaped the corporatization exercise.

Yes, despite having undergone amalgamation & restructuring over 8 years ago, the department of anesthesiology retains a few practices that, defying all logic, have remained firmly individualized between campuses. Each variation has its advocates, and as might be expected, pros & cons exist for each. It is safe to say, that other than cost, there is little evidence to support one practice over the other, and their persistence remains something of a mystery.

Listed below are some examples, along with their pros & cons, and our choice for the best practice, deserving of “Corporate” endorsement.

1-Blue hats for patients: Mandatory for all patients at the General Campus, not used at all at the Riverside & selectively at the Civic.

Pros: Keep patient’s hair tidy & unlikely to be aspirated during induction or emergence. Has resulted in a dramatic decline in the incidence of hairballs in postoperative patients. And most importantly, ensure no patient has a better hair day than any of the OR staff.

Cons: Bouffant design looks silly on top of bald people. Generate unnecessary expenses and because they are made of synthetic (undegradable) fiber, cause further depletion of the ozone.

Winner: Civic Campus for using patient’s coif to determine the need for a restraining device. Save the Hospital $$$ and the environment, tons of landfill waste per year. Bravo!

2-Airway filters in PACU: While in common use at the General, the devices are promptly removed from LMAs and ETTs on arrival at the Civic & Riverside PACUs.

Pros: Keep patients from coughing potentially hazardous body fluids into the faces of staff.

Cons: Found to be bulky and make placing a face mask on the end of the tube to be tricky. Also present increased airway resistance to spontaneously breathing patients.

Winner: General for its unwavering devotion to Universal Precautions

3-Use of Normal Saline as the fluid of choice for the initial 2 liters for elective surgery: Practice highly variable at General & Civic Campus, but rigorously enforced at the Riverside.

Pros: It has been estimated that the use of N/S for the 1st 2 liters of fluids for elective surgical patients (with the possible exception of patients with end stage renal failure) would save the Hospital $$$/yr.

Cons: There is no evidence of any deleterious effects on electrolyte or acid-base balance when N/S is used in this fashion.

Winner: Riverside Campus. Other IV fluids are available, but kept in a hidden location, so only the most persistent anesthesiologists will be able to locate a bag.

Now it’s your turn. Send in your nominations for best practice among the 3 Campuses, for policies, procedures or anything else that has managed to remain different between Campuses at TOH, despite restructuring.

Contributions should be sent to jmckenna@toh.on.ca

Winners will be announced in the Newsletter’s next edition
Wikithesia!

What is Wikithesia?

Who doesn't remember the frantic effort as a PGY-5 to distill all pertinent Anesthesia knowledge on to a deck of cards? Some of these card “packs” have become classics; the efforts of Jocelyne McKenna and Gavin Gracias have entered into the realm of legend.

Why shouldn’t the best cards become freely available to everyone, residents and staff both? And what about those excellent Rounds given a few weeks ago but I can’t remember what the recommended hourly dose of lidocaine should be. And then there was that really good review article last month which would be really useful to refer to before the next case, but it’s at home.

Couldn’t someone summarize the major “take-home” points from Rounds and articles into a “one-pager” and put it up on the Web for easy access?

The answer is Yes! And the means is Wikithesia!

Using the same idea as the immensely popular Wikipedia, I have started a Wiki for the U Ottawa Department of Anesthesia. For now, it’s called “Wikithesia” I have been up-loading references, topic quick-facts, pictures, diagrams, tables, videos and web-links. The information is organized in a hierarchical structure which is easily searchable.

Wikithesia is located at: http://wikithesia.wik.is.

You will need to log in as: uoa with the password: wiki.

With this access you can view what has been up-loaded so far and can make comments or suggestions. When you are ready to contribute some anesthesia wisdom of your own, please contact me and I’ll give you your own log-in name, password and tips on how to best up-load your version of a “PGY-5 card.”

Wikithesia is available wherever there is a computer connected to the internet. Think of this project as a quick reference tool – something you use to refresh your memory without a major literature search! Unlike Wikipedia’s growth to the point it rivals the Britannica Encyclopedia, Wikithesia will stay focussed on rapid reference checks and won’t threaten to replace Miller!

Bob Elliott
relliott@cyberus.ca

News from the Civic Campus

This September we had a visitor from Beijing, China – Dr. Xiangyang Guo, a Professor and Deputy Chief Department of Anesthesia at Peking Union Medical College Hospital, toured the Main Operating room at the Civic Campus. He is pictured (left) with Dr. Michael Curran and Dr. Nuoer Sang. Dr. Sang, one of our fellows, is also from Beijing, and is here for 2 years.

Dr. Guo’s particular interest was the Malignant Hyperthermia Investigations Unit. He has been to Leeds at St James University Hospital, in the United Kingdom to visit the MH Laboratory to learn the European MH test the (IVCT) Invitro Contracture Test. He has set up a laboratory in China as well. He spent a few hours one morning during his stay with Dr. Kevin Nolan, Director of the MH Investigations Unit here. He also went to the MH laboratory to see how the testing is done in North America, the Caffeine Halothane Contracture Test (CHCT). He is hoping to set up his laboratory along the guidelines of the North American MH Group. He also visited in Montreal and Toronto, and went to the MH Investigation Unit in Toronto General Hospital.

Mary Lou Crossan
Announcements

Above: Stephane Legault and Sonia Roy were married on January 16, 2009 and are both working at the Montfort Hospital.

Below: Ahmed El Aly and his wife Esraa welcomed their baby boy Maged on February 27, 2009 at 11:03.

Above: Ramez Hendy and his wife welcomed their son Cyril Hendy born at the Queensway Carleton Hospital on May 23, 2008.

Below: Kim Walton and her husband Dave welcomed their baby boy Nathaniel Cardiff Eibner, born May 5 2007. Here is a photo of Nate with Katie Ozard (Jenn Backstrom-Ozard’s little girl who is one month younger than Nate). Apparently Katie was the instigator, and Nate was going along for the ride. Jenn and Kim are planning an arranged marriage for the cute couple in 21 years or so.

Above: Joseph Po and Maibritt Kryger have double news! First they are happy to announce the arrival of Alexander Bjorn Kryger Po, born February 24, 2009 in southern Jutland, Denmark. Secondly, Jo and Maibritt, of the Danish Army Medical Corp. are engaged!

Above: Travis Nairn and his wife announced the arrival of the Nairn twins on November 11, 2008: Noah Michael (6 lb. 5 oz.) and Fox Kane (6 lb. 7 oz.).

Left: Judy Dureau is a grandma! Taylor Elizabeth was born February 24, 2009. Judy is thrilled to be a grandma and only wishes that Taylor lived a little closer.
A Word from the Editor

SUBMIT, SUBMIT!!!

Please send any submissions to:
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The Department of Anesthesiology
Newsletter will continue to be published 3 times per year:
Fall, Winter/Spring and Summer!
Send your photos, events, news, information, etc anytime!

It has been quite the Winter. It has been an eventful season for us all, and that is certainly testified to by the content of this newsletter which is absolutely packed with the various events, functions and activities that have taken place over the past few months. I really had a hard time fitting everything in!

In terms of Administrative Staff, there have been several changes. Julie Ghatalia is now with the Department and has been hired to fill the newly created (dedicated) position of Undergraduate Coordinator in Anesthesia. She has been ensuring the smooth running of the medical student anesthesia rotation (including core and elective rotations, Ottawa students and those from all other universities). Julie, it is great to have you with us! Eric Forgiel has moved on to other things and is now working at the CMPA.

As for me, I am happy to have become a more permanent fixture in the Department and am now the new Administrative Coordinator, Civic Campus. I hope you enjoyed the newsletter, and I would like to ask that anyone who has old photos send them in. I would like to continue to include pictures for the “Those were the days...” section.

Jessica Ladouceur

Fall 2008 Contributors

Thank you to everyone who has so generously contributed their time and talent to this newsletter.

Our contributors include: Homer Yang, Linda Wynne, Lukasz Bartosik, Lucie Filtreau, Howard Nathan, Jocelyne McKenna, Sharon Finlay and the Research Group, Anne Lui, Bob Elliott, Mary Lou Crossan, Dermot Doherty and Ilia Charapov, who all submitted reports for publication.

Sanjiv Gupta has once again provided the Trivia Section. Thank you!

Desiree Persaud shared some of her poetic talent. Keep it coming Dr. Persaud!

John Penning, Pete MacEwen, Anna Wyand, Michael Curran, Rob Johnston, Michelle Chiu and Michael Bourke all contributed information and updates. And many of the staff members and resident contributed news of new additions to the family, engagements and marriages. Congratulations and thank you!

A big thank you to Lynne McHardy, Holly Ladouceur and Lucie Filtreau who diligently forwarded me all sorts of emails that form the backbone of this issue. This newsletter would be impossible without their constant support. So thank you ladies.

Website Face Lift

The Department Website is undergoing a facelift!!

A big thank you to Ilia Charapov who has worked long and hard on creating our awesome website! Our hope is that this site will be a reflection of the Department’s many accomplishments. It will be used and updated as a portal for information such as Rounds, announcements, research assistance requests, etc. Of course, the website will also be of great value to people looking for information on the Department of Anesthesia as well! This year we were able to very successfully use the Department website to advertise and promote our 2009 Winterlude Symposium. We also had Online Registration for the Symposium and will continue to have this feature in the future.

Thank you to everyone who has contributed to the Website so far. We would like to ask you to take a look at our new and improved website, and we would like to invite you to contribute. Volunteers are currently being sought to translate English portions of the website to French.

We also have a resident website (www.ottawa-anesthesia.org) which will be undergoing a facelift this summer—Stay Tuned!