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Anesthesia Residency Newsletter



Kickstarting the year, albeit already February, with an update on the activities of our group within and outside the program. There has been a hiatus with newsletters as we have been caught up with CaRMS and the upcoming Royal College accreditation. We are done with file reviews and interviews despite an unexpected increase of at least 25% in applicants for anesthesia. I sincerely need to thank all the individuals involved in the selection process, both staff and residents, as it was invaluable input from all that allowed us to complete a challenging task. As all reviewers will attest, we have a phenomenal group of applicants making selection very difficult. Fortunately, we have an additional CMG spot for 2023, allowing us to intake 7 CMG and 1 IMG applicant. We have also had a significant increase in requests for transfers from other disciplines and programs (14 at the last count). The PG office has been accommodating in complying with our requests for this stream, and we are thrilled to welcome Megan Chu, who transferred from General Surgery at McMaster, but more on Megan later.

An important date to remember is the RC accreditation that is planned for **May 29th**. It will proceed over one day, and at one site (MUMC), so please make every effort to attend the respective meetings. Details around exact times will be shared once finalized.

PGY 1 Introductions (Continued)

1. Grace Martin

Hi, I'm Grace (or "Marty" depending on who you ask), one of the new PGY1 residents. I am really excited to meet and work with you all over the next 5 years.

I am one of those self-proclaimed "Mac-Lifers", having spent the better part of a decade in Hamilton in undergrad, medical school, and now residency. I grew up in Toronto but once I came to Hamilton I was hooked and couldn't be more excited to be completing residency here.

Outside of work, you can probably find me convincing the other residents to explore local breweries and restaurants (Rapsallion is my current favourite), watching the latest binge-worthy TV series, snowboarding, or traveling. This past summer I spent a few weeks exploring Italy and Portugal. The highlight was visiting the small village in the Azores where my mom grew up. No one ever believes I'm half Portuguese but it's true!

Looking forward to the new adventures over the next 5 years and settling in with the Mac Anesthesia family!



2. Christopher End

Hi everyone!

I'm Chris, one of the new PGY1s who started residency in 2022 and I am very excited to be joining the Mac Anesthesiology community.

A bit about me, I was born in Toronto and grew up close by in Aurora, Ontario. I am the oldest of 4 boys in my family, so it goes without saying my upbringing was quite exciting. I completed a Bachelor of Medical Sciences at Western University and then went to U of T for my undergraduate medical education before finding my way to Hamilton.

Being the oldest of 4 siblings has helped me develop a strong value for community and peer support. From coaching soccer to various mentorship roles, I have found great joy in supporting the people around me in any way that I can. Beyond that, sports have been a cornerstone in my life. I like to consider myself a jack of all trades and I'd be happy to play just about anything people are interested in. I love learning new sports and over the past few years spikeball and tennis have become quick favorites of mine.

I've never considered myself much of a traveler, but I was lucky enough to go on two amazing trips to Scotland and Italy this past summer. I am hoping to spend more time out of my comfort zone exploring the world and I'm open to any and all travel suggestions!

I am thrilled to be starting residency at McMaster and joining the rich community here. If the first few months have been any indication, I am looking forward to what the future holds.



3. Ramsha Khan

Hi everyone!! My name is Ramsha and I'm a PGY1 anesthesia resident this year and so excited and grateful to be here :) I grew up in South Africa and moved to Canada when I was 8, initially living in Alberta before moving to Ontario at the age of 11. I completed medical school in Melbourne, Australia and subsequently completed my internship in rural Victoria and HMO2 year at Western Health in tertiary Melbourne.

I am absolutely thrilled to be back home in Canada and to have matched to McMaster - which allows me to remain close to my parents, younger siblings and my cat Casper.

When I'm not at work, you can usually find me sitting at a cafe in Downtown Oakville drinking a coffee and listening to podcasts or audiobooks. I love to read and travel - currently re-reading the Percy Jackson and the Olympians series to prepare myself for the new Disney+ show. Speaking of Disney - prior to medicine, I wanted to

be a voice actress for a Disney Princess.... which hasn't happened (yet). I also really love music and listen to a variety of different genres - lately its been a combination of the new Taylor Swift album, SZA and Coke Studio (contemporary Pakistani music).

I am looking forward to meeting you all over the next few years and having loads of DnMs (deep and meaningful conversations) - a common Aussie phrase which I have now incorporated into my vocabulary.



4. Megan Chu

Hi everyone, my name is Megan Chu and I am so excited to be joining the anesthesia program at McMaster! I'm originally from Markham but moved to Hamilton almost 10 years ago now so I consider myself a Hamiltonian at heart. Together, my boyfriend Rees and I own 3 cats (Cashew, Milo, and Princess), and a crazy dog (Kobe) who keep us very busy and active.

Aside from spending all my time and money on my pets, I love to travel and surf and was lucky enough to do so in Puerto Rico and Tofino this year! I am also a self-proclaimed foodie and enjoy exploring all the new Hamilton restaurants (with my current favorite being Berkeley North).

I look forward to meeting and getting to know everyone in the program!

