

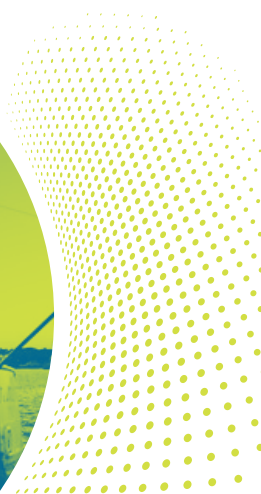
## Fellowship Description

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The Regional Anesthesia and Perioperative Pain Management Fellowship at Hamilton Health Sciences (HHS) is a one-year program that offers a well-balanced set of clinical, academic, and educational experiences dedicated to preparing future leaders in regional anesthesia and perioperative pain management. The program is designed to assist the fellow to develop their skills in peripheral nerve blocks (PNBs), fascial plane blocks and central neuraxial blocks and in the setting of optimizing multimodal perioperative pain management.

The HHS is a tertiary academic center affiliated with McMaster University. The hospital operates at 3 sites: Hamilton General Hospital, Juravinski Cancer Center and McMaster University Medical Center. HHS is a full-service institution and Level 1 Trauma center offering operative services in every discipline except thoracic, transplant and craniofacial reconstruction. The hospital performs around 1700 annual joint replacement procedures and supports a well-established Same Day Home (SDH) joint replacement program-facilitated by multidisciplinary collaboration and standardized perioperative pain management and regional anesthetic interventions.

Fellows are expected to master their regional anesthesia skills first and then impart their experience and knowledge while supervising other trainees and colleagues. Fellows will be working primarily in the block rooms and with Acute Pain Service for 3 days per week. The fellow will also provide general anesthesia service for various surgical procedures.



## Application

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Please submit completed application to our PGME Department  
[pgme.mcmaster.ca/apply/fellowships-application/](https://pgme.mcmaster.ca/apply/fellowships-application/)

## Inquiries About the Application

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For inquiries about the Regional Anesthesia & Perioperative Pain Fellowship Program, you may contact the Department of Anesthesia at [anesadm@mcmaster.ca](mailto:anesadm@mcmaster.ca).

## Inquiries About the Fellowship

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### **Dr. Aya Elsharty, MD, MSc**

Program Director, Regional Anesthesia Fellowship  
Assistant Professor

Email: [elsahara@mcmaster.ca](mailto:elsahara@mcmaster.ca)

### **HOSPITAL SITE:**

Hamilton Health Sciences  
Affiliated sites

### **DURATION:**

12 months

### **Number of fellowship positions:**

1 to 2 positions are offered every year.

### **QUALIFICATIONS:**

FRCPC or eligibility

We consider candidates who meet the following four criteria:

1. Completion of anesthesiology residency training, or current anesthesiology residency training in good standing and targeted for completion before the beginning of fellowship training.
2. Fellow of the Royal College of Surgeons & Physicians of Canada or targeted for RCSPC-eligible status by the beginning of fellowship training.
3. Completion of Residency Training in Canada
4. Completed admission application documentation

# Fellowship HHS Regional Anesthesia and Perioperative Pain

| [healthsci.mcmaster.ca/anesthesia](http://healthsci.mcmaster.ca/anesthesia) |

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Anesthesia

McMaster  
University 

# Clinical Curriculum

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## Regional Anesthesia

- Fellows will gain a solid understanding of the sono anatomy for various regional anesthesia blocks and appreciate the essential principles of ultrasonography applicable to nerve blocks.
- Fellows will acquire advanced level of training to distinguish the technical differences between single shot and continuous regional anesthetic techniques and the practical application of each modality.
- Fellows will be able to apply the knowledge of local anesthetics' pharmacology and the understanding of anatomy to tailor the appropriate regional anesthetic plan to the proposed surgical procedure and to specific patient's needs.
- Fellows are expected to develop the skills to adjust ergonomics for performing blocks and improve their success rates.

## Perioperative Pain Management

The fellow will:

- Understand the rationale behind multimodal perioperative analgesia.
- Demonstrate the ability to formulate a tailored perioperative pain plan based on patient specific and procedure related needs.
- Demonstrate the ability to assess surgical and non-surgical patients particularly with refractory chronic pain requiring pain pain (Transitional Pain Service).
- Demonstrate the ability to assess and modify acute analgesia management plans.



## Educational Curriculum

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### In Regional Anesthesia and Perioperative Pain Management

The fellow will:

- Be encouraged to develop, implement, and monitor a personal continuing education strategy.
- Demonstrate the ability to critically appraise current anesthesia literature and apply new knowledge based on appropriate evidence.
- Actively participate in departmental teaching rounds
- Demonstrate effective teaching when assigned medical students or residents.
- Be encouraged to attend scientific conferences to further develop their skill.



## **HAMILTON HEALTH SCIENCES – DEPARTMENT OF ANESTHESIA**

Join our prosperous anesthesia team at HHS for an opportunity to develop your clinical and academic skills.

### Research

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The fellow will initiate, design, and conduct at least one clinical research or quality improvement project with appropriate supervision and mentorship. The fellow will be strongly encouraged and supported to present the project's results or preliminary results at a national or international conference such as ASRA, CAS & ISURA. Non-clinical days will be allocated to fellows based on their academic engagement.

### Quality Improvement Experience

The fellowship also offers the opportunity to get involved in quality improvement projects. We have eager faculty with great knowledge base who can mentor quality improvement projects related to regional Anesthesia.