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Accolades to McMaster Medical Students at CAS



L-R: George Hu, Yvgeniy Oparin (winner of the CAS Student Essay Contest), Ellen Connelly, Jared Cohen and Gwendolyn Lovsted.

The 2019 Canadian Anesthesiologists' Society held their annual meeting from June 21-24, in Calgary Alberta. Attached link is the 1st Yvgeniy (Genya) Oparin's 1st prize essay, "Anesthesiology and the Thai Cave Rescue Have a Lot in Common" <https://www.thespec.com/opinion-story/9448337-anesthesiology-and-the-thai-cave-rescue-have-a-lot-in-common/>

New Critical Care Program Director



**Dr. John Centofanti, CCM
Program Director**

Dr. John Centofanti is an Assistant Professor in the Department of Anesthesiology and also practices in Critical Care Medicine (CCM). He completed his FRCPC in Anesthesiology and CCM, and works throughout the Hamilton General Hospital and Juravinski Hospital. He has completed his Masters in Health Management, and has recently been the co-chair of one of HHS corporate-wide Hospital Harm Patient Safety groups. In July of 2019, he was appointed **Program Director in Critical Care Medicine**, and is currently working on transitioning the program into Competency By Design, developing new curriculum to address gaps in training, and preparing for upcoming accreditation. He is a Hamilton native and is often found exploring the city's restaurant scene, or hiking beautiful trails with his dog-pal Gryffin. Welcome John!

Thank You Dr. Tim Karachi

The Department of Anesthesia wishes to acknowledge and thank **Dr. Tim Karachi** for his stellar work as the **Program Director for Critical Care Medicine Residency Program** for the last 11 years. The program has flourished under his great leadership, dedication to education and mentorship, graduating over 80 residents and garnering high reviews. We wish him well in his new roles!

"It has been a privilege to serve the McMaster Critical Care as Program Director. I am blessed to have met and played a part in the lives and training of so many individuals that have chosen McMaster for their career path. I'm also honoured to have so many great people as colleagues without whom our program couldn't be nearly as successful. I certainly won't try to take credit individually for any successes. These are shared by all of us, since alone we often do little, but together have accomplished so much. I'm excited for our program to have new leadership in John Centofanti and am certain he will be do great things and infuse new energy and ideas to keep our program vibrant. As much as I'm looking forward to new challenges, I am sad to close this one. Working with learners has always been such a rewarding part of the job for me."—Dr. Tim Karachi, Academic Director for Critical Care McMaster, Department of Medicine.

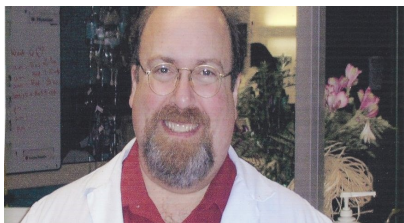


**Dr. Tim Karachi, CCM Program
Director 2008-2019**

End of Life Room Honours

Dr. Brian Egier

Dr. Brian Egier spent almost his entire career in the intensive care unit at Hamilton General Hospital. He also died there. When he began his work as an anesthesiologist, the idea of a good death didn't exist in the same way it does today. But he listened carefully to what his patients wanted.



**Dr. Brian Egier,
Anesthesia & Critical Care**

Dr. Egier became sick himself in 2017 and was admitted to the ICU at Hamilton General Hospital. **“He got to die in his own ICU with all his best people around him,”** said his wife, Ro. Dr. Cindy Hamielec, friend and colleague in the ICU, organized a fundraising effort in his honour. “He was a role model for so many and we wanted to recognize him.” More than \$15,000 has been donated to a special fund at that was established with the Hamilton General Hospital Foundation in his name. The room gives families more space and is a reminder to staff and visitors someone is in their final hours. Dr. Egier's family says it's the perfect way to honour a man who cared so deeply for his patients. Donations can still be made in his name to support ICU patient care at <https://hamiltonhealth.ca/memorialgiving/> - .—Excerpt from HHSshare.ca

First High-Fidelity Simulation for Halton

On February 21, 2019, McMaster Faculty Member **Dr. Saroo Sharda** organized and facilitated the first ever high-fidelity simulation exercise at Halton Healthcare. Supported by staff from the CSBL the fully accredited in-situ simulation took place on the Birthing Unit at Oakville Trafalgar Memorial Hospital. Obstetricians, anesthesiologists, nurses, midwives and AAs were given the unique opportunity of honing their emergency management skills in a safe and facilitated environment. Dr. Sharda, who is a member of our simulation faculty and regularly facilitates the Interprofessional Simulation sessions for OB and Anesthesia residents commented, “We all know in theory how important Interprofessional collaboration is, especially during emergencies, but we rarely have the opportunity to come together to practice these skills, particularly in our own clinical environments. This kind of exercise allows us to identify latent patient safety threats, understand one another's perspective and practice the skills of effective team communication.”



New Research Centre Will Address Chronic Pain Among Veterans

More than four in 10 Canadian veterans face chronic pain, double the proportion of other adults in the country and also experience higher rates of chronic pain, post-traumatic stress disorder and suicide. The new **Centre of Excellence on Chronic Pain** will focus on research on chronic pain of veterans, setting standards of care and ensuring that information is shared across the country. Lawrence MacAulay, Minister of Veterans Affairs, was on campus to announce the centre, which will receive \$20.1 million in federal funding for its first five years, with \$5 million a year after that. “The research conducted by the new Centre of Excellence on Chronic Pain will allow the delivery of the best chronic pain treatments and supports for Canada's veterans,” MacAulay said.



L-R: , Corporal John Brown, Dr. Ramesh Zacharias and Mr. Michael DeGroot

McMaster is well positioned to host the Centre of Excellence on Chronic Pain, as it has the Michael G. DeGroot Institute for Pain Research and Care and the National Pain Centre. It also leads the Chronic Pain Network established by the Canadian Institutes of Health Research, which is a unique partnership among patients, clinicians, researchers and policy-makers dedicated to advancing the management of chronic pain in Canada. As well, The Michael G. DeGroot Pain Clinic of Hamilton Health Sciences treats a significant number of veterans referred from across Canada.

“We know that through research, best practices will be developed to better treat the large number of Canadian veterans suffering from chronic pain,” said **Dr. Ramesh Zacharias**, assistant clinical professor of the Department of Anesthesia, medical director of the Michael G. DeGroot Pain Clinic and medical director of the new Centre of Excellence on Chronic Pain

“The new centre of excellence will ensure that veterans throughout the country will receive evidence-based treatments to improve the quality of their lives.” - This article

was first published on [Daily News](#). Read the [original article](#).

Awards and Achievements

Congratulations to **Dr. Daniel Cordovani**, the winner of the **Class of 2019 Undergraduate MD Program Anesthesia Clerkship Teaching Award**.

Dr. Mauricio Forero was congratulated by Dr. Grocott, Editor-in-Chief of the *Canadian Journal of Anesthesia* for having the **Most Cited Article in 2018**, "Erector spinae plane block for the management of chronic shoulder pain: a case report".

Congratulations to **Drs. Harsha Shanthanna, James Paul, Jason Busse**, et al for their **MGD IPRC Award** for their study entitled "Topicals for Osteoarthritis Pain in Knee Surgery (TOPIKS)."

Congratulations to **Dr. Deborah Cook** recipient of the Canadian Institutes for Health Research (CIHR) Gold Leaf Prize for Impact, the country's highest and most prestigious honour for excellence in health research and making a difference in the lives of Canadians.

Congratulations to **Mark Czuczman PGY2** and **Drs. Harsha Shanthanna, Peter Mosiuk** and **Turlough O'Hare** who were awarded a **PSI Resident Grant 2019** for "Randomized control trial of ultrasound-guided erector spinae block versus shoulder periarticular anesthetic infiltration for pain control after arthroscopic shoulder surgery".

Congratulations to the **RMA Research Scholarship Winners** of 2018; **William Sanh PGY3**, **Dillon Horth PGY4** and **Eugene Maida PGY4** Pain Medicine!

Dillon Horth was also the recipient of the first **Brijesh Arya Award** for exemplifying the qualities Dr. Brijesh embodied including compassion, generosity and respect for fellow residents. This award is open to Junior Residents nominated by all Residents in the Department of Anesthesia.

The Department of Anesthesia **Hisham Zokari Award** was presented to **Andrew Syrett PGY5** for the Resident Exemplifying Compassion & Generosity Towards Patients & Colleagues. Andrew was also the recipient of the **St. Joseph's Healthcare Department of Anesthesia Outstanding Resident Award** while **Caitlin Vandepelle, PGY5** was presented with the **Hamilton Health Sciences MSA Award** for demonstrating the qualities of an exemplary resident.

Congratulations to **Jessica Spence PGY7** Critical Care, for receiving **CIHR funding** for her trial "Benzodiazepine-free cardiac anesthesia for the reduction of delirium (B-Free) in the ICU."



Congratulations to **Justine Denomme PGY5**, recipient of the **Dr. Fred Baxter Award** for Excellence in Nephrology and Patient Care.

Resident Research Day

Anesthesia Resident Research Exchange Day Winners

1st Place—William Sanh PGY3 & Dillon Horth PGY4

2nd Place—Dr. Jillian Belrose, Western

3rd Place—Dr. Justine Denomme PGY5

Critical Care Medicine Research Exchange Day Winners

1st Place—Kim Lewis PGY5

2nd Place—Jessica Spence PGY5

3rd Place—Zainab Al Duhailib, Western

Other Accolades

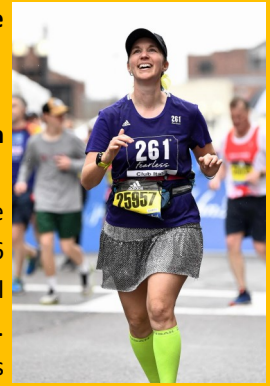
Dr. Cyndie Horner

completed the **Boston Marathon** with a time of 5:59:36 on April 15, 2019.

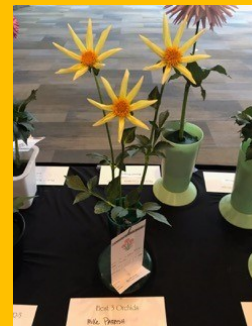
Cyndie was

also cho-

sen as one of only 30 runners and the only Canadian, to be part of the **261 Fearless Charity Team** whose goal is to empower and unite women through local run clubs, educational programmes, communication platforms and social running events.



Dr. Mike Parrish is the recent



Court of Honour winner at the **American Dahlia Society National Show** in Grand

Rapids, MI and Best 5 Blooms in Show at the **Hamilton Chrysanthemum and Dahlia Society!**

A Warm Welcome to Our

New Trainees

Anesthesia

Jordan Albaum, Ryan Dong, David Hanna, Kristina Kim, Hu Rui, Gabriel Simchovich, Nicholas Timmerman, Sean Xia

Pain Medicine

Ahilraj Siva

Critical Care Medicine

Hameid Alenazy, Thiago Appoloni, Michael Mikhaeil, Jeffrey Overington, Mohammed Rahman

iBook Release—Whiplash Injury & Chronic Pain



Dr. Harsha Shanthanna and Anita Gross are very happy to publish their book on Whiplash Injury and Chronic Pain. <https://books.apple.com/ca/book/whiplash-injury-and-chronic-pain/id1473971217>. This interactive iBook with wonderful illustrations is free to access and is brought out jointly by the Departments of Anesthesia and Education program in Anatomy, McMaster University. Highlights of the book include

the most recent information on whiplash injury and chronic pain in a format that is easy to understand by physicians and other health providers; relevant information around mechanisms and pathophysiology of whiplash injury; detailed, informative illustrations that improve understanding of underlying concepts; and interactive reviews and quizzes to enrich the learning experience, written in a format that combines individual case histories with clinical knowledge that helps to connect clinical information and application in the real world. Integrates medical and interventional management with physical therapy, rehabilitation and psychological perspectives, which is critical for appropriate, interdisciplinary management of whiplash patients.

Chair's Annual BBQ

Once again the weather cooperated for the Chair's Annual BBQ at the home of **Dr. James** and **Lucy Paul**. This year the bucking bronco was replaced with a more tame inflatable



Taming the Bull

version, but still a good time was had by all. A special thank you to **Sally Perry** for organizing an excellent party complete with a smorgasbord of food catered by Carmens and a live musical performance by FOG—Four Old Guys. Already looking forward to next year!



The Newly Capped PGY1s

50th Anniversary McMaster Medical School

McMaster Medical School is celebrating 50 years October 24—26, 2019. Beginning with a cocktail reception on Thursday evening and ending with a black tie gala dinner with guest speaker Dr. Tim Evans, MD '92, Senior Director of Health, Nutrition & Population, World Bank Group, son of Dr. John Evans, Founding Dean of the McMaster medical school, there are lots of opportunities to reconnect with faculty and colleagues over the weekend. For further information and to register please see <https://macmed50.mcmaster.ca/>



Promotions

- Dr. James Paul—promoted to Professor, July 1, 2019
- Dr. Tania Ligorì—promoted to Associate Clinical Professor, July 1, 2019

In Memoriam



It is with great sadness we learned of the sudden passing of our colleague and

friend, **Dr. Brijesh Arya** on January 5, 2019. Brij was a valued member of our Department and joined the Anesthesia staff at HHS in 2005. A graduate of Western University, he served as the Chief of Anesthesia at Hotel-Dieu Grace Hospital in Windsor prior to being recruited to McMaster. Brij was an excellent physician. Innovative and caring, he understood the importance of friendship and collegiality and community. A lesson for us all. He is survived by his wife Beenu, and his sons Kunaal and Vishaal.—Dr. Chris Ricci

Congratulations to **Drs. Russ Brown** and **Suzan Ergun** on the birth of



their second child, a girl, Ayla Ergun Brown, May 19, 2019.



Congratulations to **Drs. Liz Ling, Bill**

Pine and Steve Puchalski on their well-deserved retirement!

Contact Us

- **Dr. Anne Wong:**
wongan@mcmaster.ca
- **Sarah Richardson:**
srichar@mcmaster.ca