

# DEPARTMENT OF ANESTHESIA NEWSLETTER

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## Interview with Dr. Susan O'Leary, Chief HHSC

I sat down with Susan O Leary, the new Chief of Anesthesia at Hamilton Health Sciences, who is also the current President of the Canadian Anesthesiologist's Society (CAS), to chat about her career, life and thoughts on the future of our profession. Born and raised in Newfoundland, Susan came to medicine after training and working as a physiotherapist. After completing medical school at Memorial, Susan stayed there to complete anesthesia residency.

"I sort of fell into anesthesia. I had to do a selective in my surgery block, and it was either anesthesia or ophthalmology. I ended my week of anesthesia thinking 'this is not so bad after all.'"

Susan had a busy time in residency, not only because of the usual clinical load, but because she had her first child in her PGY2 year. "There was definitely a bit of survival!" she laughs.

"I think for myself, as well as a number of other women in medicine, you spend a number of years working and being Mom, and doing all the other things that come with that, so it probably took 7 or 8 years before there was good time and opportunity to really develop an interest outside of clinical anesthesia." Susan said what made being a busy Mom, clinician, AND educator possible was a combination of full-time reliable child-care, and a supportive family.

She was thus able to develop what she had a real interest and love for – medical education.

"We had a retreat and an opportunity arose to be a Royal College examiner. Next thing you know I found myself on the exam board. Out of all the things I have done, being on the exam board was one of the most exciting, encouraging and exhilarating things to do. You get to be a part of a very keen and interested group of people who are like-minded and who ensure that the practicing anesthesiologists in Canada are truly competent. If you want to sit around a table with some real leaders in anesthesia in Canada, that is one place to do it."

As a past Royal College Examiner and Program Director, Susan gave her thoughts on Competence Based Design (CBD). "As anesthesiologists we practice this method of education already although we haven't labeled it that way. We are one on one with our learners every day. We watch them, we give them constant feedback. There is work to be done but we are further ahead than some others and I think that there, we can be leaders."

Speaking of leadership, I asked Susan about her time with the CAS. "The CAS thing happened by chance. They were looking for a treasurer at the time and I had a phone call from the past President and I kind of just jumped in with both feet. It was such an amazing committed group of individuals. So when the opportunity came up for VP, it just kind of went from there."

With Susan's leadership roles in our specialty, I asked her for her thoughts regarding the biggest challenges facing us as anesthesiologist in the next 5 – 10 years. "I don't know that there are challenges as much as really, really great opportunities. I think as a profession we are growing and expanding at a very tremendous pace in terms of the scope of the work that we do. If I think back to 20 or 25 years ago, when I started in anesthesia, it was with a mindset that I am going to take care of patients in the O.R. every day, and that was really about 90% of what we did. But there wasn't an idea that we were perioperative physicians. And I think the concept that we have so much to offer outside of the O.R. is our greatest opportunity."

I wanted to find out from Susan how she saw us harnessing this opportunity. "Like any change it takes time. It takes a generational change or a new cohort. Not everyone is engaged in this idea yet. But we need to lead the charge. We need to demonstrate to our medical, surgical, nursing colleagues, and to the public, that we have the skills and the ability and the knowledge and everything it takes to contribute beyond that small area of the O.R. where we have historically existed."

**Continued on Page 2...**



Chief of Anesthesia, Dr. Susan O'Leary

Continued from Page 1... We have to equip ourselves with the knowledge and the skills, recognize ourselves as leaders and prepare ourselves to be leaders."

Newfoundland to Hamilton is obviously quite the move and so I asked Susan not only what precipitated the change but also what she has been most pleasantly surprised about regarding Hamilton. "I was at a point in my career where I was looking to do something different I would be a good fit; be engaged with a different group and make some changes along the way. After the first interview I discovered I was interested in this job. So I didn't expect to find myself in Hamilton, but here I am!"

"The Department and community have made me feel at home from day one. Being from Newfoundland, I am used to people being friendly, (sometimes TOO friendly). So I wasn't sure what it would be like when I moved somewhere I didn't know anybody, but I am happy to say I have experienced it here in Hamilton."

—written by Dr. Saroo Sharda,  
Guest Contributor

## Exceptional McMaster Teachers Share Their Stories

*Soul on Fire: Narratives that Inspire*, a new series of podcasts featuring conversations with some of McMaster's top teaching faculty. The series was developed by Anne Wong, Department of Anesthesia and assistant dean of the [Program for Faculty Development](#) at the Faculty for Health Sciences. Wong began by contacting seven instructors known for being exemplary teachers from a range of disciplines and at varying stages of their careers. Then, working in partnership with faculty and staff from the [McMaster Institute for Innovation and Excellence in Teaching and Learning \(MIETL\)](#), she set about capturing their stories.

The podcasts cover a number of topics from personal growth and career development to teaching philosophies and provide concrete, "take-home" advice to faculty, such as tips on how to engage students.



Anne Wong and Bruce Wainman,  
Director Anatomy Education Program.

The series was funded through [Forward with Integrity](#) as part of a process aimed at finding new ways to support faculty development at McMaster.

## \$12.5 Million From CIHR for Chronic Pain

Congratulations to **Dr. Norm Buckley**, recipient of a 12.5 million grant to lead the Chronic Pain Network under Canada's Strategy for Patient-Oriented Research (SPOR) initiative! The Chronic Pain Network is a national collaboration of patients, researchers, healthcare professionals, educators and government policy advisors to direct new research and increase care for chronic pain. This achievement will further Dr. Buckley's leadership in improving chronic pain care in Canada. For more information please visit: [http://fhs.mcmaster.ca/main/news/news\\_2016/chronic\\_disease\\_research\\_announcement.html](http://fhs.mcmaster.ca/main/news/news_2016/chronic_disease_research_announcement.html)



L-R: **Norm Buckley**, Nominated Principal Investigator for the Chronic Pain Network; **Lynn Cooper**, Patient Representative for the Chronic Pain Network; **Alain Beaudet**, President of the Canadian Institutes for Health Research; **Patrick Deane**, President of McMaster University; Canada's Health Minister **Jane Philpott**; **Filomena Tassi**, MP for Hamilton-West-Ancaster-Dundas; **John Kelton**, Dean and Vice-President, Faculty Health Sciences, McMaster University; **Megan Henry**, Patient Representative of SPOR IMAGINE; **Paul Moayyedi**, Nominated Principal Investigator SPOR IMAGINE Network.

## Resident Corner

I would like to take this opportunity to express how extremely proud we are of our current PGY5s for all their dedication to the Royal College exams. We will miss their mentorship and wish them all the best in their future careers. Everyone is excited to celebrate your accomplishments at Reach for the Top! We are also thrilled to welcome another cohort of PGY1s to our Resident Family and look forward to mingling with you at the annual Program Director's BBQ in July! In addition to our many individual awards, we should celebrate the many positive changes to our program this year including full academic days, improved simulation and in house exams. Here's to another successful year in 2016-2017! **Chief Resident—Brent MacLellan**

## Awards and Achievements

Congratulations to **Dr. David Lagrotteria**, who won the **McMaster Clerkship Preceptor Award** and the **McMaster Excellence in Teaching Clerkship Award**. Dr. Lagrotteria completed his Anesthesia residency training at McMaster in 2012. He is currently the Niagara Campus Regional Education Leader (REL) for Anesthesia and frequently receives excellent feedback from his students. Now his excellence has been formally recognized!

Congratulations to **Dr. Joel Hamstra** who is the recipient of the **2016 John Bradley Young Educator Award** from the Canadian Anesthesiologists Society. This prestigious national award recognizes excellence and effectiveness in anesthesia education and is a testament to Joel's outstanding contributions.

On Thursday, May 12, 2016 **Critical Care Medicine Program Director, Dr. Tim Karachi** received an award for his outstanding educational contributions to the **McMaster General Surgery Postgraduate Program**.

On Thursday, April 7, 2016 the Critical Care Medicine Residents traveled to Western University to showcase their current research at the **Annual Research Exchange Day**. Congratulations to **Brian Buchan**— Comprehensive Ultrasound Evaluation of the Failure-to-Wean Patient: a Pilot Study for his 2nd place finish and to **John Centofanti**—Resident Reflections on End-of-Life Education: A Mixed-Methods Study of the 3 Wishes Project for his 3rd place finish. In addition John recently was published in *BMJ Open* (April 2016) about resident reflections on end-of-life education.



**CCM Research Exchange Day at Western University.** Front: Sunjay Sharma, Ibrahim Alabdulaaly, Ayed Asiri, Samantha Arora, Yousef AlMuabarak. Back: John Centofanti, Robert Coke, Ahmad Busbaih, Brian Buchanan, Benjamin Tam, Paul Lysecki, Diana Ulic.

**Dr. Daniel Cordovani** was awarded the **Teaching Award in the Anesthesia Clerkship** on May 27, 2016 at the Michael G. DeGroot School of Medicine 2016 Oath Ceremony.



**PGY4 Resident Joyce Magalhaes** was awarded a recent **RMA Scholarship Award** for her Fascia Iliaca Study.



**Drs. Caitlin VanDeCappelle, Natalie Lidster**

On Wednesday, May 4, PGY2 Anesthesia Resident **Caitlin VanDeCappelle** and **Natalie Lidster**

were recognized as recipients of a **PGME Medical Education Research Grant** for 2016 at the Program Directors' Appreciation Dinner. Dr. Saroo Sharda is the Research Supervisor for their project entitled **"Competency in Anesthesia: A Multidimensional Concept"**.

## Other Accolades

• Anesthesia Program Assistant, **Candice Stroud** was awarded the **2016 Program**



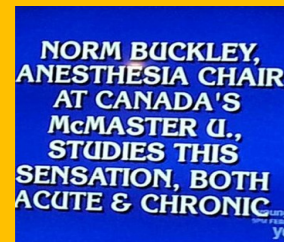
**Administrator Award for Innovation and Excellence** by the International Conference on Residency Education.

• Congratulations to **Dr. Norm Buckley** who was awarded the **Humanitarian Award for Community & Global Service** at the **2016 Medical Staff Association Awards** held on June, 16, 2016

• Congratulations to **PGY4 Resident, Heung Kan Ma**, recipient of the **HHS Medical Staff Outstanding Resident of the Year Award** and to **PGY4 Resident Brent MacLellan**, recipient of the **SJH Medical Staff Best Resident Award** in the Postgraduate Anesthesia Training Program.

## WHAT IS "PAIN", ALEX?

Under the category "Doctors Within Borders" the contestants of College Jeopardy were given the following answer in February, 2016:



## Inaugural Dr. Fred Baxter Award

Anyone who knows **Dr. Fred Baxter** knows he is a role model in all CanMEDS domains. He has contributed significantly in the areas of patient advocacy, patient safety, and patient care. Dr. Baxter has been integral in collaborating with the Division of Nephrology and has always demonstrated a strong commitment in the provision of comprehensive and patient-centred care to individuals with renal failure. With that



Dr. Fred Baxter with award recipient **Josh Peachey**

in mind, the Division of Nephrology has created the **Dr. Fred Baxter Award for Excellence in Nephrology and Patient Care**. This inaugural award has been awarded to **Josh Peachey (PGY4)** and **Brent MacLellan (PGY4)** for their comprehensive and dedicated patient care during their Nephrology and AKI rotations during this academic year. Both Josh and Brent demonstrated exemplary professionalism, communication and collaboration. Congratulations to both of you on receiving this distinguished award!



Dr. Fred Baxter with award recipient **Brent MacLellan**

## Personal Achievements

Congratulations to **Dr. Joanna Rieber** who recently won her 3rd **National Powerlifting Championship** in the



**Joanna Rieber** at the 2016 Powerlifting Championships

Women's Open 52kg Class Division (23-39 year olds). Dr. Rieber reached her personal best squat of 30kg, a National Record bench press at 85.5kg

and a personal best deadlift of 152.5kg. These lifts solidified not only a win, but a spot in the top 5 best power-lifters in Canada. These feats are to be noted after just winning both her age and weight class at the 2015 Commonwealth Powerlifting and Benchpress Championships in Vancouver in December. Good luck to Dr. Rieber as she travels to Texas to compete in the International Powerlifting Federation's World Championships in June.



**Want to donate to the Guyana Anesthesia Outreach Program?**

<https://www.canadahelps.org/en/charities/st-josephs-health-system-international-outreach-program/>



**Dr. Saroo Sharda**, whose reflection on "What it's like...to be the forgotten physician"

was recently published in the **Globe and Mail** and was shared widely via social media by Anesthetists around the country and in the UK where Dr. Sharda originally trained. You can read the full article here: <http://www.theglobeandmail.com/life/health-and-fitness/health/what-its-like-to-be-the-forgotten-physician/article27960917/?service=mobile>



## Promotions

- **Dr. Jason Busse, Associate Professor (CAWAR)**
- **Dr. James Paul, Associate Professor (CAWAR)**
- **Dr. Melanie Hollidge, Associate Clinical Professor**
- **Dr. Andrea Dower, Associate Clinical Professor**

## In Memoriam

**Dr. Donald Catton**, Professor and First Chair of Anesthesia of the Michael G. DeGroot School of Medicine (1971), passed away on February 9, 2016 at the age of 85.

**Dr. Ron Browne**, former Chair of the Department of Anesthesia and one of the earliest clinician educators in the Michael G. DeGroot School of Medicine died April 15, 2016 at the age of 87.



**Congratulations to the McMaster Anesthesia & Critical Care Medicine Classes of 2016**

Dina Aboutouk, Russell Brown, Jaclyn Gilbert, Mark Hindle, David Sussman, Lisa Udovic

Ibrahim Alabdulaaly, Samantha Arora, Brian Buchanan, Ahmad Busbaih, John Centofanti, Paul

## Contact Us

- Interested in submitting an article? Want to share your outside accomplishments? Let us know!
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