**Upcoming Events**

- Rachel Waugh Memorial Lecture
  Wednesday March 5th
  CHEO RI
  Dr.Sherry Litt.
  Dalhousie University

- Mentoring Program evening : Career Planning.
  Thursday April 24th.
  Heart Institute HL 2-3

- Faculty CPD evening : Regional Anesthesia
  Anatomy workshop,
  Wednesday April 30th,
  Anatomy lab, Faculty of Medicine

- Resident May Oral Exams
  Tuesday, May 13th.
  Roger Guindon Pavilion.
  Faculty of Medicine

- Annual Gary Johnson Review Day.
  Wednesday May 14, 2003

- Visiting Professor
  Dr. David Parsons, University of British Columbia
  May 13-14, 2003

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**Inside this issue:**

**Program Director’s Report**

Late last year the post-graduate program in Anesthesiology underwent an internal review. The results are outlined in the report of the Program Director. These reviews whether internal or by the Royal College are laborious and time consuming. Dr. Bragg and Mrs. McHardy deserve our thanks for preparing and submitting the extensive materials required. In February the Liaison Committee on Medical Education (LCME) will review the undergraduate programs. The LCME is an accrediting body consisting of representatives from the U.S.A. and Canada. I have been involved with the accreditation process during my time as Program Director and Chair. On this occasion Drs. Craig Reid and Rob McNeil will participate in the meetings. The preparatory discussions have been strongly focused on the availability of resources to handle the teaching load which is expected to increase significantly in the next few years. The response of the University to these challenges is eagerly awaited. In my last report, I indicated that we had formed a new research collaboration with Dr. Paul Hebert, Director, Clinical Epidemiology Unit, Ottawa Hospital. I am pleased to report that Dr. Hebert has been cross-appointed to the Department of Anesthesiology. The Department has been asked to participate in the multicentre POISE study. There have been many impediments to starting the project, but I believe that they are close to being resolved and that the study will soon get underway. Many of you will have received appointments to the Ottawa Hospital Research Institute based on my recommendations. This is an important relationship to promote research in the Department. The Ottawa Hospital is developing a Data Warehouse. This is an exciting project, which will allow physicians investigators to access clinical data for quality assurance and research projects. I am looking for a departmental representative on this group. Please contact me if you are interested. The CME and Professional Development Programs have featured visiting professor lectures given by Drs. Joanne Douglas and John Clarke and an excellent session on “How to write MCQ questions and conduct an oral examination a la Royal College”. Congratulations to Drs. McKenna Crosby and Byford. In April, I will return to Nepal and spend 4 weeks in Chronic Pain Management Units at the Teaching Hospitals in Kathmandu. I will also be the external examiner for the Anesthesia specialty exam. Drs. Wayne Barry and John Chayka will go to Vietnam as part of Operation Smile. Other residents have expressed an interest in working overseas. This is John’s first trip as a volunteer. I am sure he will find it as rewarding as Wayne and I have. I am finishing my term as ACUDA president. The annual meeting is in Ottawa at the time of the CAS. The morning plenary sessions on June 20th, 2003 are now open sessions. All are welcome. The program will be posted in early May. ACUDA has done excellent work in making governing bodies aware of the physician shortages in anesthesia. The Ryten Report, commissioned by ACUDA was featured in two papers in the CJA 2002 49/7. The full report is on the ACUDA website www.anesthesia.org/acuda.

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**Winterlude 2003**

On its 10th Anniversary, despite the arctic cold temperatures and peace demonstrators outside the Chateau Laurier, Winterlude was again a resounding success. Over 145 registrants from all over Ontario, Quebec and as far away as Halifax attended this year’s symposium, entitled “Regional Anesthesia & Analgesia Techniques and Outcomes”. It was a pleasure to see so many of our alumni from both the Residency program and the Family Practice Anesthesia program in attendance: Dr. Peter Tinnits (Stratford), Sean Travers (North Bay), Joanne Madden (Sudbury), Chris Hawkes (Moncton), Janik Sarazin (Val d'Or), Richard McColl (Hawkesbury), Gord Jackson (Perth) to name but a few. The first part of the morning focused on techniques of Regional Anesthesia...
As we are all well aware, there’s definitely political angst about the physician manpower shortage in Canada and for Ernie Eves in Ontario. This is translating into several changes in the manpower situation for our training program. As a onetime deal, we were given an extra CaRMS position for July 2003. We are slated to get a permanent position as of July 2004 that will bring us up to an annual intake of 5 PGY ones. In addition, the Northern Ontario Medical Education Corp., (NOMEC) is building a medical school in Sudbury. In an effort to bring their soon-to-be teaching staff into our world (vs. Wayne’s world) they are funding 11 FRCPC training positions in Ottawa as a Northeastern Ontario funding stream. The practical implications for anesthesia will be the addition of two CaRMS positions for July 2003. These new residents will spend 70 percent of their five-year experience in Ottawa and 30 percent in Sudbury. Through the use of teleconferencing, they should be able to attend all of our teaching sessions, in particular our core program, and remain in close communication with Ottawa throughout their training. Sudbury has a great wealth of casework for clinical exposure and an enthusiastic bunch of anesthesiologists willing to take on the challenge. The resident’s housing and travel expenses will be covered by NOMEC and thus their total out-of-pocket costs should be no different than a resident spending 100 percent of the time in Ottawa. The intent of our education committee is to allow the residency to grow from its current 34 positions to 40 positions. The current planned intake of CaRMS, one IMG, one APIMG, one family practice and 1 FMG will bring our program to 39 positions for July 2003.We underwent our internal review of the program in December. This is in anticipation of the Royal College external review that is slated to occur in February 2004. Overall, the program was viewed as being a very positive experience for staff and residents alike. There was the inevitable list of major and minor issues that our education committee will have to deal with. Many of these issues have already been resolved and committees have been struck to find and enable solutions on the rest. Once I get a copy of the internal review in an electronic format I will be sending it and our response out to our various committees. Any individual who wishes to see the report is most welcome to send me an e-mail request.

Paul Bragg

Visiting Professor Program- Dr. Joanne Douglas

The second Visiting Professor for the 2002-03 Academic year was Dr. Joanne Douglas, from the University of Toronto.

The topic of the evening lecture was “Anesthesia in the Real World”. This was a very entertaining discussion about how to manage failed/poor labour epidurals for analgesia, when the epidural needs to be used for cesarean section; use of patient-controlled epidural analgesia for labour; and the role (if any) of CSE. Reality of our practice is that there are fewer anesthesiologists and nurses working in Canada and no change in the birth rate. Also, the percentage of cesarean births is rising, and will continue to do so for the following reasons: recommended practice for breech delivery has changed, the number of VBAC’s is declining, and elective requests for c-section are rising and being honoured. This will unfortunately not decrease the number of unsociable 0300h cesarean sections, as a significant proportion of the planned C/S for breech go into labour instead at the usual unsocial obstetric peak hours. Dr. Douglas discussed how the use of RT’s as assistants in LDR is a model being tried in several centers, and has great benefits in terms of having expert assistance for airway management, but also for keeping anesthesia equipment well tuned.

As in the morning lecture, Dr. Douglas discussed anesthesia-related maternal mortality and morbidity, adding the factor of morbidly obese parturients as a risk. There was an interesting discussion following a question about whether tachyphylaxis with low dose bupivacaine infusions really exists as an entity, or whether labour epidurals in for greater than 8 hours merely seemed doomed to stop working. The addition of epinephrine to the low dose mixtures was offered as solution. A cautionary note was made concerning the use of boluses of epidural fentanyl to fix a problem epidural, as the IV effect alone can provide temporary relief. Also, a discussion about use of 1% lidocaine infusions or boluses to help epidurals suffering from bupivacaine burn-out. Finally, to close out the evening, and audience member decided to burn all his bridges and ask the question “Is the Sellick maneuver really usefulecessary? Some comments at the end of the day “I actually learned something today...”

Roanne Preston
Dr. Sugantha Ganapathy from Duke University gave a fascinating talk on the use of paravertebral blocks in anesthetic practice. Dr. Tom Polis spoke on Regional Anesthesia for Neurosurgical procedures ranging from awake craniotomy to spinal surgery. Dr. Desiree Persaud’s presentation focused on the interscalene groove and new approaches to brachial plexus blockade. The remainder of the morning session focused on patient outcomes. Dr. Anne Lui discussed postoperative neuropathies, from etiology to diagnosis and management. Drs. John Penning and Dennis Reid shared their insights on the perioperative management of patients with chronic pain, from their respective perspectives as acute and chronic pain management physicians. Dr. David Goldstein from Queen’s University followed with an inspiring presentation on the perioperative applications of portable computing. From the preoperative assessment through intraoperative records to the acute pain service rounds, the innovations in medical informatics that were described will facilitate communication and improve efficiency, allowing practitioners to concentrate on more important matters, like patient care. The afternoon workshops were an excellent opportunity for small group interactive learning. Many thanks go to our medical student volunteers, who so ably demonstrated the sought-after landmarks. Drs. Sugantha Ganapathy, Anne Lui, Desiree Persaud, Catherine Smyth and Caroline Tallmadge are all to be congratulated on their excellent work as workshop leaders. Finally, none of this would have been possible without the expert organizational skills of Mrs Lyne McHardy and her team as well as the generosity of our industry sponsors.

Jocelyne McKenna

Recent Publications by our Faculty

New opportunities for anesthesia research in Canada. CJA 2002/49:9/895-899. Dr. Beverly Orser and Dr. Donald Miller, Departments of Anesthesia, University of Toronto and University of Ottawa. This editorial discusses the status of anesthesia research in Canada and prospects for the future. It does provide many useful insights and welcome cause for optimism about the future of Anesthesia research in Canada.

In children, nitrous oxide decreases pain on injection of propofol mixed with lidocaine. CJA 2002/49:10/1061-1063. T. Beh, W. Splinter, J. Kim. Department of Anesthesiology, CHEO, an evaluation of the use of 50% nitrous oxide on the pain during injection of propofol mixed with lidocaine. The authors found a significant reduction of the pain on injection of propofol mixed with 0.05% lidocaine by breathing a 50% mixture of nitrous oxide and oxygen for 2 minutes. In the same number, Pollard et al, from the British Columbia’s Children Hospital and the University of British Columbia found that a mixture of thiopentone 3 mg.kg and propofol 3 mg.kg caused reduced pain responses on injection. For a discussion of these and other measures aimed at reducing propofol injection pain, see accompanying editorial by Robin G. Cox on page 1016-1017.

Visit www.anesthesia.org

Innovations are appearing regularly on our Website. Most recently, Wednesday morning grand rounds from the General Campus have been posted, providing everyone with an opportunity for self-directed learning and revisiting presentations at a later date. We continue to encourage Core Program lecturers to send their material to Peter. The residents really appreciate the access to Power Point presentations for later review. Important reference material can also be made available in Pdf format. This enables them to keep up with work from home, especially valuable for those who have missed sessions. The development of Web-based learning material will be of paramount importance to our partnership with Sudbury.

Send contributions to be posted on our Website to pduffy@rogers.com
Family Holiday Brunch

The Family Holiday Brunch was held again this year at Capone’s. The afternoon featured a magic show by Tom Foolery who kept young and not so young in stitches with his very comical act. There was the traditional visit from the man in red himself, who survived the exuberance of the assembled masses to distribute bags of gifts. Special thanks to Kevin Nolan AKA Santa, and his shoppers, Nadira Naraine, Jarmilla Kim and Jane Prud’homme.

Chief Resident’s Corner

With the cold of this winter, the residents are busy preparing for … the staff-resident hockey game, which will be coming up on May 4th. A few die-hards have been practicing every weekend on the outdoor rinks around the city- so look out for them! The PGY-5s are busy preparing for their exams and, to their credit, still seem to be in a good mood about it too! Scott’s probably in a good mood because he doesn’t have to deal with the haggling associated with preparing the call schedules anymore. I notice that he’s always the last one to give me his call requests… it must be his PAYBACK time (!)… We had a great gripe session with the big boss with red hair in the late fall and some good changes have come out, especially in terms of our off-service medicine rotations, as well as ICU. In particular, cardiology will be done at the general and we will be participating in the vascular pre-op clinic there and respirology has agreed to try to accommodate at least 2 weeks at the civic to do bronchoscopies. As for ICU, all residents should be able to do equal time at the civic and at the general. And no gripe session would be complete without a discussion about the case room… plus ca change, plus c’est la meme chose…

The PGY-2s have been adjusting well to their new responsibilities… please remember to give them a good pat on the shoulder once in a while! Finally, congrats to Sylvain and Chantale with their new daughter, Genevieve. Sylvain is using his paternity leave to learn how to send emails with attachments and has taken his new role as education rep in stride. I look forward to working with him this year. Wishing you all a great 2003 year,

Natalie

Announcements

Hyperbaric chamber wedding bells… Hyperbaric medicine physician and anesthesiologist Dr. Peter Duffy (General Campus) is engaged to marry Ms. Nathalie Pagé, Respiratory Therapist. The wedding will take place in Jamaica on May 6th. Despite the couple’s shared passion for diving, the ceremony will be held on dry land, at Nathalie’s insistence.

Congratulations to Dr. Sylvain Gagne and his wife Chantal on the birth of their first child, Genevieve, January 6, 2003. Sylvain’s abilities as an anesthesiologist are a valuable asset during his parental leave as evidenced by the photo below taken at the FMG dinner, Genevieve’s first Anesthesia Program official function.

Our last newsletter congratulated Dr. Earl Wynands on obtaining the Queen’s Golden Jubilee Medal.

We recently learned that Mr. Philip Fleming, husband of Dr. Roanne Preston has also received this honour, for his contributions to the development of the Kyoto protocol.

Congratulations Philip!
The FMG Annual Dinner was introduced by past program director, Dr. Patrick Sullivan and in three short years has become another popular tradition of our Program. Over 35 faculty, residents and family members attended this year’s event held once again at Fairouz’ on Somerset Street. We heard an entertaining presentation on Libya’s geography and history by Dr. Abdullah Alsefau. Dr. Maan Kattan gave us more insights about Saudi Arabia, this time focusing on his hometown of Jeddah. Both speakers delighted the audience with images of both the ancient and modern architecture of their respective homelands.

The pictures of warmer climates and the wonderful food made us forget temporarily the bitter cold Canadian February... until it was time to head home! Jocelyne McKenna

Chairman’s Report (cont’d)

The Web master is Dr. Peter Duffy. ACUDA has also stated its position on anesthesia assistants to the CAS and continues to be heavily involved in all matters pertaining to academic and clinical anesthesia through its committees. The close relationship with the CAS was evidenced by our joint submission to the Romanow Commission. One of the challenges of recent years has been the maintenance of patient safety in the context of restructuring and budget constraints. The movement of anesthesiologists, both staff and residents have made our patients vulnerable with regard to old and unfamiliar equipment and technology. The recent purchase of close to $5M of new machines and monitoring equipment has allowed standardization across all campuses. This will enhance patient safety and make all of us more comfortable in our environment. We have to thank senior management and surgery management for coming through on this project. The relentless work of Bob Elliott, Ian Zunder, Don Wilson and our colleagues in Biomed, Bernard Dionne and Gilles Gervais has been incredible. While the pot is boiling, we are making a strong proposal for acute pain management, led by John Penning and Nadira Naraine. Finally, AFP negotiations are ongoing. The government has offered an academic supplement of $14 million for the Ottawa Hospitals, which include the Sisters of Charity, The Royal Ottawa, The Heart Institute and the Ottawa Hospital. Negotiations are on going. The Department is well represented. In my view the supplement should go towards addressing the lack of resources allocated for post graduate and undergraduate education. Hopefully this will be the case.

Dennis Reid

Making a Mark 2003

In February, the PGY-5 residents (Drs. Michael Law, Joseph Po, Elizabeth Renehan, Scott Duggan and B.J. Grewal) attended the “Making a Mark” review course held in Mississauga. It was a three day course designed to help final year candidates prepare for the Royal College written and oral examinations. During the day we attended several lectures by experts across the country on such topics as Neuroanesthesia, Thoracic Anaesthesia and Airway Management. Ottawa was well represented by Dr. Dennis Reid (who gave an insightful talk on Chronic Pain Management), Dr. Desiree Persaud (who is becoming the national guru for Regional Anesthesia) and Dr. Roanne Preston (I heard she gave an excellent talk on Obstetrical Anesthesia... Unfortunately I was being grilled by two examiners at that time). Dr. Larry Byford attended the course as an examiner. There were also several references to the research and publications done in Ottawa by Dr. Splinter and Dr. Crosby. Perhaps the most useful part of the weekend were the practice oral exams. The organizers made every attempt to simulate the real process. Each of us was examined twice (two questions per session) by examiners from other centers across the country. Paul Walsh (the Ottawa Organon representative) demonstrated special skill in replicating that fateful knock on the door, meaning the time for the oral exam had expired. At the end of the questions, the examiners gave feedback on our performance. Although stressful, the process was extremely valuable, and I think we all feel more knowledgeable and confident about the process. At night, we had the opportunity to socialize with other residents from across the country and commiserate about exam preparation process. It was a chance to renew acquaintances and form some new friendships. Personally, one of the highlights for me was playing a game of pool with one of my examiners. He did pass me on his question...so I let him win.

Special thanks to Paul Walsh and Organon for sponsorship of the event.

Scott Duggan

Your newsletter contributions are always welcome! Send to jmckenna@ottawahospital.on.ca

Deadline for submissions to next edition May 15, 2003

Thanks to Organon for their generous sponsorship of Making a Mark, a 3 day Review course for PG5 anesthesia residents from across the country.
The University of Ottawa department of Anesthesiology Newsletter is published 3 times a year (Fall, Winter and Spring).

We welcome contributions from all our Faculty and trainees. Any original material, not previously published may be submitted.

We also would appreciate feedback on this and or previous editions...tell us what you liked or did not like, what you want to see more (or less) of.

Send your feedback or submissions to Jocelyne McKenna at the address on this page.

Our goal is to keep everyone informed of what is happening in our rich and diverse Department. We look forward to your input.

Visit us on the web
www.anesthesia.org

Upcoming events cont’d

Staff vs Residents

Annual Hockey Game

Sunday May 4th

15:00 to 17:00

University of Ottawa Sports Complex

Gary Johnson Annual Review Day Dinner

Hilton Lac Leamy

Wednesday, May 14, 2003

Note new location (again) this year!