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Innovative leadership and excellence in anesthesia, perioperative care, and patient **safety**



Canadian Anesthesiologists' Society

ANESTHESIA NEWS

PRESIDENT'S MESSAGE



The weekend of February 3 – 5, 2017, I had the pleasure of attending the inaugural Lower and Upper Canada Anesthesia Symposium (LUCAS) in Ottawa.

This meeting was organized and hosted collaboratively by the Departments of Anesthesiology at Queen's University, McGill University, and the University of Ottawa.

It was an outstanding program, and the co-Chairs, Dr Paul Wieczorek (McGill), Dr Jason McVicar (Ottawa), and Dr Ryan Mahaffey (Queen's) deserve hearty congratulations.

The highlight of the weekend was the Saturday night "Order of Canada Gala" honouring the three living anesthesiologists who have received the Order of Canada: Drs Joanne Douglas, Angela Enright, and J Earl Wynands. I applaud all who conceived and produced this exceptional and historic function celebrating these most distinguished figures in our profession.

The LUCAS meeting was described as the 23rd Annual Ottawa Winter Anesthesia Symposium, and also as the 57th Annual McGill Anesthesiology Update, and it will continue the legacy of both of these meetings into the future. It is noteworthy that Dr J Earl Wynands was the driving force at the inception of both of these meetings during the Montréal and Ottawa chapters of his career! The second LUCAS is planned for Montréal, February 2 – 4, 2018. The mid-winter timing and central location of LUCAS have made it a logical occasion, this year and next, for other Canadian anesthesia groups to meet in conjunction. One of these is the Perioperative Anesthesia Clinical Trials (PACT) group, a nation-wide network of experts with an interest in advancement of multicenter research and collaboration in perioperative care. Another is the academic group, the Association of Canadian University Departments of Anesthesia (ACUDA), with mandates in research, education, and administration of academic departments.

Mark Your Calendar: CAS Annual Meeting, June 23-26, 2017

This issue of *Anesthesia News* contains important information on the 2017 Canadian Anesthesiologists' Society (CAS) Annual Meeting in Niagara Falls, Ontario, June 23 – 26, 2017. I will allow this information

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to speak for itself, except to say that, in addition to a solid line-up of “traditional” CAS lectures, panels, workshops, symposia, special events, and social functions, the Annual Meeting this year will introduce Problem-Based Learning Discussions (PBLDs), as well as a pre-conference Leadership Workshop on Negotiation and Conflict Management. PBLDs are a popular educational format, and leadership training has been requested frequently in surveys of CAS members’ educational needs. The Leadership Workshop will be co-presented by Kevin Tasa, BComm, MSc, PhD and Ena Chadha, LLB, LL.M. Kevin is an Associate Professor of Organizational Studies and Director of the Master of Management Program at the Schulich School of Business at York University. Ena is an Adjunct Professor with the Schulich School of Business, and is an experienced human rights lawyer, advocate, and mediator who recently completed an eight-year term as the Vice-Chair of the Human Rights Tribunal of Ontario.

I am pleased to report that the President’s Forum entitled “Pride, Patriotism and Professional Association” will be distinguished by a rare confluence of Presidents of the New Zealand Society of Anesthetists (NZSA), the Australian Society of Anesthetists (ASA), The Association of Anesthetists of Great Britain and Ireland (AAGBI), and the American Society of Anesthesiologists (ASA), as well as the President-Elect of the Canadian Medical Association.

In addition, at the Annual Meeting there will be a booth in the exhibit area demonstrating the web-based Canadian Anesthesia Incident Reporting System (CAIRS), which is currently undergoing pilot testing in two Toronto hospitals, and is targeted for national “launch” later this year. This national database of reported anesthesia incidents has the potential to enhance the quality and safety of the care which our patients receive.

Important 2017 Milestones for Canada and CAS

Finally, it bears repeating that 2017 is a milestone year for Canada, the Canadian Medical Association (CMA), and CAS. It is the 150th anniversary of both the Confederation of Canada and of the CMA, as well as the 75th anniversary of the first clinical use of curare in anesthesia in 1942 by Dr Harold Griffith of Montréal. The latter event will be celebrated in Niagara Falls by a symposium dedicated to Dr Griffith’s historic contributions to clinical anesthesia (he is also credited with the introduction to Canadian anesthesia of ethylene, cyclopropane, and postoperative recovery rooms) as well as his other remarkable accomplishments as the first President of the Canadian Anaesthetists’ Society in 1943, Vice-President of the American Society of Anesthesiologists in 1946, President of the International Anesthesia Research Society in 1948, and Founder-President of the World Federation of Societies of Anesthesia (WFSA) in 1955. Dr Griffith’s legacy will be commemorated by a panel of luminaries in the field of neuromuscular blockade, including Drs John Savarese, David Bevan, and François Donati.

Membership in CAS Benefits Canadian Anesthesiologists

This time of year is historically the peak period for renewal of CAS memberships. I strongly urge those who have not already done so to renew their membership now, and begin to make plans to attend the Annual Meeting. In addition, I encourage all members to promote the importance of CAS membership within their anesthesia departments, as we seek to increase CAS memberships by 10% this year. All Canadian anesthesia residents receive complimentary membership in CAS and at completion of their training they are offered two years membership for the price of one. They should be encouraged by their mentors to invest in CAS membership for the duration of their careers. Individually and collectively we all benefit from a strong national specialty society, whose strength is its members.

As you renew your membership (or at any time), please remember that the CAS foundations are dependent virtually entirely upon donations from our members. The Canadian Anesthesia Research Foundation (CARF) and the Canadian Anesthesiologists’ Society International Education Foundation (CASIEF) are well-run organizations with important mandates. Donations of a few hundred dollars from a majority of our members would substantially increase the endowments sustaining these foundations. It is possible to make directed donations, such as a contribution to the CARF Earl Wynands Fund or for the CARF BCAS (British Columbia Anesthesiologists’ Society) Research Grant, to add to an annual commitment of \$5,000 from BCAS to CARF.

Thank you, best wishes, and I look forward to seeing you in Niagara Falls!

Douglas DuVal
President



CANADA 150

ASSOCIATION
MÉDICALE
CANADIENNE



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MEDICAL
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1867-2017

150



2017 CAS ANNUAL MEETING

MARK YOUR CALENDAR: JUNE 23 – 26

NATIONAL AND INTERNATIONAL SPEAKERS A 'MUST SEE'

The theme for the 2017 Annual Meeting is **Competence By Design — The Future of Education and Assessment in Anesthesiology — From Residency to Retirement**, and the program is designed to connect with some of the brightest minds in our profession.

Over three days of learning and networking, delegates will have the opportunity to connect with speakers and fellow attendees who come together from Canada and around the world, bringing a diverse range of national and international perspectives. The presenters represent a spectrum of experience and knowledge about anesthesiology and have a deep-rooted commitment to our profession. Be sure to attend the CAS 2017 Annual Meeting — your opportunity to take advantage of leading-edge thinking and practices in anesthesiology.

Here's a sampling of the excellent range of internationally renowned speakers this year:

- **Dr David Gaba**, Associate Dean for Immersive and Simulation-Based Learning and Director of Stanford University's Center for Immersive and Simulation-Based Learning
Session: Opening Plenary — Role of Simulation and its Contribution to Education and Becoming a Competent Anesthesiologist
- **Dr Matthew Chan**, Department of Anaesthesia and Intensive Care, Chinese University of Hong Kong
Session: Strategies to Improve Perioperative Outcomes in Ambulatory Patients
- **Dr Rupert Pearce**, Professor of Intensive Care Medicine, Queen Mary, University of London
Session: European Perspective on the Definition and Boundaries of Perioperative Medicine
- **Dr Michael Todd**, Former Editor-in-Chief of *Anesthesiology*, Professor of Anesthesiology, University of Iowa Carver College of Medicine
Session: Topical Concepts in Cervical Spine Disease and Biomechanics

This is a strong conference program that will enhance the learning opportunities for anesthesiologists who strive to remain at the forefront of medical education and patient care. The program provides choices in several vital practice areas, and includes recent research innovations and techniques — and all led by notable and experienced speakers and educators.

Your three-day CAS Annual Meeting in Niagara Falls has a lot to offer:

- Hear what's trending in anesthesiology;
- Acquire hands-on skills that readily transfer to your workplace and help you complete your required CME credits;
- See new products and innovations and meet industry leaders at the Exhibit Hall — and you may win one of the daily prizes;
- Take advantage of networking and social opportunities with colleagues and fellow practitioners; and
- Enjoy the sights, sounds and experiences of world-renowned Niagara Falls!

Remember: learning doesn't just happen in formal meeting sessions. It takes place over coffee, in the hallways, at lunch, or when socializing with others at a reception. We are all there to learn, share, and grow.

YOUR FEEDBACK MAKES A DIFFERENCE!

Thank you to all the CAS members who have provided feedback on how CAS can improve the Annual Meeting experience. We have listened. One change is that morning coffee and tea service will be provided on each day of the Annual Meeting — enjoy!

FOCUS ON THREE PRE-CONFERENCE WORKSHOPS

Add value to your Annual Meeting experience by attending pre-meeting workshops:

- In-depth learning over 7 – 8 hours
- Significant CME credits
- Focus on fundamental skills
- Practise techniques
- Hands-on learning
- Learn from subject experts from across Canada

Workshops include:

SIMULATION WORKSHOP

As an anesthesiologist, you know that a crisis can occur without warning. Here is a chance to prepare for those events by practising in a safe simulation environment. Scheduled in the McMaster University Centre for Simulation-Based Learning, this workshop brings together outstanding faculty members, presenting high-fidelity simulation in a realistic clinical environment. You can interact with “your patient” as s/he responds physiologically and in real-time.

You will experience and manage rare and critical events, in both adults and children, in a controlled and hands-on environment.

Considerable time is spent in reviewing and discussing scenarios, including allowing you to play different roles throughout the workshop. A debriefing and discussion will occur after each scenario and, time permitting, scenarios can be re-played in trying different management strategies.

Space is limited — book early to avoid disappointment. This workshop will be accredited for RCPSC Section 3 credits — that means three credits per hour!

LEADERSHIP WORKSHOP: NEGOTIATION & CONFLICT MANAGEMENT FOR ANESTHESIOLOGISTS

This workshop will focus on the fundamental skills of negotiation and an in-depth examination of conflict management using a combination of lecture and short interactive exercises. The negotiation component will cover topics such as how to plan and prepare for a negotiation, how to assess your options, and how to go about creating value for a more optimal agreement. In the conflict management component, participants will practise techniques to enhance their active listening skills, particularly for managing difficult communications, learn how to approach potential conflict, develop competencies for effectively resolving disagreements, and discuss best practices.

This negotiation skills workshop was co-developed for anesthesiologists to address specific negotiation scenarios and to help them develop effective conflict management and negotiation skills. This workshop is not intended for other health professionals.

PERIOPERATIVE HANDS-ON POINT OF CARE ULTRASOUND COURSE (POCUS)

This one-day course is targeted to introduce any anesthesiologist to the practice of perioperative point of care ultrasound. This will include relevant application of cardiac, lung, gastric, airway, and FAST Ultrasound. All instructors are experts from across the country.

The course is fully hands-on and will require completion of online learning pre-course and post-course tests. Scans will be performed using a wide variety of equipment on healthy volunteers. Image interpretation will be practised on real US images and simulators. Pre-workshop reading and evaluation are required.



PROBLEM-BASED LEARNING DISCUSSIONS WILL CHALLENGE YOUR THINKING

PBLDs differ from traditional learning and primarily focus on challenging participants by giving them a “real world” problem to solve. PBLD uses a problem to motivate, focus, and initiate learning. Participants who learn in PBLDs are more likely to retain information, which can be applied back in practice. It can stimulate critical thinking and challenges participants to work cooperatively as well as independently.

Check the [on-line program](#) for a full list of the PBLD sessions being offered on Saturday, June 24.



NOTICE

2017 CAS ANNUAL BUSINESS MEETING OF MEMBERS

CAS members are invited to attend the Annual Business Meeting (ABM) of Members to be held on Saturday, June 24, 2017 at 12:00 noon in the Scotiabank Convention Centre, Niagara Falls, ON. Members in good standing have the right to vote on all items that come before the meeting. Your vote is important and we encourage you to attend the ABM and exercise this right.

Please join your fellow members for a year-end review and to hear about upcoming initiatives.

It's your society — please join us!



NEW FOR THE CAS 2017 ANNUAL MEETING: RESIDENT SIMULATION OLYMPICS!

Residents: Do you love being involved in anesthesia simulation? Do you love CASH PRIZES? Then don't miss this exciting new event to be held at the CAS 2017 Annual Meeting in Niagara Falls in June.

The CAS Residents Section Executive Committee is pleased to host the first annual Resident Simulation Olympics — an amazing opportunity for individuals or teams to compete in front of colleagues and peers for over **\$5,000** in cash prizes! The Grand Champions will win \$3,000 for their team. The excitement takes place in the Annual Meeting Exhibit Hall, and will be judged by faculty members from across the country.

Event Rules

- Anesthesiology residents from across the country will compete in teams of three.
- Registration for a team is \$50 or an individual can register for \$20 and will be placed on a team.
- The Olympics will consist of high fidelity anesthesia resuscitation scenarios with teams competing head-to-head.
- Teams will be sequestered when not participating in a heat.
- Heat winners will move on to the grand finals.
- The judges' decision is final!

Registration

Submit the names of your team members and team name (create one!) in an email to Curtis Nickel (CAS Resident Executive Member) at cassimolympics@gmail.com. You will be contacted within 24 hours with instructions on transferring the registration fee.

We Need Judges!

We need motivated judges to help make the Olympics a success! If you are able to participate on Saturday, June 24 at the Annual Meeting and want to be part of this exciting inaugural event, please join us now. Email Curtis at cassimolympics@gmail.com and let us know you are interested!!

The organizing committee would like to thank the CAS Executive Committee and the Annual Meeting Committee for their support and partnership. Additionally, we are very grateful to our event sponsors — the Kingston Resuscitation Institute and Queen's Clinical Simulation Centre — for their generosity in supporting this event!

Join the fun. See you in Niagara Falls!!!

Curtis Nickel

CAS Resident Executive Member
cassimolympics@gmail.com

PRESIDENT'S SYMPOSIUM

**Pride, Patriotism and Professional Association:
Sunday, June 25**

2017 is the 150th anniversary of both the Confederation of Canada and the founding of the Canadian Medical Association. This is a milestone opportunity for Canadian physicians to express their public spirit and to celebrate the accomplishments of our national medical association. Moderated by CAS President, Dr Douglas DuVal, six Presidents of national and international medical/anesthesiology associations will offer observations on the value of professional association and the pride and commitment that are essential to both professional affiliation and national patriotism. Please join us on Sunday, June 25 at 10:15 for what promises to be a memorable symposium.

THINKING OF A MINI HOLIDAY?

Often called the eighth wonder of the world, Niagara Falls is truly impressive, whether from the sidelines or taking a boat tour for a wet and close-up view of the 13-storey falls from below. Other activities include descending to tunnels that lead to observation decks behind the falls or heading over in the evening for a view of the falls with the [nightly illumination](#). Don't forget to take lots of pictures!

Beyond Niagara Falls, the Niagara Region is a beautiful, one-of-a-kind area that has much to offer with sights and activities for a wide range of interests. Soak up the history of the area. Tour thriving communities around the Region (within easy access). Take advantage of a myriad of outdoor adventures (including golf, cycling, walking, and boating). Sample world-class wines and locally-sourced meals. There truly is something for everyone.

PRESIDENT'S RECEPTION AND DINNER WITH BEATLEMANIA REVISITED!

On Saturday, June 24, please join us for the President's Dinner. Starting with a pre-dinner reception, delegates will enjoy a sumptuous meal, complemented by a spectacular view of Niagara Falls. After dinner, the entertainment is guaranteed to transport you back to the days when BeatleMania ruled. This tribute band has garnered rave reviews all over the world and wonderfully recreates the magic of The Beatles and many of their hit songs: Penny Lane, I Want to Hold Your Hand, Come Together, All you Need is Love... This is sure to be a night to remember! Limited tickets — purchase early!



FUN RUN FOR CARF: SUNDAY, JUNE 25

Where: Overlooking the Niagara River and winding through the town, the run starts and finishes just outside the Scotiabank Convention Centre

When: Sunday, June 25

Time: Registration: 06:30 Run Starts: 07:00

Course: 5k loop, mainly on a level terrain with minimal inclines

The Fun Run for CARF is an annual tradition at the CAS Annual Meeting. The Run attracts participants who want to help make a difference and to support research grants offered annually by CARF. From 2014 to 2016, the Run raised over \$4,200, which is both impressive and compelling in ensuring the tradition continues.

We have our challenge. Please join us as we raise money for CARF in scenic Niagara Falls!



Having fun running for CARF

“I can't think of a more scenic run than what we will experience in Niagara Falls. I truly value the work being done by CARF in support of Canadian anesthesia research. Our financial support for CARF is extremely important and, for those reasons, I urge you to join me at the CARF Fun Run. See you at the starting line!

Dr Susan O'Leary
CAS Past President

“The Fun Run for CARF will be both scenic and historic, and supports a worthy cause. I strongly encourage you to either run or walk the 5k route, which will include the majestic Niagara Falls. In 1943, Winston Churchill, after viewing the falls and being driven along the Niagara Parkway to Queenston, described it as 'the prettiest Sunday drive in the world'. We look forward to seeing you there!

Dr Tomas Vanhelder
2017 Fun Run Organizer

“I wish to acknowledge the invaluable contribution from the CAS and CARF in support of my research program and its importance to facilitating the generation of new knowledge for our profession. This research was facilitated by my first successful CAS-CARF grant application in 1999. While presenting our research findings in Canada and abroad, I continue to be extremely proud that CAS and CARF support has remained one of the strongest and most sustained sources of funding for my research.

Dr Gregory Hare
Recipient of CARF's Dr Earl Wynands/Fresenius Kabi Research Award and the 2017 Research Recognition Award winner

To register for the Annual Meeting, go to:
www.casconference.ca/en/registration

For information about the sights and attractions in Niagara Falls, go to:
www.niagarafallstourism.com

For information about things to see and do in the Niagara Region, go to:
www.visitniagaracanada.com

CONGRATULATIONS TO THE CAS 2017 HONOUR AWARD WINNERS

CAS Gold Medal



Dr Beverley Orser
Toronto, ON

The Gold Medal is the highest award given by CAS. It is a personal award consisting of an inscribed medal given in recognition of excellence and leadership in anesthesia.

Clinical Practitioner Award



Dr Stephen Kowalski
Winnipeg, MB

The Clinical Practitioner Award recognizes excellence in clinical anesthesia practice.

Research Recognition Award



Dr Gregory Hare
Toronto, ON

The Research Recognition Award honours a senior investigator who has contributed to and sustained major contributions to anesthesia research in Canada.

John Bradley Young Educator Award



Dr Paul Wieczorek
Montreal, QC

The John Bradley Young Educator Award recognizes excellence and effectiveness in education in anesthesia by someone early in their career.

Clinical Teacher Award



Dr Jean Bussières
Quebec, QC

The Clinical Teacher Award recognizes excellence in the teaching of clinical anesthesia.

Emeritus Membership



Dr Diane Biehl
Winnipeg, MB

Emeritus Membership recognizes retired individuals who during their long-standing practice made a significant contribution to Canadian anesthesia.

HAVE YOU BEEN LEFT BEHIND?!

The CAS membership year is well under way, but there is still time to join and take advantage of the many new initiatives and changes to come! For those members who have neglected to renew, please be aware that access to all benefits including the *Canadian Journal of Anesthesia*, CPD online modules, annual meeting discounts of over \$700, and more, will end shortly.

Will you be left behind?! Sign up today by going to: www.cas.ca/English/Be-a-Member

THERE ARE MANY IMPORTANT REASONS TO BE A CAS MEMBER. WHAT IS YOURS?

Membership in the Canadian Anesthesiologists' Society is an investment in your professional career.

1 PROFESSIONAL DEVELOPMENT AND NETWORKING

The CAS Annual Meeting offers strong scientific Continuing Professional Development (CPD) accredited content. CAS members enjoy a significant discount for full meeting registration as well as special discounts in attending other designated societies' annual meetings.

CAS' online CPD modules are an important source of Maintenance of Certification credits and can be accessed at no charge by our members. CAS also offers discounts to members applying for accreditation of meetings.

2 COST SAVINGS

It is cheaper to become a member and register for the Annual Meeting than to register for it as a non-member.

3 PUBLICATIONS

Providing access to the latest advances in anesthesia, the *Canadian Journal of Anesthesia* publishes peer-reviewed, high-profile basic and clinical research, as well as expert reviews and opinions.

The CAS quarterly newsletter, *Anesthesia News*, keeps members up-to-date with the profession.

4 ANESTHESIA RESEARCH

The CAS is also active in the promotion and undertaking of research. The CAS Research Advisory Committee reviews and approves a series of annual operating grants as well as the CAS Career Scientist Award in Anesthesia offered every other year.

5 INSURANCE

As a CAS member, enjoy preferred rates on home and auto insurance through The Personal. This voluntary benefit could mean significant savings for you.

6 ANESTHESIA ADVOCACY

Our primary goal is advocacy, and remaining a driving force nationally to promote patient safety and to advance the interests of anesthesiologists and ensure they are recognized as professionals in all aspects of their practice.

7 RESOURCES

The CAS website provides member-only access to CPD resources and the *Canadian Journal of Anesthesia*, as well as publications such as *Guidelines to the Practice of Anesthesia* and numerous physician resources.

PLEASE RENEW YOUR MEMBERSHIP TODAY!



OPTIMIZING THE CARE OF FRAIL ELDERLY PATIENTS IN PREOPERATIVE PERIOD (PHASE 1):

A POPULATION-BASED ANALYSIS OF STRUCTURES AND PROCESSES OF CARE TO INFORM THE DESIGN OF A PERIOPERATIVE SURGICAL HOME FOR FRAIL ELDERLY PATIENTS



2015 R A GORDON PATIENT SAFETY AWARD

DR DANIEL M^CISAAC AND COLLABORATORS

University of Ottawa — Anesthesiology

[The Ottawa Hospital](#)

Ottawa, ON

Progress to Date

With the support of the CAS and the Canadian Anesthesia Research Foundation (CARF), we are using health administrative data to study structures and processes of care that may improve the outcomes of frail elderly surgical patients. The knowledge gained through this project will inform current clinical care, as well as the future design of a perioperative surgical home for the frail elderly.

In addition to the progress reported in January (cohort creation, compiling analytic data sets, and preliminary analysis), we are happy to provide an update on the progress of our project.

In addition to an e-Poster discussion presented at the CAS Annual Meeting in Vancouver, we have submitted a manuscript (under peer-review at *Anesthesiology*), which

evaluates the frailty volume-outcome relationship in elective surgery. We are also about to submit to *Anesthesiology* a second report that evaluates the impact of anesthesia practice variation on outcomes after hip fracture surgery in the frail elderly. Analyses to evaluate the other structures and processes of care outlined in our proposal are underway, and will also result in peer-reviewed publications in addition to new knowledge to inform the perioperative care of the frail elderly. Furthermore, the techniques developed in this study have attracted the interest of other perioperative stakeholders, including a new collaboration with traumatologists, who will use our methods to improve the population-level understanding of the influence of frailty on trauma outcomes and care in Canada.

NEEDS ASSESSMENT QUESTIONNAIRE: THANK YOU FOR YOUR FEEDBACK!

CAS appreciates the feedback from CAS members who completed the most recent needs assessment survey and is pleased to announce that the two randomly selected winners of the draw prizes are:

Dr Marie-Eve Laurence — Québec

Dr Shafik Thobani — British Columbia

What CPD resources make a difference to your personal practice? Why do we send out these surveys?

CAS wants to offer CPD events and programs to its members that are high quality and provide added value. Educational research tells there are questions professionals ask before deciding to engage in a CPD activity:

Is it relevant? Is it credible? Is it accessible?

We have no way of knowing the answers to these questions unless we ask. Your input is valuable and the results are used to help plan both the Annual Meeting and the content for the CPD Modules.

Thank you to all who sent in responses and the next time a survey comes to you from CAS, please remember the purpose is to better serve you.

DR BEVERLEY ORSER PRESENTS AT HEALTH RESEARCH CAUCUS ON PARLIAMENT HILL



Long-time CAS member and this year's CAS Gold Medalist, Dr Beverley Orser, was one of two Canadian neuroscientists to speak on the importance of neuroscience research at a Canadian Association for Neuroscience luncheon held in Ottawa on February 13, 2017.

Dr Orser was joined by Dr Charles Bourque from McGill University. This event was an excellent opportunity

for Members of Parliament (MPs) to learn more about the importance of anesthesia and neuroscience, and for recognition of the need for a national strategy for the development of a long-term sustainable plan that would lead to the understanding of the healthy brain, and the treatment and prevention of brain disorders.

Dr Orser's presentation included an overview of the discovery of "memory blocking receptors" that are highly sensitive to anesthetic drugs, and how exposure to anesthetics can trigger a long-lasting increase in the activity of these receptors, causing subtle, persistent cognitive deficits. Most importantly, a strategy has been identified to reverse cognitive deficits after anesthesia. In December 2016, this discovery was awarded a US patent for a new method to reverse memory loss after anesthesia and surgery.

In a recent interview with Dr Orser, she highlighted the importance of research, clinical studies, and better anesthetic drugs, and showcased examples of how anesthesiologists have been champions of improving critical care.

"The purpose of our presentations in Ottawa was to encourage the government to support research in Canada and to help the MPs to understand how 20 years of research asking fundamental questions now leads to new treatments," said Dr Orser. "We outlined some clinical scenarios where potentially adverse outcomes were prevented and provided examples of our personal experiences, which reinforced some common problems with postoperative delirium and cognitive dysfunction. Overall, our main message was to win their hearts and minds and to highlight the need to provide more effective and safer health care for Canadians, particularly as it relates to neuroscience."

Since her presentation, Dr Orser has received "good feedback from Research Canada and the MPs had many good questions." Going forward, national organizations will be important in creating opportunities to dialogue, address problems of national interest, and to develop resources for young researchers. To that end, Dr Orser also noted that the CAS is "vitaly important" for the profession. "Anesthesiologists continue to deliver the best health care they can, and to champion improvements in patient care."

"The purpose of our presentations in Ottawa was to encourage the government to support research in Canada and to help the MPs to understand how 20 years of research asking fundamental questions now leads to new treatments."

CAS MEMBER RECEIVES 2017 PETER DRESEL AWARD

Congratulations to Dr Beverley Orser and her team for receiving the 2017 Peter Dresel Award from the Department of Pharmacology, Faculty of Medicine, at Dalhousie University. This award recognizes “contributions to the basic science understanding of anesthetics and their clinical use.”

“I am pleased to report that my team’s research has been recognized,” said Dr Orser, Professor of Anesthesia and Physiology, University of Toronto, and Director of Research, Department of Anesthesia, Sunnybrook Health Sciences Centre. “Thank you to the Canadian Anesthesiologists’ Society and the Canadian Anesthesia Research Foundation for funding our research. The CAS has been incredibly generous, particularly when we were trying higher-risk projects. Thank you to all the members of the CAS for their incredible support.”

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Canadian Anesthesiologists’ Society

www.cas.ca

The Teaching and Learning Course for Medical Professionals was developed by Dr Ruth Covert and Dr Patty Livingston, who are anesthesiologists at Dalhousie University. The following reflection is from a participant after the course was offered in January 2017 at the University of Rwanda during a CASIEF teaching visit. The Rwandan course included a training-of-trainers component to foster sustainability.



*TLC Grads and Instructors
Dr Patty Livingston (back row, 4th from left), Dr Ruth Covert (back row, 5th from left) and Dr Gerald Kirenga (front row, far right)*



Small Working Group (in the background, Dr Angela Enright (left) and Dr Ruth Covert (right))

TLC FOR MEDICAL PROFESSIONALS...WE ARE EVOLVING!

By: Dr Gerald Kirenga, University of Rwanda

TLC: it's not Tender Loving Care — it's the Teaching Learning Course for Medical Professionals. Health professionals will always be required to read, learn, teach, and mentor others. This course offers a way to revolutionize traditional teaching in medicine.

Recently, I attended this course in Kigali, Rwanda. The night before, I was unsure what to expect.

At the start of the course, we were asked our goals for attending. "To become a better teacher," I answered promptly.

The course emphasizes a transition from passive to active learning. We learned new approaches to medical learning, whether it be for a student, a new teacher, or an experienced lecturer.

Traditionally, we have been exposed to a model where the teacher tries to impart knowledge to passive learners through methods like PowerPoint presentations. A pitfall of this passive approach is limited retention of knowledge by the learners. Transmitting information does not ensure learning!

I have experienced personal transformation during and after this course. One of my teachers was so insightful that she used real life, everyday examples that I related to, hence they helped me grasp the ideas and focus on the core objectives.

The target group as suggested by the title was medical professionals, including residents, faculty members, and senior lecturers who were chosen to represent various clinical departments at the University of Rwanda. Major themes in

the course included constructivism, the experiential learning cycle, and teaching design. I learned the value of highlighting key messages, keeping one's audience engaged, and avoiding cognitive overload, which commonly occurs with traditional lectures.

The course uses active learning techniques like role-play, simulation, small group tasks, and questioning. We were encouraged to use similar active techniques in our own future teaching and cautioned to avoid learner disengagement, a common problem when there is content overload or poor use of audio-visual material.

I strongly believe that this course achieved its objectives. People who attended the course were not the same when they left. Personally, I left with a belief that coaches could be valuable for lifelong learning in our medical careers.

We get career guidance when choosing to enter medicine; we experience many years of education and practice — under role models, clinical teachers, mentors — until becoming autonomous in practice. We should be able to recognize the need of a coach to help us sustain best performance during our careers. After all, expertise is not static!

I greatly recommend that all medical professionals, from undergraduate students to senior lecturers, attend this life-changing course and take up the offered teaching practices to improve medical education.

REFLECTIONS ON RWANDA

By: Dr Kitt Turney

Residents often bubble over with enthusiasm upon returning from teaching with the CASIEF program in Rwanda but nothing truly sinks in until you experience it. I recently spent a month teaching in Rwanda with Dr Patty Livingston, a volunteer anesthesiologist, and Kyle Jewer, also a 4th year Dalhousie anesthesia resident.

CASIEF volunteers stay in a nice apartment in the oldest and most lively neighborhood in Kigali. It is a 30-minute walk along bustling streets to the hospital, where one must avoid bumping into women carrying babies on their backs and 100 pounds of goods on their heads.

I'll never forget the first morning report where I met the Rwandan residents. Among several other cases of very sick patients overnight, we heard about a tragic case of uterine rupture and maternal death. Here we were, senior residents, who had never seen a uterine rupture, listening to a first-year Rwandan resident describe his night as if it were any other night on call. I looked over at Kyle and Patty, wide-eyed, both excited and terrified to be starting a month of obstetric anesthesia teaching. Who would be teaching whom?

Despite my initial concerns, we plunged into teaching in the operating room, the classroom and in low-fidelity simulated scenarios. The residents proved to be keen learners. They arrived at academic day with answers to our pre-reading questions and were fully immersed in lively discussions. They thrived in an interactive learning environment, and it

became immediately clear to me that we were dealing with an intelligent and motivated crowd. We capped each morning teaching session at academic day with a lively Jeopardy game based on the daily topic.

This experience was life-changing and I am grateful to Dalhousie University for supporting the global health elective. I am inspired by the generosity of CASIEF donors, the anesthesiologists who volunteer as teachers, and the amazing people I met in Rwanda. This elective has definitely solidified my desire to incorporate global health into my future practice, wherever that may be.



These course participants trained as trainers and taught the Teaching Learning Course to a new group of learners on the second day. (Left to right) Dr Christian Mukwesi, University of Rwanda, Dr Françoise Nizeyimana, University of Rwanda, Dr Kyle Jewer, Dalhousie University, and Dr Kitt Turney, Dalhousie University)

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