

# CAS

## ANESTHESIA NEWS

VOLUME 41 • MARCH 2026 • NUMBER 1



CANADIAN ANESTHESIOLOGISTS' SOCIETY

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### THE CANADIAN ANESTHESIOLOGISTS' SOCIETY PRESIDENT AND CEO



**Dr. Giuseppe Fuda,**  
CAS President



**Vanessa Foran,**  
CAS Chief Executive Officer

Spring is a season of renewal, energy and momentum. Across the Canadian Anesthesiologists' Society, there is a strong sense of engagement as members, leaders and volunteers continue working together to support anesthesiologists and advance our specialty across the country. Registration is now open for the **2026 CAS Annual Meeting**, taking place June 5-7 in Ottawa. This year's program features high impact scientific sessions, hands on workshops, interactive Problem-Based Learning Discussions, and valuable networking opportunities. The Annual Meeting remains a cornerstone of our continuing professional development and an important opportunity to connect with colleagues from coast to coast. We encourage you to explore the program **details in this newsletter** and make plans to join us in Ottawa.

The Annual Meeting is part of a broader and expanding **educational strategy** at CAS. We have already launched Pinnacle Rounds and SAMBA Rounds, along with a series of webinars that support anesthesiologists at every stage of practice. Lifelong learning is central to our mission, and we invite you to explore what has already taken place and what is coming next. Advocacy remains a key priority. Meetings with political leaders and health system decision-makers have begun and will continue throughout the year. As workforce pressures intensify and healthcare systems evolve, it is essential that the voice of anesthesiology is clearly heard and meaningfully represented. We encourage you to read our **advocacy update** in this issue to learn more about these important efforts.

This also marks the completion of the first year of our Strategic Plan. This milestone provides an important opportunity to reflect on our progress, celebrate achievements and to ensure that our work remains aligned with our long term goals. **A status update** is included in this newsletter highlighting achievements to date and outlining key priorities for the year ahead. Over the past year, the CAS Anesthesia Delivery Taskforce has undertaken an important and forward looking mandate: to examine how anesthesia is currently delivered across Canada and how it must evolve to meet the demands of tomorrow. Our practice environment is changing. Patient complexity is increasing. Surgical volumes continue to fluctuate. Workforce pressures are real. Expectations around access, efficiency, and system accountability continue to rise.

As this work continues, we invite all members to share their perspectives. Are there emerging issues in your region? Are there innovative models that deserve national attention? Are there system pressures that require national attention and a strong collective response? Your voice matters. Your experience matters. Your ideas will help guide and shape the next phase of this work. We encourage you to contribute to this national conversation.

This newsletter also highlights the significant work underway across our foundations, the *Canadian Journal of Anesthesia*, and our many sections and committees. From research and scholarly achievement to clinical guidance and member driven initiatives, meaningful progress is happening throughout our Society. The strength of the Canadian Anesthesiologists' Society lies in the expertise, dedication and engagement of its members.

On the international stage, CAS will be actively participating in the **2026 World Congress of Anaesthesiologists in Marrakesh this April**. CAS members will have a strong and visible presence throughout the Congress, reflecting the leadership and expertise within our community. We will also host a CAS booth to connect with colleagues from around the world and help build momentum toward the 2028 World Congress in Vancouver, with more details to be shared soon.

As we look ahead, we are grateful for your continued engagement and commitment to our specialty. Together, we will build on this strong foundation and make 2026 a year of meaningful progress and impact for anesthesiology in Canada.

Warm regards,



**Dr. Giuseppe Fuda,**  
CAS President



**Vanessa Foran,**  
CAS CEO

## BOARD OF DIRECTORS

AS OF MARCH 2026

### EXECUTIVE COMMITTEE

**Dr. Giuseppe Fuda,** President  
**Dr. James Kim,** Vice President  
**Dr. Vivian Ip,** Secretary  
**Dr. Hilary Grocott,** Treasurer  
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**Ms. Vanessa Foran,** CEO (Non-Voting)

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**Dr. Melanie Orvold** (Saskatchewan)  
**Dr. Soniya Sharma** (Ontario)  
**Dr. Annika Vrana** (British Columbia)

### EX-OFFICIO MEMBERS

**Dr. Mateen Raazi,** ACUDA President  
**Dr. Alex Bak,** Resident Representative

[CLICK HERE TO VIEW ONLINE](#)

## MARCH PUBLIC AFFAIRS UPDATE

### Environmental Sustainability

In early January, CAS President, Dr. Giuseppe Fuda along with Vanessa Foran, CAS CEO, met with Environmental and Climate Change Canada's Net Zero team. Canada's Net-Zero Plan, legally mandated by the Canadian Net-Zero Emissions Accountability Act (2021), commits the country to achieving net-zero greenhouse gas emissions by 2050. Following the discussion, Dr. Joanna Fifen, Chair of CAS' Environmental and Sustainability Section, has been invited to join a net zero working group on healthcare to help decision makers meet Canada's net zero challenge.

Also, early this year, with support from the Environmental and Sustainability Section, CAS made a Desflurane submission for a substance assessments under the 2023 Canadian Environmental Protection Act (CEPA), section 76(1). This officially requests federal Environment and Health Ministers to review a substance and ensure that it complies with the risk standards in CEPA section 64.

### CAS' New Advocacy Framework

CAS recently published a new Advocacy Framework, which depicts our targeted advocacy efforts in the areas of Quality and Patient Safety, Access to Care and Environmental Sustainability, all supported by Public Awareness Effort. We have also adjusted our advocacy updates to be listed by topic so that they are easier to find on our web site. Check out the updated page at [www.cas.ca/advocacy](http://www.cas.ca/advocacy).

### Upcoming Meetings with Policy Makers

Dr. Fuda and Vanessa Foran will be meeting with the Ministry of Red Tape Reduction in late March and are busy working with Global Public Affairs for plans to meet with Parliamentarians following the Annual Meeting in Ottawa.



# ONE YEAR IN: ADVANCING THE CAS STRATEGIC PLAN

The Canadian Anesthesiologists' Society (CAS) began 2025 with the launch of a five-year Strategic Plan developed with input from members, stakeholders, and staff. The plan provides a roadmap to strengthen the specialty and advance CAS' mission of serving members through leadership, advocacy, education, and research.

Now one year into implementation, the Society is already seeing meaningful progress. We have strengthened our national voice, expanded educational opportunities, launched new research initiatives, and deepened our engagement with members and partners across Canada.

## MEMBERS

### Strengthening the Member Experience and Community

A core priority of the Strategic Plan is ensuring that CAS delivers a strong and meaningful value to our members. This includes maintaining high-quality offerings such as education, the Annual Meeting, practice guidelines, and the *Canadian Journal of Anesthesia*.

Over the past year, CAS expanded educational programming across the calendar, offering 16 Section 1 continuing professional development credits through webinars and rounds, as well as Section 3 credits through nine accredited modules.

The Annual Meeting program also evolved. An open call for proposals successfully invited members to contribute ideas and expertise to the scientific program, broadening participation and bringing new perspectives to the conference. The Society also launched the **"Ace It! Exam Prep Course for the Royal College Exam"** program and established a dedicated subcommittee to support its development.

In addition, resident involvement increased significantly through participation in sections and committees, and the Society launched the **CAS Resident Ambassador Program**, giving trainees new opportunities to connect with the national community and contribute to CAS initiatives and to further support member engagement and long-term growth, a new **Membership Committee** was established. These efforts are already producing results, as CAS saw an increase in membership in 2025, reflecting renewed engagement across the community.

## STAKEHOLDERS

### Expanding Advocacy and Strategic Partnerships

Strengthening relationships with stakeholders and amplifying the voice of anesthesiologists is another key priority of the Strategic Plan and CAS has made considerable progress in this area over the past year.

The Society participated in eleven meetings with provincial and federal policy makers, ensuring that the perspectives of anesthesiologists were represented in discussions about workforce challenges and healthcare policy. A major milestone occurred when CAS was invited to provide expert testimony to the House of Commons Standing Committee on Health for the first time. At the hearing, CAS President Dr. Giuseppe Fuda discussed the impact of immigration policy barriers on recruiting internationally trained healthcare professionals and their effect on Canada's anesthesia workforce.

CAS also released a position statement addressing Quebec's proposed Bill 2, echoing members' concerns about patient safety, workforce stability, and the effectiveness of interprofessional care teams. The Society urged the government to ensure that reforms prioritize patient safety, access to care, and collaborative decision-making.

Beyond government engagement, CAS strengthened its public presence through national media. Dr. Fuda appeared on CTV Your Morning to discuss solutions to Canada's anesthesiologist shortage, and more than 25 media articles referenced issues connected to CAS advocacy work.

We also expanded its public engagement efforts with the launch of a new **"For the Public"** section on the CAS website. Developed with the oversight of the Public Affairs Committee, this resource helps patients and their families better understand the many roles anesthesiologists play across the healthcare system, from perioperative care to critical care and pain management. The initiative is supported by a coordinated social media calendar that highlights this content and raises awareness about the often-unseen work anesthesia care providers perform every day.

CAS also expanded its research partnerships through the Canadian Anesthesia Research Foundation (CARF), launching new funding opportunities including the BCAS Dr. Pieter Swart Perioperative Research Award and the Perioperative Blood Management Research Award in partnership with Octapharma.

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## PEOPLE

### Strengthening Leadership, Volunteers, and Engagement

Throughout 2025, CAS continued to focus on strengthening the people who drive the organization. The Society relies on the dedication of volunteer leaders, section members, and staff to deliver its programs and advance the specialty.

This year saw increased member participation across CAS sections and committees, along with new opportunities for residents and early-career anesthesiologists to become involved. By expanding leadership pathways and encouraging participation across the organization, CAS continues to build a vibrant and collaborative professional community.

A key initiative supporting this work is the creation of the **CAS Anesthesia Taskforce**, which brings together leaders from across the specialty to identify challenges and develop practical, evidence-informed solutions for the future of anesthesia practice in Canada.

## INTERNAL SYSTEMS

### Strengthening Governance and Organizational Foundations

The Strategic Plan also prioritizes modernizing governance and strengthening CAS' internal systems.

To support this work, CAS established a Governance Committee and launched a comprehensive governance review. This review will help modernize governance structures, clarify committee roles, and ensure the Society's leadership framework remains effective and transparent.

At the same time, CAS continued exploring ways to streamline member interactions with the National Office and improve systems that support member engagement and organizational efficiency.

## FINANCES

### Supporting Sustainable Growth

CAS continues to evaluate pricing structures, explore non-dues revenue opportunities, and ensure the organization has the resources necessary to advance its strategic priorities.

Growth in membership, expanded partnerships, and increased engagement are all important steps toward building a strong financial foundation that will support CAS initiatives in the years ahead.

## Looking Ahead to Year Two

While the progress of the first year is very encouraging, it represents only the beginning of CAS' five-year strategic journey.

In 2026, CAS will continue strengthening relationships with policy makers and stakeholders while expanding its public awareness efforts. Plans are underway to launch a revamped Advocacy section of the CAS website and expand the "For the Public" platform with a new Meet an Anesthesiologist interview series.

With strong momentum across advocacy, education, research, and member engagement, CAS is well positioned to continue delivering meaningful results for the specialty.

As the Society moves into **Year Two of its five-year Strategic Plan**, the focus remains clear: building a unified, vibrant, and influential community of anesthesiology professionals delivering the highest quality care.

[CLICK HERE for the full Strategic Plan report](#)

We value your feedback as we continue to implement the Strategic Plan and strengthen CAS for the future. Please share your thoughts with us at [anesthesia@cas.ca](mailto:anesthesia@cas.ca)

# SHAPING THE FUTURE OF ANESTHESIA DELIVERY IN CANADA – CAS ANESTHESIA TASKFORCE COMMITTEE

**By Dr. Giuseppe Fuda,**

*MD, FRCPC President, Canadian Anesthesiologists' Society, Chair, Anesthesia Delivery Taskforce*

Over the past year, the Anesthesia Delivery Taskforce of the Canadian Anesthesiologists' Society has been engaged in an important and forward-looking mandate: to examine how anesthesia is delivered across Canada today, and how it must evolve to meet the demands of tomorrow.

Our practice is changing. Patient complexity is increasing. Surgical volumes are fluctuating. Workforce pressures are real. Expectations around access, efficiency, and system accountability continue to rise.

In this context, standing still is not an option.

The Taskforce was created not merely to observe these shifts, but to anticipate them and to help position anesthesiology as a central, indispensable force in Canada's healthcare system.

## Where We Have Focused

To date, our discussions have centered on several critical themes:

- Challenges and solutions to providing anesthesia services in rural Canada: National and regional workforce realities, including recruitment, retention, and sustainability
- Evolving models of anesthesia care delivery: revisiting the ACT particularly in particularly in the context resource-strained settings
- The expanding identity of anesthesiologists as perioperative physicians and system leaders
- Artificial Intelligence (AI) and the future of anesthesia practice
- The expanding role of private healthcare and private practice on anesthesia care delivery

Across all of these conversations runs a unifying principle: anesthesia delivery is not simply about case coverage, it is about leadership, safety, stewardship, and professional integrity.

If we do not articulate our role clearly and confidently, others will define it for us.

## A Vision for the Next Decade

Canadian anesthesiology must be proactive. We must ensure that care models remain safe and sustainable. We

must support environments that promote psychological safety and professional fulfillment. And we must continue to assert our expertise in perioperative medicine, critical thinking, and crisis management.

The goal of the Taskforce is not abstract reflection. It is practical direction, we want to define our future before it is defined for us.

Many of our findings and proposed strategic priorities will be presented in greater depth at the upcoming CAS Annual Meeting during the President's Symposium. I look forward to sharing the work completed thus far and, importantly, engaging in dialogue about where we go next.

### This Is a Collective Effort

The future of anesthesia delivery in Canada cannot be shaped by a small group alone.

**I invite all CAS members to share their perspectives.**

Are there emerging issues in your region?

Innovative models worth highlighting?

System pressures that require national attention?

Your voice matters. Your experience matters. And your ideas will help guide the next phase of this work.

We hope you can join us at the **Annual Meeting** being held in Ottawa this June, to share your thoughts and engage in this important dialogue. If you would like to provide your feedback on the future of anesthesia care and delivery outside of the conference, please contact me directly at [president@cas.ca](mailto:president@cas.ca).

Our specialty has always evolved through science, leadership, and collaboration. The coming decade will demand all three.

**Let us shape it together.**



**Dr. Giuseppe Fuda,**  
CAS President

# 2026 MEMBERSHIP RENEWAL – TAKE ADVANTAGE OF CAS MEMBER BENEFITS ALL YEAR

## Take Advantage of CAS Member Benefits All Year

Your continued CAS membership means access to a comprehensive package of education, professional development, advocacy, networking, research, and savings benefits. Now is also the time to claim the lowest rate for the 2026 CAS Annual Meeting—happening June 5–7 in Ottawa. Combine the discounts for CAS membership and early bird registration (**expires April 15**) to save roughly **50%** on conference fees. Don't stop there—be sure to get the **most out of all the perks available** to you throughout the year:



**EDUCATION.** Nearly **\$9,000** worth of free webinars, rounds, and CPD modules (excludes Annual Meeting) was offered in 2025—70% provided Section 1 or 3 MOC credits.

**ANNUAL MEETING.** Save roughly **50%** on conference registration. In 2025, 15 hours of Section 1 and 53.25 hours of Section 3 MOC credits were available.



**ADVOCACY.** Have your voice heard through CAS' year-round work engaging provincial and federal governments with issues you face, such as ongoing HHR shortages.

**RESEARCH.** Enjoy free access to the *Canadian Journal of Anesthesia* as well as **12 research grants** covering various anesthesia sub-specialties and focus areas.



**LEADERSHIP.** Shape the future of anesthesia as a CAS volunteer leader—these individuals are eligible to win Honour Awards given to deserving nominees each year.

**SAVINGS.** CAS partnership programs provide members with **5,000+** discounts across a broad range of premium products, services, and events.



## Where Do My Dues Go?

CAS is a national specialty society non-profit that is funded directly by your annual dues. Everything we do is supported by over 200 volunteers across 28 sections and committees and developed in response to member feedback outlining your most pressing needs. Programs and services your dues make possible include free, accredited education, the CAS Annual Meeting, the *Canadian Journal of Anesthesia*, specialty-specific advocacy work, the CAS Research Program, and free or discounted membership for residents and retirees.

# IN MEMORIAM – DR. RICHARD JAMES BAXTER (SEPTEMBER 12, 1943 – FEBRUARY 5, 2026)



It is with deep sadness that the Canadian Anesthesiologists' Society (CAS) marks the passing of Dr. Richard James Baxter, who **died on February 5, 2026**, at the age of 82. Dr. Baxter served as President of the CAS from 1991 to 1992, providing leadership during an important period in the Society's history.

A dedicated physician and respected leader in Canadian anesthesia, Dr. Baxter practiced for more than three decades in **Kelowna, British Columbia**, where he was known for his commitment to patient care and professional excellence. His engagement with both the British Columbia Anesthesiologists' Society and the national CAS reflected his passion for advancing the specialty and supporting his colleagues.

During his CAS presidency, Dr. Baxter contributed to strengthening the Society's role in advocacy and professional development at a time of evolving practice standards and growing membership. His tenure is remembered for thoughtful leadership and a collegial approach to advancing the specialty.

Dr. Baxter's legacy in anesthesia and his contributions to the Canadian Anesthesiologists' Society will be long remembered. CAS extends its deepest condolences to his family, friends, and the many colleagues whose lives he touched.

[Read an interview with Dr. Richard Baxter here](#)

# 2026 WINTER EDUCATION RECAP AND SPRING PREVIEW

Our education program kicked off the year with an impressive lineup of four **winter webinars**. The momentum continues this spring, leading to the highly anticipated **2026 CAS Annual Meeting**, taking place June 5–7 in Ottawa, ON. This year also marks the return of the **CAS SAMBA Ambulatory Anesthesia Collaborative Rounds Series** and the **CAS Pinnacle Rounds Series**.

Stay informed about these and other educational opportunities by visiting [www.cas.ca/upcoming-events](http://www.cas.ca/upcoming-events).

## WINTER WEBINARS

**Intraoperative Management for Major Liver Resection: An Update**  
JANUARY 21, 2026  
8 PM ET  
Dr. Stuart McCluskey, Moderator  
Dr. Ryan McClain, Presenter  
Dr. Guillaume Martel, Presenter  
CANADIAN ANESTHESIOLOGISTS' SOCIETY  
[WWW.CAS.CA/LIVER-RESECTION](http://WWW.CAS.CA/LIVER-RESECTION)

### Intraoperative Management for Major Liver Resection: An Update

January 21, 2026

This webinar reviewed evidence-based approaches to perioperative blood conservation in major liver resection, focusing on an increasingly comorbid patient population. It highlighted the impact of transfusion on outcomes and examined recent trial evidence on hypovolemic phlebotomy and tranexamic acid to support optimal intraoperative care.

[View Recording](#)

**3<sup>rd</sup> Annual World Regional Anesthesia Day Webinar**  
January 31, 2026  
10 am ET  
Dr. Alsham Niaz, Presenter  
Dr. Joanna Filim, Presenter  
Dr. Tim Jen, Presenter  
Dr. Vivian Ip, Presenter  
Dr. Peter Rose, Moderator  
ESRA The European Society of Regional Anesthesia & Pain Therapy  
In celebration of:  
WDRAPM WORLD DAY OF REGIONAL ANESTHESIA AND PAIN MEDICINE  
[WWW.CAS.CA/REGIONAL-2026](http://WWW.CAS.CA/REGIONAL-2026)

### 3rd World Day of Regional Anesthesia and Acute Pain Medicine Webinar *Equity, Access and Relief – Get the Best Out of Regional Anesthesia* January 31, 2026

World Day of Regional Anesthesia and Pain Medicine (WDRAPM) was marked globally over two weeks, bringing together anesthesiologists, trainees, nurses, researchers, and allied health professionals to highlight the essential role of regional anesthesia and pain medicine in patient care. The observance raised awareness of safe, effective, and evidence-based pain management, promoted multidisciplinary collaboration, and celebrated advances such as ultrasound-guided regional anesthesia, while reinforcing the importance of education in acute and chronic pain management.

[View Recording](#)

**OBSTRUCTIVE SLEEP APNEA IN ADULT AMBULATORY ANESTHESIA WEBINAR**  
February 25, 2026  
8 pm ET  
An Examination of the latest C/JA CPD Module  
Dr. Donald Young, Presenter  
Dr. Kathryn Sparrow, Moderator  
CANADIAN ANESTHESIOLOGISTS' SOCIETY  
[WWW.CAS.CA/APNEA-WEBINAR](http://WWW.CAS.CA/APNEA-WEBINAR)

### Obstructive Sleep Apnea in Adult Ambulatory Anesthesia Webinar February 25, 2026

This webinar addressed perioperative management of patients with obstructive sleep apnea (OSA) undergoing ambulatory surgery. It reviewed evidence-based strategies for reducing anesthesia-related risks, guiding preoperative planning, and ensuring safe same-day discharge for OSA patients.

[View Recording](#)

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## ONGOING SERIES

### CAS Pinnacle Rounds

Our member-exclusive education program – **CAS Pinnacle Rounds: Celebrating National Anesthesia Education** continues in 2026, featuring new anesthesia teaching rounds from the country, submitted by Canadian universities.

CAS PINNACLE ROUNDS SERIES

**Unseen Vectors and the Sterile Truth: Rethinking Infection Control for the Anesthesiologist**

February 4, 2026  
8 pm ET

Moderator: Dr Maha Al Mandhari  
Presenter: Dr Hui Yu (Betty) Zhang

www.cas.ca/pinnacle-rounds

### Unseen Vectors and the Sterile Truth: Rethinking Infection Control for the Anesthesiologist

February 4, 2026

This presentation examined infection control practices in the perioperative setting, reviewing best-practice guidelines from professional associations and the evidence supporting common techniques such as disposable surgical caps, MRSA gowning, and vial stopper disinfection.

[View Recording](#)

## UPCOMING

**Time is Brain: Stroke Management and Review of Nova Scotia EVT Process Times From an Anesthesia Perspective** April 15, 2026

[More Pinnacle Rounds](#)

CAS SAMBA AMBULATORY ANESTHESIA COLLABORATIVE ROUNDS SERIES

SOCIETY FOR SAMBA AMBULATORY ANESTHESIA

Outpatient • Office Based • Non-Operating Room

CANADIAN ANESTHESIOLOGISTS' SOCIETY

WWW.CAS.CA/AMBULATORY-ROUNDS

### CAS SAMBA Ambulatory Anesthesia Collaborative Rounds Series

This education program, developed by the CAS Ambulatory Section and the Society for Ambulatory Anesthesia (SAMBA), offers a series of rounds to advance knowledge and skills in ambulatory anesthesia.

## FIRST ROUND

**"Bad Outcomes in Strange Times": Mitochondrial DNA Mutation In Specific Patient Population** March 25, 2026

[More Samba Rounds](#)



CANADIAN ANESTHESIOLOGISTS' SOCIETY  
SOCIÉTÉ CANADIENNE DES ANESTHÉSIOLOGISTES

## 2026 CAS ANNUAL MEETING

Mark your calendar for an unforgettable gathering of anesthesiology professionals at the **Canadian Anesthesiologists' Society (CAS) Annual Meeting**, happening **June 5-7, 2026** in Ottawa, ON.

This premier event offers a unique opportunity to:

- **Attend** innovative and engaging educational sessions, problem-based learning discussions (PBLDs), CAS Expert Insights sessions and hands-on workshops.
- **Connect with colleagues and experts** from across Canada and beyond through dedicated networking events, including the annual CAS Soirée.
- **Gain insights from cutting-edge research** showcased in our dynamic competitions, including the Richard Knill Research Oral Competition and the Residents' Oral Competition.
- **Make the most of resident-focused programming**, including the "Ace It! A prep course for the Royal College Exam", the annual Residents' Panel, and the Resident SIM Olympics

**EARLY BIRD DEADLINE IS APRIL 15, 2026  
REGISTER TODAY AND SAVE!**

[Register](#)

[Program](#)



### Expansive Scientific Program

2026 Annual Meeting attendees can look forward to dynamic workshops and sessions led by leading specialists and innovators, offering the latest insights and practical applications in the field. More than ever, the conference is a hub for advancing anesthesiology best practices, fostering research, hands-on learning, and meaningful professional connections. Join us to engage with experts, customize your experience (with an app to be available closer to the conference), and spend a weekend immersed in cutting-edge knowledge and collaboration. A select virtual program is also available.

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### Hands-on Workshops

Elevate your skills and expertise in 2026 with our premier hands-on workshops at the Annual Meeting. These sessions provide direct engagement with expert instructors and peers, offering invaluable opportunities to refine your technique. Explore a wide range of topics, including gastric ultrasound, POCUS, TCI and TIVA, regional blocks and more. Spaces are limited, so early registration is key.

**Workshops**



### CAS Expert Insights Program

CAS Expert Insights features ten focused 45-minute sessions that use pre- and post-tests to strengthen long-term knowledge retention. Topics span key areas of practice, including infection prevention and environmental sustainability, placenta accreta spectrum, difficult spinal anesthesia, quality improvement in obstetric anesthesia, artificial intelligence in perioperative medicine, perioperative transfusion, and more. Interactive, practical, and outcomes-driven, Expert Insights is built to help bridge learning into meaningful impact in daily practice.

**Program**



### Problem-Based Learning Discussions – PBLDs

Problem-Based Learning Discussions (PBLDs) offer an immersive, case-driven learning experience. Engage in dynamic discussions, explore multiple pathways in case evolution, and apply your expertise to make informed decisions while sharpening your critical thinking skills. Topics include neuroanesthesia, perioperative medicine, EDI, obstetric anesthesia, and pediatrics. Spots are limited to 10, so apply early.

**PBLDS**



### Keynote Speaker - Dr. Balachundhar Subramaniam

Dr. Subramaniam is an anesthesiologist at Beth Israel Deaconess Medical Center and a Professor at Harvard Medical School.

In his keynote, "Access the Pause: The Cognitive Edge in Modern Anesthesiology," Dr. Subramaniam will explore how stress regulation, cognitive endurance, and physiologic resilience can strengthen clinical performance, decision making, and leadership in today's perioperative environment.

## Competitions and Resident Specific Programming

A variety of exciting competitions take place on-site at the 2026 Annual Meeting, including the **Richard Knill Research Oral Competition**, which recognizes the highest-rated abstracts submitted to the meeting. The **Residents' Oral Competition** continues to highlight the top Resident abstract, promoting scientific excellence among anesthesia trainees in Canada. The **Resident Sim Olympics** return, a friendly competition where resident teams from across the country face off in critical event simulations. The highly popular "**Ace It! A prep course for the Royal College Exam**" for residents is now available as a standalone or virtual offering—making it easier than ever for participants to join from anywhere.

### Ace it! A Prep Course for the Royal College Exam

"Ace It" returns as a key part of the 2026 Annual Meeting resident program, offering focused preparation for both the written and oral Royal College certification exams. Designed and led by past examiners and recent graduates, this immersive course gives residents targeted insight into what to expect on exam day and how to optimize their study strategies. The program includes a comprehensive pretest to simulate the written exam experience, an intensive full-day workshop covering core subspecialty topics with Q&A sessions, and a post test to help participants assess progress. A structured oral exam prep session offers hands-on practice with mock scenarios and facilitator feedback, further building confidence for the oral component. By blending expert instruction with practical, exam focused experience, Ace It! equips residents with the tools they need to succeed on their certification journey.

#### Ace it! Registration



**CANADIAN  
ANESTHESIOLOGISTS'  
SOCIETY**



A simulation scenario at the 2025 SIM Olympics in St. John's, NFLD

## Resident SIM Olympics

The Resident SIM Olympics brings anesthesia residents from across Canada together to tackle immersive clinical simulation challenges in a fun, competitive format. Participants rotate through a series of high pressure scenarios designed to test both technical and non-technical skills, with opportunities for teamwork, peer connection, and facilitator feedback. This friendly competition not only sharpens clinical skills but also fosters camaraderie and professional growth among trainees. Residents can sign up as a team or as individuals, and be placed in a team.

### SIM Olympics

## Annual Business Meeting

The Annual Business Meeting allows members to stay informed on the progress and activities of the Canadian Anesthesiologists' Society, including our financial status and the significance of our achievements throughout the year. Listen to updates from the *Canadian Journal of Anesthesia*, **CARF**, **CASIEF**, ACUDA, and the **World Federation of Societies of Anesthesiologists**.

## Exhibit Hall

Looking for the newest advances in anesthesia? Be sure to visit the Exhibit Hall, where our industry partners showcase cutting-edge technologies and solutions. The Annual Meeting thrives thanks to their support and presence, and we encourage you to connect with them throughout the event to learn, explore, and exchange ideas.

## CAS Annual Meeting Social Events: Experience Ottawa



### Welcome Reception

Friday, June 5 | 6:00 p.m. – 7:30 p.m.  
(included with registration)

Kick off the conference by visiting our Exhibit Hall, where you can explore the latest products and services from our exhibitors and sponsors. Network with industry experts and colleagues while enjoying a beverage in a relaxed atmosphere.

### CAS Soirée

Saturday, June 6 | 7:00 p.m. – 10:00 p.m.

Location: Fairmont Château Laurier - Adam Room

Tickets: Active/Associate Members & Non-Members (\$120 per person);  
Retired, Resident, Active Fellow, Medical Student, AA (\$60 per person)

Unwind and celebrate at the **CAS Soirée**, part of the 2026 Annual Meeting! Enjoy delicious food, fun, and great opportunities to network with friends and colleagues. It's the perfect way to break up a weekend of education and connect in a relaxed, social setting.

### Closing Social Hour

Sunday, June 7, 2026 | 5:00 p.m. - 6:00 p.m.

The final day of the CAS Annual Meeting concludes with an insightful Closing Symposium, "Optimizing the Surgical Journey: Innovations From Pre-Op to Home." Following this, delegates will come together for the Closing Social Hour, where they will raise a glass of sparkling and enjoy a selection of hors d'oeuvres to toast the end of #CASAM2026.

[Learn More](#)

Connect with  
**800+ colleagues**  
and explore a **dynamic,  
diverse scientific  
program.**

At the 2025 meeting,  
**15 Section 1** and **53.25  
Section 3 credits** were  
available to be claimed  
by attendees.

**Early Bird April 15,  
2026.** See you there!

# CAS AT #WCA2026



Canadian expertise will be on full display at the **World Congress of Anaesthesiologists 2026 in Marrakech, Morocco**. CAS members are strongly represented across the Scientific Programme, including Dr. Adam Law (Airway Management), Dr. Ron George (Obstetric Anesthesia), Dr. Jason McVicar (Pain Medicine), Dr. Duminda Wijeyesundera (Perioperative Medicine), and Dr. Hilary Grocott (Circulation).

CAS staff and Board members will also be attending, hosting a booth, and engaging with the global anesthesia community. This international presence highlights Canada's leadership as we look ahead to hosting WCA 2028 in Vancouver, BC.

## The 71st **ONTARIO ANESTHESIA MEETING**

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# RESEARCH REVIEW – DR. TIM JEN

## ANALGESIC EFFICACY OF CONTINUOUS SUPERFICIAL PARASTERNAL INTERCOSTAL PLANE BLOCKADE IN PATIENTS UNDERGOING CARDIAC SURGERY WITH MEDIAN STERNOTOMY: A RANDOMIZED CONTROLLED TRIAL

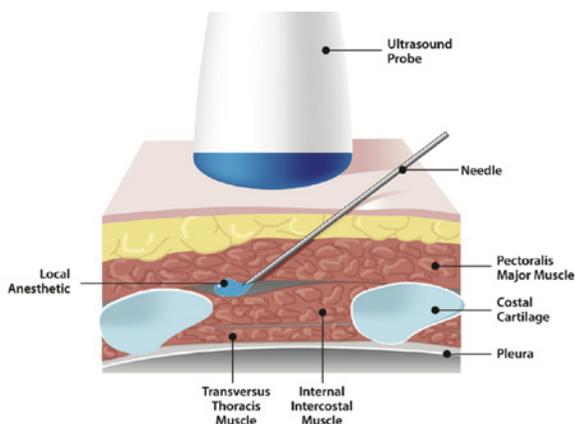
By Tim Jen, Christopher Prabhakar, PJ Matras, Kevin Rondi, Simon Bruce, Terri Sun, Nicola Edwards, Sachin Mehta, Anthony Chau, and Ron Ree

### Background

Post-sternotomy pain after cardiac surgery can be debilitating and impacts pulmonary rehabilitation, mobilization, sleep, and delirium. Opioids have been the mainstay for postoperative pain control after cardiac surgery, but are associated with adverse events such as respiratory depression, nausea, vomiting, sedation, pruritis, and constipation. With the introduction of enhanced recovery pathway for cardiac surgery, **societal guidelines** recommend opioid-sparing, multimodal analgesic regimen. Regional anesthesia such as chest wall blockade offers an innovative, simple, and safe tool to facilitate pain control with limited adverse events. To date, there has not been widespread adoption as many anesthesiologists and surgeons await additional data to ensure efficacy and to inform optimal technique.

We previously published one of the **first case series** describing the use of superficial parasternal intercostal plane (SPIP) block to reduce post-sternotomy pain in cardiac surgery (Figure 1, reprinted with permission), and SPIP blocks offer several advantages. First, SPIP blocks are easy to perform under ultrasound-guidance with a short learning curve, even without sub-specialty training in regional anesthesia (SHORT VIDEO: **How We Do It**). Second, SPIP blocks are superficial without critical vascular structures. In the context of systemic heparinization for cardiopulmonary bypass and possible coagulopathy after cardiac surgery, SPIP blocks can be safely performed, while neuraxial techniques and paravertebral blocks have concerns for epidural hematoma. Third, SPIP block localizes the intervention to the source of pain and does not block the sympathetic chain, which may have hemodynamic implications. Finally, SPIP blocks are inexpensive, requiring minimal equipment beyond an ultrasound machine and echogenic needles.

**Figure 1.** The Superficial Parasternal Intercostal Plane Block (reprinted with permission from [Liu et al. A A Pract 2018.](#))



We hypothesized that adding continuous SPIP infusions after single-shot SPIP blocks would significantly reduce sternal pain score on standardized coughing at 24 hours after cardiac surgery with full median sternotomy, compared to single-shot

SPIP blocks alone. The 24-hour time point was chosen because post-sternotomy pain is typically rated as most severe at this stage, especially with coughing, while patients are also expected to begin actively participating in postoperative rehabilitation.

### Methods

We conducted a randomized controlled parallel-arm superiority trial at a tertiary care centre in Vancouver, BC, Canada. We included English-speaking adult patients undergoing scheduled cardiac surgery with full median sternotomy. We randomized participants in a 1:1 ratio to intervention or control groups, stratified by sex, using permuted block randomization with variable block sizes of 4 or 6. Patients in both study groups received bilateral SPIP catheters, with a 20-mL bolus of ropivacaine 0.2% through each catheter followed by a 3-mL/hour infusion of study solution (ropivacaine 0.2% in the intervention group and normal saline in the control group) for 48 hours. All patients received standardized multimodal analgesia. The primary outcome was the numeric rating scale (NRS) sternal pain score on standardized coughing at 24 hours. Secondary outcomes included sternal pain within 48 hours, opioid use, quality of recovery, postoperative nausea or vomiting, and chronic sternal pain. Patients, health care providers, outcome collectors, and data analysts were blinded to group allocation.

### Results

Eighty patients were randomized (n=40 per group). Mean (standard deviation) sternal pain (NRS) scores on coughing at 24 hours were 4.0 (2.2) in the intervention group vs 3.9 (2.2) in the control group. The adjusted mean difference was -0.2 (95% CI, -1.7 to 1.3; p=0.79). There were no differences between the groups in secondary outcomes. One patient in the intervention group experienced suspected local anesthetic systemic toxicity requiring unblinding. No other major complications were noted.

### Conclusions

In conclusion, we found that continuous SPIP blockade did not demonstrate superiority over single-injection SPIP blockade in reducing acute sternal pain on coughing at 24 hours in patients undergoing cardiac surgery with full median sternotomy. While continuous SPIP blocks may still have a role in select population, further studies are required before this approach can be recommended for sternal pain management in cardiac surgery.

### Trial Registration: NCT05054179

**Funding:** We are grateful for the funding support by the 2023 Dr. James Beckstead Award from the Canadian Anesthesiologists' Society. Additional support was provided by internal funding from the Department of Anesthesia, St. Paul's Hospital, Vancouver, BC, Canada.

[Full article](#)

X: [@DrTimJen](#); [@ChrisPrabhakar](#); [@sun\\_terri](#); [@SachMehta](#); [@ronmree](#)



CANADIAN ANESTHESIOLOGISTS' SOCIETY  
SOCIÉTÉ CANADIENNE DES ANESTHÉSIOLOGISTES

# CAS MEMBERSHIP RENEWAL

CAS puts members first. We strive to provide the right support for members at all stages of their respective journeys in anesthesia. For over 80 years we've acted as a collective voice for the profession. Renew or join today!

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For membership-related inquiries, please contact [membership@cas.ca](mailto:membership@cas.ca)

# CANADIAN ANESTHESIOLOGISTS' SOCIETY INTERNATIONAL EDUCATION FOUNDATION (CASIEF) SPRING UPDATE

## VOLUNTEER TEACHERS NEEDED FOR OUR OVERSEAS PROGRAMS!

Many dozens of Canadian anesthesiologists have travelled to our programs in Rwanda, Ethiopia and Guyana, finding these trips exciting, rewarding and fun! Our partners need the experience of our anesthesiology educators to move their medical systems forward. Travel costs and accommodations are reimbursed, so this is also a great opportunity to see the world! Please contact us at [info@casief.ca](mailto:info@casief.ca) if you'd like to get involved- you will never regret it!

Please visit our [website](#), and if you haven't yet seen the fantastic [videos](#) about CASIEF's partnerships, please visit our YouTube channel [HERE](#).



Through CASIEF and its partners, Canadian anesthesiologists are known around the world for their charity and dedication to promoting safe anesthesia for all. Please consider providing your expertise and **donations** to support our very worthy cause.

As winter moves into spring, we have some very exciting updates to share with our CASIEF and international colleagues. From an update on the recent VAST course in Peru to the CASIEF-Lifebox Resident Challenge, 2026 is turning into an exciting year!



DONATE

## VAST FACILITATOR COURSE IN LIMA, PERU

CASIEF continues to partner with VAST on multiple capacity-building and simulation education initiatives, including a new collaborative grant for VAST projects and programs that was recently awarded to a team of anesthesiologists and educators in Central and South America. The successful project titled: "Implementation of the VAST Program in Peru: Capacity Building for Simulation-Based Education" was carried out in collaboration with the Peruvian Society of Anaesthesia, Analgesia and Resuscitation (SPAAR). Grant funds supported both a VAST Course and a Facilitator Course with over 30 participants and educators from multiple Central and South American countries, collaborating to expand simulation training and perioperative care in the region. CASIEF will continue to partner with our VAST colleagues on multiple initiatives in 2026, aiming to increase our reach beyond our partner countries and form new collaborations and friendships.



Simulation room

...continued on page 19



Simulation scenario



VAST Facilitator Course instructors and participants

### CASIEF-LIFEBOX RESIDENT CHALLENGE

The CASIEF-Lifebox resident challenge is a fundraising initiative across Canada where Canadian Anesthesiology programs compete to raise funds to support the purchase of capnographs in low-resource settings. The funds raised will help send capnographs to hospitals in need around the world, alongside providing training on their usage. Though capnography is critical for keeping patients safe during anesthesia and has been standard in high-income countries for decades, it remains almost entirely absent across low-and middle-income countries. Many anesthesia providers Lifebox works with had never even seen a capnograph before we supplied one!

With about 4 months remaining in this year's Challenge, teams have collectively raised about \$1,640, with UBC in first place as of mid-March. The Challenge will run through the CAS Annual Meeting, with the winner announced at the CAS meeting Soiree on June 6<sup>th</sup>, 2026, along with the announcement of next year's challenge.



Lifebox capnograph and oximeter in use in the operating room in Harar, Ethiopia

Please consider donating generously to your residents raising funds as they are working hard and it is a great cause!! Donations can be made by contacting a resident in your department and donations are tax deductible through the [CanadaHelps platform](https://www.canadahelps.org).



**Dr. Terri Skelton**  
Chair, CASIEF

[terriskelton@casief.ca](mailto:terriskelton@casief.ca)

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Canadian Anesthesia Research Foundation  
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# SPRING UPDATE

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## Investing in the Future: A Message from the CARF Board

As we move through the spring season, the **Canadian Anesthesia Research Foundation (CARF)** remains deeply committed to seeding the innovations that define our specialty. CARF is your foundation, existing solely to support the groundbreaking work of CAS members.

With 2026 grant applications now under review by the Research Advisory Committee, our focus turns to building the reserves necessary to support the next generation of Canadian scientists. Thanks to your unwavering support, we have provided nearly **\$300,000 in seed money** to initiate trials in outcomes research, regional anesthesia, fluid management, and environmental sustainability.

We are particularly excited for this June, when the **Career Scientist Award** will be conferred. With the support of academic hospitals, this award provides \$60,000 per year for two years, opening fascinating possibilities for the future of our field.

## Our Sincere Gratitude

We are profoundly grateful for the generosity shown through your donations. In 2025 alone, these contributions allowed us to provide vital seed funding for high-impact areas, including:

- **Postoperative Wellness:** Tackling delirium and cognitive decline.
- **Clinical Innovation:** Advancing opioid-minimization and surgical pharmacology.
- **Health Systems:** Enhancing equity in access and resident readiness.
- **Sustainability:** Launching our new **Environmental Sustainability Fund** to reduce our ecological footprint while prioritizing patient care.

To lead by example, several community members—including myself—have committed to a legacy gift of **\$1,000 annually for five years** to anchor the Sustainability Fund. We invite you to join us in creating this lasting impact.

*...continued on page 22*

## Strengthening Our Leadership

We are thrilled to welcome **Dr. Alana Flexman** (UBC and St. Paul's Hospital/Providence Health Care, Vancouver) to the CARF Board. A renowned leader in perioperative neuroscience and a fierce advocate for systemic reform, Dr. Flexman brings unparalleled expertise in EDI, brain health, and health advocacy to our leadership team.

To better reflect our nationwide footprint, we are also updating our **Bylaws** to ensure voices from the Atlantic to the Pacific are fully represented in our governance.

## Join Us in Ottawa!

Raising funds is a challenge we tackle with spirit. At this year's **CAS Annual Meeting in Ottawa**, prepare for a silent auction and a lively Soiree. We might not "screech" you in this time, but we may just have to "arrest" you for looking too good!

Beyond the fun, we are currently developing a **Legacy Program** in response to individuals and families wishing to secure the long-term future of anesthesia research.

**The future of Canadian research is bright because of you.** If you are ready to help secure that future, please find a Board Member in Ottawa. We would love to discuss how you can make a difference.



Sincerely,

**Dr. Stuart McCluskey, MD, PhD**

Chair, Canadian Anesthesia Research Foundation

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**Special thanks to  
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# CJA ON THE CUTTING EDGE

## Spring Update

**MISSION STATEMENT:** “Excellence in research and knowledge translation in anesthesia, pain, perioperative medicine, and critical care.”

It has been a busy and productive start to the year for the **Canadian Journal of Anesthesia**. With new educational offerings and the release of updated national guidance, the Journal continues to deliver timely, evidence-informed resources that strengthen anesthesia practice across Canada. We look forward to seeing everyone at the Annual Meeting, June 5-7, in Ottawa Ontario. We will host our annual CJA panel: **“Artificial Intelligence and Anesthesiology Research: Balancing Innovations, Risks, and Responsibilities.”** Artificial intelligence is rapidly transforming anesthesiology research and clinical care, bringing powerful opportunities for innovation alongside real risks. Co moderated by *Canadian Journal of Anesthesia* Editor in Chief Dr. Stephan Schwarz and Deputy Editor in Chief Dr. Philip Jones, this symposium will explore the practical use of AI in research and practice, its limitations and societal impact, and how clinicians can critically evaluate and responsibly design AI driven studies. Check out the full program at [www.cas.ca/AM-program](http://www.cas.ca/AM-program).

### CPD Module Webinar

On February 25, the Journal hosted a webinar based on its CPD module, *Obstructive sleep apnea in adult ambulatory anesthesia: navigating guidelines and evidence for safe home discharge*. The session explored the perioperative challenges associated with obstructive sleep apnea (OSA), particularly in the ambulatory setting. It reviewed current evidence and practical guidance to support safe same-day discharge, addressed considerations for postoperative monitoring, highlighted key aspects of anesthesia care for OSA patients, and introduced an evidence-based algorithm to guide patient disposition decisions.

[View Recording](#)



Canadian Journal of Anesthesia  
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*Excellence in research and knowledge translation in anesthesia, pain, perioperative medicine, and critical care / L'excellence en recherche et en transfert des connaissances en anesthésie, en douleur, en médecine périopératoire et en soins critiques*

### Guidelines Now Available

In addition, the 2026 *Guidelines to the Practice of Anesthesia* are now available, providing updated recommendations to help ensure safe, high-quality anesthesia care nationwide.

[View Guidelines](#)



# ANESTHESIA HISTORY CORNER

## ORAL HISTORIES FROM THE LUMINARIES OF CANADIAN ANESTHESIA

By Dr. Michael Wong

The **CAS Presidential Interviews Project** was initiated by the Archives & Artifacts Committee in early 2022 to document the lives and accomplishments of our society's living Past-Presidents. The first set of interview transcripts were released in 2023, to commemorate the 80<sup>th</sup> anniversary of the founding of CAS. The interviews provide an intimate view into their career trajectories as well as the CAS' ongoing evolution. Through their experiences we also can glimpse the myriad changes in the practice of anesthesia over the years, such as advancements in medications, equipment, monitoring, and guidelines. These interviews also provide a glimpse into the personalities and motivations of these physician-leaders.

As the interview project caught up with the succession of Presidents and Past-Presidents, its scope was expanded to include interviews with other important figures in Canadian anesthesia, such as the former Editors-in-Chief of the *Canadian Journal of Anesthesia* as well as recipients of the CAS Gold Medal, the society's highest honour. New interviews will become available in the months to come on the CAS website.

The CAS Presidential Interviews Project, and other interesting historical materials, may be found on our [history page](#).



**Dr. Tony Boulton**  
(President, 1998 – 1999)

"Compassion is why we became physicians in the first place. It's why we do what we do. Compassion for your patient is essential. It also extends in relation to your colleagues, as well."



**Dr. Patricia Houston**  
(President, 2012 – 2014)

"...be open to opportunities. Don't think that what you're doing now is what you're going to be doing in five years, or eight years, or 15 years."



**Dr. Peter Duncan**  
(President, 1988 – 1989)

"We've got a public relations problem here. Our own fellow academics don't understand who we are and what we are. We have to make some big moves on that, and the only way we're going to do that is if we practice well, continue the divestment of anesthetic services out into the pain clinics, the OB wards, all the other things we do, and take part in administration and in teaching."



**CANADIAN  
ANESTHESIOLOGISTS'  
SOCIETY**

...continued on page 26



**Dr. Ren Mann**  
(President, 2004 – 2006)

“...it's important that we do interact with our colleagues in other disciplines. We've got a common goal to provide good care for this patient, so we need to be aware of what each other needs to help make this process go well for the patient and hopefully smoothly for everybody else.”



**Dr. Jean Taillefer**  
(President, 1985 – 1986)

“Le monitoring consistait essentiellement en T.A. non-invasive et E.C.G., spirometer pour les volumes courants de gaz : pas de saturomètres ni de capno. Bien sûr qui sont venus beaucoup plus tard.”

We look forward to seeing you at the CAS Annual Meeting in Ottawa, June 5 – 7. The Archives and Artifacts Committee will present two sessions, *“Pain Management in War and in Garrison / Beyond the Mask: Women Shaping the Future of Anesthesiology in Canada”* as well as the Opening Plenary *“Striving and Thriving in Anesthesia: Lessons from Our CAS Gold Medalists”*

**Full Program**

**Test Your Anesthesia History Knowledge**

Which CAS Past-President...

- (1) ...is an inductee in the Canadian Motorsports Hall of Fame?
- (2) ...managed the first human lung transplantation in Canada?
- (3) ...is brothers with a five-time Stanley Cup winner?

- Dr Rob Seal (President, 2000 – 2002)
- Dr Earl Wynands (President, 1974 – 1975)
- Dr Ron Gregg (President, 1986 – 1987)

**Answers**

# Registration Open!

## Early Bird Deadline April 15

The CAS Annual Meeting offers delegates an outstanding scientific program.

The multi-tiered agenda will include:

- Anesthesia focused educational sessions covering a variety of streams
- Richard Knill & Residents' Competition
- Problem-Based Learning Discussions (PBLDs)
- Interactive workshops
- Poster presentations
- CAS Expert Insights program
- Networking events to connect with colleagues, featuring the CAS Soirée
- Residents' specific programming, including "Ace It!" exam prep course

Scan the QR code to learn more



Or Visit

[www.cas.ca/annual-meeting](http://www.cas.ca/annual-meeting)



CANADIAN ANESTHESIOLOGISTS' SOCIETY  
SOCIÉTÉ CANADIENNE DES ANESTHÉSIOLOGISTES

# CAS 2026

ANNUAL MEETING

JUNE 5-7  
2026

WESTIN OTTAWA

#CASAM2026

# REGIONAL ANESTHESIA AND ACUTE PAIN - SECTION UPDATE

The CAS section on Regional Anesthesia and Acute pain would thank our outgoing Chair Dr. Vivian Ip, Vice Chair Dr. Ushma Shah and Secretary Dr. Ryan Endersby for their outstanding visionary leadership and tireless enthusiasm to advance the regional anesthesia and acute pain in anesthesia practice. Dr. Ip continues to lend her expertise and sound knowledge as Past Chair, while Dr. Endersby continues to support the section as a member in large.

We warmly welcome Dr. Ahtsham U. Niazi (Toronto, ON) as our new Chair, Dr. Peter Rose (Vancouver, BC) as the new Vice Chair and Dr. Reva Ramlogan as the new Secretary. We also welcome Dr. Tim Jen (Vancouver, BC) and Dr. Joanna Fifen (Calgary, AB) as our two new Member's at Large.

The Regional Anesthesia and Acute Pain Section continues to grow and evolve, with ongoing advances in ultrasound-guided techniques, multimodal analgesia, and perioperative pain pathways aimed at improving patient outcomes and recovery. During the past year, the section has shown expansion of regional anesthesia across surgical specialties, with increasing emphasis on fascial plane blocks, catheter-based techniques, and opioid-sparing strategies.

In 2025, we took part in the 2nd World Day of Regional Anesthesia and Pain Medicine in partnership with CAS and ESRA. The event featured presentations on optimal regional anesthesia education methods, strategies for preventing rebound pain, approaches to nerve injury management, and advancements in regional anesthesia techniques—demonstrating Canadian expertise at an international level. This year, we also contributed to the **3<sup>rd</sup> World Day of Regional Anesthesia and Pain Medicine**.

Looking ahead, the Regional Anesthesia and Acute Pain Section aims to further integrate evidence-based regional techniques into enhanced recovery pathways, expand research output through the **Su Ganapathy Award for Regional Anesthesia Research**, and continue fostering a collaborative and inclusive team culture as new members join and contribute to the sections ongoing success.

We extend our sincere appreciation to our members for their ongoing support and encourage them to submit any suggestions or topics of interest for future CAS conferences through the CAS office. This will assist our section in selecting topics and speakers that best reflect the interests of our membership.



**Dr. Ahtsham Niazi**  
Section Executive, Chair



**Dr. Peter Rose**  
Vice Chair



**Dr. Vivian Ip**  
Past Chair



**Dr. Reva Ramlogan**  
Secretary



**Dr. Ryan Endersby**  
Ad Hoc Member



**Dr. Tim Jen**  
Member Engagement



**Dr. Joanna Fifen**  
Member Engagement

# RESIDENTS' CORNER

## Don't Miss a Full Weekend of Resident Programming at the CAS Annual Meeting

We hope you're having a fantastic Winter term! The Residents' Section Executive is counting down the days to the **2026 CAS Annual Meeting**—happening June 5–7 in Ottawa. Residents get **48% off** the best conference rate for anesthesiologists, and an early bird discount is open until April 15. We also encourage you to contact your university's anesthesia department to request funding to attend the meeting.



The graphic is a vertical agenda for the CAS Annual Meeting Resident Programming. It features a dark background with a blurred image of a conference hall. On the left, there is a vertical line with a downward-pointing chevron at the top and the word 'AGENDA' written vertically. To the right of this line, there are five red boxes, each containing a date and day, followed by a white box containing the event name. At the bottom, there is a blue bar with the website URL. The Royal College of Physicians and Surgeons of Canada logo is on the left side of the agenda.

CAS ANNUAL MEETING	
RESIDENT PROGRAMMING	
FRI JUNE 05	Ace It! A Prep Course for the Royal College Exam (Written)
SAT JUNE 06	Ace It! A Prep Course for the Royal College Exam (Oral)
SAT JUNE 06	6th Annual Resident Simulation Olympics
SUN JUNE 07	Annual Residents' Oral Competition
SUN JUNE 07	Panel: What Can Residents Do to Maintain Their Wellness?

WWW.CAS.CA/ANNUAL-MEETING

Please note that event listings are subject to change.

## Ace It! A Prep Course for the Royal College Exam

After the success of its inaugural year, we're very excited to be continuing this **intensive two-day course** led by past examiners and recently certified graduates. The all-day **Written Exam Course** will feature **14 interactive lectures** on anesthesia sub-specialty topics and exam focus areas. Participants are also asked to complete course pre- and post-tests to get a feel for the real exam, help lecturers identify the best focus areas, and boost knowledge retention. The two-hour **Oral Exam Course** invites you to practice mock exam questions, receive feedback, and collaboratively discuss each topic. Please visit the **course webpage** for full details, frequently asked questions, and registration instructions.

## Resident SIM Olympics

The **6<sup>th</sup> Annual Resident Simulation (SIM) Olympics** invites PGY1–PGY5s to a friendly competition for a shared **\$1,000 cash prize**. Together with your team, you'll tackle escape room-style challenges focused on essential anesthesiology skills before a final formal simulation scenario. You're invited to register as a team of 2 to 4—or as an individual who will be assigned to a group. There is **no additional cost** for this event, however it's only open to residents attending the Annual Meeting. **Click here** for event details and registration instructions.

## Residents' Oral Competition

Each Winter, residents are invited to submit an abstract to the Annual Meeting. All submissions are scored, and eligible entries are chosen for the Residents' Oral Competition. During this live event, a panel will evaluate each presentation, and the winner will be announced at Sunday's Closing Ceremony. Oral competition finalists will be announced in the Spring, and all abstracts accepted to the conference may qualify for a **Best Abstract Award**.

## Residents' Panel at the Annual Meeting

Anesthesiology residents face unique stressors: high-acuity cases, unpredictable hours, individual work, and the emotional toll of critical care and perioperative medicine. While wellness is widely discussed among physicians, many anesthesia residents still struggle to translate general concepts into actionable habits. This session is designed to bridge that gap through short, tangible, evidence-informed strategies. Panelists will delve into key dimensions of wellness including optimizing sleep schedules, developing routines to prevent burnout, prioritizing daily exercise and movement, and financial planning to reduce stress and improve quality of life.

## Annual Meeting Socials

Creating connections that can provide important professional guidance is one of the best reasons to come to the Annual Meeting. We encourage you to leverage Friday's **Welcome Reception** and Saturday's **CAS Soirée** to network with anesthesiologists from across Canada. Get invaluable advice about the challenges of navigating the first few years of practice, as well as different sub-specialty fellowships, workplace environments, clinical sites, and much more.

**Click here** to register for the Annual Meeting and be sure to reach out to **anesthesia@cas.ca** if you have any questions. We can't wait to see you in June!

# Resident Doctors Conference 2026

17-18 June 2026 | Newcastle

Book your place today



Association  
of Anaesthetists  
Great Britain & Ireland

# Annual Congress 2026

16-18 September 2026 | ACC Liverpool

Book your place today



Association  
of Anaesthetists  
Great Britain & Ireland

Annual Congress returns  
to the cultural hub of Liverpool



# We can help you invest in what really matters

## Your association's trusted financial partners

Through our exclusive partnership with Canadian Anesthesiologists' Society, MD Financial Management and Scotiabank™ provide **Total Wealth Planning** — a comprehensive approach that considers every facet of your life: your career, family and future.

Total Wealth Planning simplifies complex decisions by helping you grow and protect your wealth, retire with peace of mind and leave a meaningful legacy. Let us help you and your family achieve your financial goals so you can live your best lives — today and tomorrow.



### Need advice or a second opinion?

Let's connect today and make sure your financial future is on the right track.



# THE SELF ASSESSMENT PROGRAM FROM THE *CANADIAN JOURNAL OF ANESTHESIA* - CPD ONLINE

## LATEST CPD MODULE

**Now Available!** Obstructive sleep apnea in adult ambulatory anesthesia: navigating guidelines and evidence for safe home discharge

## ALSO AVAILABLE:

- Postdural puncture headache in obstetrics - **July 2025**
- Perioperative anaphylaxis: an update on pathophysiology, diagnosis, and management - **March 2025**
- An updated approach to ambulatory pediatric adenotonsillectomy - **November 2024**
- Ambulatory total hip and knee arthroplasty: a literature review and perioperative considerations - **February 2024**
- Equity, Diversity and Inclusion in Anesthesiology: a Primer - **May 2023**

## How to Access the Modules:

Instructions can be found on the Canadian Anesthesiologists' Society website at: [www.cas.ca/cpd-online](http://www.cas.ca/cpd-online)

All modules are an Accredited Self-Assessment Program (Section 3) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the Canadian Anesthesiologists' Society.

Successful completion of a module entitles readers to claim up to four hours (credits are automatically calculated), for a total of 12 maintenance of certification credits.



**CANADIAN  
ANESTHESIOLOGISTS'  
SOCIETY**

**Anesthesia News is published by the Canadian Anesthesiologists' Society (CAS).**

CAS welcomes comments and suggestions from readers.

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