

CAS

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CANADIAN ANESTHESIOLOGISTS' SOCIETY

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JOINT MESSAGE FROM



THE CANADIAN ANESTHESIOLOGISTS' SOCIETY PRESIDENT AND CEO



Dr Giuseppe Fuda,
CAS President



Vanessa Foran,
CAS Chief Executive Officer

As 2025 comes to an end, we reflect with deep pride and gratitude on what has truly been an exceptional year for the Canadian Anesthesiologists' Society (CAS). This has been a year marked by meaningful progress, renewed momentum, and a shared commitment to advancing our specialty made possible by the passion and dedication of our members, volunteers, and staff.

To everyone who contributes to the CAS community, thank you. Our Sections and Committees continue to thrive because of the incredible time, expertise, and enthusiasm you bring. We are equally grateful to our Board of Directors for their leadership and vision. To those completing their terms, we extend our sincere appreciation for your service. To the new members joining us as we embark on the next chapter in 2026, we offer a warm welcome as we begin an exciting next chapter together.

This year saw the launch of our new Strategic Plan, charting an ambitious path for the next five years. Grounded in our mission to advance anesthesia in Canada, the plan will guide our efforts across advocacy, education, and research. We invite you to [explore the full plan](#) on the CAS website and see how it will shape our future.

Education at CAS reached new heights in 2025. This was a record year of learning opportunities, from thought-provoking webinars and innovative CPD modules developed with the *Canadian Journal of Anesthesia*, to the launch of the Ambulatory Round Series in partnership with SAMBA, and the continued success of our Pinnacle Rounds. Each initiative reflects our commitment to supporting lifelong learning and delivering high-quality, practical resources for anesthesiologists at every stage of their careers. Planning is already well underway for our 2026 programming; you can discover the highlights in this issue's [education summary](#).

The 2025 CAS Annual Meeting in St. John's was another standout moment, a vibrant and inspiring gathering that brought our community together in meaningful ways. Our heartfelt thanks go to the Annual Meeting Scientific Program Committee (AMSPC) for their dedication, and to Dr Jason Chui for his outstanding leadership. We are pleased to welcome Dr Virendra Arya as the new AMSPC Chair as we look forward to seeing everyone in [Ottawa in 2026](#).

On the advocacy front, CAS has continued to amplify the voice for anesthesiologists nationwide. From addressing health human resource challenges to advancing safe, high-quality care, our advocacy efforts ensure that your perspectives are represented at every level of decision-making. You can read more about these initiatives in the advocacy update featured in this newsletter – [2025 the year in review](#).

We were also proud to launch a refreshed "[For the Public](#)" section on the CAS website and have initiated a national public awareness campaign to help Canadians better understand the vital role anesthesiologists play in patient care. Our new public section highlights the depth of your expertise—from perioperative medicine and pain management to obstetrics and critical care—showcasing anesthesiologists as leaders in patient safety and innovation. It also underscores the importance of safe, physician-led anesthesia care and the Anesthesia Care Team model as one path towards sustaining high-quality services across the country.

[...continued on page 2](#)

As we celebrate a remarkable year, we are energized by what lies ahead. The **CAS Honour Awards and Research Program** continues to recognize and support excellence in clinical practice, education, and research. We encourage you to nominate inspiring colleagues or consider applying for a grant that could further your own professional journey.

We are pleased to share that abstracts submissions are now open for the 2026 CAS Annual Meeting. We invite you to **submit your work**, share your ideas. Your work could also be recognized through one of our CAS Abstract Best Awards or one of two Competitions, celebrating excellence and innovation in anesthesia. We encourage you to get involved and highlight the remarkable contributions of our community.

Thank you again for being a member of CAS and a vital part of our shared success. Together, we have made meaningful progress in 2025 for CAS and for the specialty. We wish you and your loved ones a safe, joyful, and restorative holiday season.

Warm regards,



Dr Giuseppe Fuda,
CAS President



Vanessa Foran,
CAS CEO

Happy Holidays



and **THANK YOU** for a Wonderful Year from the **CAS National Office Staff**

BOARD OF DIRECTORS

AS OF DECEMBER 2025

EXECUTIVE COMMITTEE

Dr Giuseppe Fuda, President
Dr James Kim, Vice President
Dr Vivian Ip, Secretary
Dr Hilary Grocott, Treasurer
Dr Lucie Filteau, Past President
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Dr Melanie Orvold (Saskatchewan)
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Dr Annika Vrana (British Columbia)

EX-OFFICIO MEMBERS

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

[CLICK HERE TO VIEW ONLINE](#)

ADVOCACY UPDATE - 2025 RECAP AND LOOKING AHEAD TO 2026

2025: Engaging Policy Makers, Elevating the Voice of our Members, and Being Invited to the Table

2025 has been a landmark year for CAS' advocacy efforts, from strengthening our position as the national voice of anesthesiology to being invited to key federal and provincial policy tables, CAS has delivered tangible progress on issues that matter most to our members and contributing directly to improve the safety of Canadian patients. This year was defined by credible, visible, and substantive results, delivered by the unwavering commitment of our leadership team who work tirelessly on behalf of the profession.

Raising the Profile of Anesthesiologists Across Canada

CAS made significant strides to ensure anesthesiologists' expertise and realities were clearly understood by government leaders and health authorities. We increased our presence at policy tables, showcased the essential contributions of our members, and positioned CAS as the go-to national authority for anesthesia-related issues.

Our efforts supported advancements in:

- **Environmental Sustainability**, through the launch of our Position Statement.
- Health Human Resources (HHR), with increased in residency positions and reduced barriers for international trained physicians.
- Drug access and safety, through close collaboration with Health Canada.
- National understanding of the anesthesiologist shortage, via direct input into CIHI's workforce study.
- Most notably, CAS was called on several times to provide expertise at policy tables, and for the first time, **invited to provide expert testimony** to the House of Commons Standing Committee on Health (HESA), on the impact of immigration policy and barriers to integrating internationally trained professionals in our healthcare system.



CAS President, Dr Giuseppe Fuda, provides testimony to House of Commons Standing Committee on Health (HESA) for their study on the impact of immigration policy and barriers to integrating internationally trained professionals.

Strategic Government Engagement with Policy Makers in 2025

Provincial Meetings:

- New Brunswick – Dr John Dornan, Minister of Health
- Saskatchewan – Jeremy Cockrill, Minister of Health
- BCAS/CAS – Joint Meeting with Josie Osborne, Minister of Health
- Nova Scotia – Staff - Nova Scotia Health and Wellness
- Saskatchewan – Consultation requested by Executive Director, Health Human Resources on Pathways to Anesthesia Assistants
- Ontario – Assistant Deputy Minister, Environment + Staff, Climate Change

Federal Meetings:

- Environmental and Climate Change Canada
- Joint Meeting – Environment and Health Ministry Staff
- Environmental Champion – Eric St. Pierre – new Montreal MP
- CAS provides testimony to the Parliamentary Committee on Health (HESA) for their study on the impact of immigration policy and barriers to integrating internationally trained professionals
- Health Canada, Director General, Human Health Resources Taskforce

Delivering value through Strategic Initiatives

Building on our connections with politicians, political staffers and senior civil servants, CAS continued to provide health and safety bulletins on medications working with Health Canada, and led several key initiatives including:

- Providing input into **Canada's Critical Vulnerable Drug List**
- Endorsing **WFSA Declaration of Patient Rights to Labour Analgesia**
- Creating a "For the Public" section on the **CAS website** and launching a Public Awareness Campaign, through strong support from the **Public Affairs Committee**
- The establishment of **CAS' Anesthesia Taskforce** to address fundamental issues in anesthesia care and delivery

Looking ahead to 2026

As CAS heads into 2026, we will continue to build on our connections throughout the coming year. We plan to take full advantage of the Annual Meeting being held in Ottawa in June by hosting an in-person event for MPs and participating in targeted meetings for our leadership while in the capital. We will also hold a session at the Annual Meeting on the progress made with CAS' new Strategic Plan, with a spotlight on our advocacy work to date.

CAS remains committed to advocating for safe and sustainable anesthesia care, elevating the profession, and ensuring members receive meaningful value. Thank you for your continued support – your membership truly matters.

WHO ARE ANESTHESIOLOGISTS? – CAS' PUBLIC AWARENESS CAMPAIGN

CAS recognizes that deepening our engagement with the public is critical to fulfilling our mission. Almost everyone who goes into surgery is likely to feel some level of anxiety. We feel strongly that driving awareness of everything anesthesiologists do to keep patients safe and comfortable, and dispelling common anesthesia misconceptions, will reassure more patients and their loved ones, as they prepare for an operation.

Many Canadians lack a clear understanding, not only of how essential anesthesia care providers are to every area of acute healthcare, but also the impact of anesthesiologist shortages on surgical care accessibility across the country. We are confident that increasing awareness of health human resource (HHR) issues surrounding the profession will strengthen public support for safe, proven, physician-led solutions to these challenges.















Last year, we began developing a **new section of our website** dedicated to public awareness. We drew inspiration from patient-facing webpages created by CAS' common interest groups to build a content framework, which was approved by our Public Affairs Committee (PAC).

The structure was divided into five webpages that deal with the following topics:

- Anesthesiologists' and Anesthesia Assistants' roles and responsibilities, training, workplaces, and professional challenges
- Understanding different types of anesthesia (general, IV sedation, regional, and local)
- Common and rare anesthesia side effects and risks, and anesthesia FAQs
- What to expect before, during, and after surgery
- Get involved – donate to our foundations or tell us how an anesthesiologist helped you

Our national office and PAC worked together closely to ensure the content was accurate, balanced, and prioritized the most important information for patients and their loved ones. The web section is **now live**, and we encourage you to read through it.

Common Side Effects (Example Graphic)

Side Effect	Duration	Frequency (out of every 100 patients)
 Shivering	20-30 mins	 15 patients
 Nausea (feeling sick)	1-24 hrs	 15 patients
 Sore throat	24-48 hrs	 20-40 patients
 Bruising or pain (injection site)	2-3 days	 10 patients
 Minor lip or tongue injury	2-3 days	 1-5 patients
 Chest infection	Days or weeks	 2-20 patients
 Confusion or delirium	Days, weeks, or months	 10-50 patients

What's Next?

The new **Get Involved** page includes a contact form for patients to share stories about an anesthesiologist who provided them with excellent care. We encourage you to refer any patients who may be interested in participating. We are also working towards adding a "Meet an Anesthesiologist" page to the new web section. These interviews will ask CAS volunteers and members to discuss what being an anesthesiologist means to them and what they hope for the future of the specialty. If you're interested in participating, please contact us at anesthesia@cas.ca.

GET INVOLVED

2026 MEMBERSHIP RENEWAL – BE PART OF A SUPPORTIVE PROFESSIONAL COMMUNITY

As 2025 draws to a close, if you haven't already, please be sure to take two minutes to renew your membership to prevent it from expiring on **January 1, 2026**. When Annual Meeting registration opens early next year, your membership will make you eligible for the best possible rate, in addition to a wide selection of other substantial rewards. All year, the CAS, with the support of our extraordinary volunteer leaders, facilitates programs and resources that benefit our members and national anesthesia community—and are directly supported by your annual dues.

NEW HERE?

Have you checked out
the additional benefits of
being a CAS member?



We look forward to another remarkable year with you as part of the CAS community. Please reach out to membership@cas.ca with any questions about our **member benefits program** or requests to change to your **membership type**.

Congratulations to the winners of our *Early Membership Registration Draw*: Dr Sherif Eskandar, who claimed the free 2026 Annual Meeting pass, and Dr Anahi Perlas-Fontana and Dr Vanessa Wong, who will each receive a pair of free tickets for the CAS Soirée.



CAS MEMBERSHIP BENEFITS

OUR MISSION: Serving members and advancing the specialty through leadership, advocacy, education, and research.



[Renew now](#)



HIGHLY FLEXIBLE, ACCESSIBLE CME. Meet Royal College requirements on your schedule through live and self-paced CME led by Canadian anesthesiology experts. **95%** of activities (outside of the Annual Meeting) are free for members.



PREMIUM ANNUAL MEETING EXPERIENCE. Save roughly **50%** on conference registration. In 2025, **15 hours** of Section 1 and **53.25 hours** of Section 3 CME credits were available to claim—two free session recordings were given to all members.



ADVOCACY ON YOUR BEHALF. Through member input, we advocate to reduce HHR shortages, promote the Anesthesia Care Team model, and more. CAS also shares urgent, relevant drug and equipment safety bulletins to keep you informed.



FIRST-RATE RESEARCH SUPPORT. Keep pace with the latest anesthesia innovations through your free *Canadian Journal of Anesthesia* subscription. CAS partners with CARF to annually offer members \$200,000+ in research funding across **12** grants.



LEAD YOUR COMMUNITY. Join a CAS Section or Committee to form valuable connections and be part of the national voice for anesthesia. Members are eligible to win one of **eight** Honour Awards given to deserving nominees each year.



EXCLUSIVE SAVINGS. Our Perkopolis program offer members **5,000+** premium product and service discounts. CAS works with partners to provide you with exclusive discounts on insurance services and select international society meetings.



CAS exists for and because of our members. Your dues directly support:

- Free, accredited education
- CAS Annual Meeting
- *Canadian Journal of Anesthesia*
- Specialty-specific advocacy work
- CAS Research Program—which includes Section-specific grants.
- Free or discounted membership for residents & retirees

2,500+
Total Members

200+
Volunteer Leaders

28
Sections & Committees

MEMBER NEEDS ASSESSMENT RESULTS

Thank you for telling us what you need! It is our honour to serve you

The latest CAS needs assessment survey results

In the Fall of 2024, the Canadian Anesthesiologists' Society performed its bi-annual Membership Experience Survey, to gain insight into our member's professional and educational needs and learn how we can serve them better.

We are grateful for everyone who took the time to respond and share their thoughts with our team. While we acknowledge that not everyone's voice was included, we had the highest response rate of the last decade (11%) and gathered valuable information to guide our member services.

Please see a summary of what we've learned, the ways we've responded to your needs and how we've integrated them in future plans.



CAS Member Benefits

In your opinion, the most valued benefits of CAS membership are:

- Opportunities to gain Continuing Medical Education (CME) credits
- *Canadian Journal of Anesthesia*
- *Guidelines to the Practice of Anesthesia*
- Advocacy for anesthesia professionals



Continue CME Offerings

In 2025, we continued the Pinnacle Rounds series in partnership with the Association of Canadian Departments of Anesthesia (ACUDA) and launched a new rounds series in collaboration with the Society for Ambulatory Anesthesia. In addition, we partnered with the European Society of Regional Anaesthesia & Pain Therapy (ESRA) for the second year to mark the International Regional Anesthesia Day. We aim to continue expanding our partnerships to bring you the best, evidence-based, learning opportunities.

For the first time since 2018, we have returned to a regular quarterly CPD modules calendar and have piloted hosting complementary webinars offering you the opportunity to interact with the module authors.

In response to the growing demand for more Section 3 MOC opportunities and clinically focused, practical education, we have introduced the CAS Expert Insights Program at the conference, designed especially with community anesthesiologists in mind, tackling real-world scenarios and complex challenges they face daily.

Access to Savings/Discounts

Access to savings/discounts (on travel, retail etc.) are a benefit members felt was missing. In response to this in September 2025 we launched the Perkopolis program (a suite of various discounts) for all our members, accessible [here](#). We encourage you to register.

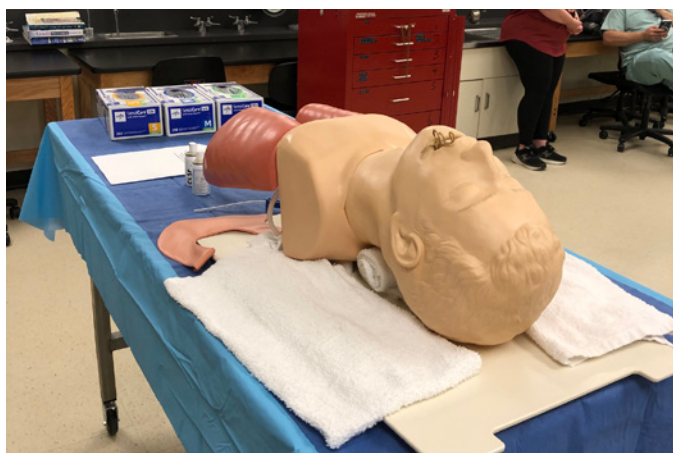
Education is always exclusive to CAS members or members receive preferred pricing.

Advocacy

We have continued advocacy efforts, addressing workforce and Health Human Resources (HHR) issues are of particular interest to CAS members. You can find information on our advocacy efforts [here](#).

In 2025, we have implemented a public awareness campaign about the value of anesthesiologists with a dedicated "For The Public" webpage. This campaign will be expanded in 2026.

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Resident Outreach

Resident inclusion and outreach was also important to members. This year, the CAS conference has featured a weekend-long program dedicated to anesthesia residents, designed to help them navigate and succeed in their professional journey, while connecting with peers from across the country. The program included:

- Ace it! A Prep Course for the Royal College Exam
- 2025 Resident Simulation (SIM) Olympics
- 2025 Residents' Oral Competition
- Residents' Panel: Oh The Places You'll Go: A Panel on Unique Fellowship Opportunities

The Residents Section Executive has a team of 12 volunteers from throughout the country who plan resident programming and are the resident voice within the Society.



CAS Education Offer

According to the survey results, the most popular in-person educational formats among our members are conferences, seminars and meetings, while the most popular virtual educational formats are self-assessment programs (online modules) and live webinars/rounds.

Our education calendar has been abundant this year, with 21 webinars, rounds and online modules in addition to a successful conference in St. John's, Newfoundland.

Members understand it is difficult to accommodate multiple time zones, but there is a consensus that daytime hours during the week or working hours are inconvenient, as are Fridays, Saturdays, Sundays. In response, our live education sessions are scheduled on Wednesday and Thursday evenings. We are also providing access to recordings in the member portal for everyone who is unable to join the live session.

The topics you are most interested in are:

- Leadership, Professionalism, Wellness
- Perioperative medicine and perioperative anesthesia
- Fundamentals of anesthesia (Physiology, Pharmacology, Equipment)
- Recent advances and current topics in anesthesia

Additional themes include utilizing artificial intelligence, health human resources, concerns over environmental sustainability and ensuring patient safety.

Our scientific planning committees have taken your needs into consideration, planning Annual Meeting sessions, webinars and resources to address the topics that interest you most. Here are select examples:

- Our conference keynote session with Olympian Brad Gushue – "The Roadmap to Success" and the webinar "The Political Physician: A Conversation with the Honourable Flordeliz (Gigi) Osler" addressed the topics of leadership and professionalism
- The webinar, "Anesthesiology, Social Determinants of Health, and Perioperative Health Outcomes" and CPD Module "CPD Module - Perioperative Anaphylaxis: An update on pathophysiology, diagnosis, and management" addressed perioperative medicine
- At the conference "The John Wade Symposium: Quality Improvement and Patient Safety in AI" addressed new topics in anesthesia

We remain open to your insight and would love to hear from you outside of the survey cycle. Please email us with your suggestions at anesthesia@cas.ca and make your voice heard.



Congratulations to Dr Conor McDonnell

Congratulations to Dr Conor McDonnell on the release of his new poetry collection, **What We Know So Far Is ...**, published on October 7, 2025. Dr McDonnell, a CAS member, poet, and physician at The Hospital for Sick Children in Toronto, explores the complexities of our times in this powerful long poem, touching on themes such as the opioid crisis and medication safety.

Dr McDonnell is also an Associate Professor at the University of Toronto, focusing on pediatric hospital safety, medication errors, and opioid stewardship. He serves as Vice-President of the Canadian Pediatric Anesthesiology Society and is Editor-in-Chief of Case Repertory, an online platform promoting narrative-based case histories in healthcare.

[Read the full article](#)[Video Interview at CP24](#)

Congratulations to Dr Tumul Chowdhury

Congratulations to Dr Tumul Chowdhury, who has been promoted to Vice president for Education and Scientific Affairs for the Society of Neuroanesthesia and Critical Care (SNACC). This leadership role directs and oversees the SNACC's scientific & educational programs. Dr Chowdhury recently a successful term as Chair of the CAS Neuroanesthesia Section.



Congratulations to Dr Justyna Bartoszko

Congratulations to Dr Justyna Bartoszko, a member of the Canadian Anesthesiologists' Society, on her appointment as the John Alchin and Hal Marryatt Early Career Professor in Anesthesiology and Pain Medicine at the University of Toronto, effective January 1, 2026.

This prestigious appointment recognizes her outstanding work in blood and blood product management and innovative treatments for bleeding and coagulopathy in the perioperative setting.

[Read more](#)



IN MEMORIAM – DR JOHN WADE (1934 - 2025)

It is with deep sadness that we share the passing of Dr John Wade—a true giant of Canada’s anesthesiology community and a cherished member of the CAS family. He will be remembered for his legacy defined by vision, leadership, and compassion, as well as his unwavering belief in the power of collaboration to improve patient care.

A pioneer in medical education, he played a central role in shaping the CanMEDS framework—which guides the training of physicians across Canada and worldwide to this day. A tireless advocate for safer systems of care, he transformed the way patient care is delivered in Canada as Chair of the Steering Committee for Canadian Patient Safety, and later, the founding Chair of the Canadian Patient Safety Institute.

A true champion of the profession, Dr Wade held many leadership positions, including Deputy Minister of Health for Manitoba, Chair of Anesthesia for the University of Manitoba, and Dean of the Max Rady College of Medicine. In 2019, His dedication was recognized nationally when he was appointed a Member of the Order of Canada.

Dr Wade’s influence is woven into the very fabric of CAS and into the daily practice of countless anesthesiologists and healthcare providers who strive to provide safe, compassionate care.

On behalf of everyone at CAS, we extend our heartfelt condolences to his wife Marilyn Wade, as well as his family, colleagues, and many friends whose lives he touched. We are deeply grateful for his extraordinary contributions, and for his examples of leadership, mentorship, and kindness, which will continue to inspire our community for years to come.

HONOURING DR JOHN WADE’S LEGACY THROUGH INNOVATION IN PATIENT SAFETY

Each year, the John Wade Patient Safety Symposium at the CAS Annual Meeting reflects Dr John Wade’s lifelong dedication to advancing quality and safety in anesthesiology. This year’s session in St. John’s, “Quality Improvement and Patient Safety in AI,” carried that vision forward, exploring how artificial intelligence is transforming healthcare.

AI IN QI: SMART CARE, FAIR CARE, AND THE FUTURE OF ANESTHESIOLOGY

REFLECTIONS FROM THE 2025 JOHN WADE SYMPOSIUM

Drs. Arnaud Mbajeu and Maha Al Mandhari – CAS Quality and Safety Committee



Artificial intelligence no longer remains just an abstract promise — it's transforming the way anesthesiologists monitor, decide, and lead. At the 2025 John Wade Symposium, moderated by Dr Conor Mc Donnell, AI in QI encouraged us to look beyond the hype and explore deeper questions: How can technology enhance judgment without diminishing our humanity? How can we ensure that innovation advances equity, not just efficiency? Three significant talks by Drs. Pascal Laferrière-Langlois, Arnaud Mbajeu, and Abi Sriharan highlighted what this transformation could mean for the future of our specialty. They collectively presented anesthesiology as the moral and methodological compass guiding AI in healthcare.

From Prediction to Prevention

Dr Pascal Laferrière-Langlois (Université de Montréal) invited us to see anesthesiology as the field most naturally linked with AI's potential. Predictive systems like the Hypotension Prediction Index and ChartWatch Early Warning System are already changing perioperative vigilance and reducing harm. However, data alone cannot guarantee quality. Algorithms that work well in one hospital may perform poorly in another. Gaps in data quality, hidden biases, and poor integration can turn potential into noise. Laferrière-Langlois emphasized that true success depends on clinical leadership: the ability of anesthesiologists to guide, test, and interpret AI with the same thoroughness we apply to patient safety. Progress in quality improvement will rely less on complex code and more on the wisdom of those who use it.

Equity as the New Dimension of Quality

Dr Arnaud Mbajeu (Ottawa Hospital / University of Ottawa) shifted the focus of the discussion to fairness. He pointed out

that every innovation has the potential to deepen existing inequalities. His example of a rural, bilingual adult whose surgery was cancelled due to a misunderstanding of English-only instructions showed how communication inequalities still endanger safety. AI can either enlarge or help bridge those gaps. Predictive models often underperform with marginalized groups, but large language models and virtual platforms can enhance access if designed with inclusion in mind. Literacy-friendly consent materials, multilingual patient education, and remote preoperative support are not distant dreams—they are moral imperatives. Mbajeu's message was clear: integrate an equity perspective into everyday practice. Whenever we develop a workflow, design a dashboard, or initiate a QI project, we must consider whether it benefits all patients equitably. Equity, he stressed, is not merely a checkbox—it forms the foundation for genuine progress.

Governing Intelligence, Safeguarding Trust

Dr Abi Sriharan (University of Toronto / Schulich School of Business) encouraged us to apply the same discipline used in medication safety to the field of machine intelligence. AI, she explained, is not magic—it's a system of human choices embedded in data. Without proper governance, these choices can lead to misinformation, reduced accountability, and a loss of trust. The SAFE-AI framework—focusing on Safety, Accountability, Fairness, and Explainability—provides a structure for responsible implementation. She argued that governance should become as routine as chart checks or morbidity reviews. By embedding accountability into our AI systems, we protect both our patients and the integrity of our profession.

A Call to Leadership

Across all three talks, the message was clear: anesthesiologists are not passive recipients of AI; we are its stewards. We must define what safe, fair, and human-centred innovation means. The next frontier of quality improvement won't be dictated solely by code — it will be shaped by clinical judgment, ethical reflection, and a shared commitment to equity. AI can predict risk, but only clinicians can determine what safety truly means. Competent care must be equitable care, and our profession's conscience remains the true algorithm for trust.



REMEMBERING DR EARL WYNANDS (1929–2025)

The Canadian Anesthesiologists' Society (CAS) is deeply saddened to announce the passing of **Dr Earl Wynands** on November 14th, 2025. A trailblazing anesthesiologist, as well as a beloved colleague and friend, Dr Wynands' work led to numerous significant anesthesia advancements, which have enabled safer, more comfortable care for patients in Canada and worldwide.

Born in Montreal in 1929, Dr Wynands completed his MD at McGill in 1954 and continued his residency at the university under Dr Harold Griffith—professor and chief of the anesthesia department and CAS' founding President. Dr Wynands was instrumental in establishing anesthesiology for cardiac surgery at both McGill and the Royal Victoria Hospital in Montreal.

His research on cardiac anesthesia led to an extensive list of publications, including his seminal scientific paper: "Coronary artery disease and anaesthesia." In 1988, he relocated to Ottawa and became Anesthesia Department Chair at the University of Ottawa and Chief of Anaesthesia at the U of O Heart Institute and Civic Hospital. He is also credited with establishing the University of Ottawa Patient Care Simulation Centre, which he considered his greatest professional achievement.

In addition to serving as CAS' President from 1974 to 1975, he was a founding member of the Association of Cardiac Anesthesiologists. He was also President of the Society of Cardiovascular Anesthesiologists (SCA) from 1989 to 1991 and received the SCA Distinguished Service Award.

Despite challenges posed by his vision loss due to macular degeneration, Dr Wynands succeeded at moving anesthesia care forward throughout his 40-year career while advocating for accessibility resources for physicians with disabilities. Among his many recognitions, he received the Order of Canada, the CAS Gold Medal Award, and the Harold R. Griffith Medal from the World Congress of Anesthesiologists.

Our deepest condolences go out to all of Dr Wynand's loved ones. To honour him, CAS' Cardiovascular and Thoracic (CVT) Section will be donating to the J. Earl Wynands Associate Chair in Cardiac Anesthesia Research, through the University of Ottawa Heart Institute Foundation.

As we celebrate the life of this remarkable physician, husband, father, and friend, we encourage you to read the **CAS Archives and Artifacts Committee's Presidential Interview with Dr Wynands** and learn more about his countless contributions to the specialty.

[READ THE INTERVIEW TRANSCRIPT HERE](#)



Dr Earl Wynands (center) at the 2018 CAS Annual Meeting in Montreal.

2025: A YEAR OF GROWTH AND ENGAGEMENT IN CAS EDUCATION

This year, CAS expanded access to high-quality education, strengthening collaborations, and engaging members across Canada and beyond. From new partnerships to our signature Pinnacle Rounds and a record-setting Annual Meeting, this year's programming reflected CAS' commitment to advancing excellence in anesthesiology.

A Year of Learning Highlights

CAS Webinars

- 2nd World Day of Regional Anesthesia and Acute Pain Medicine Webinar (Jan 25) – Celebrating global collaboration under the theme “Joining Hands for a Pain-Free Future Worldwide.”
- Neuroanesthesia National Webinar – What’s New in Neuroanesthesia (Feb 13) – Exploring sedation vs. general anesthesia for EVT and the evolving use of propofol.
- The Political Physician: A Conversation with the Honourable Gigi Osler (Mar 19) – Discussing physician advocacy and leadership in healthcare policy.
- Making TIVA-TCI Simple and Fun: One Model to Rule Them All (Apr 16)
- CAS Earth Day Webinar – Our Power, Our Planet (Apr 22)
- CAS World Anesthesia Day Webinar (Oct 16) - Celebrating incredible contributions of anesthesiologists worldwide

CAS Pinnacle Rounds: Celebrating National Anesthesia Education

- Anesthesiology, Social Determinants of Health, and Perioperative Health Outcomes (Feb 5)
- In-Flight Medical Emergencies: Challenges at 40,000 ft (Apr 2)
- Where the Rubber Meets the Road: Stroke Ambulance, Stroke Care, and the Anesthesiologist (Sept 3)
- Perioperative Management of the Patient with Liver Disease (Nov 5)

CAS–SAMBA Ambulatory Anesthesia Collaborative Rounds (Developed with the Society for Ambulatory Anesthesia)

- Pediatric Tonsillectomy and Adenoidectomy Guidelines (Jan 29)
- Diabetic Management in Ambulatory Surgical Patients (Mar 12)
- Preoperative Evaluation and Criteria for Ambulatory Surgery (Oct 1)
- Sleep-Disordered Breathing and Ambulatory Surgery: A collaborative round with CAS, SAMBA, and the Society for Anesthesia and Sleep Medicine (SASM) - (Dec 3)

Special CPD Events

- Perioperative Anaphylaxis – Is This Really Happening? (May 14)
→ Linked to CAS' CPD Module: *Perioperative Anaphylaxis – An Update on Pathophysiology, Diagnosis, and Management* (free for members).
- Webinar: Postdural Puncture Headache (PDPH) in Obstetrics (Nov 26)
→ Linked to CAS' CPD Module: *Postdural Puncture Headache (PDPH) in Obstetrics* (free for members).



CANADIAN
ANESTHESIOLOGISTS'
SOCIETY

SEE RECORDINGS ON THE MEMBER PORTAL

...continued on page 13

Expanding Member Learning: 2025 CPD Modules

CAS released three new Continuing Professional Development (CPD) Modules in 2025 — developed through the *Canadian Journal of Anesthesia* and available to members at no cost. These modules offer high-value, self-directed learning accredited for Royal College MOC credits, further enhancing access to flexible education.

- Perioperative Anaphylaxis: An Update on Pathophysiology, Diagnosis, and Management (March 2025)

Provides a comprehensive overview of anaphylaxis during the perioperative period — bridging immunologic principles with practical management strategies for anesthesiologists.

- Postdural Puncture Headache in Obstetrics (July 2025)

Explores best practices in prevention, diagnosis, and management of postdural puncture headache, with a focus on evolving evidence and multidisciplinary care approaches.

- Obstructive Sleep Apnea in Adult Ambulatory Anesthesia: Navigating Guidelines and Evidence for Safe Home Discharge (October 2025)

Offers practical guidance for the safe perioperative management of patients with OSA in the ambulatory setting, including discharge considerations and emerging evidence.

[ACCESS MODULES HERE](#)

A Milestone Annual Meeting

From June 20–22, 2025, CAS welcomed delegates to St. John's, Newfoundland, for an inspiring Annual Meeting that blended science, skills, and community.

Key program features included:

- **CAS Expert Insights** – new clinically focused sessions offering Section 3 credits
- Hands-on **POCUS** and Skills Workshops
- **"Ace It!"** – A Prep Course for the Royal College Exam (resident-focused)
- 5th Annual **Resident Simulation Olympics**
- Scientific and Poster Sessions, Research Competitions, and PBLDs
- CASIEF and CJA **Symposia** highlighting global health and research innovation
- **Keynote:** Brad Gushue – "The Roadmap to Success"

BY THE NUMBERS: 2025 EDUCATION OUTPUT

CAS members benefited from one of the Society's most productive education years yet:

15+ live webinars and rounds held across national and subspecialty topics

1 major national conference — the CAS Annual Meeting in St. John's

CAS Annual Meeting introduced **5** Section **3** credit opportunities through the new CAS Expert Insights, as well as dedicated resident and early-career programming (Ace It! Exam prep course)

3 new CPD Modules

2 national education series (Pinnacle Rounds and SAMBA Rounds)



Looking Ahead to 2026

The momentum continues into 2026 with an expanded education calendar and a major milestone event — the **2026 CAS Annual Meeting**, taking place **June 5–7 in Ottawa**. Members can look forward to:

- Continued **Pinnacle Rounds** and **SAMBA Collaborative Rounds**
- New **CPD modules** and **hybrid-access webinars**
- Enhanced **resident and early-career programming**
- A **diverse scientific program** shaped by member submissions through the Call for Content



CANADIAN ANESTHESIOLOGISTS' SOCIETY
SOCIÉTÉ CANADIENNE DES ANESTHÉSIOLOGISTES

CAS 2026

ANNUAL MEETING

JUNE 5-7, 2026

Ottawa Ontario

Call for Abstracts

Submission Deadline: Sunday, January 18, 2026

Share your research with colleagues
and enhance the profession of
anesthesia AND your resume.

CAS offers multiple ways for you to get involved in the Annual Meeting.

Take your Annual Meeting experience to the next level—
submit an abstract, share your insights, and connect with
colleagues in friendly competition!

Three reasons to submit an abstract:

- 1 Enhance your resume—accepted abstracts are
published online in the *Canadian Journal of Anesthesia*
- 2 Share your research
- 3 Network with colleagues to boost your knowledge,
make new connections, and strengthen existing ones



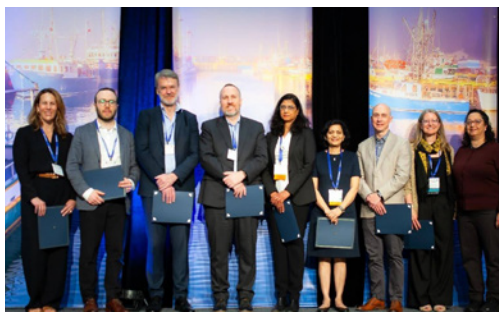
Or Visit
www.cas.ca/CFA
#CASAM2026

Meeting Highlights

- Anesthesia Focused Educational Sessions
- Richard Knill & Residents' Competition
- Problem-Based Learning Discussions (PBLDs)
- Interactive Workshops
- Test-Enhanced Learning Sessions
- Poster Presentations
- Networking Events, including CAS Soirée
- Exhibit Hall

CAS AWARDS SEASON NOW OPEN: RECOGNIZING EXCELLENCE IN ANESTHESIA

CAS is pleased to share that the 2025 Awards Season is open and accepting nominations and applications. This is an opportunity to recognize colleagues and trainees who have made outstanding contributions to research, education, and clinical practice in anesthesiology. Below, you'll find the award categories and nomination details.



CAS Research Award Winners at the 2025 CAS Annual Meeting in St. John's, Newfoundland.

Research Grants

CAS, through the **Canadian Anesthesia Research Foundation (CARF)**, offers various research grants to support innovative projects that advance the field of anesthesia. These grants are designed to foster new knowledge and techniques that enhance patient care and improve outcomes. Notably, in 2025, CARF introduced two new awards, both of which return in 2026:

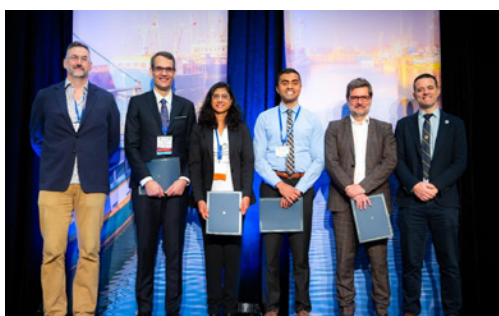
British Columbia Anesthesiologists' Society (BCAS) Pieter Swart Perioperative Research Award: Established to honor the legacy of Dr Pieter Swart and support perioperative research initiatives. The 2025 Winner was Dr Alana Flexman.

Patient Blood Management Award: Supported by a donation from Octapharma Canada Inc., this award aims to promote research in patient blood management practices. The 2025 winner was Dr Teresa Skelton.

For detailed information on eligibility and application procedures, please refer to the [Research Grants page](#).

Application Deadline – January 11, 2026

[CLICK HERE TO APPLY](#)



CAS Honour Award Winners at the 2025 CAS Annual Meeting in St. John's, Newfoundland.

Honour Awards

CAS' Honour Awards recognize individuals who have made significant contributions to the field of anesthesia through leadership, education, and service. These awards celebrate the dedication and excellence of professionals who have advanced the specialty and supported the mission of CAS. Specific categories and criteria for these awards can be found on the [Honour Awards page](#).

Nomination Deadline – January 11, 2026

[CLICK HERE TO APPLY](#)



CAS Medical Student Award Winners at the 2025 CAS Annual Meeting in St. John's, Newfoundland.

Medical Student Prizes

The Medical Student Prizes are designed to encourage and recognize outstanding achievements by medical students in the field of anesthesia. These prizes aim to inspire the next generation of anesthesiologists by acknowledging their academic excellence and contributions to the specialty. Further details on eligibility and application processes are available on the [Medical Student Prizes page](#).

[CLICK HERE TO APPLY](#)

RESEARCH REVIEW – DR CALVIN DIEP



QUANTIFYING THE COSTS OF POSTOPERATIVE COMPLICATIONS ON PATIENTS AND SYSTEMS

Funding Acknowledgement: This work was funded by the 2023 Residents Research Grant awarded by the Canadian Anesthesiologists' Society and [Ontario's Anesthesiologists](#).

BACKGROUND

Working-age adults with chronic conditions often experience progressive disability and reduced work productivity. After undergoing and recovering from surgery to cure such conditions, patients hope for improvements in function and a return to their normal activities, including the ability to return to work. However, postoperative complications can delay, prolong, or even preclude participation in the expected postsurgical recovery trajectory. Previous studies have reported associations between various perioperative factors and financial outcomes after surgery, but these have been limited by small sample sizes and self-reported patient employment status and earnings. Importantly, no prior studies have specifically examined the impact of postoperative complications on the patient-centred outcomes of employment and income after surgery.

OBJECTIVES

We sought to quantify the impact of postoperative complications on objective measures of patient employment and earnings after surgery. To do so, we conducted a population-based, propensity score-matched retrospective cohort study with data from the *Canadian Hospitalization and Taxation Database*, which links hospital discharge data with reported income tax data at the individual level. We decided to begin our investigation focused on adults undergoing elective primary hip or knee replacement surgery. These analyses were published in the *Canadian Journal of Anesthesia* earlier this year.

RESULTS AND SIGNIFICANCE

Among adults aged 30–63 years, those who experienced adverse medical/surgical events, unexpected postoperative admission to an intensive care unit, or rehospitalization in the 30 days after a primary hip or knee replacement had lower employment (-2.2 percentage points) and lower improvements in annual income (-\$1,800 CAD) in the years after surgery compared with matched counterparts. These associations were consistent across sensitivity analyses and more pronounced in subgroups of younger, male, rural, and unmarried patients.

Beyond the negative economic effects on patients, this study also highlights the broader societal impact of postoperative complications. With a 6.3% complication rate across tens of thousands of hip or knee replacements in Canada every year, the result is millions of dollars in annual societal losses related to reduced workforce productivity and lost taxation revenue alone, without even considering the immediate healthcare costs of managing postoperative complications as they arise, nor their impact in all other surgical populations.

Further investigation about the economic effects of perioperative care can potentially guide future health policy while supporting investments towards bolstering perioperative clinical programs and perioperative outcomes research across Canada. Our study also highlights the *Canadian Hospitalization and Taxation Database* as a valuable but currently underused tool to support policy-relevant clinical research.



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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!

WWW.CAS.CA/MEMBERSHIP



For membership-related inquiries, please contact membership@cas.ca

CANADIAN ANESTHESIOLOGISTS' SOCIETY INTERNATIONAL EDUCATION FOUNDATION (CASIEF) FALL 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 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 promote safe anesthesia for all. Please consider providing your expertise and [donations](#) to support our very worthy cause.

It has been a very busy fall with much to share with our CASIEF and international colleagues. From our partner countries in Ethiopia and Rwanda to a new CASIEF-VAST educational grant awarded in Peru, we have a lot to celebrate!



DONATE

HARAMAYA UNIVERSITY – QUEEN'S UNIVERSITY – CASIEF PARTNERSHIP UPDATE

Until 2019, the city of Harar in eastern Ethiopia, which serves a referral population of 5 million people, had no specialist anesthesiologists. CASIEF's partnership with Queen's University and Haramaya University in Harar, eastern Ethiopia, has been making steady progress in helping develop their residency program to train specialist anesthesiologists. We are currently on the sixth trip to Harar by Queen's faculty members. CASIEF has sponsored a Vital Anesthesia Simulation Training (VAST) course in Harar and has sent global health fellows here to work with the residents.

For the current trip in October 2025, we purchased several Laerdal mannequins and accessories to bring with us (fun bringing all that through Customs!). We set up a Simulation Lab and have been running sessions for the residents. We also shipped six Lifebox capnograph/oximeter units here, as there were no

capnographs in either of the hospitals, and did a workshop on Capnography. We have supplied dozens of cheap 3-D printed video laryngoscopes made by a colleague at Queen's. We brought a ScanNav unit and adapted it to a previously donated Sonosite ultrasound machine: this provides AI-based teaching for regional anesthesia. We also did a series of lectures on research/critical appraisal, and will be doing more simulation sessions as well as focus echo training and a Journal Club. We are also helping residents and staff with research projects. The residents here are extremely bright and knowledgeable, sometimes surprising how much knowledge even the first-year residents have. Simulation will be a huge help in putting all that book knowledge into clinical acumen. Their ultrasound/regional skills are improving, and they have benefited a lot from the teaching they received in past visits from

...continued on page 19

Queen's faculty and residents. The residents are very keen to learn, although being on call 24 days a month limits study time!

On the other hand, the challenging work conditions and low salary for anesthesiologists result in poor uptake in applications to the residency program (there are only 3 R1 residents this year in anesthesiology!) With the heavy clinical workload and to work at both the public and private hospitals to obtain a reasonable salary, there is limited time for residency teaching.

There is no progress on the huge hospital that was built shortly before I started coming here in 2018/19. Mostly a massive empty shell, ORs and ICUs are still in the old run-down buildings with black mould on the OR walls and ceiling. I'm not sure the new 1,000 bed hospital has any beds at all! Lots of crazy cases we never see at home- a lot of advanced sepsis and OB complications, trauma from accidents and violence, and of course, the regular hyena attacks.

The city itself is slowly developing, a lot of money being put into infrastructure improvement, and the old city is really beautiful and fun to walk around. There has been a huge step forward in telecoms in Ethiopia- no longer one monopolistic government telecom, and cheap fast reliable internet available- this will help the country communicate and make virtual teaching way less frustrating than it has been in the past.

And the coffee is still the best anywhere!

The Haramaya partnership is an example of how Canadian anesthesiologists can make a huge difference in developing the anesthesiology workforce in countries that have limited resources to train physicians and provide safe perioperative care.



Dr Joel Parlow
Past Chair, CASIEF



Image of the new yet unused hospital in Harar, Ethiopia



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



ScanNav unit adapted for use with Sonosite ultrasound machine



Simulation session with Queen's University and Haramaya University residents in new lab with mannequins donated by the Queen's program

RWANDA SOCIETY OF ANESTHESIA AND CRITICAL CARE – CASIEF MARBURG VIRUS RELIEF FUND

2024 saw the outbreak of Marburg Virus Disease (MVD) in Rwanda that deeply affected our friends, colleagues and collaborators who lost loved ones, had to isolate from their families, and worked tirelessly and often in isolation, experiencing trauma and burnout while caring for and saving the many people affected. In response to this devastating virus, CASIEF donated funds to the Rwanda Society of Anesthesia and Critical Care (RSACC) to support health worker well-being initiatives for those impacted by the outbreak.

Rwanda has a limited healthcare workforce, and in 2023 the Ministry of Health (MOH) launched the 4x4 Reform to increase health worker density and improve medical care across the country; the goal to increase the workforce fourfold in four years. Thus, the RSACC, considering the needs and objectives set out by the MOH, utilized the raised funds to support the theme to **honour the staff and patients lost to the MVD while strengthening capacity in the anesthesia, critical care, and nursing workforces**. Funds were directed toward activities that combined education, commemoration, and RSACC visibility, ensuring both symbolic and practical impact. Through this support, CASIEF reinforced its commitment to sustainable global anesthesia education, professional well-being, and post-crisis resilience in Rwanda.

Funds raised by CASIEF supported key activities at the 6th annual RSACC Conference:

- Workforce wellbeing and skill building through conference workshop support (VAST Wellbeing and Evolubloc Regional Anesthesia workshops)
- Multidisciplinary support through contributions to the creation of the *Rwanda Association of Nursing in Critical Care* which will directly support Critical Care nurses and link directly with the African Federation of Critical Care Nurses
- Conference inauguration ceremony that was co-sponsored by surgical services in Rwanda and commemorated the victims lost to the MVD while highlighting progress in capacity building through the NSOAP 2025 (National Surgical, Obstetric, and Anesthesia Plan)

Paulin RUHATO BANGUTI
Chairperson, RSACC



Evolubloc Regional Anesthesia Workshop



Remembering colleagues lost to MVD while building capacity for NSOAP

CASIEF-VAST GRANT AWARDED

CASIEF continues to partner with Vital Anesthesia Simulation Training (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" will fund a VAST program taking place in Peru in December of 2025. The program will be conducted by experienced VAST educators from Guatemala and Venezuela and has collateral input from the Peruvian Society of Anaesthesia, Analgesia and Resuscitation (SPAAR). We look forward to sharing updates after the course takes place and supporting future initiatives to improve anesthesia capacity and training alongside VAST.



Dr Terri Skelton
Chair, CASIEF
terriskelton@casief.ca

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FÉI SCA Donateurs

(January 1 - September 30, 2025)

(1er janvier - 30 septembre 2025)

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OUR MISSION AND TO DONATE



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Canadian Anesthesia Research Foundation
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WINTER UPDATE

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AT CANADA HELPS

The results speak for themselves. Past recipients have:

- Published more than 200 peer-reviewed articles, with many more in press since 2024.
- Secured millions of dollars in additional research funding to advance their work.
- Driven improvements in clinical practice and perioperative outcomes nationwide.
- Led groundbreaking research spanning frailty, patient safety, and translational science.

The 2026 CAS Research Award season is now open, supported by the Canadian Anesthesiologists' Research Foundation (CARF). Following a successful 2025 awards year, we extend our sincere thanks to all members and donors whose generosity continues to advance anesthesiology research in Canada. We invite all members to explore the [available grants](#) and submit their proposals for the coming year.

Award Focus - The Career Scientist Award - 2026

For nearly two decades, the **Career Scientist Award** has been a cornerstone of research excellence in Canadian anesthesiology. Awarded nine times over the past 15 years, it remains the largest and most prestigious grant offered by CARF. The award provides **\$30,000 per year for two years**, matched by institutional support for a total of **\$60,000 annually**—funding that allows clinician-scientists to dedicate time to developing innovative ideas, advancing patient care, and showcasing the remarkable research being led by Canadian anesthesiologists.

CARF is proud to fund this transformative award again in 2026, but our goal is to make it available every year. Achieving that vision requires the ongoing commitment of CAS members and donors who believe in the power of research to drive progress.

Join us in building the next generation of clinician-scientists. When renewing your CAS membership—or anytime throughout the year—consider contributing to the Career Scientist Award Fund. Your support directly fuels innovation, discovery, and the continued advancement of anesthesiology in Canada.



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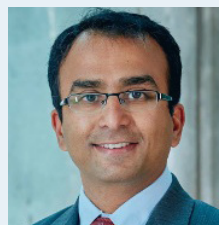
Past CAS Career Scientist Award Winners



2024 — Dr Kazuyoshi Aoyama

Institution / Province: The Hospital for Sick Children, Toronto, ON

Project: Perinatal and fertility outcomes after maternal sepsis, with an EDI perspective



2018 — Dr Harsha Shanthanna

Institution / Province: McMaster University, Hamilton, ON

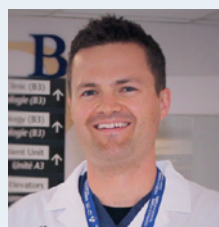
Project: High-quality clinical trials to optimize perioperative analgesia and outcomes



2023 — Dr Karim Ladha

Institution / Province: University of Toronto, Toronto, ON

Project: No Laughing Matter: The Use of Anesthetics to Treat Depression



2017 — Dr Daniel McIsaac

Institution / Province: University of Ottawa, Ottawa, ON

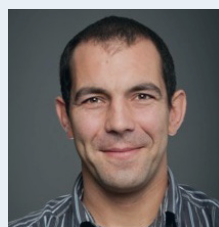
Project: Perioperative Surgical Home model for frail elderly patients



2022 — Dr Manoj Lalu

Institution / Province: Ottawa Hospital Research Institute, Ottawa, ON

Project: Preclinical multilaboratory studies: an approach to improve clinical translation



2015 — Dr Sylvain Boet

Institution / Province: The Ottawa Hospital / University of Ottawa, Ottawa, ON

Project: Enhancing perioperative patient outcomes through education & knowledge translation



2021 — Dr Jessica Spence

Institution / Province: McMaster University, Hamilton, ON

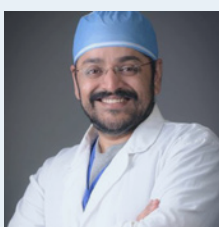
Project: Neurocognitive outcomes of cardiac surgery



2013 — Dr Mrinalini Balki

Institution / Province: Mount Sinai Hospital, Toronto, ON

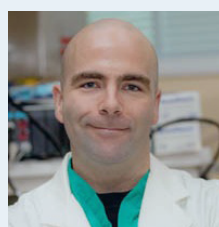
Project: Optimizing myometrial contractility to improve postpartum hemorrhage treatment



2019 — Dr Mandeep Singh

Institution / Province: Women's College Hospital, Toronto, ON

Project: TRANQUiL Study — Sleep health and recovery after non-cardiac surgery



2011 — Dr Ron George

Institution / Province: Dalhousie University, Halifax, NS

Project: Enhancing analgesia and anesthesia for women and high-risk pregnancies

Join the CARF Board: Help Shape the Future of Anesthesia Research

The CARF Board extends its sincere thanks to Dr Roanne Preston for her many years of dedicated service. Dr Preston played a key role in developing the BCAS Fund, which has since been expanded to honour the legacy of Dr Peter Swartz.

With her departure, CARF is seeking a **new Trustee** to join the Board and contribute to advancing anesthesia research in Canada. This is an excellent opportunity to help guide the Foundation's strategic direction and support innovative research initiatives.

The Board recently welcomed two new industry representatives—Brian McWilliams (GE Healthcare) and Sacha Kennedy (Moderna)—who bring valuable insight to CARF's fundraising and partnership efforts.

How to Apply

Interested individuals are invited to submit a **Letter of Intent to Elyse Floyd and Dr Stuart McCluskey** at anesthesia@cas.ca.

CARF also welcomes expressions of interest from members of the public who wish to provide external perspectives and support the Foundation's mission.



Sincerely,

Dr Stuart McCluskey, MD, PhD

Chair, Canadian Anesthesia Research Foundation

Current CARF Board

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CARF Anesthesiologist

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CJA ON THE CUTTING EDGE

New CPD Module and CJA at WAMM

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

The *Canadian Journal of Anesthesia* (CJA) is proud to introduce a new Continuing Professional Development (CPD) module, reflecting our ongoing commitment to advancing education and excellence in anesthesia practice. This module offers clinicians the opportunity to engage with the latest research and best practices, supporting lifelong learning and the highest standards of patient care.

New Module: Obstructive sleep apnea in adult ambulatory anesthesia: navigating guidelines and evidence for safe home discharge

Obstructive sleep apnea is associated with increased rates of perioperative complications and an increased risk of morbidity and mortality. Perioperative management guidelines and recommendations have been developed for patients with OSA, but higher-quality evidence-based guidance is needed. The framework presented in this Continuing Professional Development module is a practical guide to the daily dilemma practitioners face in safely managing patients with OSA undergoing ambulatory anesthesia.



Canadian Journal of Anesthesia
Journal canadien d'anesthésie

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

After reading this module, the reader will be able to:

1. State the perioperative adverse events and outcomes associated with obstructive sleep apnea.
2. Identify the patient, procedural, pain, and post anesthesia care unit parameters that may influence postoperative continuous monitoring.
3. Discuss the unique considerations involved in ambulatory anesthesia for patients with obstructive sleep apnea.
4. Describe an evidence-based approach to determine the safety of home discharge for patients with obstructive sleep apnea undergoing ambulatory procedures.

ACCESS IT ONLINE

CJA at “WAMM”, November 5-8, Florence, Italy

Editor-in-Chief Dr Stephan Schwarz represented the CJA at the **World Airway Management Meeting (WAMM)**, a leading international conference bringing together anesthesiologists and other healthcare professionals focused on airway management. Held every few years, it features expert lectures, hands-on workshops, research presentations, and global collaboration between major airway societies across the world.



CJA Editor-in-Chief Dr Stephan Schwarz (center) at the World Airway Management Meeting in Florence, Italy.

ANESTHESIA HISTORY CORNER

A PLACE TO CALL HOME

By Dr Michael Wong

Over the years, several locations have served as the CAS' administrative headquarters. Most members today likely recall the office building at Toronto's 1 Eglinton Ave. East, which housed the CAS for thirty years until the Society transitioned to a virtual office during the COVID-19 pandemic. However, in its earliest years the Society was based in Montréal, where it was first founded. It was in fact initially hosted in the personal residence of Digby Leigh, original founding member of CAS and pioneer of pediatric anesthesia! Following that, the CAS office has been housed in various buildings in Toronto where, at one point, the headquarters changed location three times in the span of a decade!



1943 – 1946

Home of Dr Digby Leigh, 386 Grosvenor St, Montréal
Maps data ©2025 Google.



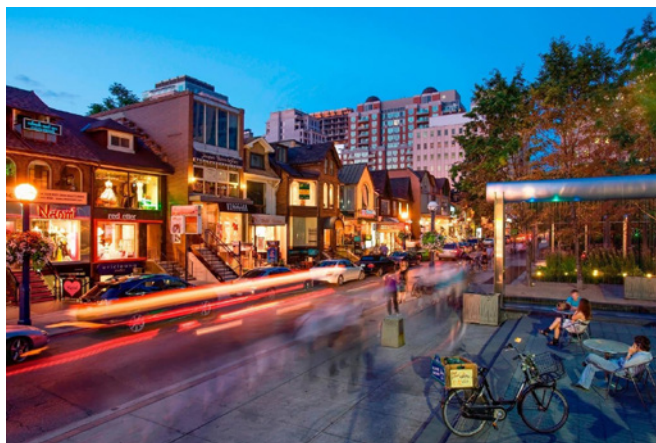
1946 – 1958

Medical Arts Building, now Jackson Humanities Building
262 Bloor St West, Toronto
Maps data ©2025 Google.



1958 – 1982

178 St. George St, Toronto
Maps data ©2025 Google.



1982 – 1987

94 Cumberland St, Toronto [Taller, white office building at the edge of the tree line; now redeveloped]
Courtesy of City of Toronto Archives

...continued on page 28



1987 – 1991
187 Gerrard St East, Toronto
Maps data ©2025 Google.



1991 – 2021
1 Eglinton Ave East, Toronto
Courtesy of Wikimedia Foundation. Reproduced under Creative Commons Attribution 4.0 International license.

References

- Shephard DAE. Watching Closely Those Who Sleep: A History of the Canadian Anaesthetists' Society 1943 – 1993. Toronto, ON: Canadian Anaesthetists' Society; 1993.

ANNOUNCEMENTS

Thank you to everyone that tuned into our World Anesthesia Day Webinar on October 16th, featuring Drs. Vincent Chan and Don Miller!

Stay tuned for details about the 14th Annual History Symposium at the CAS Annual Meeting in Ottawa in June!

We welcome commentary and content suggestions for Anesthesia History Corner (history@cas.ca).

VIRTUAL RECOVERY AFTER SURGERY (VRAS): ANESTHESIOLOGISTS AND PERIOPERATIVE NURSES LEADING EFFORTS TO REDEFINE POST-OPERATIVE CARE

Manoj M. Lalu, Daniel Dubois, Sylvie Aucoin, Dan McIsaac, Sylvain Gagne, Sarah Tierney, Leandra Amado, Ryan McGinn, Colleen McFaul, Kate Duke, Kelly Barnett, Jenna Aubrey, Gabriella Varga, David Nellipovitz

For most patients undergoing surgery, discharge from hospital means going home with a set of written instructions and a follow-up with their surgeon a few weeks later. When problems arise in those first few days, or when patients and their families have questions, it's often difficult to get timely help. At The Ottawa Hospital (TOH), the *Virtual Recovery After Surgery* (VRAS) program was developed by the Department of Anesthesiology and Pain Medicine to close this gap through remote monitoring of vitals and proactive outreach to our surgical patients after discharge from hospital. Through VRAS, perioperative care no longer ends at discharge. It continues beyond our hospital walls and supports recovery where patients live.

VRAS originated in 2020 at the outset of the COVID-19 pandemic, when hospitals sought safe ways to discharge patients earlier while minimizing readmissions and emergency visits. The program began as infrastructure for a clinical trial, supported by recovery room nurses redeployed to our new virtual care unit. The resulting trial randomized patients to VRAS or standard post-discharge care. With VRAS, patients are discharged home with a remote monitoring kit (Cloud DX® Connected Health kit that includes a tablet, BP cuff, pulse oximeter, thermometer, weigh scale), sent daily health assessment surveys, and provided virtual care through regular scheduled nursing assessments over 1-2 weeks. Patients and families are also given a direct number to reach a VRAS nurse immediately should they have questions or concerns. Remote monitoring alerts automatically trigger nursing assessments and, when needed, anesthesiologist involvement for timely intervention. The VRAS group demonstrated improved pain control, greater detection of medication errors, and, in centers with streamlined nurse-physician escalation pathways, substantially fewer emergency visits and acute hospital care (PVC-RAM-1, published in the BMJ <https://doi.org/10.1136/bmj.n2209>).

Building on these early successes, VRAS evolved into a sustained program, initially supported by the Ontario Ministry of Health and now permanently funded by our hospital following presentation of a compelling business case led by an interdisciplinary group including perioperative nurses, anesthesiologists, various leaders, and administrative supports. Since its launch in 2021, more than 2,500 patients across many surgical services have been monitored through VRAS. A major success has been enabling many procedures to safely shift from overnight to same-day discharge with the support of virtual care recovery at home. This includes both high-volume gynecologic surgeries and higher-risk lung wedge resections. We are now expanding this program in two significant ways. First, we are introducing same-day joint replacements supported by virtual monitoring to optimize diabetic control, detect wound infections early, and reduce the risk of deep prosthetic infections. Second, we are extending VRAS access to TOH patients undergoing surgery at regional partner sites, enabling these sites to perform more complex procedures and bring care closer to home. Leveraging VRAS across the network will better align capacity with true waitlist demand and enhance the patient experience across the region.

Feedback from patients and their families has been overwhelmingly positive with a 98% overall satisfaction rate. Having a virtual perioperative nurse checking in regularly through Zoom calls enabled by the VRAS tablet, and having an emergency number at hand provides an added layer of safety through their recovery. Technological literacy, which we initially anticipated as a barrier, has surprisingly not been an issue with our mean patient age of 63 (range 19-91) and 94% reporting satisfaction with the remote monitoring kit. The program has also changed how TOH surgical teams manage recovery, giving surgeons real-time

...continued on page 30

insight into their patients' recovery, post-discharge issues, and helping prioritize those needing closer follow-up. The program has attracted positive attention across Ontario and beyond, prompting discussions on how aspects of the VRAS model could be integrated into other settings.

"The program was amazing. From the moment I found out I was going to be on it I felt peace. I knew there would be someone there to guide me if I had any issues or concerns. It felt like someone was watching over me. I found everyone who I interacted with were so patient and understanding. I had a few minor issues come up with my recovery and was able to speak to someone right away. In one case a doctor even called me back. If I didn't have this service, I would have had to make a trip to the emergency department. Last time I was there, it was an 11 hour wait. No way I could have done this just days from being out of the hospital. The call from the doctor put me at ease and the issue went away. Please keep this program, it is invaluable."

- Patient Testimony

As we look to the future, we are preparing to further expand VRAS through new standardized early discharge pathways and earlier integration in the surgical journey, including prehabilitation. We are also using it as a platform for perioperative research, including the VICTORY trial which is randomizing patients with frailty to VRAS or standard discharge (funded by Canadian Institutes of Health Research, Accelerating Clinical Trials Canada, and our local TOH Academic Medical Association for \$1.7 million). These initiatives embody the spirit of 'Beyond the Mask,' showcasing how anesthesiologists are extending their impact well beyond the operating room to shape the future of perioperative care.



SECTION UPDATE

CARDIOVASCULAR AND THORACIC SECTION (CVT)

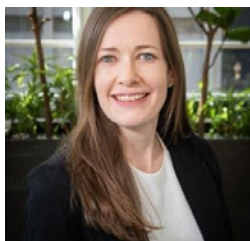
As we conclude an exceptional year for our section, I want to express my sincere gratitude to each member of the CAS CVT Section Executive Committee for their remarkable work in advancing cardiovascular and thoracic anesthesia in Canada and beyond.

Under the leadership of Dr Tarit Saha, Chair, the CVT Section strengthened key national and international collaborations—including renewed engagement with EACTAIC and the International Association of Cardiothoracic Anesthesiologists (IACA)—and delivered a dynamic scientific program at the CAS 2025 Annual Meeting in St. John's, NL.

Acknowledging Our 2024–2025 Executive Team



Dr Tarit Saha, Chair – Guided the section with strategic vision and expanded collaboration with EACTAIC, IACA, and the Canadian Society of Cardiac Surgeons (CSCS). His leadership ensured financial sustainability through the Earl Wynands Fund and CARF partnership, and he championed cross-disciplinary engagement at the national and international level.



Dr Elmari Neethling, Vice-Chair – Co-led the POCUS Basic and Advanced Workshop, supported program development, and contributed to the coordination of educational initiatives throughout the year.



Dr Diem Tran, Past Chair – Provided mentorship, institutional memory, and continuity across transitions, ensuring smooth communication with the CAS Executive.



Dr Jacobo Moreno Garijo, Secretary-Treasurer – Oversaw the section's finances and communications, presented at the Plenary Session: Perioperative and Critical Care Resuscitative TEE, and co-moderated multiple sessions.



Dr Yannis Amador Godoy, POCUS Co-Lead – Served as moderator at the Perioperative and Critical Care Resuscitative TEE and speaker for POCUS Basic and Advanced Workshop and "Sounds that Save Lives – POCUS in Anesthesiology", strengthening the integration of point-of-care ultrasound in clinical practice.

...continued on page 32



Dr Pablo Perez D'Empaire, POCUS Co-Lead – Moderated the Plenary Session: Sounds that Save Lives – POCUS in Anesthesiology, spoke on resuscitative TEE, and co-organized the POCUS workshop. His energy and commitment were instrumental to the success of these sessions.



Dr Camila Machado de Souza, Member at Large – Moderated the CAS Experts Insights: Decoding Echo Reports: A Guide for Non-Cardiac Anesthesiologists, supported the Thoracic OR panel, and contributed valuable educational leadership in perioperative and thoracic anesthesia.



Dr Meggie Raymond, Member at Large – Moderated the Plenary Session: Echo Jeopardy, and led the PBLD Green OR: TIVA or GAS?, engaging early-career anesthesiologists and fostering discussion on sustainability in anesthetic practice.

Together, this outstanding team delivered a rich, interactive, and educationally diverse program for our membership.

Highlights from 2025

- **CAS Annual Meeting – St. John's, NL**

The CVT Section delivered another successful program, featuring high-impact sessions such as *Echo Jeopardy*, *POCUS in the OR*, and the *Earl Wynands Lecture* by Dr André Denault. Member engagement remained strong, with 113 active members and increased visibility through social media and collaboration with the POCUS Course team.

- **Earl Wynands Fund & CARF Matching**

Discussions are underway to establish an annual Earl Wynands Research Grant, supported by CARF matching funds. A framework is being developed to ensure sustainability and transparency.

- **EACTAIC, IACA & CSCS Collaborations**

The section continues to strengthen its international and interdisciplinary partnerships, expanding collaboration with the European Association of Cardiothoracic Anaesthesiology and Intensive Care (EACTAIC) and the International Association of Cardiothoracic Anesthesiologists (IACA) to foster educational exchange and global engagement. Nationally, the CVT Section is developing closer ties with the Canadian Society of Cardiac Surgeons (CSCS) to promote integrated initiatives across cardiac surgery, perfusion, and anesthesia.

Looking Ahead: 2026 CAS Annual Meeting in Ottawa

The 2026 CAS Annual Meeting will take place **June 5–7, 2026**, at The Westin Ottawa.

The CVT Section will again host a diverse program—featuring workshops, expert symposia, and PBLDs—and is already brainstorming topics on coagulation, pulmonary hypertension, and mechanical circulatory support. Program details will be available on the **CAS website** in early 2026.

ELECTIONS 2026 Your Chance to Lead!

In 2026, we will hold elections for:

- ✓ **Vice-Chair**
- ✓ **Secretary-Treasurer**
- ✓ **Two Members-at-Large**

Election details and nomination deadlines will be circulated in early 2026.



Stay Connected

We invite all members to remain active through the year by attending CVT events, contributing ideas for sessions and initiatives, and supporting our educational mission.

Your participation strengthens our community and ensures that our section continues to reflect the excellence and innovation of our specialty.

On behalf of the Section Executive, thank you for another outstanding year of collaboration and growth.

We look forward to seeing you in **Ottawa** for **the 2026 CAS Annual Meeting!**

Warm regards,

Dr Tarit Saha
Chair, CAS CVT Section



SECTION UPDATE

ENVIRONMENTAL SUSTAINABILITY

The CAS Environmental Sustainability Section extends heartfelt thanks to Dr Vivian Ip, our outgoing Chair, for her exceptional leadership, tireless enthusiasm, and visionary commitment to advancing environmental sustainability in anesthesia practice. We are delighted that Dr Ip will continue to lend her expertise as Past Chair.

We warmly welcome Dr Joanna Fifen (Calgary, AB) as the new Chair. Her dedication to sustainable health systems and climate-conscious anesthesia practices will guide the next phase of our initiatives and educational outreach. We are also delighted to introduce Dr Asim Iqbal (Vancouver, BC) as Vice Chair and Dr Genevieve McKinnon (Halifax, NS) as Member at Large. Together, this dynamic team will build upon The Section's strong foundation to promote education, awareness, and actionable change across Canada.

To support our expanding sustainability initiatives, there will be a modest increase in subsection fees this year. These funds will directly support the the Environmental Sustainability Grant in the upcoming grant cycle and the Best Abstract Award at the CAS Annual Meeting. We encourage all CAS members to join the Section and help drive progress toward a greener future.

As we plan our upcoming Earth Day Webinar 2026, we invite all CAS members to share ideas for potential topics of interest that highlight environmental sustainability in anesthesia and perioperative care. We also welcome broader suggestions relevant to clinical practice, education, research, or advocacy. Your input will help shape our initiatives to reflect the values and priorities of our national community and to inform the section's programming at the annual meeting. Please send your ideas to the CAS Environmental Sustainability Section via the [CAS office](#).

Together, we can lead with purpose and continue to champion sustainability in anesthesiology across Canada.

Sincerely,

CAS Environmental Sustainability Section Executive



Dr Joanna Fifen
Chair



Dr Vivian Ip
Past Chair



Dr Asim Iqbal
Vice Chair



Dr Genevieve McKinnon
Member at Large

RESIDENTS' CORNER

Breaking Ground With Two New CAS Resident Teams

As we enter the holiday season, we hope you've had a fantastic term and are looking forward to a well-deserved rest. In the Fall, we were truly thrilled by the strong interest residents based across Canada showed in being a part of the Residents' Section Executive. A full team enables us to dedicate more time and energy toward delivering outstanding resident events and resources—including Royal College exam preparation courses, immersive resident competitions, and continuing professional development support. This year, we're very excited to welcome six new Members at Large to the 2025/2026 team:

- Dr Kyra Moura (Chair)
- Dr Alex Bak (Past Chair)
- Dr Alanna Janz
- Dr Shane Leyen
- Dr Matthew McGarr
- Dr Dar'ya (Dasha) Semenova
- Dr Stephanie Bigsby (NEW)
- Dr Grace Huang (NEW)
- Dr Allap Judge (NEW)
- Dr Valérie Langevin (NEW)
- Dr Alexandra MacNeil (NEW)
- Dr Anna Zarzycki (NEW)

2025 also marks the launch of a brand-new team of resident volunteers: the **CAS Resident Ambassadors**. In September, one resident from 14 of the 18 **Association of Canadian University Departments of Anesthesia (ACUDA)** schools were asked to step into this role and act as a liaison between CAS and their program. Each term, your school's ambassador will share the latest resident offerings from CAS through communications channels you and your classmates use. After a terrific meet and greet with the team in December, we're delighted to introduce the 2025/2026 CAS Resident Ambassadors (listed from East to West):

- **Dalhousie University** — Dr Alexandra MacNeil
- **Université Laval** — Dre Marjorie Gilbert-Desmarais

- **Université de Sherbrooke** — Dr Antony Fournier
- **McGill University** — Dr Alexandre Desrosiers
- **University of Ottawa** — Dr Pooyan Sekavati
- **Queen's University** — Dr Eileen Kim
- **Toronto Metropolitan University** — Dr Alexandria Amadasun
- **University of Toronto** — Dr Maggie (Zixuan) Xiao
- **McMaster University** — Dr Kesikan (KC) Jayaraj
- **Northern Ontario School of Medicine University** — Dr Jasmine (Raven) Kang
- **University of Manitoba** — Dr Tracy Rice
- **University of Saskatchewan** — Dr Nigel Hey
- **University of Calgary** — Dr Saud Sunba
- **University of Alberta** — Dr Amanda Kryslar
- **University of British Columbia** — Dr Vicky Mai

With 2026 just around the corner, please keep in mind that deadlines for several resident opportunities are coming up—we hope you'll participate!

- **2026 CAS Annual Meeting (SAVE THE DATE)**. Join us from June 5–7 in Ottawa and enjoy a full weekend of diverse resident programming. Registration will open in late January to early February.
- **Resident Research Grant (Apply by January 11)**. Jumpstart your anesthesia research career. [Apply](#) for this \$10,000 award given to a PGY1–PGY4 resident each year in partnership with the **Canadian Anesthesia Research Foundation (CARF)**.
- **Submit an Annual Meeting Abstract (Apply by January 18)**. Share your work to be considered for a **Best Abstract Award**. Each year, the top resident submissions are invited to be presented in the annual Residents' Oral Competition.

On behalf of the CAS and the entire Residents' Section Executive, we wish you a wonderful break, and look forward to continuing to support you throughout your residency. Please reach out to anesthesia@cas.ca with any questions or feedback on how we can serve you better.

CAS ANNUAL REPORT – REFLECTING ON 2024, EMBRACING THE FUTURE

The Canadian Anesthesiologists' Society is proud to share our achievements and organizational milestones in our 2024 CAS Annual Report. A big thank you to all our members and volunteer leaders for making 2024 such a successful year.

Highlights include (click on link for details):

- **Joint Statement of the CEO and President**
- **Advocacy and Communications Update**
- **2024 Membership Summary**
- **CAS Events and Education**
- **2024 CAS Annual Meeting**
- **Celebrating Our Members - 2024 Award Winners**
- **Committee Highlights**
- **Section Highlights**
- **Canadian Journal of Anesthesia**
- **Foundations**
- **Meet CAS: Board of Directors, Staff, Volunteers**
- **2024 Financial Summary**

Canadian Anesthesiologists' Society



2024 Annual Report



[Download the PDF](#)

The 2025 CAS Annual Report will be available in June, right after the CAS Annual Meeting in Ottawa.



MORE VALUE FOR MEMBERSHIP

PERKOPOLIS REWARDS PROGRAM

In accordance with our [strategic plan](#) priority to ensure a *unique member value proposition* and *maintain high-quality offerings* that members value, we are pleased to launch the **CAS Members Perkopolis Rewards Program**. Perkopolis offers users more than **5,000** offers throughout the year, with new ones added each month. From select five-star hotels and resorts, to healthy pre-made meal deliveries, to luxury gift packages, the program enables members to save on a vast range of premium travel, entertainment, and home shopping purchases:

REGISTER NOW AND START SAVING

1. Visit to perkopolis.com
2. Click on **Register**, select your country, and enter your email address that's associated with your CAS membership
3. Check for an email that includes a link to complete your registration. Your member ID code is "CAS" + your member ID (all caps)—e.g. **CAS12345**.
Your member ID is on your **member portal** home page when you log in.

Chef's Plate



22 Free Meals
Canada-wide

Holiday Inn



Save +20% on stays
Worldwide

Crunch Fitness



25% off membership
Canada-wide

Canada Golf Card



Save 30% on regular prices
Canada-wide

Peele Island Winery



20% off wine packages
Canada-wide

Premium Plaza Lounge



30% off at
Canada and U.S airports

Complimentary access for 2025 CAS members will be available until your membership expires on **December 31, 2025**. To maintain your access, be sure to update your CAS membership for 2026 when the renewal period opens.



Association
of Anaesthetists

Winter Scientific Meeting 2026

Thursday 15 - Friday 16 January 2026

QEI Centre, London, UK

- 70+ speakers
- 3 streams
- 2 fantastic keynotes
- Latest guidelines, journal session and a lively debate
- Attend in person or online
- Bigger Winter Social than ever before including an awards ceremony



Confirmed Keynote

Alan McEwen (Air Traffic Controller)
Human factors and air traffic control:
preventing planes from crashing



All 3 streams
available
online



New for 2026:
Cover 25 core topics
in anaesthesia in
just one day

Early discount
rate ends 23:59,
Thursday 4 December

Book now





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

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.



Happy Holidays

from the Canadian Anesthesiologists' Society





**CANADIAN
ANESTHESIOLOGISTS'
SOCIETY**

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