Welcome Back

Time for some excellent news again!

I have been a good Albertan for over 10 years so what do I talk about first? Hurray winter is over! No more mountains of snow to pile up, no more endless weeks of deep freeze and absent sun. According to Stuart Guest this was a typical La Niña or anti-El Niño year (if you want to know more about it just email Stuart at: stuartguest@shaw.ca; he will have more intellectual explanations for you!)

I would also like to thank you for sending positive feedback about our newsletter. Several people have said that this is the best way for them to hear about the anesthesia gossip while they are away from the OR.

Residency program is back into full speed according to Brent McNichol. Our R5 residents are getting ready for the oral exams and we wish them good luck. On June 2 a dinner is planned at the Upper Crust for our departing fellows and R5 residents. If you are interested in coming, please contact Tim Yeh at twvine@yahoo.com

Our fellows have been academically productive as you can see from the list of publications. Some are finishing their fellowship and we wish them good luck as well: Jabu Moyo (going back to England for a year to finish his training), Kelly Byrne (going back to New Zealand/ Hamilton with his wife and their little boy), Vivian Ip, Al-Shankiti (coming back in October to do a liver transplant fellowship), Graham Steel (starting as staff pediatric anesthesiologist at the Stollery).

Mike Murphy has been our chair for over 8 month and he has lots to tell us about the ongoing projects.

The anesthesia retreat has once again been a success thanks to the social committee, Shannon Rabuka and Tim Yeh share their thoughts about it.

Even more baby pictures (what a prolific bunch!) this time because we realized too late, that we had forgotten the baby page in the previous newsletter. Our apology! Saifee Rashiq will make you laugh about the Birkenbeiner event.

And last but not least: a good laugh every day has been proven to improve our health. So John and I would like to start a contest called the “best candid people picture”. This should also keep the competitive spirit going!

Any fun pictures taken with a smart phone or other device can be sent to us; surgeons, anesthesiologists… you pick the funny one.

The best pictures will be published in our next newsletter (please keep in good taste...).

Please send submissions to anesthesiamailbag@me.com or jelkabernard@shaw.ca

The pictures will be published in our next newsletter (please keep in good taste...).

C’mon Edmonton Zone Anesthesiology Community - what interests you? Write about it, add some pictures and send it in. It’s just that easy.

Regards,

Jelka Lujic
John Koller
Full accreditation by RCPSC! Thanks to all the hard work of our clinicians and residents

Program has accepted:

- Ronelle Theron in transfer from the FP-A program, originally trained as a FP in South Africa
- Jennifer Tse as re-entry, a FP with rural training who has been working near Calgary. She has extensive emergency and OB experience.

- 4 residents via CaRMS – Brad Walker from Kingston, Betty Ng from Ottawa, Victor Tran from Winnipeg and Kelsey Dawson from Calgary

All will start July 1.

PGY5s will sit Oral exams between June 7 and 10

Research day upcoming May 13th at Mayfair with Orlando Hung as guest adjudicator

Wednesday afternoon simulation sessions are underway and have been well received by residents. Looking for facilitators still. Facilitator workshop will be offered on June 18th. Announcement and sign-up to follow.

Wednesday am teaching sessions at the UAH initiated by Jason Taam have been a great success

Thank you

Brent McNichol

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University of Alberta - Department of Anesthesiology and Pain Medicine - Residents 2010 - 2011

R5

Dr. Andrew Saltor
Dr. Saeed Sattmannesh
Dr. Carolyn Hol
Dr. Elena Kwon
Dr. Tara Rimmer
Dr. Amanda Rose Des Orbins
Dr. Jared Sepehr

R4

Dr. Morgan Brown
Dr. James Chin
Dr. Bari Godtheli
Dr. Paula Holtz
Dr. Laura Tish
Dr. Robert Krizner
Dr. Jason Lee
Dr. Angeles Nunez

R3

Dr. Megan Sheen
Dr. Roly Boyle
Dr. Craig Newth
Dr. Kwan Poehlmeier
Dr. Bernard Cowan
Dr. Eric Thomlin

R2

Dr. Tanman Asif Kamal
Dr. Eric Chau
Dr. Jegnand Gill
Dr. Kenneth Hawlins
Dr. Logan Loe
Dr. Mehaffie Thiam

R1

Dr. Brendan Chung
Dr. Adam Bryan
Dr. Amy Fang
Dr. Wendel Gomez
Dr. Wing Lam
Dr. Russell Quiroz
Dr. Hichem Toub

FP-A

Dr. Anish Chari
Dr. Ronelle Theron
Fellows

Kelly Byrne, Viv Ip, Osama Al-Shankiti, (Regional), James Green (Previously Regional), Jabu Moyo (Pain Medicine), Graham Steel, Florian Rudolph (Pediatrics), Rui Bao (CV)

We are very privileged to have an excellent group of fellows working amongst us who have not only impressed us with their clinical acumen but with their academic achievements. In recognition of their hard work we should congratulate them when we see them. Below is a list of some of their publications pending.

Byrne K, Tsui BCH. Practical concepts in Nerve Stimulation: Impedance and other recent advances. International Anesthesiology clinics.


Ip V, Tsui B. Injection of injectates is more than just for ‘Opening the Perineural Space’. Reg Anesth Pain Med 2011;36(1):89-90

Moyo J Rashiq S "Perioperative Considerations for "new kids on the Opioid Block". Canadian Journal of Anesthesia - May/June 2011

And look out for James Green’s Editorial in the BMJ on cancer recurrence and anesthesia.
The Anesthesiology and Pain Medicine residents have been doing well. We are happy to announce several new additions to our family - Rob Kindzierski and Barry Thorneloe both have new babies. In addition, we are looking forward to Logan Lee and Paula Holinski’s new little ones coming soon (Ed. Note . . . See below).

We recently went through the Royal College accreditation process and we were happy to hear that the preliminary report was that we received full accreditation. We all appreciate all the hard work that the staff has put into the program to achieve full accreditation status.

The residents had a retreat in early February in Kananaskis. It was organized by Eric Chou and Laurie Itcush. We had a series of lectures on health workplaces and healthy habits by Dr. Ian Bennett, who is a retired GP anesthetist working with the Alberta Medical Association Physician and Family Support Program. We participated in a variety of outdoor activities and we also went on a group snow shoeing adventure. Thanks to James and Hali for the pictures.

The 5th year residents are busy studying and recently went to Making a Mark in Markham, Ontario. Dr. Mark Simmonds also attended as staff representative from the University of Alberta. We all wish them good luck with their studying and please make sure to give them some encouragement next time you see them!

All the residents would also like to thank Amanda Roze des Ordons for all of her work as chief resident over the past year. Hopefully, I can do as good of a job as she and others before her have done.

Morgan Brown

Bayenah and I are pleased to announce the arrival of our first baby boy
Aws Tammam Abul-Hamayel
أوس تمام أبو الحمائل
Both are doing well and are in great health.


Here she is!
Introducing Eva Margaret Holinski, born March 28th at 2053h, weighing 6lbs & 15oz.
All is well and happy to be settling in at home!
Paula, Troy, and Eva

Send submissions to anesthesiamailbag@umc.com
Anesthesia Retreat Banff Rimrock Resort

RETREATING RERBERBERATIONS

The retreat was a blast! The skiing was in the best conditions for at least 5 years; everything was skiable. The snow was falling over the first two nights, and it was sunny for parts of every day. We had a great group of people enjoying themselves in the alpine, sharing downhill and cross-country skiing, and shopping in Banff. The Mountaineer buffet dinner on Saturday was excellent, and we had DJ Yakob again with his bag of hats and costumes! (Anesthesiologists obviously need to dance a few times a year.) It was so much fun, the wedding party next door was pecking in to see what all the noise was about. As well, the talk by Dr. Hanlon on “Mindfulness” was thought-provoking and well received. (As was the contortionist yoga session…)

See you next year!

Tim Yeh

For those of you who weren’t at the anesthesia retreat at the Rimrock in Banff this year, you missed out on a great time of fellowship, folly, and fun. Skiing, dancing, and eating seemed to be the main pastimes for participants of all ages. However, we spent some slightly more serious seminar time with our colleagues on the last day learning about themes like physician wellness and managing life changes. Last year’s seminar was led by Marc Chernwchian who was very informative, but also generous in providing prizes to those who were able to correctly answer some of his questions. A key reward for Sunday morning alertness was a fun, but cryptic, clue to find a free copy of a new book to help us to provide examples of ways of thinking outside the box - the box of a hotel room, that is.

As I was considering to whom I could re-gift this book I noticed that my 8 year old was often seen lounging on the couch, flipping through its pages in fascination. So, when I realized that "sleeping in a UFO" could be made possible with a short drive from our family March Break destination, Palm Springs, it was a no-brainer; I booked it. What did I expect from a night in an extra-worldly edifice built by a UFO-seeking pseudo-scientist in the middle of the Mojave desert? Sleeping on mats on the floor; running outside to find the bathroom by the light of brilliant stars (no shower); new-age discussions with the owner? These were experiences that my husband, at least, did not expect. However, my son’s face excited at the site of our “Best Western” for the night and his interest as he beat on drums in the middle of a room with crazy acoustics trying to experience the "energy forcefield" around him, these pictures reverberate in my head even as the experience retreats.

So, I encourage you to make every effort to join in on the retreat next year. You never know where it may lead you!

Our next stop? A bed in a wine barrel?

Shannon Rebuka
The past few months for me have been most enjoyable. I have worked clinically at the U, the Alex and the Mis (one day!). Having practiced clinical anesthesia in many different cities, two countries and four Provinces I am struck at how the ‘coal face’ looks so similar in all of those locations: talented and dedicated anesthesiologists, surgeons, nurses and other OR support staff (for the most part); patients to interact with on a human level; medical students, residents and fellows that are SO keen and demonstrate a real thirst for knowledge.

I don’t mean to get all ‘soppy’, but such is the life of a clinician working in a system that is responsible for producing the next generations of physicians.

So too, am I fortunate to work with clinicians and scientists that push the envelope. That create new knowledge in our field. This University and City is a wonderful place to work and I consider myself privileged to count myself as one of your colleagues.

Now down to some business:

CaRMS Match: we have done exceptionally well in the match! I am told that this is routine for Edmonton and I am not surprised having now worked with and met many of the residents in this program. Without trashing other programs where I have worked, our residents are superb! I have written to the four new residents that have matched to the University of Alberta to congratulate them and welcome them to our program.

Royal College Accreditation: kudos to our residents, all of the faculty who teach our residents, and especially Marilyn, Darci and Brent! Full six year accreditation by the Royal College.

Financial transparency: There are several pockets of money in the Zone and the University that we have identified and thanks to the hard work of Jacqueline Jobinville we seem to have a handle on our finances! Over the next couple of months I will be presenting the financial picture in detail at the Zone Executive Board departments in our Zone. All funding realized from AHS, the University, endowments and most importantly, from our Fellows, will be presented.

Anesthesiology Human Resources (formerly ‘manpower’): This is probably the most important issue we need to deal with as Sites and a Zone. Quantity is critical as we attempt as precisely as possible to match demand (institutional and individual) with supply. I will work diligently with Site Chiefs to preserve the unique cultures and independence of individual sites, while at the same time create maximum flexibility to meet the zone wide clinical demand. Quality is also of concern. We will emphasize the importance of new recruits being Royal College certified. We will also critically evaluate our ability to meet the subspecialty recruitment requirements of a world leading Department of Anesthesiology and Pain Medicine.

CAS Anesthesia Human Resources Study: We anticipate that the CAS will release the study in June at the CAS. I anticipate that this survey will identify a relative surplus of anesthesiologists in Canada for at least the next couple of years. Most speculate that this is related to an economy driven reluctance to retire that will resolve itself in 2-3 years. I am acutely aware (as should members of the Zone) that we will graduate 13 residents (7 this year and 6 in 2012) who will need jobs. I have always felt that ‘we owe it to our own FIRST’.

Quality initiatives are under way......Michael Auld has been appointed as the Co Chair of the AHS Provincial Quality Committee. This is a particularly prestigious position that will lead the design and implementation of quality programs province wide. Michael has also taken on the task of initiating a Zone wide quality committee and processes. There are many moving parts to this initiative. I want to get just one ‘ear in the water’ on this front: an Anesthesia Information Management System (AIMS) is critical to quality, to performance metrics and our ability to identify issues and put our best foot forward. Along these lines I met with JN Armstrong, Chair in Calgary, and a good friend, to craft a go forward provincial agenda.

A barrel of oil is now over $100 and an election is looming...together this provides for a volatile environment that requires us to remain cohesive as a zone.

I am very much looking forward to my tenure as Zone Chief and Chair. We have a fine Zone and University Department.

Dr. Mike Murphy
SITE BULLETIN BOARD

SITe BULLETIN BOARD

(If your site is not on the board, get involved for the next newsletter and send a short summary of what's going on at your primary place of work to: anesthesiamailbag@me.com)

GNH

A quick note to let you know that the newest addition to our family — Hunter Philip Lane — arrived on January 23/11, weighing in at 5 lbs 15 oz. Mom & baby are home and doing fine. Thanks to you all for your warm wishes!

Best,
Dayna, Cam, Madeline, Carson & Hunter

UAH

Aiden Theo Lih Wen Gragasin. He was born on 14 Feb 2001, at 7:03 am. He was welcomed by myself, mommy Michelle, and big brother Maxwell.

Ferrante

STURGEON

We are continuing to develop regional anesthesia service here at the SCH. The staff here have been very supportive and appreciative of our efforts, so it has been a pleasant experience. For now we have focused solely on upper extremity orthopedic service. Up until now I have been the lone representative of the regional anesthesia team, with Dr. Sareb Singh also showing great interest in learning the skills to provide this service. In the near future we will have additional members of the team rotate into the service pool. We have begun to bring out residents and fellows to allow them to gain more regional experience, and will continue to do so. Plans for the future include expansion of our services to other services like obstetrics (TAP catheters for c-sections) and general surgery. We will also be starting an official "Acute Pain Service" to cover the entire hospital. Finally, we have several research projects that we are working on getting started.

Mike Hogan

WELLINGTON REGIONAL HOSPITAL, NEW ZEALAND

"Hi, Jelka,

Thanks for the email. Nice to hear from you. Now I am on the steep learning curve of fatherhood - a long way to go before I am experienced as John Koller!! Susie and I are settled in Wellington - bought a house here last year so are here for the foreseeable future, depending on whether we get the urge to travel with a little family! Wellington is the capital city of NZ, and is famous for it's wind and earthquakes (but it was further south in Christchurch that got hit by the big one in February). Wellington Regional Hospital has about 500 beds. I am doing a mix of paeds and general stuff to keep me on my toes. I hope all is well with you.

Cheers,
Andrew Usher"

We are delighted to let you know that after much anticipation and speculation, Richard Macklay Usher has finally made an appearance into the world. He was born at 6:20pm on Tuesday 3rd May by caesarian section and weighed in at 3.91 kgs (8 lbs 10oz). Susie and Richard are happily getting to know each other and will be spending the next few days in Wellington Hospital recovering from their adventure.

Love
Andrew & Susie

Stollery Children’s Hospital

The Pediatric OR at Stollery continues to be a very busy place. Project Managers from Alberta Infrastructure have been assigned so the reality of FINALLY developing a new OR for children seems upon us.

Further plans to add many new PICU, peds cardiac ICU and NICU beds are coming down the pike as the “new” AHS responds to the concerns of many.

Our new Fellow, Dr. Ariana Fielding, will be joining us fresh out of residency from Dalhousie in Halifax this July.

John Koller

Send submissions to anesthesiamailbag@me.com
Anish (UAH) and Adrienne Chan have announced the birth of their first child, Oscar, on Thursday July 8. He weighed 8 lbs, 8 oz.

Thomas Ethan Freed born Jan 12, 2010 to Adam (GNH) and Jennene

Gabriella and Alexandra Bateman
Born July 7 2010
Kendall Bateman (GNH)

Lola Violet and Max Joseph, born 27 Jan 2010; 4lbs 1oz each, now well over that!! Born (of course...) to Jill Griffiths and Mark Ewanchuk (GNH)

Carson Frederick Lane born June 4, 2009
Cam and Dayna Lane (GNH)
Anesthetists versus the Birkie
by Saifee Rashiq

The Canadian Birkebeiner, the nec plus ultra of weekend-warrior-friendly sporting events took place on a sunny Saturday this February. Several UAH anesthetists took place in this year’s event. This robust group divided itself into three categories, as do bladder tumors.

On arrival, we gazed curiously at the arrival of a flat-bed truck apparently laden with cans of Cheez-whiz. In fact, we were witnessing the delivery of the spray on ski suits worn by the team to which the indisputable king of the anesthesia/nordic scene belongs. We saw Mike Buss as he began the 55K race, and then again as we all crossed the finish line more or less together..... having skied about half the distance that he did. Mike’s performance in this event, year after year, is truly fuel for the imagination, even if his outfit leaves nothing to it.

Of the mere mortals, the best of the bunch was Bob Hudson. His performance would have been even more impressive if slowcoaches hogging the left track hadn’t held him up. “Out of the way, I’m the goddam site chief”, he was heard to expostulate on one occasion. “Not for much longer”, responded one of his colleagues, cunningly disguised as a prone, obese septuagenarian from Camrose. Bob said that he came in “at around two hours forty”, thus proving the maxim that in all matters except the calculation of TRC, anesthetists round times down to the nearest five minutes.

Well down the field from Bob, and forming what became known as the ‘C’ team, were James Green, his lovely wife Kirsty, Kelly Byrne and me. Most of us were merely there for the fun of it, but for Kelly, our Regional Anesthesia Fellow; the goal was to de-throne his predecessor Owen Bourne and claim the title of ‘Fastest Australasian’. The time to beat was 3 hours 30 minutes (about which, when congratulated, Owen had responded that he’d been carbo-loading for 35 years).

The sun shone brilliantly as ‘O Canada’ was duly flayed into submission. Team ‘C’ paid dearly for its poor starting placement over the first 3K. Then, a pile-up as the race crossed into Elk Island National Park allowed Kelly, cackling reluctantly, to get ahead of the rest of us, never to be seen again. James and Kirsty, veterans of race-prep courses at Goldbar, alternated the pace-setting, allowing me to drift along behind. The first 20K seemed to pass in the blink of an eye but after that, the combination of high temperatures and old, icy snow began to take its toll on our kick wax, which began to acquire many of the characteristics of ET tube tape on a febrile street person. The choice was between trailside combat re-waxing maneuvers or sucking it up and double-poling most of the way home. The finish line was a welcome sight!

Kelly did indeed set our next visitor from his part of the world something to aim for. James and Kirsty were pleased with their very respectable times, and I shaved a few minutes off my 2010 effort.

Anyone who wants to set him/herself a physical challenge, without surrendering to the cult of spandex will find something suitable in one of the Birkie’s constituent races (55, 31, 11, 4 and 2.5 K). It’s superbly organized, yet doesn’t take itself too seriously (as exemplified by the beer tasting option at registration and the muffins at the start). We’ll all be back for more next year, and hope to see some of you there too.

“The sun shone brilliantly as ‘O Canada’ was duly flayed into submission”
CAMTA

Members of the Edmonton Anesthesia Community once again packed their hockey bags and departed for Ecuador this past February. Dr. John Lilley and Dr. Sam Skotko from the Royal Alexandra Hospital, Dr. David Cubitt from the Stollery Children’s Hospital, and Dr. Saifee Rashaq from the University of Alberta Hospital, Andy Escalona RRT from the Misericordia Hospital and myself joined The Canadian Association of Medical Teams Abroad’s (www.camta.com) tenth mission to Quito to provide Orthopedic care to Ecuador’s most impoverished citizens.

The team cared for amazingly grateful Ecuadorians needing hip replacements, foot, hip and soft tissue procedures. The team performed these procedures at The Hospital “Padre Jose Carollo Un Canto a la Vida” which is operated by The Tierra Nueva Foundation. It is a non-profit that serves the people of scarce economic resources in south Quito.

The majority of the 13 million people in Ecuador have minimal access to proper orthopedic care. In Ecuador the majority of club feet are left untreated. Ecuador has a particularly high incidence of hip dysplasia. Hip arthroplasties not only change the lives of our patients but break the cycle of family poverty with better employment opportunity through improved mobility.

The majority of our patients but break the cycle of family poverty with better employment opportunity through improved mobility.

The surgical team has also travelled to Cuenca, the 3rd largest city located in the Ecuadorian highlands to introduce Surgical Implant Generation Network (www.sign-post.org) systems in Hospital Isidro Avora in Loja and to Hospital Corral Vicente Corral Moscoso, a legacy that will continue to heal the poor for decades to come.

CAMTA is a registered charity that is generously supported through financial contributions and donated goods. Please consider a gift to help poor people with joint problems. View a video of the CAMTA mission at www.camta.blogspot.com and contact me at glensday@shaw.ca.

Sincerely,
Glenn Day, RRT,
University of Alberta Hospital

“In Ecuador the majority of club feet are left untreated.”
You have nominated
Robert Kelly
for inclusion on the wall of the
Century of Caring Memorial Garden

This is an invitation to colleagues and friends to attend a

Celebration of Remembering

to honour your nominee and the other deceased
caregivers whose name plaques
will have been added to the wall of the Garden.

**WHEN:** Friday, June 3, 2011 2:00 PM
**WHERE:** Bernard Snell Auditorium
(Walter C. McKenzie Building,
North East corner beside 112th Street Entrance)

Refreshments will be served following the ceremony.

Please RSVP to Pauline at 780.407.8447 or
Pauline.combs@albertahealthservices.ca
By Friday, May 27, 2011.