

Regional Anesthesia and Acute Pain Fellowship

Duration: 1 year

Number of positions: 2

Fellowship Co-Directors

Karoll Rodelo Ceballos, MD, FRCPC (Montreal General Hospital)

Juan Francisco Asenjo, MD, FRCPC (Montreal General Hospital)

Other Key Faculty

Alex Amir, MD, FRCPC (Montreal General Hospital)

Type of fellowship: This is primarily a (80%) clinical fellowship, but the candidate is expected to complete at least one clinical research or academic project during the fellowship (mandatory).

General Description

The Regional Anesthesia Fellowship at McGill University is a year-long training that provides candidates with the perioperative knowledge and technical skills necessary to manage simple and complex patients undergoing surgery that requires the performance of peripheral or central neuraxial blocks.

The fellow is expected to develop and demonstrate proficiency in the basic competencies outlined by the Royal College of Canada: Medical Expert, Communicator, Collaborator, Leader, Health Advocate, Scholar and Professional.

The fellow is expected to develop an anesthetic plan, demonstrate sound judgment and insight. The Trainee should perform the anesthetic management and all related technical procedures in a skillful and safe manner, adapting to unanticipated findings or changing clinical circumstances. The fellow should engage in respectful shared decision-making with physician and other colleagues.

By the end of the fellowship the trainee is expected to:

Medical Expert

1. Select the most appropriate regional anesthesia technique in the context of the patient, procedure, resources and local policies
2. Obtain and document informed consent, explaining the risks and benefits and the rationale for the proposed procedure
3. Demonstrate and perform peripheral nerve blocks and all related procedures in a safe and skillful manner
4. Manage the encountered complications of regional anesthesia
5. Establish a plan for post anesthesia care
6. Diagnose and manage the complications of various acute pain management strategies
7. Establish the most appropriate pain modality for the acute pain patient

Communicator

8. Document all aspects of the anesthesia encounter in accurate, complete, timely, and legible manner

Leader

9. Manage the flow, the time and priorities of the acute pain service in a safe manner
- Professional

10. Demonstrate a commitment to patient safety

The Fellowship also aims to prepare candidates for a future practice in a community or academic setting, where they will serve as a key resource for their department. To this end, strong emphasis will be given to the acquisition, implementation, and practice of evidence-based Regional Anesthesia.

The Fellowship is based at the Montreal General Hospital (MGH) which is affiliated with McGill University. The MGH is a level 1 trauma center for the island of Montreal and its surroundings. The Fellows will manage mainly patients undergoing orthopedic and plastic (hand) surgery. Focus will be given to complex orthopedic trauma patients, patients undergoing oncologic orthopedic surgery, total joint replacement surgery and ambulatory sports surgery. Furthermore, one week every four weeks, Fellows will be intimately involved in the running of the Acute Pain Service (APS), in terms of rounding and consultation requests (for complex pain issues or polytrauma patients).

Fellows will spend 80% of their time (i.e., 4 days per week) providing clinical care for patients (APS or operating room). Twenty per cent of the time (i.e., 1 day per week) will be dedicated to non-clinical academic activities (i.e., development of research and/or academic projects, patient recruitment, personal reading, etc.). During one academic period (four weeks), fellows are encouraged to take an elective to improve their expertise either in simulation, regional pediatric, thoracic anesthesia, pediatric anesthesia and/or pain management.

Research

Although the emphasis of the Fellowship is clinical, Fellows will be expected to be involved in at least one research or academic project during the academic year. Current research interests of attending anesthesiologists include radiofrequency for analgesia after total knee arthroplasty (Dr Asenjo), shoulder pain after thoracotomy (Dr Asenjo), development of transitional pain service project (Dr Amir, and Dr Rodelo) and APS/ Regional handbook (Dr Rodelo). Fellows will have access to the McGill and MGH libraries and online facilities.

Call Duties

At the MGH, Fellows will be expected to be on call (in house) one weekday and one weekend Friday or Saturday during the month. All calls will be pro-rated to reflect the number of days worked during the academic month (i.e., 20 weekdays minus the number of days off).

Vacations

Fellows will be allowed an equivalent of one academic period (4 weeks) as vacation time during the year. The vacation time can be taken as a whole or spread out during the year provided that the clinical requirements for a given academic rotation (no more than 25% time off) are met.

In addition to their vacation time, Fellows will be allowed one week off during the winter holidays.

Furthermore, 5 days will be granted for conference leave. Support will be provided to allow the candidate to attend a scientific meeting to present academic work conducted during the fellowship, if applicable.

Funding: For information regarding the acceptable sources of funding please visit the link at <http://www.mcgill.ca/pgme/admissions/prospective-fellows>

Facilities: The Montreal General Hospital (MGH) is the main downtown Montreal Trauma Center. Comprehensive treatment for trauma, orthopedic, general surgery, maxillofacial, thoracic, and plastic surgery cases is provided. With around 7000 orthopedic and plastic surgeries performed per year along with over 1500 trauma cases with ISS >15, this is the place to get extensive training in Regional Anesthesia and Trauma.

The anesthesia staff has extensive experience in Trauma management and some of our anesthesiologist travel the world teaching this topic. Some Anesthesiologists also share responsibilities as Trauma Team Leaders (TTLs) managing the trauma cases that arrive to the ER from the moment they are admitted to our institution.

Our team of regional anesthesia trained staff teaches residents and fellows multiple techniques following the guidelines of the American Society of Regional Anesthesia. Extensive experience is offered in Ultrasound-guided blocks for continuous and single- shot approaches. We have four state-of-the-art US machines dedicated to RA with one or two more in the plans. All aspects of Regional Anesthesia are covered including workshops in human models and cadavers, lower extremity, upper extremity, paravertebral blocks, interfascial and trunk blocks, epidurals at all levels in the spine and some exposure to blocks in the face. As part of the training, fellows have a dedicated rotation with the Acute Pain Service, a busy month with exposure to mostly acute postoperative pain cases and trauma, but also acute-on-chronic pain cases.

Library access: The fellow will have free access to both the University Library, and the libraries at the Montreal General Hospital.

Teaching: Interaction with residents is encouraged for which participation to the resident's rounds every Thursday is mandatory. The Fellows also must present a topic related to the specialty every Tuesday during the regional rounds.

Proposed meetings: Fellows are encouraged to attend the annual ASRA meeting in April. The fellows are also encouraged to publish a paper at the end of their fellowship.

Evaluations:

Global evaluation of competence and progress: The trainee will be evaluated using the standard One45 assessment tool that is currently used throughout the university. Evaluations will happen every three months or more often and will be performed by the supervisor of the current rotation. For the final evaluation and certification the fellow must have completed either a research or academic project. The evaluation would be based on the fellow's ability to perform a clinical research or academic projects. A publication in an international or national journal is also encouraged.