MESSAGE FROM THE CHAIR

To All Faculty and Colleagues,

My very best wishes to everyone for a safe, happy and prosperous New Year!

My goal, as always, continues to be to work to elevate our Department of Obstetrics and Gynecology at McMaster University to be among the leading academic programs in Canada.

Our faculty in OB/GYN, Reproductive Biology and Midwifery continue to successfully expand our knowledge in basic science and clinical women’s health. Publications by our faculty in high-impact peer review journals has reached an all-time high in this academic year.

This past year some of our faculty successfully presented the results of research in the use of a new oral GNRH antagonist in the management of symptomatic endometriosis patients to the FDA and to Health Canada in Ottawa. Soon this agent will become available to Canadian clinicians as an additional nonsurgical agent for these challenging patients.

Those of us who have chosen to work in a university setting must strive to develop and practice at a level consistent with the best leading edge applications and the best available evidence. As such, we must be setting the standards for our profession and not relying on colleagues at other Universities to accomplish this for us.

Part of the role of the members of an academic department is to financially and morally develop and support those individuals who choose to spend some of their time in clinical activity and some time doing this important academic work. This kind of activity is not limited to randomized controlled trials; other areas such as simulation, educational research, systematic reviews, descriptive and qualitative research in patient safety and quality are all equally important in improving the care of women and their families. Indeed, in this new era of Competency By Design (CBD), some of the most important academic work from our department may come from new educational innovations in residency training.

I look forward to working with the entire faculty to develop these and other strategies so that we can move forward as a department to become a “Leading Academic Program in Obstetrics and Gynecology in Canada”

My very best wishes for the coming New Year,

Sincerely,

Nicholas Leyland
Welcome:

We are pleased to welcome the following faculty to our department:

Assistant Clinical Professor (Adjunct):
Dr. Adetunji James Ade-Conde – Georgetown, ON
Dr. Andrea Alarie – Kitchener, ON
Dr. Alison Salhani – Kitchener, ON
Dr. Sandeep Sharma – Oakville, ON
Dr. Lauren Smith – Oakville, ON

Congratulations:

Dr. Aseel Hamoudi, on her promotion to Associate Professor, Obstetrics & Gynecology, July 1, 2018

Dr. Kelly Dore, PhD, has been promoted to Associate Professor. Dr. Dore recently received the 2016 Graduate Teaching Award. She is an Associate Member in the Department of Obstetrics and Gynecology.

Congratulations to Prof. Eileen K. Hutton who was inducted as a Fellow, and first-ever midwife, into the Canadian Academy of Health Sciences (CAHS) in Ottawa!

The Canadian Academy of Health Sciences is one of three national academies that comprise the Council of Canadian Academies, and is considered to be the highest honour granted to scholars in Canada.

"Midwifery is a relatively new and small profession in Canada but our research has made significant contributions to the well-being of women and infants. To be included in this prestigious organization is another important step forward for the profession and provides an opportunity to be included in important national discussions on health of Canadians", said Prof. Hutton.

The Midwifery Education Program and Department of Obstetrics and Gynecology are proud of your achievements! Eileen also joins Prof. Derek Foster as a Fellow of the CAHS.

More info: http://www.cahs-acss.ca/
Events:
On Saturday November 11th, 2017, the International Women’s and Children’s Health (IWCH) Committee hosted their 20th annual conference, entitled “Pushing Forward: The Impact of Modernization on Women’s and Children’s Health”. The IWCH network was founded by Dr. Jean Chamberlain in 1998, with the aim of promoting global health education among the McMaster community. Every year, the IWCH Conference continues to receive support and guidance from the Department of Obstetrics and Gynecology at McMaster University. The IWCH Planning Team would like to extend the warmest gratitude to Dr. Nicholas Leyland and Dr. Jean Chamberlain for their profound keynote speeches, and to Bev Pindar-Donick for her continued guidance every year!"

Back row: George Hu, Harpreet Jaswal, Leela Raj, Diana Chu, Avika Misra, Harshini Ramesh, Susan Dong, Lara Murphy, Theebha Prethipan
Middle row: Hana Brath, Marina Manoraj
Front row: Kristen Viaje, Dr. Jean Chamberlain, Nandini Nandeesha, Candice Luo
Missing: Nikoo Aghaei

On November 8th the Faculty Education Retreat was held at the Ancaster Mill. Guest presenter, Kenda Murphy, (LLB) Workplace Investigator and Trainer, addressed the topics of Inappropriate Workplace Behaviours. The university and hospital’s responsibilities, guided by the Ontario Human Rights code, the Occupational Health and Safety Act, as well as other legislation and policies were discussed.

Dr. Kelly Dore, Chair of Geoff Norman Research Day Committee, Director of MSC in Health Science Education and Research Scientist for McMaster Education Research, Innovation and Theory (MERIT), would like to announce Geoffrey Norman Day in Education Research on June 6th, 2018. The day celebrates the rich history of health professions education research and scholarship at McMaster University across the Faculty of Health Sciences. There will be a call for abstracts. Projects presented elsewhere are eligible.
Val Mueller, Associate Professor (Postgraduate Program Director)

The Postgraduate Program has been well-represented at recent educational conferences!

The following residents have presented their research:

Dr. Harrison Banner, PGY5, Dr. Val Mueller and Dr. Susan Ellis had a poster presentation at the 2017 Simulation Summit in Montreal Quebec. Their project is titled, “Interprofessional perinatal simulation as a teaching tool for trainees in Obstetrics and Midwifery: A pilot project.” Banner, H, Columbus, L., Mueller, V., Donnery, C., Dore, K., and Ellis, S.

Pictured:
Dr. Ellis and Dr. Banner with their poster at the Simulation Summit

Dr. Val Mueller and Dr. Susan Ellis presented an invited preconference workshop and oral presentation at the ICRE as well as an oral presentation at the 2017 Simulation Summit. Their project is titled “Maximizing the Efficiency and Effectiveness of Your Simulation Curriculum: A Multi-Trainee, Multi-Learner and Multi-Competency Approach” V.Mueller, S. Ellis, B. Murray-Davis, R. Sonnada and L. Grierson.

Dr. Ali Marseu, PGY5, presented her project at the ICRE Conference in Quebec: “24 Hour Call VS. Night Float: A comparison of call systems in a Canadian obstetrics and gynecology residency program.” Alexandra Marseu; Tara Daley; Valerie Mueller; Kelly Dore.

Congratulations:

Congratulations to Dr. Alysha Nensi, PGY5, as she was presented with a resident award for “Recognition of Excellence in Minimally Invasive Gynecology” by the American Association of Gynecologic Laparoscopists (AAGL).

Congratulations to the following PGY5s who will be heading off to the fellowship programs of their choice in July:

- Dr. Harrison Banner, PGY5, will be starting his MFM Fellowship at University of Toronto
- Dr. Marie Buitendyk, PGY5 will be starting her MFM Fellowship at the University of Toronto
- Dr. Ali Marseu, PGY5, will be starting her MFM Fellowship at McMaster University
• Dr. Alysha Nensi, PGY5, will be starting her Minimally Invasive Gynecologic Surgery (MIGS) Fellowship at St. Michael’s Hospital in Toronto

Events:

Please note that Dr. Val Mueller will be presenting about Competency- Based Medical Education at Grand Rounds on December 6th. This presentation will provide an introduction to the topic and an overview for faculty and residents.

We want to thank faculty and residents for their patience as we have been working through the Postgraduate Medical Education Office’s mandated transition to MedSIS for evaluations.

Dan Reilly, Associate Professor (Undergraduate Program Director)

The end of paper evaluations! As I travelled around speaking with preceptors, it became clear that the current Clerkship evaluation tools required updating. Therefore, as of January 1st, 2018, the ob/gyn clerkship rotation will no longer utilize any paper evaluations. The clerks will no longer have encounter cards or other paper forms, instead they will be replaced with three electronic processes that will serve the same purposes. These evaluations include the Essential Clinical Encounter tracker (ECE tracker), McMaster Direct Observation Tool and in rotation On Demand Evaluations. Only the second two of these will involve the preceptor.

Preceptors will be receiving a package that includes their Teacher Effectiveness Reports (TES) reports, as well as detailed information on these new evaluation tools.

If you have any questions or concerns regarding the new evaluation tools, please contact Sarah Chisholm at chishos@mcmaster.ca

Alison Holloway, Professor (Associate Chair Research)

I am pleased to announce that the Research Office opened in May with our research coordinator Nicole Gervais, and grew with the addition of a research assistant, Ola Carrier, in mid-June. Since that time, we have been working to meet with the various divisions to introduce ourselves and explain the services we can provide to faculty.

We are hoping to take an individualized approach, so if you tell us what support would help you with your research, we will do our best to meet those needs.

In addition to providing help with research study design, grant applications and publications, the Research Office also maintains a database of students and other potential research assistants who have expressed an interest in working on gynecological/obstetrical research projects. We can provide a list of these potential research assistants to interested faculty. We have also been working to increase the research content of the Obstetrics and Gynecology website. A list of funding opportunities has been added to the website, and we have been reaching out to faculty to determine their research interests and themes.
We encourage everyone to get in contact with us at the research office to discuss your research ideas. You can email the coordinator at ngerva@mcmaster.ca, call 905-525-9140, extension 21334, or drop by the office in MUMC 3N43C.

**News from Dr. Sarah McDonald, Professor (Division of Maternal Fetal Medicine)**

**Grant Submissions:**

Dr. McDonald was pleased to contribute to Dr. Teo’s Canadian Institutes of Health Research (CIHR) Project Grant: "The FAMILY Heart-Lung Cohort Study" Principal Investigator: Teo Koon. Co-Investigator: McDonald Sarah, Morrison Katherine, Desai Dipika and others. Apr 2018 – Mar 2023, submitted Sep 2017

Dr. McDonald enjoyed participating in Dr. Feng’s Canadian Institutes of Health Research (CIHR) Project Grant: "Improving decision making in pregnant women facing a thromboprophylaxis decision." with Drs. Alonso Pablo, Shannon Bates, Mark Eckman, Ian Greer, Yuqing Zhang and others. Apr 2018 - Mar 2021, submitted Sep 2017.

Dr. McDonald was pleased to contribute to Dr. Russ de Souza’s Canadian Institutes of Health Research (CIHR) Project Grant: "A culturally-tailored personalized nutrition intervention in South Asian women at risk of Gestational Diabetes Mellitus: a pilot randomized trial (DESI-GDM)" with Drs. Adamo Kristi, Anand Sonia, Bangdiwala Shrikant, Beyene Joseph, Gerstein Hertzel, Heslegrave Ronald, Lear Scott, Ritvo Paul, Sherifali Diana, Wahi Gita, Ward Megan, Zulyniak Michael and others. Submitted Sep 2017

**Invited Presentations:**


Dr. McDonald was pleased to give other presentations this fall:

“Evidence for progesterone in women with a previous PTB, or current short cervix” Southern Ontario Obstetrical Network (SOON) Alliance for the Prevention of Preterm Birth and Stillbirth (The Alliance), Sunnybrook Health Sciences Centre, November 28, 2017 – Toronto, ON


“Revisiting Antenatal Corticosteroids: Tailoring the Timing and Use of a Powerful Drug”. McMaster University, Dept. of Obstetrics & Gynecology Grand Rounds, McMaster University Medical Centre, November 1, 2017 – Hamilton, ON

As a member of the External Advisory Committee, Dr McDonald enjoyed participating in the Canadian Perinatal Surveillance System meeting in Ottawa Nov 21-22, 2017.

**Congratulations:**

Congratulations to Dr. Tetsuya Isayama, Dr. McDonald's PhD student who successfully defended his PhD in October 2017! Dr. Isayama has returned to a position in Tokyo, Japan as Chief of Neonatology at the National Center for Child Health and Development, where he will continue to foster excellence in clinical work and research.
Pictured above: Dr. Sarah McDonald (Left) and Dr. Tetsuya Isayama (Right) at Dr. Isayama’s PhD defence.

**News from Dr. Michelle Morais, Assistant Professor (Division of Maternal Fetal Medicine)**

Dr. Morais is happy to announce that her collaboration with the Critical Care Fellowship Program was successful in their application for a Postgraduate Medical Education Research Grant. Funding of $5000 will be used to help support collaborative In Situ Simulation for the Critical Care and Obstetrics and Gynecology trainees. This work will be integrated into the larger curriculum of In Situ Simulation in Obstetric Emergencies that Dr. Morais is developing along with Drs. Ellis and Mueller, which is planned to begin in 2018. Dr. Bloomfield just joined the team as our Resident representative, and she will be helping to carry out some of the scholarship planned to evaluate this curriculum. We look forward to enhancing residency education while trying to optimize care for our patients!

**News from Dr. Eileen Hutton, Professor, Dr. Beth Murray-Davis, Associate Professor, Dr. Liz Darling, Associate Professor (Division of Midwifery)**

**Events:**


The McMaster Midwifery Education Program hosted the first-ever Canadian Association of Midwifery Educators’ (CAM-Ed) Symposium on “Promoting Effective Teaching & Learning” on Tuesday, November 14, 2017 at the University Club, McMaster University, Hamilton, and online.
Keynote Presentation

How I learned to make teaching personal and learning durable by applying cognitive principles

Joe Kim, PhD

Closing Plenary

Learning Pelvic Anatomy in the 21st Century

Bruce Wainman, PhD

Plus abstract presentations by midwifery educators in the Scholarship of Teaching and Learning

Register: https://canadianmidwives.org/camed-membership/

The Surgical Assistant in Obstetrics: C-Section course took place in Hamilton on November 17-18, 2017. This is an entry-level training course for the Surgical Assistant with a focus on obstetrics, for Family Physicians, Midwives, Nurses, and Physician Assistants. Core content includes: roles and responsibilities of the obstetric team, patient safety, review of anatomy, patient positioning, asepsis, instrument identification and handling, tissue handling, complications, and pharmacology, with pre-workshop modules, two-day in-person workshop, and clinical practicum.

See brochure and register online at www.fhs.mcmaster.ca/conted/register/html.

Mixed Methods Study on Gestational Weight Gain Counseling by Health Care Provider

**Why is the study being done?**
Excess weight gain in pregnancy is associated with increased preterm birth, cesarean birth, LGA and other perinatal outcomes. The purpose of this study is to explore differences and similarities in counseling related to GWG among family physicians, midwives and obstetricians and to consider the impact of that counseling on women’s weight gain within the recommended ranges.

**Who is eligible to participate?**
All family physicians, midwives, and obstetricians who provide antenatal care to women in Ontario are eligible to participate. You will participate in a brief interview with a trained researcher either in person or by telephone. You will be asked questions that relate to the timing, content and impact of the counseling you provide to women about GWG.

**How do I participate?**
If you are interested in participating in an interview please complete a short survey at: [https://www.surveymonkey.com/r/ZVBN8XR](https://www.surveymonkey.com/r/ZVBN8XR)

Please direct any questions to Dr. Beth Murray-Davis at 905-525-9140 ext. 21596 or bmurray@mcmaster.ca.

**OTHER NEWS**

**Dr. Timea Belej-Rak** is a practicing physician in reproductive endocrinology & infertility, utilizing both cutting edge technology and functional medicine to facilitate & support her patient’s journey. Fertility Matters is an organization she endorses professionally and personally, embracing the importance of knowledge and support when exploring fertility. In the spirit of giving back, Dr. Timea Belej-Rak has agreed to donate her profits from the purchase of the book to Fertility Matters, so those struggling with fertility can obtain as much information as possible to understand their options.

Inspired by **Dr. Timea Belej-Rak**, eight experts come together to explain your fertility options, empowering you with the tools to help you succeed. "Embrace Your Fertility" empowers those struggling to build their families. The authors provide the reader with a guide that melds heartfelt patient stories and expert knowledge on the latest resources available, from naturopathy, to acupuncture, to mind-body tools and counselling, as well as medical treatments, donor sperm, donor eggs and adoption.

The book is available at [www.embraceyourfertility.com](http://www.embraceyourfertility.com) or on Amazon Canada.
**Spirit:**

*The Spirit Committee has been reborn!*

Jessica Kromhout, Rena Rice and Kate Lockley have reinstated the Spirit Committee this past October.

We’d like to start by thanking everyone for the support and encouragement to continue to reach the goals that Jennifer Corine, Elizabeth dos Santos and Amanda Montgomery had set out to accomplish. We had our first meeting and discussed some fun ways that each of us can socialize and connect with each other outside the office setting, as well as the little gestures that maintain a fun and happy work atmosphere. You will all be receiving emails from time to time outlining upcoming events and days we’d like to recognize, such as National Pay It Forward Day and our favourite, National Chocolate Day (which should be EVERYDAY). We encourage everyone to submit your ideas for team building activities, community/national events and charity options.

**Upcoming Events:**

Winter clothing and accessories drive: As the weather turns cold, we’d like to ask for donations of gently used coats, hats, gloves, and scarfs. These items will be collected in the 2F Academic Offices by Kate, starting December 4th until December 8th, where the items will then be taken to the Good Shepherd Venture Center on Cannon Street. For more information on the Good Shepherd center, please visit [https://www.goodshepherdcentres.ca/clothing-room](https://www.goodshepherdcentres.ca/clothing-room).

**Message from Kate:**

I had the pleasure of attending my first Halloween Parade here at McMaster. The amount of staff and faculty that were in line in the Main lobby alone gave me an overwhelming sense of how committed the Hospital is to ensuring these kids experience some normalcy during their time here.

Although we couldn’t take pictures of all the great costumes, some of them will forever be embedded in my mind. Wheelchairs were transformed into Cinderella’s carriage, a full sized car straight out of The Flintstones cartoon and so many great characters that are a symbol of courage and empowerment.

Not only did I take note of the joy in the children’s faces but you could see the feeling of appreciation in the eyes of their parents. My heart goes out to those families and hope next year they get to trick-or-treat house to house, healthy children. It was an experience that I hope to recreate with each year that I am lucky enough to be employed with the University. This is truly what Spirit is all about.

-Kate Lockley

**Contacts:**

Please contact Jessica at kromhoj@mcmaster.ca; Rena at ricere@mcmaster.ca; and Kate at lockleyk@mcmaster.ca with your suggestions.

**Thank you again to the entire OB/GYN staff!**

-The Spirit Committee
Births:

Andrea Mosher (PGY3) and her husband Jeremy welcomed their son Joshua Kevin Mosher on November 6, 2017.

Obituaries:

Dr. Paula Roth, M.D., B.Sc., M.Sc., FRCSC
October 16, 1949 – October 10, 2017

For Dr. Roth’s obituary notice, please follow: http://obits.dignitymemorial.com/dignity-memorial/obituary.aspx?n=Paula-Roth&lc=3765&pid=186965424&mid=7598539
Our systematic review and network meta-analysis found that caesarean section is associated with a significant 41% reduction in the odds of death, and a 49% reduction of severe intraventricular hemorrhage in breech singleton infants <28 weeks of gestation who are actively resuscitated.


With researchers and clinicians from Nova Scotia, we found that gestational weight gain (GWG) below the Institute of Medicine (IOM) guidelines for twin gestations is associated with small for gestational age and other adverse neonatal come, while GWG above is associated with adverse maternal outcomes such as labor induction. More research is necessary to assess the robustness of the IOM guidelines.


Dr. McDonald enjoyed participating in others’ manuscripts:


Dr. Michelle Morais:

Dr. Morais is pleased to share her series of publications focusing on teaching in various clinical environments. If you are looking for strategies to enhance your teaching in the OR, ambulatory clinic and/or on the inpatient ward, please check out these resources! The ICE (International Clinician Educators) Blog is a peer-reviewed, online publication affiliated with the Royal College of Physicians and Surgeons of Canada that promotes discussion among Clinician Educators from around the world.


Dr. Eileen Hutton:

1. Baas CI, Wiegers TA, de Cock TP, Erwich JJHM, Spelten ER, Hutton EK. Experience with and amount of postpartum maternity care: Comparing women who rated the care they received from the maternity care assistant as 'good' or 'less than good care'. Midwifery. 2017 Sep 19;55:128-136.


