MESSAGE FROM THE CHAIR

To the McMaster Obstetrics and Gynecology community,

As we move into our spring season of 2017, we should all take the opportunity to pause and reflect upon our great fortune to live in a country such as Canada. We are truly blessed to live in a stable, peaceful country when many others around the world are considerably less fortunate. Our ongoing support for those less fortunate is an important demonstration of Canadian values. Those Syrian families that have been welcomed to Canada and to our immediate community deserve our assistance and our ongoing support.

Midway through the academic year we continue to be successful in our academic mission here at McMaster. Many of our faculty have been very successful in receiving support from prestigious grants. We are very proud of their ongoing accomplishments.

Recently, we have solidified our clinical practice plan to support our residents and faculty in answering their many important research questions in women’s health. In addition to our continued role in training the next generation of medical students and specialists in obstetrics and gynecology, we seek to develop and expand our understanding and the improvement of care provided to women and their families. This is our mandate and what we all must contribute to achieving as we move into 2017 and beyond.

I look forward to working with the entire faculty to continue to develop and execute our academic mission moving forward as a department and to...

“Become a Leading Academic Program in Obstetrics and Gynecology in Canada”.

Nicholas Leyland
Congratulations:

Dr. Val Mueller, Associate Professor, recently completed her MSc Thesis for the Health Professions Education Program. Her thesis was titled “Multi-learner, Multi-level, Multi-competency Simulation Approach to Competency-based Education of Obstetrical Emergencies” and has implications for improving the education process for learners and saving resources for the Department of Obstetrics and Gynecology. Dr. Mueller did an outstanding job at her defense and will be presenting at the Canadian Conference on Medical Education in May, 2017.

Dr. Larry Komer, Assistant Clinical Professor, Dept. of Ob/Gyn in Burlington has specialized in Hormone Restoration Therapy in women in his Menopause Clinic and in men with low testosterone in the Masters Men’s Clinic. He has lectured both in Canada and internationally on these topics.

Dr. Komer is the Director of the Komer Brain Institute and has been accredited in the treatment of the hormonal disruptions that often occur with traumatic brain Injuries (TBI). He and his wife Joan have recently published the book New Hope for Concussions TBI and PTSD.

Very often patients are told that their brain injuries are permanent and that they should accept their diminished abilities as their “new normal”. Dr Komer disputes this line of thinking and that is why the book title starts with the words New Hope.

In their book, new therapies are outlined, including hormonal supplementation, optimization of neurotransmitters and other substances to improve brain function, visual therapy (by guest author Dr Patrick Quaid) and Interventional Pain Management (by guest author Dr Blair Lamb). The book features inspiring chapters by Joan Komer who is a motivational speaker. She discusses the psychological and mental aspects of brain injuries with advice on how to conquer them and thrive.

The book includes a chapter by U.S. Special Forces demolition expert Andrew Marr who suffered significant brain injuries in service to his country. His story of recovery is awe-inspiring. He has since founded the Warrior Angels Foundation to fund treatment for troops and veterans with traumatic brain injuries.

The book forward is by the Komer’s dear friend and colleague, Jack Canfield who is co-author of the popular motivational book series Chicken Soup for the Soul.


Congratulations to Dr. Eileen Hutton, Dr. Beth Murray-Davis, and Dr. Bruce Wainman, Associate Member, on receiving an eCampusOntario grant for $100,500 for their future e-textbook publication ‘Comprehensive Midwifery: An Interactive Approach to the Theory and Evidence of Practice.’ The project was one of 61 selected for funding from a province-wide pool of 174 applicants.
Comprehensive Midwifery: An Interactive Approach to the Theory and Evidence of Practice’ is a three-part e-textbook focusing on midwifery care and features specialized content from Dr. Dustin Costescu and Dr. Bryon De France who are contributing to the project as chapter authors for part 2 and part 3, respectively. Part 1 of the series (for which funding was awarded) focuses on the history and philosophy of midwifery, how current midwifery theory and policies were/are developed, and the role of education and research in advancing the field. Part 2 outlines the clinical skills needed for normal pregnancy care, and part 3 will discuss complications and pathologies in pregnancy. While the full Comprehensive Midwifery series won’t be complete until 2018, Pharmacology Revealed, Physical Assessment of the Well-Woman and Child, and Comprehensive Midwifery: Part 2 e-books are currently available at: https://www.gumroad.com/bcw

Dr. David Rouselle, former resident of the obstetrics and gynecology program at McMaster University, was named President of the College of Physicians and Surgeons of Ontario on December 2, 2016. He is currently an obstetrician/gynecologist at Southlake Regional Health Centre in Newmarket and has held a part time position in our department since December 2006.

Events:
The final Enkin Lectureship with guest speaker Dr. Alex Jadad “On birth, death and how to enjoy the interval” was held Wednesday, April 5th from 3pm to 5pm in HSC-1A1. The lecture was hosted by the Midwifery Education Program, Obstetrics and Gynecology and Health Research Methods, Evidence and Impact.

Welcome:
We are pleased to welcome the following faculty and staff to our department:

Dr. Limor Helpman, Associate Professor, will be joining the division of Gynecologic Oncology on Apr18, 2017. Limor is currently the Director of Gynecologic Oncology Services at Meir Medical Center in Kfar Saba, Israel. She completed medical school at the Sackler School of Medicine, Tel Aviv University. She completed her Obstetrics and Gynecology training at Lis Maternity Hospital, Tel Aviv. She completed her Gynecologic Oncology training at the University of Toronto. She comes to the Hamilton area with expertise in Quality improvement particularly in the area of enhanced recovery after surgery. She is joined by her husband and their children.

Associate Professor:
Dr. Susan Ellis – Generalist, St. Joseph’s Hospital (May 1, 2017)
Dr. Rory McDonagh – Generalist, St. Joseph’s Hospital (May 1, 2017)

Assistant Professor:
Dr. Lea Luketic – Generalist, St. Joseph’s Hospital

Assistant Clinical Professor (Adjunct):
Dr. Valentina Cvetic – Cambridge, ON
Dr. Sheila Thakkar – Brampton, ON
Welcome back:

Dr Jean Chamberlain will be returning to practice full-time in May 2017 after spending 17 years in international women’s health (5 years in Yemen followed by 12 years in Uganda). She will be based at St Joseph’s Hospital—practicing general obstetrics and gynecology with a special focus on ultrasound. While in Uganda, Jean helped to develop the ‘Save the Mothers’ program and has been privileged to see 440 East African multidisciplinary professionals be trained in the Master of Public Health Leadership program. The program is based at the Uganda Christian University and is now being headed by a Ugandan Obstetrician. These leaders (including Members of Parliament and national journalists) have become champions of change to help improve the health of mothers and babies in the region. Please join her on SATURDAY MAY 13\textsuperscript{th} at 9AM for the STEPS TO DELIVER CHANGE WALK, to raise support for the work of Save the Mothers. See \url{www.savethemothers.org} to sign up or contact Jean at \url{jchamber@mcmaster.ca}.

Dr Jean Chamberlain (front row, third from left) throws her grad hat with 20 of her graduating students (Master of Public Health Leadership) as they celebrate their graduation at the Uganda Christian University in the Save the Mothers’ program.
**Spirit Committee News:**

Officially introducing the ObGyn Spirit Team. Our mandate is to organize social events and activities that help to foster positive relationships between fellow employees and faculty.

**Announcements:**
- Congrats to Katelyn Bernacci for her recent engagement and purchase of a new home!
- We wish Riann Willoughby all the best as she prepares to welcome her new twin babies.
- A farewell to Rebecca Misiak, we wish you all the best in your new position!
- Congrats to Jennifer Corine on baby #3 due in July!
- Congratulations to Paula Dunn who will be getting married on April 21st!
- Amanda Montgomery is pursuing her Business Administration Certificate

**Past Events:**
Our past Lunch n Learn sessions were very well attended. Thank you to all who participated. We’d like to thank the DoTerra Reps- Michelle Auge and Jane Mullin-Schweitzer for the very informative session on Essential Oils. A special thank you to our very own Dr. D. Costescu for the exciting session on Love and Relationships!

**Upcoming events:**
New- Stay tuned for Spirit to bring activities to you during our staff meetings. Suggestions for all our events are always welcome. Please contact Elizabeth dos Santos at dossant@mcmaster.ca
Val Mueller, Associate Professor (Postgraduate Program Director)

We have finished another successful CaRMS match and are very pleased to welcome the following, as new PGY 1s to the program:
Norah Cockburn – McMaster University
Stephanie Hughes – University of Toronto
Carween Mui – University of British Columbia
Sophie Vincent – McGill University
Zoe Winterton- Perks – University of Toronto
Lisa Yang – McMaster University
Alice Buwembo – University College Cork School of Medicine
Marinela Grabovac – University of Belgrade Faculty of Medicine
You will have the opportunity to meet them at the annual welcome barbeque in July!

Congratulations to the following residents who have recently presented, or have been invited to present, at upcoming conferences:

- Dr. Ali Marseu, PGY4, and Dr. Tara Daley, PGYS, presented their night float study at the APOG Conference in December 2015.
- Dr. Alysha Nensi, PGY4, also presented her project at APOG. Her project’s title is ‘Implementation of a Same- Day Home Protocol Following Total Laparoscopic Hysterectomy’.
- Dr. Harrison Banner, PGY4, recently presented his project, ‘Health Provider Opinions on Appropriate Postpartum Venous Thromboembolism Prophylaxis: A Quality Improvement Study’ at the Canadian National Perinatal Research Meeting in Quebec.
- Dr. Jayesh Tigidi, PGY2, and Dr. Andrea Mosher, PGY2, have had poster presentations accepted to SOGC in June.

A reminder that the Annual Resident Appreciation Night will take place on Wednesday, June 28th at the Ancaster Old Mill. We encourage all those involved with the residency education program to attend!

Kate Gerster, PGY4 and her husband Justin Tilak welcomed baby Madeline Wing (็น) Gerster Tilak on February 10th.
We welcome Kelly Smith as the new postgraduate events assistant! Kelly will be the contact person for anything related to AHD and residency events.

**UNDERGRADUATE NEWS**

*Dan Reilly, Associate Clinical Professor (Undergraduate Program Director)*

Dr. Reilly has been busy travelling across our region to meet and discuss the different rotation experiences at some of our clinical sites. This past winter he visited with the preceptors at Richmond Hill, Brantford, Alliston, and Kitchener-Waterloo. The purpose of these “meet and greets” is to evaluate the strengths and weakness of each of the sites. So far, he is happy to report that these sites are all doing well when it comes to providing excellent teaching opportunities for the medical students.

In December, the Undergraduate program reached a curriculum milestone to mark the 10th year anniversary of the Survivors Teaching Students program with Ovarian Cancer Canada. This group is made of special volunteers, survivors of Ovarian Cancer, committed to educating and raising awareness. To date, they have taught 80 sessions to over 2500 medical students. They share their personal stories of diagnosis and battle with ovarian cancer in hopes of instilling a message about the importance of early diagnosis. Drs. Reilly, Leyland and Fedorkow joined the volunteers to mark the occasion with a small celebration.

Welcome **Dr. Jan Scheers** in Alliston and **Dr. Suha Eltayeb** in Whitby for participating as preceptors beginning in January 2017. Both sites prove to be an excellent learning opportunity for our medical students. We are so excited to have you on board and hope to develop a long partnership.

**CALL FOR PARTICPATION**- We are currently recruiting for physicians interested in teaching sessions in the areas of Knot tying, Amenorrhea, STI and Pelvic Pain. Please contact Elizabeth dos Santos for scheduling.
CONTINUING EDUCATION NEWS

Dustin Costescu, Director Continuing Education

2017 has been off to a great start as we all adapt to offering videoconferencing of Grand Rounds through the Ontario Telemedicine Network. If you are a part-time (clinical) faculty member and you would like to have rounds broadcast to your site, please contact your Hospital IT or OTN representative. As for any new technology, there will be some small hiccups, so please forward any concerns to my attention.

So far this year, we have had the pleasure of inviting Dr. Joan Murphy in January, who discussed the CancerCare Ontario approach to developing an organized cervical screening program. In February we hosted Dr. Laura Hopkins who explored Continuous Quality Improvement in the Operating Room, as part of our annual Greg O’Connell Day. In March, we welcomed Dr. Edith Guilbert to review the Contraceptive Task-Shifting Program in Quebec, which has contributed to significant uptake of contraception and reductions in unintended pregnancy.

Each of these speakers serves as a reminder of the breadth of our specialty, and the ability of motivated individuals to effect real change.

Early this year, we wished our administrative assistant, Riann, best wishes as she takes time off in preparation of the birth of her twins – thank you to all faculty members for their patience as we find an administrative replacement.

RESEARCH NEWS

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

Dr. Michelle Morais is pleased to be the research supervisor for both Drs. Harrison Banner (PGY 4) and Sapna Sharma (MFM Fellow) who presented their research at this year’s Canadian National Perinatal Meeting. Harrison presented "Health Provider Opinions on Appropriate Postpartum Venous Thromboembolism Prophylaxis: A Quality Improvement Study" and Sapna presented "Factors Associated with Preterm Birth Amongst Inpatients with Short Cervix".

News from Dr. Warren Foster, Professor (Division of Reproductive Biology)

Appointments:
Dr. Warren Foster was appointed as an Associate Member, School of Biomedical Engineering, McMaster University in November 2016.

Contributions to Peer Reviewed Presentations:
Dr. Foster was invited to attend and present at the Disciplinary Environmental Toxicology Seminar Series, College of Veterinary Medicine, University of Illinois where, he gave a talk titled: Life-style, environmental toxicants, and reproductive health, from bench to bedside. Nov 17 – 19, 2016, Champaign IL.
Grants Awarded:
With a team of 100 clinicians, researchers, organizations, policy makers and patient representatives, Dr. McDonald was delighted to be part of the writing team for a Canadian Institutes of Health Research (CIHR) Preterm Birth Network Team Grant “Improving Outcomes for Preterm Infants and their Families: A Canadian Collaborative Network” November 1, 2016 – October 31, 2021 ($4.5 Million from CIHR, $5.25 Million in matching funds) Nominated Principal Investigator: Prakesh Shah, Co-Principal Investigator: Sarah D. McDonald and 8 other co-PI, with 90 co-investigators. Dr. Michelle Morais will be McMaster’s MFM site lead, and Dr. J Twiss will be our Neonatal site lead. It is a credit to McMaster that we have two such skilled, innovative leads for Quality Improvement!

With Dr. Wendy Sword, as a Co-Principal Investigator, Dr. McDonald was awarded Public Health Agency of Canada (PHAC) Funding, partnered with the SOGC. "A Mixed Methods Study of Adherence to SOGC Guidelines for Screening and Counselling for Alcohol Use". January 2017- March 31, 2019 ($131,098) Nominated Principal Investigator: Wendy Sword, Co-Principal Investigator: Sarah D. McDonald. Co-investigators: Maureen Heaman, Dawn Kingston, Christine Kurtz Landy, Helen McDonald, Alison Niccols, Tejal Patel, Suzanne Tough, Noori Akhtar-Danesh, Jennifer Blake.

Dr. McDonald was pleased to contribute as a Co-investigator to Dr. K. S. Joseph’s Successful Canadian Institutes of Health Research (CIHR) Team Grant: Perinatal Healthcare System Improvement. Awarded October 2016 - October 2021 ($1,000,000).

CIHR has just announced the results of the Database grant competition, and our grant, “Innovative prediction models for risk assessment of preterm birth: a key step to improve care and outcomes” was successful! There were 84 submissions, of which only 25 funded and we ranked 6th, which speaks to the high quality of the work! The cap set on the funding applications was $75K, and our grant was funded for $74,991.

Congratulations:
Dr. Tetsuya Isayama, a PhD student with Dr. McDonald, welcomed the birth of his baby Yume!
Congratulations to Dr. Marinela Grabovac, who will join McMaster’s residency program in July 2017! She has been a research intern with Dr. McDonald and she presented a plenary oral on “What is the safest mode of delivery for extremely preterm breech infants: a systematic review and meta-analyses?”, work she completed with Dr. Jehan Karim, a PGY-3 in our department who did a research elective with Dr. McDonald. Importantly, she and Dr. Karim found that Cesarean section is associated with an approximate 40% reduction in the odds of death and severe intraventricular hemorrhage in actively resuscitated breech singleton infants before 28 weeks. Grabovac M, Karim JN, Isayama T, Korale Liyanage S, Beyene J, McDonald SD. 4th Annual Canadian National Perinatal Research Meeting (CNPRM), Montebello, QC, February 14-17 2017.

Dr. Grabovac also presented an oral presentation of an interprovincial comparison of recent data, work done in conjunction with the provincial perinatal research programs through S Dzakpasu, N Chapinal, M Guo, C Woolcott, P Murphy and Dr. McDonald, which found increasing proportions of women from west to east begin pregnancy with excess weight or gain too much weight during pregnancy. Excess GWG was a larger contributor to LGA than either overweight or obese BMI. Similarly, the contribution of inadequate GWG to SGA exceeded that of underweight BMI. 4th Annual Canadian National Perinatal Research Meeting (CNPRM), Montebello, QC, February 14-17 2017.
Poster Presentations:

**Dr. Grabovac** presented a poster presentation of work done with Feng YY, Jarde A, Seo Y, Grabovac M, Powell A, Nwebube M, McDonald SD. “How often are progesterone, pessary and cerclage being used for prevention of preterm birth in primary, secondary and tertiary Canadian centres?” which found that approximately 1 in 4 women at risk of PTB from a previous PTB or short cervix were offered prevention, while 1 in 6 was offered progesterone. 4th Annual Canadian National Perinatal Research Meeting (CNPRM), Montebello, QC February 14-17 2017.

Pictured (Left to Right): Dr. Marinela Grabovac and Dr. Sarah McDonald

Dr. McDonald was excited to be part of a CIHR grant for research entitled "Caesarean section and health care utilization in the offspring". Alexander Nikolas MacLellan, Christy G. Woolcott, Linda Dodds, Bryan Maguire, Sarah McDonald, Stefan Kuhle. 4th Annual Canadian National Perinatal Research Meeting (CNPRM), Montebello, QC February 14-17 2017.

Welcome:
Dr. McDonald is delighted to announce that the team has grown! Dr. Siavash Maghsoudlou Estarabadi joined the team as a Postdoctoral Fellow in Perinatal Clinical Epidemiology. He recently completed his PhD from the prestigious Karolinska Institute in Sweden, having already completed his Doctorate of Medicine from Iran University of Medical Sciences.

Kelly Lam joined the team as my Administrative Assistant. Kelly did her BA in Economics here at McMaster, and has worked in finance and IT.

Dr. McDonald is pleased to supervise Bachelor of Health Science students on courses: Kristen Viaje and Julianne Feng.

Invited presentations:
Dr. McDonald enjoyed presenting at a number of forums:

- "Inter-hospital Rounds" Southern Ontario Obstetrics Network (SOON), St. Michaels Hospital, April 7th, 2017 - Toronto, ON

- "Canada’s New Preterm Birth Network: UBC’s pivotal role in this opportunity for OB, MFM, Neonatology, Follow-up & Health Economics to Innovate Together", as the keynote speaker at the University of British Columbia’s Academic Research Day, Vancouver, BC March 8, 2017


- “Improving Outcomes for Preterm Infants and their Families: A Canadian Collaborative Network”, Meeting with MFM for input into variable collection, Evidenced Based Improvement in Care (EPIC) meeting, Canadian National Perinatal Research Meeting, Toronto, Feb 16, 2017

- “Rethinking our Approach to Antenatal Corticosteroids: Educational Rounds”, Guelph General Hospital-January 20, 2017


- “Antenatal Corticosteroids: To give or not give in the Late Preterm or Term Time Periods?” Neo/MFM Department Rounds, McMaster University, January 13, 2017

Grant Review Role:
Dr. McDonald was happy to have been asked to be a Scientific Officer for the Canadian Institutes of Health (CIHR) Fall 2016 Project Grant competition.
Awards:
A paper entitled "Antenatal corticosteroid therapy before 24 weeks of gestation: a systematic review and meta-analysis" by two of Dr. McDonald’s graduate students, Christina Park and Tetsuya Isayama, has been designated as the Harold A. Kaminetzky Prize Paper for 2016.

This award was established by Obstetrics & Gynecology in 2008 to recognize the best article from a non-U.S. researcher each year. The award consists of an unrestricted cash grant of $2,000. In addition, an announcement of the award will be published in the May 2017 issue of Obstetrics & Gynecology.

Christina and Tetsuya definitively determined that administering antenatal corticosteroids are associated with a halving of the odds of mortality in 22-23 week babies whose parents desire active resuscitation, and that only 6 women need to be treated to prevent one neonatal death—whereas the number needed to treat from 24-34 weeks, when we typically use steroids, is four times that!

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

Welcome Dr. Elizabeth Darling, Associate Professor, Department of Obstetrics and Gynecology and Midwifery Education Program!

Liz is a Registered Midwife (RM) with a Doctorate in Population Health from the University of Ottawa, with a dissertation on “Understanding the Impact of the Canadian Paediatric Society’s Hyperbilirubinemia Guidelines in Ontario: A Population Health Perspective”. She is a graduate of both the Midwifery Education Program (1997) and the Health Research Methodology Master’s program (2007) at McMaster University. Her previous appointment was as an Assistant Professor in the Midwifery Education Program at Laurentian University, and she has worked as an RM with the Midwifery Group of Ottawa, and with Midwifery Care, North Don River Valley, Thornhill. She is an ALARM instructor with the Society of Obstetricians and Gynaecologists of Canada and Emergency Skills Workshop Instructor with the Association of Ontario Midwives.

Her research interests include health services research, obstetrics and gynecology, pediatric health and access to health care.

Liz is also an Adjunct Scientist with the recently inaugurated Institute for Clinical Evaluative Sciences (ICES) at McMaster specializing in the Health System Planning & Evaluation Research Program, and an agent with the Better Outcomes Registry & Network (BORN) Ontario. These capacities build on McMaster’s recent ICES and BORN expansion into epidemiological and health economic research on maternal and neonatal health outcomes research and health service delivery models.

You can reach Liz at darlinek@mcmaster.ca, (905) 525-9140 ext. 21596, and follow her on Twitter at @LizDarlingRM https://twitter.com/lizdarlingrm?lang=en

Baby & Mi:
Welcome to our Research Assistants Jen Li, Sara Dizzell and Marilia Carvalho, who will be working on the Baby & Mi, Baby & Pre-Mi and GI-MDH studies!

Congratulations to Samantha Krueger, Midwifery Education Program year 3, on her research “Labor outcomes after successful external cephalic version compared to spontaneous cephalic version” that she gave as an oral presentation at the Canadian National Perinatal Research Meeting in Montebello, Quebec in February, and that has been accepted as an oral presentation at this year’s SOGC Annual Clinical and Scientific Conference in June.
Midwifery Research Symposium:
On Wednesday, April 5th from 9:00am to 2:30pm – culminating with the Enkin Lectureship at 3pm – the Midwifery Education Program (MEP) hosted the Midwifery Research Symposium Day. Speakers included: Drs. Ken Rosenthal (Pathology & Molecular Medicine), Katherine Morrison (Pediatrics), Cristina Mattison (Health Policy) and Alison Holloway, Eileen Hutton and Liz Darling (Obstetrics and Gynecology). Student research posters were presented.

Dr. Eileen Hutton:


Dr. Warren Foster:


Dr. Sarah McDonald:
1. Aihua Li, Sonia S. Anand, Katherine M. Morrison, Sarah D. McDonald, Stephanie A. Atkinson, Koon K. Teo, and David Meyre; "A genetic link between prepregnancy body-mass index, postpartum weight retention and offspring weight in early childhood". November 27, 2016, Obesity. Manuscript ID 16-0245-Orig.R2 DOI:10.1002/oby.21707

2. Meredith Vanstone, Sujane Kandasamy, Mita Giacomini, Deirdre DeJean, Sarah McDonald. "Pregnant women’s perceptions of gestational weight gain: A systematic review and meta-synthesis of qualitative...
We identified women's common perception on the struggle to enact health behaviors and physical, social, and environmental factors outside of their control.


Dr. Liz Darling:


