

## Happy Retirement to Dr. Surya Shah!!



After more than 25 years as a pediatric cardiologist and pediatrician with the Janeway Children's Hospital, and almost 25 years with Memorial University as a full-time faculty since 1998, it has come time for Dr. Suryakant Shah to retire from the Faculty of Medicine, Division of Pediatrics and section of Pediatric Cardiology.

Though I may be a little biased as this is coming from a proud and humbled daughter... The Janeway Hospital and Pediatrics won't quite be the same without Dr. Shah... but I'll let you be the judge.

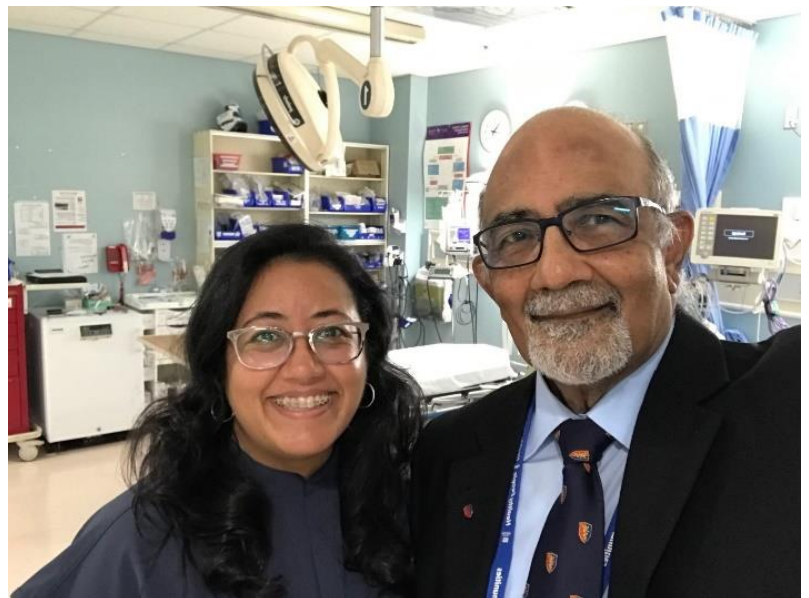
Let me take you on a journey of his life and career...

Dr. Shah - "*Papa Shah*" as he is so fondly referred to by many, was born in Kisumu, Kenya in Africa. After high school, he entered Makerere Medical School in Kampala, Uganda. Five years later at the age of 23, he qualified as a physician and returned to Nairobi. After a year of internship, as part of Government service, he worked in the small town of Narok, right in middle of Masai Mara, which is the largest wildlife game park in Kenya. It was quite an amazing experience, as he had cared for sick infants, children and adults. During this time, he was a "Jack of all trades" and performed various procedures such as reducing fractures, delivering babies, performing caesarian sections and surgeries, just to name a few. When asked about his time, some of the more memorable stories recalled were operating on a young man gored by a rhino and on a child speared in the abdomen.

He returned to Nairobi in 1971, where his journey in pediatrics began at the Kenyatta National Hospital, University of Nairobi, Kenya. The heart was always his favourite subject and as such pursued training in pediatric cardiology at Great Ormond Street Hospital in London, UK. While interning, he met Hasu, my mother, who had both worked in the same hospital during their internship year. They were married on February 19, 1973 and began their journey together. From 1976 to 1985, Papa Shah had a successful career as pediatrician and pediatric cardiologist in the primary National Hospital in Nairobi, where he was also a lecturer in the Department of Pediatrics.

In 1982, there was an aborted military coup in Kenya and while on route to the hospital, Papa Shah was held up at gun point by an intoxication army personal who was bent upon shooting him. Another sensible army man looked at his physician credentials and told him he was free to go. It was the most terrifying experience of his life. Our move to Canada was understandably stemmed from a sense for better security. In November 1985, he was offered a locum job in pediatrics in St. Anthony, Newfoundland. Two weeks later he was offered a full-time position. His wife, Hasu and children (Aanand and I) joined him and agreed St. Anthony was a very secure and heavenly place to start our new lives.

From our new Canadian home in St. Anthony, Papa Shah worked as the pediatrician in the Charles S. Curtis Memorial Hospital for a period of 5 years. There, he provided care to children of the Northern Peninsula and Labrador region, including various outreach clinics in Goosebay and other regional nursing centers.



While we grew to love St. Anthony and its people, in 1990, at the age of 42 years young, Papa Shah and his family moved to St. John's. There, he set out to obtain his Canadian Royal College certification in Pediatrics. He joined the residency program here at Memorial University at the "Old Janeway"; at which point he was quickly known as the most well prepared "first year" Pediatric Resident ever! At the age of 47, he went on to complete his Cardiology Fellowship at the University of Alberta and proudly rejoined the Janeway staff as a Pediatric Cardiologist in 1996, at the age of 49.

During his time with the Janeway, he served as the Pediatric Residency Program Director between 1998 to 2005. Ever since, he's played an important part in the medical education of trainees by continually teaching and mentoring. He was appointed as an examiner with Royal College of Surgeons and Physicians of Canada and for the past 20 years he has been a board member of the Royal College examiners. Most recently, in June of 2020, he was awarded the "Canadian Pediatric Society Certificate of Merit" in recognition of his outstanding commitment to the health of children and youth in Newfoundland and Labrador.

Along with his colleagues in cardiology, Dr. Shah has been instrumental in ensuring the cardiology program maintains a high level of expertise with province wide service. Throughout his career, he's provided many years of travelling clinics to Gander, Corner Brook, St. Anthony, and Goosebay, thereby easing the burden on patients who would otherwise have to travel to St. John's.

Dr. Shah exemplifies in all the qualities of a great physician and leader. While being respectful of all, he has taken the lead when required, prioritized a team-based environment at all levels of the Janeway Children's Hospital, Eastern Health and Memorial University. His patients, colleagues and mentees will describe him as gentle, kind, compassionate, knowledgeable, dedicated and extraordinary.

The high level of patient care he's provided, has impacted the lives of many families. As a result, many have welcomed him into their child's life from the point of a life-changing diagnosis, through the ups and downs of their journey to eventually saying goodbye and thank-you at the time of their child's graduation.

On countless occasions he has played the role of confidant, mentor, and dear friend. He has provided an ear for listening, a shoulder to lean on, a foundation to gain strength from and a compass for guidance.



For a closer look and a measure of the impact he has had over the years, one only has to look to the photos... not only the photos from his Facebook or Instagram page, but the photos in the cardiology department and his office. These photos showcase the faces of the residents he has mentored and the children he has cared for over the years. He will be forever a legend and one of the greats! For his commitment to education, his dedication to his patients and his contributions to the field of paediatrics we all wish you a very happy retirement Papa Shah!

Dr. Archna Shah

Congratulations to Dr. Shah on his retirement. I met Dr. Shah when I was a medical student at the CPS conference in Toronto in 2002. I was there presenting a poster and Dr. Shah was very friendly and engaging, asking me about myself and my interest in pediatrics. It was a good thing I did not know that he was the program director at the time or I would have been much more nervous, especially during the four hour bus ride home from Gander, where our plane had landed due to fog. If I had known him as well as I do now I would have felt fine. "Papa Shah", as he has been affectionately called by many residents, is always friendly and welcoming. He always has a smile on his face and a warm 'How are you doing?'. I have enjoyed seeing pictures of his many travels on Facebook and I look forward to many more now that the world is opening back up and he will have the time to go! I wish you all the best for the future, you will be missed.

Dr. Laura Vivian

# Competence by Design

## Focus on CBD

All of our new **first year** residents are now working in the **Transition to Discipline phase of CBD**. It encompasses the first three or four blocks of the year.

Our current **second years** are going to be moving out of the **Foundations phase of CBD** and they will be moving into the **Core phase of CBD** which will encompass the next 30 months.

All residents should be collecting a **minimum of TWO** observations per week.

### Focus on EPA #12 in Core

#### Leading the inpatient team

This EPA focuses on the efficient leadership of an inpatient service in the role of the senior resident.

This includes organizing and delegating the daily workload for the medical team, working effectively with the inter-professional team, coordinating patient management and discharge plans and using available resources judiciously.

At this stage, this EPA does not include the role of the most responsible physician for medical decisions. The observation of this EPA is not based on a single patient encounter, but rather on the resident performance over a period of at least one week.

The **milestones** for this EPA are:

1. Manage time and prioritize tasks

2. Delegate responsibilities to members of the health care team appropriate to their scope of practice and level of expertise
3. Communicate effectively with physicians and other health care professionals
4. Apply a broad base and depth of knowledge to manage the breadth of pediatric patient presentations
5. Determine the need for and timing of referral to another health care professional
6. Facilitate timely access to services and resources in the health and/or social system(s)
7. Allocate health care resources for optimal patient care
8. Coordinate investigation, treatment and follow-up when multiple physicians and health care professionals are involved
9. Respond punctually to requests from patients or other health care professionals
10. Exhibit appropriate professional behaviours
11. Demonstrate a commitment to patient safety and quality improvement

Each edition of J-files will be highlighting a different EPA as our residents move through the stages of training. For more information on CBD go to <https://www.royalcollege.ca/rcsite/cbd/competence-by-design-cbd-e> and for our curriculum maps and EPA's go to one 45 at <https://webeval.med.mun.ca/mun/>

## Camp Brigadoon: A Transformative Summer Camp Experience



A “magic moment” at Camp Brigadoon, a camp for children with chronic disease, is a moment that is the most special for a camper. It is one where they smile and laugh the most and a moment that they will remember long after camp is over. It is when the campers share their “magic moments” that you can see just how magical this camp opportunity is. Often

their “magic moments” entail stories of them making new friends and sharing experiences with other children with similar chronic illnesses.

I was given the privilege of attending Camp Brigadoon as a member of the medical staff for one week at the end of August. Camp Brigadoon is a sleepaway summer camp based in Aylesford, Nova Scotia. The camps run throughout the summer months with each week hosting children with a different chronic illness. The week that I attended was a potpourri of camps that included: Camp Braveheart, for children with congenital and acquired cardiac disease, Camp Trailblazers, for children with craniofacial differences, Camp Brainiac, for children with neurosurgical conditions, and Camp Treasure Chest, for children with anaphylaxis and respiratory conditions. Alongside campers was a passionate team of counsellors and staff, and both full-time and visiting medical staff that made up the medical team.

On the medical team I worked with a team of excellent registered nurses, who provided support if any tasks were outside my scope of practice and comfort. Our daily activities would include administering scheduled medications to our camper assignment, covering the medical center to conduct initial camper or counsellor assessments for a few hours per day, and addressing any medical concerns that arose. We also each had one night during the week where we would be on call for the medical team.

It was a week with many medical learning opportunities. The days were quite varied. One day featured an episode of anaphylaxis in a camper following

breakfast, providing the chance to learn how to initially manage anaphylaxis in the periphery. On another day we were arranging for camper transport to neurosurgery clinic to assess a post-operative complication. Most of all, it was a unique circumstance to gain an appreciation of the impact of chronic disease on the lives of children and their families. I had a camper with cystic fibrosis on my assignment and I was responsible for giving his medications, including his pancreatic enzymes necessary prior to every meal and snack, as well as coordinating his modified secretion management routine for camp. I could appreciate the initial apprehension voiced by his mother when she dropped him off for camp. She has two other children with chronic disease as well and had never left her children in the care of others prior to now. Despite his intensive therapeutic routine, he missed very minimal scheduled or unscheduled activities and greatly enjoyed his week. His mother was very grateful for this opportunity for her child to only have to worry about being a kid and to have a safe camp experience.

Our time in between our medical center duties was free to spend with campers at activities, relax, or provide extra support at the medical center. We were able to attend all-camp events such as campfires and talent shows. At these events we were able to observe the profound impact of this experience on the campers. Campers reconnected with “besties” from previous years, formed new connections with campers, and were encouraged and supported to try new experiences outside of their comfort zones.

My week at Camp Brigadoon as part of the medical staff was full of innumerable “magic moments” and I would certainly recommend it to anyone.

Dr. Rebecca Quilty

## **IMPORTANT REMINDER**

Accreditation for our pediatric program will be taking place on November 24<sup>th</sup>, 2022. Please make yourself available for this important process!!



## Welcome BBQ

Thank you to Lynette for hosting a welcome BBQ for our new residents. A fabulous time was had by all!!



Thank you to Jill for hosting a fabulous boat tour adventure!!  
Everyone had a great time!!



Congratulations on the safe arrival of baby Ingrid Gwen Perren. Proud parents of Katie and Joel (PGY1). Ingrid was born on Monday, August 1<sup>st</sup> and weighed 6lb 3oz.





Alexis (PGY3) and Adam would like to introduce their little baby boy, Finley Dettweiler! Finley was born on August 23rd, 2022. He is an incredibly sweet baby who loves to snuggle and is a fabulous sleeper!

Congratulations on the safe arrival of baby Elijah James Pitt. Proud parents of Catherine (PGY3) and David. Elijah was born on September 10<sup>th</sup> and weighed 7lb 7oz.

