

SUMMER 2023

Scalpels on the Rock

A NEWSLETTER FROM THE DISCIPLINE OF SURGERY,
FACULTY OF MEDICINE, MEMORIAL UNIVERSITY



VOLUME 1

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MESSAGE FROM THE CHAIR

DR. CRAIG STONE

Welcome to our first edition of Scalpels on the Rock. We hope to highlight all the great things that are going on within the Department of Surgery, our University and our wonderful province! We have a stellar group of undergraduate and postgraduate learners, faculty, and staff that we will highlight in this and upcoming editions. Follow us on social media to keep up to date!



Welcome to the inaugural edition of the Scalpels on the Rock newsletter! We hope you find value in connecting with us through announcements, celebrations, and exploration of the discipline, MUN, and St. John's!

FIND US ON SOCIAL MEDIA!

INSTAGRAM: @MUNGENSX AND @MUNORTHO



RECENT AWARDS & ACHIEVEMENTS



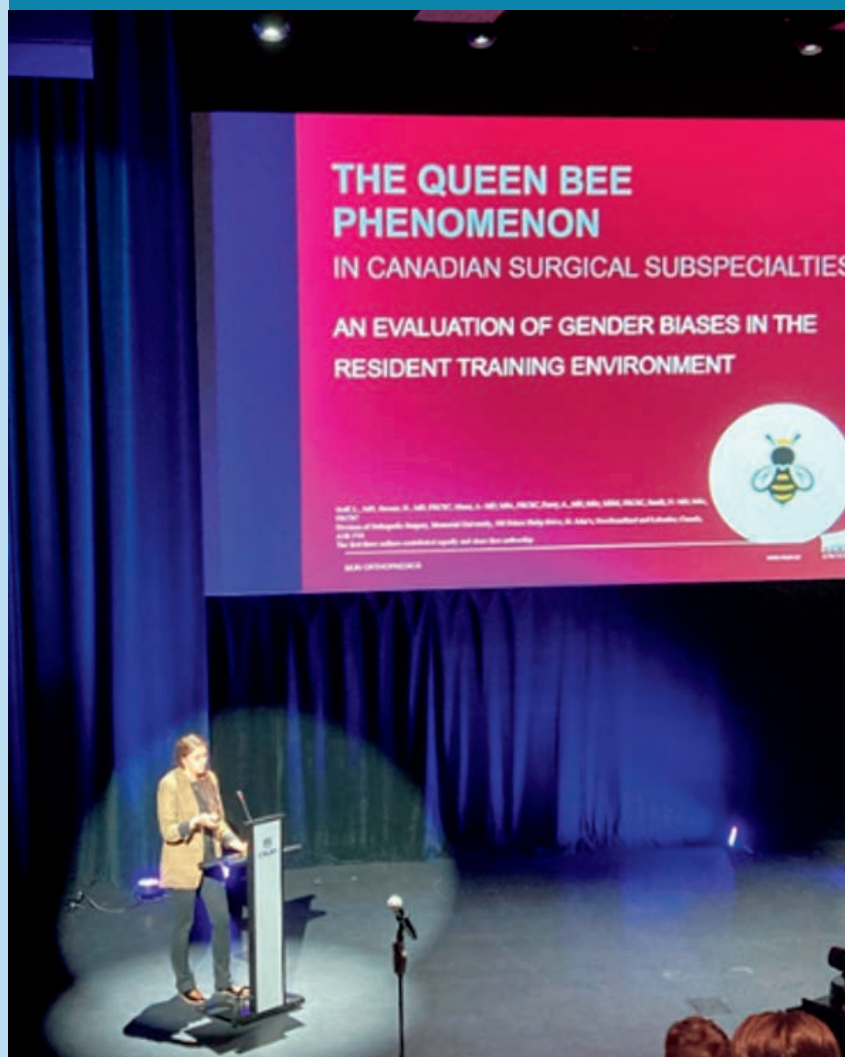
DR. KYLA HUEBNER

Dr. Huebner received the Kathy Cramer Young Scholarship, a prestigious scholarship only awarded twice-a-year by the Orthopaedic Trauma Association. Recipients participate in the Orthopaedic Research Society (ORS) Clinician Scholar Career Development Program (CSCDP). The Clinician Scholar Career Development Program (CSCDP) is an annual training workshop for orthopaedic who have the potential and desire to become orthopaedic clinician scholars.

Join us in congratulating Dr. Huebner on all her hard work!

THE QUEEN BEE PHENOMENON

Dr. Alexandria Munn and her team presented “The Queen Bee Phenomenon in Canadian Surgical Subspecialties: An evaluation of gender biases in the resident training environment” at the Canadian Conference for the Advancement of Surgical Education in October of 2022 in Montréal where it won the Best Abstract Award- PGME. Congrats to all involved; that’s a wonderful accomplishment!



SUMMER IN THE CITY



The Downtown Pedestrian Mall runs from Water Street (Adelaide to Prescott St.) from noon to 10 pm daily until September 5. A hit with locals and tourists alike, there's room to move around and enjoy the summer months, lots of patios to enjoy food and refreshments and even live music. For a day of shopping or a free activity to fill out your day, the pedestrian mall is the place to be.

If you're looking for something to do outside this summer with your pets, check out Botanical Gardens' Dog Days events, where they invite you and your dogs to take a stroll around the trails and gardens. They even provide water bowls and botanical dog treats! They also host standing Sunday bird-watching walks every second week at 8 am for anyone looking to get more time in nature. For more information visit their website at www.mun.ca/botanicalgarden/



For any fans of the Bard or just people looking to enjoy the arts this summer, check out the Shakespeare by the Sea festival running until August 12th! This year the group is putting on *Much Ado About Nothing*, *Romeo & Juliet*, and a new original play, *Picnic in the Backyard*. It's always a very well-produced and entertaining time!

www.shakespearebytheseafestival.com



RESOURCES AT MUN MED

OFFICE OF PROFESSIONAL & EDUCATIONAL DEVELOPMENT Faculty of Medicine

The Office of Professional and Educational Development (OPED) provides professional development in the form of sessions and programs for people at various stages of their school or professional career. In June they had a wonderful series on mentorship within the medical school, a program definitely worth exploring for current and prospective mentors and mentees alike. They always have something new upcoming, so always keep an eye on their calendar! www.med.mun.ca/oped/

PHYSICIAN WELLNESS HUB

Learners may find valuable support in the Physician Wellness Hub which provides reliable wellness tools and resources to empower physicians, medical learners, leaders and educators to create change in the culture of medicine.

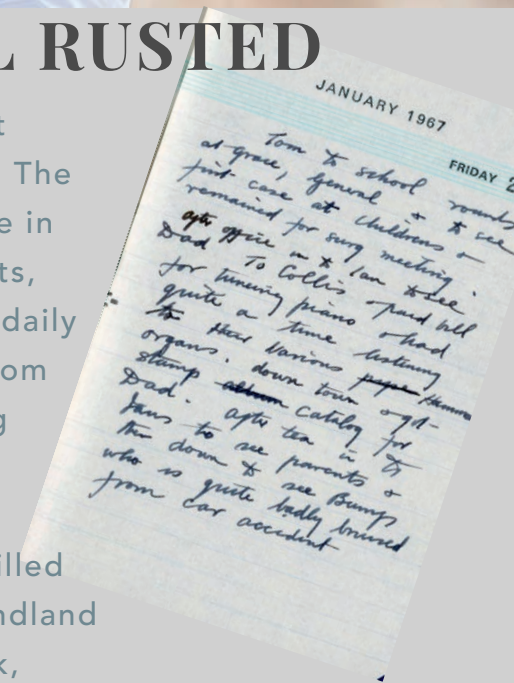
www.cma.ca/physician-wellness-hub



FROM THE DIARY OF DR. NIGEL RUSTED

From January 1, 1925 up to his death in 2012, Dr. Nigel Rusted kept diaries and notebooks about his practice and thoughts on medicine. The collection was donated to the Faculty of Medicine Founders' Archive in 2013 along with x-rays reports, laboratory reports, pathology reports, patient files, correspondence, photographs and medical slides. The daily diaries and attachments became accessible to the public in 2019. From this archived material, we get a glimpse into the practice of a young doctor who travelled to coastal communities in a floating "hospital" treating various ailments and injuries in an age with no sterile environments or antibiotics. We can see Dr. Rusted evolve into a skilled surgeon who was the first to perform several operations in Newfoundland including a partial gastrectomy, pedicle graft from abdomen to neck, adrenalectomy, and cleft lip and cleft palate repair.

To learn more about his daily life and surgical career, check here in each subsequent issue of our Discipline of Surgery Newsletter for an historical entry taken directly from the Diary of Dr. Nigel Rusted.



WELCOME INCOMING PGY1S

We're so excited to be welcoming incoming residents from all over the country this year. Let's find out more about them!

DR. ALICE CHEN

Alice is an incoming PGY1 born in Calgary and raised in Newfoundland. She completed her undergraduate studies in Behavioral Neuroscience and attended medical school at MUN, where she is eager to continue her training in General Surgery. She has a background in refugee health with an interest in global surgery. In her free time, Alice enjoys playing soccer and is an avid supporter of the team Liverpool FC. She enjoys all kinds of sports, most recently delving into badminton, tennis, and boxing.



DR. ERIN O'BRIEN

My name is Erin O'Brien, a graduate of Memorial University's Faculty of Medicine. There are no words to express the joy of being chosen to continue my medical training at MUN as a General Surgery resident. I'm from Mount Pearl, NL and, if you know me, you know I'm very proud of it! An interesting fact about me is that, in my limited spare time, I sing and play bodhran for the "Celtic Fiddlers". I have been a part of this band for over a decade. In this time, I have toured provincially, nationally, and internationally sharing traditional Irish and Newfoundland music. I am really looking forward to beginning residency with the wonderful team at MUN. I couldn't be more honoured and proud to continue my education in my home province!



DR. AMY DAWSON

Originally from Victoria, B.C., I attended medical school at UBC's Southern Medical Program, during which time I continued my academic pursuits in cancer biology and therapeutics which I began during my M.Sc. My ever-supportive husband and sassy dachshund have accompanied me to Newfoundland, and we are so excited to build community in our new home. In my spare time, I am an avid hobbyist and musician, and I love to keep myself occupied with a wide range of activities (sewing, aquarium-keeping, choral singing, hiking, viola playing, and gardening, to name a few!). I am looking forward to exploring all of the natural beauty, music, art, and culture that Newfoundland has to offer during my residency.



WELCOME INCOMING PGY1S

DR. SHIANNE FAIRLIE

Hi! My name's Shianne and I am super excited to be joining the general surgery team at MUN this year! I grew up in northern BC and have had the privilege of completing my medical degree in the Northern Medical Program at UBC. In my spare time, you will often find me hiking with my dog Roux, tap dancing, or baking goodies. This summer I will be driving across the country for our big move to Newfoundland with my fiancé and pup. I most look forward to meeting the team, exploring our new home, and learning how to sea kayak!



DR. DANIEL MULLER

My name's Dan, and I'm thrilled and grateful to be introducing myself as an incoming PGY-1 with MUN Ortho. I grew up in the Toronto area, becoming an avid Leafs fan. Flourishing from my passion for sports, I gravitated towards a kinesiology degree followed by a master's in biomechanics at Ontario Tech in Oshawa. Then, I upgraded by moving out east for medical school at Dalhousie in Halifax. I grew up playing piano, guitar, trumpet, and clarinet, and more recently learned to play bass, forming an amateur rock/pop band called the Vital Signs with some friends at Dalhousie Medicine. I can't wait to make St. John's home and become a part of its lively community. Better yet, this means I get to be closer to family out in Gander.

As for joining MUN Ortho, I'm excited to hit the ground running as I get to train with such a renowned and collegial group!



WELCOME INCOMING PGY1S

DR. ROBERT GILL

Dr. Robert Gill is an incoming R1 for the Orthopedic Surgery program at Memorial University. He grew up in Rocky Harbour, on Newfoundland's west coast, or as he likes to call it, the best coast. After completing high school, he completed a B.Sc. (Hons) within the Department of Biochemistry at MUN. This early exposure to research sparked his curiosity, leading him to pursue an M.Sc. with a focus on bioenergetics. He completed medical school at MUN, recently graduating in 2023, and is looking forward to staying within his home province of Newfoundland and Labrador to complete his residency.

Outside of medicine, you can find him travelling with friends or having a night out enjoying the local food scene. He looks forward to his time here because the people, culture, and landscape of Newfoundland and Labrador are second to none and MUN's orthopedic program provides broad exposure to cases early on. It's the perfect environment for someone looking to become a well-rounded and highly competent surgeon.



DR. JORDI SLANEY

I come from St. Lawrence, which is a small mining, fishing, and soccer community located on the Burin Peninsula. I grew up playing soccer (and other sports), hunting, fishing, and spending as much time as possible outdoors with family and friends. After high school, I completed an undergraduate degree in Civil Engineering and played five years of varsity soccer at MUN. I then went on to complete my medical training at Memorial University and will continue my journey here over the next five years in the Orthopedic Surgery program. I look forward to this new challenge, to building new friendships and having the opportunity to provide a meaningful service to the wonderful people of this province.



WE SO LOOK FORWARD TO YOUR TIME HERE
AT MUN MED AND WISH YOU ALL THE LUCK
IN YOUR STUDIES!

GOODBYE & GOOD LUCK OUTGOING PGY5S!



DR. JAY SHANAHAN:

I'm graduating from the General Surgery program here at MUN. Over the past 6 years, I dabbled in some admin and advocacy work with PARNL and the Royal College, some colonoscopy educational research, got most of the way through a Master of Education, and dipped my toes in a couple years of OB/GYN. Any free time I had went to oceanside campfires, hiking the ECT, shooting at the gun club, or wandering George Street. Off to Winnipeg now for a Colorectal Fellowship.

It's been a ride. The people here are cracked. Best and worst 6 years ever. Loved every minute of it. Can't thank everyone enough. Until next time!

DR. LISA BACQUE

I moved from Ottawa to St. John's to do my undergrad degree and never imagined how much that decision would influence the rest of my life. I feel so fortunate to have done my residency at MUN - the staff and residents are incredibly supportive and I cannot imagine facing the challenges of residency and life with any other group. I am excited to be moving to Miramichi, NB with my family to start practice as a community General Surgeon this fall. Visitors are welcome anytime!



DR. LUKE ARMSTRONG

Five years goes fast! Besides the residency experience, Luke leaves MUN surgery married (Casey Armstrong, General Surgery PGY5), with a son (Victor, 2), and a cat (Pip, from Clarendville). During his time at MUN Orthopedics, Luke contributed to resident life, helped update peri-operative policies, and published academic research. He will complete an adult reconstruction fellowship with the Concordia Joint Replacement Group in Winnipeg before seeking work in Atlantic Canada.

GOODBYE & GOOD LUCK OUTGOING PGY5S!

DR. LYDIA GOFF:

I am one of the PGY5 Orthopedic Surgery residents at MUN. My particular interests are trauma and arthroplasty. I will be doing an Ortho Trauma fellowship in London, ON next year, and am planning to follow that up with an arthroplasty fellowship the following year. My residency at MUN was an incredible 5 years, not only did I get to learn to be an Orthopedic Surgeon, but I was lucky enough to do so as a part of an amazing team of residents, staff surgeons, and Eastern Health staff. The collegiality in the program and of the people who are a part of our daily work environment are what MUN so special. I also had the opportunity to get involved in some meaningful research while I was here, particularly investigating the presence of the Queen Bee phenomenon in surgical subspecialties.

I am looking forward to building upon the person I have become during my 5 years here and carry that forward into the career that awaits me.



DR. ERICA FITZGERALD

Hello! My name is Erica and I'm a 5th year general surgery resident completing my training at Memorial. After residency, I'm heading to Vancouver, BC to pursue fellowship in trauma surgery. I've really enjoyed the close-knit nature of the program at Memorial and would like to thank the residents and staff for all their support along the way.



Thank You

Special thanks to everyone who helped and contributed to the inaugural Scalpels on the Rock, especially Dr. Craig Stone, Jennifer Moran, and Stacy Hicks. This newsletter is here to reflect what learners, faculty, and staff love about the work we do, so always feel free to submit something you think deserves some recognition to surgerysupport@mun.ca to be considered for upcoming newsletters.

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Layout and design by: Jennifer Armstrong, HSIMS.





GENERAL SURGERY CARMS

VIRTUAL TOWN HALL

Hosted by:

The General Surgery Program Director
and Administrative Residents

Tuesday, December 12, 2023

7:30 PM (NST)

<https://mun.webex.com/meet/pgsurgery>

General Surgery CaRMS interviews are scheduled for
Friday and Saturday, February 2 and 3, 2024

For more information:
surgical.education@med.mun.ca