

Scalpels on the Rock

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

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DISCIPLINE OF SURGERY RESEARCH DAY

This past spring, the discipline held the Discipline of Surgery Research Day, a biennial event established with the purpose of showcasing clinical and academic research within the discipline. It encompassed a great deal of work, talent, and accomplishment for undergraduate and graduate learners alike. We thank all involved for their effort and research, while also commemorating the legacies of surgeons who came before and whose lives and work continue to inspire us. Congratulations to all of those recognized!

The Dr. Couves Award

The Dr. Couves Award for Excellence in Surgical Research is an annual recognition of a resident with the highest-rated research project. The award honors Dr. Cecil Couves, a Professor of the Discipline of Surgery at Memorial University who was appointed to the Medical Research Council of Canada in 1977. Dr. Couves was Chair of the Discipline of Surgery from 1974 to 1979.



Dr. Intekhab Hossain (left) being presented with third place for the Dr. Couves Award for Excellence in Surgical Research by Dr. Nick Smith (right) for his presentation titled, "Ursodeoxycholic Acid for Prevention of Gallstone Disease after Laparoscopic Sleeve Gastrectomy: An Atlantic Canada Perspective."



Dr. Jay Shanahan (right) being presented with second place for the Dr. Couves Award for Excellence in Surgical Research by Dr. Nick Smith (left) for her presentation, "Impact of Water Infusion Colonoscopy vs. Air Insufflation on Resident Training."



Dr. Lydia Goff (left, ortho) being presented with second place for the Dr. Couves Award for Excellence in Surgical Research by Dr. Nick Smith (right) for her presentation titled, "The Queen Bee Phenomenon in Canadian Surgical Subspecialties: An evaluation of gender biases in the resident training environment."

In conjunction with the Discipline of Surgery Research Day 2023, Dr. Darrell Boone presented the Dr. Nigel Rusted History of Surgery Biennial Lecture titled, "Naval Surgeons in the Age of Sail."

Welcome to the newest 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



AWARDS & ACCOMPLISHMENTS

DR. RYNO VERSTER RECEIVED THE DR. CHRISTOPHER HEUGHAN AWARD FOR EXCELLENCE IN UNDERGRADUATE TEACHING IN SURGERY FOR THE 2022-2023 YEAR.

DR. JILLIAN CHALKER WAS SELECTED AS THE PROGRAM COMPETITOR FOR THE NATIONAL CAGS CSF LAPAROSCOPIC SKILLS COMPETITION FOR THE 2023 YEAR

CONGRATULATIONS TO DR. ALEX MATHIESON ON BECOMING THE NEW CHAIR OF THE CAGS EDUCATION COMMITTEE, WHICH ENSURES THAT THE EDUCATIONAL PROGRAMS AND EVENTS THAT CAGS DESIGNS, DEVELOPS AND DELIVERS ENHANCE MEMBER COMPETENCY, TO ENSURE CONTINUED EXCELLENCE IN PATIENT CARE FOR ALL.

FOR MORE INFORMATION ABOUT SURGERY AWARDS, CHECK OUT:
[HTTPS://WWW.MUN.CA/MEDICINE/SURGERY/RESOURCES-AND-LINKS/TEACHING-AND-RESEARCH-AWARDS/](https://www.mun.ca/medicine/surgery/resources-and-links/teaching-and-research-awards/)



SCAN ME



AROUND TOWN IN THE FALL



The St. John's Farmer's Market is a Wednesday (5-9 pm) and Saturday (9am-4pm) market that houses over 100 vendors, selling food, crafts, fresh local produce, local music, and much more. Their selection varies on the week but always highlights the best of locally produced goods and a lively, welcoming atmosphere. In December they're even open on Thursdays, for an extra day of browsing.

The St. John's Annual Mummer's Festival is back again this year for a spectacularly fun time, packed with events and activities for all ages and commitment levels. Whether you're looking to volunteer, meet new people, learn about mummering, make some lanterns or ugly sticks, or just looking for some festive activities to join in on, the Mummer's Festival is a wonderful place to get in the holiday spirit.



The Majestic, a century-old building in the heart of St. John's, has reopened as a theatre, which it originally opened as in 1918. The building has had many lives in those years, but none so exiting as this one: we can return to the building and its lively and artistic atmosphere and enjoy in local performances and shows once again. They even have a bar and café located on the first floor of the theatre so you can keep the events going! Be sure to check out their calendar for a list of upcoming shows because they're just getting started.

Photo: Jeremy Eaton, CBC

FROM THE DIARY OF DR. NIGEL RUSTED

DECEMBER, 1933.

Saturday 9

(343-22)

Assisted at excision of cyst of penis;
Laparotomy for cirrhosis of liver; Hernia;
& removal of ovarian cyst in girl
of 21. It weighed 6 lbs. finished up at
2⁴⁵. Down town got some Xmas
cards & for a walk. Don Andrews
in to see me before tea - Fixed up
a few maps tonight. To bed at 11 -
read until 11⁴⁵.

Saturday, December 9, 1933 - A
General Surgery Case

"Assisted at incision of cyst of
penis; laparotomy for cirrhosis of
liver; hernia and removal of
ovarian cyst in girl of 21. It
weighed 6 lbs. Finished up at 245.
Down town and got some Xmas
cards and for a walk. Don Andrews
in to see me before tea. Fixed up
a few maps tonight. To bed at 11
and read until 1145."

Tuesday, December 12, 1933 - An
Orthopaedic Surgery Case

"Assisted at hernia and laparotomy
for Tb. Did some reading this
afternoon. Card letter from Auntie
Alice Rusted. Tonight sewed up
accident case, cut with axe, the
head of 1st metatarsal was cut off
and 1st phalanx split few tendons
cut, took me an hour to finish the
job."

DECEMBER, 1933.

Tuesday 12

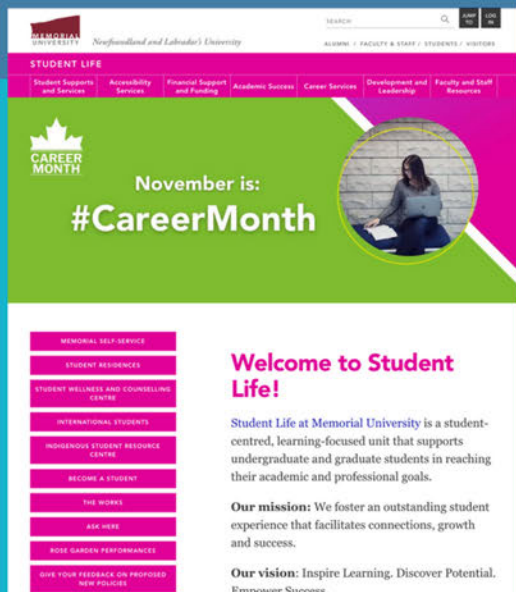
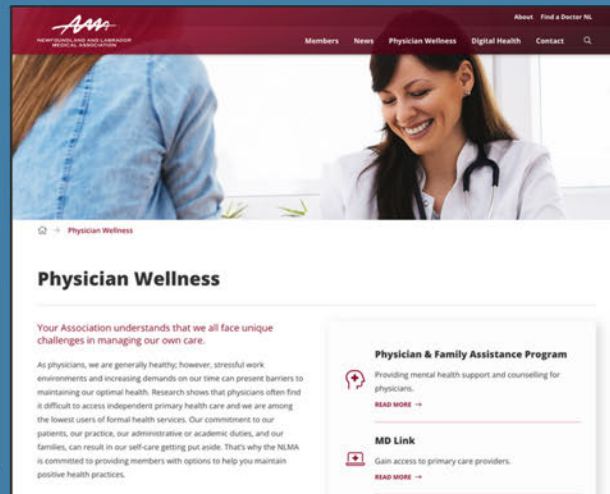
(346-19)

Assisted at hernia &
laparotomy for Tb. Did
some reading this afternoon. Card
letter from Auntie Alice Rusted.
Tonight sewed up accident case,
cut with axe, the head of
1st metatarsal ~~cut~~ was cut
off & 1st phalanx split
few tendons cut, took me
an hour to finish the job.

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.

RESOURCES AT MUN MED

The Newfoundland and Labrador Medical Association Physician Care Network: www.nlma.nl.ca/physician-wellness/ operates on a referral basis to provide physicians with peer support, resources, and learning opportunities across the province.



If you haven't already made yourself familiar with MUN Student Life: www.mun.ca/student/, now is the time! It is a student-centered unit which emphasizes learning for students of all levels and backgrounds. Their knowledge of resources and guides is so varied that they can help you direct your questions to professionals of all kinds. They're especially great for those looking for help transitioning between roles, either as a student or professional at MUN.

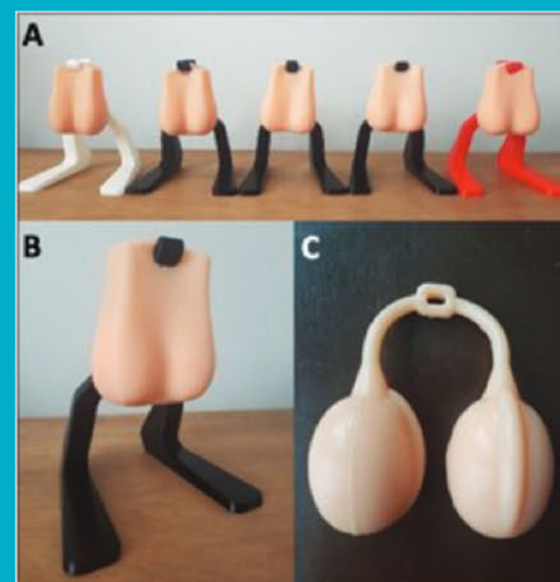
The Department of Human Resources is hosting a session on seasonal stress on Dec. 13 from 10-11 a.m on Webex. Join the department along with an expert facilitator from TELUS Health for a session that will teach participants simple strategies to stay energized, well-nourished, and well-rested over the winter season. To register, email mwatton@mun.ca before Dec.11.

HIGHLIGHTING RESEARCH IN UROLOGY

Faculty and learners from the university have had some incredible urological research presented at conferences all over and published in various peer-reviewed journals.



Medical student Ian Janes presenting, “A population-based analysis of the epidemiology of penile cancer in Newfoundland and Labrador”, which was written alongside Dr. Paul Johnston. The paper is seen being presented at the Canadian Urological Association Annual Meeting in Montreal this past June. It has since been published in the *Canadian Urological Association Journal*.



An exceptional team of faculty and medical students from the university developed incredible 3D printed testicular cancer models. They serve to “facilitate teaching testicular examination and improving understanding of testicular malignancies among patients and medical learners”. The paper and poster presentations associated with the model have been presented across the country and published in the *Canadian Urological Association Journal*.

Fig. 2. Photographs of series of 3D-printed testicular cancer models. **(A)** Represents all five of the series of testicular cancer models. Scrotums depicted contain either, two healthy testicles, or a healthy testicle and a testicle containing an endophytic lesion of varying size. **(B)** Represents one of the testicular cancer models with stand for easy palpation. **(C)** Represents the testes from the testicular cancer model. Malignancies are endophytic and cannot be distinguished visually.

MORE RECENT RESEARCH IN UROLOGY:

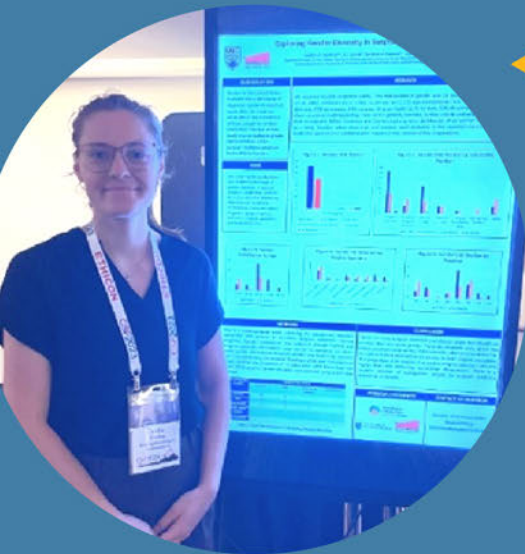
“Impacts of the COVID-19 pandemic on diagnosis of renal cell carcinoma and disease stage at presentation”. It was recently accepted to the *Canadian Urological Association Journal*.

Power R.J., Hearn J., Gillis C.J., Harvey D., French C., and Organ M. Development of a 3D-printed testicular cancer model for testicular examination education. *Canadian Urological Association Journal*. 2020.

Gillis C, Bishop N, Dubrowski A, Harvey D. Assessment of a novel 3D-printed urinary catheter insertion model for undergraduate medical teaching. *Cureus*. 2020 May;12(5):E8377.

CANADIAN SURGERY FORUM

Several of our residents and faculty had the pleasure of attending and participating in the Canadian Surgery Forum in Vancouver from September 20th to the 23rd! They got the chance to showcase a great deal of research, some of which is pictured below.



Dr. Katie Harding next to a presentation titled, “Exploring Gender Diversity in Surgical Residency Leadership”

Dr. Holly Dempster next to a presentation titled, “A Rare Case of Concurrent Primary Malignancies: Adrenal Cortical Carcinoma and Metastatic Colon Cancer”



UPCOMING EVENTS!

GENERAL SURGERY RESIDENTS WILL BE TAKING PART IN AN ADVANCED TRAUMA OPERATIVE MANAGEMENT (ATOMS) COURSE THIS COMING **JANUARY**.



CARMS FOR THE ORTHOPAEDIC SURGERY RESIDENCY PROGRAM WILL BE TAKING PLACE ON **JANUARY 15**.



CARMS FOR THE GENERAL SURGERY RESIDENCY PROGRAM WILL BE TAKING PLACE ON **FEBRUARY 2-3**.

GENERAL SURGERY RESIDENT RETREAT WILL BE TAKING PLACE FROM **FEBRUARY 23-25**.

Thank You

Special thanks to everyone who helped and contributed to Scalpels on the Rock! 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.

Compiled and edited by: Elizabeth Gauci, Discipline of Surgery
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



**ORTHOPAEDIC SURGERY
RESIDENCY PROGRAM**

CaRMS

MEET AND GREET

Tuesday, Dec. 5, 2023

9:30 pm NST

**PROGRAM DIRECTOR:
DR. KEEGAN AU MD, FRCSC**

**ADMINISTRATIVE RESIDENTS:
DR. ANDREW KUCEY MD, MSC
DR. JUSTIN UPSHALL MD**

**CARMS INTERVIEWS
MONDAY, JAN. 15, 2024**

WANT MORE INFO?

ortho.residency@med.mun.ca

www.mun.ca/medicine/surgery

**MEMORIAL
UNIVERSITY**

SURGERY
Faculty of Medicine