



McGill

Faculty of
Medicine and
Health Sciences

Faculté de
médecine et des
sciences de la santé



APRIL 5, 2022

MESSAGE FROM THE CHAIR OF EMERGENCY MEDICINE

CAS Annual evaluations: Response rate stands at 38%. While it is voluntary, it is STRONGLY RECOMMENDED that everyone participate (it should take less than 10 minutes). Deadline to complete the form has been extended to **Tuesday, April 19th**. Please remember to login using your McGill User ID and password to access the form: <https://forms.office.com/r/d1P4ZhMRyk>

DEM Opportunities: Several calls have gone out recently for members to join recently formed committees within the DEM (e.g. FRCP-EM Competence Committee Chair, MGH EM Clerkship Site Director). Come shape the future of EM and leave a lasting legacy!

SAVE THE DATE: 50 YEARS OF EMERGENCY MEDICINE AT MCGILL!



In 1972, McGill established the first EM program in Canada and the third in North America. The origins of the FRCP-EM and CCFP(EM) programs at McGill are intricately entwined.

SAVE THE DATE – Wednesday October 19: Special afternoon EM Rounds featuring the past and future of EM at McGill, followed by a 5 à 7 celebration at the Faculty Club.

DR JOEL TURNER, ASSOCIATE CHAIR, CLINICAL PRACTICE

For this month's DEM newsletter, I thought it would be important to outline some of the work/priorities that the various clinical practice subcommittees have been working on. I congratulate all committee members and the committee leads on their work. I would also

encourage anyone interested in getting involved and/or providing ideas to reach out to anyone in the committees.

Resuscitation Committee: (Patrick Melanson (Dir), Ugo Desjardins, Adrian Florea, Kamy Apkarian)

- The Resuscitation subcommittee has been developing protocols and practice guidelines for some new initiatives in resuscitation care.
- The concept of the Zero Point Survey is becoming an important tool in preparation for the management of incoming unstable patients. The committee will be educating the concepts with the zero point survey (through future newsletters, academic rounds, etc...), and will be encouraging its use throughout the McGill sites.
- A McGill wide protocol for the use of vasopressors via peripheral IV lines is being developed with the hope of sharing the protocol with all ED's to collaborate with their local pharmacy departments.
- An Airway subcommittee has been formed with the goal of developing protocols and equipment recommendations for airway management.

Trauma Committee: (Francois De Champlain (Dir), Phyllis Vetere, Jonathan Cooperman, Joe Nemeth, Jonathan Groom, Robert Sawoniak)

- The trauma subcommittee has been working on a solution to streamline sharing of PACS images between sites. With obvious medico-legal barriers that need to be passed, there is a hope that sites such as the JGH will eventually allow access of their trauma images to the TTL from the MGH in order to expedite trauma care.
- The subcommittee is currently developing a system to share and harmonize trauma care protocols between all sites.
- There is a big push by the subcommittee to increase their presence at teaching rounds. This may include regular contributions by the TTL fellow at academic teaching, as well as theme trauma rounds.

POCUS Committee: (Laurie Robichaud (Dir), Shuo Peng, Nick Schirmer, Erica Beatty, John Lewis, Jonathan Seguin-Bigras, Jason Freder)

- The POCUS subcommittee is hard at work harmonizing the use of POCUS at all McGill sites. They are trying to assist the respective departments in acquiring and actively using electronic archiving solutions to POCUS studies as well as creating a template for documentation. The group is also trying to encourage staff training for all emergency physicians in the core and advanced applications. CME courses are currently available to obtain CPOCUS Core certification. Staff CME as well as advanced boot camp training is also in the works.
- The POCUS subcommittee is soon to introduce a detailed training and Q/A program for the use of TEE in the emergency department.
- POCUS academic half day is now formally scheduled to take place every month on the 3rd week of the rotation. These include case reviews by the POCUS Fellow, a case of the month, and a POCUS topic review. The link for the Rounds is sent out regularly on the Teams app.

Toxicology Committee: (Josh Wang (Dir), Katya Ghannoum, Andrew Reid)

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- The toxicology subcommittee is just getting started with their plans on site representatives creating a list of current antidote stocks in their respective ED's. The committee will also be sending out a survey to all DEM members to identify physician-specific toxicology issues that need to be tackled.

Disaster Planning Committee: (Drs. Valerie Homier (Dir), Errol Stern, Heather Coombs, Alexander Place

- The Disaster planning subcommittee will collaborate with the EM program(s) to organize live exercise simulations for Code Orange and Decontamination exercises.
- Creation of Standards of Emergency Preparedness. The Committee will work on a document listing the standards of training for managing mass casualty events. The committee will act as a reference in order to provide this information to all sites
- The committee will create a regular Disaster Medicine Journal Club to provide updates on current Disaster medicine literature.
- In order to provide expertise to other ED sites, the committee will explore the possibility to setting up a consulting service, to provide assistance in creating or updating disaster plans for these sites.

DR ROBERT PRIMAVESI, ASSOCIATE CHAIR, EDUCATION

McGill CAEP 2022 SIM Olympiad: Come cheer on the McGill CAEP 2022 SIM Olympiad team on Saturday & Sunday, May 28 & 29 in Quebec City.

- Dr. Marc Richard Albert (Coach)
- Estabraq Alnajar (R3-FRCP)
- Reda Boushehri (R2-FRCP)
- Marta Yesgat (CCFP-EM)
- Justin Muvunga (RN)
- Bader Ali (R1- FRCP)

Going to CAEP in Quebec City? Join McGill staff and residents for supper on **Monday, May 30**, followed by *Docs That Rock* from 21h to close.

RSVP by Wednesday, April 13: <https://forms.gle/Gows9QE52HEkJ5BC7> (so that we can book a venue!). Seats will be guaranteed only for those who RSVP.

DR LARS GRANT, ASSOCIATE CHAIR, RESEARCH

In order to showcase DEM research excellence, we need accurate data!

Kindly complete this [Research Profile form](#) so that the academic department of Emergency Medicine can effectively track your research output.

About ORCID®

ORCID Inc. (Open Researcher and Contributor ID) is a non-profit company whose goal is to provide a single repository of unique IDs to tackle the author/contributor name ambiguity problem in scholarly communication. These identifiers can be utilized in a variety of systems that you can employ in your professional research process, such as manuscript submission.

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What is a Research Profile, and how does one create one?

Your researcher profile is an individual Internet profile that allows you to showcase your work in a user-friendly and effective manner.

Having a unique profile:

- Showcases your work to the world
- Manages your publications list
- Helps to be identified by potential collaborators
- Helps to avoid mis-identification
- Enables your research output to be attributed to McGill University
- Keeps track of citation counts

Why create a Researcher Profile?

For the following reasons, unique author identifiers are beneficial:

- Researchers seek a simpler approach to locate possible collaborators and earn credit for their academic activities
- Institutions want to gather, showcase, and evaluate their faculty's scholarly activities
- Publishers want to streamline the publishing workflow, including peer review
- Funding organizations want to simplify the grant submission process and want to keep track of the research they funded
- Scholarly societies want an easier way to track the achievements of their members

What good is a researcher profile if it doesn't benefit you?

How can you set yourself apart in an increasingly competitive research and scholarship environment? How is the link between you and your scholarly work preserved if your institutional affiliation and/or contact information changes? Creating a researcher profile is the solution.

A profile collects all of your research and publications in one place, reducing the number of complications that arise when searching. Variations in author names or difficulty narrowing down a search when an author has a common name are examples of such issues.

A research profile will also make it easier to identify a researcher's work if they have collaborated with several granting organisations, research groups, or institutions. Type here or copy & paste content from Word document after clearing format histories.

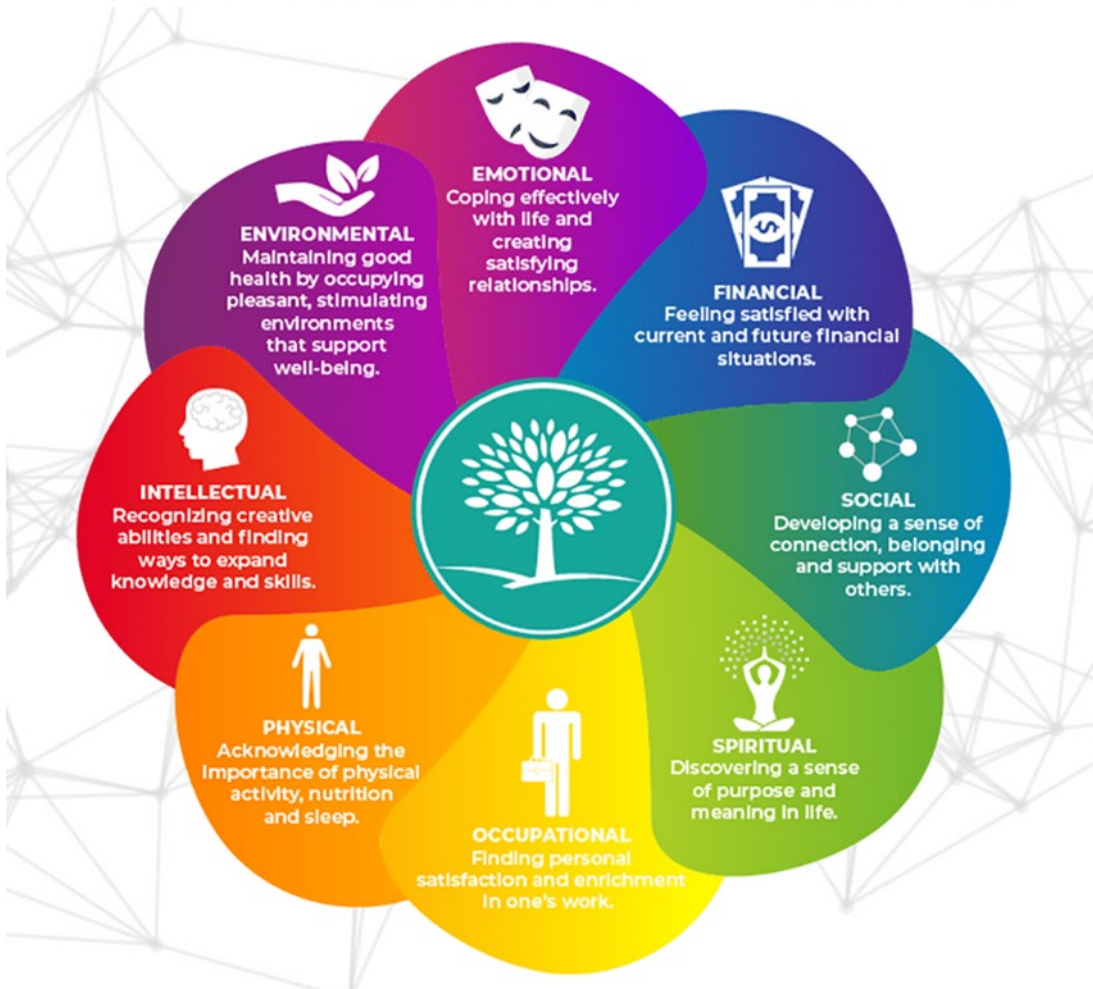
HAVE YOU RECENTLY UPGRADED YOUR SKILLS?

Do let admin.emergency@mcgill.ca know whether you've recently updated your skills – in particular whether you've recently completed a MEd or PhD in Education.

WELLNESS CORNER

Wellness is often talked about in terms of pillars or domains of wellness, with some models proposing as few as 3 pillars, while others propose up to 8. Some define these pillars in the context of things that are within our control to change, such as sleep, exercise, nutrition, and social connections, all of which can have an impact on wellness. Others define these pillars more broadly. The 8 pillar model shown below seems to be the most inclusive and overarching.

8 DIMENSIONS OF WELLNESS



Despite how they are graphically depicted, these pillars are not isolated silos; many are interconnected and more than one may be influenced by a single perturbing factor or event. Our domain-specific, and overall, wellness will fluctuate and change over the course of our life depending on our circumstances and our ability to attend to & remediate those factors which act to negatively influence our wellness.

It is important to recognize that we are not simply the universe's karmic punching bag. While some factors or circumstances that negatively impact our wellness may be outside our sphere of influence to change, there are strategies that can be employed to address those elements of

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wellness that are within our control. These strategies may not necessarily eliminate the problem or issue entirely, but they may mitigate the effect on our overall wellness by helping us to become more resilient in the face of our challenges and better equip us to deal with them in healthier and more adaptive ways.

Below are a few references that can provide more information on the pillars depicted in the graphic above. They do not necessarily come from traditional 'reputable' or 'scientific' sources, but they do offer a starting point to explain what each domain encompasses. Full disclosure: I have yet to find a single resource that defines or describes each pillar perfectly, or which provides all the best strategies to optimize your wellness within a given domain. This is why I suggest you look at multiple examples and find the one(s) that makes the most sense to you.

<https://shcs.ucdavis.edu/health-and-wellness/eight-dimensions-wellness>

<https://www.buddhistmala.com/the-8-pillars-of-wellness-and-health-the-new-dharma/>

<https://fchn.ca/the-8-pillars-of-wellness-what-it-means-to-be-well/>

<https://askthescientists.com/pillars-of-wellness/>

<https://onlinelibrary.wiley.com/doi/epdf/10.1002/j.1556-6676.2000.tb01906.x>

BEIJING 2022 WINTER OLYMPIC GAMES



Rink-side training procedure, Beijing 2022 Olympic Games
Photo: Courtesy of Robert Foxford

Dr Robert Foxford, at the behest of the International Ice Hockey Foundation (IIHF), attended the Beijing 2022 Winter Olympics as their on ice extraction and emergency specialist for all Ice Hockey games during the Olympic Games.

There, he led a team of 9 Chinese personnel, few of whom spoke English at all, and successfully trained them for daily on-ice extraction throughout the Games. Dr Foxford also reviewed the medical equipment (at times not up to an Olympic level), performed concussion spotting, oversaw doping

procedures, and liaised with team physicians from around the world.

Managing COVID was also a challenge, having been placed in the much publicized "bubble", dealing with positive tests, contact positive players and personnel.

Thank you Dr Foxford for robustly waving the McGill flag!

Be safe, be well, and be kind,
Marc

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