McGill University Aesthetic Surgery Fellowship - The Neville and Vivienne Poy Postdoctoral Fellowship in Aesthetic Plastic Surgery Leadership

Objectives and Curriculum

- **Fellowship**: One-year clinical fellowship in Aesthetic Surgery
- **Fellowship Director:** Dr. Andreas Nikolis
- **Stipend**: $63000 annual salary (Canadian graduate)

Curriculum:

The fellow's curriculum will include exposure to all aspects of aesthetic surgery. This includes, but is not limited to, exposure to surgical cases, non-surgical cases, as well as informative sessions on practice/patient management. The rotation division is structured as a mentorship model, which reflects the operative and clinic schedule of the attending aesthetic surgeon that the fellow is paired with for that time period. Given the historical research productivity of the division, there will also be longitudinal research projects that the fellow will participate in, with shorter term projects available at the fellow's discretion.

Priority of attendance will depend on the fellow's clinical exposure to date, but priority of attendance of the surgical cases will be given to the McGill Plastic Surgery resident on aesthetic rotation. There are strategies in place should this arise; however, the large case load amongst multiple attending physicians (and multiple sites) limits these conflicts.

In addition, at the discretion of the fellowship director, there will also be the opportunity for a fellow clinic. This would be offered to a fellow that has demonstrated adequate proficiency in the surgical techniques they would be offering the patient. This will be on a case-by-case basis with the attending surgeon who will be overseeing the encounter. The fellow is responsible for all aspects of these patients care, including but not limited to, pre-operative visits, operative care, post-operative visits and possible revisions.

Specific Details:

1) Attendance at all activities of the paired surgeon is required.
    a. The fellow will be expected to be familiar with surgical cases and plan.
    b. The fellow will be expected to carry out portions of the procedure, if and when deemed technically ready by the attending surgeon.
    c. The fellow will guide the senior/chief resident in designing incisions or performing surgical procedures when they are paired in the same OR. ***The residents on their aesthetic rotation will have priority over cases*** and can choose to give away the case to the fellow if he/she feels the exposure has been adequate.
    d. If asked, the fellow may be responsible for ensuring that all patients are

properly worked-up (pre-operative tests, consults, imaging) and ready for surgery together with the booking secretary.

e. At the discretion of the attending surgeon, the fellow will also actively participate in the organization and running of clinics. This will be done in conjunction with the clinic coordinator/charge nurse. This role is essential in allowing the fellow to learn the organizational aspects of cosmetic surgery practice.

2) An important part of the fellow's training is academic enrichment. The fellow will be expected to give one Plastic Surgery Grand Rounds lecture during the fellowship year, regularly present interesting/challenging cases and participate actively in structured sessions (ex. aesthetic journal club, M and M rounds, academic half day topics in aesthetic surgery) and resident/medical student teaching. In addition, attendance at key national meetings will be encouraged. The fellow will also be expected to participate in at least one research project throughout the year that is submitted for publication in at least one peer-reviewed paper.

3) Graduation from the McGill Aesthetics Fellowship will require the consensus agreement of the attending staff that the fellow has satisfactorily achieved the below objectives, and is capable of safely, ethically and independently planning and performing Aesthetic surgery. His progress will be reported to the Competency Committee.

Global Objectives:

A. Medical Expert:

1. To develop an overall advanced knowledge and technical skills in the field of aesthetic surgery.
2. Demonstrate understanding of non-operative techniques including but not limited to, the use of toxins, fillers, lasers, and energy modalities.

B. Communicator:

1.To foster the fellow's ability to communicate effectively with patients and colleagues, and to establish a strong professional reputation.
2. Ability to communicate the Ability to clearly explain treatment options, procedures, and possible complications to patients and families

C. Collaborator:

Consults and works effectively with other medical professionals and allied health professionals.

D. Leader:

Demonstrate management principles for a private aesthetic practice including time management, resource allocation, responsible marketing practices, and implementation of best surgical and facility practices.

E. Health Advocate:

To instill in the fellow an understanding of ethical considerations related to aesthetic surgery, including patient autonomy, informed consent.

F. Scholar:

Takes an evidence-based approach to management of clinical problems and recognized surgical procedures; Critically appraise sources of information and outcomes of various aesthetic procedures.

Reviews literature collects data for research and prepares at least one research project throughout the year that is submitted for publication to at least one peer-reviewed paper.

Curriculum:

The aesthetic surgery fellowship consists of a 12-month, full-time program, with the following clinical, academic and research components:

1. Clinical Experience:
    a. The fellow should spend the majority of their time in the operating room, performing a variety of aesthetic procedures under the supervision of experienced surgeons. Procedures should include, but not be limited to, breast augmentation, reduction, and lift; facelift; rhinoplasty; blepharoplasty; brow lift; abdominoplasty; liposuction; fat grafting; thigh lifting; genioplasty; gynecomastia and body contouring after weight loss. The fellow should also participate in patient consultations and post-operative care.
    b. The fellow will be expected to be present on a full-time (5-day a week, schedule) excluding holidays and weekends (as well as vacation time)
    c. The schedule for activities will be based on the resources allocated for each coming month with an approximate split between surgical (in operating room) activities (70%) and non-surgical clinical

activities (office/clinic consultations, 15%) and academic non-clinical activities (research, didactic teaching 15%).

d. There is no in house call, but the fellow will be expected to deal with emergencies following aesthetic surgery with their surgical attending.

2. Academic/Didactic Education:
    a. The fellow should attend weekly academic half-day sessions (when applicable) which cover a range of topics related to aesthetic surgery, including anatomy, patient evaluation, surgical technique, and post-operative management. There will be a quarterly aesthetic surgery journal club where the fellow will be responsible for introducing new relevant articles. The fellow is encouraged to complete a reading list of relevant textbooks and articles.

3. Research:
    a. The fellow is required to complete a research project during their fellowship, which could involve clinical research or basic science research related to aesthetic surgery. This will involve planning, coordinating and contributing significantly to an aesthetic related project (minimum of 1 project). The fellow should present their research at a national or international conference and submit a peer-reviewed manuscript for publication. The attending and the fellowship director will allow for protected research time during the fellowship year, depending on the number and involvement of research projects. Should the fellow require support for research they will be invited to participate in research seminars when applicable.

4. Professional Development:
    a. The fellow may have opportunities to participate in professional organizations, attend conferences, and network with colleagues in the field. The fellow will also receive training in practice management and responsible marketing practices by the participating surgeons.

5. Mentorship:
    a. The fellow will have access to experienced mentors who can provide guidance and support throughout the fellowship and beyond. Mentors should include both aesthetic surgeons, nurse injectors and professionals in related fields, such as anesthesia, nursing and patient managers.

Evaluation:

The fellow will be evaluated throughout the fellowship, based on CanMEDs roles reflecting their clinical performance, didactic knowledge, research progress, and professional development. Summative evaluations (ITERS) will be completed every three months. The 360 evaluations will include feedback from administrative and ancillary staff and take place bi-annually. The fellowship director will also meet with the fellow for a 6-month performance review and more frequently, if needed, based on the quarterly ITER feedback. The fellowship director will report to the program's competency committee. At the conclusion of the fellowship, the fellow should demonstrate mastery of the program objectives and be prepared to practice independently as an aesthetic surgeon. Furthermore, the forms will be available in One45. The evaluation on research involvement/projects will be undertaken by the fellowship director every three months and included in the One45 evaluation form.

Call Requirements:

The fellow will be on call for the involved practices to assist with patient management, emergencies, and their own patients through the fellow clinic. There will be no in house call.

Credentialing:

All fellows must obtain a license to practice in Quebec from the College Des Medecins.

Successful graduates will receive a certificate from McGill University Division of Plastic, Reconstructive and Aesthetic Surgery

Training undertaken during a clinical fellowship cannot be recognized for credentialing purposes as training leading to certification by the Royal College of Physicians and Surgeons of Canada or the College of Family Physicians of Canada.

Requirements for Application:

- Successful completion of a residency in Plastic Surgery
- Quebec Medical License
- Three letters of reference
- Updated CV
- Personal Statement