

Metabolic Disorders Fellowship

Division of Endocrinology – Royal Victoria Hospital

Updated – April 2017

Name of Institution	McGill University
Location	Royal Victoria Hospital (Base Site) Montreal General Hospital
Type of Fellowship	<p>A one-year clinical, teaching and research training in metabolic disorders, including diabetes mellitus of all types (Type 1, Type 2, secondary and gestational), dyslipidemia, metabolic syndrome, obesity and bariatric medicine.</p> <p>This extra training is obtained through participation in specialized clinics (clinical care of patients with staff, and teaching of junior housestaff), development and realization of research projects (clinical and/or basic) in metabolic disorders, and through attendance and participation in major scientific meetings.</p> <p>This training serves as a complement to the one already included in the two-year core curriculum on the Endocrinology and Metabolism Training Program.</p>

Program Information

- **Number of Fellowship Positions**

Only one such fellowship position can be offered per year. On years comprising more than one applicant, the applications will be studied by the Endocrinology and Metabolism Training Committee and the position will be awarded on the basis of the originality and impact of the proposed projects. The applicants' past performances during the core curriculum will also be taken into account.

Only second year McGill Endocrinology and Metabolism trainees in good standing are eligible.

- **Academic Affiliation**

This fellowship is currently exclusively affiliated with the Division of Endocrinology and Metabolism, Faculty of Medicine, McGill University. Affiliations with other faculties or universities may be considered in the future.

- **Hospitals Involved in Training and Time Spent in Each**

Royal Victoria Hospital (base site)	80%
Montreal General Hospital	20%

- **Background**

One-third of North Americans are obese, more than twice as many are overweight, 20% of adults over age 65 are diabetic, cardiovascular disease remains the prime source of mortality in industrialized countries, and the majority of cardiovascular patients are either obese, dyslipidemic, diabetic or a combination thereof.

- **Research Activities**

Accepted projects include clinical and / or basic research in any subfield of metabolism (e.g., epidemiology, pathophysiology or management of diabetes, obesity, dyslipidemia, etc.)

- **Mission**

To complement the core curriculum in Endocrinology and Metabolism with specialized knowledge and skills in metabolic disorders, ultimately to foster superior patient care, outstanding teaching, and original research in this field.

- **How Fellowship Will Enhance Residency Training**

The Metabolic Disorders Fellowship will be a natural extension to the present core curriculum in Endocrinology and Metabolism, will give it added relevance in virtue of the above statistics, and will enrich the existing core curriculum by exposing more junior endocrine trainees to fellows with complementary training in these disorders.

- **Teaching Faculty and Roles**

Dr. Wen HU	Adult Bariatric – Endocrinology Clinic (MGH) Adult Obesity Clinic (RVH)
Dr. Michael TSOUKAS	Adult Obesity Clinic (RVH) Adult Diabetes Clinic (RVH)
Dr. Natasha GARFIELD	Gestational Diabetes Clinic (RVH)
Dr. Mark SHERMAN	Lipid and Metabolic Syndrome Clinic (RVH)

Academic Facilities

- **Facilities for Clinical and Academic Pursuit**
Training will take place in the Endocrinology and Metabolism ambulatory clinics of the above sites.
- **Library Access and Other Relevant Materials**
All three sites have a collection of endocrine textbooks, in addition to unlimited web access (e.g., Up-To-Date, Endocrine textbooks, etc.). Full audiovisual facilities are available for formal presentations.

Fellow Duties and Responsibilities

- **Call Responsibilities**
None.
- **Supervision of Residents by Fellow**
The fellow will be supervising and teaching more junior housestaff, from medical students to Endocrinology Residents.
- **Out-patient Clinic Responsibilities**
In addition to supervising more junior housestaff, the fellow will evaluate and treat patients both as new consultations as well as return visits. The fellow will also be responsible for giving and supervising informal teaching sessions either at the beginning or end of those clinics and lead discussions about some of the notable patients seen in those clinics.
- **Role of Fellow Toward Residents on Service**
In addition to coordinating informal teaching and patient-related discussions, the fellow will keep his/her finger on the pulse of the diabetes in-patient consultation service by acting as a resource person in all aspects of patient evaluation and management.
- **Fellow Teaching Responsibilities Toward Residents**
See above. The fellow will also play an active part in Endocrine Grand Rounds at least once or twice per year, as well as in the weekly Endocrine Journal Club.
- **Support Staff Available to the Fellow**
The fellow will dispose of the entire multidisciplinary team already in place for metabolic patients (nurses, dietitians, blood takers, etc.). He will also have access to the Fellowship director's secretary and will continue to have easy access to the director himself.
- **Proposed Meetings to be Attended by the Fellow**
The fellow will attend and participate in major diabetes meetings (i.e., American Diabetes Association, Canadian Diabetes Association, European Association for the Study of Diabetes, International Diabetes Federation).
- **Research Productivity and Publications by the Fellow**
The fellow will carry at least one research project during the year of training, and is expected to present his/her work at major forums and submit his work in a peer-reviewed publication.

Curriculum

- **Intended Case Load**

At the beginning, each half-day clinic will comprise of three new consultations, to which will gradually be added more return visits as the fellow's proficiency grows.

- **Intended Variety of Cases**

The nature of the various subspecialty clinics still lends itself to a certain variety of patients, as these disorders cover the entire spectrum of age and do not discriminate on gender. The tertiary centers in which these clinics are held also assure a wide spectrum of pathologies of varying complexity.