

## **Prehabilitation and Enhanced Recovery After Surgery**

**Duration:** 1 Year

**Number of positions:** 1

**Fellowship Supervisors:** Dr. Franco Carli

**Name of Hospital:** McGill University Health Centre

**Mission Statement:** To train anesthesiologists in the perioperative care of patients undergoing major surgery. Under supervision, the candidate will develop and implement novel preoperative strategies and treatments aimed at accelerating the recovery process and minimizing the surgical stress. Specifically, the Anesthesiologist will work in the operating room, in the preoperative clinic, and with the Prehabilitation team. Specific training on how to perform and interpret a Cardiopulmonary Exercise Testing (CPET) will also be offered. The Anesthesiologist will collaborate with a multidisciplinary surgical team, including surgeons, anesthesiologists, nurses, nutritionists and physiotherapists to develop or update novel and current Enhanced Recovery After Surgery pathways.

**Clinical practice:** **Four** (4) days per week (7.30 to 16.00). The candidate will work in the operating room three (3) days per week and will provide anesthesia and perioperative care for patients undergoing abdominal, thoracic and orthopedic surgery. One day per week, they will work in the preoperative clinic in collaboration with the Prehabilitation team. In this context the candidate will learn how to manage high-risk surgical candidates and optimize their preoperative status. The candidate will learn how to use and interpret the results of the Cardiopulmonary Exercise Testing (CPET) and implement preoperative strategies such as Prehabilitation to attenuate preoperative risk. One month will be assigned to the coverage of the Acute Pain Service. The fellow will be expected to perform 2-3 calls per month, which will include 2 weekends.

**Research:** The Fellowship includes research activities (one day per week). It is expected that during the academic year the candidate will participate in the preparation of a clinical project.

**Educational opportunities:** The candidate will participate in all educational activities offered by the McGill Anesthesia Department, including grand rounds and teaching sessions. The candidate will be entitled to present the findings of his/her research conducted at the McGill Anesthesia Department at one conference. The expenses will be partially covered by the Anesthesia Department. The candidate is also expected to participate SURgical REcovery team meetings held once every two weeks. The SURgical REcovery team (**SURE**) is a multidisciplinary McGill-based surgical team, including surgeons, anesthesiologists, nurses, nutritionists and physiotherapists in charge of developing or updating novel and current Enhanced Recovery After Surgery clinical pathways for different types of surgery.

**Evaluation:** The Fellow will receive a written evaluation of his/her performance every 3 months, which will be submitted through One45. A written final evaluation at the completion of the Fellowship will be submitted to the Program Director and will be placed in the Fellow's completion file.

**FELLOWSHIP APPLICATION:**

We are unable to consider trainees who do not meet the eligibility criteria or whose file is incomplete. Applicants must ensure that they meet the eligibility criteria for postgraduate training in the province of Quebec prior to application:

<http://www.mcgill.ca/pgme/admissions/prospective-fellows>