

# Regional Anesthesia Research Fellowship

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## Section I

**Fellowship Name:** Regional Anesthesia Research Fellowship

**Fellowship Director(s):** Dr. Julián Aliste (Director), Dr. De Tran (Co-Director)

**Fellowship Location(s):** Montreal General Hospital (MGH), McGill University Health Centre, 1650 Cedar Avenue, Montreal, QC, Canada

**Fellowship Type:** Clinical–Research Fellowship (75% Research / 25% Clinical)

**Number of Fellowship Positions:** One position per academic year

**Length of Training:** 1 year (July 1 – June 30)

**Funding (source only):** External funding required (home institution, research grants, or PGME-compliant sources)

**Fellowship Eligibility Requirements:** Completion of an Anesthesiology residency permitting independent practice in the applicant’s home country. Prior exposure to regional anesthesia and/or clinical research is desirable but not mandatory.

**Admission Requirements:** Proof of secured financial sponsorship; demonstrated professional proficiency in English (interview). Knowledge of French is considered an asset but is not mandatory.

## Section II

**Program Information:** Structured 75% research and 25% clinical training model.

**Mission:** To develop clinician–scientists in regional anesthesia and acute pain medicine through rigorous research training combined with focused clinical exposure in a high-acuity academic environment.

**Background:** This fellowship is embedded within the McGill University Health Centre, specifically the Montreal General Hospital, a high-volume tertiary care and trauma centre with extensive expertise in regional anesthesia, perioperative medicine, and acute pain management. The program integrates clinical exposure with structured research training to ensure development of both methodological rigor and clinical relevance.

**Fellowship Highlights/Aspirations:** Fellows actively participate in high-impact clinical and translational research, present their work at Bromage Research Day, and are expected

to submit abstracts to international conferences (e.g., ASRA/ESRA). The program aims to produce independent investigators capable of leading future research initiatives.

**How is this Fellowship unique to the province?:** This is a dedicated regional anesthesia research fellowship offering a structured research-focused curriculum combined with targeted clinical exposure and close mentorship from experienced faculty.

**Enhancement of residency training:** Fellows enhance the academic environment by supporting teaching activities, participating in supervision of residents, and contributing to research productivity, while ensuring that their clinical involvement remains complementary to residency training.

**Main supervisors/site/area of expertise:**

Main supervisors (JA and DT) are experienced researchers in the field and part of the Editorial Board of the Subspecialty Journal, Regional Anesthesia and Pain Medicine, one of the top 10 journals in anesthesiology.

Montreal General Hospital (100%) is a Trauma-Orthopedic surgery center with undisputable trajectory in regional anesthesia, acute pain medicine, ultrasound-guided techniques, and clinical trials methodology.

Research expertise areas: technical aspects of nerve blocks, technical aspects of neuraxial anesthesia, additives in regional anesthesia, perioperative analgesia, acute pain medicine.

### **Section III**

**Training Resources:** Dedicated workspace (desk/office access), full McGill University Library access, statistical support, research mentorship, and access to institutional research infrastructure (ethics support, data management systems).

**Reading Material:** Access to comprehensive and up-to-date literature in regional anesthesia and perioperative pain medicine through McGill University Library and affiliated online resources guided by mentors.

**Is research a mandatory component?:** Yes, 75%

**Research Requirements:**

- Active participation in ongoing departmental research projects
- Design and completion of at least one independent research project
- Submission of at least one abstract to a national or international conference
- Preparation and submission of manuscripts for peer-reviewed publication
- Regular progress updates with research supervisor (minimum monthly)

-Conference funding provided upon abstract acceptance.

**Research Support:**

- Assignment of dedicated research supervisor
- Access to statistical and methodological expertise
- Support for ethics submissions and protocol development
- Structured mentorship in scientific writing and critical appraisal
- Feedback through formal research evaluations (ITERS)

**Clinical Rotations (25% of fellowship):**

Regional anesthesia in the operating room and Acute Pain Service (APS) at the Montreal General Hospital.

**Elective Time:** No

**Outside-McGill Training:** No

**Exposure and Case Types:** Broad exposure to orthopedic, thoracic, trauma, plastic, and general surgery cases. Experience includes single-injection and continuous peripheral nerve blocks, truncal blocks, and comprehensive postoperative pain management through APS. Fellows are encouraged to maintain a case log to document procedural exposure.

**Section IV**

**Clinical Responsibilities:** One day per week dedicated to clinical activities, including performance of regional anesthesia techniques in the operating room and participation in APS rounds and follow-up under faculty supervision.

**Call Duty Expectations:** No call responsibilities.

**Supervision Responsibilities:** Fellows are expected to supervise and teach residents and medical students during clinical activities, provide feedback, and contribute to a supportive learning environment.

**Academic Responsibilities:**

- Conduct and complete research projects
- Present at journal clubs and academic meetings
- Participate in peer-review activities when appropriate

- Deliver structured topic presentations within the department

**Additional Responsibilities:** Participation in departmental academic initiatives, collaborative research activities, and contribution to the overall academic mission of the division.

**Meetings and Conferences:**

- Montreal General Hospital Anesthesia Department Grand Rounds (mandatory)

- MUHC Anesthesia Journal Clubs (mandatory)

- Bromage Research Day (mandatory presentation)

- ASRA/ESRA meetings (encouraged; support contingent on abstract acceptance)

**Vacation:** 4 weeks per year, scheduled with approval of the Fellowship Director.

## **Section V**

### **Fellowship Training Objectives:**

At the end of this fellowship, the trainee will be able to identify clinically relevant research questions in regional anesthesia and acute pain medicine, design and implement methodologically rigorous research protocols, and integrate clinical insight to enhance the validity and applicability of research findings.

**Medical Expert:** Demonstrate advanced knowledge of regional anesthesia techniques, pharmacology, and physiology, and apply this knowledge in clinical and research contexts.

**Communicator:** Communicate effectively with patients, families, and multidisciplinary teams, and present scientific information clearly in both written and oral formats.

**Collaborator:** Function effectively within interdisciplinary clinical and research teams to optimize patient care and research outcomes.

**Leader:** Manage clinical and research responsibilities efficiently, demonstrate initiative in academic activities, and contribute to departmental productivity.

**Health Advocate:** Promote safe, evidence-based regional anesthesia practices to improve patient outcomes and perioperative care.

**Scholar:** Critically appraise scientific literature, contribute to knowledge generation through research, and disseminate findings at academic forums.

**Professional:** Maintain high standards of professionalism, ethical conduct, accountability, and respect in all clinical and academic activities.

**Assessment Process:** Fellows receive regular, biannual in-person structured feedback sessions. In addition, formal evaluations are conducted every three periods using the McGill one45 platform and aligned with CanMEDS competencies. Research performance is assessed separately using research-specific ITERs. All evaluations and feedback are documented. Any identified performance concerns are addressed promptly with structured remediation plans in accordance with PGME guidelines.