

## November 2015 – Issue #4

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### DIVISION DIRECTOR'S COLUMN - Douglas Bradley, MD, FRCPC

The last six months has been a very auspicious time for Division of Respiriology, with a number of remarkable developments. There are too many to discuss herein, so I will limit myself to highlighting three.



First, as of July 1, 2015, the Department of Medicine has bestowed the endowed **Godfrey S. Pettit Chair in Respiratory Medicine** to the Division Director. This Chair will provide an unprecedented opportunity to support our academic activities. In consultation with the Division's Executive Committee, the decision was made to disperse the bulk of these funds according to our Strategic Plan's top priorities. The Research Advisory Committee (RAC) will be provided funding for **Respirology Research Grants** mainly for junior faculty on a competitive basis. Funding will also be provided for partial salary support for **PhD scientist(s)** and for an annual **Distinguished Visiting Professorship**.

Second, I am pleased to announce the creation of the **John and Frances Dawson Fellowship** in honour of the major donors. This Fellowship will be awarded to one Fellow per year for the next three years on a competitive basis to residents in our training program who wish to go onto a third year of fellowship at the University of Toronto starting July 1, 2016. Once a Fellowship Review Committee has been established, further details about the terms of reference and how to apply will be announced. We as a Division are indebted to our past and present Chairs of the Department of Medicine, Drs. Wendy Levinson and Gillian Hawker, for their efforts on our behalf to raise the funds for the Chair and Fellowship.

Third, I want to extend my congratulations to **Dr Christopher Li and The Training Program Committee** and indeed to all our dedicated teachers for an outstanding job in preparing for and passing with flying colours, the Royal College Accreditation in October. Considering the breadth and depth of our training program, and the very complimentary remarks of the accreditors, I think it is safe to say that ours is now the finest program in the country, and probably one of the very best in North America.

### FEATURE ARTICLE

#### Cystic Fibrosis Program, St. Michael's Hospital, Dr Liz Tullis



1989 was a momentous year for Cystic Fibrosis (CF) with the discovery of the CF gene by Drs Lap Chee Tsui and Jack Riordan at Toronto's Hospital for Sick Children (HSC). Less auspicious was that over 40% of patients at HSC were ineligible for care there because they were over 18 years of age. In response, Dr Henry Levinson, head of CF at HSC, welcomed Dr. Robert Hyland from Wellesley Hospital to HSC to see adults with CF. Dr Hyland brought his resident, Dr Elizabeth Tullis, along with him, and thus began her new career path.

In 1992, the adult CF clinic opened at Wellesley and welcomed 250 patients. In 1999, the clinic moved to St. Michael's Hospital (SMH) and by 2015 had expanded to 480 patients and 5 physicians, including Drs Tullis, Cecilia Chaparro, Anne Stephenson, Kieran McIntyre and Anju Anand. Since then, the Adult CF Program has trained 18 Fellows from around the world and has provided CF training for lung transplantation trainees.

A major strength of the CF program is the Toronto CF Database, started by Dr Mary Corey in the 1970s and now directed by Anne Stephenson, which contains clinical information from every patient encounter. Anne is also the Director of the Canadian CF Registry and uses these two databases for her research on survival in CF. Another important development was the creation of the Chair in Adult Cystic Fibrosis awarded to Liz Tullis in 2014. The program's clinical and research partnership with the Lung Transplant program is enhanced by Cecilia Chaparro who bridges the two programs. Our quality improvement and educational programs, and website have benefited greatly from the leadership of Kieran McIntyre and Anju Anand. We also enjoy close collaboration with our colleagues at HSC.

In 1992 when the Adult CF clinic opened, the only chronic drug therapy for lung disease was off-label use of inhaled tobramycin, fewer than 10 people with CF in Canada received a lung transplant, and median survival for Canadians with CF was 34 years. In contrast, there are now many medications licensed to treat CF lung disease, 40 patients with CF receive lung transplants each year across Canada, and the median survival has increased to 50 years. Moreover, we have come full circle from bench to bedside with the development of CFTR modulating drugs – a paradigm shift in therapy bringing much hope for the future.

In 2014, as a result of support from Cystic Fibrosis Canada and friends of St Michael's Hospital, the Cystic Fibrosis Canada Chair in Adult CF Research was created. This 5-year chair was established to promote CF research and to facilitate improvements in CF care across Canada. The Chair supports both Anne Stephenson and Liz Tullis.

## RESIDENT TRAINING PROGRAM ALUMNI

**Dr Nicola Hanania,  
Associate Professor of Medicine  
Director, Airway Clinical Research Center  
Baylor College of Medicine, Houston, Texas**



Dr. Nicola Hanania completed his medical training at the University of Jordan. He then completed residencies in Internal Medicine and Respiriology at the University of Toronto in 1994. He subsequently completed a fellowship in Critical Care Medicine at Baylor College of Medicine, in Houston, Texas where he later earned a master's degree in clinical investigation.

Nick is presently an Associate Professor of Medicine and Director of the Airway Clinical Research Center of Pulmonary and Critical Care Medicine at Baylor. His research focuses on asthma and COPD, including examining novel targets for therapy and the influence of comorbidities and aging on these diseases. He has published more than 200 peer-reviewed papers and review articles on these topics. At Baylor, he is Principal Investigator of the American Lung Association Airway Clinical Research Center and the COPD Gene Study.

Nick received several awards including the ACCP's Distinguished Scholar in Respiratory Health, ACCP Humanitarian Award, and a Career Investigator Award from the NIH. He is Deputy Editor of *Respiratory Medicine* and Associate Editor of *Therapeutic Advances in Respiratory Disease*, *Current Opinion in Pulmonary Medicine* and *Pulmonary Pharmacology and Therapeutics*.

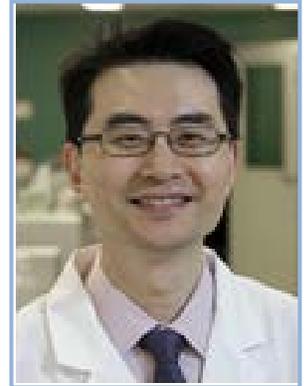
On a personal level, Nick is married to Khoulood Fakhoury, a Pediatric Pulmonologist, who also trained in Toronto, has a son (Alex), born in Toronto, who is now completing medical school and a daughter (Hannah) a freshman in college. In his free time, he enjoys reading, listening to music and travelling.

Nick has fond memories of his training in Toronto to which he attributes much of his success. In particular he profited from the dedication of his mentors at the Asthma Center of Toronto Western Hospital including Drs. Ken Chapman, Steven Kesten, Susan Tarlo and Arthur Slutsky who, in Nick's words, helped shape who he is today and guided him to a successful academic career.

## RESEARCH FELLOWSHIP ALUMNI

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Dr Don Sin  
Canada Research Chair in COPD  
Staff Respirologist, St Paul's Hospital  
Professor of Medicine, University of British Columbia



Dr Don Sin obtained his medical degree at the University of Alberta in Edmonton, following which he completed residencies in Internal Medicine and Respirology, also at the University of Alberta. He then moved to Boston where he obtained a Master's degree in Public Health at the Harvard School of Public Health. Following this, he came to the University of Toronto from 1997-99 to undertake a post-doctoral research fellowship. During that time, he was co-supervised by Drs Doug Bradley and Jack Tu, and divided his time between the sleep laboratory at Toronto Rehab and the Institute of Clinical Evaluative Studies. This experience was instrumental to his success as a clinician scientist. His fondest memories of Toronto were the lasting relationships he built with his fellow post-docs in the sleep laboratory at that time: Richard Leung, Ruzena Tkacova and Geraldo Lorenzi-Filho and with his supervisors, Doug and Jack, and learning the importance of systemic consequences of airway diseases.

Don is currently a staff Respirologist at St. Pauls' Hospital and Professor of Medicine at the University of British Columbia in Vancouver where he holds a Tier 1 Canada Research Chair in COPD. He serves on the scientific committee of the Global initiative for Chronic Obstructive Lung Disease (GOLD) and on the editorial boards of the *American Journal of Respiratory and Critical Care Medicine*, *Thorax*, and *European Respiratory Journal*. His main research foci are searching for and implementing biomarkers for COPD diagnosis, and investigating the mechanistic link between COPD and cardiovascular diseases. Don has 2 girls, Frances (19) and Julianne (16). Don enjoys hiking and leading small groups in Bible Study at his local church.

## Resident Training Program Director Report – Dr Christopher Li

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### Royal College Review of the Respirology Residency Training Program

The Adult Respirology Training Program at the University of Toronto underwent an External Review by the Royal College of Physicians and Surgeons of Canada on October 7, 2015. The Survey Team reviewed extensive documentation describing all aspects of our residency program and spent the day conducting very thorough interviews with University of Toronto PGME directors, the Department of Medicine Chair, our entire resident group, representatives of our teaching faculty, our program committee, the division director, and myself.

I received preliminary feedback from the Survey Team in an exit meeting. The reviewers felt that all of the weaknesses identified during the 2013 External Review had been corrected. They pointed to our breadth of clinical experiences, our enthusiastic teachers and faculty experts, our strong academic curriculum and our responsiveness to resident needs as being the strengths of our program. They identified no new weaknesses in the program. The Royal College's Accreditation Committee will communicate a final decision to us in February, 2016.

We could not have asked for a more ringing endorsement of our program. Our division was posed a challenge after the 2013 External Review. After carefully reflecting on the feedback, we came together in a unified effort to improve our program. While this success comes from the contributions of many, I am particularly indebted to Rhiannon Davies, for her tremendous efforts in what at times seemed like the Sisyphian task of compiling document upon document; Dr Douglas Bradley for his leadership and unwavering support; the teaching faculty, who are truly what make this program great, and who took the time out of their busy schedules to put our best foot forward at the review; the members of the Program Committee, who demonstrated ingenuity, sagacity, and extraordinary leadership in the face of this challenge; and the residents, who in the spirit of openness and collegiality, gave us their honest feedback, were an integral part of every solution to every problem, and continue to be the reason we strive to make this program the best it can be. I am also grateful to the PGME team who brought to bear the full weight of its resources in preparing our program for this endeavour, as did the leadership of the Department of Medicine.

## Resident Match

Results from the 2015 CaRMS match were released on November 12, 2015. This year, our program was allotted four positions. We had a record 39 applications and our selection committee was very impressed with the caliber of the candidates. We are very pleased to welcome the following residents to our program, starting in July 2016:

Hashim Khan (University of Toronto)  
Shannon Riley (McMaster University)  
Shazmeen Manji (McMaster University)  
Andrei Vagaon (Queen's University)  
Hadeel Khadawardi (University of Western Ontario) (FFT)

## Royal College of Physicians and Surgeons Examination in Adult Respiriology 2015

I am very pleased to announce that all seven of our University of Toronto candidates were successful at the examination. My heartfelt congratulations go to: **Nabil Abduljalil, Riyad Al-lehebi, Irfan Khan, Maria Radina, Muntasir Saffie, Yajur Shukla and Andrew Youn**. This achievement represents the culmination of many years of hard work on their part. We welcome them as colleagues, and take great pride in their accomplishment.

## Residents at the American Thoracic Society (ATS)

Earlier this year, 3 of our Respiriology residents, **Maria Radina, Riyad Al Lehebi** and **Lee Fidler** presented research at the ATS conference in Denver. All did very well and received much positive attention.

The Deadline to apply to the Clinician Educator Training Program is November 23, 2015

The Deadline to apply to the Clinician Scientist Training Program is December 1, 2015

**Journal Club on Twitter.** The highlights and discussion can be followed at @respandsleepjc, or by searching on the hashtag #rsjc. Twitter creates the opportunity for all Division members to participate in Journal Club and harness the growing popularity of social media to promote our Division's activities to the world. Twitter is led by **Dr Anju Anand**.

## Research Advisory Committee – Dr Jane Batt



## Meet the Investigators Evening

Again, we were delighted by the excellent turnout of residents and staff at the 3rd annual "Meet the Investigators" evening on Sept 24, 2015. This evening serves as a venue to allow faculty and residents to discuss science and research (amongst other things). Faculty presented a one minute synopsis of their research focus to introduce residents to the scope of research underway in the division, and to encourage them to become involved. The evening was a great success, with more than 30 faculty and residents attending to hear 20 presentations. The date of the next Meet the Investigators' evening will be announced in the next issue of RespNEWS.

## Annual Respiriology Research Day 2015



# RespNews



Drs. Gaspard Montandon and Richard Leung presided over this year's Research Day. With Over 100 participants, 29 posters, and 15 oral presentations, the 15<sup>th</sup> Annual Respiratory Research Day was a great success! We were delighted to have two outstanding keynote speakers, Dr. Shawn Aaron, Director of the Division of Respiriology, University of Ottawa, and Dr. Laurent Brochard, Head of the Division of Critical Care Medicine, University of Toronto. Each year this event gives faculty and students an opportunity to showcase their outstanding work, and to highlight the breadth and depth of their research. Special thanks to Rhiannon Davies, the judges, the keynote speakers, and especially to the participants for their contributions.



## 2015 Annual Respiriology Research Day Award Winners

Basic Science Poster – Tetyana Kendzerska ( left)  
Basic Science Oral Presentation - Simon Liu ( right)  
Clinical Science Poster – Meraj Khan (middle)  
Clinical Science Oral Presentation – Maria Radina (middle)



## 2015 Sheldon Mintz Undergraduate Teaching Award, Shane Shapera



## 2015 Respiriology Faculty Teaching Award, Richard Leung



## 2015 Jae Yang Teaching Award for the Best Resident Teacher, Muntasir Saffie



The next **Annual Respiriology Research Day** will take place on **June 8, 2016 at the Munk Centre**. The chairs are **Drs Gaspard Montandon and Richard Leung**. We will be soliciting abstracts in late March and judges shortly thereafter!

## PROMOTIONS, AWARDS, AND NEWS

### PROMOTIONS



Full Professor, **Dr Sangeeta Mehta** (MSH)

Associate Professor, **Dr Claudia C. dos Santos** (SMH)



Associate Professor, **Dr Tasnim Sinuff** (SHSC)

### AWARDS

Awarded the **Godfrey S. Pettit Chair in Respiratory Medicine** as of July 1, 2015. This endowed chair is awarded to the Respiriology's Division Director to support the academic activities of the Division.

**Dr Doug Bradley**





## Dr Andrea Gershon

Received the **Early Career Achievement Award** from the American Thoracic Society Assembly on Behavioral Science and Health Services Research and an **Early Researcher Award** from the Ontario Ministry of Research and Innovation, and Ontario Ministry of Economic Development, Ontario, Canada. April 2015 - March 2020.

## Dr Shiphra Ginsburg

Awarded a Department of Medicine **Integrating Challenge Grant**: "Towards the development of best practices for the assessment of competence in medical education". Dr. Shiphra Ginsburg (PI), Dr. Ayelet Kuper (CO-PI), Dr. Ryan Brydges (CO-PI)



## Dr Roger Goldstein

Received the **Tom Petty Distinguished Pulmonary Scholar Award** conferred by the American Association of Cardiovascular and Pulmonary Rehabilitation in recognition of outstanding contributions to the science of exercise and the treatment of pulmonary disease.

The **Samuel J. Sills Distinguished Scholar Award** from the Trudeau Society for outstanding contributions to respiratory rehabilitation.

## Dr Margaret Herridge

Awarded a Department of Medicine **Integrating Challenge Grant**: "The RECOVER Program: An International Model of Post-ICU care for patients and caregivers". Dr Margaret Herridge (PI)

Dr Herridge also presented the **FM Hill Lecture** at Women's College Hospital on November 18<sup>th</sup>. The title of her presentation was, "Patient-and family-centred follow-up care after critical illness: Reflections on almost 20 years of outcomes work".



## Dr Richard Horner

Received the **Faculty of Medicine Graduate Teaching Award** for 'Sustained Excellence in Graduate Teaching and Mentorship' in May, 2015

Gave the **Opening Public Lecture** on "Why living things sleep" at the Canadian Sleep Society meeting held in Toronto in September, 2015.

Dr Horner is also co-applicant on a successful CIHR application for a **Canadian Sleep and Circadian Network** to mobilize the healthcare community towards an integrated approach to improving outcomes of patients with sleep disorders. The University of Toronto is leading the training component of this grant, 2015-2020.

## Dr Shane Shapera

Received 5 years of funding for the **MILDDER Program** with the support of the Toronto General and Western Hospital Foundation. This is a teleconferenced inter-professional program intended to foster discussions between providers in the diagnosis and treatment of Interstitial Lung Disease. The hope is that this will allow for eventual sustained support from the MOHLTC.



## Dr Lianne Singer

Received a **CIHR - Technology Evaluation in the Elderly Network (Networks of Centres of Excellence)** operating grant for "New approaches to evaluating frailty in solid organ transplant candidates" as Principal Investigator with co-investigators: S Mathur, K Rockwood, S Abbey, SJ Kim, E MacIver, EL Renner and HJ Ross. July, 2015 to June, 2020.

## Dr Dmitry Rozenberg

Received a **Vanier Canada Graduate Scholarship** from May, 2015 to April, 2017.



## Dr Art Slutsky

Named a **Fellow of the Royal Society of Canada** and will be inducted at their Annual General Meeting in Victoria, B.C. in November 2015 for his innovative work in mechanical ventilation that has contributed to work that has led to decreased mortality in patients with ARDS. Art also presented at the **ATS's, The Discovery Series** on: "Mechanical Ventilation: From Vesalius to VILI"



## Dr Harvey Wong

Recipient of the 2014 – 2015 **Peters-Boyd Academy Student and Teaching Award**  
– Transition to Clerkship



## EVENTS

### Strategic Planning Retreat

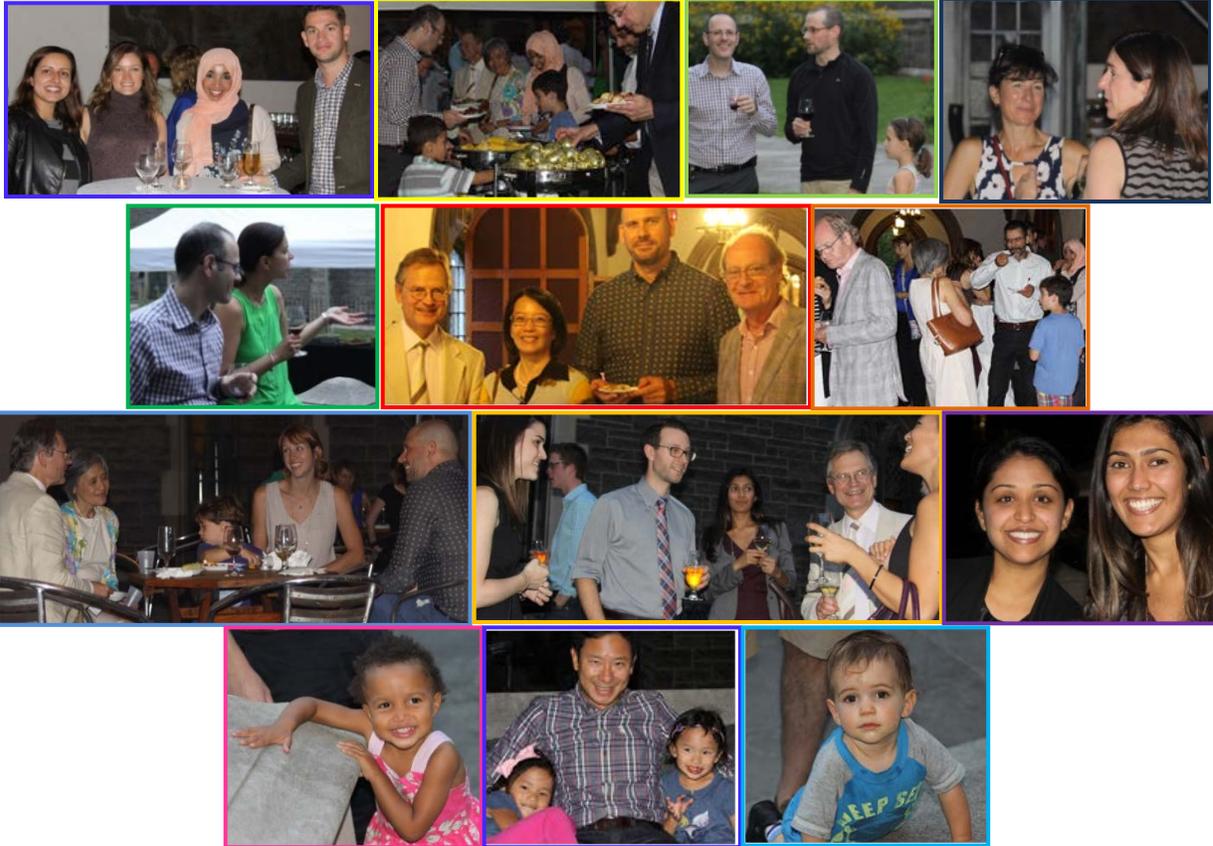
The Division held a Strategic Planning (SP) retreat on June 12, 2015 to review progress on the 2013 SP and provide accountability for it. The keynote address on **Challenges as Opportunities for Change: The McGill/Meakins-Christie Story** was delivered by **Dr James Martin**, Chair of the Department of Medicine at McGill University in Montreal. Dr. Martin, a respirologist and internationally renowned asthma researcher, provided an inspiring overview of the history of respiratory research at McGill starting in the 1920s and carrying on to the present. He emphasized the importance of great scientists and individuals who left a legacy of excellence that spread across Canada and around the world, and how each handed the torch on to the next generation to create an enviable tradition. Dr. Martin was also kind enough to provide his perspective on the proceedings at the end of the retreat.

The rest of the meeting was given over to reviewing progress on various aspects of the SP in the areas of research, resident education, continuing education, quality improvement and faculty development. It was clear that a great deal of progress had been made in achieving many of the goals set forth in the 2013 SP. A checklist of progress on priorities has been posted on our website, and the official report of the retreat will be posted shortly.



## 2015 Annual BBQ at Hart House

A fun time was had by all at our 3<sup>rd</sup> annual Divisional BBQ at Hart House on September 18, 2015. The weather was fine, the venue beautiful, the attendance great, and the food excellent. It was especially nice to see so many children romping around. A special thank you to Rhiannon Davies for organizing another successful divisional event.



## CONGRATULATIONS

### IT'S TWO GIRLS AND THREE BOYS!



Congratulations to **Harvey Wong** and Stella, on the birth of their daughter, born April 17<sup>th</sup>, 2015, weighing 7 lbs 11 oz.

Congratulations to **Alim Hirji** and his wife on the birth of twin sons, Rahil and Qais Hirji, December 28, 2014 weighing 4.5 and 5lbs, respectively.



Congratulations to **Puja Sahni** and Kuldeep on the birth of their baby boy, Jeevan Singh Dhillon, born May 12<sup>th</sup>, 2015

Congratulations to **Samir Gupta** and Renu on the birth of a little baby girl, Arya Bala Gupta on August 1<sup>st</sup> 2015.



*Please note that if there are any errors in this newsletter, we apologize ahead of time. Please, only send Rhiannon emails if the error relates to you. If you wish to be removed from the distribution list, send Rhiannon an email with unsubscribe in the subject line. An enormous "Thank you" to everyone who sent in items for inclusion in this newsletter!*