The Cardiovascular Trainee Day is a program of the Canadian Cardiovascular Society Academy. This year we are pleased to partner with the Canadian Institutes of Health Research (CIHR)’s Institute of Circulatory and Respiratory Health (ICHR) on the development of the program.
Trainee Day Planning Committee

Dimitrios Tsirigotis, MD, PhD, Co-Chair
Laura Banks, PhD, Co-Chair
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Ala Al-Lawati, MD
Andrew Fagan, MD
Anita Chan, MD, PhD
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Debraj Das, BMsc, MD
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Matt Chamberlain, MD, FRCPC
Patrick Vigneault, MSc.
Sam Liu, MSc.
Shereen Hamza, PhD
Valérie Rodgers, MD, FRCPC
Varinder Randhawa, MD, PhD, FRCPC
William McIntyre, MD
Yingwei Liu, MD
Target Audience
Cardiovascular trainees from research and clinical cardiovascular streams are encouraged to participate in this year’s Trainee Day.

Learning Objectives
• Provide a networking opportunity for trainees in both professional and social forums.
• Share your experiences with your peers and gain practical skills.
• Identify strategies for succeeding as a trainee, regardless of ultimate career choice.
• Develop practical solutions to career-establishment challenges after training.
Top 5 Reasons You Should Attend this Year’s Trainee Day

1. Learn practical tips on how to succeed in the first years of your career (including how to be successful in grant competitions and establishing your publication record).

2. Learn how to advance your career by developing strong mentor relationships.

3. Interact with world-class clinicians and research scientists.

4. Get advice from professionals in the field of negotiations.

5. Test your skills by trying one of our interactive teaching labs and much more.
## Program Agenda

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| 09:10 – 10:10 | **RESEARCH**  
Grant Writing: Tips and Tools for Success  
Jean-Lucien Rouleau & Anthony Tang  
**SURGERY**  
Find and Land Your Surgical Dream Job  
Chris Feindel, Maral Ouzounian & Michael Chu  
**CARDIOLOGY**  
Introductory Skills in Cardiac Surgery  
Andrew Campbell, Osami Honjo & Samantha Hill  
Focus on Negotiation: The Basics  
Callie Bland with Mansoor Husain, Stuart Smith, Maral Ouzounian, Simon Jackson, James Tam, Brian Potter, Matthew Bennett & Patrick Teefy  
**ECG Workshop – Beginner**  
Philip Podrid  
**ECG Workshop – Advanced**  
Philip Podrid  
**GENERAL INTEREST**  
Cardiovascular Medicine 2025  
Kim Connelly & Paul Fedak  
**MCS I: ECMO and VADs**  
Dave Nagpal, Dimitri Kalavrouziotis, Rakesh Arora, Rohit Singal, Chris McKay, Andrew Yadegeari & Peter Allen |
| 10:20 – 11:20 | **GENERAL INTEREST**  
**ECG Workshop – Beginner**  
Philip Podrid  
**ECG Workshop – Advanced**  
Philip Podrid  
**Critical Appraisal and Quality Improvement**  
Blair O'Neill & Kevin Bainey |
| 11:30 – 13:00 | **Networking Lunch** |
| 13:10 – 14:10 | **RESEARCH**  
Dragon's Bench  
Jafna Cox, Pierre Boyle, Subodh Verma, Marc Ruel, Jason Dyck & Michelle Graham  
**SURGERY**  
Surgical Innovation  
Marc Pelletier & Vivek Rao  
Advanced Skills in Cardiac Surgery  
Andrew Campbell & Ismail El-Hamamsy  
**CARDIOLOGY**  
Succeeding in Cardiology Residency  
Robin Ducas, Davinder Jassal, Dan Patton, Ciorstiu MacIntyre & Sarah Ramer  
**ECG Workshop – Beginner**  
Philip Podrid  
**ECG Workshop – Advanced**  
Philip Podrid  
**GENERAL INTEREST**  
Life Coach: Prepare for Personal Success  
Chris Simpson  
**Cardiac Devices: PPMs and AICDs**  
Peter Leong-Sit, Iqwal Mangat, Umjeet Jolly, Frann Hill, Saeed Hosseini & Kevin Ng |
| 14:20 – 15:20 | **RESEARCH**  
Landing Your First Academic Job  
Phillip Millar & Jason Roberts  
**SURGERY**  
Opportunities in CV Humanitarian Work  
Gyaandeo Maharaj & Steve Taylor  
**CARDIOLOGY**  
Predicting the Future of Clinical Research  
Stuart Connolly & Jeff Healey  
**ECG Workshop – Advanced**  
Philip Podrid  
**GENERAL INTEREST**  
Building a Professional CV  
Martin Gardner & Paul Dorian  
**MCS II: IABP and Impella**  
Dave Nagpal, Rakesh Arora, Chris McKay, Rohit Singal, Andrew Yadegeari, Erin Hill, Mandy Ford & Peter Allen |
| 15:30 – 17:00 | **Jeopardy and Closing** |
Session Descriptions

PLENARY

Mentorship: How Can It Advance Your Career?
Dr. Sharon Straus
08:00 – 09:00

Introducing Dr. Sharon Straus, co-author of best-selling book ‘Evidence-Based Medicine: How to Practice and Teach It’. Bringing a new perceptive on the importance of mentorship, Dr. Straus will highlight how this essential aspect of career development can be profoundly rewarding both professionally and personally. She will provide evidence-based knowledge on how to overcome common mentorship issues, and share effective strategies for fostering productive and successful mentoring relationships in academia and medicine. This session is designed for you...don’t miss out!

RESEARCH

Grant Writing: Tips and Tools for Success
Drs. Jean-Lucien Rouleau and Anthony Tang
09:10 – 10:10

Research funding holds the key to success for today’s young investigator. Our research panel will discuss strategies and recommendations for writing a successful grant in today’s competitive funding environment.

Get Published
Dr. Eldon Smith
10:20 – 11:20

Publications are an objective indicator of success. They help to build your CV and to get academic appointments and tenure at Canada’s major universities. This workshop, led by the former editor of the Canadian Journal of Cardiology, will provide novel insight into the peer review process, how to determine authorship, strategies to improve manuscript writing and publication success rate.
RESEARCH

Dragon’s Bench
Drs. Jafna Cox, Pierre Boyle, Subodh Verma, Marc Ruel, Jason Dyck and Michelle Graham
13:10 – 14:10

Are you interested in learning about how to promote YOUR science? Take advantage of this unique opportunity to spectate fellow trainees pitch their research to accomplished researchers in the field of cardiovascular science. Trainees will be given 3 minutes to showcase their research proposal/findings and get critical feedback from Canadian experts. This is your chance to either spectate or get involved in this new, informative workshop.

Landing Your First Academic Job
Drs. Phillip Millar and Jason Roberts
14:20 – 15:20

From academic applications to interviews to tenure, learn about what it takes to land your first academic position and succeed. Recent hires will discuss what it takes to succeed in this competitive job market.

SURGERY

Find and Land Your Surgical Dream Job
Drs. Chris Feindel, Maral Ouzounian and Michael Chu
09:10 – 10:10

In 2013, the Royal College of Physicians and Surgeons of Canada published daunting numbers. Up to 34% of graduating specialists are unable to find work, which leads to underemployment and prolonged training. This problem has been long recognized in cardiac surgery. Still, every year many graduates succeed in beating the odds to start fruitful careers in their specialty and location of choice. Three staff surgeons will discuss how to hit the job market with confidence and leave the best possible impression with a persuasive CV and strong interview skills.
**Forging the Next Generation of Surgical Leaders**

Dr. Paul Mohapel

10:20 – 11:20

Best-led organizations invest proportionately more in developing individual, team, and organizational strengths and talents. In healthcare, the conventional wisdom is one of fixing weaknesses. This approach has been shown to be ultimately ineffective, and only leads to the path of mediocrity. This interactive session will focus on strategies clinicians can use to identify and leverage the strengths of themselves, and others, to move into outstanding performance.

*All trainees are welcome to attend this workshop.*

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**Surgical Innovation**

Drs. Marc Pelletier and Vivek Rao

13:10 – 14:10

Cardiac surgery is an evolving field. Advances in surgical technology and techniques make this an exciting time for surgical trainees. Today, surgeons and heart teams across Canada are pushing the boundaries of cardiovascular care, laying the foundation for the future of our specialty. A group of innovating surgeons will describe their vision for what cardiac care may look like in the years to come.

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**Opportunities in CV Humanitarian Work**

Dr. Gyaandeo Maharajh and Mr. Steve Taylor

14:20 – 15:20

Are you interested in making global health an essential part of your practice? Here’s your chance to meet with two influential Canadians involved in humanitarian efforts. Learn about the common attributes of high-impact and long-lasting missions and better understand the roles and responsibilities of trainees volunteering abroad. Also, learn how the responsible management of discarded medical supplies can facilitate access to care worldwide.
Fixing a Hole in the Heart.

Are you considering a surgical residency or starting one soon? Are you curious to see what the inside of a heart looks like? In this hands-on skills lab, you will learn basic surgical techniques relevant to cardiac surgery as well as how to approach atrial and ventricular septal defects, both anatomically and surgically on a porcine heart model. Trainees will be divided into three groups with guidance tailored to their level of training. The workshop is targeted towards non-surgical residents and medical students.

*Cardiology and paediatric cardiology fellows are always welcomed to join, as well.

Advanced Aortic Root Surgery: Hands-On with the Masters.

This year we are privileged to have a number of master surgeons proctoring the advanced skills workshop. Each trainee will be able to rotate through two stations, one hour each, where they will learn the principles of the Ross procedure, aortic root enlargements and the aortic valve re-implantation technique. There will be ample hands-on opportunity and a good trainee-to-expert ratio. During this workshop, you will be able to practice the following specific techniques: pulmonary autograft harvest, aortic root enlargements and the aortic valve re-implantation (valve-sparing root replacement) technique.

*This workshop is designed for cardiac surgery trainees.
Focus on Negotiations: The Basics
Ms. Callie Bland with Drs. Mansoor Husain, Stuart Smith, Maral Ouzounian, Simon Jackson, James Tam, Brian Potter, Matthew Bennett and Patrick Teefy
09:10 – 11:20

Congratulations! You have finished your training and are now being considered for a prestigious position. You are about to sit down with your prospective employer and you realize something: you have absolutely no idea how to negotiate for the things you want. How much money can you, or should you, ask for? What about vacation time? Clinic space or research laboratory space? How much time per year will you spend on clinical duties versus administrative, research, and/or teaching? When and how will you be considered for promotions?

This unique workshop is intended to give you an introduction to the concept of negotiation. Led by expert Callie Bland in this art and followed by small group interactions where you will negotiate specific components of a contract, you will be guided by experienced facilitators who can offer feedback and advice. Do not miss this unique learning opportunity!

*Enrolment to this workshop will be limited. Preference will be given to senior trainees (both clinical and research). Junior trainees are encouraged to register and will be accommodated if space permits.

Succeeding in Cardiology Residency
Drs. Robin Ducas, Davinder Jassal, Dan Patton, Ciorsti MacIntyre and Sarah Ramer
13:10 – 14:10

You’ve survived medical school and internal medicine residency and now you are ready to focus on the craft you love. Come hear from Program Directors and recent grads to find out how to ace the exam and secure the fellowship you want, all while staying happy and healthy.

Predicting the Future of Clinical Research
Drs. Stuart Connolly and Jeff Healey
14:20 – 15:20

The research landscape is always changing, and those who can best anticipate trends will rise to the top. Come hear from two of Canada’s most accomplished clinical trialists on their predictions for the future of research in clinical cardiology.
ECG Workshop – Beginner
Dr. Philip Podrid
09:10 – 10:10 and 13:10 – 14:10

This annual favourite is back! Come and interpret ECGs with Boston University’s world-renowned expert. This skills lab will introduce basic concepts in ECG acquisition and interpretation. Lead placement, signal generation, as well as the standard approach to ECG interpretation, including rate, rhythm, axis, waves, and segments will be reviewed. Specific cases will be used to illustrate this approach.

*No prior knowledge of electrocardiography or ECG interpretation is required.

ECG Workshop – Advanced
Dr. Philip Podrid

This annual favourite is back! Come and interpret ECGs with Boston University’s world-renowned expert. This skills lab will be predominantly case-based and focus on challenging rhythm assessment, including tachycardias, blocks, and paced rhythms.

*Experience in ECG interpretation is required for this lab.

Echo Skills
Drs. Naji Kholoif, Jonathan Choy, Amer Johri, Amar Thakrar and John Jue

Whether you are a novice or an expert, there is always more to learn and more to practice. This is your chance to drop-in and hone your echo skills.

*This is an all day, drop-in skills lab.
Catheterization and TAVI Simulation
Drs. Malek Kass, Olga Toleva, Akshay Bagai and Neil Fam

General Interest

Cardiovascular Medicine 2025
Drs. Kim Connelly and Paul Fedak
09:10 – 10:10

Critical Appraisal and Quality Improvement
Drs. Blair O’Neill and Kevin Bainey
10:20 – 11:20

Navigating through the ocean of literature in cardiovascular medicine can be daunting. As trainees, we are often expected to understand and integrate the latest science into our practice, yet findings in literature are often conflicting and subject to interpretation. How do we reconcile these differences and provide the best care to our patients? Dr. Kevin Bainey shares his strategies for critical appraisal, and translating evidence into everyday practice.

As physicians we are considered leaders in the health system. Other industries measure performance and make comparisons. Care in Canada only is rarely measured and reported. This is changing. What has the Canadian Cardiovascular Society been doing to improve quality? What about the CMA? What can you do to prepare for a changing world of Quality in Health Care? Dr. Blair O’Neill will discuss how these changes will shape the future of cardiology and health care in Canada.
GENERAL INTEREST

Life Coach: Prepare for Personal Success
Dr. Chris Simpson
13:10 – 14:10

Building a Professional CV
Drs. Martin Gardner and Paul Dorian
14:20 – 15:20

MCS I: ECMO and VADs
Drs. Dave Nagpal, Dimitri Kalavrouziotis, Rohit Singal, Rakesh Arora, Andrew Yadegari, Ms. Chris MacKay and Mr. Peter Allen
09:10 – 11:20

With so many things on the go, it’s common to lose sight of the big picture. In the business world, corporate leaders utilize life coaches to catapult their careers, break free from monotonous jobs, and create more fulfilling personal and professional lives. Let CMA President, Dr. Chris Simpson, be your personal life coach as he highlights the value of physician resilience, personal definitions of success and developing a vision for your career.

Cardiovascular medicine and research job markets are highly competitive. One of the most important aspects of obtaining a job starts with advertising yourself in the way of a curriculum vitae (If you are unsure what that is then this workshop is a must for you to attend!). Any professional will tell you that an organized, attractive CV goes a long way to getting someone considered for an interview. Unfortunately, there does not tend to be much in the way of formal education given to cardiovascular trainees regarding how to construct a professional CV. That is where this workshop comes in. Dr. Martin Gardner and Dr. Paul Dorian will guide you step-by-step through the process of creating (and maintaining) a professional CV. This workshop will be one hour in duration and will be interactive. You are encouraged to bring a copy of your current CV with you to the workshop so that it can be reviewed and critiqued to ensure that you optimize your “selling potential” and enhance your chances of obtaining the job you want.

Are you fascinated by ECMO and VADs? These mechanical circulatory assist devices are re-shaping the types of cardiac patients that we will be taking care of in the future! Learn the indications of when you should use these mechanical circulatory supports, what your contraindications may be, and the complications that can arise from their use. Drop in to examine how a real life ECMO circuit can impact cardiopulmonary physiology, and learn to appreciate the many options of VADs that are available to us now.

*This is a drop-in skills lab from 9:10a.m. - 11:20a.m.
GENERAL INTEREST

Cardiac Devices:
PPM and AICD

Drs. Umjeet Jolly, Kevin Ng, Iqwal Mangat, Peter Leong-Sit, Mr. Saeed Hosseini and Ms. Frann Hill

13:10 – 14:10

Do you want to learn how to interrogate and program PPMs and AICDs? Well, here’s your chance for an introduction to some common case scenarios of oversensing, undersensing, loss of capture, loss of output, and appropriateness of shock delivery. This is what you really need to know when you’re on call! You will also gain an overview of indications, contraindications, and potential complications that can arise with these cardiac devices.

*This is a drop-in skills lab from 13:10p.m. - 14:10p.m.

MCS II: IABP and Impella

Drs. Dave Nagpal, Rohit Singal, Rakesh Arora, Andrew Yadegari, Ms. Erin Hill, Ms. Mandy Ford, Mr. Peter Allen and Ms. Chris MacKay

14:20 – 15:20

What do you do when a patient comes in with cardiogenic shock from an acute infarct or myocarditis? How can you improve your patient’s poor hemodynamic status? Learn how the intra-aortic balloon pump and Impella devices can improve cardiac physiology to help overcome cardiac failure using high-fidelity simulation. Also, learn to appreciate the indications, contraindications and complications that may arise with these mechanical circulatory assist devices.

*This is a drop-in skills lab from 14:20p.m. - 15:20p.m.
Register early to guarantee your spot in the sessions you want to attend!

Register at [www.cardiocongress.org](http://www.cardiocongress.org)

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