

# Obstetrics & Gynaecology

## 2019 YEAR IN REVIEW



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Back Row (L-R): Graeme Smith, Elena Park, Mary Anne Jamieson, George Gray, Tammy LeRiche, Marisa Horniacheck, Ashley Waddington, Bryden magee, Susan Chamberlain, Julie Tessier, Maria Velez, Stacey Wolfrom, Olga Bougie. Front Row (L-R): Anita Agrawal, Marie-Andree Harvey, Laura Gaudet, Brigid Nee, Romy Nitsch, Shawna Johnston.

**Message from the Department Head.** 2019 will be remembered as an Annus mirabilis. Annus mirabilis is a Latin phrase that means "wonderful year", "miraculous year" or "amazing year" and I think everyone would agree that this has, indeed, been an amazing year with the addition of outstanding new staff and residents. Our Department is a very collegial group that hits-above-our weight in academic achievements, including education and research, and participation in significant administrative roles at the hospital, university and national level. We should justifiably be proud of our accomplishments individually and as a whole. While a Department may be made up of individuals, a functional Department is made up of colleagues. Our Mission is to champion women's healthcare and to be a leading academic Obstetrics & Gynecology Department in Canada. Our Vision is excellence and advancement in women's obstetrical and gynecological health, teaching the future specialty leaders. I am proud of my colleagues, our residents and our staff and what we achieve on a daily basis.

- Dr. Graeme Smith @MaternalHC



**Gift Puts Women's Health First.** New equipment called the Spy Fluorescence by Stryker was purchased with \$185,000 raised by B'nai Brith Kingston and \$100,000 donated by the OBGYN Department. This equipment will be used by the OBGYN department to perform minimally invasive surgeries to treat cancer, fibroids, endometriosis, abnormal uterine bleeding and ovarian cysts.

**Pap Party.** A pap test is the most effective screening tool we have, reducing cervical cancer by more than 80% in persons with a cervix. This year 89 people attended one of the Pap Party clinics in Kingston, Napanee, Deseronto and Bancroft.

**Patient Advocacy.** Dr. Ashley Waddington was selected as a member of Health Canada's new Scientific Advisory Committee on Health Products for Women. She will provide advice on current and emerging issues regarding women's health, medical devices and drugs.



**Promise Walk.** We participated in the 3rd annual Promise Walk for Preeclampsia, organized by Jaymee Davis and sponsored by the Preeclampsia Foundation.



@mothersprogram   
 themothersprogram

# CHANGES IN OUR OBGYN COMMUNITY

## New Faculty.

We are lucky to have had 5 new faculty members join our team. Welcome all!



Dr. Anita Agrawal  
Division of the Gynaecologic Oncology



Dr. George Gray  
Division of the Gynaecologic Oncology



Dr. Laura Gaudet  
Division of Maternal Fetal Medicine.



Dr. David Natale  
Biomedical and Molecular Sciences



Dr. Kerry Howatt  
Brockville General Hospital



**Retiring Faculty.** This year 3 members of our department retired, Drs. Gregory Davies, Richard Thomas and Robert Reid (L-R). As Professor Emeritus, Dr. Reid is still helping in education and research initiatives. Dr. Davies is also easing in to retirement and you may still see him around helping out on L&D or reporting in the FAU. Thank you all for your years of service and contributions to the department.

**CARE Fellows.** Congratulations to Dr. Sophie Bussiere-Cote (Below L) on completion of her CARE fellowship. She is currently completing a fellowship in Pediatric and Adolescent Gynecology at the University of Ottawa. Dr. Megan Schneiderman (Below R) started her CARE fellowship in July.



**Graduating Residents.** Congratulations to our newest FRCSCs, Drs. Elizabeth Russell, Amanda Webb, Vivian Wang and Brianne Lewis (Above L-R). Currently, Drs. Russell and Wang are community OBGYNs in Ontario, Dr. Webb is a community OBGYN in New Brunswick, and Dr. Lewis is completing a Fellowship in Global Women's Health and Equity at the University of Toronto.

## GRANT SUCCESS



CIHR IRSC  
Canadian Institutes of Health Research / Instituts de recherche en santé du Canada



Drs. Maria Velez and Natalie Dayan (McGill University) received funding from CIHR to assess the burden of mental illness among women diagnosed with infertility in Ontario.

@mp\_vezel



**New Residents.** Welcome to our new residents, Drs. Dima Saab, Jessica Blom and Amanda Baillargeon (L-R). Drs. Saab and Baillargeon join us from the University of Toronto and Dr. Blom from Western University.

## AWARDS



Congratulations to Drs. Shawna Johnston, Graeme Smith, and Romy Nitsch on receiving the 2019 UHKF Davies Award Winners for Philanthropic Leadership.



Congratulations to Dr. Marisa Horniachek on receiving the 2019 Carl Nimrod excellence in teaching award.



Congratulations to Dr. Madhuri Kori on receiving the 2019 Basmajian Award for Excellence in Health Research.



Congratulations to Dr. Maria Velez on receiving the 2019 Exceptional Healer Award.

## NEW IN OBGYN

The A. Britton Smith Q.C. Robotics Program launched in November 2018. Since then over 100 patients at KHSC have benefitted from this innovative technology. Robotic-assisted surgery allows for faster recovery times, less pain and decreased need for blood transfusions. The robotic operating system, da Vinci, acts as an extension of a surgeon's own hands, but with superior visualization, manipulation and precision.



FlowLabs opened on Kidd 5 in September. They provide computer assisted semen analyses, post-ejaculatory urine cytology, and sperm washing for intrauterine insemination for patients at KGH and in the community.

## ARTICLE SPOTLIGHT

**Prevalence of Regret after Undergoing Hysterectomy in Women Under 35.** The decision to pursue hysterectomy among young women is fraught with clinical challenges. This is the first evaluation of regret post hysterectomy examining a younger patient population. Overall, 91.5% of patients agreed that having this surgery was the right decision for them and 90% said that they would make the same choice in the future. Our results suggest that patients who are appropriately counselled do not regret their decision. *Bougie O, Suen MW, Pudwell J, MacGregor B, Plante S, Nitsch R, Singh SS. JOGC 2019 Nov 14. pii: S1701-2163(19)30732-7.*

**Pregnancy and the Postpartum Period as an Opportunity for Cardiovascular Risk Identification and Management.** Heart disease is the leading cause of death in women. The link between pregnancy complications and future heart disease affords us with the earliest opportunity for risk assessment for health preservation and disease prevention. Women with hypertensive disorders of pregnancy, gestational diabetes, preterm birth, fetal growth restriction, or placental abruption should be identified at the time of delivery and referred for regular follow-up. *Smith GN, Louis JM, Saade GR. Obstetrics and Gynecology. 2019 Oct; 134(4):851-862*

**Improving Physician Knowledge: A Necessary but Not Sufficient Requirement of Improving Intrauterine Contraception Access in Canada.** We found that while many gynecologists and family doctors are offering intrauterine contraception (IUC), misconceptions regarding contraindications still exist and several barriers are related to deficiencies in provider knowledge. Therefore, educational efforts should be prioritized. *Howatt K, Binette A, Pudwell J, Waddington A. JOGC 2019 Aug;41(8):1115-1124.*

For a list of all our publications please visit our website.

[www.obgyn.queensu.ca/research/publications](http://www.obgyn.queensu.ca/research/publications)



## ONGOING RESEARCH



Patients undergoing a hysterectomy for a benign indication are being called 2 weeks post-op to determine what pain medications were prescribed, how much was used, and how satisfied they were with their pain control.



The Canadian Study on the Association of Pessary with Progesterone aims to determine whether a pessary, in combination with progesterone, could prolong pregnancy and improve the health of newborns among women with a cervix <25mm at their anatomy ultrasound.



Over 250 Mothers and Children in Kingston who were recruited in to the MIREC study from 2010-2012 are being invited back to participate in the MIREC-ENDO follow up study. This study is examining relationship between puberty and environmental contaminants.

## GRADUATE STUDENT PROFILE

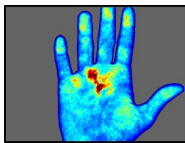


Logan Barr joined our department as a 4th year undergraduate student and has since completed his Masters and begun working towards his PhD. He has also been accepted into medical school at Queen's and will be starting there in two years!

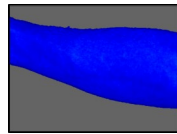
Logan's research is focused on postpartum vascular function following preeclampsia. Using a CFI funded laser speckle contrast imaging machine he has identified microvascular changes in women with a history of severe preeclampsia. Further work has also identified macrovascular changes in the carotid artery through ultrasound imaging.



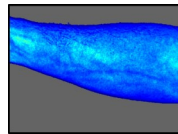
Moor full-field laser perfusion imager.



Blood flow pattern visualized in palm.



Flux at baseline.



Reactive hyperemia after occlusion.

## OUR DEPARTMENT IN NUMBERS

- 17 Attending Clinical Staff at KHSC
- 3 Attending Clinical Staff at BGH
- 3 Basic Science Labs at Queen's University
- 15 Residents
- 1 CARE Fellow
- 2 Educational Assistants
- 1 Educational Consultant
- 10 Administrative Assistants
- 3 Clinical Research Staff
- 3 Research Laboratory Technicians
- 5 Graduate Students
- 2 Postdoctoral Fellows
- + All of the medical students, nurses, patient care assistants, sonographers, hospital administrators, support staff, volunteers, and colleagues that we work with everyday!

## NEW PROJECTS COMING IN 2020

**The MODE Trial** A pilot trial investigating **planned caesarean section versus induction of labour for women with class III obesity.** Pregnant women, having their first baby, whose pre-pregnancy BMI was  $\geq 40 \text{ kg/m}^2$  and planning delivery at The Ottawa Hospital or Kingston General Hospital will be eligible for recruitment in to this trial. This trial will use a Brewin partially randomized patient preference design, in which each eligible patient is asked for their preference. Randomization will take place if no strong preference exists.

**Improving Postoperative Recovery Following Hysterectomy** Improved clinical pathways for perioperative care following minimally invasive hysterectomy will be developed and implemented. These pathways will increase access to same day discharge for eligible patients, avoiding unnecessary hospitalizations, improving patient satisfaction and reducing health care costs. These initiatives will also aim to educate, engage and empower patients to improve postoperative recovery and allow them to return to normal activities sooner.

**The BP-MOM Trial** A randomized open-label trial evaluating a nurse-led breastfeeding self-efficacy intervention (BSEI). Following childbirth, breastfeeding mothers who have been diagnosed with a hypertensive disorder of pregnancy will be recruited in to the study. Women will be randomly allocated to the BSEI group or a standard postpartum care group. The trial will evaluate rates of breastfeeding, blood pressure, weight retention, postpartum depression and anxiety, and participant satisfaction at 3, 6 and 12 months postpartum.

**Impact of Infertility and its Treatment on Women's Mental Health** Mental illness, especially perinatal depression affects about 10% of women during and around pregnancy. In this study we will measure how often infertile women who received infertility treatment experienced mental illness. We will compare the development of mental illnesses among women who became pregnant with infertility treatment with women who became pregnant without infertility treatment, and also to women who attempted pregnancy with infertility treatment but were not successful. In addition to looking at newly arising mental illness, we will also measure which women had previously existing mental illnesses.

*This project will be completed in collaboration with our partners; Dr. Joel Ray (University of Toronto), Dr. Natalie Dayan (McGill University), the Institute for Clinical Evaluative Science, the Better Outcomes Registry Network Ontario and the Canadian Fertility & Andrology Society.*



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