

TOGETHER, ADVANCING HEALTH THROUGH LEARNING AND DISCOVERY

network

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McMaster Faculty of Health Sciences Newsmagazine



Doors to Discovery

Michael G. DeGroot's gift launches three world-class institutes

School of Rehabilitation Science celebrates 20th anniversary milestone

School of Nursing gets boost for breast cancer research





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Message from the Dean and Vice-President

Six years ago, I had the remarkable pleasure of sharing the podium with Michael G. DeGroot as he presented his \$105-million gift to health sciences at McMaster University.

The enthusiastic applause that filled the McMaster University Student Centre on Dec. 17, 2003, was only rivalled by the media coverage that followed that week. Newspapers declared the gift "historic" and the "biggest on record." From coast-to-coast, the national reaction to the donation was nearly as great as the donation itself.

This past summer, the Faculty of Health Sciences was in the news once again after unveiling the three world-class institutes established through Michael G. DeGroot's generosity. I had the opportunity to celebrate with Michael G. DeGroot as he cut the ribbons to launch the Michael G. DeGroot Institute for Infectious Disease Research, the Michael G. DeGroot Institute for Pain Research and Care and the McMaster Stem Cell and Cancer Research Institute.

All three of these institutes have already enabled our university to emerge as a leader for training and research in these critical fields. They are also paying significant dividends in the form of research breakthroughs.

In this issue of *Network*, you will get a firsthand look at these state-of-the-art research facilities. We will also introduce you to the outstanding scientific leaders who are building our research capacity and innovation within the Faculty of Health Sciences.

As well, in this issue, we highlight the advances in research and education that have emerged from our School of Rehabilitation Science.

In October, I had the pleasure of attending the school's 20th anniversary celebration held in conjunction with the Helen Saarinen Lectureship. This annual address, given this year by McMaster physiotherapy alumna Julie Hard, honours one of our highly valued faculty members. The late Helen Saarinen was an outstanding physiotherapist and educator who

helped to pioneer an innovative problem-based learning curriculum within her field.

Within the School of Rehabilitation Science, our faculty members are as renowned for their expertise in problem-based learning as they are for educating leaders in physiotherapy, occupational therapy and rehabilitation science. I invited you to learn more about their remarkable work as well as the rich history of the school in this issue of *Network*.

There have been other exciting developments in the Faculty this year.

The School of Nursing received a major boost to help B.Sc.N. students to pursue research and education in breast cancer. In September, CIBC committed \$500,000 to establish the CIBC Undergraduate Bursaries in Nursing. The donation was matched by the Ontario Trust for Student Support.

This past September, we also announced a \$4-million partnership with Brock University for our Niagara Regional Campus of the Michael G. DeGroot School of Medicine to move to a permanent home within the Niagara Health and Bioscience Research Complex currently under construction on the Brock campus.

As well, the Waterloo Regional Campus of the Michael G. DeGroot School of Medicine has now moved into its permanent home on the Downtown Kitchener Health Sciences Campus of the University of Waterloo. The three-storey building has two floors dedicated to medical education, and will feature an academic family medicine practice on the first floor.

As you read through this issue of *Network*, I hope you enjoy reflecting on how far we've come as a Faculty, as well as where we are going. Not only do we have a rich history to celebrate, but also a very bright future.

John G. Kelton, MD
Dean and Vice-President
Faculty of Health Sciences

CIBC gift creates new undergraduate bursaries

Nursing students interested in breast cancer will benefit

CIBC has given \$500,000 to McMaster University to establish the CIBC Undergraduate Bursaries in Nursing for B.Sc.N. students with a specific interest in breast cancer research and education.

The donation has been matched by the Ontario Trust for Student Support, doubling its impact and raising the endowment to \$1 million.

“McMaster has enjoyed a long and mutually beneficial relationship with CIBC over the years,” said Peter George, president of McMaster University. “We share a belief that education and research are our best weapons in the fight against cancer.”

CIBC has been supporting the breast cancer cause since 1992.

“We are proud to provide funding for this bursary program that will allow deserving nursing students to delve deeper and achieve a greater understanding of breast cancer so that they will be better able to provide the treatment and care cancer patients need to help them cope with the ramifications of this disease,” said Gerry McCaughey, CIBC president and CEO.

In 2006, the bank established the CIBC Graduate Bursary in Breast Cancer and the CIBC Medical Bursary in Breast Cancer at McMaster.

Catherine Tompkins, the associate dean, health sciences (nursing), said



■ From left: Peter George, president of McMaster University; Neil Gordon, vice-president of CIBC; Roger Trull, vice-president of University Advancement; Catherine Tompkins, associate dean, health sciences (nursing); John Kelton, dean and vice-president of the Faculty of Health Sciences.

evaluating these gifts together recognizes the depth and importance of this donation. It also acknowledges the role of nurses in helping patients to overcome the challenges of cancer.

“This gift recognizes the importance of supporting McMaster’s nursing students directly,” she said. “These bursaries can and will be the difference

between bright young nurses leaving school and staying.”

In addition to a shared vision, McMaster and CIBC share a founder – Senator William McMaster was the founding president of the Canadian Bank of Commerce from 1867 to his death in 1887, the year he also founded the University that bears his name.

Nurses welcomed into Hamilton Gallery of Distinction

Two nurses in the Faculty of Health Sciences community have been honoured for their outstanding contributions to health, education and community development in Hamilton.

Basanti Majumdar, a professor of nursing and family medicine, and **Carolyn Milne**, an alumna and advisor of the School of Nursing, were inducted into the Hamilton Gallery of Distinction in November. The gallery recognizes Hamilton citizens who have made significant contributions towards the betterment of the community.

Majumdar is an international scholar who has worked to empower marginalized

populations through her contributions to education and global health research. She has been integral to the development of many of the international partnerships emerging from McMaster’s

School of Nursing. She is also committed to improving health, building capacity and overcoming gender equity issues,



■ Basanti Majumdar

both in Hamilton and internationally.

Milne is the immediate past president and CEO of the Hamilton Community Foundation and a co-founder of the Hamilton Roundtable for Poverty Reduction.

She holds a master’s degree in health science practice and an honorary doctor of laws from McMaster University.



■ Carolyn Milne

School of Rehabilitation Science celebrates

They started as unconventional diploma programs in occupational therapy and physiotherapy at a community college in Hamilton and have since evolved into an internationally renowned school of rehabilitation science. In its 20-year history, the School of Rehabilitation Science (SRS) at McMaster University has walked the tightrope of innovation to foster a new breed of therapists and rehabilitation scientists through problem-based learning.

Early Beginnings

Before rehabilitation science came to McMaster, it started in the classrooms of Mohawk College. Two diploma programs were established in the mid-1970s in response to the need for additional therapists in Ontario. The physiotherapy program was led by Helen Saarinen, while Muriel Westmorland chaired the occupational therapy program. Together, they developed the first problem-based learning curriculum in rehabilitation, inspired by the medical education program at McMaster.

“There was a partnership with the university from the very beginning,” said Mary Law, associate dean, health sciences (rehabilitation science) and director of the School of Rehabilitation Science. “But these programs gave a diploma at a time when other programs in the country had changed to a degree as a minimum requirement.”



■ Small-group, problem-based learning is a hallmark of the School of Rehabilitation Science.



■ A group of physiotherapy students discuss the anatomy of the foot during a clinical skills session.

That difference, combined with the unconventional approach to education, generated controversy within the occupational therapy and physiotherapy communities. It also led to professional challenges for McMaster graduates.

To resolve these issues, the diploma programs evolved into the Bachelor of Health Sciences Program in Occupational Therapy and Physiotherapy, with Mary Tremblay as the inaugural director. Students in the program earned their diploma from Mohawk and then moved to McMaster to complete their degree.

In 1989, McMaster developed a two-year, second-degree program in physiotherapy and occupational therapy, and the two education programs were transferred to the university. That same year, the School of Occupational Therapy and Physiotherapy was established.

Research programs introduced

By the mid-1990s, 28 full-time faculty members had been recruited to the School of Occupational Therapy and Physiotherapy, including 12 with PhDs. In 1995, the school was renamed the School of Rehabilitation Science to acknowledge its wider scope, which now had a growing research program.

Since 2000, research funding held by SRS faculty as principal investigators or

co-principal investigators has grown exponentially, reaching a total of \$11.3 million by 2008-09. Research areas include aging and participation, musculoskeletal research as well as childhood disability, which is the focus of the world-renowned *CanChild* Centre for Childhood Disability Research.

In 2000, the SRS began offering professional master's degrees. The physiotherapy program was the first in the country to make this change and the occupational therapy program was the second. That same year, the SRS introduced a research-based master's degree in rehabilitation science. In 2006, the PhD in rehabilitation science followed.

“The rehabilitation science program isn't just for occupational therapists and physiotherapists. It's multidisciplinary,” said Law, who has been associate dean for the school since 2000. “We also have kinesiologists, music therapists, recreation therapists, speech pathologists. The focus is on rehabilitation from a broad perspective.”

SRS today and tomorrow

Since early days of pioneers Saarinen, Westmorland and Tremblay and later Barbara Cooper, who was associate dean from 1991 to 1997, the School of Rehabilitation Science has stayed true to

20 years of excellence



■ The School of Rehabilitation Science relocated to the Institute for Applied Health Sciences in 2000, the same year master's degree programs in occupational therapy, physiotherapy and rehabilitation science were established.

its roots, continuing to take measured risks in order to build on its history of innovation and excellence.

Today, the SRS receives the largest number of physiotherapy and occupational therapy applicants among rehabilitation schools in the country. It has also shared its knowledge of problem-based learning and curriculum development with schools around the world.

Sue Baptiste, a professor and past assistant dean of occupational therapy, has been a leader in this sharing, along with Patty Solomon, a professor and past assistant dean of physiotherapy.

"We really enjoy what we do and how we can do it here," said Baptiste, who joined Mohawk as a lecturer in 1978. "Part of it is the atmosphere, the acceptance of risk taking. That's probably one of the big things we've achieved here. We've managed to stay true to our values because of the support of the faculty and the type of people who come here."

In the coming years, the School of Rehabilitation Science hopes to develop an initiative in downtown Hamilton to deliver innovative programs. It also plans to enhance its research focus and form more international linkages.

"I think we will continue to be innovators in education," said Solomon, who joined the school in 1989. "There is an acceptance of risk taking within the

programs, school and the faculty that allows us to try innovative education models and activities. I think we will continue to show leadership."

For **Sarah Wojkowski (B. Kin. '00, M.Sc. PT '04)**, a PhD student in rehabilitation science and alumna of the school, it's the SRS faculty who have made all the difference in her education.

"We have professors and instructors who have spanned the 20 years of the school," she said. "They've seen the past. They've been able to envision the future and build on that to create a unique program."

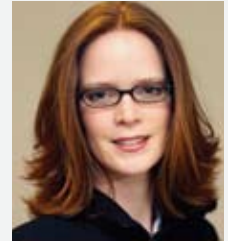
One way that is accomplished is by investing in the next generation. **Shaminder Dhillon (B.Sc. '99, B.H.Sc. OT '01, M.Sc. RS '06)** is now an assistant clinical professor in the school. She said she has been inspired by her teachers, now colleagues, and intends to build upon what has come before her.

"It's my own tendency to see what the history has been so that whatever ideas I have fit in that context," said Dhillon, who is involved in curriculum development and delivery for clinical skills courses. "I think the faculty in the School of Rehabilitation Science are really good at that balance – being mindful of history and pedagogy, but at the same time realizing that innovation happens through taking risks and making changes."

Helen Saarinen Lectureship

The Helen Saarinen Lectureship was established in memory of the founding chair of McMaster's physiotherapy program. Saarinen was a visionary leader in physiotherapy and a pioneer of problem-based learning within her field.

Julie Hard (M.Sc. PT '03), a physiotherapist who has helped improve the lives of people with disabilities in Kenya, presented the 2009 lecture. Here is an excerpt from



■ Julie Hard

Rehabilitation: A World of Opportunities:

"As rehab professionals, we go beyond treating the joint, acute inflammation or the multitude of impairments we encounter. Through rehabilitation, we provide the tools for quality of life, function, well-being and for many, hope. We are trained to think about long-term solutions to problems that arise. We are specialists in looking beyond quick-fix solutions and can be effective in bringing about positive changes in the communities in which we work.

"The power we have comes from the knowledge and skills that we have trained and developed through our education. Our minds and our hands are the tools we use to put this power into action. The degree received from this institution as well as other academic institutions around this great country all represent an amazing amount of power that will open doors that lead to a world of opportunity.

"It is our responsibility to recognize how, where and when to use this power. It is a comfort to know that we have a good solid history behind us. Twenty years at McMaster University alone provides an abundance of lessons learned that can help build and shape other institutions that are still in their infancy. We are a strong profession thanks to visionaries and trail blazers such as Helen Saarinen. It is now our time to recognize the opportunities and responsibilities before us."



New beginnings at the Michael G. DeGroot School of Medicine

■ The new home of the Waterloo Regional Campus is located on the University of Waterloo's Health Sciences Campus in downtown Kitchener.



■ Regional Assistant Dean Karl Stobbe (centre) celebrates the grand opening of the Niagara Regional Campus of the Michael G. DeGroot School of Medicine with a group of his students.

As an illustrator, animator and aspiring doctor, **Heather Ambraska (B.H.Sc. '07)** understands that there is both an art and science to medicine. Now the first-year student in the Michael G. DeGroot School of Medicine is hoping to combine her interests as she looks toward a future in family medicine.

"What I really want to do is keep my illustration and my animation in my practice," said the 24-year-old, who is at the Hamilton campus. "I'm hoping to use my skills to promote patient education, because there really isn't much out there that's standardized and peer reviewed and at an appropriate level.

"Coming from a visual background, you learn what is useful for a patient and what is not."

An alumna of McMaster's Bachelor of Health Sciences program, Heather also earned her master's degree in biomedical communications from the University of Toronto. Despite her passion for the arts, she ultimately felt a calling to medicine.

"With medical illustration and animation, you were working away from the people you were really trying to help," she said. "As much as I love art, I need to be with people."



■ Heather Ambraska

Ambraska is also glad to be back in the Faculty of Health Sciences, where she says she feels at home in the self-directed, problem-based learning environment. She is one of 194 first-year MD students who make up the largest ever class of the Michael G. DeGroot School of Medicine. The Class of 2012 includes 28 students at the Waterloo Regional Campus and 20 students at the Niagara Regional Campus.

Next year, the medical school will grow once again, adding an additional student to the Hamilton campus and eight additional students to the Niagara campus. By September 2010, the school will admit 203 medical students each year – more than double its enrolment before 2000.

"This expansion has taken the commitment of our faculty and our academic health-care partners, as well as the innovative development of new learning technologies and the warm welcome of our regional campuses' communities," said John Kelton, dean and vice-president of the Faculty of Health Sciences.

This year has seen several other exciting developments at Michael G. DeGroot School of Medicine.

In September, McMaster announced a \$4-million partnership with Brock University. The agreement will see the Niagara Regional Campus move to a permanent home within the Niagara Health and Bioscience Research Complex currently under construction on the Brock



■ Medical students at the Waterloo Regional Campus connect with their classmates at the Hamilton and Niagara campuses during a videoconference session.

campus. The new building will house the medical school on the ground floor and Brock researchers and programs on the top two floors. The move is expected to take place in 2011.

“We’ve started exploring linkages whereby our students can participate in research that’s done at Brock,” said Karl Stobbe, regional assistant dean of the Niagara campus. “We’re also starting some regular meetings with Brock nursing and the health education programs at Niagara College about potential collaborations in the areas of teamwork and interprofessional education.”

Another new partnership involving the Niagara Regional Campus was celebrated earlier this year. The McMaster Niagara Family Health Centre officially opened at 22 Ontario St. in St. Catharines following a successful collaboration between the Michael G. DeGroot School of Medicine and the City of St. Catharines. The health centre will serve as a training site for medical clerks and family medicine residents as well as students in the physician assistant program.

The Waterloo Regional Campus has moved into its new home on the University of Waterloo Health Sciences Campus at King and Victoria streets in Kitchener. The three-storey building has two floors dedicated to undergraduate medical education, including a 120-seat lecture theatre and a “continuous presence wall,” allowing students to connect with peers at the other medical campuses using videoconferencing technology.

The Centre for Family Medicine, an academic family medicine practice, will

be housed on the first floor of the building and will function as a teaching site for both the medical school and health sciences programs at the University of Waterloo. The centre is expected to relocate to its new home in early 2010.

Construction of the Waterloo Regional Campus has been supported by a \$15-million grant from the Region of Waterloo and an \$8-million contribution from Ontario’s Ministry of Training, Colleges and Universities. As well, the City of Kitchener donated eight acres of land in the downtown for the health sciences campus.

Since its establishment in 2007, the Waterloo Regional Campus has embarked on collaborations with the School of Pharmacy at the University of Waterloo and the nursing program at Conestoga College.

“There been a tremendous willingness to cooperatively work and share on all fronts,” said Cathy Morris, the regional assistant dean of the Waterloo Regional Campus. “The future of primary care is focused on group interdisciplinary practice where scopes of practice for all health-care professionals can be maximized.”

At the Hamilton campus, Ambraska is looking forward to having a broad scope of practice once she completes her training. But for now, she’s focused on her studies and getting the most of her medical education.

“I knew that I needed to come back to the self-directed, problem-based learning,” she said. “I really like Mac, and I really like the campus. It just feels like home.”



FHS Research Notes

■ **McMaster researchers** have found that home birth is as safe as delivering at the hospital. Eileen Hutton, lead investigator and assistant dean of midwifery, led a team in examining nearly 6,700 planned home births in Ontario. The resulting study, published in the journal *Birth*, found that newborns and mothers were no more likely to suffer complications than their counterparts in a clinical setting.

■ If you are 50 or older and you break your hip, you have a one in four chance of dying within five years. Break your back, and you have a one in six chance of dying that soon, says a McMaster University study published in the *Canadian Medical Association Journal*. The research, led by George Ioannidis, a McMaster health research methodologist, found that hip and vertebral fractures can have long-lasting effects that result in eventual death by signaling or actually inducing a progressive decline in health.

■ New research has shown that limb-sparing surgery may not be better than amputation for bone cancer patients. Ronald Barr, a professor of pediatrics, pathology and medicine at McMaster, and Jay Wunder of Toronto’s Mount Sinai Hospital did an extensive review published in the scientific journal *CANCER*. They found that limb-sparing surgery is generally as effective as amputation in ridding the patient of cancer, but it tends to be associated with more early and late complications and may not provide better quality of life.

Three medical innovators join Community of Distinction

Two medical pioneers who laid the groundwork for the psychiatric and pediatric departments of the Michael G. DeGroot School of Medicine and a renowned biochemist who contributed to the renewal of the school's curriculum have been recognized for their contributions to health sciences at McMaster University.

Nathan B. Epstein, Alvin Zipursky and Barbara Ferrier were welcomed into the Faculty of Health Sciences' Community of Distinction in November. The gallery, located in the Ewart Angus Centre of the Health Sciences Centre, honours alumni, faculty and staff who have brought distinction and recognition to McMaster University and the Faculty of Health Sciences through innovative scholarship and outstanding research.

"Our 2009 inductees have helped to shine an international spotlight on the Faculty of Health Sciences through their leadership and excellence in research and education," said John Kelton, vice-president of the Faculty of Health Sciences and dean of the Michael G. DeGroot School of Medicine.

"As founders of the medical school, Nathan Epstein and Alvin Zipursky helped to shape the Michael G. DeGroot School of Medicine into what



■ Nathan B. Epstein, MD

it is today, while our other inductee, the late Barbara Ferrier, championed advancements in medical education through her research and teaching."

The Community of Distinction was established in 2003 by the Faculty of Health Sciences. Up to five individuals are selected annually to join its ranks.

Nathan B. Epstein, MD, was the founding chair of the Department of Psychiatry (1967-1975) during the early years of McMaster's medical school. He established a spectrum of academic clinical services at McMaster's partner hospitals and shifted the direction of psychiatric care in Hamilton by bringing mental health services to the community. Known for his charismatic personality, dynamic leadership and innovative ideas, Epstein fostered a collaborative approach to education



■ Alvin Zipursky, MD

and treatment in psychiatry, mentoring the next generation of research psychiatrists as well as family doctors. He is recognized throughout the world as a pioneer of family therapy.

Alvin Zipursky, MD, served as the founding chair of the Department of Pediatrics from 1966 to 1972 and 1978 to 1981. Through his leadership, commitment to excellence and passion for research and education, he developed a pediatric department of major importance regionally, nationally and internationally.

Zipursky is recognized for his seminal work on the prevention of Rh disease and for his contributions to basic and clinical research during a career spanning more than 50 years. He has continued to be an international leader in the development of global programs in hematology,



■ Barbara Ferrier, PhD

oncology and pediatrics.

Barbara Ferrier, PhD, made outstanding contributions to the advancement of medical education at McMaster through her commitment to teaching, enthusiasm for research and expertise in curriculum development. She joined the Department of Biochemistry in 1972 and remained a dedicated faculty member long after her appointment as a professor emeritus in 1998. Over the years, her research interests evolved from biochemistry to innovations in medical education. She contributed to the development of the MD COMPASS curriculum and served as director of the University's arts and science program. An insightful tutor, she is remembered for her ability to inspire excellence in her students.

Call for nominations to the Community of Distinction 2010

The Faculty of Health Sciences is looking to honour former faculty, staff or alumni whose accomplishments in health sciences have brought worldwide renown to the Faculty and McMaster University.

Nominations are sought for individuals

who have made a distinguished contribution in scholarship, the science or delivery of health care, or demonstrated outstanding leadership that is recognized by their peers.

Candidates cannot be currently employed or hold a contract with the

Faculty of Health Sciences.

For an outline of requirements, visit fhs.mcmaster.ca/main/distinction_criteria.html.

For more information, please contact Ruth Mullin at mullinr@mcmaster.ca or (905) 525-9140, ext. 22162.

Researchers head north to explore space-based telemedicine

A team of researchers from McMaster University travelled north of the Arctic Circle this past summer to study how telemedicine can be used to treat sick or injured patients in remote environments such as space.

The project, funded by a \$30,000 grant from the Canadian Space Agency, was conducted at the Haughton-Mars Research Station on Devon Island, Nunavut. Dave Musson, director of McMaster's Centre for Simulation Based Learning, led the research project and site team.

The researchers spent 14 days on the isolated and uninhabited Arctic island to run a series of simulated medical emergencies with a robotic patient that was managed remotely by medical specialists at McMaster and in Toronto, New York and Chicago.

The robotic patient, known as "SimMan," is the type used as a teaching aid by the Centre for Simulation Based Learning at McMaster. While SimMan may look like a department store mannequin, it breathes; talks, has a beating heart and responds to medical interventions.

Over two weeks in July, the team conducted 10 simulations, including a mock airplane crash involving a patient with two severed limbs and a severe gash on the abdomen. The simulations involved non-medically trained participants who provided care by following the instruc-



■ Dave Musson (right), director of McMaster's Centre for Simulation Based Learning, and McMaster graduate students Bosco Law (left) and Matt Turnock (centre) perform CPR on a robotic patient during a simulated medical emergency.

tions of physician who was thousands of miles away.

"With a small number of skills and with expertise provided via the Internet, these people were able to do tremendous things," said Musson, a physician, psychologist and an assistant professor in the Department of Anesthesia. "They could stop bleeding. They could intubate. They could control the airway. And, as long the person far away could see what the participants were doing, he was able to talk them through everything."

The researchers also examined what happened when they added a time delay to the simulations, which mimicked the

communications delay between Earth and the moon. They found that problems arose – both in terms of patient outcomes and equipment functionality.

Musson said the findings of this study have opened the door to future research in the areas of space medicine and remote care.

"I think what we can do with this is unparalleled," he said. "In Canada, we have a lot of people scattered through northern communities with minimal access to health care and maybe the traditional model of telemedicine can be expanded to include much more acute management."

Space medicine course lifts off in the Faculty of Health Sciences

An innovative new course at McMaster is teaching students how human bodies adapt when exploring the final frontier. Space Medicine and Physiology, offered through the Faculty of Health Sciences in conjunction with the Bachelor of Health Sciences program, is the first course of its kind in Canada. Teaching students everything from how the body reacts in space to what astronauts wear and why, course instructor and Canadian astronaut Dave Williams gives students a firsthand look at what life is like in space and how lessons learned there can be applied on Earth.

"Understanding the methods of pre-

venting disease in space may be of clinical benefit in treating similar terrestrial conditions," Williams said.

"Osteoporosis is a good example of a clinically relevant issue that affects both astronauts during space flight and the aging population on Earth. Understanding the types of changes that take place during acclimation to space will foster new and exciting areas of research on Earth that may lead to fundamental scientific breakthroughs."

The potential in these burgeoning areas of research is what attracted Daniel Goodman to the course. A fourth-year health sciences student, Goodman

doesn't necessarily want to be an astronaut, but he does recognize the important effects that technology developed for space has on medicine.

"Remote medicine is very much the future of the field," said Goodman, referring to the ability to perform medical procedures over great distances. "We're learning things that are on the cutting edge of science."

Goodman, like many students in the course, hopes to go to medical school next year. To that end, he says the class has not only been interesting and academically helpful, but also "incredibly inspiring."



The Grand Openings of three Michael G. DeGrootte institutes

■ Scientific director Gerry Wright gives a tour of the Michael G. DeGrootte Institute for Infectious Disease Research while Michael G. DeGrootte and other guests watch researchers at work through a window of the Centre for Microbial Chemical Biology.



■ David Braley (left) and Michael G. DeGrootte prepare to cut the ribbon to launch the McMaster Stem Cell and Cancer Research Institute.

Michael G. DeGrootte returned to McMaster University in June to officially open three cutting-edge research institutes that are advancing knowledge in the areas of infectious disease, chronic pain and human stem cell science.

The philanthropist and former Hamiltonian toured the new research facilities and cut the ribbons to formally launch the Michael G. DeGrootte Institute for Infectious Disease Research, the Michael G. DeGrootte Institute for Pain Research and Care and the McMaster Stem Cell and Cancer Research Institute.

The institutes were part of the vision outlined at the announcement of his landmark \$105-million gift to health sciences at McMaster University.

“Back in 2003, I made an investment here and I am extremely pleased with what I see in the early returns,” DeGrootte said during a luncheon held in his honour. “This kind of start has shown me that we are headed exactly where I hoped we’d go. We are building the dream piece by piece.”

All three of the research institutes are

housed in the Michael G. DeGrootte Centre for Learning and Discovery (MDCL), a five-storey, 300,000-square-foot building on campus that includes classrooms and lecture halls, state-of-the-art laboratories as well as a striking glass atrium that has become symbolic of DeGrootte’s commitment to McMaster.

The Michael G. DeGrootte Institute for Infectious Disease Research (IIDR) is located on the second floor of MDCL and includes 13,000-square-feet of laboratory and administrative space. Established at first as a virtual institute in 2007, the IIDR has focused on becoming the global leader in infectious disease research. It is led by scientific director Gerry Wright, who also holds the new endowed Chair in Infection and Anti-Infective Research.

The 5,000-square-foot Michael G. DeGrootte Institute for Pain Research and Care is adjacent to the IIDR, and steps away from a pedestrian bridge linking both institutes to the clinical activities of the Health Sciences Centre.



■ Michael G. DeGroote congratulates Akbar Panju, medical director of the Michael G. DeGroote Institute for Pain Research and Care, at the ribbon cutting celebrations.

Since 2004, the pain institute has been working to understand the underlying mechanisms of chronic pain in order to develop prevention, diagnosis and treatment strategies. Akbar Panju, a professor of medicine, is the medical director of the institute. He holds the endowed Medard DeGroote Chair in Medicine, named after the late father of Michael G. DeGroote.

The McMaster Stem Cell and Cancer Research Institute opened in 2006 following the recruitment of scientific director Mick Bhatia. Bhatia holds the endowed Chair in Stem Cell and Cancer Biology and is recognized internationally for his contributions to the field. The institute has the vision of advancing cancer research as Canada's leader in the investigation of human stem cells. It is accomplishing that through the recruitment of rising stars in stem cell research and unique resources including a \$15-million human stem cell library, established with a donation from Hamilton businessman David Braley.

"All of these institutes address major

challenges in health care and treatment, and they all provide for wide collaboration among scientists from many disciplines," said Peter George, president and vice-chancellor of McMaster University.

"Their research missions, along with the associated new facilities, make McMaster a most attractive destination for top scientists and clinicians who want to improve health care."

In addition to the grand opening of the institutes, the Faculty of Health Sciences announced plans for the Michael G. DeGroote National Pain Centre, a third pillar of the Michael G. DeGroote Institute for Pain Research and Care.

The centre will draw on McMaster's expertise in evidence-based medicine to develop guidelines for the treatment of chronic pain, thereby complementing the clinical and basic research arms of the institute. Pending approval by the University's senate, Norman Buckley, a professor and chair of the Department of Anesthesia, will lead the centre as its inaugural director.

The Michael G. DeGroote National



■ Michael G. DeGroote gives a thumbs up to the faculty, staff and students who have transformed his vision into reality.



■ From left: McMaster supporters Ron Joyce, Michael G. DeGroote, Charles Juravinski and David Braley.

Pain Centre will be located on the second floor the Michael G. DeGroote Centre for Learning and Discovery, alongside the Michael G. DeGroote Institute for Pain Research and Care. It is supported through a generous gift from Michael G. DeGroote.

Upon its launch, the national pain centre is expected to administer new clinical practice guidelines for opioid use in Canada. The guidelines, developed by the National Opioid Use Guideline Group, will be maintained and regularly updated by the centre to reflect advances in the field.

A friend of McMaster University for more than 20 years, Michael G. DeGroote has had a major impact on research and education at the University through his philanthropy. His generosity has included gifts to health sciences and business, the McMaster University Student Centre and the McMaster Museum of Art. The Michael G. DeGroote School of Medicine and the DeGroote School of Business are named in his honour.



■ Open-concept laboratory space that encourages dialogue between investigators is a key design feature of the DeGroot institutes.

Research institutes established to advance health solutions

The vision and generosity of Michael G. DeGroot has led to the development of three groundbreaking research institutes in the Faculty of Health Sciences. The institutes are supported through a portion of his \$105-million gift to the Faculty.

Michael G. DeGroot Institute for Infectious Disease Research

The Michael G. DeGroot Institute for Infectious Disease Research was established in 2007 under the leadership of scientific director **Gerry Wright**, a renowned investigator in the field of antibiotic resistance.



■ Gerry Wright

The institute is founded on the principles of interdisciplinary collaboration, research excellence and a commitment to training the next generation of infectious disease scientists and clinicians. It is dedicated to improving understanding of infectious diseases so that new treatments, cures and methods of prevention can be developed.

A professor of biochemistry and biomedical sciences, Wright holds the Canada Research Chair in Molecular Studies of Antibiotics and the endowed Chair in Infection and Anti-Infective Research. He has grown the institute to a team of more than 30 principal investigators and 200 graduate students, post-doctoral fellows and clinical research fellows.

McMaster Stem Cell and Cancer Research Institute

Established in 2006, the McMaster Stem Cell and Cancer Research Institute (SCC-RI) is a Canadian leader in the investigation of human stem cells, and the only human pluripotent stem cell research institute at a Canadian university. Its work focuses on understanding the link between human cancer and stem cell biology, with the ultimate goal of finding cures for catastrophic diseases.

The institute was founded by **Mick Bhatia**, a professor of biochemistry and biomedical sciences, who was recruited as the first scientific director in January 2006.

Bhatia holds the Canada Research Chair in Human Stem Cell Biology and an endowed Chair in Stem Cell and Cancer Biology.

Over the past year, the SCC-RI has adopted and led Canadian development of a new method of investigation – reprogramming human skin cells into induced pluripotent stem cells, which have the ability to become virtually any type of cell within the human body.

This advancement is expected to revolutionize the field and speed up future discoveries.



■ Mick Bhatia

Michael G. DeGroot Institute for Pain Research and Care

With one in five Canadians suffering the debilitating effects of chronic pain, the Michael G. DeGroot Institute for Pain Research and Care is working to understand the underlying mechanisms of these conditions in order to bring relief to pain sufferers through the development of innovative prevention, diagnosis and treatment strategies.

Established in 2004, the institute has focused its research and educational outreach on various types of chronic pain, with emphasis on central post-stroke pain. This work has led to improved services for chronic pain sufferers and an international network of investigators dedicated to advancing research in this area.

Akbar Panju is the first medical director of the Michael G. DeGroot Institute for Pain Research and Care. He also holds the Medard DeGroot Chair in Medicine,



■ Akbar Panju

named in tribute to the late father of Michael G. DeGroot. Panju is a professor of medicine at McMaster University and the past chief of medicine at Hamilton Health Sciences. The University is currently recruiting a scientific director for the institute.

Promising investigators win DeGroote fellowships

The generosity of Michael G. DeGroote is opening research doors for two young investigators working at the molecular level to improve human health.

Jonathan Schertzer and **Erin Westman** are the recipients of the 2009 Michael G. DeGroote Fellowship Awards. The awards support post-doctoral fellows pursuing health sciences research at McMaster University.

Schertzer earned his PhD in physiology from the University of Melbourne in 2006. His research focuses on investigating the link between obesity, inflammation and Type 2 diabetes. Drawing on his background in kinesiology, physiology and cellular biology, he is working to understand how specific proteins within the immune system influence the development of insulin resistance.

As the winner of the Michael G. DeGroote Academic Fellowship Award, Schertzer will receive \$75,000 a year for two years to help him develop a competitive research program in the Faculty of Health Sciences. The award is designed for candidates who have completed a post-doctoral fellowship and are interested in seeking a junior faculty position at McMaster.

“Making the jump from post-doctoral fellow to assistant professor is an enormous one,” Schertzer said. “This fellow-



■ From left: Kelly O'Brien, a 2008 recipient of a DeGroote fellowship award, Michael G. DeGroote and 2009 recipients Erin Westman and Jonathan Schertzer.

ship makes that transition a lot easier.”

Westman is the 2009 recipient of Michael G. DeGroote Post-doctoral Fellowship Award. The award provides annual support of up to \$45,000 per year, for up to three years, for a post-doctoral fellow with an exemplary academic record and an interest in pursuing leading-edge research within the Faculty of Health Sciences.

Westman recently earned her PhD in molecular and cellular biology from the University of Guelph. As a member of the Michael G. DeGroote Institute for Infectious Disease Research, she is working to identify and characterize soil bacteria that are resistant to linezolid,

a synthetic antibiotic used to treat serious infections such as methicillin-resistant *Staphylococcus aureus* (MRSA) and vancomycin-resistant enterococci (VRE).

“If we can learn novel strategies for inactivation of antibiotics then we can think ahead and create something to defeat the system,” she said. “Clearly, we are coming to a point where we need to develop more antibiotic compounds. We also need to keep ahead of the bacteria in terms of resistance.”

The Michael G. DeGroote Fellowship Awards are supported through the Michael G. DeGroote Faculty of Health Sciences Development fund.

McMaster receives \$3.6 million for cancer research

McMaster University has been awarded \$3.6 million as part of a major funding announcement to boost cancer and genomics research across the province.

Ontario Premier Dalton McGuinty announced a total of \$10 million in funding for the new Ontario Regional Biotherapeutics program (ORBiT), which involves McMaster, the University of Toronto and the University of Ottawa, the lead site for the project.

Biotherapeutics is a term used to describe treatments based on biological materials including cells, genes and viruses. In cancer, biological therapies are designed to specifically attack malignant

cells without harming normal tissue. ORBiT aims to develop a variety of biotherapeutics for the treatment of cancer, including oncolytic viruses, anti-cancer vaccines and cell-based therapies.

For its role in the project, McMaster will participate in multicentre clinical trials of oncolytic viruses in patients with liver cancer and melanoma. Researchers will also carry out clinical trials to test the benefit of combining oncolytic viruses with cancer vaccines.

As well, McMaster will establish the only clinical-grade facility in Ontario for the analysis of human immune responses to cancer. The Ontario Institute of

Cancer Research has already provided \$900,000 in capital and \$440,000 in operating expenses for the facility, bringing the total McMaster investment in ORBiT to more than \$4.9 million.

“The ORBiT program provides an amazing opportunity to combine McMaster’s vaccine program with other biological therapies that have been developed by the various ORBiT members,” said Jonathan Bramson, a professor of pathology and molecular medicine and primary investigator of ORBiT at the McMaster site. “We expect these combined efforts will have a net benefit on the survival and health of Ontarians afflicted with cancer.”

Farncombe director receives Premier's Summit Award



■ John Wallace (centre) accepts the Premier's Summit Award from Minister John Wilkinson (left) and Ontario Premier Dalton McGuinty (right).

John Wallace, director of the Farncombe Family Digestive Health Research Institute, has won the prestigious Premier's Summit Award in Medical Research.

The professor of medicine was one of two 2009 Premier's Summit Award winners announced in May, marking the first time a scientist from outside of Toronto has received the important prize.

The Premier's Summit Award is designed to build Ontario's research prowess by recognizing exceptional medical researchers and helping them expand their programs. The winners are internationally recognized leaders whose work is transformative in their fields.

Wallace, a pharmacologist who has been called an international superstar in the field of gastrointestinal research, was recruited to McMaster in January 2009.

His focus is on gaining a better understanding of the causes of some of

the most common digestive disorders. In particular, he is interested in learning what role the bacteria that live inside the human digestive system play in the development of these diseases. His ultimate aim is to design and produce better therapies for digestive diseases which affect millions of Canadians each year.

Wallace, who has a MBA, has demonstrated his ability to move scientific discoveries from the lab to the marketplace. He has co-founded two pharmaceutical companies.

Winners of the Premier's Summit Award receive \$5 million – \$2.5 million from the Government of Ontario and \$2.5 million from the sponsoring institution. The McMaster funds are a donation of the Farncombe family which has supported the growth of McMaster's renowned digestive health research program.

Faculty members honoured with awards in 2009

The research and career accomplishments of several faculty members were honoured with awards in 2009:

Sonia Anand, a professor of medicine, has received the Professional Female Award from the Indo-Canada Chamber of Commerce (ICCC). The ICCC initiated an awards program in 1992 to acknowledge the achievements and contributions of Indo-Canadians.

Ronald Barr, a professor of pediatrics, pathology and medicine, has been named the 2009 recipient of the O. Harold Warwick Prize. The award honours a Canadian investigator who has undertaken research leading to significant advances in cancer control. Barr is known internationally for his research on cancer in childhood.



■ Ronald Barr

Mick Bhatia, professor and scientific director of the McMaster Stem Cell and

Cancer Research Institute, has received the Young Scientist Award from the Canadian Society for Biochemistry and Molecular and Cellular Biology. The award recognizes outstanding research in biochemistry, molecular or cellular biology in Canada.

Myrna Dolovich, an associate clinical professor of medicine, has received the International Society for Aerosols in Medicine Career Achievement Award. The award is presented to a senior investigator whose body of work demonstrates a lifetime of outstanding achievement in aerosol science.

Mark Levine, a professor and chair of the Department of Oncology, was honoured at the 2009 Hamilton Health Sciences gala for his research and clinical accomplishments in the areas of breast cancer and venous thromboembolism. Levine is director of the Ontario Clinical Oncology Group and the holder of the Buffett Taylor Chair in Breast Cancer Research.

Valerie Taylor, an assistant professor of psychiatry and behavioural

neurosciences, has been honoured with an Early Researcher Award (ERA) from the Ontario Ministry of Research and Innovation. ERA investigators receive \$140,000



■ Valerie Taylor

in provincial funding to help them build their teams of graduate students, post-doctoral fellows and research assistants. Each award is matched with \$50,000 from the University. Taylor's research focuses on the connection between weight gain and the treatment of mood disorders.

Gerry Wright, professor and scientific director of the Michael G. DeGroote Institute for Infectious Disease Research, has received an honorary membership to the Association of Medical Microbiology and Infectious Disease Canada for improving understanding of the molecular mechanisms of antibiotic resistance.

FHS educators honoured for teaching excellence

Several outstanding educators in the Faculty of Health Sciences were honoured with teaching awards this year:

Kathryn Bennett, a professor of clinical epidemiology and biostatistics, has received the 2009 President's Award for Excellence in Educational Leadership. The award recognizes the contributions of an individual who promotes excellence in teaching and learning at McMaster.

Carol DeMatteo,

an associate clinical professor in the School of Rehabilitation Science, and **Patricia Morden**, an associate clinical professor in the School of Nursing,



■ Carol DeMatteo

have been named co-recipients of the 2009 John C. Sibley Award. The award is presented annually to part-time faculty members in the Faculty of Health Sciences who have contributed in an outstanding manner to the educa-

tion of health professionals.

Amin Mulji, an associate clinical professor of medicine, received the 2009 PAIRO Excellence in Clinical Teaching Award for McMaster University. This award acknowledges the essential role that clinical teachers play in the training of new physicians.

The graduating class of the Michael G. DeGroote School of Medicine also presented clerkship teaching awards to: **Robert Whyte, Suneel Upadhye, Steve Hadcock, Stephen Kelly, Cheryl Allaby, Christine Bradley, Dan Reilly, Jaydeep Moro, Andrea Hunter, Andrew Lachman and John Davine.**

Three educators in the Faculty of Health Sciences were among the winners of the 2009 McMaster Student Union (MSU) Teaching Awards: **Patangi (Chari)**



■ Patricia Morden

Rangachari, a professor emeritus of medicine, won the award for the Faculty of Health Sciences. **Ruth Chen**, an assistant professor of nursing, won the award for the School of Nursing. **Felicia Vulcu**, an assistant professor in the Department of Biochemistry and Biomedical Sciences, received the Award of Merit which is presented to new instructors at McMaster.

Several faculty members in the Department of Obstetrics and Gynecology received teaching awards in 2009:

David Small, an associate professor, won the Council on Resident Education in Obstetrics and Gynecology Teaching Award; **Valerie Mueller**, an associate professor, received the Association of Professors of Gynecology and Obstetrics Excellence in Undergraduate Teaching Award; **Jan Hauspy**, an assistant professor, won the department's H.R. Morgan Surgical Teaching Award; and **Sarah McDonald**, an assistant professor, received the department's Excellence in Resident Teaching Award.

Hayward named new associate dean

Catherine Hayward, a professor of pathology and molecular medicine, has been appointed the associate dean, health sciences (graduate studies). A hematologist, she has been actively involved with FHS graduate programs since earning her PhD in medical sciences in 1995.

Colleen McKey has been appointed the inaugural assistant dean, academic resources, for the School of Nursing. She is an assistant professor in the School of Nursing and director of the Nursing and Health Care Leadership/Management Program.

Penny Thompson, an associate clinical professor of pediatrics, has been appointed the academic director for the Physician Assistant Education Program.

The following faculty members have been reappointed to senior positions in the Faculty of Health Sciences:

Professor **Norm Buckley** has been reappointed chair of the Department of Anesthesia;

Janet Landeen, an associate professor

of nursing, has been reappointed as the assistant dean for the Undergraduate Nursing Education Programs;

Denise Marshall, an associate professor of family medicine, has been reappointed as the assistant dean for the Program for Faculty Development;

Professor **Fiona Smaill** has been reappointed chair of the Department of Pathology and Molecular Medicine;

Debra Stewart, an associate professor in the School of Rehabilitation Science, has been reappointed as the assistant dean for the M.Sc. (Occupational Therapy) Program;

Catherine Tompkins, an associate professor of nursing, has been reappointed associate dean, health sciences (nursing);

Mark Walton, a professor of surgery, has been reappointed as the assistant dean, Postgraduate Medical Education Program.

Professor **Patrick Mohide** has been reappointed chair of the Department of Obstetrics and Gynecology.

Cook named to RSC

Deborah Cook, a professor in the departments of medicine and clinical epidemiology and biostatistics, has been welcomed as a fellow in the Royal Society of Canada.

A prolific, world-renowned scientist and educator in critical care medicine and research methodology, Cook has advanced scientific knowledge in numerous ways, most notably in the prevention and management of the often lethal problems of deep venous thrombosis and pneumonia among critically ill patients.

Cook holds a senior Canada Research Chair of Research Transfer in Intensive Care and the endowed McMaster University/St. Joseph's Healthcare Regional Academic Chair in Critical Care Medicine.

Founded in 1882, the Royal Society of Canada is the country's oldest and most prestigious scholarly organization.

There are currently 55 McMaster professors in the Royal Society.

Alumni and faculty honoured at spring events, convocation

Past and present members of the McMaster community were honoured with awards during alumni and convocation events in the spring:

Jodi Steele (B.Kin. '97, B.H.Sc. (PT) '99) received an Arch Award during Alumni Weekend in May. A registered physiotherapist with a background in personal training and kinesiology, Steele was honoured for founding Canada's first not-for-profit cancer rehabilitation clinic. The Arch Awards are presented annually to recent graduates for success in career endeavours and notable contributions to society.

Two founding members of McMaster's medical school and a nursing alumna who is leading the development of nursing in East Africa were honoured with honorary doctorates during convocation ceremonies for the Faculty of Health Sciences (FHS) and its School of Nursing:

Alvin Zipursky, founding chair of the Department of Pediatrics, received a Doctor of Science degree at the Faculty of Health Sciences convocation in May.

Zipursky is chair and scientific director of the Program for Global Paediatric Research at the Hospital for Sick Children in Toronto. He is recognized for his seminal work on the prevention of Rh disease and for his contributions to pediatric hematology and oncology.

David Sackett, a professor emeritus of clinical epidemiology and biostatistics, received a Doctor of Science degree during the FHS convocation in May. Sackett is a pioneer of evidence-based medicine and the founder of Canada's first department of clinical epidemiology and biostatistics. Earlier this year, he was honoured with the Gairdner Wightman Award for outstanding leadership in medicine.

Yasmin Noorali Amarsi (B.Sc.N. '85, PhD '98) received a Doctor of Science degree during the School of Nursing convocation in June. Amarsi is founding Dean of the Aga Khan University (AKU) School of Nursing and Midwifery, East Africa. She was the first AKU instructor to earn her B.Sc.N. degree from McMaster, as part of a partnership between the

two universities. In 2009, Amarsi was appointed to lead the development of the new AKU School of Nursing and Midwifery in Nairobi, Kenya.

Several of our faculty members received honorary doctorates from prominent Canadian universities. They include:

John Kelton, dean and vice-president of the Faculty of Health Sciences, received a Doctor of Science degree from the University of Waterloo in June. Kelton, a renowned hematologist and award-winning researcher, has led the expansion of the Michael G. DeGroot School of Medicine to two regional campuses and fostered the growth of educational and research programs in the Faculty.

Dave Williams, director of the McMaster Centre for Medical Robotics, received a Doctor of Science degree from Queen's University in May. The professor of surgery in the Michael G. DeGroot School of Medicine was recognized for his distinguished career as a physician, educator, neuroscientist and astronaut.

Roland founded history of medicine program

Chuck Roland, a professor emeritus and the first Hannah Professor in the History of Medicine, died in June at the age of 76. A renowned family physician, medical journal editor and historian, he joined McMaster as a professor of medicine in 1977, and taught in both the Faculty of Health Sciences and the Department of History until his retirement in 1998. Roland became a central figure among historians of medical history in Canada and was the

founder of the history of medicine program at McMaster. He was renowned for his work on many medical journals, and as the author or editor of 33 books and more than 500 articles.



■ Chuck Roland

Two staff win President's Awards

Two staff members in the Faculty of Health Sciences were honoured with President's Awards for Outstanding Service this spring.

Sharon Cameron, program administrator of the Postgraduate Medical Education Program, was recognized for her commitment and leadership in ensuring medical residents navigate the path to certification in the 48 postgraduate programs within the Faculty of Health Sciences.

Tami Everding, program administrator of the Undergraduate Medical Program, Waterloo Regional Campus, received a Special Achievement Award for her work in coordinating the successful launch of the first regional campus of the Michael G. DeGroot School of Medicine.

The President's Awards recognize McMaster employees who make outstanding contributions to the University beyond what is expected of their positions.

Parisi was renowned cardiovascular surgeon

Alfonso Parisi, a cardiovascular surgeon in Hamilton for 35 years and a pioneer of open heart and bypass surgery in Canada, died in July at the age of 78. The Hamilton native was a clinical lecturer and assistant clinical professor in the Department of Surgery of the Michael G. DeGroot School of Medicine from

1970 to 1996. He also served as a surgeon at Hamilton General Hospital and as chief of vascular surgery at St. Joseph's Hospital for many years. One of Parisi's most illustrious patients was Alfred Revell, the world's longest surviving quadruple heart bypass patient. Revell died earlier this year at the age of 94.

FHS alumni: Where are they now?

1970s

Robert Howard, MD '75

Robert Howard has been appointed the new president and CEO of St. Michael's Hospital in Toronto. The McMaster medical grad joined the hospital as a staff cardiologist in 1982 and has held various roles including clinician, researcher, chief medical officer and executive vice-president, programs and education. Howard is a board member of HealthForceOntario and the Canadian Cardiovascular Society Academy. He is also an associate professor of medicine at the University of Toronto, where he teaches echocardiography to residents and fellows. In addition to his MD, Howard holds a degree in industrial engineering from the University of Toronto and an executive MBA from the Richard Ivey School of Business.

1980s

Judy Showers, B.Sc.N. '89

After graduating from McMaster, Judy Showers (Grogan) began a career in public health that would span 17 years and lead to several leadership positions. As a public health nurse, she worked in the school program at Peel Public Health before being promoted to supervisor of the collaborative Families First program, which provides support to at-risk families. After five years in that role, Showers took on a new challenge as manager of public education programs and services in the Region of Peel Public Works Department. She has also served the region as acting manager of communicable disease control, and recently was deployed back to the health department as part of Peel's H1N1 response. A dedicated mother, Showers is raising two teenage sons and enjoys spending time outdoors.



1990s

Filomena Incitti, B.Sc. '95, MD '98

Filomena Incitti has been named the 2008 Community Teacher of the Year by the Ontario College of Family Physicians. The award recognizes excellence in a community teacher of family medicine. Incitti graduated from the MD program in 1998 and completed her family medicine residency at the University of Western Ontario, rural stream. After two years of locum work, she opened a full-time family practice in Elora, Ont., with privileges at Groves Community Memorial Hospital in Fergus. Incitti enjoys being a preceptor to medical students and residents, and has an appointment as an assistant clinical professor in McMaster's Department of Family Medicine. She is the proud mother of two beautiful boys with her husband, Barry.



Lisa Morgan, B.H.Sc., (Midwifery) '99

After working as a childbirth educator in Erin, Ont., Lisa Morgan decided to further her labour and delivery experience with a degree in midwifery. She graduated from the McMaster program in 1999, and in January 2000 opened Cambridge Midwives with her colleague Alison Lavery. The practice has grown to 11 midwives who attend 20 per cent of the births in the Cambridge area. In addition to her clinical work, Morgan is a lecturer in the midwifery education program at Laurentian University and an assistant clinical professor of family medicine at McMaster. She earned her master's degree in midwifery practice from Thames Valley University in London, England. She hopes to return to McMaster next year to pursue her PhD in health policy.

2000s

Brianna McGuire Holt, M.Sc. (OT) '02

After graduating from the School of Rehabilitation Science, Brianna McGuire Holt joined Halton Region – Infant and Children Developmental Services, where she uses her training in occupational therapy to help newborns, infants and toddlers reach their developmental milestones. In her current role, she provides direct therapy to children with disabilities, an area of practice that she says was influenced by her research and training at McMaster. Outside of work, McGuire Holt enjoys spending time with her husband and three young children. She has also maintained her ties to McMaster as an assistant clinical professor in the School of Rehabilitation Science.



Rikin Patel, B.H.Sc. (Hon.) '04

After graduating as part of the inaugural B.H.Sc. class, Rikin Patel moved to England where he earned his M.Sc. in Health Policy, Planning and Financing through the London School of Economics and the London School of Hygiene and Tropical Medicine. During that time, he visited the World Health Organization, travelled around Europe, met Queen Elizabeth and found his way back to Krishna. He followed that "experience of a lifetime" with medical school in Grenada, completing the final two years of his training in New York City. Now a pediatric resident at Memorial University in Newfoundland, the 28-year-old doctor has unpacked his suitcase and is making the East Coast his home for the next four years.



Operation Innovation

MD grad Adrian Park has transformed the delivery of surgical care

When Adrian Park (MD '87) came to McMaster University as a young medical student in 1980s, he was looking to take the road less travelled on his journey to become a doctor.

"I'd been kind of unconventional in a lot of things I'd done in my life," said the pioneering laparoscopic surgeon who grew up in Canada, East Africa, Europe and Southeast Asia. "I'm not a wildly unconventional person, but in my thinking I am at times. And there was something that really appealed to me about the way that Mac went about things."

That way, of course, was self-directed, problem-based learning, and within that environment, Park excelled. Now a renowned leader in minimally invasive surgery at the University of Maryland, he credits McMaster with igniting his passion and teaching him to become a learner. It's what, he says, has made the difference in both his career and the contributions he has made to surgical care.

A self-professed citizen of the world, Park was born in Malaysia to British parents and attended 13 different schools by the time he graduated high school. He adopted Canada as his homeland as a teenager and later completed his undergraduate degree in biomedical sciences at the University of Guelph.

He came to McMaster to answer his calling to medicine, which arose from his childhood years spent in the developing world. He always thought his medical degree would take him back there.

"I spent a lot of my childhood growing up in and around missionaries and mission work," he said. "I just remember what a remarkable thing I thought that was. I saw what a huge impact that work had, as well as the overwhelming need."

He enrolled at McMaster in 1984 and navigated medical school for several years before discovering an interest in surgery during a final-year rotation at Hamilton General Hospital.

"It really ignited something in me," said Park. "But I was way behind the eight ball. I hadn't worked with the right people. I hadn't gotten letters. I hadn't done any-



■ Adrian Park (MD '87) is vice-chair, Department of Surgery at the University of Maryland.

thing. It was very competitive getting into surgery then, in the mid-1980s. I only applied to one place for surgery, and that was McMaster. And I got in at Mac."

But even after starting his residency, Park wasn't sure he was on the right path. He never saw himself as the surgical type, and always felt, to some degree, like a square peg in a round hole. But at the suggestion of pediatric surgeon (now professor emeritus) Gordon Cameron, Park pursued an overseas surgical rotation at a hospital in Fiji working with Cameron's son, Brian, also a surgeon (and now an associate professor of surgery at McMaster), who was in a leadership role at the Fiji School of Medicine.

For me, McMaster is where I really started to blossom as an intellectual and as a student.

The three-month experience changed Park's perspective – and made him realize just how well his training at McMaster had positioned him.

"I became a surgeon there. I often tell the story that I felt moved from being on the outside looking in to being on the inside," he said. "My first couple of years

of surgical training I was kicking and resisting. But through that Fiji experience, I just knew I was meant to be a surgeon and I have not looked back."

In addition to Dr. Cameron, Park credits a number of faculty members at McMaster for helping him to realize his potential – including former residency program director Ted Thomas, founding fathers Bill Spaulding and David Sackett as well as tutor Vicky Chen, now a professor of pathology and molecular medicine.

"For me, McMaster is where I really started to blossom as an intellectual and as a student," he said. "I forever credit Mac for igniting that passion."

Park completed the rest of his five-year residency in Hamilton, and during that time made plans to head back to the developing world. He lined up a mission practice with several doctors and intended to return to Africa once he had completed his training.

Then, in the final year of his residency, the wheels fell off the project. And he found himself wondering what his next step would be.

He had missed the opportunity to apply for fellowships, so instead he pursued a training opportunity with a surgeon from Montreal who was pioneering minimally invasive techniques in abdominal and gastrointestinal

surgery. At the time, the medical community saw the approach as unorthodox, but Park quickly recognized the potential.

“I realized I had an aptitude for this, both technical and cognitive in terms of seeing things very differently. That’s always been my way – take a bit more of a lateral view of things, see the big picture and turn things upside down,” he said. “I saw this field not just as a different way to do a gallbladder operation, but a way to revisit the delivery of surgical care.”

After completing his laparoscopic training in 1993, Park joined the Department of Surgery at McMaster before moving to the University of Kentucky where he was appointed a professor of surgery and later director of the Center for Minimally Invasive Surgery. In 2003, he joined the University of Maryland and he is currently the vice-chair of the Department of Surgery and the head of the Division of General Surgery. He is also the Campbell and Jeanette Plugge Professor of Surgery.

Much of Park’s research is focused on developing new techniques and tools for endoscopic surgery. He has pioneered several minimally invasive procedures that have revolutionized treatment of reflux disease, hernias and intestinal disorders.

He’s also a principal investigator in the Operating Room of the Future project, a state-of-the-art surgical facility that combines telemedicine, simulation and robotics technology to enhance patient safety and care. Funded in part by the U.S. Army, investigators are working to develop “trauma pods” that would allow surgeons to remotely treat wounded soldiers. They are also exploring surgical ergonomics, or optimal surgical movement, in order to improve surgeon longevity and safety.

But when it comes to his contributions, Park remains humble and focused on the future. He says his real legacy is the four children he is raising with his wife, Jennifer. He’s also gratified by being able to help others, including patients and the next generation of laparoscopic surgeons.

“I hope I’m still playing,” said Park, who now calls Baltimore home. “I think there’s a time when I’ll look back and think ‘Wow, that was a heck of a run.’ But I still feel like I’m the guy going deep for the pass. I’m not thinking about some of the catches I may have already made.”

FHS Alumni Reconnect



■ The nursing class of '67 returned to campus in September for a reunion luncheon.

Faculty of Health Sciences alumni returned to campus to reconnect with former classmates during reunion celebrations held in the summer and fall.

- In June, the School of Rehabilitation Science welcomed back the classes of '94, '99 and '04 for reunion celebrations in conjunction with the 14th annual Helen Saarinen Fun Run.
- The nursing class of '74 returned to Hamilton to mark its 35-year reunion in June. The former classmates reconnected with events held on campus and at the Ancaster Old Mill.
- The School of Nursing celebrated the homecoming of the class of '67 in September with a luncheon held at Alumni Memorial Hall.

- The MD class of '89 celebrated its 20-year reunion in October at Briars Resort on Lake Simcoe.
- In October, the Michael G. DeGroot School of Medicine welcomed back the MD class of '84 for reunion events that included a tour of the Faculty of Health Sciences and a dinner reception in CIBC Hall.
- The MD class of '74 and the nursing class of '89 returned to campus in October for Homecoming weekend. Both groups enjoyed campus tours and other social events.
- The 15-year reunion was held for the MD Class of '94 in November. The all-day event included tours, afternoon education sessions followed by dinner and dancing.



■ The School of Rehabilitation Science welcomed back the classes of '94, '99 and '04 for reunion events in June.

McMaster unlocking the mysteries of aging

McMaster University has been named the lead institution of the Canadian Longitudinal Study on Aging (CLSA) – one of the most comprehensive investigations of adult development and aging ever undertaken.

The long-term, national study was launched in May 2009 with a \$30-million investment from the Government of Canada. The study will follow 50,000 Canadians, aged 45 to 85 years, over the next two decades.

Parminder Raina, a professor of clinical epidemiology and biostatistics, has been selected as the study's lead principal investigator. With two co-principal investigators at Dalhousie and McGill universities, he will lead a national team of investigators to collect information on the changing biological, medical, psychological, social and economic aspects of participants' lives.

"Some people age in a healthy fashion despite many physical health challenges,



■ Parminder Raina

while others who are in good physical health age less optimally," Raina said. "What explains this phenomenon? This study will answer questions that are relevant to decision-makers to improve the health of Canadians."

In addition to starting at midlife, the CLSA is the first study of its kind to collect social and economical retirement factors, as well as clinical and biological measures. More than 70 longitudinal studies have taken place worldwide and most focused on only one condition or on people over 65 years of age.

The CLSA is expected to create as many as 160 jobs at 10 centres across Canada.

Calling all FHS authors

Are you the proud author this year of a scholarly paper . . . or perhaps a children's book, cookbook or other popular publication? If so, the Health Sciences Library will be celebrating your achievement at the second annual FHS Writes event on March 2, 2010.

Alumni and current members of the FHS community are invited to submit a list of their 2009 published works at <http://hsl.mcmaster.ca/fhswrites>. The deadline for submissions is January 15, 2010. For more information, contact Jo-Anne Petropoulos at petroja@mcmaster.ca or 905-525-9140, ext. 24168.

B.H.Sc. 10th Anniversary

January 20, 2010

Open House (10 a.m. to 11:30 a.m., 1st floor MDCL, southeast corner) followed by B.H.Sc. 10th Anniversary Cake Cutting Ceremony (11:30 a.m., MDCL Atrium)

March 10, 2010

Coffee House (7 p.m., 1280 (formerly Quarters), \$2 cover charge)

March 13, 2010

B.H.Sc. Fashion Show (Details TBA)

March 19-20, 2010

B.H.Sc. Musical (Details TBA)

For a full calendar of events, visit www.fhs.mcmaster.ca/bhsc/celebratebhsc.

Class Reunions

School of Rehabilitation Science

Classes of 1995, 2000, 2005

Date: TBA

Location: McMaster University, Hamilton

Post RN Class of 1986 – 25th Reunion

Date: 2011

Location: Peterborough, Ont.

Reunion Committee: Diane King

If you are interested in planning a reunion, or would like to RSVP for your reunion, contact Alumni House at 905-525-9140, ext. 23900 or alumni@mcmaster.ca. You may also reach us toll free at 1-888-217-6003. The McMaster Alumni Association is now on Twitter, YouTube and Facebook. To get connected, visit us at www.mcmaster.ca/ua/alumni.

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