



CSVS E-NEWSLETTER – Winter 2021

CSVS President's Message

Dear Colleagues,

Happy New Year to all of you! I know that your inboxes are bursting with emails from organizations highlighting the challenges that you have faced during 2020 as professionals and individuals, and it is not my intention to add to that burden. I would like to express my admiration and appreciation for your hard work and professionalism during this unprecedented time, and wish you and your families all the best in 2021. I hope that the New Year brings peace, joy and health to you and your loved ones.

Your Executive continues to work on your behalf to promote the interests of Vascular Surgery in Canada. The CSVS committees continue to be engaged in various projects, and planning is underway for what I hope will be our first hybrid meeting in Hamilton with Dr. Fadi Elias as the 2021 Program Chair. This year's invited speaker Dr. Tara Mastracci, is excited to return to her vascular training ground and local arrangements are proceeding well under the guidance of Ms. Alexi Campbell, and Local Arrangements Chair, Dr. Vikram Iyer.

The New Year is a good time to renew your CSVS membership (electronic invoices have been distributed) and I encourage you to renew your membership promptly. The activities of your Society are dependent upon your valuable support.

Thank you again for your continued support of the Canadian Society for Vascular Surgery and once again I wish all of you a happy, healthy, and prosperous 2021. Please take time to rest and rejuvenate if you can, and to appreciate and be grateful for all the good things in your lives. Take care, stay safe, and thank you for the incredible work you do every day.

Karim Alibhai MD, FRCSC, RPVI
President CSVS



Message du président

Chers collègues,

Bonne année à vous tous et toutes! Votre boîte de réception déborde sans doute de courriels d'organismes qui soulignent les défis auxquels vous avez été confronté en 2020 sur les plans personnel et professionnel; sachez que je n'ai pas l'intention d'alourdir ce fardeau. Je tiens à exprimer mon admiration et mon appréciation pour votre travail acharné et votre professionnalisme en cette période sans précédent et à vous souhaiter, ainsi qu'à votre famille, mes meilleurs vœux pour 2021. Puisse le Nouvel An vous apporter, à vous et à vos proches, paix, joie et santé.

Le Comité directeur continue de travailler en votre nom et de promouvoir les intérêts de la chirurgie vasculaire au Canada. Les comités de la SCCV poursuivent leurs travaux sur divers projets et la planification de ce qui sera, j'espère, notre première rencontre hybride à Hamilton est en cours. Le président du programme 2021 est le Dr Fadi Elias et la conférencière invitée, Dre Tara Mastracci, est ravie de revenir dans son milieu de formation en chirurgie vasculaire. Les préparatifs locaux se déroulent bien sous la direction de Mme Alexi Campbell et du président du Comité local des préparatifs, le Dr Vikram Iyer.

Le nouvel an représente le moment idéal de renouveler votre adhésion à la SCCV. Les factures électroniques ont été acheminées. Je vous encourage à renouveler votre adhésion sans tarder : les activités de votre Société reposent sur votre soutien précieux.

Merci de votre soutien continu envers la Société canadienne de chirurgie vasculaire. Encore une fois, je vous souhaite bonheur, santé et prospérité en 2021. Assurez-vous de prendre du temps pour vous reposer et vous ressourcer lorsque vous le pouvez et pour apprécier et être reconnaissants pour toutes les belles choses dans votre vie. Prenez soin, soyez prudent et merci pour l'incroyable travail que vous accomplissez chaque jour.

Karim Alibhai MD, FRCSC, RPVI
Président, SCCV



Save the Date! 2021 CSVS Annual Meeting on Vascular Surgery

Invited Guest Speaker: Tara Mastracci, MD, MSc, FRCS(C), FACS

The 2021 CSVS Annual Meeting will be held in Hamilton, ON at the Hamilton Convention Centre by Carmen's & the Sheraton Hamilton Hotel.

Call for Abstract & Awards now open! Deadline for submission: April 8, 2021. Please visit the CSVS website for information on Abstracts & Awards and to view updates on the Annual Meeting program.

CSVS 2021 Membership Dues/Cotisations SCCV 2021

Dues invoices have been distributed electronically to CSVS members and you can pay quickly, securely and easily with the online option that appears on your invoice. Please pay your 2021 membership dues by February 28th. Dues may also be paid by mail with a cheque or by calling the CSVS office with a credit card.

Self Care Is Not Selfish: Addressing the State of Wellness Amongst Canadian Vascular Surgeons by Dr. Giuseppe Papia

When we chose our careers, we committed ourselves to helping others. Our clinical work reflects an armamentarium for managing complex conditions but it is the patients and the families, the difficult conversations and the invested trust, the connections and the gratitude that defines what it means to be a provider of surgical care. We also commit ourselves to our families and friends; the relationships that sustain and inspire us in different but equally important ways.

What about our commitment to helping ourselves? Especially during this unprecedented global pandemic it is very easy to tell ourselves that “we know how to work hard” and “no need take a break, we are tough, we are surgeons”. It is easy, and it is our nature, to put the wellbeing of others first. Indeed it is easy to forget that self-care is not selfish. I encourage everyone to reflect on whether your current lifestyle supports your personal integrity: Are you thriving or merely surviving?

The nature of a surgical career is unique. The hours are long and the demands are endless. However the work is truly amazing. We are incredibly fulfilled by our work, but this alone cannot protect our psyche. Multiple risk factors jeopardize mental well-being. The larger picture points to many key issues such as a lack of infrastructural mechanisms supporting optimal performance, and in many cases, ineffective personal coping mechanisms. Most physician wellness interventions to date have been aimed at the latter with only marginal improvements. This is unsurprising. The most resilient individual can only rise as far as their infrastructure will permit.

As a community, it is our duty to reconcile this and facilitate a career environment where everyone feels supported in their personal and professional goals. Like anything worthwhile, it will take time and effort - and lots of it. It will have to start by acknowledging that there is indeed a problem. I'm grateful for the support of the CSVS to survey the national membership to obtain a sense of what is the Canadian reality



in vascular surgery. Not surprisingly vascular surgeons in Canada are not unaffected. I'd like to share the highlights of these data presented in the fall AGM as a rallying cry for us to do better for ourselves and for the future of Vascular Surgery in Canada.

Key findings:

This was the first study to quantify burnout and causal factors in Canadian vascular surgeons.

- Burnout is primarily attributed to infrastructural limitations and conflicting institutional demands, citing a lack of collegial and administrative support.
- The commonly cited stressors included poor work-life balance, lack of support systems, toxic working environment/bullying, and unrealistic job expectations.
- Respondents derive great purpose from their careers yet over half of respondents would not recommend it to others.
- 34% response rate with demographic profile indicative of membership with respect to gender, practice institution, background, and family arrangement
- Burnout was reported in 34% of respondents.
- Symptoms of emotional exhaustion were present in 50% of respondents, depersonalization in 25% and reduced sense of accomplishment in 35%.
- 71% reported the ability to separate stress from providing high-quality care while 29% felt poor emotional health rendered them less able to do so
- 53% of reported symptoms of depression and loss of interest in previously enjoyed things -30% reported increased callousness towards others
- 10% experienced panic attacks within the past six months.
- No significant admission in correlation to medical errors or substance-dependency was found

I am not totally disheartened because I see and hear about incremental changes every day across North America to acknowledge and address physician wellness. I see physician burnout finally taking its place at conferences and in stakeholder conversations across North America. I see the stigma surrounding mental health slowly (very slowly) collapsing. I see incoming cohorts of trainees unafraid to address the importance of wellness. Most importantly, I see my peers and friends leaning on one another and checking in on each other while we try to survive this global disaster and maintain dignity and care for our patients. These are tough times and in a moment where physical distance is paramount for safety, social connectivity is protective against burnout.

I encourage my fellow vascular colleagues across the country to uphold this momentum for the desire of personal sustainability. Victor Hugo said: "No army can stop an idea whose time has come". It is time to address the fact that our health and wellbeing matters too. Institutional changes occur slowly but our



personal ones don't have to, and we should work together to remodel our culture and the future of our specialty and ourselves. Practice kindness towards others but also towards yourself.

I am humbled by this undertaking and encourage you to reach out with your ideas, or questions at any time.

Resources

We encourage you to visit the CMA's Physician Wellness Hub for helpful resources and direct access to their Help Line: <https://www.cma.ca/physician-health-and-wellness>

The CMPA also offers handbooks, resources toolkits, peer support, Help Lines, and links to your province-specific health program. <https://www.cmpa-acpm.ca/en/advice-publications/physician-wellness>

Stay safe. Be kind. Warmly,

Dr. Giuseppe Papia giuseppe.papia@sunnybrook.ca

CPD

CSVS SKILL SAP Chapter Summaries and Questions - Presenting an online technical skills coaching program that satisfies members' needs for strategies to improve their technical performance and also provides an opportunity to accumulate category 3 credits. The program will rely heavily on self-reflection prompted by readings structured around the book SKILL, by Dr. Christopher Ahmad (Lead Player Publishing, 2015).

GET STARTED!

1. Log in to the [CSVS SKILL SAP Chapter Summaries and Questions](#) page with the email associated with your membership and your password.
2. Open the Chapter section. Read the summary and self-reflection questions.
3. Download the self-reflection template for that chapter and fill in your answers. Save the file.
4. Using the link on the page, submit your chapter answers online. (You will be asked to upload your answers in this step).
5. If you forgot your password, you can [reset your password using this link](#).



2021 Virtual Winnipeg Vascular & Endovascular Symposium

Saturday, April 17, 2021 - Registration is FREE for all!

For more information, please visit the symposium website - [CLICK HERE](#)

Congratulations!

Congratulations to Ms. Christiane Dowsing on her retirement after 13 years of dedicated service. Welcome to Ms. Alexi Campbell, who has been transitioning into the role of CSVS Managing Director.

Change of address

Effective immediately, please update your records with the new CSVS mailing address:

Canadian Society for Vascular Surgery
c/o Ms. Alexi Campbell
74 rue de la Laiterie
Gatineau, QC J9J 0E3