



Joint Preservation, Sports Medicine, and Arthroscopy Fellowships

Specialty: Orthopaedic Surgery - Sports Medicine

Department: Surgery

Location: QEII Health Sciences Centre and Dalhousie University

***Please note:** All positions for 2024/2025 and 2025/2026 have been filled. Applications are currently being accepted for 2026/2027 and the deadline is October 31st, 2024.

Our mission statement at Dalhousie Arthroscopy & Sports Medicine is three-fold. Our fellowship programs strive to:

1. Foster an environment of teaching and learning excellence that is built on innovation, collaboration, and respect.
2. Create a hub of world-leading research and innovation, adding to the intellectual, social, and economic capital of our communities.
3. Facilitate opportunities for our students, staff, and faculty to serve and connect with our local, national, and global communities.

Fellowship Overview

The goal of the Joint Preservation, Sports Medicine and Arthroscopy fellowship is to provide an education in orthopedic sports medicine with an emphasis on clinical and surgical expertise with an embedded research component. Fellows will gain experience in state-of-the-art minimally invasive joint preservation and reconstruction techniques in the shoulder, hip and knee. Fellows will have the opportunity to work closely with sports medicine physicians, physiotherapists, and researchers to develop well-rounded approaches to the treatment of sports related injuries and joint preservation in a dynamic clinical environment. Additionally, fellows will be responsible for participating in active research, which will be tailored to the experience of each candidate as much as possible.

The fellowship is based on the preceptor model where fellows spend two rotations with each of three supervising surgeons. These rotations are two-months long and include clinical and operating room experiences. During these rotations, fellows are expected to attend outpatient sports clinics and become competent and autonomous in the evaluation of sports medicine

related disorders. They will also assist in the preoperative, intraoperative, and postoperative care of the supervisor's patients, as well as assist in the evaluation of in-patient, out-patient, and Emergency Department consults referred to the supervisor(s).

Research

This fellowship has a large research component. Fellows are expected to complete at least one project to be ready for publication at the end of their fellowship. With a high case load and dynamic clinical environment, there are lots of resources and opportunities for research in several areas such as clinical outcome studies. All research is supported by a research team composed of a full-time research coordinator, research assistants, and a large accompanying patient database.

Supervising Surgeons

Fellows will be supervised under three fellowship trained Orthopaedic Surgeons:

- 1. Dr. Ivan Wong, MD, FRCSC, Dip. Sports Medicine, MACM, FAANA, Professor, Director of Joint Preservation, Sports Medicine and Arthroscopy Fellowship**

Dr. Wong earned his medical degree from Dalhousie University and completed his Orthopaedic Surgery residency at McMaster University. He completed his Masters of Academic Medicine at the University of Southern California and he completed a fellowship in Sports Medicine and Trauma at the Southern California Orthopaedic Institute in Los Angeles. Dr. Wong specializes in hip and shoulder arthroscopy, including new arthroscopic reconstructions of large rotator cuff tears and arthroscopic anatomic glenoid reconstruction (AAGR) techniques. He is devoting his career to his patients by constantly striving to innovate and make procedures less invasive, with smaller incisions, less pain, and shorter downtime. He is committed to advancing his field of specialty. He has helped to train many medical students, residents, fellows in sports medicine, as well as orthopaedic surgeons in sports medicine and arthroscopic procedures around the world.
- 2. Dr. Catherine Coady, MD, FRCSC, Dip. Sports Medicine, Associate Professor**

She completed her medical training at Dalhousie University School of Medicine and completed specialty training in orthopaedic surgery. Dr. Coady completed a 6-month sports medicine fellowship with Dr. WD Stanish at Dalhousie University followed by a one year pediatric and adult sports medicine fellowship with Dr. Lyle Micheli in Boston, Massachusetts. Dr Coady joined staff at the QEII Health Sciences Centre and IWK Health Centre in 1997. Her main area of interest includes knee and shoulder problems with a special interest in arthroscopic surgery. She also treats children and adolescents with sports related injuries and fractures.

3. Dr. Nathan Urquhart, MD, FRCSC, Dip. Sports Medicine, Assistant Professor

Dr. Urquhart completed his Medical School and Orthopaedic Residency at Dalhousie University followed by a fellowship in Arthroscopy and Sports Medicine at McMaster University in Hamilton. Prior to medical school, he completed a Master of Science in Exercise Sciences with a focus in Aerospace Physiology and a Bachelor of Science in Kinesiology. He was one of two 2014 Canadian-French-Belgian-Swiss Travelling Fellows. His clinical interests are arthroscopy and sports medicine of the shoulder, hip, knee, and ankle. This includes ligamentous reconstruction, meniscus pathology, cartilage injuries, osteotomies of the knee, shoulder instability and rotator cuff pathology, and hip labral repair. He also works with several local and national sports teams and was a lead physician at the Toronto 2015 Pan Am games.

General Information

- Duration: Twelve months. Start date: July 1st. End date: June 30th
- Number of positions: Three (2 clinical fellowships, 1 research fellowship)
- Stipend: \$70,000 Canadian, annually
- Paid Vacation: Two Weeks
- Health Benefits: MSI – personal and family health insurance provincial. Not Covered by private insurance. (Most fellows are covered via Nova Scotia provincial MSI from the start date of their work permit, however you must confirm with MSI for approval).
- Accreditation: Our Fellowship is accredited by the International Society of Arthroscopy Knee Surgery (ISAKOS), and the Arthroscopy Association of Canada (AAC).

Fellowship Experience

- **Orthopaedic Sport Medicine Clinics:** 1 day per week
- **Surgical Cases:** 2 -3 OR days per week. Fellows typically as first assist, or potentially primary surgeon. Degree of supervision depends on the skill and comfort levels of each fellow and the discretion of each supervisor.
- **Varsity Sports Team Coverage of:** Dalhousie University Football Team
- **Academic Expectations:**
 - Completion of (at least) one research project
 - Presentation of project at the “Annual Dalhousie Sports Medicine Research Night” held in May or June
 - Presentation at one other research event or conference

- Including practice sessions with the research team in advance of the final presentation
- Presentation at Resident Rounds during the year (assigned topic)
- Manuscript reviews
- Presentation at Orthopaedic Surgery Grand Rounds during the year on topics of his/her choosing with guidance from the supervisor
- Attendance of Orthopaedic Surgery Journal clubs
- Attendance at weekly Orthopaedic Surgery rounds, Wednesdays from 7:30- 8:30 am
- Educational competitions (World Series for Arthroscopic Skills)
- Formalized peer teaching (mentoring of residents and medical students)
- Basic science lectures & webinar participation
- Monthly research meetings

- **Interactive Learning Tools:**

- Surgery and training model videos for recorded practice and review
- Ark trainers and other tasked-training models
- Shoulder model arthroscopic simulators
- Skills Lab (Classroom)
- Cadaveric Lab (Skill Centre)

Fellowship Resources

- **Educational Support:**

- Educational research activities offered at the Nova Scotia Health Authority
- Full-time Fellowship Coordinator
- Full-time Research Team

- **Administrative and Communication Resources:**

- Initial fellowship handbook containing information about curriculum scheduling, changes to the curriculum and evaluation procedures
- Initial in-person meeting to establish appropriate rationale, goals, and research objectives
- Google Calendar for easy scheduling
- Google Drive for document sharing and storage
- Additionally, each surgeon has an administrative assistant for scheduling and communicative support

Fellowship Assessment Techniques

- Fellowship objective completion survey
- Formal Evaluations:
 - o Six-month mid-rotation meeting
 - o Survey to be completed by fellows

- o Evaluation completed by supervising surgeon
- 1 year end of rotation meeting
 - o Survey to be completed by fellows
 - o Evaluation completed by supervising surgeon
- Assessment of fellow-created educational videos and resources
- Publication/submission list of articles and/or book chapters
- Presentation list of local, national, and international meetings
- Teaching list of arthroscopic skills courses
- Log of surgical cases

Application Procedure

To apply for this fellowship please submit all necessary documentation listed below via our online ***Fellowship Application Form***. Applications will not be accepted via email.

A complete application includes:

- A ***cover letter*** that states your intent for applying and why you would be a suitable fit
- An up-to-date ***curriculum vitae***
- ***Three references***

Any questions or concerns can be emailed to research@drivanwong.com ***Note:** all documents must be uploaded in PDF Format. Those in alternate formats (Word document, text file, etc.) will **not** be considered for the fellowship position.

Application Deadline

Right now, the applications for the year of 2026/2027 are being accepted and the deadline for applications is October 31st, 2024 for the fellowship starting July 1st, 2026 and ending June 30th, 2027.

About Halifax Nova Scotia

Please visit the following websites for information about Halifax. <https://www.halifax.ca/> , <https://discoverhalifaxns.com/> and <https://haligonias.ca/> .

Elective Opportunities

Electives are an option available prior to the fellowship commencing, while the applications are being processed. We strongly recommend arranging an elective opportunity with Drs Wong Coady and Urquhart. These electives are an opportunity to come into the hospital and meet the Orthopaedic Surgeons and to see what our fellowship has to offer. These electives allow the applicants to become acquainted with the prospective supervisors and to demonstrate their

knowledge, skills, and attitudes. These electives are accepted on a limited basis, based on the strength of application and surgeon availability. Observational electives can be granted with at least 3-6 months' notice, but hands on-electives must be scheduled a full year in advance for international applicants and 9 months in advance for domestic applicants. For further information on electives please contact lasha@drivanwong.com.

For Further information contact:

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