Starlight Challenge – Karina Rankka, Health Services Manager Urology Clinic

Father’s Day weekend 2015, was not your ordinary Father’s Day in my house. While my husband was home with our two children I was at CFB Valcartier participating in the Starlight Challenge. My name is Karina Rankka, I am the Health Services Manager for the Urology Clinic and I am a Canadian Armed Forces Officer. I have been in the Reserve Forces for 13 years and I have never looked back. The CAF has provided me with many opportunities to learn, grow and develop. I have participated in once in a lifetime opportunities such as the Starlight Challenge and the Army Medical Services Tactical Training Exercise (AMSTTE) in Norfolk UK that followed.

The Starlight Challenge definitely proved to be a challenge. It was a three day competition that had 15 medical teams from Reserve and Regular force field ambulances along with medical clinics from Ontario, Quebec, New Brunswick and Nova Scotia, travelling to CFB Valcartier to test medical and soldier skills in a modern battlefield. We competed in navigation, fitness and soldier skills such as a shooting competition, obstacle course and medical scenarios. After three days of competition, 33 Field Ambulance (my team), took home the winning title. As a reward for placing first we were given the opportunity to travel to Norfolk, UK, to represent Canada and participate in their international AMSTTE in July. We competed in the UK and were awarded the Best International Team Award and placed 10th overall out of 23 teams.

The whole experience was rewarding and I look forward to many more experiences and opportunities.
Registered nurse Megan Dormody (right) of the VG-5B Urology Department demonstrates the use of a recently donated “nurse on a stick” to second year Dalhousie nursing students (left) Madison Boyd, Megan Cameron and Sasha Wallace. The nurses’ stick is a vital signs machine which allows medical staff to quickly assess a patient’s vital (necessary for life) statistics. It accurately measures in seconds a patient’s oxygen saturation level, blood pressure, heart rate and temperature. It is used several times per day during routine vitals measurements but also saves precious seconds during an emergency assessment of a patient. A big thank you goes to Dr. Bell’s patient, Mr. Robert McGee, for this much needed equipment.


Dr Jeff McKay
Do Gastroesophageal and Vesicoureteral Reflux Share a Common Pathophysiologic Mechanism?

Dr Andrea Kokorovic
Keeping Renal Transplant within Urology: The Success of a Hybrid Practice Model in Canada

Ciaran Lane (Med 3)
A Population-based study of Prevalence Trends and Goospatial Analysis of Hypospadias and Cryptorchidism Compared to Non-Endocrine Mediated Congenital Anomalies

Kate Anderson (Med 4)
Trends in the Training of Female Urology Residents in Canada

Ralph Nelson (Med 3)
The Role of Adenotonsillectomy in the Treatment of Primary Nocturnal Enuresis in Children: a Systematic Review

Dr Jesse Ory
Testosterone Therapy in Men with Treated and Untreated Prostate Cancer: Impact on Oncological Outcomes

Dr Jonathan Moore
An Objective, Non-invasive Tool for Predicting Success after the Pediatric Pyeloplasty Performed for Asymptomatic Worsening Hydronephrosis: A Validation Study

Dr Jon Duplisea (via Video)
Pre-Operative Staging/Grading in High-risk Prostate Cancer - How Accurate are We?

Dr Abdulrahman al-Sabban
Frog-Legged Men: Does it Really Matter?

Kate Anderson (Med 4)
Testicular Torsion in Minors: Does Point-of-Care Influence Testicular Salvage Rates? A Population-Based Study

Dr Tom Skinner (Elective Resident, Queen’s)
Randomized Controlled Trial of Laser vs Bipolar Plasma Vaporization Treatment of Benign Prostatic Hyperplasia

Dr Jeff Himmelman
Accurate Assessment of Renal Function in Adult Spina Bifida Patients

Dr Kyle Lehmann
Outcome analysis of Patients with Peyronie’s Disease who Elect for Non-invasive Management

BIG Congratulations to our Graduating PGY5’s for this year!
Ross Mason - heading to the Mayo Clinic
Karim Marzouk - heading to Sloan Kettering
Mike Czerwinski - heading to the sunny island of Bermuda! Expect lots of guests Mike!
We are all very proud of you as you head to fellowship training and private practice!

The Department of Urology has an expanded busy research office with clinical trials ongoing in prostate cancer, bladder cancer, kidney cancer, and overactive bladder. New members include Liette Connor, RN, and Madhav Kolanupaka, Administrative Coordinator.
Meet our New Residents!

Katie Anderson

Hello everyone, my name is Kate (or Katie, doesn’t matter which one!) Anderson and I am a Maritime girl through and through. I grew up in Halifax, where I was in the first graduating class of the edifice otherwise known as Citadel High School. I then travelled a great distance to Wolfville where I spent an awesome four years at Acadia University, graduating with a BSc (Biology). I returned to the big city for medical school at Dalhousie. When I wasn’t busy at dance or soccer practice, skiing in the winter, or going to yoga - I studied. I also have a passion for travelling and adventure; recently I became a certified Open Water Scuba Diver while visiting Central America!

It was during my third year clerkship rotation at Dal that I fell in love with Urology. Although I visited many other urology programs during my fourth year of medical school, I was most impressed by the camaraderie of the group of nurses, residents and staff urologists at Dal, as well as the high caliber of OR and clinical experience the trainees received. I couldn’t believe my luck on Match Day when I learned that I would get to be part of the amazing Dal Urology Family. Looking forward to getting to work with the team in my new capacity as a PGY-1 in July!

Anjali Lobo

Hi everyone! My name is Anjali Lobo but I’m better known as Anj. I was born in India, and lived in the Middle East for a few years before I moved to Canada. I grew up in Vaughan, Ontario and completed an Hons. B.Sc. at York University. I attended Medical School at UBC and have enjoyed spending the last four years in Vancouver. I love to travel. I am determined to visit 30 countries before I turn 35 (I’m already half way there!). In addition to travelling, I spend my free time cooking and baking, hiking, skiing, playing Scrabble (among many other board games) and spending time with family and friends.

Urology was a late find for me; however after completing my 2-week elective in Halifax, I knew it was the specialty for me! I had an amazing time working with passionate, enthusiastic and like-minded people at Dalhousie. The high volume, extensive surgical exposure, commitment to teaching and awesome team of staff and residents here appealed to me greatly. I am looking forward to all the culture and excitement Halifax has to offer, especially the lobster! I am so excited to be part of the Dalhousie Urology family and can’t wait to meet you all in July!

More New Additions!

Congratulations to Drs. Gavin Langille and Liz Zed on the birth of Stella Lillian Langille born March 2016

Congrats are also in order for Drs. Jon and Allison Duplisea as they welcome their new arrival Madeleine Rose born June 1, 2016.
Upcoming Events!

- CUA Annual Meeting, June 25-28, 2016, Vancouver BC
- Northeastern Section AUA Meeting, Sept 29-Oct 1, 2016, Buffalo, NY
- AUA Annual Meeting, May 12-16, 2017, Boston, MA
- Dept. of Urology Resident Research Day, April 24, 2017

Nurses’ Notes

5B Updates
- Welcome back from maternity leave Amy Langer, Emily Christian and Ashley Crowell
- Best of luck to Greg Uy as he leaves to take the OR course and Angela Harling on her new position in dialysis
- Congratulations to Destiny Edwards on her marriage
- Shirley Tobin & Justina McInnis attended the UNC conference in Edmonton, September 2015
- Welcome new staff members Leah Cameron, Ward Clerk and Gregg MacKinnon, RN
- It should be noted that Nancy Webster (Pineo) passed away May 10, 2016. Nancy was a previous Head Nurse on 5B for many years.

Clinic News
- Liette Connor retired as of March 31, 2016, after 28 years with the Department of Urology. She will be working part-time with Leanne MacDougall in research. We are happy she will be staying close by.
- Stephanie MacDonald, RN is now working in Clinic with us along with Lesa Innocent and Anthony Bernard our two new SPD technicians.
- Sue Marsh is a grandmother! William (Will) Anderson Schipilow was born October, 2015. Also as of June 7, 2016, she will have worked 40 years with Urology. A BIG milestone for her. She has seen 88 residents graduate from the urology program since she came.
- The Urology Nurses of Canada had their successful Dine & Learn program on May 5, 2016 at the Yacht Squadron. 69 nurses attended from all over Nova Scotia. Speakers were Deb MacLeod, (Sexuality), and Vickie Williams, (Info on Catheters) and Holly Parr (Nephrectomy)