

Held at the London Hunt  
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1431 Oxford St W,  
London ON N6H1W1

## 52<sup>nd</sup> Anniversary of Residents' Research Day

In the Department of Otolaryngology –  
Head and Neck Surgery  
Friday, May 22, 2026



**Distinguished Visiting Professor:  
Dr. Yuri Agrawal, MD, MPH, FACS**

Department Chair –  
Otolaryngology – Head & Neck Surgery  
University of Colorado Anschutz



**"Vestibular Loss and Cognition in Aging Adults"**

By the end of this session, participants will be able to:

1. Assess the link between vestibular and cognitive function
2. Review current clinical trials in patients with Alzheimer's disease
3. Discuss the career journey of an academic otolaryngologist

**Distinguished Guest Alumnus:  
Dr. Brandon Wickens, MD, FRCS**

Head of Service,  
Otolaryngology–Head and Neck Surgery  
Niagara Health System



**" Building a Sustainable Career in  
Otolaryngology: Lessons from Ten Years in  
Community Practice"**

By the end of this session, participants will be able to:

1. Identify common—and modifiable—drivers of stress and burnout across the first decade of independent practice
2. Apply evidence-informed strategies to protect long-term joy, engagement, and clinical performance
3. Explain how decisions about practice design, team culture, and life outside of work influence career longevity and satisfaction

[www.schulich.uwo.ca/otolaryngology/cme/researchday/2026.html](http://www.schulich.uwo.ca/otolaryngology/cme/researchday/2026.html)

## Overall Learning Objectives

By the end of this program, participants will be able to:

1. Critically appraise the scientific presentations with respect to methodology and clinical applicability pertaining to Otolaryngology – Head and Neck Surgery
2. Discuss the scientific presentations and reflect on their potential implications for patient care.

08:00 – 08:25	Coffee in Exhibitor Area	12:50 – 13:10	Welcome Back and Call to Order
08:25 – 08:35	Welcome	13:10 – 13:20	Dr. Keshi Kirubalingam (Supervisor: Dr. Sumit Agrawal) Evaluating the Safety and Efficacy of Robot-Assisted Cochlear Implant Electrode Array Insertion
08:35 – 08:50	Educational Objectives and Call to Order	13:20 – 13:25	Interactive Discussion
08:50 – 09:00	Dr. Andrew Kokavec (Supervisor: Dr. Leigh Sowerby) Stellate Ganglion Block with Lidocaine for the Treatment of COVID-19-Induced Parosmia: Double-Blinded, Placebo-Controlled Randomized Clinical Trial (STELLA)	13:25 – 13:35	Dr. Olivia Ginty (Supervisor: Dr. Julie Strychowsky) Challenging the Norm: Reevaluating Post-Tonsillectomy Monitoring Practices
09:00 – 09:05	Interactive Discussion	13:35 – 13:40	Interactive Discussion
09:05 – 09:15	Dr. Ayushi Bhatt (Supervisor: Dr. Julie Strychowsky) Triple Scopes, Triple Bottom Line: Efficiency, Care, and Carbon Savings in Pediatric Aerodigestive Practice	13:40 – 13:50	Dr. Emily Aleksa (Supervisor: Dr. Corey Moore) Addressing Tension of Paramedian Forehead Flap Donor Site Closure: A Two-Part Study
09:15 – 09:20	Interactive Discussion	13:50 – 13:55	Interactive Discussion
09:20 – 09:30	Dr. Jamila Skinner (Supervisors: Drs. Adrian Mendez and Danielle MacNeil) Brief Electrical Stimulation of the Spinal Accessory Nerve to Prevent Shoulder Dysfunction Post-Neck Dissection: A Randomized Controlled Trial	13:55 – 14:05	Dr. Karan Gandhi (Supervisor: Dr. Peng You) Adopting Pediatric Intracapsular Coblation Tonsillectomy to Reduce Post-Tonsillectomy Hemorrhage Through a Quality Improvement Framework
09:30 – 09:35	Interactive Discussion	14:05 – 14:10	Interactive Discussion
09:35 – 10:05	Intermission: Coffee with Exhibitors	14:10 – 14:40	Intermission: Coffee with Exhibitors
10:05 – 10:10	Call to Order	14:40 – 14:45	Call to Order
10:10 – 10:20	Dr. Jess Rhee (Supervisor: Dr. Brian Rotenberg) Breaking Social Media Fads and Uncovering the Safety and Efficacy of Mouth Taping in Patients with Mouth Breathing, Sleep Disordered Breathing, or Obstructive Sleep Apnea: A Systematic Review	14:45 – 14:55	Dr. Zaid Almubarak (Supervisor: Dr. Danielle MacNeil) Optimizing Postoperative Recovery in Head and Neck Free Flap Patients: A Quality Improvement Initiative
10:20 – 10:25	Interactive Discussion	14:55 – 15:00	Interactive Discussion
10:25 – 10:35	Dr. Justin Shapiro (Supervisor: Dr. Brian Rotenberg) The Role of Nasal Filler in Managing Cocaine-Induced Saddle Nose Deformity	15:00 – 15:05	Introduction of Dr. Brandon Wickens, Distinguished Guest Alumnus
10:35 – 10:40	Interactive Discussion	15:05 – 15:50	Building a Sustainable Career in Otolaryngology: Lessons from Ten Years in Community Practice
10:40 – 10:45	Introduction of Dr. Yuri Agrawal, Distinguished Visiting Professor	15:50 – 16:05	Interactive Discussion
10:45 – 11:30	Vestibular Loss and Cognition in Aging Adults	16:05 – 16:10	Residents Day Attendee Draw
11:30 – 11:45	Interactive Discussion	16:10 – 16:15	Simon Kirby Most Caring Resident Award
11:45 – 12:50	Group Photo in ballroom followed by lunch	16:15 – 16:20	Evaluation Form Completion
		16:20 – 16:25	Closing Educational Remarks

This program has received an education grant or in-kind support from:

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