

**Division of Plastic & Reconstructive Surgery**  
**Resident Research Day**  
Friday, May 8, 2026, 7:30 AM-1:30 PM  
Kings College-Labatt Hall, 266 Epworth Avenue, London, Ontario

**PROGRAM AGENDA**

**Overall Learning Objectives:**

1. Apply the basic principles of performing abdominal surgery to ensure safe and effective surgical practice.
2. Describe appropriate adjunctive procedures combined with abdominoplasty and waist contouring to optimize surgical outcomes.
3. Set, reflect on and refine personal and professional goals to enhance continuous professional development.
4. Apply new developments in cosmetic surgery to improve outcomes and safety.

7:30 - 8:00	<b>Registration &amp; Refreshments</b>
8:00 - 8:05	<b>Welcome &amp; Opening Remarks: Dr. Tanya DeLyzer, Division Chair/Head</b>
8:05 - 8:35	<p><b>Guest Professor: Dr. Jamil Ahmad, Assistant Professor, Department of Surgery, Temerty Faculty of Medicine, University of Toronto</b></p> <p><b><i>“Drainless Abdominoplasty with Comprehensive Waist Contouring”</i></b></p> <p><i>By the end of this session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li>1. Demonstrate the ability to perform drainless abdominoplasty using progressive tension sutures</li> <li>2. Evaluate and select appropriate adjunctive procedures that may be combined with abdominoplasty to enhance waist contouring</li> <li>3. Apply evidence-based patient safety strategies in the perioperative management of patients undergoing abdominoplasty</li> </ol>
8:35 - 8:45	<b>Question &amp; Answer Period</b>
8:45 – 9:10	<p><b>Resident Research Presentations (5 mins)</b></p> <p><b>Dr. Amani Basaeed, PGY1:</b> <i>“Comparison of Low-Cost Digital and Optical Microscopes for Microsurgical Training”</i></p> <p><b>Dr. Helen Jin, PGY1:</b> <i>“Digital Assessment of Hand Volume in Pathological Hands: Validity and Reliability Study”</i></p> <p><b>Dr. Priya Thomas, PGY1:</b> <i>“Does Closed Incisional Negative Pressure Wound Therapy Reduce the Incidence of Wound Infections Following DIEP Compared to Standard Dressings?”</i></p> <p><b>Dr. Israa Alzarmah, PGY1:</b> <i>“Color Doppler Ultrasound in Deep Inferior Epigastric Perforator Flap Surgery: A Systematic Review”</i></p>
9:10 - 9:20	<b>Question &amp; Answer Period</b>
9:20 - 9:40	<p><b>Resident Research Presentations (5 mins)</b></p> <p><b>Dr. Gavin Raner, PGY2:</b> <i>“Effect of Suture Material on Postoperative NAC Widening: A Randomized Clinical Trial (The NAC Trial)”</i></p> <p><b>Dr. Katherynn Zhang, PGY2:</b> <i>“Environmental Impact and Cost Associated with Surgical Field Preparation for Cleft Lip &amp; Palate Repair: A Quality Improvement Project”</i></p> <p><b>Dr. Sarah Hunt, PGY3:</b> <i>“Optimizing Emergency Department Management of Upper Extremity Infections Among Patients with Housing Insecurity and Substance Use at LHSC: A Quality Improvement Initiative”</i></p>
9:40 - 9:50	<b>Question &amp; Answer Period</b>
9:50-10:10	<p><b>Guest Professor: Dr. Aaron Grant, Associate Professor &amp; Alumni</b></p> <p><b><i>“Through the Jigs and the Reels”</i></b></p> <p><i>By the end of this session, participants will be able to:</i></p>

	<ol style="list-style-type: none"> <li>1. Analyze major career choices relevant to medical professionals to support informed decision-making.</li> <li>2. Describe the scope and unique challenges of rural plastic surgery practice.</li> <li>3. Analyze common challenges in plastic surgery and develop management strategies.</li> </ol>
<b>10:10-10:20</b>	<b>Question &amp; Answer Period</b>
<b>10:20-10:50</b>	<b>Morning Break</b>
<b>10:50 – 11:10</b>	<p align="center"><b>Resident Research Presentations (5 mins)</b></p> <p><b>Dr. Sukhmeet (Rohan) Sachal, PGY3:</b> “Macroeconomic Burden of Hand Injuries in Canada and the World: 2009–2023”</p> <p><b>Dr. Valera Castanov, PGY4:</b> “The Canadian Plastic Surgery CaRMS Match: An Applicant Perspective on Selection Factors”</p> <p><b>Dr. Kathryn Minkhorst, PGY4:</b> “Radial Sensory Nerve to Distal PIN Transfer: An Anatomic Study”</p>
<b>11:10 - 11:20</b>	<b>Question &amp; Answer Period</b>
<b>11:20 - 11:40</b>	<p align="center"><b>Resident Research Presentations (5 mins)</b></p> <p><b>Dr. Khalifa AlGhanim, PGY5:</b> “Meta Smart-Glasses for Surgical Feedback and Evaluation: A New Era in Surgical Training”</p> <p><b>Dr. Sasha Letourneau, PGY5:</b> “Earlier Intervention Leads to Improved Electrodiagnostic Outcomes in Patients Undergoing Anterior Interosseous Nerve to Ulnar Motor Branch Transfer: A Single-centre 10-year Retrospective Cohort Study”</p> <p><b>Dr. Regina Leung, PGY5:</b> <i>HoloTemplate: An Augmented Reality Stencil for Flap Design and Surgical Marking</i></p>
<b>11:40 - 11:50</b>	<b>Question &amp; Answer Period</b>
<b>11:50 - 12:20</b>	<p align="center"><b>Guest Professor: Dr. Jamil Ahmad, Assistant Professor, Department of Surgery, Temerty Faculty of Medicine, University of Toronto</b></p> <p align="center"><b>“Five Common Sense Strategies for Success”</b></p> <p align="center"><i>By the end of the session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li>1. Develop the ability to set, reflect on and refine personal and professional goals</li> <li>2. Recognize and value the importance of building effective personal and professional relationships</li> </ol>
<b>12:20-12:30</b>	<b>Question &amp; Answer Period with Guest Professor</b>
<b>12:30 - 12:35</b>	<b>Closing Remarks: Dr. Caitlin Symonette, Research Director</b>
<b>12:30-12:40</b>	<b>Completion of Evaluations</b>
<b>12:40-2:00</b>	<b>Professional Photographer Session</b>
<b>12:40–2:00</b>	<b>Lunch &amp; Networking</b>
<b>6:00 PM</b>	<b>Reception &amp; Dinner, Sunningdale Golf &amp; Country Club (Faculty, Alumni and Residents) Mocktails &amp; Canapes at 6:00 PM, Dinner at 6:45 PM</b>

*25% of this program is dedicated to participant interaction*

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada and approved by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University. You may claim a maximum of 3.0 hours (credits are automatically calculated).

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