



## 47<sup>TH</sup> ANNUAL SHIELDS RESEARCH DAY

MAY 1<sup>ST</sup>, 2026, FROM 7:30 AM – 3:30 PM ET  
DEPARTMENT OF ANESTHESIOLOGY & PAIN MEDICINE  
TEMERTY FACULTY OF MEDICINE  
UNIVERSITY OF TORONTO

RITZ-CARLTON, TORONTO,  
BALLROOM, 2<sup>ND</sup> FLOOR  
181 WELLINGTON ST. W.,  
TORONTO, ON  
M5R 2E8

## PROGRAM

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| Registration and Breakfast   | 7:30 – 8:00 AM      |
| Welcome, Opening Remarks and Land Acknowledgment   | 8:00 – 8:20 AM      |
| <p>Dr. Beverley Orser, Chair, Department of Anesthesiology &amp; Pain Medicine<br/>Dr. Lisa Robinson, Dean, Temerty Faculty of Medicine<br/>Dr. Brian Cuthbertson, Chair, Shields Planning Committee &amp; Vice-Chair of Research, Department of Anesthesiology &amp; Pain Medicine</p>  |                     |
| Faculty Awards - Teaching and Clinical Excellence  | 8:20 – 8:40 AM      |
| Oral Presentation Session A and Q&A  | 8:40 – 9:30 AM      |
| AM Break & Poster Presentation Session A   | 9:30 – 10:20 AM     |
| Shields Day Lecture: Dr. Laura Niklason  | 10:20 – 11:20 AM    |
| <p><i>From Inception to Commercialization - An Innovative Road</i><br/>Learning Objectives:</p> <ol style="list-style-type: none"> <li>1. Identify key design characteristics of bioengineered arteries and their implications for patient care.</li> <li>2. Describe the critical steps for translating university research into a biotech company, from initial concept to early-stage startup formation.</li> <li>3. Evaluate challenges and strategies for successfully commercializing biomedical innovations.</li> </ol> |                     |
| Oral Presentation Session B and Q&A  | 11:20 AM – 12:10 PM |
| LUNCH  | 12:10 – 1:10 PM     |
| Oral Presentation Session C and Q&A  | 1:10 – 2:00 PM      |

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**Anesthesia Faculty Lecture: Dr. Akash Goel**

2:00 – 2:20 PM

*When Pain Learns — and How We Help It Unlearn*

*Beyond Suffering: Drug-Assisted Psychotherapy and Neuroplasticity in Chronic Pain*

*Learning Objectives:*

1. Describe how maladaptive neuroplasticity contributes to chronic pain and how combined therapies may promote adaptive change.
2. Review early clinical trial data and design considerations for drug-assisted psychotherapy in chronic pain.
3. Recognize the role of patient partnership and interdisciplinary collaboration in scaling innovative chronic pain research.

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**Shields Day Awards - Trainees**

2:20 – 2:30 PM

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**Closing Remarks**

2:30 – 2:35 PM

Dr. Brian Cuthbertson, Chair, Shields Planning Committee

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**Anesthesia Insights: Networking and Knowledge Exchange**

2:35 – 3:30 PM

*Networking opportunity for attendees to connect and share insights*

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