

A one-year fellowship in Gastrointestinal Clinical Nutrition is offered, starting in July 2022. Eligible candidates must have completed their core training in adult gastroenterology (FRCPC or equivalent) and must be eligible for medical licensure in the Province of Ontario. The fellowship is ideally suited for those wishing to practice gastroenterology in an academic setting and with a specific interest in nutritional disorders and nutrition management in gastroenterology.

### **Background:**

The optimization of nutrition for patients with digestive diseases is critical across a range of conditions that include celiac disease, carbohydrate intolerance, short bowel syndrome, intestinal failure, inflammatory bowel disease, pancreatic insufficiency, motility disorders (chronic idiopathic pseudo-obstruction), dysphagia and functional disorders such as irritable bowel syndrome, functional dyspepsia and constipation. Furthermore, nutrition management is important, not just for ambulatory care patients but, also, for hospital in-patients with bowel obstruction, dysphagia, short bowel syndrome and malnutrition.

The gastroenterology nutrition service at Hamilton Health Sciences includes a specialty adult celiac disease clinic (recognized by Society for the Study of Celiac Disease), a regional home parenteral nutrition program, an intestinal failure clinic and an IBD-nutrition clinic; the McMaster Medical Centre site is home to facilities for breath testing (SIBO, carbohydrate intolerance) and indirect calorimetry. In addition, there is an in-patient nutrition consultation service with weekly rounds at the Juravinski Hospital and the Hamilton General Hospital. The GI Clinical Nutrition service works closely with the Farncombe Family Digestive Health Research Institute for translational research.

### **Faculty:**

Dr. David Armstrong MB BChir, FRCPC  
Director: GI Nutrition Fellowship Program



Dr. Ines Pinto-Sanchez MD, MSc, CNSC



### **Expectations:**

Fellows will join the clinics of physicians who have a specific interest in nutrition disorders and to become competent in the diagnosis and management of these conditions, including the nutritional management of celiac disease, intestinal failure, inflammatory bowel disease, dysphagia, cystic fibrosis and malnutrition.

Fellows will participate in weekly in-patient rounds for the management of patients requiring parenteral or enteral nutrition support and to work in the indirect calorimetry clinic to become competent in the use and evaluation of metabolic cart studies.



## Gastrointestinal Clinical Nutrition Fellowship at McMaster University



FARNCOMBE  
Farncombe Family Digestive Health Research Institute

Fellows will take part in one or more research projects during the year. Projects range from clinical studies evaluating nutritional deficiencies and quality of life in conditions such as celiac disease, gluten sensitivity and inflammatory bowel disease or in the management of intestinal failure. Research conducted in the Farncombe Family Digestive Health Research Institute is translational in nature and focuses on the role of diet as well as the intestinal microbiota in determining GI nutritional status and GI function in health and disease and involves preclinical and clinical research.

Fellows will attend the weekly academic half-day offered by the Division of Gastroenterology at McMaster as well as the weekly seminar series offered by the Farncombe Family Digestive Health Research Institute. Fellows will be encouraged and supported to write nutritional board exams through ASPEN to become a Certified Nutrition Support Clinician (CNSC).

For further details, please see:

<https://healthsci.mcmaster.ca/medicine/division/gastroenterology/education/nutrition-fellowship>

### **Funding**

Limited internal funding is available, but candidates are encouraged to apply for external funding or to provide their own funding from their parent institutions.

### **Applications:**

Letters of interest with an updated curriculum vitae and 3 references should be sent to:

Dr. David Armstrong

Director: GI Nutrition Fellowship Program

HSC-3V68, Division of Gastroenterology

1280 Main Street West, Hamilton, ON L8S 4K1

Tel: 905-521-2100 Ext. 76404

Fax: 905-521-4958

Email: [armstro@mcmaster.ca](mailto:armstro@mcmaster.ca)