



IU ANESTHESIOLOGY

Residency Newsletter

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INDIANA UNIVERSITY
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School of Medicine

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Season's Greetings!

2018 has been an incredible year for our program! We have accomplished so much and are looking forward to the new changes and additions to our program in the coming year. We have welcomed new faculty to all three hospitals as well as the new CA-1 class, and it has been so much fun getting to know and work with new faces as we rotate throughout each hospital. Over the past few months, we have had multiple events outside of the hospital such as Friendsgiving, Journal club, and the Holiday party that have helped us all connect even more as a residency program (pictures to follow). We hope that everyone has a peaceful holiday filled with family, friends, and relaxation and come back refreshed for the New Year!

Editors Dr. Elizabeth Emhardt and Dr. Michelle Arce

New Faculty Spotlights

Dr. Danielle Cummins, Eskenazi



- 1. Hometown?** Evansville, IN
- 2. Favorite music?** Mix between folk rock/jam band type music and punk rock depending on my mood.
- 3. How do you like to spend your weekends off?** I enjoy spending time with my family. We have two very active boys and enjoy outdoor activities like camping, biking, hiking, and fishing. I also spend a decent amount of time pulling legos out of the couch, bathtub, and the bottom of my foot.
- 4. Best advice anyone has ever given you?** Someone once told me you could get almost anything out of a toddler's nose if you plug the other nostril and blow into their mouth.... This saved me an ER trip at 9pm and likely at least 800 bucks...
- 5. What would your career have been if you hadn't gone into medicine? What would you do if you won the lottery?** I think I could make a mediocre marine biologist. Driving around in my boat, playing loud music, chasing whales or dolphins, taking pictures of starfish, and cage diving with sharks when I'm feeling lucky. I'm pretty sure that's what they do. I'd probably have to win the lottery in order to be a marine biologist...
- 6. Favorite drink?** Coffee
- 7. Best way to unwind after a long day or week at work?** Go paintballing
- 8. What are your favorite teaching or research areas?** Echocardiography, Cardiac support devices and ECMO
- 9. Tell me about your life after residency to now** Completed my critical care fellowship at UNMC just this past July. Most of my time since then has been spent studying for critical care boards and echo boards. We also had the opportunity to take our kids to Disney, where I discovered that it is not ideal to take your two year old to a Chewbacca meet and greet...we're hopeful that he will sleep in his own bed by the time he's 4.

Dr. Raj Chawla, University Hospital



- 1. Tell us about your life after residency to now.** Since graduating residency, I completed an Acute Pain Management and Regional Anesthesia Fellowship at Harbor-UCLA Medical Center in Los Angeles, CA. I was also able to work as an independent anesthesiologist while in California.
- 2. Hometown?** Scottsdale, Arizona.
- 3. Favorite music?** I will listen to pretty much anything but country music.
- 4. How do you like to spend your weekends off?** Assuming the weather is good, which is tough here, you can find me on the golf course.
- 5. Best advice anyone has ever given you?** You may not always be the smartest or best person at something, but make sure you work the hardest at whatever you do.
- 6. What would your career have been if you hadn't gone into medicine? What would you do if you won the lottery?** I would love to be a chef. If I won the lottery, the first thing I would buy is a Porsche 911 turbo s, then I would pay off my debt.
- 7. Favorite drink?** Maccallan 21 year old single malt.
- 8. Best way to unwind after a long day or week at work?** With a glass of maccallan 21 year old scotch.
- 9. What are your favorite teaching or research areas?** Regional Anesthesia; not all cases require a block.

Dr. Michele Hendrickson, Riley Hospital



1. Tell us about your life after residency to now. After residency I stayed on as a faculty researcher at Duke (where I completed residency) working in a translational pain lab for a year. After that, I completed a combined adult and pediatric pain fellowship at Cincinnati Children's Hospital/University of Cincinnati, then followed that with a peds anesthesia fellowship at the University of Miami. I finished the second fellowship on 8/15 then started my first day at Riley on 8/20!

2. Hometown? I am originally from Long Island, NY, but have lived in many different places for school and training. I went to Undergrad at Tulane in New Orleans (officially my favorite place that I have lived), then went back to NY for a master's degree because of Hurricane Katrina. I then lived in Philly for med school, back to NY for internship, Durham, NC for residency, then Cincy and then Miami. I bought a house here, so the plan is to stick around for a while!

3. Favorite music? I like alternative, Indy rock, but I grew up also listening to rap and hip hop. I also listen to reggaeton.

4. How do you like to spend your weekends off? In my time off you will find me in the gym or outside doing something athletic. When we are done working out, we like to spend time with our dogs. They do get to come to our CrossFit gym a few times a week, and they occasionally join us on runs.

5. Best advice anyone has ever given you? Learn from the difficult experiences in your life, as they will truly make you stronger. Learn how to be both flexible and resilient. If you pursue a goal and it does not work out from the start, continue to pursue it if it is what you really desire. You may find that you are taken on a slightly different path, but it may end up being a better path. Do not compare yourself to others.

6. What would your career have been if you hadn't gone into medicine? What would you do if you won the lottery? If I had not pursued medicine I would likely work with animals in some capacity, and/or own a CrossFit or powerlifting gym. If I win the lottery I will pay of my medical school debt and then enjoy a coffee and a muffin with the \$8 I have left over! I would probably work full-time for 5-10 more years while paying off debt and then consider opening a gym or an animal sanctuary for abused/deserted farm animals, dogs or horses.

7. Favorite drink? My favorite drink is a cold brew iced coffee, bonus points if it is a nitro cold brew. I also dabble in the occasional Hendrick's gin and tonic or a scotch that is at least 1/3 my age.

8. Best way to unwind after a long day or week at work? Best way to unwind is working out, and then snuggling dogs while marathoning something on Netflix or HBO.

9. What are your favorite teaching or research areas? My favorite teaching areas involve pediatric chronic pain conditions, perioperative multi-modal analgesia and opioid-sparing techniques. I am interested in the chronification of pain as a research focus.

Dr. Phillip Stoller, University Hospital



1. Tell us about your life after residency to now. After residency I joined Community Anesthesia Associates and worked in private practice for a year and a half. Ultimately, I decided that I missed IU and wanted to be a part of resident education.

2. Hometown? I am from Franklin, WI but have moved and lived all around the Midwest.

3. Favorite music? I enjoy most music that isn't country, although I do enjoy a good Zach Brown Band concert. I love classic rock and Led Zeppelin is my favorite band.

4. How do you like to spend your weekends off? We spend weekends off with family, taking our son places or unsuccessfully trying to catch up on sleep.

5. Best advice anyone has ever given you? Several influential people in my life have taught me that hard work is always something to be proud of.

6. What would your career have been if you hadn't gone into medicine? What would you do if you won the lottery? If I hadn't gone into medicine I likely would have done something related to sports or exercise science. If I won the lottery I'd like to think that I would keep showing up to work but I would likely travel and enjoy coffee and wine all over the world.

7. Favorite drink? Coffee, heavily caffeinated coffee.

8. Best way to unwind after a long day or week at work? I enjoy lifting weights or having a glass of wine to relax.

9. What are your favorite teaching or research areas? I enjoy OB and regional anesthesia, I also have an interest in teaching efficiency and a newfound love for financial literacy (come ask me anything!).

Resident Spotlights

Dr. Mikita Fuchita, CA3



1. **Hometown?** Yokohama, Japan
2. **Favorite music?** Jazz and classical
3. **How do you like to spend your weekends off?** Camping and climbing at the Red River Gorge in Kentucky
4. **Best advice (medical or otherwise) anyone has ever given you?** Eat vegetables
5. **What would your career have been if you hadn't gone into medicine? What would you do if you won the lottery?** Engineer or architect. Musician if I had the talent. Would give it away.
6. **Favorite drink (alcoholic or not)?** Beer, wine, sake
7. **Best way to unwind after a long day or week at work?** Sleep, eat, read, and take a walk or go climbing
8. **What are your favorite teaching or research areas (or favorite areas of anesthesia to read about)?** Ventilator and lung mechanics
9. **How did you end up in anesthesiology residency?** Loved critical care and anesthesia during internship in Japan

Dr. Navid Etemadi, CA2



1. **Hometown?** I was born in Oslo, Norway and lived there until I was 6 years old. Then after a long journey through many countries, my family decided to settle in United States and have been in Las Vegas Nevada ever since.
2. **Favorite music?** I love 90's music, especially old school hip hop and rap.
3. **How do you like to spend your weekends off?** Do residents even get weekends off? haha jk I am a good food fanatic, I love to venture out and discover new restaurants in the area. I also like to travel, my goal is to visit all national parks in the US, hopefully I will be able to do that more often after the residency.
4. **Best advice (medical or otherwise) anyone has ever given you?** "Treat others the way you would want to be treated"
5. **What would your career have been if you hadn't gone into medicine? What would you do if you won the lottery?** If I didn't go into medicine? I love to cook! I would've probably taken up a culinary school and open my own restaurant. 😊
6. **Favorite drink?** Flat white, I like a good strong coffee.
7. **Best way to unwind after a long day or week at work?** The best way to unwind is to hang out with friends, go to see a movie or grab a dinner with them.
8. **What are your favorite teaching or research areas (or favorite areas of anesthesia to read about)?** I would have to say the research area that interests me the most are new drugs that are beneficial in the field of anesthesia
9. **How did you end up in anesthesiology residency?** I think some of the things that really drew me to anesthesia, other than the physio pharm stuff that draws everybody, is that I like being able to focus on one patient at a time and being able to provide immediate interventions with that patient. I liked being able to set up a plan for a patient and being the one to set it in action, in other specialties I feel like you have to hope the patient follows up or takes their meds. I found I could still have meaningful conversations and impacts on people using my personal skills as right before surgery is one of the most stressful times for patients. As far as personality things, I feel I work well in a team environment, I like personal interactions. I like to do and act quick.

Dr. Courtney Laubach, CA1



1. **Hometown?** Pasco, Washington (state)
2. **Favorite music?** I love Christmas music, but I listen to podcasts most of the time.
3. **How do you like to spend your weekends off?** I enjoy going for brunch on the weekends. Since I'm new to Indy I've been trying the fun things downtown has to offer. I spend a lot of time with my dog Benson too. We like to go for walks on the canal!
4. **Best advice (medical or otherwise) anyone has ever given you?** My dad taught me that a good work ethic will make you successful in whatever you do! He's one of the hardest workers I've ever met.
5. **What would your career have been if you hadn't gone into medicine? What would you do if you won the lottery?** I've always thought I would have enjoyed being a detective. Another one I thought seriously about was working internationally as an aid worker in developing countries. If I won the lottery I would work part time and travel the rest of the time!
6. **Favorite drink (alcoholic or not)?** Gin and tonic
7. **Best way to unwind after a long day or week at work?** Meeting up with friends for drinks or dinner and then retreating to a good book or movie afterwards .
8. **What are your favorite teaching or research areas (or favorite areas of anesthesia to read about)?** I've really enjoyed learning about regional anesthesia and I've loved the blocks we get to do as CA1s.
9. **How did you end up in anesthesiology residency?** I knew I ultimately wanted to do some form of Pain Medicine while I was in medical school. Anesthesia allowed me to work towards this goal and it ended up being a great fit for my personality. I also get to do lots of hands-on patient care which I enjoy.

Where Are They Now?

We asked two of our esteemed recent graduates to give us insight into those first few months out of residency- hopefully you'll find some helpful tips and sage advice below!

Dr. Melissa Jenkins



- 1. Where do you work now?** I am working at St. Francis Hospital, on the south side of Indianapolis.
- 2. Looking back, what was a memorable case from residency?** One of my most memorable cases (but perhaps not my finest moment) involved a horrible liver transplant in the middle of the night. While I was struggling to maintain the slightest semblance of hemodynamic stability the surgeon was repeatedly asking why the patient was hypotensive and what was I doing about it. In a fit of frustration while pushing epinephrine boluses I yelled back across the drapes something to the effect of "worry 'bout yourself" (but perhaps with more profanity). Much to my delight, the surgeon did not say a word during the rest of the case!
- 3. What do you miss most from residency?** I really miss the camaraderie of residency. It was wonderful to see my friends every single day at the hospital. Now that we all have jobs it is a lot harder to coordinate hanging out! I also miss bathroom and lunch breaks...
- 4. What was day 1 of attending life like?** Similar to the first day of residence: both terrifying and exciting. However, this time I at least knew something about anesthesia! It felt weird to not text my attending to let him/her know the patient was in the room or to not staff a case with anyone. My partners were very kind and frequently came into my cases the first couple of weeks to introduce themselves and ask if I needed anything. After a couple of days, I felt right at home.
- 5. How is it now, half a year into working?** AMAZING! I have never felt as professionally satisfied, valued, and respected as I do now. It has been fun to get to know my new partners, nursing staff, and surgeons. I feel like I'm growing as an anesthesiologist and expanding my skill sets daily. Much to my surprise, I have not been confused for a nurse/student/janitor/dietician/volunteer/etc. once!
- 6. What do you like to do with your new money and time?** After oral boards are over my husband and I are planning to travel more! We have some Caribbean shenanigans planned in the spring with several other IU anesthesia grads, and then we will be in Europe for a couple of weeks in the fall.
- 7. Any advice for CA-1s? Upper levels?** For CA-1s: Keep in mind that you are surrounded by your future colleagues and employers. Be mindful of how you present yourself to others, even as a new resident. For upper levels: Ask your staff to share any slick tricks and tips have they picked up over the years for efficiency, procedures, style points, etc. I started doing this the last couple months of residency and it was really interesting! Toward the end of your training I would also start making a list of your preferred way to do things, such as your go-to OB spinal cocktail or pediatric T&A recipe for success. This might be helpful given that your last OB or pediatric rotation in residency might be several months removed from your job start date. Keep the contact info for your favorite staff and upper levels after you graduate. They are still there to help and answer questions!

Dr. Joel Burnette



- 1. Where do you work now?** Community Health Network at Community North and East Hospitals.
- 2. Looking back, what was a memorable case from residency?** Unfortunately, the memorable cases often end up in M&M. However, I do remember one story. There was an old frail little lady who came in for a Whipple. Classic patient with all kinds of terrible comorbidities. As I'm taking to her in pre-op, she completely unprompted tells me, "If I see the light I'm going for it." This definitely inspired my confidence. We did manage to get her through the surgery. But if you're curious about the rest of this case, search the anesthesia archives for my grand rounds presentation circa August-Sept 2016 on palliative care...
- 3. What do you miss most from residency?** All y'all. And group lunches. Luckily, I got to take 5 other peeps with me so that's pretty cool I still get to see them. But over four years you grow close to a lot of people and well it stinks not getting to see them anymore. Well most of them, really glad I got away from Drew...
- 4. What was day 1 of attending life like?** Really not too different. Biggest change was just new faces in the OR and me getting to know them and them getting to know me. Believe it or not you actually know how to do the job when you finish. It was also nice not having to page anyone and not having staff slow you down...☺
- 5. How is it now, half a year into working?** Still busy. Hours are better than residency for sure. But I still have to study and still take call. Starting to really ramp up studying for oral boards.
- 6. What do you like to do with your new money and time?** Well in an interesting decision-making scheme we decided to have our third baby 2 months after starting a new job. (Life was obviously too easy.) So, I feel like I actually have less free time, or you could say I spend my "extra free time" Dad-ing it up hard. And as far as the extra money...well it took a while to actually get the paycheck. And now I guess I feel less guilty about signing my daughter up for dance class. No big moves or trips or anything.
- 7. Any advice for CA-1s? Upper levels?** Don't complain, work hard. I can almost guarantee you your patient is having a worse day than you.

Also remember you can't have healthy patients in a sick world. Ditch the Des and recycle.

Residency Events



To the Left: Residents and CAs enjoyed Friendsgiving at the home of Dr. **Maham Mahmood** (CA1). Thank you for hosting such a great event!

To the Right: Journal Club (supported by the drive and brilliance of Dr. **Mikita Fuchita** (CA3)) gathered for their monthly meeting at Kizaki Ramen & Izakaya for a discussion about RSI with and without cricoid pressure based on a new RCT out of France- special thanks to Dr. **Sam Yeap** for sponsoring the outing!

Of note, Journal Club is open to everyone! Please email Mikita to get placed on the mailing list for future meetings! (Not pictured: Dr. Nicole Sawada and Dr. Jie Xie who did join after OR duties!)



To the Left: Some CA3 residents and their SOs at the Holiday Party at Indianapolis Art Center. Special thanks to Dr. **Kevin Backfish** for organizing this super fun event!

New Additions to Our Residency



Gianluca Pearson Casalini
October 15, 2018

*Please email us with any resident shout-outs or events you want included in the next issue. (Make your shout out HIPPA compliant.) No act of kindness is too small!
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