

IU ANESTHESIOLOGY Residency Newsletter

WINTER 2019

Volume 2 / Issue 2

Introduction

Winter is here and it is in full force! During these colder months, it can be hard to keep up motivation. Some days, daylight can be hard to come by and you might spend some early mornings scraping frost off your car. But, like the ancient proverb says, no matter how long the winter, spring is sure to follow. Despite the chill in the air, this is a noteworthy time. CA-1s, you're starting to hit your stride in the OR and are learning your way around the different hospitals we rotate through. Several of the CA-2s are working to finalize fellowship applications. And CA-3s, you're probably starting to prepare for life/job/fellowship after residency...June 2020 will be here before you know it!

When rotating at University, you may have noticed a new attending—welcome **Dr. Chris Mueller!** He graduated from the program in 2018 and joined University Hospital this past October after a year in local private practice. Keep up the hard work! We hope each one of you is able to recharge this holiday season by spending time with family and loved ones.



Stay warm!

- Editors **Dr. Katy Kirby (CA-2)** and **Dr. Kelly Grott (CA-2)**

Recap: Anesthesiology 2019 in Orlando, FL

This past October, the annual ASA meeting took place in Orlando, Florida. The conference offered an opportunity to connect with 14,000-plus anesthesiologists from over 80 countries while learning about new advances and discovering the latest technology in our specialty. Our Indiana Society of Anesthesiology [ISA] class representatives and chiefs were able to represent the IU Department of Anesthesia. The conference offered lectures on a multitude of topics highlighting the newest and best practices in the field of anesthesiology. The keynote address was given by Dr. Abraham Verghese on the future of healthcare, and **Surgeon General and IU-trained anesthesiologist Dr. Jerome Adams** also spoke passionately about the opioid epidemic.

For those who enjoy a more hands-on approach, there were several interactive workshops led by those at the forefront in their respective sub-specialties that demonstrated new techniques and improving upon already-learned skills. This year's conference also featured a resident component that included focused sessions designed to specifically address the needs and concerns of residents. If you have not attended in the past, it is highly recommended as it is a great opportunity for networking and meeting other residents and anesthesia staff from across the country!

ANESTHESIOLOGY® 2019 OCTOBER 19-23 | ORLANDO



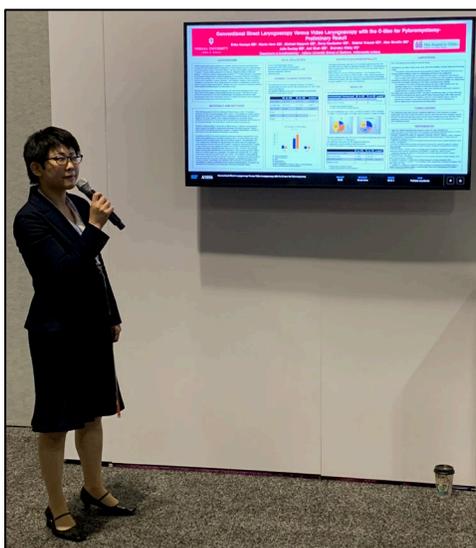


Left: ISA Representatives for the CA-1 class **Drs. Sri Dasari** and **Sean Cochran** manned the IU Anesthesia booth at the medical student fair.

Right: **Drs. Elizabeth Emhardt (CA-3), Kelly Grott (CA-2), Grant Highley (CA-3)** and **Amelia Flick (CA-3)** enjoyed a relaxing evening out in Orlando after a day packed full of lectures.



Right: **Dr. Eriko Kanaya (CA-3)** presented her research on “Conventional Direct Laryngoscopy vs. Video Laryngoscopy with the C-MAC for Pyloromyotomy”. Her faculty mentor was **Dr. Nicole Horn (Riley)**.

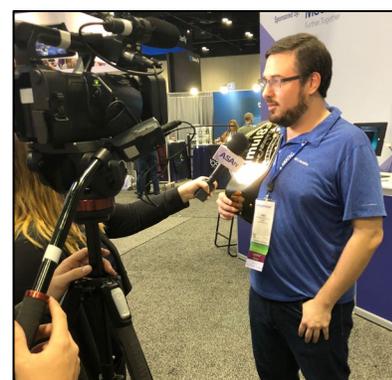


Left: **Drs. Sean Cochran (CA-1), Amelia Flick (CA-3)** and **Elizabeth Emhardt (CA-3)** are dreaming of a white Christmas!

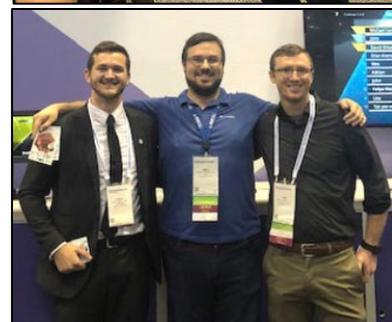


Left: Former resident **Dr. Mikita Fuchita (Class of 2019)** attended the conference as well! Mikita is currently working in California and will be starting a combined CV/ICU fellowship in Denver, Colorado in July 2020.

Top Right: **Dr. Mike Farthing (CA-3)** defended his title as 2019 Simul8 Challenge champion. He won first place overall in the combined 6 different simulations out of the entire conference – 14,000+ attendees!



Bottom Right: **Dr. Wes Porter (CA-2, right)** joined **Dr. Mike Farthing (CA-3, middle)** in the Stimul8 Challenge winner’s circle. Simulations included pediatric intubations, difficult airway, epiglottitis, & vallecular cysts.



Dr. David Nakata

UNIVERSITY HOSPITAL

1. **Hometown?** Portland, Oregon.
2. **If you could pick the music for the day in the OR, what would you choose?** Classical.
3. **How do you like to spend your weekends off?** Projects around the house.
4. **What's the best piece of advice you've ever received?** Don't just work through a problem; work past a problem.
5. **What would your career have been if you hadn't gone into medicine?** Business.
6. **Favorite drink (alcoholic or not)?** Diet Seven Up.
7. **Favorite place you've ever traveled to?** Bryce Canyon National Park in Utah.
8. **Best way to unwind after a long day or week at work?** Going to bed early and sleeping in on the weekends.
9. **Favorite book or book genre?** Leadership/Finance.
10. **How did you end up in the field of Anesthesiology?** Great mentorship while in medical school.



Dr. Trent Gray

ESKENAZI HOSPITAL



1. **Hometown?** Madison, Indiana.
2. **If you could pick the music for the day in the OR, what would you choose?** 90's alternative rock.
3. **How do you like to spend your weekends off?** I am currently a masochist and obtaining my MBA, so my weekends are spent in class or studying. Otherwise, I like to spend a lot of time down in Brown County.
4. **What's the best piece of advice you've ever received?** Always be humble and kind.
5. **What would your career have been if you hadn't gone into medicine?** Very likely I would have been a dentist, orthodontist or oral surgeon. I was originally considering dental school in undergrad and was in the pre-dental club at Purdue. Pretty geeky, huh?
6. **Favorite drink (alcoholic or not)?** Botanist Gin and tonic or Jim Beam and Sprite.
7. **Favorite place you've ever traveled to?** Either Cinque Terre, Italy or Iceland. My wife is the one that likes to travel; I just tag along. It's easier that way.
8. **Best way to unwind after a long day or week at work?** Going down to Brown County, splitting firewood, enjoying an adult beverage listed above, cleaning up my emails and getting some studying done.
9. **Favorite book or genre?** Favorite book is *House of God*. I highly recommend this book for those who enjoy some twisted medical humor. It is a little provocative in parts...
10. **How did you end up in the field of anesthesiology?** After I gave up my interest in the dental field, I was considering ortho like most guys. I then came upon urology after rotating with a urologist in my hometown. This lead me down a 2.5-year path of strong consideration. I set up a meeting with Drs. Sundaram and Koch at IU during my third or fourth year of medical school. Dr. Koch never showed up (likely doing a DaVinci prostatectomy) and Dr. Sundaram was 45 minutes late. I then switched to anesthesia when Dr. Nakata met me for dinner twice, gave me his home number and cell number. The anesthesia residents were all happy and enjoyed what they did.

Dr. Jackie Allison

RILEY HOSPITAL FOR CHILDREN

1. **Hometown?** Noblesville, Indiana.
2. **If you could pick the music for the day in the OR, what would you choose?** My first choice would definitely be Zac Brown Band.
3. **How do you like to spend your weekends off?** I typically start the weekends by sleeping in and then working out with my husband. Then, I am usually attending my son's basketball and baseball games.
4. **What's the best piece of advice you've ever received?** Be persistent and work hard.
5. **What would your career have been if you hadn't gone into medicine?** I could see myself doing some sort of interior design work.
6. **Favorite drink (alcoholic or not)?** Cranberry bourbon sour, for sure.
7. **Favorite place you've ever traveled to?** My family and I love to go to Palmetto Bluff, SC. It is perfect for paddle boarding and just hanging out!
8. **Best way to unwind after a long day or week at work?** I love to work out and follow it up with shopping!
9. **Favorite book or book genre?** The Tattooist of Auschwitz is a must-read!
10. **How did you end up in the field of Anesthesiology?** I originally thought I was going to do Emergency Medicine and actually matched in that specialty. The match was during my anesthesia rotation and I fell in love with it. Dr. Stoelting and Dr. Nakata made a spot for me and the rest is history! Definitely the best choice!



Dr. Meghan Fite

VA MEDICAL CENTER



1. **Hometown?** Avon, Indiana.
2. **If you could pick the music for the day in the OR, what would you choose?** Today's top hits, alternative rock, anything but jazz!
3. **How do you like to spend your weekends off?** Mostly I'm chauffeuring my kids around, but I love hosting game nights.
4. **What's the best piece of advice you've ever received?** Treat others like you want to be treated.
5. **What would your career have been if you hadn't gone into medicine?** I would love any kind of job that paid me to travel.
6. **Favorite drink (alcoholic or not)?** Vodka and Sprite.
7. **Favorite place you've ever traveled to?** I just took my first trip to Europe and went to France and Spain. By far my favorite trip so far.
8. **Best way to unwind after a long day or week at work?** Vodka and Sprite 😊
9. **Favorite book or genre?** Most of my recent reads have been from Reese Witherspoon's book club. My favorite so far has been Where the Crawdads Sing.
10. **How did you end up in the field of anesthesiology?** After my third-year rotation in anesthesia at Wishard, I fell in love with the specialty and haven't looked back since.

We asked last year's Helping Hands Award recipient Annie McLaren to tell us a little about her life now post-residency.

Dr. Annie McLaren

CLASS OF 2019

1. **Where do you work now?** Parkview Health in Fort Wayne, IN.

2. **Looking back, what was a memorable case from residency?**

I think I've told everyone who will listen about this case at this point, but there was a patient with an adrenal tumor that the surgeon swore was NOT a pheo, but it definitely WAS a pheo, and her BP went to 387/180 on her art line when they insufflated. 7.5mg of nicardipine and letting out the belly was all it took for her BP to come back down to normal.

3. **What do you miss most from residency?** Doing hoodrat things with my friends. I spent so much time walking around/having fun/bothering people, and now I don't really have time to do that because everything is private practice efficient. Peggy, Richele, Erin and I have a group text where we run anesthetic plans by each other, and I sometimes send hilarious gifs and that has to be enough!

4. **In what ways did IU residency help prepare you to handle your day-to-day cases?** First, our residency provides an extremely broad clinical experience. I don't think I have had a case or patient illness yet that I didn't see in residency. Second, I think it teaches you to be resilient. Whether it's small stuff, like you're gonna struggle with a CVL and be frustrated with yourself after Dr. Young makes it look easy... Big stuff, like you will be E1, have a kid code on induction for an elective case at Riley, finally get him stabilized to ICU, and then get sent into another trainwreck case like nothing traumatizing just happened... Dumb stuff like you're going to give a bag of platelets to the floor instead of the HELLP patient getting a C-section because you didn't actually attach the IV tubing (Dr. Bye said she knew I was beating myself up enough that she didn't need to say anything about it, haha). Every experience you overcome makes you a better physician, whether you realize it or not.

5. **What was Day #1 of attending life like?** "The first day of school was a blur. A stressful, surreal blur." -Cady Heron in Mean Girls and me on day 1 at Parkview. I was assigned to an ortho trauma room and the surgeon actually called me Dr. McLaren (not "anesthesia") and then did a femoral nail in 10 minutes, which the nurses said was slow for him. Turnover was maybe 20 minutes, 15 of which I spent trying to find preop. I did 5 or 6 relatively straightforward ortho cases on patients in reasonable health, and I went home exhausted from hardcore internally debating the risk/benefit of ETT vs. LMA in every single patient. This did NOT seem like a difficult decision last June.

6. **How is it now, 6 months into working?** It's extremely rewarding!! Like more than I expected it to be. The Parkview system has a really strong culture of teamwork and respect, so I don't get dunked on by nurses or patients as much as I did in residency, which is super nice. And I feel relatively confident in my skills and decision making, much more so than I did in July. Also, turns out I don't hate staying late as much when I get paid more...

7. **What is your favorite part about being an attending?** I'M THE BOSS.

8. **What do you like to do with your new attending money and time?** I bought a house, a treadmill and a Peloton so that I can now sweat in the privacy of my own home. My vacation plans have become bougie as well. If you can't upgrade your flight to Athens, what *can* you upgrade?

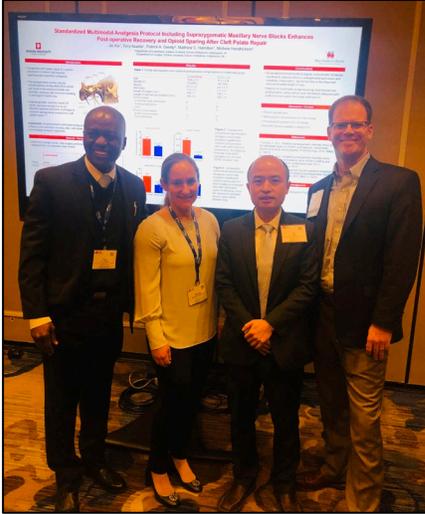
9. **Any advice for current residents?**

CA1s: Find a few friends you can text to complain about being F1, and then never say that phrase out loud to anyone else ever again. No upper level/attending wants to hear about it, because they have 100% been F1 more than you have.

Upper levels: Please just be chill about stuff. In 0.5-1.5 years, you're going to be compensated the way you feel you should be and getting stuck with one extra add-on case is not going to annoy you as much.



Resident Presentations



Congratulations Jie and Tony!

Left: Dr. Tony Asante (CA-2) and Dr. Jie Xie (CA-2) pose alongside their poster with their faculty mentor Dr. Michele Hendrickson (Riley). Both presented their research at ASRA's 18th Annual Pain Medicine Meeting in New Orleans, LA in November.

Right: Former residents of the class of 2019, Dr. Adam Ellis [far left] and Dr. Sahba Charkhzarrin [far right] also attended the ASRA conference. Both are currently completing chronic pain fellowships in Chicago, IL and Milwaukee, Wisconsin, respectively.



Their presentation was titled *"Standardized Multimodal Analgesia Protocol, Including Suprazygomatic Maxillary Nerve Blocks, Enhances Post-Operative Recovery and Opioid-Sparing After Cleft Palate Repair"*

Research Corner

Did you know that select University faculty are currently involved in 14 different active clinical studies? Several areas of research include:

- TAP blocks vs. QL blocks vs. surgeon infiltration for laparoscopic nephrectomy
- PACU incidence of PONV in ERCP patients
- Exparel ESP block vs. Bupivacaine ESP block vs. Exparel surgeon infiltration for VATS
- Cryoprecipitate use during OLT & post-op biliary complications
- ESP blocks vs. TAP blocks for laparoscopic hysterectomy
- Thoracic epidural vs. rectus sheath block vs. surgeon infiltration for cystectomy
- Opioid usage in patients before and after PCEA
- Improving wellbeing and reducing burnout of perioperative health care workers

****Residents interested in becoming involved in a current research study, please contact Dr. Yeap (University) at yyeap@iupui.edu****

Wellness Connection

The **Anesthesia Wellness Committee** is working to support and improve the wellness of all of the residents within our program. Some of this involves helping to organize fun events to emphasize the social dimension of wellness, including the Eagle Creek Cookout this past summer, as well as the Halloween party and Friendsgiving events more recently. Hopefully residents are enjoying the Secret Santa gift exchange this December and everyone can look forward to a step challenge in the new year. We have some other ongoing projects as well, including compiling a database of where our former residents work now to help with connections for jobs and fellowships, radiation badges to monitor our exposure, and getting our call rooms thoroughly cleaned. Our goal is to encompass all eight dimensions of wellness into our planning.

If anyone has any ideas on future events that they'd like to see or suggestions how we can help improve your wellness, please don't hesitate to reach out. We look forward to continuing to serve our residents throughout the year!

– Dr. Brandon Tanner, CA-2
Wellness Committee Chair



Interested in presenting a patient case report at a conference or learning more about the different sub-specialties of anesthesia? Consider attending any of these 2020 conferences! Presenting at any of the below conferences is a fun way to fulfill the residency requirement for your second academic project. If you present, the department will contribute at least \$1200 towards the registration fee, travel and hotel expenses depending on the overall cost of the conference. The department wants to encourage resident participation in these national conferences!

Midwest Anesthesia Residents Conference (MARC)

- April 24th – 26th in Milwaukee, WI
- Abstracts due 2/14/20



American Society of Regional Anesthesia & Pain Medicine (ASRA)

- April 23rd – 25th in San Francisco, CA
- Abstracts due 1/7/20



Society for Pediatric Anesthesia (SPA)

- Feb 28th – March 1st in Paradise Island, Bahamas
- Unfortunately, abstract deadline has passed



Society of Critical Care Anesthesiologists (SOCCA)

- May 15 in San Francisco, CA
- Abstracts due 1/10/20



Society of Cardiovascular Anesthesiologists (SCA)

- April 18th-22nd in West Palm Beach, FL
- Unfortunately, abstract deadline has passed



North American Neuromodulation Society (NANS)

- January 23rd – 26th in Las Vegas, NV
- Unfortunately, abstract deadline has passed



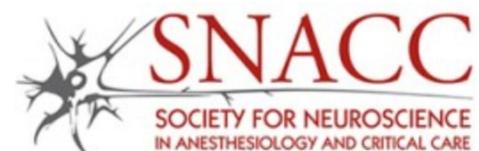
Society for Obstetric Anesthesia & Perinatology (SOAP)

- May 13th – 17th in Halifax, Nova Scotia, Canada
- Abstracts due 2/3/20



Society for Neuroscience in Anesthesiology & Critical Care (SNACC)

- September 11th – 13th in Montréal, Quebec
- Abstracts due 2/3/20



Anesthesiology Annual Meeting (ASA 2020)

- October 3rd – 7th in Washington DC
- Scientific abstracts due 4/6/20
- Medically-challenging cases due 5/26/20



What is your favorite holiday movie?

Dr. Seuss' How the Grinch Stole Christmas!
(The 1967 cartoon version)
- *Dr. Margaret Frith, CA-1*

What is the weirdest gift you have ever received?

2 years ago, my wife got me a pair of teal fingerless workout gloves. I told her I'm just not into lifting weights that much to the point that I needed them & I would just take the calluses instead.
- *Dr. Pete Compton-Craig, CA-3*

What percentage of your Christmas shopping is done in the week leading up to Christmas?

About 50%.
- *Dr. Tony Asante, CA-2*

What is the best gift you have ever given someone?

An engagement ring!
- *Dr. Jeff Brentin, CA-1*

Do you always stay up until midnight on New Year's Eve?

I'd stay up this year to see if Barbara Walters would introduce the new year by saying "I am Barbara Walters, and this is 2020"
- *Dr. Brandon Kellinghaus, CA-1*

What is your favorite Christmas song?

"Go Tell It On The Mountain" by Jim Nabors.
My mom plays it every year when we decorate the tree and it reminds me of home.
- *Dr. Andrew West, CA-3*

Which is better: a real or artificial tree?

We always went to a Christmas tree farm the day after Thanksgiving, picked one out and cut it down; we've stuck with real trees ever since!
- *Dr. Neil Farren, CA-3*

Do you prefer hot chocolate or apple cider?

I definitely prefer hot chocolate around Christmas, but I am a big fan of apple cider in the fall.
- *Dr. Megan Deeb, CA-2*

If you were Santa Claus, what type of cookie would you want left out for you on Christmas Eve?

Chocolate chip.
- *Dr. Omid Zolali-Meybodi, CA-2*

What are your favorite holiday traditions, whether from your childhood or current?

My family eats aebleskiver for brunch, which is a Danish pancake-ball-type thing. We also watch National Lampoon's Christmas Vacation every year while putting up Christmas lights.
- *Dr. Jeff Remster, CA-3*

My husband and I have been getting a Christmas tree every year after Thanksgiving for the last 3 years. We listen to The Best of John Lennon while decorating it.
- *Dr. Kylie Foster, CA-1*

Every year we make cookies with my mom! We make our own icing and everything. My best/favorite was the Christmas tree cutout.
- *Dr. Grant Highley, CA-3*

My family loves to decorate Christmas cookies incorrectly. Traditional Christmas cookie cutter shapes turn into festive Christmas fish, palm trees, dogs and cacti!
- *Dr. Gracie Conard, CA-1*

We go visit family in New York every year and see a Broadway show and eat lots of Italian food!
- *Dr. Michelle Arce, CA-3*

My favorite part of Christmas Eve is watching my favorite Christmas movie: Die Hard. While many argue that it falls into the genre of action thriller, the movie chronicles the events of the Nakatomi Plaza Christmas Party of 1988—which just so happened to be an action-packed evening for all involved.
- *Dr. Tyler Witherspoon, CA-2*

We do 12 days before Christmas, where we have 12 boxes that increase in size each day. In them are small gifts and sometimes scavenger hunts to find the gifts around the house. We are also big fans of Elf on the Shelf!
- *Dr. Wes Porter, CA-2*

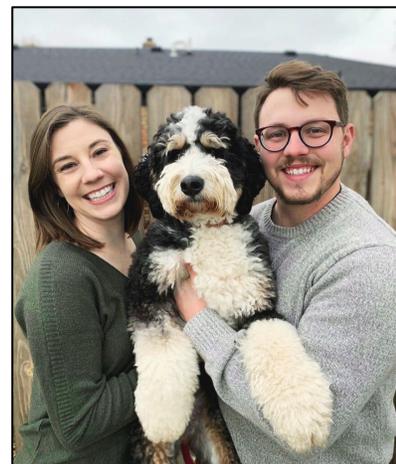
Every year on Thanksgiving, after gorging ourselves on dinner at my grandparent's house, all of my uncles and cousins and I will go out to the open field across the street and play a spirited game of 2-hand touch football. We're usually not all together on Thanksgiving anymore, but I have fond memories of the games each year.
- *Dr. Paul Scheidler, CA-1*



HOLIDAY *happiness*



love, The Arces



Thank You, Teresa!

Teresa Harrell, head anesthesia tech at the VA, will be retiring on December 26th, 2019. She has worked at the VA as an anesthesia tech since 2004 and has been lead anesthesia tech since 2015. Teresa is also a veteran herself, having served in the US Navy as a Yeoman [secretary] from 1977 to 1982 in Pearl Harbor, Hawaii and Corpus Christi, Texas.

Her favorite part of her job is taking care of the veterans. She says, "I enjoy talking to them before they go off to sleep, trying to make them feel as comfortable as they can while being in the OR getting ready to have surgery. The last five years of my job have mostly been taking care of staff, residents, and equipment/supplies for the department. The times that I do get to go to the OR is when I enjoy my job the most."

Her favorite memories of working with the residents are watching the progression of growth from CA-1s to CA-3s every rotation and getting to know more about the residents and their families. Her retirement plans include spending more time with her husband and grandchildren. "My husband is already retired, and we would like to be able to go to Tennessee and Missouri to visit with the kids and grandkids more than we can with me working. We are also wanting to take a trip to Vietnam, St. Petersburg, England, and then over to Ireland. This would be the trip of a lifetime for the two of us."



On behalf of all the anesthesia residents, thank you for your selfless hard work and dedication to the VA ORs! You will be missed!

Residents Outside the OR



Left: Residents and AAs gathered together for a wonderful potluck-style meal for the second-annual Friendsgiving, hosted by **Dr. Maham Mahmood, CA-2**.

Right: Residents dressed up in their best Area 51 costumes for the first-ever resident Halloween party, organized by **Dr. Immanuel Jacquez, CA-3**.



Left: Residents huddle for a group picture at the first part of the new Financial Literacy series, a set of informal lectures hosted by **Drs. Solik and Stoller (University)**.

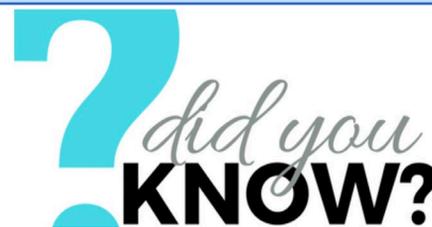
Laughter is the Best Medicine

A cardiac anesthesiologist is flying across the country for a conference when a flight attendant comes running down the aisle shouting, "Is anyone on board a cardiac anesthesiologist?"

The anesthesiologist raises his hand and announces his presence. He asks what the problem is and whether anyone is sick.

"Oh, no, no one is sick. But there's a cardiac surgeon up in first class who needs his table adjusted."

Anesthesia Trivia



WHAT COLOR IS DANTROLENE SODIUM SALT BEFORE IT IS RECONSTITUTED WITH STERILE WATER?

Upcoming Events

- **January Journal Club**
 - Be on the lookout for an email from **Dr. Jie Xie, CA-2**
- **Practice Management Series, Part 2** – hosted by **Dr. Choi & ACI**
 - *Date and location TBD*
- **Financial Literacy Series, Part 2** – hosted by **Drs. Solik & Stoller**
 - *Date and location TBD*
- **February 6th – 10th: In-Training Exam (ITE)**
 - *Individual time and dates via email from Anita & Elizabeth*



Residency Family Additions



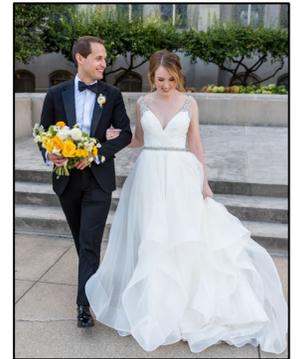
James Harrison Miner, 10/3/19
Dr. Sara Miner (CA-1) &
Dr. Aaron Miner (CA-2)



Andrei Josiah (AJ) Wong, 11/4/19
Dr. Corinna Yu (University)



Dr. Evan Thayer (CA-3) & wife Anna
Married on 9/22/19



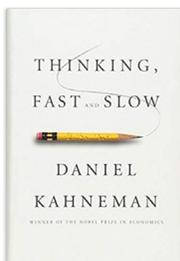
Dr. Chris Merchun (CA-3) & wife Claire
Married on 10/5/19

What Are The Residents Recommending?

Residency is stressful! It can be mentally and physically exhausting. Study hard but don't forget to take time to disengage every now and then. Been to a good restaurant lately? Read any good books or listened to a great podcast?

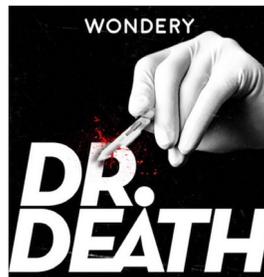
Let us know so others can enjoy!

Book:



Thinking, Fast and Slow
by Daniel Kahneman
- Drs. Choi & Stevens,
ACI Physician Leadership Dinner

Podcast:



Dr. Death
by Wondery Media
- Dr. Drew Adams, CA-1

Restaurant:



Tinker Street
402 E 16th Street
- Dr. Brett Barnes, CA-2

Please email us with any resident shout-outs, awards, research or events you want included in the next issue.

No act of kindness is too small!

[Remember to make your shout-out HIPAA compliant.]

iuanesthesisnewsletter@gmail.com

Now you can follow the residency program on Instagram at [@iuanesthesia](https://www.instagram.com/iuanesthesia)