



# IU ANESTHESIOLOGY Residency Newsletter

SPRING 2020

Volume 2 / Issue 3

## Introduction

Spring is in the air and social distancing is in full effect! It goes without saying that times are tough currently, but we hope that this newsletter brings a bright spot of hope to your day during an otherwise stressful time.

There are several new faculty members some of you have probably worked with recently. **Dr. Sneha Rao (University)** completed her anesthesia residency in New York City and then transplant anesthesia fellowship at Johns Hopkins Hospital. **Dr. Dan Guillaud (Eskenazi)** graduated from this residency program in 2018 and comes to the academic setting from local private practice.

We'd like to take a moment to say that, after this issue, we will be passing the newsletter baton to current CA-1s **Dr. Sri Dasari and Dr. Margaret Frith**. We have had such a fun time editing this newsletter over the past year and we have no doubt that the newsletter tradition will carry on in such capable hands!

Here's to hoping for some warmer weather and sunshine coming our way soon!

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



## COVID-19 Pandemic

What a time to be living in right now! We are all inundated with information and emails regarding COVID-19, so much so that that is also stressful in itself. While the inherent work of our specialty puts us on the front lines during this pandemic, it's important to remind ourselves what an honor it is to be caring for these patients and that we are still able to be employed during this crisis.

We have been moved by the outpouring of volunteers from our residents and staff during this trying time. We want to express our sincere gratitude to everyone that has worked late, signed up for academic presentations, cared for COVID patients or otherwise stepped up to help our program. We are proud of you all!

Let's continue to lift each other up during this seemingly hopeless time. We'll get through this together, one day at a time!

- Your Chiefs, Katy and Phil

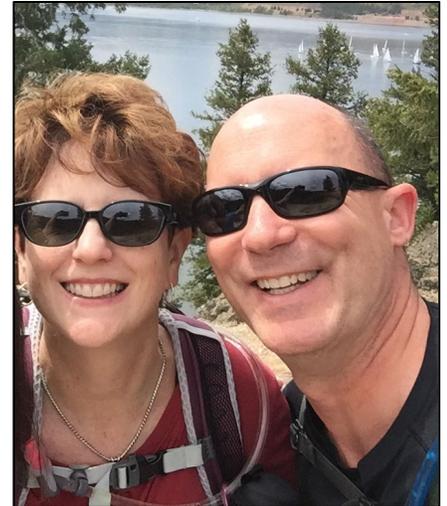


**“In the end, it will be impossible to know if we overreacted or did too much, but it will be quite apparent if we underreacted or did too little.”**

-- Quote from Douglas Massengill, Ed.D., adapted from Twitter

## Dr. Leighan Bye

UNIVERSITY HOSPITAL



1. **Hometown?** Anderson, Indiana
2. **If you could pick the music for the day in the OR, what would you choose?** Oh, classic rock, all day long – I am a hair-band fan from way back! Bring on the guitars and drums.
3. **How do you like to spend your weekends off?** I go to my heavy bag workout on Saturday morning. I take care of my animals by cleaning my guinea pig habitat (yes, I have 2 guinea pigs, Mini and Poppy) and walking & playing with Trinity, my Great Pyrenees. I am very lucky to have adult kids who don't seem to mind my company and I still like spending time with my husband of 29 years. If we can organize it, I like to play a card game called "Hand and Foot" with my mom and my sister and her husband. Mom usually wins.
4. **What's the best piece of advice you've ever received?** Don't be wrong in your temper because it sucks to apologize when you were righteous in a disagreement but wrong in your lost temper. In other words, you can be right but wrong at the top of your voice.
5. **What would your career have been if you hadn't gone into medicine?** Maybe law. I am very interested in the law. Or biomedical research, but I just really can't see myself being a grant writer long-term.
6. **Favorite drink (alcoholic or not)?** Well, coffee, obviously. Outside of that – Jefferson's Reserve Old Rum Cask Finished Bourbon on a big rock.
7. **Favorite place you've ever traveled to?** Arches National Park in Utah.
8. **Best way to unwind after a long day or week at work?** Dinner with husband – the love of my life.
9. **Favorite book or book genre?** Spy novels. I was torn up when Vince Flynn died. I loved his special ops books.
10. **How did you end up in the field of Anesthesiology?** I was going to into peds (that would have been a disaster!). I was assigned to University to do my anesthesia 3<sup>rd</sup> year rotation. I was super nervous about it because I had been on the transplant rotation for my specialty surgery rotation and it seemed like anesthesia was super stressed all the time and the transplant surgeons just yelled at them continuously. I remember thinking "what a HORRIBLE job!!! I would NEVER do that!" So anyway, my 2 weeks in anesthesia started and I was paired up with Frank Qian, who works at ACI now, and he taught me how to do all kinds of things! I started tons of IVs, I got to intubate people, I got to do an art line!! It was fantastic!! At that time, I had already submitted my match list in the form of an ERAS 3" floppy disk to the Dean's office for pediatrics. After speaking with Dr. Stoelting, who said they were interested in having me in the program, I pulled my ERAS disk and changed everything to anesthesiology and clinical base year stuff. And then I matched here as a categorical resident – which meant I did my clinical base year in internal medicine. Other than accepting my husband's marriage proposal, it was the best decision of my life.

## Dr. Ross Mirman

ESKENAZI HOSPITAL



1. **Hometown?** Born in Silver Springs, MD but moved to Carmel, IN at age 4
2. **If you could pick the music for the day in the OR, what would you choose?** Bob Marley
3. **How do you like to spend your weekends off?** With my wife and 1-year-old daughter, preferably doing something outdoors.
4. **What's the best piece of advice you've ever received?** Work hard, be humble and treat others like you'd like to be treated.
5. **What would your career have been if you hadn't gone into medicine?** Snowboard instructor or scuba diving instructor.
6. **Favorite drink (alcoholic or not)?** A strong IPA
7. **Favorite place you've ever traveled to?** Chile was one of the best countries I've visited. You can relax at the beach, hike on a glacier, and see penguins all during the same trip.
8. **Best way to unwind after a long day or week at work?** Exercise, have a couple of IPAs, and be with my family.

9. **Favorite book or genre?** When I used to have time to read, I liked cheap thrillers that I'd pick up at the airport bookstore.
10. **How did you end up in the field of anesthesiology?** The procedures, high-level thinking, and the necessity to build trust with a patient in a short time amount of time were some of the things that drew me into this field.

## Dr. Brian Egan

RILEY HOSPITAL FOR CHILDREN

1. **Hometown?** Indianapolis, IN
2. **If you could pick the music for the day in the OR, what would you choose?**  
Usually low-key: Jack Johnson or Ray LaMontagne station.
3. **How do you like to spend your weekends off?** I have 3 little girls (3, 5 and 8). They keep me pretty busy. I love our family movie nights on Fridays. If we can arrange a babysitter, my wife and I like to check out new restaurants and dessert locations.
4. **What's the best piece of advice you've ever received?** Time is the most valuable resource we have; make sure to spend it wisely. AND...The best way to a happier, more satisfying life is practicing gratitude.
5. **What would your career have been if you hadn't gone into medicine?**  
Engineering
6. **Favorite drink (alcoholic or not)?** If I'm working or on call, it's coffee/water. If I'm free for the weekend, then most likely bourbon.
7. **Favorite place you've ever traveled to?** We like to hike and explore. My favorites so far: Glacier/Banff National Parks and the Alps (Tour de Mont Blanc).
8. **Best way to unwind after a long day or week at work?** Exercising and catching up on our Netflix binge (currently Parks & Rec).
9. **Favorite book or book genre?** The Count of Monte Cristo.
10. **How did you end up in the field of Anesthesiology?** My Anesthesiology rotation was at the very end of 3rd year. Truthfully, Anesthesiology wasn't on my radar. I was in the middle of planning my 4th year, choosing pediatric electives for a presumed Pediatrics residency. Never really expected to enjoy Anesthesiology; however, I found myself drawn to the procedures, physiology, and pharmacology. I was lucky enough to be with some incredible residents at University. They let me do all sorts of things that I cannot imagine letting a medical student do today. I ended up scrapping all of my pediatrics plans ... well almost all of them, and ultimately became a Pediatric Anesthesiologist.



## Dr. Jon House

VA MEDICAL CENTER



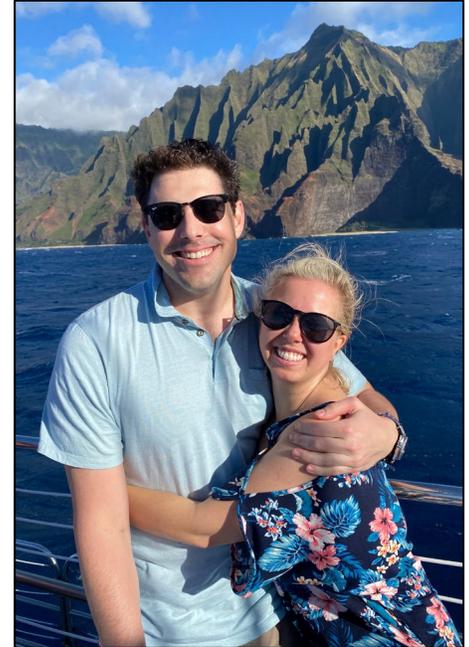
1. **Hometown?** Muncie, Indiana (Muntucky)
2. **If you could pick the music for the day in the OR, what would you choose?** 21 Pilots, Tool, Charles Mingus...it's difficult to choose just a few.
3. **How do you like to spend your weekends off?** Of course, when not wearing the dad hat, I tackle home improvement jobs, tinker in the workshop and listen to podcasts for "infotainment".
4. **What's the best piece of advice you've ever received?** Treat all people with respect and grace.
5. **What would your career have been if you hadn't gone into medicine?** Damn, that's a hard question...possibly an electrician or a finishing carpenter. Botanist? There is no better job than my current job...lucky to have stumbled upon it.
6. **Favorite drink (alcoholic or not)?** Coffee (black and unadulterated), carbonated water, and non-malty IPAs.
7. **Favorite place you've ever traveled to?** The Isthmus of Corinth, Maui, Southern Spain and home.
8. **Best way to unwind after a long day or week at work?** Binging DIY YouTube videos, XBOX first-person shooter games 😊
9. **Favorite book or genre?** The Pillars of the Earth and World Without End, both by Ken Follett...historical fiction.
10. **How did you end up in the field of anesthesiology?** I kept an eye on the anesthesia providers during my ENT residency & made the switch.

*We caught up with Phil Shumsky to tell us a little about his life now post-residency.*

## Dr. Phil Shumsky

CLASS OF 2019

- 1. Where do you work now?** I am currently a Pain Medicine Fellow at the Mayo Clinic at the Arizona Campus.
- 2. Looking back, what was a memorable case from residency?** As a resident at IU, you do hundreds of cases. Obviously, it is always the very rare, horrible case that makes the most lasting memory. But one of the most memorable cases I did was when I was CA-3 on call at University with Dr. Stoller. It was a multi-visceral transplant. That night, we were doing the small bowel and liver on a very sick individual on CRRT. I will never forget Dr. Mangus making incision and before even entering the abdominal cavity, he looked up at me and said, “You better start getting that blood ready.” The two of us probably hung close to 150 units of blood products that night and completed the case with just two large bore peripheral IVs and a double-lumen PICC line. That patient received his kidney the next day and is still alive and doing well. I felt like we made a real difference that night.
- 3. What do you miss most from residency?** I miss performing anesthesia quite a bit, as I only practice pain now. But most of all, I miss the camaraderie between the residents, particularly laughing at the lunch table with everybody.
- 4. In what ways did IU residency help prepare you to handle your day-to-day cases?**



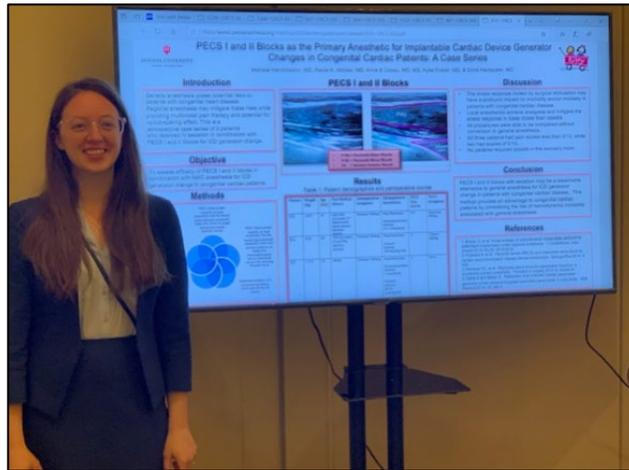
- Though there are some overlapping aspects, practicing pain medicine is so much different than performing anesthesia. The pain rotation I received at the VA is great for getting experience in basic bread-and-butter pain, but the world of pain is so vast and continues to evolve so fast that you have to be learning every day.
- 5. What was Day #1 of Fellow life like?** Day one as a pain fellow was both super exciting and terrifying. It had been 2 years since I did a fluoroscopic injection, so to say I was nervous was an understatement. Thankfully, I have amazing faculty and clinic support and I survived the first day unscathed (along with all of my patients).
  - 6. How is it now, 9 months into your fellowship?** Nine months in, things are definitely more seamless. I continue to learn new techniques and procedures but feel much more comfortable taking care of chronic pain patients. Of course, there is also the stress of ongoing prep for oral boards and working with challenging patients, but overall, I have gained much more autonomy in my practice.
  - 7. What is your favorite part about being a fellow?** My favorite part about being a fellow is the level of respect you receive from your colleagues. You are no longer a resident and though technically I am still a “trainee,” I feel very much viewed and respected as a colleague. Also, I love that I don’t work on the weekends anymore. Lol.
  - 8. What are your plans for after fellowship and what will you do with your attending money and time?** After fellowship, I am going to be working for an Anesthesia/Pain group in the San Francisco Bay Area. In terms of free time, I will enjoy all that Northern California has to offer. In terms of money, living in the Bay Area, I will probably be able to only afford a really nice tent, but my wife and I plan on taking a big trip. Tahitian overwater bungalow, here we come!
  - 9. Any advice for current residents?** For the CA-1’s, my advice is to try not to complain. Though it can be hard when you have been forgotten in ERCP when other late people have gone home, it’s important that you use that time and experience to your education. Though it may not feel like it, you are learning there. For the upper levels, I would say to make the absolute most of every rotation and every staff you work with. Read and prep for your case the day before. It will make you so much more prepared and put you in such a better place to learn from those teaching you the next day.

## Resident Presentations & Awards

*Below: This past February, former resident Dr. Dan Germeroth (current Riley pediatric fellow; left), Dr. Brandon Tanner (CA-2; middle) Dr. Kylie Foster (CA-1, right) presented their case reports at the SPA/AAP Pediatric Anesthesiology Meeting in Paradise Island, Bahamas!*



**Congratulations on your hard work and way to represent IU Anesthesiology!**



**Left: Dr. Kylie Foster (CA-1)** presents her work on “PECS I and II Block with Sedation as Primary Anesthetic for ICD Generator Changes in Congenital Cardiac Patients.” Her faculty mentors were Drs. Abbasi and Cossu.



**Left: Dr. Brandon Tanner (CA-2)** educates conference attendees on his topic of “Use of EXPAREL vs. Bupivacaine for Local Wound Infiltration after Ravitch Procedure.” His faculty mentors were Drs. Abbasi, Cossu, and Hamilton.



**Left: Dr. Dan Germeroth (pediatric fellow)** presents his case report on “Serratus Anterior Block for Pain Control After Cardiac Surgery.” His faculty mentor was Dr. Cossu.



**BIG CONGRATULATIONS** to **Dr. Kelly Grott (CA-2)** for her research study on “Intrathecal Opioid Pump for the Treatment of Abdominal Pain in Chronic Pancreatitis: Retrospective Case Control” that was awarded \$1000 in prize money and earned her a podium presentation at the 2020 AANS Annual Scientific Meeting in Boston, which unfortunately has been canceled due to the current COVID-19 pandemic.



*Wellness Update from Dr. Brandon Tanner, CA-2, Wellness Committee Chair*

Now that we're finding ourselves spending a lot more time at home than usual, there are some great resources out there to look into. Even though your gym might be closed, Daily Burn, Gold's Gym and Peloton are all offering free trial subscriptions to their workout classes. Headspace, a meditation app, is offering a free subscription to all healthcare workers. America's Test Kitchen is offering a 3-month subscription to their videos and recipes for just \$1. Also, both Kindle and Audible have free trial subscriptions available. Finally, multiple streaming services, including Starz, Showtime, HBO, and Sling TV are offering free trials or free steaming content. This is a difficult and uncertain time for all of us, so make sure to check in on each other. As always, if you have any ideas or suggestions for us on how the Wellness Committee can help you out in the coming months, please don't hesitate to reach out.



GME has a Well-Being Index available for all residents and fellows. It can be found on the MedHub homepage. It takes one minute to fill out and all responses are 100% anonymous. You have the option of taking the assessment every month to once per year, depending on your preference.

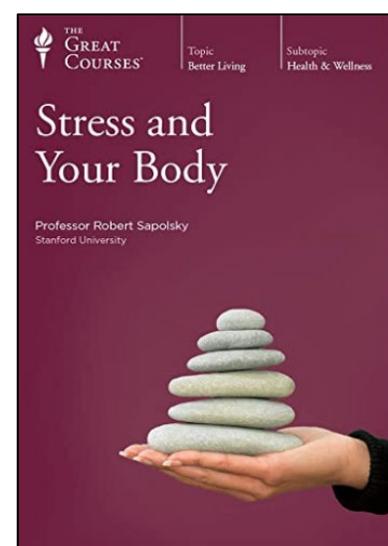
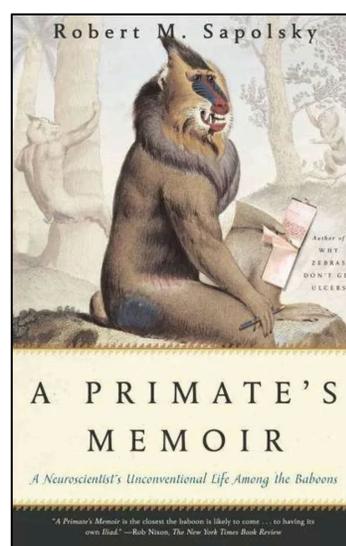
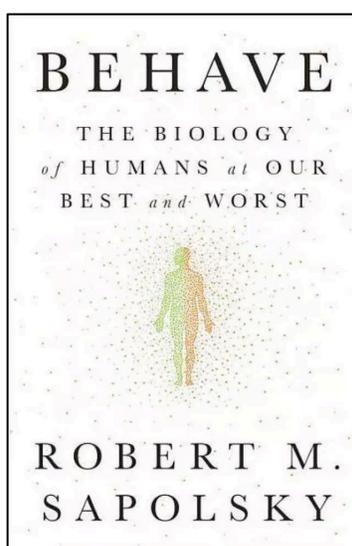
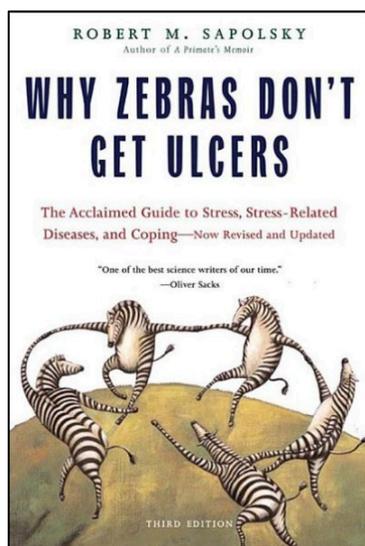
**With the Well-Being Index, you are able to:**

- Assess your current level of well-being
- See how your progress compares to other residents/fellows
- Track changes in your well-being over time
- Gain access to resources to promote your well-being and address a variety of concerns

Resident/Fellow Invitation Code:  
**IUSM GME**

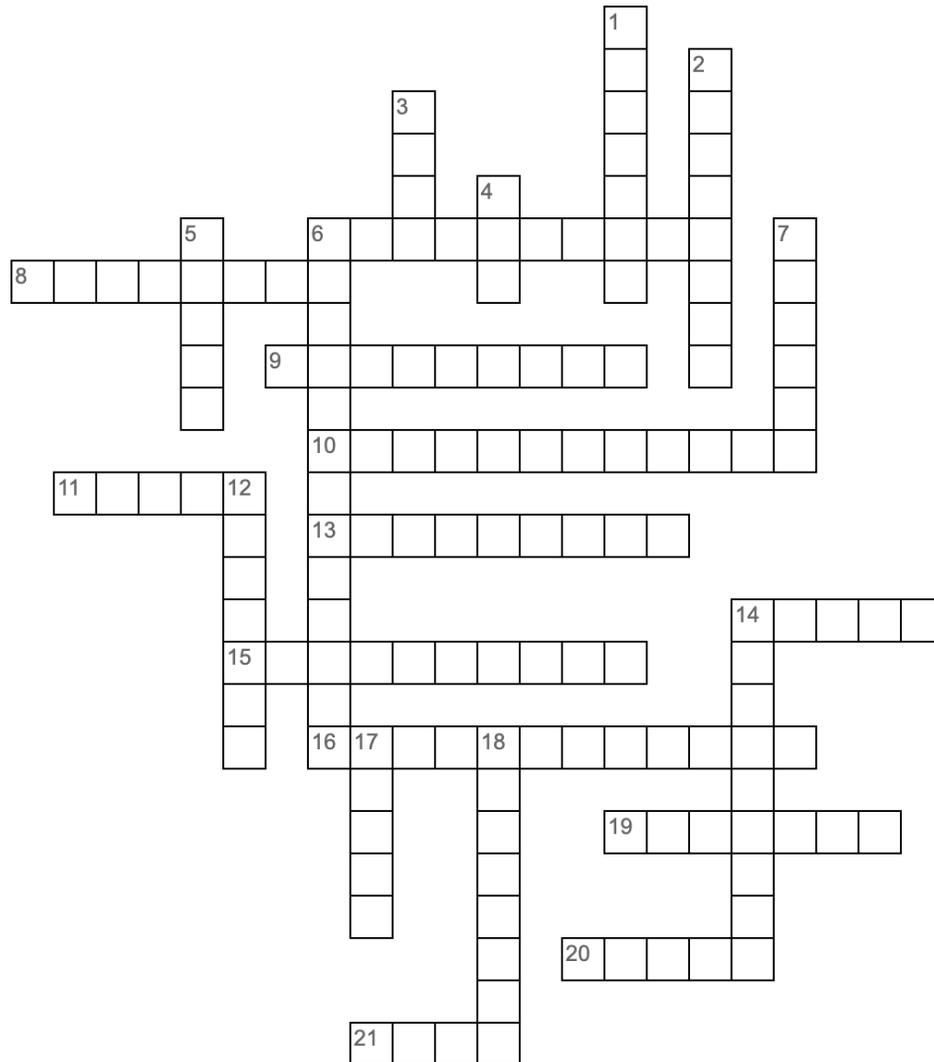
*Note: this is optional; the invitation code is "IUSM GME"*

Check out these titles recommended by **Dr. Kroepfl (University)** for a wellness boost. All are written by Robert Sapolsky, a renowned American neuroscientist, author, and professor.



## Anesthesia Crossword

The ITE may be over, but that doesn't mean all that hard-earned knowledge needs to leave your brain! We realize a digital format isn't ideal for a crossword, but if you have found yourself with a little extra time on your hands lately, print this off and put yourself to the challenge! (Answers can be found on the very last page)



### Across

- 6 In addition to succinylcholine, pseudochoolinesterase also metabolizes this short-acting non-depolarizing paralytic
- 8 Hyperbaric spinal medications are made so by this additive
- 9 Nerve blocked in the adductor canal
- 10 Non-invasive BP monitoring uses this method to measure blood pressure
- 11 The portion of blood flow that does not participate in gas exchange
- 13 The common peroneal nerve is the most commonly injured lower extremity peripheral nerve while the patient is in this position
- 14 Common allergy associated with allergy to various fruits (kiwi, banana, etc.)
- 15 Drug that is the mainstay of initial perioperative management of an acute carcinoid crisis
- 16 The only muscle innervated by the external laryngeal nerve, a branch of the superior laryngeal nerve
- 19 Common preservative anticoagulant added to packed red cells that can cause hypocalcemia
- 20 Type of needle used for epidural catheter placement
- 21 This effect explains how changes in pH and CO<sub>2</sub> affect the oxyhemoglobin dissociation curve

### Down

- 1 No matter how perfectly performed, an interscalene peripheral nerve block will almost always paralyze this ipsilateral nerve
- 2 Drug that may increase intraocular pressure
- 3 The most common for unexpected delayed discharge or hospital admission after ambulatory surgery
- 4 This point-of-care test is used to measure high doses of unfractionated heparin therapy, most commonly during coronary artery bypass grafting
- 5 The universal color of the helium cylinder
- 6 Type of anemia caused by nitrous oxide's inhibition of methionine synthase
- 7 The dibucaine number in a patient with normal pseudochoolinesterase activity
- 12 An anti-arrhythmic drug commonly used to treat atrial fibrillation can cause toxicity of this organ
- 14 The ability of the myocardium to relax following excitation-contraction coupling
- 17 The most likely place for an over-advanced ETT to enter is the mainstem bronchus on this side
- 18 The fire triad consists of an ignition source, a fuel source and this

## Anesthesia Personnel Spotlight: Renee Biszantz, APS RN @ Eskenazi

- How long have you worked in your current position?** Two years. I spent 8 years as an ICU nurse prior to APS.
- Instead of telling us who your favorite APS staff is, why don't you describe your ideal day on APS?** My ideal day would be a steady, busy day where patients are on time to the OR and patients have pain relief from their blocks.
- What is your favorite peripheral block or regional technique?** Hmm...tough question since I personally don't get to do any of the blocks. I'm not sure of a favorite block or technique but I can say I have learned so much from being in this position. I didn't even know what regional anesthesia was two years ago. Although I feel like all I do is chart while the blocks are taking place, I learn so much by listening to all the different staff explain the blocks, techniques and the different ways certain blocks can be done.
- What do you enjoy doing in your free time?** I LOVE to be outdoors!! I enjoy hiking, biking, kayaking, reading, gardening, and walking my dog. Strongly considering taking up beekeeping!
- What is your favorite part of your job?** Hmm...on a professional level, I would say having a role in helping patients who are truly in pain. It is satisfying to see a patient who was miserable to now having their pain better controlled. On a personal and social level, I truly enjoy meeting new people and having the residents change every month ☺
- What was your favorite vacation?** My husband and I took a 2-week trip a couple years ago, rented a camper van and traveled from Vegas to California to Utah. We visited several national parks along the way and hiked a ton! I would say that or camping/kayaking in the UP of Michigan.
- What advice would you give to residents before starting their APS rotation?** Please, please, pretty please read the information sheets that I typed with the helpful info (Dr. Mirman should be emailing this stuff to you guys). I know it is a lot of stuff to read but I promise it will help you and me with this rotation. Please always ask me if you have any questions!!



## Residents Outside the OR



### Laughter is the Best Medicine

**Why did the hipster refuse to undergo surgery?**

*Because the anesthesia wasn't local ☺*

### Anesthesia Trivia

**DID YOU KNOW?**

**What medication was used in the first spinal injection in 1898?**

[see answer on last page, bottom-right corner]

## Upcoming Events

Unfortunately, all upcoming academic Spring conferences and events have been canceled in light of the current COVID-19 pandemic.



## Residency Family Additions



Caroline Mary Stinnette, born 3/25/20  
Dr. Christie Stinnette, CA-3



Dr. Grant Hicks (CA-1) & wife Paige  
Married on 3/14/20

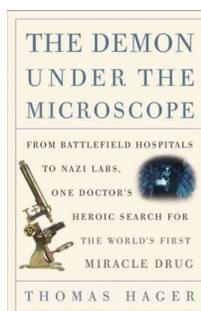


Dr. Kelly Grott (CA-2) & husband Andrew  
Married on 4/4/20

## 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:



The Demon Under the Microscope  
by Thomas Hager  
-Dr. Margaret Frith, CA-1

### Podcast:



Sword and Scale  
(true crime podcast)  
-Dr. Tyler Witherspoon, CA-2

### Restaurant:



Twenty Tap  
(5406 N College Ave 46220)  
-Dr. Neil Farren, CA-3

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.]

[iuanesthesianewsletter@gmail.com](mailto:iuanesthesianewsletter@gmail.com)

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

