As we head full steam into July 2018, we are excited for the growth and expansion of the Department of Anesthesiology across the evolving landscape of UC San Diego Health. From the maturation of our processes and care model at Jacobs Medical Center to the opening of Koman Outpatient Pavilion, the scope of anesthesia services provided at UCSD continues to grow. With exciting new faces joining the leadership team, we can only expect the continued success and progress of our department throughout 2018.

Join me in thanking the graduated CA3s for their service and dedication to our patients at UC San Diego and congratulating them on their achievements as they join practices, start new endeavors and continue their education through fantastic fellowships across the country.

To our new CA1s, welcome! We are excited for you to begin your journey into anesthesia and are here to support you along the way. At UC San Diego you will grow rapidly to care for the most unique, complicated patient population undergoing a variety of challenging procedures - this is only possible with the help of superior technicians, CRNAs, Residents, Fellows and Attendings. We look forward to getting to know you better and are excited you are part of our team.

In this Edition:
- WARC 2018 Recap
- UCSD Anesthesia Abroad
- Sub-Division Updates/Announcements
- Attending Corner
- Resident Spotlight
- CA-3’s - Where are they now?
- New Faculty
- New UCSD Anesthesia Family

Calendar: Upcoming Events
- Regional/APS JC: August
- Critical Care JC: August and September
- Cardiac JC: July 11th at 6:30 AM and September 19th at 6:30 AM
- OB JC: August 29
- Perioperative Medicine JC: September
- SAWA Meeting: September

Recent Highlights
WARC 2018

UC San Diego Anesthesiology had the privilege and pleasure of hosting the 56th Western Area Resident Conference (WARC). This year was an extremely well-attended event with over 330 residents and attendings. The oral presentations were a wonderful reminder of the fantastic research being performed by anesthesia trainees with our own Dr Kim Zhou delivering an incredible presentation on “Neuron-targeted Caveolin-1 attenuates Cognitive Deficits in a Mouse Model of Alzheimer’s Disease.” We had more than 10 of our own residents presenting during the poster hall session that afternoon with a few of their supporting attendings arriving to cheer them on. This event could never have been possible without the dedication and relentlessness of the behind the scenes team of
Anesthesia Abroad: Operation Walk with Rodney Gabriel, MD, MAS

Operation Walk is a non-profit organization aimed to support mission trips globally to provide patients with hip and knee replacements. It was founded in 1995 by orthopedic surgeon Dr. Lawrence Dorr and since then has expanded into 9 different teams who have traveled all around the world. In a week in April 2018, I had the opportunity to travel with ~40 other volunteers to Panama City to bring joint replacements to patients who needed them but could not otherwise afford it. Among the volunteers, those from UCSD included Dr. Francis Gonzales (orthopedic attending), Dr. Morgan Silldorff (orthopedic resident), Jamie John (CRNA), Ruby Rose (scrub tech), and Julie Fernandez (OR nurse). The whole Operation Walk team consisted of 5 surgeons, 5 anesthesiologists, nurses, technicians, physical therapists, occupational therapists, and an internist.

On the first day, we went to clinic and collectively saw ~100 potential patients and screened them both medically and surgically. Patients were turned away if they were either too risky from a medical standpoint or was not a good candidate from a surgery perspective. We had to quickly interview all these patients with minimal tests and limited history. Thankfully, we had great interpreters to help with the language barrier. Over the next 4 days, we ran 4 operating rooms and performed 60 joint replacements at Hospital San Tomas. We had an anesthesia provider in each operating room and another in the recovery room. All cases were done under neuraxial (either spinal or CSE) except two required general anesthesia. All the patients that underwent a knee replacement received an adductor canal block. Postoperatively, patients were transferred to the floor and over the next few days, our team (nurses, physical therapist, internist) took care of them.

It was truly a rewarding and humbling experience that required a lot of work! It was difficult to adjust to a foreign environment given limited resources. We are definitely spoiled here in America and doing these medical missions really puts things into perspective. I highly recommend my fellow anesthesiologists, residents, and CRNAs to volunteer for programs like this in the future.

Anesthesia Abroad: Vietnam with Diana Hylton, MD

I was fortunate to have the opportunity to spend three weeks at Hue University of Medicine and Pharmacy (HUMP) hospital this spring. This was my first trip to Vietnam, and my first trip with Health Volunteers Overseas (HVO). This trip was something special. Something I can’t quite yet find the words for, but it changed my life.

My responsibilities in Hue were quite different than many medical missions. Teaching was my primary responsibility, occurring twice a day in the form of a PowerPoint lecture, translated slide
by slide by a willing attending. Dr. Minh and Dr. Thinh, who were two of the primary faculty I worked with, helped carefully pick topics tailored to what the students needed or requested. The ORs had endless opportunities for teaching and learning. I was amazed seeing the crowd of eager ears around, listening, even when they may not understand. The final week, I took ICU overnight and OR call with the residents. Completing 16 cesarean sections in the course of a short night was a production that can’t be forgotten.

The most eye-opening thing was not the lack of resources or differences in the educational system, it was the trainee’s passionate constant thirst for knowledge and genuine desire to make me part of their team. This was an extraordinary teaching opportunity which helped me appreciate my education and acknowledge the privilege to use our education and experiences to be of service to fellow humans. I loved every minute in Hue and will make every attempt to go back.

Critical Care

We continue to have a robust clinical service, with faculty and fellows clinically active in five ICUs across the health system. These include the Hillcrest SICU, Jacobs Neuro ICU, JMC SICU, CVC ICU, and VA ICU. We also have a Neuro ICU consult service at Hillcrest, which is on track to become a primary ICU service by 2019. Our fellowship program continues to flourish. We have four incoming fellows again this year and this is our second year having an emergency medicine graduate join our fellowship. We have also matched four extraordinary candidates for the 2019-2020 academic year including our own, Jessica Rodriguez. Albert Nguyen was selected by the fellows to receive the fellow teaching award for 2017-2018 academic year. Aziz Almehlisi, our second year EM fellow, will be regularly performing “point of care ultrasound rounds” in the ICUs, so interested faculty and residents should reach out to him. I hope that all in the department will be on the lookout for monthly journal clubs starting in August, the new

Cardiac Anesthesia

Many thanks to Dalia Banks for her 11 years of service as Division Chief and leading the cardiac anesthesiologist department to its current prominence. We are excited to announce that Tim Maus will now assume the role as Division Chief and Brett Cronin as Fellowship Director. Echo Lecture Series will begin a new year starting August 9 with 4 PM Echo Review Session and 5 PM Lecture of “TEE for Noncardiac Surgery” presented by Tim Maus. This is a great opportunity for those seeking Basic TEE Certification. In addition to several papers, the division has also published 3 textbooks, which are available for purchase on Amazon.

- Kaplan's Essentials of Cardiac Anesthesia, 2nd Edition
- Kaplan's Essentials of Cardiac Anesthesia for Noncardiac Surgery, 1st Edition

Sub-Division Updates
Critical Care Guest Lecture Series, as well as a resident interest group happy hour this fall!

Regional Anesthesia

In 2018, the Division of Regional Anesthesia and Acute Pain has experienced a lot of growth from the clinical, research, and education standpoint. From a clinical standpoint, we have expanded our services to the Koman Outpatient Pavilion, which adds another busy site to staff for regional anesthesia. In addition, our regional volume at Hillcrest and Jacobs Medical Center continues to grow. The Acute Pain Service is expanding as we are integrating and collaborating on Enhanced Recovery After Surgery Pathways with spine surgery, orthopedic surgery, and plastic surgery. We continue to provide excellent care for patients in surgical oncology, thoracic surgery, colorectal, gynecological oncology, and urology. From a research standpoint, collectively our faculty has published already ~20 peer-reviewed manuscripts in 2018. Notable publications include studies on the Acute Pain Service and HIPECs, proximal versus distal adductor canal and sciatic nerve blocks, and peripheral neuromodulation for acute postoperative pain. From an education standpoint, we have expanded our fellowship significantly, in which starting in July 2019, we will have 6 fellows. This allows flexibility for our fellows to take part in intense electives and academic projects while also performing regional blocks and acute pain services at our outpatient surgery center, Hillcrest trauma hospital, Jacobs Medical Center, and the Acute Pain Service. Dr. Matthew Swisher is now the Fellowship Director for our Division and has started ongoing collaborations with a hospital in Rwanda where our faculty and fellows will be teaching regional anesthesia abroad. We have many many more things in the pipeline and welcome all to take part in these exciting times.

Perioperative Medicine

We have been working hard collaborating with the various surgical clinics in helping them implement a screening system for patients that come to PCC. This has been a huge help since we have been short-staffed. This also goes in hand with implementing a triage system expected early 2019 for all surgical patients coming through the clinic. Cquentia and PCC have been increasing the volume of patients who are getting pharmacogenetics screening done. Cquentia is going to be releasing an anesthesia focused report accessed via EPIC that will highlight specific information clinically relevant to us. Please look out for Alison A’Court’s presentation at a future Grand Rounds regarding accessing and applying pharmacogenetics to your practice.

Obstetric Anesthesia

The division of OB Anesthesia would like to wish everyone a great summer and welcome our new CA-1 residents to UCSD. Many of you will rotate through OB this year and we look forward to providing a fun and supportive environment in which to learn the basics of spinal and epidural anesthesia while caring for a medically diverse, sometimes high-risk, patient population. In other division news, Dr. Erin Martin has worked on an updated fellowship curriculum and we are seeking a fellow in OB anesthesia for the 2019-2020 academic year. Dr. Anne Shapiro will be coordinating OB journal clubs for the coming academic year. To conclude, we would just like to extend our thanks to all the residents, faculty, and CRNA providers who work hard to provide for our obstetric patient population. Patients consistently provide positive feedback about the birth experience at UCSD and our department is a key component in assuring a smooth, safe, and comfortable birth experience. Keep up the great work!

Pediatric Anesthesia

We have been busy working hard to ensure that all of the children throughout UCSD and Rady Children’s are well taken care of during their procedures. Cases continue to grow across all locations and we are excited to provide more opportunities for residents to gain a deeper experience with pediatric patients. Due to the increase in volume, we are excited to announce that there will be a new member of the pediatric anesthesia team, Sarah Cano, who will be joining the department in September. A few members of the pediatric team have had big changes and celebrations recently. Congratulations to Brian Frugoni who has taken over as the Hillcrest site director. Hillcrest is lucky to have him at the helm to smoothly lead the clinical operations. Mark Greenberg has been busy taking care of large animals not only at the zoo and safari park, but has expanded his services to the Big Bear Zoo. The recently graduated Jessica Hollingsworth joined him on his recent trip taking care of a grizzly bear. Sidney Merritt has been covering the lion’s share of the...
pediatric anesthesia services. Sidney recently hiked the Grand Canyon. Life has been busy with her family as Maya (age 14) just graduated from junior high school with honors and received the President’s Education Award while Sejal (age 12) was accepted at the prestigious Bolshoi Ballet’s summer intensive. Sleep is a distant memory for Karim Rafaat as the Rafaat family welcomed a new baby girl, Bowie, to their family. Congrats to Karim, his wife Zoe, and big brother Arrow.

CRNA Update

We are excited to announce that Cat Chivas is our new Liaison and Gina Baseshore as our Scheduler. They are going to be assuming the position that Dave Higgins held for the last 6 years. Many thanks to Dave all of his hard work and leadership in this position. Please also welcome our newest crna’s, Libby Patton (LIB) and Calvin Garcia (CG), to the department. We truly are grateful for all of our crna’s who because of their work ethic and dedication make it possible for our department to continue to provide amazing care to our patients and allow time for resident education.

Society for the Advancement of Women in Anesthesia

SAWA continues to meet and discuss issues related to gender equity and the experience of women physicians. With the support of our new Chair, Ruth Waterman, we continue to meet and provide training and discussion on topics related to career development and personal wellbeing. Most recently we discussed articles related to how personal values can guide professional choices. Our next meeting will be in September with a date and location TBA.

Attending Corner: Junichi Naganuma, MD, MPA, MBA, MPH

Where are you from? I was born and raised in New York but spent most of my life in Tokyo, Japan.

Where did you train? MGH

When did you join UCSD staff? December 2017

What do you like to do in your free time? I enjoy exploring various beaches with my two young daughters.

Where is your favorite place to travel? Bora Bora

What is your favorite restaurant in SD? Sushi Ota

What is your favorite piece of anesthesia equipment? Video laryngoscope

What is your favorite post-call snack/meal? The Taco Stand

What is your favorite type of case to do anesthesia for? Multi-level spine cases

Resident Spotlight: Wenlu Gu, MD (CA-2)

How do you like living in SD?

• I’ve never lived in California before, but it’s everything everyone said it would be! Top 5 favorite things, in no particular order: street tacos, weekends in Ensenada (they sell puppies at the TJ border!), $1 oyster happy hour, the coastline bluffs of North County beaches, and sketchy ethnic restaurants along El Cajon Boulevard (because tasty and clean are inversely proportional).

What do you spend your downtime doing?

• Ideally, camping, backpacking, road trips, hiking, biking. Realistically though, 80% of my free time is spent eating and sleeping, which brings us to our next question…

Best place to take a break in the hospital?

• I’m a fan of power naps on the the courtyard benches outside the JMC entrance (seriously, 10 minutes makes
a huge difference!) and the picnic tables outside the back entrance of Hillcrest. Add in an ice cream bar from the cafeteria and you have one solid break that every surgery resident would be jealous of.

Favorite post-call snack/meal?
- Brunches after MOR weekend calls with co-residents were some of my favorite memories from CA-1 year. 7am mimosas at Snooze were a must, and pancakes always taste better after 24 hours of social intubations in the trauma bay.

What advice would you give to the new CA-1’s re: the first few months of anesthesia residency?
- It’s okay to question the decision to go into anesthesia, healthy self-reflection and doubt is better than blind commitment. Give the respect you think you deserve. Be kind and generous to your colleagues, and even more to yourself. Double-check your text messages to your attendings. Bring a toothbrush to call days. And remember that Margaret and Wenlu are equally awesome but two separate residents!

CA-3's Entering Fellowship and Practice
- Jordan Black - Western Anesthesia Medical Associates
- Brandon Dairo - Pain Fellowship, UC San Diego
- Christina Doan - Regional Fellowship, UC San Diego
- Ryan Hill - Joint Base Andrews
- Jessica Hollingsworth - Pacific Psychiatry and Anesthesia Associates
- Diana Hylton - Critical Care Fellowship, Stanford
- Dennis Kuo - Pain Fellowship, UC San Diego
- Anna Moreno-Galvan - Pediatric Fellowship, Boston Children’s
- Claire Soria - Pediatric Fellowship, Children’s Hospital Los Angeles
- Darrell Tran - Cardiac Fellowship, Columbia
- Minh Tran - Neuroanesthesiology, UC San Diego
- Joseph Evan Villaluz - Pain Fellowship, UC Irvine
- Brant Wilson - Regional Fellowship, UC San Diego
- Ying Qiu Zhou - Research Fellowship, UC San Diego

New Faculty at UC San Diego

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Welcome to the Anesthesia Family!
Mason Harper (Erin Martin’s son) born 6/21/18, 9lbs, 13 oz

Bowie (Karim and Zoe Rafaat’s daughter) born 6/15/18, 7 lbs, 11oz

Next Issue Coming October 2018

If you would like to contribute or collaborate on the next edition of the newsletter, please email Minhthy Meineke (mmeineke@ucsd.edu), Jake Caylor (jcaylor@ucsd.edu) or Chris Woolley (cawoolley@ucsd.edu). Submissions for the next edition are due September 1, 2018.