Global Adventure
Drs. Blickenstaff & Alexander; Dr. Peter Wingfield; Dr. Debbie Fretwell
UCSD Anesthesiology takes its skills abroad to Vietnam, Rwanda and Costa Rica. Read about each adventure below!

Farewell and Good Luck
Dr. Jonathan Benumof, Dr. Randolph Hastings, & Dr. Gerard Manecke
After years of service to patients and students, these cherished attendings retire. See below for their sendoff.

Continuing Research
Drs. Eric Tzeng, Alex Girgis, Chris Woolley, Harrison To & Paola Baskin
UCSD residents and faculty had a great time at WARC. Read about their experience and why you should attend next year.

Recent News & Important Upcoming Dates
• Drs. Hemal Patel, Jan Schilling & Jamila Siwmala contribute to the NASA Twin Study published in Science
• Dr. Krishnan Chakravarthy wins the American Society of Pain and Neuroscience (ASPN) inaugural Young Innovator Award and is featured on ABC Fresno for a Bluetooth dorsal root ganglion stimulator
• Dr. Zeidan is featured on CNN for his work on mindfulness
• Dr. Margaret Chiu wins $5,000 grant for her "Back to Bedside" project on resident wellness and music
• Upcoming American Society of Anesthesiologists (ASA) Annual Meeting: Oct 19-23 in Orlando, Florida
• Next Western Anesthesia Residents Conference (WARC): May 1-3 at Stanford in Palo Alto, California
Vietnam Trip 2019
Jacob Blickenstaff & Brenton Alexander

In March 2019 we had the opportunity to travel to Vietnam for an international anesthesia elective. Brenton was awarded a Traveling Fellowship that was co-funded by the Society for Education in Anesthesia (SEA) and Health Volunteers Overseas (HVO). His rotation spanned 4 weeks total and included 2 weeks in the rural city of Hue in central Vietnam and 2 weeks in Ho Chi Minh. His experiences differed drastically in each city, as Hue had an anesthesiologist training program, a busy ICU service, and few hospital resources while Ho Chi Minh City had a bustling orthopedic trauma hospital that did 80% of its cases under regional anesthesia only.

Jacob was able to join Brenton in Ho Chi Minh City at the orthopedic hospital for 2 weeks, and together they delivered lectures on various topics including ERAS protocols for orthopedic surgeries. This was a great opportunity to do anesthesia in a limited-resource setting. We also want to congratulate Dan Lee on his new appointment as the Project Director for the HVO anesthesia education program in Hue.

For residents that have any interest in the SEA-HVO traveling fellowship program, visit https://www.seahq.org/page/HVO for more information, or contact Brenton Alexander.

Costa Rica Regional Anesthesia Trip 2019
Debbie Fretwell

Regional anesthesia faculty from UCSD collaborated with La Universidad de Ciencias Médicas (UCIMED) in San José, Costa Rica to host a free regional anesthesia conference in March this year. The conference provided an opportunity for practicing Costa Rican anesthesiologists and residents to learn about the latest ultrasound guided nerve blocks. Lectures about the latest regional anesthesia techniques, cadaver anatomy sessions, ultrasound practice with live models, and a simulation session reviewing the management of local anesthetic toxicity were also given. The Costa Ricans have requested that the conference become an annual event, so plans are underway for a repeat in 2020.

After the conference, the regional team had free time to enjoy the beauty of Costa Rica including hiking in the rainforest and a volcano, and soaking in hot springs. Thanks to our amazing regional faculty for generously donating their time and money to help spread regional skills around the world! If you are interested in contributing next year with expert regional skills or financial resources, please contact Rodney Gabriel at ragabriel@ucsd.edu.
Attending Corner: Una Srejic

Where are you from?  I grew up and completed an undergraduate in Pharmacy School, and Medical School at the University of British Columbia (UBC) in Vancouver, Canada. I practiced for 2 years as a Family Doctor in a practice with 2 other colleagues.

Where did you train?  My anesthesia training was at Baylor College of Medicine in Houston, Texas. I practiced at Baylor College of Medicine and then at MD Anderson Cancer Center in Houston Texas before coming back to the west coast Bay Area. I was faculty at UCSF for 8 years before coming to UCSD.

When did you join UCSD staff?  January 2019.

What do you like to do in your free time? Hobbies  I enjoy hiking, but mostly swim and play tennis. Currently, my biggest and most time consuming hobby are my kids (14 and 10 years old).

Where is your favorite place to travel?  I have travelled all over the world, but my favorite places are on the Pacific Coast of the USA/Canada.

What is your favorite current top 40 song?  Shallow - Bradley Cooper and Lady Gaga

What is your favorite restaurant in SD?  Not sure yet...

What is your favorite post-call snack/meal?  Eggs Benedict with Canadian Bacon

What is your favorite case to do anesthesia for?  Cerebral aneurysms

What is your favorite piece of anesthesia equipment?  The GLIDEscape

Resident Spotlight: Debbie Fretwell

How do you like living in SD?  I love San Diego’s Pacific ocean breeze, the tropical foliage (especially the banana trees outside my apartment windows), and hearing the wild (albeit non-native) parrots squawking overhead in the early mornings and before sunset.

What do you spend your downtime doing?  When I am not catching up on sleep, I can often be found riding a bike (usually a mountain bike somewhere near Mt Laguna), hanging out at the beach or the San Diego Zoo, buying veggies at the farmer’s market, doing outdoor yoga, or discovering new restaurants and breweries.

Best place to take a break in the hospital?  The seventh floor outdoor garden space at JMC.

Favorite post-call snack/meal?  Pho. And if it is past 8am, a good IPA.

What has been a go-to tactic for surviving the first few months of residency?  Having a supportive husband who can provide late night foot rubs and encouragement has definitely helped me survive. Aside from that, prioritizing activities in my downtime that reinvigorate me like sleep, healthy eating, and exercise has been key.

What are you going to miss about UCSD?  The cardiac anesthesia techs. They are amazing!
Rwanda Trip
Peter Wingfield

An extraordinary experience in an extraordinary country!

The background is probably at least vaguely familiar to you— an unimaginably awful genocide 25 years ago with countless people killed and the entire nation scarred. The response to this catastrophic experience, however, is probably not. The nation is rebuilding itself through a brutal and unflinching look at its people and their actions, and through a program of compulsory community gatherings for restitution and service. Once a month, everything closes on a Saturday morning and everyone, including the president, does service work for their local area. Then, in the afternoon, they gather to hear their neighbors bear witness to their experience of tragedy, to hear confessions of complicity in acts of atrocity, and to hear requests for a new roof or for food. No vendettas. No revenge. Reincorporation of those who publicly acknowledge their acts and ask forgiveness; Imprisonment for those who do not; and community support for those in need.

Bizarre, amazing and inspiring! All the more so because it appears to be working.

And in this setting, in 2006, a group of Canadian anesthesiologists committed to support the development of an anesthesia residency program, with the goal of the Rwandans outgrowing them and becoming entirely self-reliant within 10-15 years. Every month, for more than a decade, two or three US and/or Canadian residents and attendings visit the country to teach and support the residents in the OR and in the classroom, and that educational exchange is increasingly a two-way street. It is an eye-opening experience that I would recommend to anybody.

Farewell Dedications to Three Great Anesthesiologists

Dr. Jonathan Benumof by Andrea Yoder:

Saying farewell to Dr. Jonathan Benumof...where does one even start? As a fresh medical student entering anesthesia, I remember being told during my subinternship that Dr. B was a big deal—he was the airway guru. Being essentially a toddler in the world of anesthesia, I was just trying to navigate through the OR at that point, but that moniker stuck with me. As I progressed through my training I learned more about Dr. B and his myriad contributions to our profession, the groundwork for the ASA difficult airway algorithms among them. He is indeed a giant in our field, and his footsteps will forever be present. He is responsible for trails that are now so well-trodden that we take them for granted.

When he was awarded the 2010 IARS teaching award, he stated that his primary professional mission is “the creation of new, and strengthening of existing, anesthesiologists.” We are all so honored to have been part of his mission.
Farewell Dedications to Three Great Anesthesiologists (continued)

I was one of the last residents in my cohort to through the infamous “airway rotation.” After a very rocky first day with Dr. B (desaturations galore!) I could see that he was concerned. The look on his face was akin to “I have a lot of work to do with this one.” True to his mission, he spent that month helping me navigate and master advanced airway techniques— he was indeed my airway guru.

We at UCSD have been so fortunate to have had Dr. B lend his expertise and life experiences to each of us on a personal level. On behalf of the current residents and former residents alike, I would like to thank Dr. B for making us his mission. Dr. B, as you enter retirement, I want to assure you that while your tour of duty is ending, your mission continues on through your trainees. We aspire to make you proud, and will do our part to pass your wisdom on to the next generation of anesthesiologists.

**Dr. Randy Hastings** by Ross Drueding

Randolph Hastings, MD, PhD has been a beloved faculty member and researcher at UCSD and the VA San Diego Healthcare System since his appointment in 1992. After completing his medical education at the UC San Diego School of Medicine, Dr. Hastings ventured north to UC San Francisco to complete his residency in Anesthesiology. During his education, he developed an exceptional taste for both basic and clinical research; he has now co-authored over 60 publications with focuses on lung physiology and objective measurements of ventilation, airway management, and the education of beginner laryngoscopists. As faculty, Dr. Hastings has maintained a steady presence at the VA and provided hands on clinical mentorship to hundreds of anesthesiology residents and medical student rotators in the operating room.

To most UCSD residents, Dr. Hastings has been the face of the clinical experience at the VA. His AM lectures were always notable for being expertly organized, well researched, and applicable to everyday practice. In the OR, Dr. Hastings was ever present, and his Socratic style of teaching was typically flavored with anecdotal sprinkles of cases past or relevant research projects that he had overseen. His steady, calculated approach to every aspect of an anesthetic for every patient is a model to which all of his pupils should aspire. While Dr. Hastings plans to continue onward with his research, his clinical presence at the VA will be missed. We want to thank Dr. Hastings for his hard work and dedication to the education of UCSD’s residents and students, and we wish him the best in his retirement.

**Dr. Gerard Manecke** by Brenton Alexander and Peter Wingfield

As you start to enjoy the many benefits of retirement, the graduating class of residents wanted to take a quick moment to share how important and inspirational you have been to us throughout our three short years at UCSD. You have always been a calm source of positivity, confidence, and unbound intelligence. We can only assume you have been exactly like this your entire career while helping hundreds of residents learn not only anesthesiology, but also how to thrive outside of the operating room. One thing we all agree on is how you were one of the few leaders who was quick to admit when you didn’t know something, a trait that is invaluable for all of us young physicians to understand how fragile knowledge truly is and how far a good sense of humility can get us throughout our careers. You made us laugh, you made us think, and look inward to determine our real values and how to prioritize them during these past 3 years. We will forever be in your debt.

On a lighter note, we mostly enjoyed all those moments with you because they were such fun! You have more than a little impish spirit and it is just a joy to be around you. Selfishly, we hope that that we will continue to see you, though I also hope that you make the very most of your new freedom. Enjoy things like music, travel, family and watching the sunset over beautiful San Diego: the things that can so easily take second place to a long and distinguished career in medicine. Please do not be a stranger and keep coming around to watch us grow and try to become a little more like you.
Interested in Resident Research?
Check out the UCSD Anesthesia website at HTTPS://UCSDGAS.COM → Education tab → Resident research.
Thanks to our awesome faculty for putting this together!

WARC 2019 Recap

Every year, nineteen anesthesiology residency departments throughout the West Coast collaborate to put on the Western Anesthesia Residents conference, where residents can present their research, network with other faculty and residents, and learn about flourishing topics in the field. This year we sent five residents to Denver, Colorado. Our residents won 30% of the first-place poster awards (Eric Tzeng: Critical Care, Harrison To: Neuroanesthesia, Paola Baskin: Acute Pain & Regional) despite representing only 5% of the total residents. Faculty representation included Ben Beal, Ruth Waterman, and Daniel Lee. Additionally, Chris Woolley and Alex Girgis presented posters in Chronic Pain and Cardiac Anesthesia, respectively. Our residents had fun exploring the city Denver, making new connections, and bonding closer together. Next year’s meeting will be held at Stanford University. We look forward to showing our proud UCSD spirit there as well!

Welcome to the UCSD Anesthesiology Family!

Chase Aurelius Rhyner
(Gina Rhyner’s son)
March 23, 2019
19.5 inches, 7 lbs 14.5 oz

Lucas William A’Court
(Alison A’Court’s son)
May 2, 2019
19 inches, 7 lbs 11 oz.

Olivia Jessica Fernandez
(Sarah Cano’s daughter)
May 13, 2019
20 inches, 8 lbs.