UC San Diego Anesthesiology
THE BOUGIE BULLETIN

From SD to Mexicali
Alex Girgis & Samia Moughanni, MD
UCSD Anesthesiology faculty and residents provide services to patients in need - and get there on a plane flown by one of our own, Dr. Red Howard!

National Leadership
Rekha Chandrabose, MD
After four years as president of Women in Anesthesiology, Dr. Chandrabose steps down, and UCSD physicians continue to be leaders in gender issues.

Continuing Research
Brandon Dairo & Dennis Kuo, MD
Hear about the UCSD Pain department's success at NANS (North American Neuromodulation Society) Meeting, featuring a prize by one of our fellows!

Recent News & Important Upcoming Dates

Pain Medicine Fellowship Excellence Award from the American Academy of Pain Medicine
• Awarded to the UCSD Pain Fellowship in 2019!
• Past recipients: Johns Hopkins, Stanford, Cleveland Clinic, Beth Israel, Jackson Memorial, Brigham & Women’s

March 7-10, 2019:
• California Society of Anesthesiologists 2019 Annual Meeting, San Diego

April 11-13, 2019:
• Annual Regional Anesthesiology and Acute Pain Medicine Meeting, Las Vegas
Our Mexicali trip began with a flight from San Diego to Mexicali in a Cessna plane piloted by Dr. Red Howard. Since I was the only passenger on board, I naturally became his co-pilot despite having never flown a plane before. We arrived in Mexicali on Thursday afternoon and started working right away to convert an empty room into a fully functioning OR... equipped with standard ASA monitors, a breathing circuit, a vaporizer and a custom-made scavenging system.

Medical volunteers were divided into two groups: One setting up the ORs, the other staffing the preop clinic. The preop clinic consisted of a waiting area made up of chairs lined up under a tent along the road in front of the Cruz Roja. People were brought in to have a pre-operative evaluation done by both the anesthesia care team and their surgical team. We did not have the ability to conduct any further tests at the preop clinic, so it was critical that patients were good candidates for surgery. Patients who were too young or appeared unhealthy were turned away with the possibility of returning in the future.

Mexican families traveled long distances in order to have an opportunity to receive their surgery. Various ENT, orthopaedic, plastic and urologic procedures were done, including cleft lip/palate repairs. On both Friday and Saturday, we ran fully operational operating rooms. We had approximately 5-6 rooms, fitting 2-3 patients each. Surgeries started at 8am until all scheduled surgeries were complete. All of our anesthesia equipment and medications were donated and limited in number. It was prudent for all of us to be as resourceful as possible. The majority of the patients were children, but there was still a large percentage of adults who presented for surgery.

This was an amazing experience to be able to provide a life changing service to someone who would normally not have access to healthcare. It was inspiring to observe all of the medical volunteers work together as a team to set up the OR’s and care for these patients. This was hands down the most heartwarming and enriching experiences I have been able to participate in as an anesthesia resident at UCSD.
Attending Corner: Anu Wadhwa

Where are you from? I am originally from Mumbai, India.

Where did you train? I completed my anesthesia training in Mumbai before leaving for Melbourne, Australia in 1995. I trained in Melbourne and repeated alternate pathway training at University of Louisville to be ABA certified.

When did you join UCSD staff? July 2018 as a Clinical Professor in Anesthesiology.

What do you like to do in your free time? I like to work out, hike or just watch the waves on the beach in my free time.

Where is your favorite place to travel? I love traveling and have visited all continents but my favorite place to visit still remains India, my birth place and where my family still lives.

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

What is your favorite restaurant in SD? Masala Street in La Jolla.

What is your favorite post-call snack/meal? Extra spicy thai curry with mock duck.

What is your favorite case to do anesthesia for? Major abdominal surgery w/ epidural analgesia or major spine with multimodal analgesia.

What is your favorite piece of anesthesia equipment? Central line, especially when it goes in the subclavian vein.

Resident Spotlight: Taylor Graber

How do you like living in SD? I was born and raised in Phoenix, Arizona and thanks to UCSD and our Anesthesia department, I am officially living the "Zonie" dream. Although we have had a cold and rainy winter (for San Diego standards!), there are few better climates in the world to live.

What do you spend your downtime doing? I try to keep myself active as much as possible and enjoy the weather outside. There is a group of Anesthesia residents who put together semi-regular, ultra-competitive volleyball matches over at Mission Beach, and I try to take advantage of that. I also enjoy trail running with my fiancée Amy at Mission Trails or running along the boardwalk at PB and MB. I found a recreational basketball league that I play in weekly. Schedule permitting, I also try to play golf when I can -- if only to keep my irons straight enough for the department tourney and for swinging next to Marietta.

Best place to take a break in the hospital? At Jacobs, the OB Anesthesia resident call room is tough to beat. The quiet and view that you get there makes it nice to get a break from whatever work you have that day. At Hillcrest, I would definitely choose the Burn OR, but if that's not available, I would settle for the resident lounge.

Favorite post-call snack/meal? Mexican food. All day and every day. Recently I was turned on to The Taco Stand in La Jolla who reps a 10/10 California Burrito. Also, Colima's Mexican Food in North Park/University Heights has an outstanding breakfast burrito, the music/atmosphere of Old Town around Casa de Reyes on a weekend is a go-to spot for guests from out of town, and the happy hour a la Casa Guadalajara is top-notch. I will say, though, Amy and I can cook a mean Mexican meal so sometimes it is just leftovers.

What has been a go-to tactic for surviving the first few months of residency? Bringing home post-call donuts from Donut Star in Hillcrest for Amy. It's the only thing that can buy back some good graces after yet another 24 hour shift as a CA-1. Really though, it's just making time for my people and life outside of work, eating well, and working out to keep my stress level low.
ASA 2018 Recap

The American Society of Anesthesiologists’ Annual Meeting for 2018 was held this past October in San Francisco. UCSD’s Department of Anesthesiology had a solid showing amongst the residents for presentations, as well as our faculty representing in moderating panels and oral presentations. Residents found the experience rewarding by gaining experience with presenting their work and felt camaraderie with the faculty during their presentations. There was also a great opportunity to reconnect with residency alum at the UCSD ASA reception, which was held at a ping-pong bar. The annual meeting is not only an amazing opportunity to showcase research projects, but also a great time to learn and network with other anesthesiologists across the country and world.

Women in Anesthesiology

2018 was another year of growth and advance for Women in Anesthesiology. Our third national meeting was attended by 110 people (a 40% increase from 2017). Dr. Valerie Armstead, Professor of Anesthesiology at Temple University’s Katz School of Medicine, gave a lecture entitled, “Women Matter: The Place for Feminism in Medicine and Beyond.”

After four years as President of Women in Anesthesiology, Dr. Rekha Chandrabose, is stepping down. She will remain Treasurer of the Board for an additional year, and continue to support WIA and its Board as it expands its offerings and programming in the next 3-5 years. Plans for WIA include a meeting in Orlando in the fall of 2019 to be followed by a CME conference in 2020.

Drs. Brzenski, Chandrabose, and Rebello (from the University of Texas MD Anderson Center) gave a well-attended and well-received workshop in San Francisco at ASA 2018 on leadership and communication for women in the healthcare workplace. It was Dr. Chandrabose’s 4th year in a row presenting on the Professional Issues track at ASA.

The Society for the Advancement of Women in Anesthesiology at UCSD continues to meet up to three times a year. In March of 2019, our own Dr. Angela Meier will be speaking at the SAWA meeting, presenting both her own data and other studies on the influence of gender on code management in the hospital setting. All faculty and residents are welcome to attend. Dinner will be served!
## Our Amazing List of Presenters at ASA, Leading the Field of Anesthesiology!

<table>
<thead>
<tr>
<th>Presenters</th>
<th>Articles/Topics</th>
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| Margaret Chiu | • The Repair of Cor Triatrium Sinister and Anomalous Pulmonary Venous Drainage in an Adult: Anesthetic Management  
• Pituitary Apoplexy: an Unusual Case of Postpartum Headache after Neuraxial Anesthesia |
| Wenlu Gu | Inverted aortic prosthese in the mitral position: is upside down always the right side up? |
| Deborah Fretwell | Removal of a Giant Left Ventricular (LV) Thrombus after Pulmonary Thromboendarterectomy (PTE) in a Patient with Protein C Deficiency |
| Alexandre Joosten, Amelie Delaporte, Brenton Alexander, Jean Louis Vincent, Maxime Cannesson, Joseph Rinehart | Automated Titration of Vasopressor Infusion Using a Novel Closed-Loop Controller: An In Vivo Feasibility Study Using a Swine Model-Poster Presentation |
| Mark Paulick | Point of Care Ultrasound Rules out a Suspected Hematoma after Infraclavicular Brachial Plexus Block |
| Sannhita Reddy | Anesthetic Management of a Patient with a Nanostim Leadle |
| Shane Regnier | Diabetes is not Associated with Postoperative Opioid Use in Patients Undergoing Hip Arthroplasty |
| Jessica Rodriguez | Massive CO2 Embolism in the Setting of Pulmonary Artery Hemorrhage –Poster Presentation |
| Shanshan Wang and Piyush Patel | Neuron targeted caveolin – 1 as gene therapy for Alzheimer’s Disease |
| Dalia Banks | • Basic TEE Workshop-Moderator and Organizer  
• Intraoperative Thoracic Disasters: Don’t Just Stand There, Do Something |
| Jessica Black | Must Know Blocks for Ambulatory Anesthesia |
| Alyssa Brzenski | Negotiations: Do Women Really Ask? - Professional Issues Track Seminar |
| Rekha Chambrose | Addressing Barriers to Professional Advancement: Promoting Leadership for Women in Anesthesiology - Professional Issues Track Seminar |
| Brett Cronin | • TEE Normal Anatomical Variants, Misdiagnoses, and Artifacts-Oral Presentation  
• Basic TTE and TEE Knobology-Workshop |
| John Drummond | Blood Pressure and the Brain: How Low Can You Go?” -Refresher Course Lecture |
| Timothy Furnish | Medicine Cannabis & Pain: ASA 2018 Point-Counterpoint |
| Brian Ilfeld | Continuous Peripheral Nerve Blocks, Liposome Bupivacaine, Cryoanalgesia and/or Percutaneous Peripheral Nerve Stimulation |
| Swapnil Khoche | Basic TEE Workshop |
| Arthur Lam | • Basic TEE Workshop  
• General Anesthesia vs. Conscious Sedation for Mechanical Thrombectomy- Debate Participant |
| Tim Maus | • Basic TEE Workshop  
• Mitral Valve: One of the Hardest Valves Made Simple-Oral Presentation at Basic TEE Workshop |
| Pariza Rahman | Medically Challenging Cases |
| Engy Said | The Association of an Acute Pain Service with Postoperative Opioid Use and Hospital Length of Stay for Patients Undergoing a Pancreaticoduodenectomy |
| Jacklynn Sztain | Traditional Proximal Supra-paraneural vs. Distal Sub-paraneural Continuous Popliteal-sciatic Blocks for Postoperative Analgesia: A Randomized, Subject-masked, Controlled Clinical Trial |
| Minh Tran | Perioperative Hypothermia in Thoracic Surgical Patients is Not Associated with Increased Surgical Site Infections |
| Anu Wadhwa | • Regional Anesthesia and Acute Pain - session moderator  
• Supraglottic airway use in pts w/ obesity: International survey pilot study of anesthesiologists  
• Self study mode: Disclosure of harmful med errors: What, how, and when?  
• ISPCOP symposium: POCUS in patients with morbid obesity  
• Committees: Education on Professional issues, on Fundamentals, on Regional anesthesia |

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**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!
NANS Conference 2018 Recap
Written by Brandon Dairo & Dennis Kuo

This year the UCSD Dept of Pain Medicine participated in the 2019 North American Neuromodulation Society (NANS) 22nd Annual Meeting in Las Vegas, Nevada. This is a yearly event that touts being the world’s largest meeting in the field of neuromodulation. It offers opportunities for networking with colleagues, hearing state-of-the-art lectures, and discovering the newest advances in neuromodulation devices. With participants from more than 20 countries, NANS is the premier meeting the world to capture the latest advances in the science and practice of neuromodulation. For those who are unfamiliar, neuromodulation is "the alteration of nerve activity through targeted delivery of a stimulus, such as electrical stimulation or chemical agents, to specific neurological sites in the body." It is carried out to normalize - or modulate - nervous tissue function. Neuromodulation is an evolving therapy that can involve a range of electromagnetic stimuli. Forms of neuromodulation range from the least invasive forms such as transcutaneous electrical nerve stimulation (TENS), repetitive transcranial magnetic stimulation (rTMS), or electroconvulsive therapy (ECT) to more invasive forms such as spinal cord stimulation (SCS), deep brain stimulation (DBS), dorsal root ganglion stimulation (DRG), peripheral nerve stimulation (PNS), or vagus nerve stimulation (VNS). The topic has grown increasingly significant as medical physicians search for ways to battle the opioid epidemic while providing effective pain management.

At this year’s meeting, our department had a strong presence. Two of our faculty, Drs. Imanuel Lerman and Krishnan Chakravarthy were both involved with giving oral presentations at the conference. Dr. Chakravarthy also proctored two hands-on cadaver courses for engineers and neurosurgery residents and fellows. Also, all five of the department’s fellows attended and presented either paper posters or E-posters at the event. One of our esteemed fellows, Dr. Jessica Oswald, MD MPH, won her group award for a presentation on the “Use of Novel Peripheral Nerve Stimulation System to Treat Focal Mono-neuropathy”. Also, one of our CA-2 anesthesia residents, Dr. Rupa Prasad, MD, presented a poster on “Relief of Neuropathic Pain after SCS Implantation in a Patient with Idiopathic Thoracic Transverse Myelitis”. As a whole, the NANS conference was an excellent experience that was extremely beneficial for learning, networking, working toward the advancement of the field of pain medicine, and having fun. Did I mention it was in Las Vegas?

Welcome to the UCSD Anesthesiology Family!

Aiden Christian Swisher (Matt Swisher’s Son)
Born 1.9.19, 7lb 5.6oz

Maeve Rose Dougherty
(Jessica Black’s Daughter)
Born 11.14.18
9 lbs, 7oz

Thanks to Larry and Taylor for a great epidural!

Have an idea or want to feature content and contribute to the next edition? Please contact Minhthy Meineke (mmeineke@ucsd.edu) or Paola Baskin (pbaskin@ucsd.edu). Submissions are due May 1, 2019.