Chair's Address
Dr. Ruth Waterman

As we approach the end of another academic year, it is safe to say that no one could have predicted we would be allowed to reuse face masks, be required to maintain distance from our patients, and encouraged not to show up for lectures in person! None of this has been easy for any of us. Not only did we have to adapt to the changes within our work environment, we also had to navigate our own personal lives with all of the demands of a pandemic. Many of us have sacrificed time with loved ones, self-care, and our own safety to provide care for those infected, and it is not clear when it will be over. Despite this, we are accomplishing what we are meant to do—provide our patients with the best care while supporting each other in the process. I am beyond proud of the resilience that our anesthesia techs, CRNA’s, residents, and faculty have demonstrated during this difficult time. All I can say is that there are not enough thanks to adequately convey the gratitude I have for our stellar department. Thank you all.

CONGRATULATIONS, CA-3s!

CSA Advocacy Day
Dr. Taz Nosrat
Two of our fantastic residents, Taz Nosrat and Coti Phillips, travel to Sacramento to learn about how we can advocate for our specialty. Read more about their experience below.

Faculty Tributes
Dr. Finneran expresses gratitude to Dr. Dan Lee for his years of service as Program Director, and several residents say thank you to our retiring faculty.

Congratulations CA-3s!
Dr. Paola Baskin
Though we can’t be together in person for graduation this year, help us congratulate our graduating CA-3s and find out where they will be headed next!

CONGRATULATIONS, CA-3s!
CSA Advocacy Day
Written by Dr. Taz Nosrat CA-1

On February 26th, Coti Phillips and I had a different day than usual — instead of heading to the hospital, we traveled to the California State Capitol Building in Sacramento to learn about the process of advocacy for our specialty. Upon arrival, we met the leadership team of the California Society of Anesthesiologists (CSA) and 20 other resident delegates from anesthesia programs in California. After hearing from the CSA lobbyist about key legislation that is up for vote soon, we had the chance to meet California legislators, including Assemblymen Evan Low, Dr. Joaquin Arambula (a physician), Dr. Jim Wood (a dentist) and State Senators Steven Glazer and Dr. Richard Pan. These individuals collectively sit and chair the health, budget and fiscal review committees. Meeting these key individuals put a face to the name of those who routinely vote on legislation that have far-reaching effects on our specialty. Several key bills are always up for vote, including Assembly Bill 72 and AB 2157 regarding surprise out of network billing and reimbursement, MICRA injury compensation reform, and a controversial bill to mark Tylenol as a carcinogen. They assured us that our voices are being communicated by our lobbyist, but encouraged us to participate in these lobbying efforts and share our own personal stories with regard to these important issues.

Most importantly, I heard from these decision-making individuals about how to be truly effective in creating change through the democratic process. We were encouraged to get involved and contact our representatives about issues. I was surprised to hear that a call from as few as five constituents signified an important topic and was noted by these policy-makers. I realized that having an in-person presence in Sacramento was also an instrumental part of maintaining and advancing our specialty. Fortunately, the CSA is there to help us with these things. They are apprised of upcoming legislation and coordinate a targeted response to protect our interests, both with lobby power and through advocacy alert messages. It is important to know that involvement and leadership is “as simple as raising your hand” when asked.

Coti and I both felt empowered by the experience with the understanding that Sacramento is not that far away and access to our representatives even closer thanks to the help of email and telecommunications. It is easier today than ever to know what is happening in government and to be involved. It was also encouraging to know that our organizations are doing tireless work on our behalf. It is incumbent upon each of us to remain engaged in this process as physician anesthesiologists to promote our profession and advocate for ourselves and the safety of our patients. Follow the CSA page in whatever fashion of media you choose, identify and establish a relationship with your state representatives, and be prepared to volunteer when the time comes to ensure that our profession remains strong!

To learn more about CSA and the issues they advocate for, head to their website at: http://csahq.org
I hope all is well with you and your family. I have been impressed with the inherent peer support each of you have been providing for each other during these difficult and confusing times. Please remember that the formal Peer Support Committee remains available. Our peer support group is comprised of CRNAs, attendings, and residents who volunteer their time to provide emotional support following traumatic events. If you or a colleague endures a traumatic event such as a patient death, please feel free to contact anyone in the group (found on our department website under “Divisions > Wellness”) or one of our medical directors. It seems that current events are also traumatic events so feel free to contact us with any concerns or worries you may have.

We are also developing the departmental Faculty Wellness and Engagement Committee. The goal of the committee is to evaluate wellness issues at the divisional level and, once identified, to work with our leadership to address these issues. We will always be open and available to hear your concerns.

UCSD as a whole is also working to address wellness issues, particularly related to the COVID pandemic. The HEAR Committee continues to provide counselors for anyone who thinks they are over-stressed or potentially depressed. They have also expanded to providing facilitated group discussions and peer support training. The Sanford Institute is providing millions of dollars to wellness and compassion-related research projects. And the Faculty Engagement and Wellness Group is bringing together stakeholders across the campus to share wellness-related ideas and promote coordinated wellness efforts.

If you have any wellness related questions, concerns, or projects, please feel free to contact me at any time.

Find out more about the HEAR Program at: https://medschool.ucsd.edu/som/hear/Pages/default.aspx

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Expression of Gratitude to Dr. Dan Lee

Written by Dr. John Finneran

The UCSD Department of Anesthesiology has been privileged to have Dr. Dan Lee serve as the residency program director for nearly the last decade. During that time, the department and residency program have grown significantly, and Dan has continually been a vocal advocate for the residents during the process. Under his leadership, the residency program has flourished and recruited residents from the top medical schools in the country.

I have worked with Dan as a resident, fellow, attending, and as the assistant program director. He has guided me as well as a generation of UCSD Anesthesiology residents on our journey through this specialty and taken a keen personal interest in the success of each resident. I and all those residents are fortunate to have had his leadership and guidance. As Ben Beal, Claire Soria, and I take over as program directors, we will be fortunate to have the groundwork Dan has laid building this great program.

Thank you, Dan.

John J. Finneran IV, MD
Faculty Tributes

Congratulations on your retirements, Dr. Cheng and Dr. Mazzei!

Dr. Cheng Tribute
Written by Dr. Chris Woolley

It is with mixed emotions that the residents congratulate you on your upcoming retirement! Over your 15 years at UCSD and the VA, you have been a mentor and an exemplary physician to so many residents. What’s more, you have been a true friend to us all. We have had the privilege of learning from you in grand rounds, the O.R., sim labs, and the regional block room. Regardless of the setting, you always had words of wisdom to pass down to us. No matter how fast-paced the day could get, you never failed to slow things down and ask us about our lives. We will miss having you as an attending, yet we are so happy that you get to spend more time with your family. Thank you for all you have done with our department, we wish you the best as you embark on retirement – it’s well deserved.

Dr. Mazzei Tribute
Written by Dr. Matt Follansbee

It’s hard to measure the influence of a single person on a department, but I think few could argue the extent of the impact that Dr. Mazzei has had. From a resident’s perspective, Dr. Mazzei exemplifies what it means to be a wholesome teacher and role model. Despite having been taught how to set up an OR very early on in my training, Dr. Mazzei came in early to teach me how he sets up a room, down to examining the different yokes on the back of the anesthesia machine. As trainees, he carefully analyzed the way we go about introducing ourselves to our patients and how we explain the intended anesthetics, paying special attention not only to what we are saying but also how we are saying it and our ability to read our patient’s response and adapt. In an era of standardization and anesthetic “recipes” he pushed us to individualize and tailor everything we did, down to how we place eye tape. And even once he had done all of these things, he would reflect with us on what could be done better, how processes could be improved, and how the anesthetics we provide could be made even safer.

While Dr. Mazzei is formally retiring, the impact he has had on the field of anesthesiology will endure. After the span of his career, the generations of trainees he has ushered through likely amount to a small army of anesthesiologists. His influence will persist for years to come.

Best wishes in your well-earned retirement. We won’t be upset if you decide to make any guest appearances in the coming years!
Farewell, CA-3s!

Written by Dr. Paola Baskin

The month of June has arrived, which means that we will soon have to say goodbye to our graduating CA-3 residents. They will be missed! Each and every one of them has a fantastic next step planned and will surely excel in what they pursue. This class has been a group of steadfast, diligent, and memorable contributors to the department for the past three years. Members of this class can be described as exceptionally self-motivated, creative, and ambitious. For me personally, they were my chiefs, my educators, my role models, and my sounding board. Perhaps because they were the first class to work at Jacobs Medical Center, since their first days as CA-1s, they all had a strong work ethic and a “can-do” attitude. I look forward to seeing where their roads lead. To all fourteen members of this class, you will be missed. We wish you all the best. Good luck, everyone!

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
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<tbody>
<tr>
<td>Jacob Caylor, MD</td>
<td>Fellowship: Chronic Pain, UCSD</td>
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<tr>
<td>Margaret Chiu, MD</td>
<td>Private Practice: East Bay Anesthesiology Medical Group, Oakland, CA</td>
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<td>Maya Filipovic, MD</td>
<td>Fellowship: Critical Care, UCSD</td>
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<td>Alexander Girgis, MD</td>
<td>Fellowship: Cardiothoracic Anesthesia, UCSD</td>
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<tr>
<td>Wenlu Gu, MD</td>
<td>Fellowship: Cardiothoracic Anesthesia, UCSD</td>
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<td>Jeffrey Hamilton, MD</td>
<td>Fellowship: Pediatric Anesthesia, Children’s Hospital Los Angeles</td>
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<td>Samia Moughanni, MD</td>
<td>Private Practice: MAC/ENVISION, Mountain View, CA</td>
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<td>Mark Paulick, MD</td>
<td>Private Practice: San Luis Obispo, CA</td>
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<tr>
<td>Yvonne Pham, MD</td>
<td>Fellowship: Regional Anesthesia, UCSD</td>
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<td>Rupa Prasad, MD</td>
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<td>Ben Rayikanti, MD</td>
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<td>Harrison To, MD</td>
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<tr>
<td>Eric Tzeng, MD</td>
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<tr>
<td>Chris Woolley, MD</td>
<td>Fellowship: Chronic Pain, UCSD</td>
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Attendings Corner: Dr. Christine Choi

Where are you from? I was originally born in Wisconsin, but grew up in Ohio, Maryland, California, and South Korea.

Where did you train? I did my residency in Milwaukee at the Medical College of Wisconsin. I did my critical care fellowship at the Massachusetts General Hospital in Boston and then came to UCSD to do my cardiac fellowship.

When did you join UCSD staff? In 2019 after I finished my cardiac fellowship.

Where is your favorite place to travel? Venice, Italy! The sunset in Venice never gets old.

What is your favorite current top 40 song? Rain On Me by Lady Gaga

What do you like to do in your free time? I’m a boring old lady. I like to relax at home, go hiking around Torrey Pines, or go to museums to check out new art. I have been getting into baking and cooking a bit more since quarantine has started.

What is your favorite restaurant in SD? Buona Forchetta. You can never get enough pizza and pasta!

What is your favorite post-call meal? A warm toasted bagel with lots and lots of cream cheese.

What is your favorite case to do anesthesia for? So hard to decide! I enjoy doing most cases and of course I love doing cardiac cases! I don’t enjoy neuro cases as much though, the brain is too complex!

What is your favorite piece of anesthesia equipment? The Codonics label maker! I love to triple label everything and color code 😊

Resident Spotlight: Dr. Rupa Prasad

How do you like living in SD? I’ve bounced around a lot over the last decade, all great places but I was always ready for the next city. San Diego finally feels like somewhere I want to call home. For me it’s the perfect mix of great weather, food and people. And it’s just close enough to my family in Las Vegas.

How do you spend your downtime? Downtime has definitely changed over the past few months. Normally in springtime, my fiancé Adam and I would be going to lots of concerts and Padres games. I’m thankful to be in San Diego though, where we can still get outdoors, go on hikes with the dogs, and boat around the bay on sunny days.

Best place to take a break in the hospital? I’m usually in need of some social interaction by break time, so I’m a big fan of the anesthesia lounges. For a breath of fresh air and sunshine, I also like the tables outside the cafeterias at Hillcrest and JMC.

Favorite post-call snack? Better Buzz! I love picking up a Chai Tea Latte and Better Breakfast sandwich on my way home.

What has been a go-to tactic for surviving residency? Getting a full night’s sleep whenever possible. I don’t drink coffee, so sleep is huge for me to be pleasant and productive. I also try to make the most of my weekends off by keeping up with the things and people I love most.

What are you going to miss about UCSD? Definitely the people. I remember interviewing here four and a half years ago and what drew me in then was the people. The last few years did not disappoint! I’ve been surrounded by amazing people who have taught, mentored, inspired, and supported me through every step of this journey.
Welcome New CRNAs!

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<tr>
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<th>Abbreviation</th>
<th>Most Recent Work Group</th>
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<th>CRNA Experience</th>
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<tbody>
<tr>
<td>Alvin Alfonso</td>
<td>FNZ</td>
<td>Swedish Medical Center</td>
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<tr>
<td>Terrence Burrows</td>
<td>BUR</td>
<td>Program Director-Midwestern University Anesthesia Program</td>
<td>Glendale, AZ</td>
<td>13 years</td>
</tr>
<tr>
<td>Mark Keller</td>
<td>KLR</td>
<td>Kaiser</td>
<td>Santa Clara, CA</td>
<td>6 years</td>
</tr>
<tr>
<td>(Margaret) Leigh McGuffin</td>
<td>MGF</td>
<td>Memorial Sloane Kettering</td>
<td>New York, NY</td>
<td>5 years</td>
</tr>
</tbody>
</table>

Welcome to the UCSD Anesthesiology Family!

Kadyn Atlas Mohammadi  
*(Minh Tran’s son)*

Birthday: April 17th 2020  
Birth weight: 6 lb 11 oz

Would you like to submit to the next Newsletter?  
Email Francesca Ianovich at fianovich@health.ucsd.edu or Minhthy Meineke at mmeineke@health.ucsd.edu