



SLEEPY TIMES

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MESSAGE FROM THE CHAIRMAN: LIFE IS ABOUT THE JOURNEY, NOT THE DESTINATION

-SCOTT T. REEVES, M.D., MBA

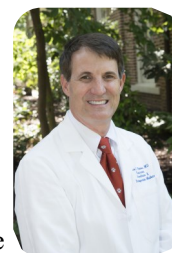
Inside This Issue:

-Message from Chairman	1
-CRNA Celebration	2
-Ronald McDonald House Volunteers	2
-Department Toy and Food Drives	3
-Administrative Staff Breakfast	3
-Departmental Current Events	4
-Cardiac Dissection Workshop	5
-Anesthesia Tech Award & SAGA Announcement	6
-Holiday Door Decorating Contest	7-8
-Holiday Party 2016 Pictures	9-11
-Wake Up Safe Quarterly Report	12-13
-New Baby in the Department	13
-Grand Rounds	14
-I Hung the Moon	15

In December, the department had two individual leadership development sessions. As we navigate the changing health care environment, the creation of MUSC Health and MUSC Funds flow, these sessions will hopefully allow our leaders (faculty, CRNAs, residents, anesthesia techs and staff) to become better prepared to lead us all. The first session utilized a book entitled, *That's Not How We Do It Here*, in order to elicit conversation around the topic of organizational change. The second topic focused on stress management.

During the second session, we learned about 7 traits of unhappy people and received some recommendations on how to deal with these common feelings.

1. Aiming for perfection: Solutions
 - a. Go for good enough
 - b. Have a deadline
 - c. Realize the cost
2. Living in a sea of negative voices: Solutions
 - a. Replace negative voices
3. Thinking too much about the past or the future: Solutions
 - a. Recognize the black holes
 - b. Refocus on the present
4. Comparing yourself to others: Solutions
 - a. Compare yourself to yourself
 - b. Be kind
5. Focusing on the negative details: Solutions
 - a. Don't be a perfectionist
 - b. Ask yourself 3 questions
 - i. How can I turn this negative thing into something positive?
 - ii. How can I solve this problem?
 - iii. Who cares?
6. Limiting life because you believe the world revolves around you: Solutions
 - a. People are not focused on you, so focus outward
7. Overcomplicating life: Solutions
 - a. Look for ways to simplify email, clutter, tasks, relationships
 - b. Do one thing at a time



So as we all start a new year, it is important that we actively attempt to destress our lives and actively work on eliminating negativity. Alan Finley appropriately commented during one of the sessions on his experience hiking the Appalachian Trail: *Life is About the Journey, Not the Destination*. This is good advice for us all.

RUTLEDGE TOWER CRNA BREAKFAST CELEBRATION



In November, our Rutledge Tower CRNAs held a breakfast to celebrate the many years of MUSC service and experience that our folks have. Robin Buchanan presented all of the recipients with thyme in honor of their time at MUSC, along with a coupon from MUSC's Urban Farm. Gloria Burbage was also recognized for her 40 years of service at the annual MUSC Service Ceremony.

From left to right: Robin Buchanan (20 years), Nancy Kitten (20 years), Trini Aldea (10 years), Tammy Lamont (20 years), Gloria Burbage (40 years), Cecilia Franko (10 years), Kate Wendorf (20 years). Not pictured is Jack Owens (20 years).

RONALD MCDONALD HOUSE VOLUNTEERS



A group from our department cooked at the Ronald McDonald House on Monday, November 28, 2016!

From left standing: Ethan Syracuse, Katie Smith, Ebony Hilton, and Chris Heine holding Guardy, the house dog.

From left sitting: Margaret Young, Lisa Crusenberry, Lucy Cofran, and Lindsey Gill.

TOYS FOR TOTS AND LOWCOUNTRY FOOD BANK DRIVES

With the departure of Families Helping Families from the area, the department decided to host drives with two organizations that we're all familiar with: Marine Corps Toys for Tots and The Lowcountry Food Bank. We collected toys and canned goods/non-perishable foods to assist our community's families during the holidays.



ADMINISTRATIVE STAFF BREAKFAST



On December 19, 2016, Dr. Reeves took the department's administrative staff to breakfast at Toast! Restaurant on Meeting Street. Lively conversations and good food were enjoyed by all!

WELCOME NEW FACULTY

Robert Mester was born and raised in St. Louis, MO, and still has family living there. He did undergrad and medical school at the University of Missouri-Columbia. Rob then moved to Cleveland, OH for an intern year in surgery at Case Western Reserve—University Hospitals. After intern year, he completed his anesthesia residency at Case Western Reserve—Metrohealth in Cleveland. Rob worked at Metrohealth for 3 years after residency then transitioned to private practice in Tampa over the last 18 months. He has been married to his wife, Ashley, for 10 years and they have 3 kids (Ethan—5, Graham—4, and Madeline—2). Ashley is a CRNA by trade but raises the kids at home currently. They enjoy being outdoors with the kids, playing sports and being on the playground, and Rob enjoys hunting, fishing, and all sports, but especially college football, Formula 1, and playing poker.

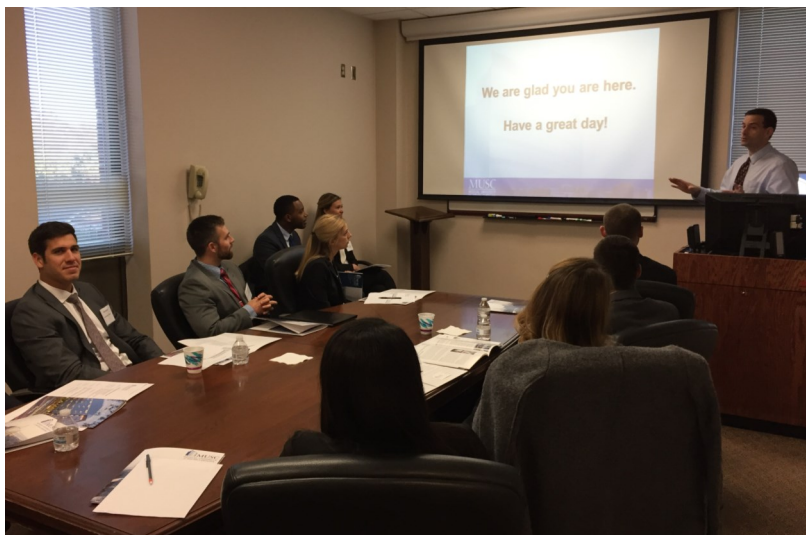
CONGRATULATIONS DR. FIELD

Please congratulate Dr. Larry Field for passing the Clinical Informatics Board Exam! Well done, Dr. Field!

Congratulations



RESIDENT INTERVIEWS CONCLUDE



Each year, we start interviewing for our incoming resident class in October and typically finish in January. This year, we held 13 interview dates with 12-14 candidates per day. We had a very strong pool of 150 candidates and are looking forward to learning who matched with us in March.

CARDIAC DISSECTION WORKSHOP

JANUARY

7



CARDIAC DISSECTION WORKSHOP

ART Auditorium
8am - 2pm

Please join us for an anatomical porcine heart dissection with echocardiography correlations led by Dr. Douglas Shook from Brigham and Women's Hospital.

* Mandatory for Anesthesia CA1-3 and CT Fellows

RSVP TO LAUREN BYERS:
BYERSL@MUSC.EDU

ANESTHESIA TECHNICIAN OF THE QUARTER AWARD



Darrell Jenkins was nominated to be the first Anesthesia Tech of the Quarter for Main Hospital. Darrell does an outstanding job and is always willing to jump and help everyone. He has worked MANY long hours to help out all shifts. Darrell is very appreciated and we thank him for all he does!

CONGRATULATIONS DR. MCSWAIN

Please congratulate Dr. Julie McSwain for becoming a Board Member at Large for the Society for the Advancement of Geriatric Anesthesia (SAGA)! Excellent work, Dr. McSwain!

Congratulations



HOLIDAY DOOR DECORATING CONTEST



Sue Ratzlaff, 1st Place Winner



Heather Highland, Rhi Davis, & Rita Meyer, 2nd Place



Dr. Reeves



Jones, Woltz, & Carter



Dr. Finley & Brandon Nevills

HOLIDAY DOOR DECORATING CONTEST CONTINUED...



Glenda Ross



Dr. Clark



Dr. Reves



Butler Stoudenmire



Drs. Yared, Hilton, & Moore



Dr. Nelson



Jackie Fisher



T. Morgan & K. Warren



Dr. Brown



P. Carlson & T. Matusik

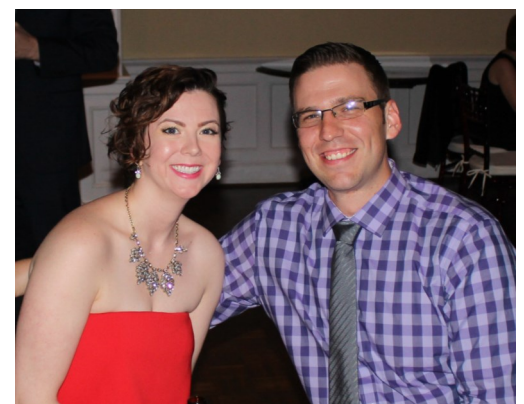
HOLIDAY PARTY 2016



HOLIDAY PARTY 2016 CONTINUED...



HOLIDAY PARTY 2016 CONTINUED...



WAKE UP SAFE QUARTERLY REPORT



WAKE UP SAFE®

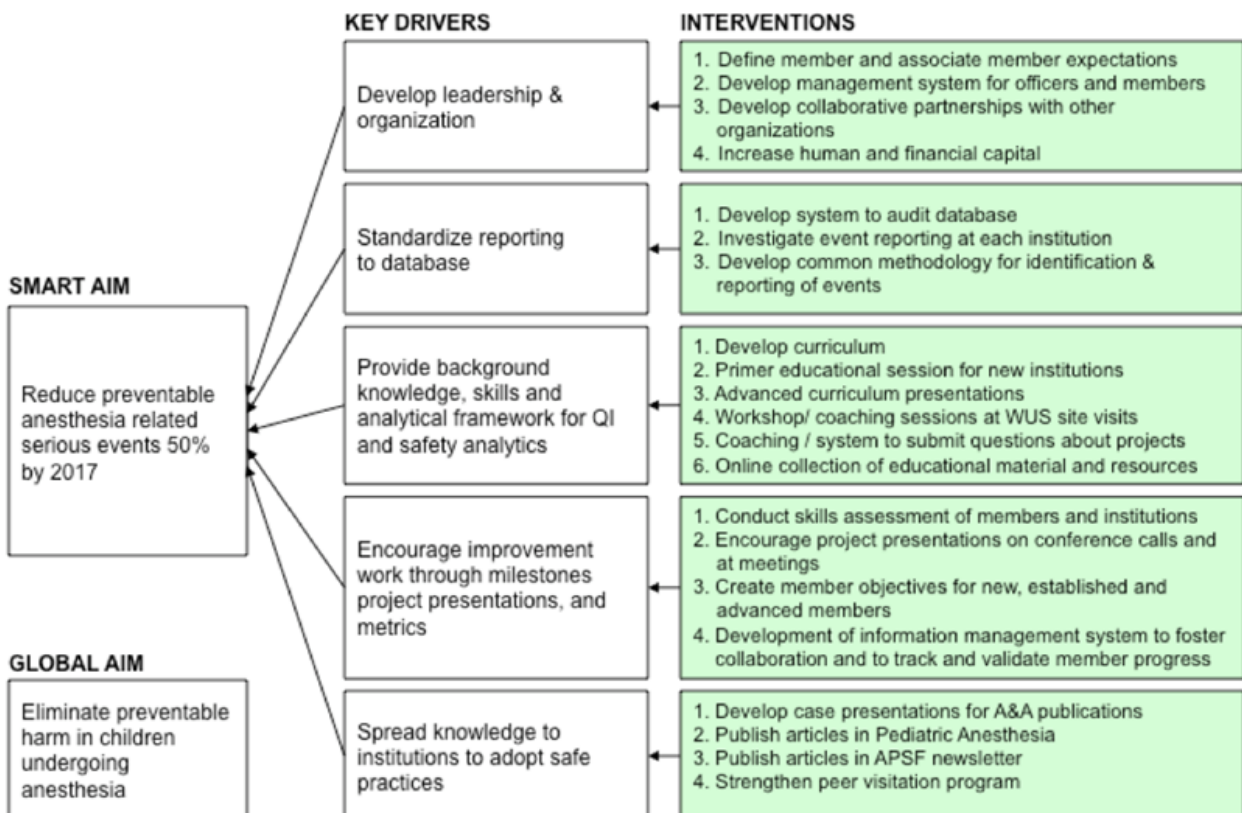
The Pediatric Anesthesia Quality Improvement Initiative

Quarterly Report
October 2016

The Key Driver Diagram for the Development of Wake up Safe is shown below. This report will be structured to follow the Key Driver Diagram.

Key Driver Diagram Wake Up Safe

In progress



WAKE UP SAFE QUARTERLY REPORT CONTINUED...

DEVELOP LEADERSHIP AND ORGANIZATION

Membership has increased to 32 institutions with the addition of Akron Children's and Kaleida Health (Buffalo). Two other institutions are in the process of joining. We now are at a breakeven number of institutions and the addition of more institutions will increase funds available for improvement work. We just had our Fall meeting on Sunday October 23. At that meeting we elected officers for the next two years. They are Butch Uejima President, Dan Roke, President-Elect, and Dean Kurth, Past President.

WUS is exploring collaboration with ACS Pediatric Surgical Verification Program and AQI to improve quality improvement with pediatric surgeons and data sharing with ASA. Formal proposals will need to be discussed with SPA and WUS membership if they materialize.

STANDARDIZE REPORTING TO THE DATABASE

We continue to work with members to improve reporting to the database. Since the last report one additional institution is up to date with demographic data. President Kurth made several calls to departmental chairs to inquire why case reports were behind, with significant results. During September more than twice the usual number of cases were reported.

There is considerable variability in the case-reporting rate that is some institutions report events at a much higher rate than others. We are working to understand the reasons for the variability so that we can address the issues involved. There is variation in reporting of laryngospasm. In summary laryngospasm alone is not a reportable event, but is reportable if oxygen saturation is less the 60% for longer than 30 seconds. There is also some variability in reporting unanticipated ICU or hospital admissions. The issue was referred to the QI and Education committee to review the issues and develop a recommendation.

We reviewed progress with peer visits. During these visits an anesthesiologist or several anesthesiologists visit an institution and spend a day in the operating room. They look for good ideas that might be spread to other institutions and provide a critique of areas that could be improved in the visited institution. We have completed 21 visits. In general they have been perceived as helpful and enumerate areas that need improvement.

A small group reviewed the peer visit program and made suggestions to the group at the meeting. These suggestions include:

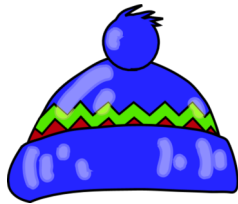
1. Develop a pre-visit questionnaire to assess Quality Improvement capability and resources, to learn about ongoing QI projects, and to discover areas that the institution might need help with.
2. Develop a process to do a follow up two years after a visit to measure progress.
3. Increase the number of members making visits.

NEW BABY IN THE DEPARTMENT



Congratulations to Sarah Hameedi and family!
They welcomed baby girl Finley Kate, born on
December 14, 2016 at 4:49am, weighing
7 lbs 7 ozs and 20 inches long.



GRAND ROUNDS FOR THE MONTH OF JANUARY

**“Subspecialty Team Meetings”
January 3, 2017
Various Locations**

“Adult Congenital Heart Disease”

January 10, 2017

**Deborah Romeo, M.D., Assistant Professor
Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina**



“Pediatric Morbidity & Mortality Conference”

January 17, 2017

**Scott Walton, M.D., Associate Professor
Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina**

“Quality Improvement in Pediatric Spine Fusion”

January 24, 2017

**Wallis Muhly, M.D., Assistant Professor
Dept. of Anesthesiology & Critical Care
Children’s Hospital of Philadelphia**



**“Don’t Quit Clowning Around? Exploring
Preoperative Anxiety”**

January 31, 2017

**Gregory Schnepfer, M.D., Assistant Professor
Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina**



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CHECK OUT OUR WEBSITE AT:
[HTTP://WWW.MUSC.EDU/ANESTHESIA](http://www.musc.edu/anesthesia)

Future Events/Lectures

Intern Lecture Series

January 12th—GI Morbidity (Liver & Pancreas),
Dr. Stoll, SEI 314

January 26th—Anesthesia for GI Surgery,
Dr. Bridges, SEI 314

CA 1 Lecture Series

January 4th—Maternal & Fetal Physiology &
Anesthesia, Dr. Hebbar, CSB 429

January 4th—Obstetric Anesthesia, Dr. Hebbar,
CSB 429

January 11th—Anesthesia for Patients with
Endocrine Disease, Dr. S. Whitener, CSB 429

January 11th—Anesthesia for Patients with
Neuromuscular Disease, Dr. S. Whitener,
CSB 429

CA 2/3 Lecture Series

January 2nd—Anesthetic Management of the
Neonate, Dr. Rovner, Moodle

January 9th—Topic and Lecturer TBA

January 16th—Pain Management of Patients &
Regional Anesthetics in Pediatrics,
Dr. Schnepfer, Moodle

January 23rd—Physiology of the Neonate,
Dr. Jeziorski, Moodle

Grand Rounds

January 3rd—Subspecialty Team Meetings

January 10th—Adult Congenital Heart Disease,
Dr. Romeo

January 17th—Pediatric Morbidity & Mortality
Conference, Dr. Walton

January 24th—Quality Improvement in Pediatric
Spine Fusion, Dr. Muhly (Children's Hospital of
Philadelphia)



I HUNG THE MOON

Please don't forget to nominate your co-workers for going 'Beyond the Call of Duty.' I Hung The Moon slips are available at the 3rd floor front desk and may be turned in to Kim Pompey. Thank you!

Kevin Massey, Anesthesia Tech—Doing a great job on a NORA! You have been managed up by the Tech and CRNA Interdepartmental surveys!

Larry Banks, Anesthesia Tech—Being a great team player, as always, by staying late to help on a trauma and helping with room turnover. His knowledge, experience, and willingness to help is much appreciated! Managed up by the Tech and CRNA Interdepartmental surveys!

Treffle Beaupre, Anesthesia Tech—Great teamwork in helping to cover room turnover, run supplies, labs, etc., during a trauma and continuously checking in. Enabled others to stay late and assisted with other rooms. Thanks for all your help!

Mike Morris, Anesthesia Tech—Staying late and helping out on a very busy day. Great job!

Ethan Syracuse, Anesthesia Tech—Thanks for being a great asset to our department. You were mentioned several times on the Tech and CRNA Interdepartmental surveys!



Graduation 2017
Friday, June 23, 2017
Founders Hall



We Would Love to Hear From You!

If you have ideas or would like to contribute to *Sleepy Times*, the deadline for the February edition will be January 13, 2016.