



SLEEPY TIMES

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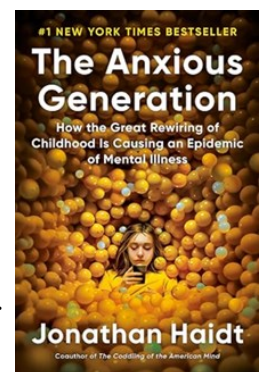
MESSAGE FROM THE CHAIRMAN: THE ANXIOUS GENERATION: GENERATION Z (BORN 1997-2012)

-Scott T. Reeves, MD, MBA

Over the Christmas holidays, I had the opportunity to catch up on some light reading. My family criticizes me for my selection of topics. I usually want to expand on something I have read in The Wall Street Journal. Hence, I read the book *The Anxious Generation* by social psychologist Jonathan Haidt. Haidt's hypothesis is that today's youth, particularly Generation Z and later generations, are experiencing a significant rise in mental health issues especially anxiety, largely due to a "rewiring" of childhood brought on by the widespread use of smartphones and social media, coupled with overprotective parenting practices. Haidt contends that the constant access to online comparison, the decline of unstructured play, and the hyper-focus on safety have disrupted the natural developmental process, leaving young people more vulnerable to stress and mental distress.

I found it fascinating how he evaluated the shift in childhood experiences that he proposes has impacted brain development. He had a compelling argument surrounding the importance of play and independent exploration for fostering resilience and emotional regulation. He offers insights into how parents, educators, and society can work together to mitigate the negative effects of the "digital age" on mental health, advocating for a more balanced approach to screen time, encouraging outdoor play, and promoting autonomy in children's lives. I have started using a term he coined that children are anti-fragile when watching my grandchildren. In practice, it is ok if a child rides a skateboard, falls off a swing, etc. They will be more cautious the next time as they explore the boundaries of the world without my help. It is ok if they fight over a toy. They have to learn to negotiate and compromise. Hence, children are not fragile, they are not snowflakes, they are anti-fragile.

For those of us that are older, as an example, I provide you with the Merry Go Round which was found on every playground during my childhood. It was a great toy that taught balance, teamwork to push it, etc. As I searched Google for this picture, I was taken to the Wikipedia page entitled, Merry-go-round of death. I rest my point.



OPENING STATEMENT CONTINUED

As we all start the New Year, I would encourage us all to consider his key points as we raise the next generation.

- The rise of smartphones and social media, combined with overprotective parenting, is causing a significant increase in anxiety among young people.
- Unstructured play and independent exploration are crucial for healthy development, but these are being replaced by excessive screen time.
- Parents and educators should prioritize play, reduce screen time, and foster greater autonomy to support children's mental well-being.
- Promote more play-based activities, encourage mindful technology use, and foster greater independence in children.

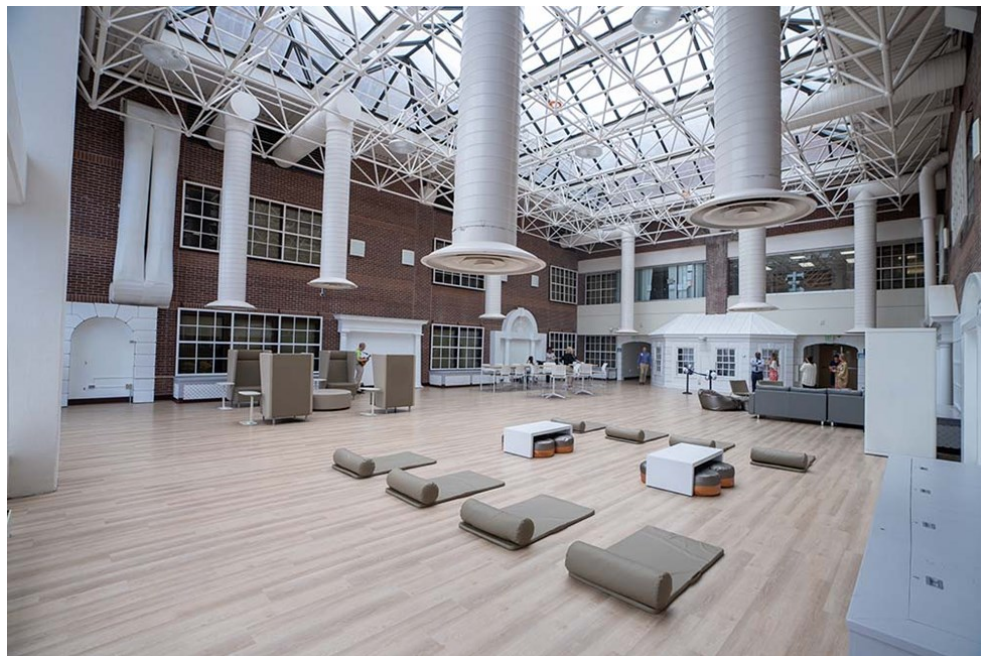
NEW REJUVENATION STATION

Recently, MUHA announced the establishment of a rejuvenation space on the 7th floor of University Hospital. Looks like a nice place to unwind. Check it out.

As we focus on being the best place to provide care, we know that a renewed commitment to wellbeing is required. A key piece of our commitment includes the development of wellness spaces - now called Rejuvenation Stations - for care team members to disconnect and lower the levels of stress they may feel.

We are thrilled to share that a new Rejuvenation Station on our downtown Charleston campus is now open! The 4,000-square-foot space, a joint effort between Medical University Hospital Authority (MUHA) and MUSC College of Medicine, is located on the 7th floor atrium of the former children's hospital (University Hospital Extension) on Ashley Avenue. It will be badge accessible 24/7.

This is a dedicated space for care team members to decompress, recenter and regroup during the work-day. This is an amazing room and a great step toward improving wellbeing for our care team.



ANESTHESIA QUALITY DIRECTOR—DR. ROB BOWEN

Hailing from Omaha, Nebraska, Rob Bowen went to medical school at the University of Nebraska, with a brief respite to complete a Master’s in Public Health at Columbia University. He went on to residency at New York-Presbyterian/ Weill Cornell Medical Center where he served as chief resident. He completed fellowships in critical care and cardiothoracic anesthesiology at Washington University in St. Louis and stayed in St. Louis as faculty where he led several department and hospital level quality improvement projects and was a member of the case review committee. In 2022, he and his family moved to Charleston and began working at the Medical University of South Carolina. Since May he has served as an associate program director for the residency program. He is excited to participate more fully in the quality improvement work that is ongoing in the department. He looks forward to integrating his two roles to ensure the residents continue to have the best possible experience and education and to helping everyone- residents, CRNAs, and faculty- ensure we provide the best possible care to our patients.



STUPID STUFF SURVEY

I want to thank Dr. Carlee Clark for sending out a survey identify things that frustrate all of us. In the table below you can see what rose to the top. Over the next several months we all should start seeing a vast improvement in these areas.

GROSS Survey – In Progress

Supply stocking	Pyxis → Open Shelving	Purchasing Equipment – 2 ultrasounds, 4 Belmonts, 4 monitors, airway equipment
RASH Paging System/Ready to Roll	Nerve Stimulators – 22 NMT modules purchased. Purchasing more next quarter	OR Door Automation
Call room support – CRNA and Attending		

MUSC Health
Medical University of South Carolina

Changing What’s Possible | MUSChealth.org >

NATIONAL CRNA WEEK, JANUARY 19-25, 2025

As we begin this new calendar year it might be good to reflect on some of our collective accomplishments. We have had a lot of changes across the practice groups. We have increased staffing in UH through a robust investment in contingent workers. We have flexed their time/schedules to meet increasing evening cases. Our burn care is really becoming exemplary, thanks Mike, Rishi, Frank, and Emily (just to mention a couple but all are thanked).

SJCH has stood up to challenging staff numbers by creating an innovative environment to meet clinical demands. We have added a Pediatric Anesthesia Educator, Dr. Rita Meyers. We have adjusted the amount of weekend call through inclusion of the physician resident coverage. The storage carts to the heart rooms have improved clinical conditions for the providers.

ART, EC, SMP, and WC continue to grow in cases and sites. The WC group will be increasing operative and procedural areas over the next year. ART will be expanding the HVC coverage. EC will be expanding days of coverage. SMP is taking on different populations as operative needs increase.

We have addressed, and will continue to address, our market value as providers. We continue to reward excellence in performance annually. We will continue to evaluate our place in the market and push for adjustments as recognized. We continue to work through administrative channels to focus on the value of our providers. Our system is continuing to grow. That has opportunities as well as strains, but I believe the future here is bright.

Dennis McKenna, DNAP, CRNA



NATIONAL
CRNA
Certified Registered Nurse Anesthetists
WEEK

SCBC #1- VIZIENT RANKING LAST QUARTER—STEVE KAHN, MD

Dear Colleagues,

I wanted to take a second and thank you for everything you do to care for thermally injured South Carolinians. Our team’s shared mental model for rigorous standards in patient care, coupled with your skill, expertise, dedication, and compassion is what makes our center great. Because of your efforts, we were ranked #1 out of all the academic burn centers that submit data to Vizient for our patient survival last quarter. We were #8 in the US for the entire year. The figure below depicts said data.

One remarkable thing is that we were expected to have >13 deaths in both hospitals combined based on how sick our patients were, based on average data. When we exclude the few patients who were nonsurvivable and went to hospice, there are a good 5 or 6 people who should have died from their injury who survived because of our team. It makes the hot rooms, the long hours, the complexity, the physical strain, and all the hard work worth it knowing that they are home with their families. What you do matters.

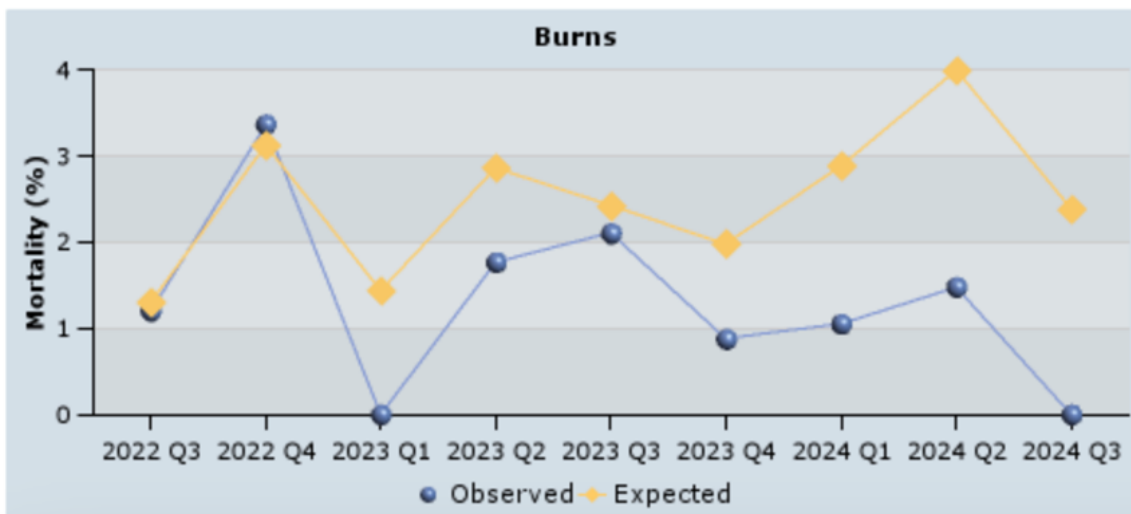
Everyone copied here plays an important role in caring for burn patients, whether at the bedside or behind the scenes. Couldn’t be more proud of the burn care at MUSC.

With much respect,

Steve

	Relative Performance	Denom (Cases)	Obs/Exp Ratio	Median	Rank
Current Quarter	⊙⊙	124	0.00	0.85	1/ 60
Recent Year	⊙⊙	468	0.29	0.88	8/ 73

	Current Quarter	Last Quarter	Recent Year
Cases (denom.)	124	135	468
Observed Deaths	0	2	4
Expected Deaths	2.96	5.40	13.37
Observed Mortality (%)	0.00	1.48	0.85
Expected Mortality (%)	2.38	4.00	2.86
Observed/Expected Ratio	0.00	0.37	0.29



JANUARY 2025 SNOW DAY!



MUSC ANESTHESIA GOLF TOURNAMENT

We're excited to announce the MUSC Anesthesia Golf Tournament, a day of friendly competition, networking, and fun! Whether you're a seasoned golfer or just looking for an excuse to enjoy some time outdoors, we'd love to have you join us.

Details:

- **Date:** Saturday, February 22, 2025
- **Location:** Legend Oaks Golf & Tennis Club
- **Time:** 9AM
- **Format:** Scramble



This event is a great opportunity to bond with colleagues, unwind, and enjoy the beautiful course at Legend Oaks. Prizes will be awarded for various competitions (details to come), and lunch afterwards will be provided!

How to Sign Up: https://docs.google.com/spreadsheets/d/1gYbNN5ZewHJXzllSFjvTCwd54ccwCE_3dpmw9tkauLI/edit?usp=sharing

Use the link above to sign up individuals and teams. Final cost per person/team and how/when to pay are still pending. Tentative deadline to sign up is February 3rd.

AMERICAN HEART ASSOCIATION HEART WALK—JOIN OUR TEAM!

To join our team or donate click [here!](#)

We're hosting a Cutest Pet Fundraiser as part of the upcoming 2025 Lowcountry Heart Walk, and we'd love for you and your pet to get involved! Here's how it works:

Enter Your Pet: Submit a photo of your adorable pet—whether they're a dog, cat, bunny, or any other cute companion—and tell us why they're the perfect contender for the title of "Cutest Pet."

Get Votes: Share your pet's photo with friends and family and encourage them to donate! \$1 = 1 Vote . All proceeds will go directly toward the Anesthesia Fundraising team for the Heart Walk.

Recognition: The pet who raises the most donations will receive the coveted title of "Cutest Pet," and earn a spot in Sleepy Times. Plus, all participants will be recognized for their support in helping save lives.

Use link below to enter pet:

<https://forms.office.com/r/pymWFQwQLF?origin=lprLinkto>

Date & Time

Saturday, February
22, 2025
8am Festivities Begin
9am Walk Begins

Location

The Joe (RiverDogs
Stadium)
360 Fishburne Street
Charleston, SC 29403



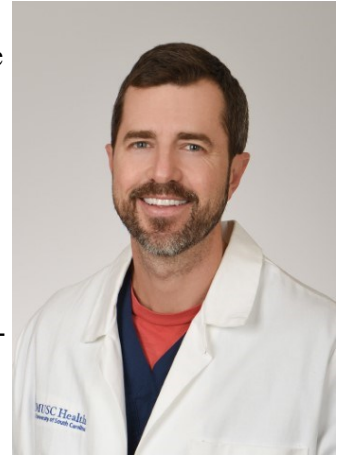
American Heart Association.

Heart Walk

RECOGNITION OF JASON WILLIAMS, CRNA BY MARIAH TANIOUS, MD

I want to reach out to specifically highlight the selflessness, integrity, work ethic and dedication of one of our pediatric CRNAs, Jason Williams. Recently over the Memorial Day weekend, Jason took the initiative to swap with a locums CRNA colleague into this holiday call after hearing that a high acuity premature neonate case would be taking place with a significant potential for morbidity.

From case set up to NICU drop off, Jason was the consummate professional and went above and beyond to ensure the child had an excellent outcome despite massive transfusion, hemodynamic instability requiring multiple pressors and challenging access. He took true ownership of the case, forgoing breaks and managing the patient's complexity with aplomb. I cannot state how instrumental he was as a teammate and wanted to pass on my compliments for his extraordinary efforts.



RESEARCH CORNER

Case Reports > [A A Pract.](#) 2025 Jan 3;19(1):e01897. doi: 10.1213/XAA.0000000000001897.
eCollection 2025 Jan 1.

Hemodynamic Preservation Using Remimazolam in a Heart Failure Parturient Undergoing a Dilation and Curettage: A Case Report

Megan C Kemp ¹, Rishi Ashok Patel, Jennifer V Smith, Nicole C McCoy



Megan Kemp, MD



Rishi Patel, MD

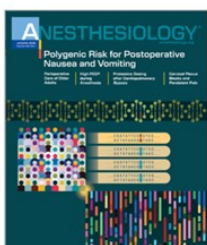


Jen Smith, MD



Nicole McCoy, MD

Volume 142, Issue 1
January 2025



Practice Advisory | January 2025

2025 American Society of Anesthesiologists Practice Advisory for Perioperative Care of Older Adults Scheduled for Inpatient Surgery

Frederick Sieber, M.D.; Daniel I. McIsaac, M.D., M.P.H.; Stacie Deiner, M.D.; Tangwan Azefor, M.D.; Miles Berger, M.D., Ph.D.; Christopher Hughes, M.D., M.S.; [Jacqueline M. Leung, M.D., M.P.H.](#); John Maldon, B.A.; Julie R. McSwain, M.D., M.P.H.; Mark D. Neuman, M.D., M.Sc.; ... Show more

+ Author and Article Information

Anesthesiology January 2025, Vol. 142, 22-51.

<https://doi.org/10.1097/ALN.0000000000005172>



Julie McSwain, MD

RESEARCH CORNER

Perioperative N-acetylcysteine: evidence and indications

Phillip Ryan Wilson , Kathryn H Bridges , Michael Scofield  & Sylvia H Wilson 

Pages 385-396 | Received 10 May 2024, Accepted 31 Jul 2024, Published online: 21 Aug 2024



Ryan Wilson, MD



Katie Bridges, MD



Michael Scofield, PhD



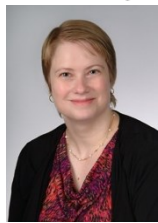
Sylvia Wilson, MD

Dermatomal spread in lateral quadratus lumborum blocks versus transversus abdominus plane blocks after laparoscopic colorectal surgery: a randomized clinical trial

Renuka M George ¹, Julie R McSwain ¹, Mamikon Gukasov ¹,
Dulaney A Wilson ², Haley Nitchie ¹, Sylvia H Wilson ¹



Julie McSwain, MD



Dulaney Wilson, PhD



Haley Nitchie, MHA



Sylvia Wilson, MD

Comparison of pericapsular nerve group and lateral quadratus lumborum blocks on cumulative opioid consumption after primary total hip arthroplasty: a randomized controlled trial

Ellen Hay ¹, Tara Kelly,¹ Bethany J Wolf ², Erik Hansen,³ Andrew Brown,⁴
Carla Lautenschlager,⁴ Sylvia H Wilson ⁵



Ellen Hay, MD



Tara Kelly, MD



Bethany Wolf, PhD



Sylvia Wilson, MD

GRAND ROUNDS—FEBRUARY 2025



“Advancing Environmental Sustainability Practices in Clinical Anesthesiology with Project SPRUCE ”

**Elizabeth Hansen, MD, PhD, Assistant Professor
February 4, 2025**

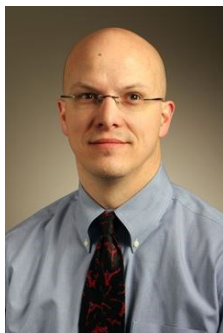
**Dept. of Anesthesiology
Seattle Childrens Hospital**



“Pediatric Obesity and Bariatric Surgery ”

**Maryam Siddiqui, MD, Assistant Professor
February 11, 2025**

**Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina**



“The Truth about Emergence Delirium, Agitation and Acute Hyperalgesia ”

**David Moore, MD, Associate Professor
January 21, 2025**

**Dept. of Anesthesia
Cincinnati Childrens Hospital**



“South Carolina’s Indomitable College of Medicine”

Jerry Reves, MD, Distinguished University Professor and COM Dean Emeritus

February 25, 2025

**Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina**

DEPARTMENT OF ANESTHESIA AND PERIOPERATIVE MEDICINE

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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

[CHECK OUT OUR WEBSITE](#)

Future Events/Lectures

CA 1 Lecture Series

- 2/12—Pediatric Anesthesia—Jen Smith, MD
- 2/19—Obstetric Anesthesia—Katie Hatter, MD
- 2/26—Geriatric Anesthesia—Jenny Matos, MD

Tammie Matusik—Thank you for helping me set up and break down the recognition lunch on January 28. The second set of hands was essential and helped ensure a successful event. Great teamwork! - Glenda Ross

Kim Pompey—Thank you for helping me set up and break down the recognition lunches on January 29 and 30. The second set of hands was essential and helped ensure a successful event. Great teamwork! - Glenda Ross



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Anesthesia Golf Tournament
Saturday, February 22, 2025

American Heart Association Heart Walk
Saturday, February 22, 2025

Graduation
June 13, 2025
Founders Hall

Holiday Party
Saturday, December 7, 2025
Carolina Yacht Club



[ONE MUSC Strategic Plan](#)

We Would Love to Hear From You!

If you have ideas or would like to contribute to *Sleepy Times*, the deadline for the March edition will be February 18, 2025.