



SLEEPY TIMES

VOLUME 15, ISSUE 1 JANUARY 2021

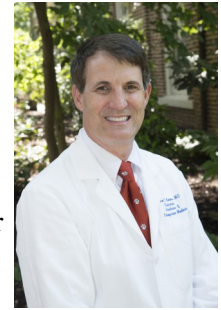


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MESSAGE FROM THE CHAIRMAN: GOOD RIDDANCE 2020 AND WELCOME 2021

-SCOTT T. REEVES, MD, MBA



I thought a lot about what to write about for the year 2020 as it ended. During the year, there was so much death, anxiety and despair. Ultimately, I decided to highlight the positives and offer a message of encouragement for 2021.

I will remember 2020 for several things. On a personal front, the year brought my family closer together. Cathy and I were no longer empty nesters as my grown children with their spouses and significant others along with my grandchildren intermittently came “home” for additional space and support. Charleston along with the rest of the country was shut down. No longer could we do simple things such as go out to eat, go to church or travel. Having the family together provided support and the ability to do things together, such as meals, boating etc. Playing with my two grandsons brought us all a lot of joy as well. I suspect you all had similar experiences.

2020 ended with several gifts. The most important was the distribution of two vaccines. Both Pfizer and Moderna were able to use new mRNA technology to develop and manufacture millions of doses of a 95% effective vaccine in less than a year. What an amazing private industry/government worldwide effort. Very few scientists thought it was possible as the typical timeframe for vaccine development is five years or more, if it ever occurs. It is my hope that this process will be utilized for other worldwide issues, whether it be an HIV vaccine or a process to limit climate change.

MUSC Health and the department became part of South Carolina’s 1a group and started receiving the first dose the week of December 14. By the end of the year, all of us who come within 6 feet of patients will have the opportunity to receive the vaccine. As healthcare providers, I think we have a unique opportunity to protect ourselves, each other and our families by getting vaccinated. In addition, we should use our platform as informed individuals to encourage our family, friends and community to do so as the general population becomes eligible in the weeks ahead.

2021 will be a year of hope and excitement. By summer, I suspect that everyone who wants to be vaccinated in our great country will have the opportunity. We will be able to go to the movies again, eat indoors without concern and travel to see distant family and friends.

As you are aware, the resident selection process occurred virtually using Zoom. In March, we will learn who matched at MUSC. I am confident we will have an amazing class of new residents. Since we will have the opportunity to have received both doses of our vaccine by the end of January, I am hopeful that in March we can also resume in-person grand rounds and other educational endeavors. Would it not be great to have a true resident graduation event with at least faculty in June? Finally, the department has recruited an amazing group of new faculty who will be joining us in the summer.

2020 was a very tough year. I cannot thank you all enough for your steadfast support to each other and our patients. 2021 starts with a lot of hope and excitement as population immunity can now become a reality. I am looking forward to navigating 2021 together.



AMERICAN SOCIETY OF ANESTHESIOLOGISTS 2022 COMMITTEE AND EDITORIAL BOARD NOMINATIONS NOW OPEN

The ASA recently opened the self-nomination process for 2022 Committee and Educational Board Nominations. This is a wonderful opportunity to participate in areas within our society that are of interest to you. Take a look at the number of committees for example. I would encourage you to work with your division chief and also to reach out directly to the committee chairs and co-chairs. These national committees are a key area to concentrate on for your individual promotion goals as well. The deadline for self-nomination is January 15, 2021.— Dr. Reeves



2022 Committee and Editorial Board Nominations Now Open - WHAT YOU NEED TO DO

ASA is now accepting self-nominations and colleague nominations for committee and editorial board appointments that take effect in October 2021. The [electronic nomination forms](#) and the site are open until January 15, 2021. ASA requires the use of these electronic forms by the deadline in order to be considered.

Self-Nominations

ASA members must complete a self-nomination form if they wish to volunteer for service.

Who needs to self-nominate:

If you want to volunteer for a committee or editorial board position for the first time, you must self-nominate.

You are encouraged to reach out to the committee chair or editor-in-chief of your committees and editorial boards of interest. They can provide more details about what the group does, what skills it is looking for at this time, and how and when it usually meets.

[Here is a complete list](#) of current ASA committees and editorial boards and their members and chairs with term end dates.

If you are now on a committee or editorial board and your term expires in October 2021, you must reapply in order to be considered for reappointment. Committee and editorial board members whose terms expire after October 2021 need not reapply at this time.

Many members serve on several groups, and your active terms will display on the self-nomination form to the right of committees if the term ends 2021 or after.

If you are not sure if you should submit a self-nomination, ASA recommends that you do.

Narrative section on nomination form:

On the nomination form, there is space for a short narrative on why a member wants to serve on a particular committee or editorial board. This is important, especially for potential new members of a committee or editorial board. Your narrative will be read and considered carefully by everyone involved in recommending the membership appointments. (These are the committee chair/editor-in-chief, section chair, and the division chair. Ultimately, the president-elect reviews these recommendations and makes the final appointments). In addition, each applicant will be asked to upload your current CV or abbreviated CV in PDF format.

AMERICAN SOCIETY OF ANESTHESIOLOGISTS 2022 COMMITTEE AND EDITORIAL BOARD NOMINATIONS NOW OPEN CONTINUED...**Colleague Nominations****To all applicants:**

Colleague nominations are not mandatory but they do help committee selection because they identify you as someone who is known to want to participate and work. There are many possible ways to secure colleague nominations. Reach out by email or phone to:

- ask your state component president or other state society officer
- ask a colleague who is active in ASA in the specialty or academic area that interests you
- ask your state ASA Director or alternate, or those from your state who serve in the ASA House of Delegates

ask individuals who are already active on committees or editorial boards.

Do reach out! We welcome your interest and will help you get involved, in ASA as well as at state and specialty levels.

In all cases, nominations must be completed by January 15, so ASA knows you are willing and interested to serve.

To those completing recommendations:

Thank you in advance for helping ASA identify new and continuing talent. Please complete your recommendation by January 15.

ASA is committed to diverse representation on its committees and editorial boards, in every sense of the word.

Appointments

ASA is fortunate to have many talented volunteers seeking nomination. However, every year there are many more volunteers than there are positions available. Members are added on and rotated off committees regularly, to maximize member opportunities.

ASA's foremost goal is serving its member's interests through effective and productive committees and editorial boards.

2022 appointments will be announced in the summer of 2021. If you are not selected this year, there are still opportunities! Please consider connecting with other ASA members and becoming active in your specialty or state societies. And apply again next year.

Thank you for your interest.

Questions

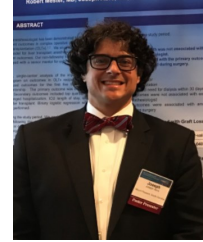
If you have questions about the nomination process, please forward them to Kim Ellison in ASA's Governance Department (commappointments@asahq.org or 847-268-9250).

NEW FACULTY– DR. NATALIE BARNETT



Hi, my name is Natalie Barnett. I am one of the new pediatric anesthesiology faculty. I recently moved to Mount Pleasant from NYC with my husband, 2 boys & 2 cats. I actually attended the University of South Carolina School of Medicine in Columbia, SC for medical school prior to heading up north for residency. I did residency at Mount Sinai in NYC, and I did a pediatric anesthesiology fellowship in Portland, OR at OHSU. I was an attending at Long Island Jewish Hospital/Cohen Children's Medical Center for a few years prior to returning to Mount Sinai as an attending. We are so excited to be here and to enjoy all of the benefits of living in the Lowcountry.

CONGRATULATIONS TO DRS. DAVID STOLL AND JOSEPH ABRO FOR COMPLETING THE NBE BASIC TEE CERTIFICATION PROCESS



CONGRATULATIONS TO DR. BRIDGES ON THE NEW ADDITION TO HER FAMILY



The Department of Anesthesia would like to give a warm welcome to Ella Kathryn Bridges, aka Ella Kate! Ella Kate was born on December 9th at 4:56pm weighing eight pounds, nine ounces and twenty one inches long. Congratulations Dr. Bridges!

MEET OUR NEW GRANTS ADMINISTRATOR, NATASCHA GOCHETT



Natascha joins us from MUSC, Department of Pediatrics, where she has worked for 3 years supporting PIs and grant submissions. She has 17 years of experience working with not for profits prior to relocating to Charleston. She received her undergraduate degree from North Park University in Chicago, and is currently working on her MBA with a focus in Healthcare Administration from Charleston Southern University. She lives in Summerville with her husband and dog Spike, and has 4 children attending college out of state. We are excited for Natascha to join our team!

RESEARCH CORNER



Dr. Scofield



Research Article: New Research | Disorders of the Nervous System

Accumbens cholinergic interneurons mediate cue-induced nicotine seeking and associated glutamatergic plasticity

HOLIDAY DOOR DECORATING CONTEST

Thank you to everyone who participated in our door decorating contest. We enjoyed seeing the doors each day and adding a little sparkle to the end of 2020.

The external department judges took the tour on December 14th and had some tough choices this year. Everyone did a fantastic job.

Congrats to our 2020 Holiday Door Winners:

1st Place: ART CRNAs



2nd Place: Jenny Ann Smoak



3rd Place: Research Office



Honorable Mention: Dr. Reeves



Trey Hiott & Jaret Navarro

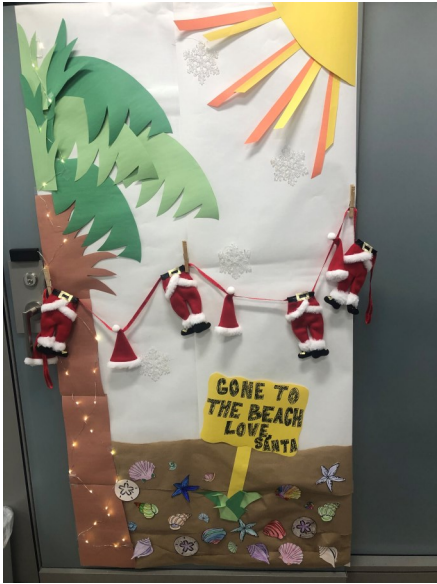


Dr. Barnett



HOLIDAY DOOR DECORATING CONTEST CONTINUED...

Dr. McCoy



Glenda Ross



Sadira Abu-Arja



HOLIDAY DONATIONS

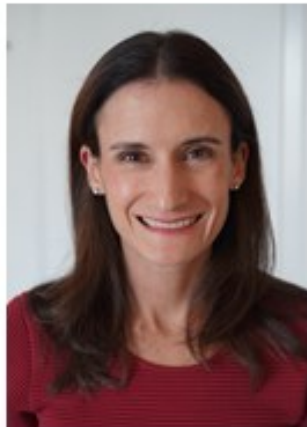
Thank you to everyone that donated to the Toys for Tots and Charleston Animal Society Howliday Drives. Every little bit helped!



DR. TOBIN IS SPEAKER FOR SAMBA WEBINAR**Tomorrow - SAMBA Complimentary Webinar**

**SAMBA Webinar: Thursday, December 17 at 7:00PM
CST**

**Postdischarge Nausea and Vomiting After Ambulatory
Surgery**



Jaime B. Hyman, MD

Assistant Professor and the Section
Chief of Ambulatory Anesthesiology
Yale School of Medicine



*Catherine Dawson Tobin,
MD*

Associate Professor
Medical University of South Carolina

Registration is complimentary!

Dr. Jamie Hyman will discuss how to define the scope of post-discharge nausea and vomiting (PDNV) after ambulatory surgery, identify patients at elevated risk for PDNV, and create an evidence-based plan for PDNV prevention. This Webinar will be moderated by Dr. Catherine Tobin.

[Click Here to Register](#)

NEW YORK TIMES PARENTING NEWS LETTER



Cecilia Duran, 38, a New York City midwife, had Covid-19 when she was 10-weeks pregnant with the baby she is posing with here. Desiree Rios for The New York Times

THE NYT PARENTING NEWSLETTER

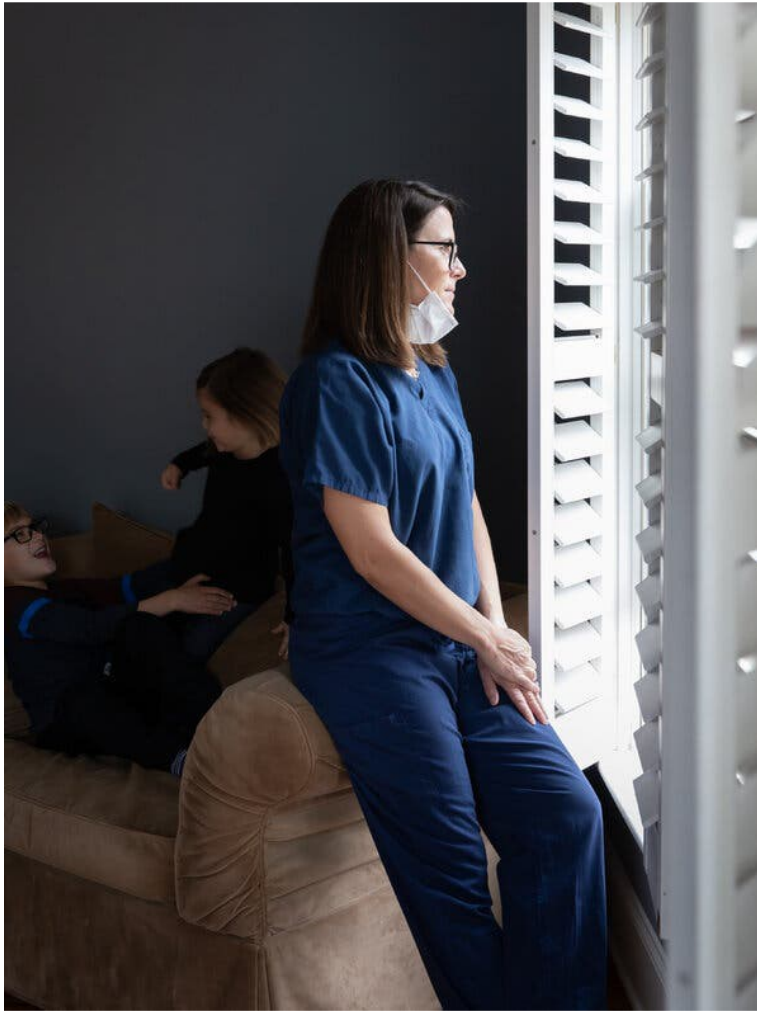
Moms on the Frontlines

NEW YORK TIMES PARENTING NEWS LETTER CONTINUED...

Health care workers are still fighting to keep their homes and communities safe.

By Jessica Grose

Dec. 23, 2020, 6:00 a.m. ET



Stephanie Whitener, an anesthesia critical care physician in Charleston, S.C., said there are people in her community who still don't take the virus seriously. Credit...Leslie Ryann McKellar for The New York Times

When I spoke to Dr. Stephanie Whitener, 41, an anesthesia critical care physician and mother of two, the parent-teacher organization at her son's elementary school was planning an in-person happy hour for teachers. "I spent yesterday trying to rally all the parents I knew in health care to stop it, because of the risk to them, and also to in-person learning," said Dr. Whitener, who lives in Charleston, S.C.

Though they did end up canceling the happy hour, "it feels like I live in two different realities," she said, one where people take the virus seriously, and another where they don't. That dichotomy can make the emotional and psychological toll of treating Covid-19 patients even harder to bear.

As this strange and difficult year draws to a close, I wanted to highlight the experiences of parents who are medical workers — and thank them for their service. Like so many other essential workers, they have put their physical and mental well-being on the line in 2020 to do their jobs. These frontline workers are at greater risk for burn-out and PTSD than the general population. Some have been separated from their children for weeks at a time, communicating only on Zoom.

Like all parents, they're worried about their own kids, socially, academically and emotionally — while also fretting about the children who are falling behind in school because of the barriers to remote learning, and who may be grieving over family members lost to the virus. And even after more than 300,000 deaths in the United States alone, some health care workers are still trying to convince their communities that the virus is a real threat.

"Some of the first deaths I experienced were people only 5 to 10 years older than me, not 70-year-olds," said Brianna Tremblay, a 36-year-old I.C.U. nurse practitioner in northern New Jersey. She is also the mom of a 3-year-old and pregnant with a baby due in January. Her dis-

stress was especially overwhelming in March and April, when the first surge of the virus was hitting the New York City region. "I came home from work every single night and cried with my husband," Tremblay said.

"When a patient would crash, we would spend hours in the room trying to save them, and then have to call the family," to give them the bad news, Tremblay said. Her I.C.U. had a mortality rate of 80 to 90 percent in March and April for Covid-19 patients. "It truly was a war zone."

Several of the workers I spoke with caught the virus themselves. Cecilia Duran, a 38-year-old midwife in New York City, fell ill in March, when she was 10 weeks pregnant. In addition to fairly intense symptoms — "worse than the flu," she said — she was also dealing with the nausea and fatigue of early pregnancy. "I was quarantining with my toddler, who was also sick, and my husband was trying to figure out his working from home situation in a small New York apartment," she said. "It was complete insanity."

NEW YORK TIMES PARENTING NEWS LETTER CONTINUED...



Brianna Tremblay's son, Logan, 3, listens to his mom's heartbeat. She is an I.C.U. nurse practitioner in New Jersey. Credit...Desiree Rios for The New York Times

Dr. Mary Thomas, a pediatrician in New Jersey, said that she's much more worried about many of her young patients than she is about her own three children (her whole family already had the virus and recovered). "I'm seeing so much anxiety and depression, and a lot of it has to do with this terrible year," Dr. Thomas said. "Parents are unemployed or losing money or stressed on top of it, and kids are on screens for hours a day."

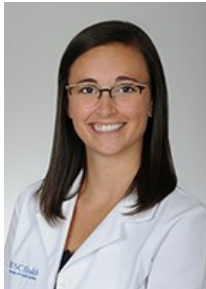
But it's not all bleak. Many parents who are medical workers described the outpouring of help they received from their community. In the middle of the pandemic, when Brianna Tremblay's babysitter's father got Covid-19, she could not come to work. Neither Tremblay nor her husband, who also works in health care, could take time off, so a couple of neighborhood moms stepped in and watched her child.

"They really came together and supported me, and brought me food and put signs on my lawn," Tremblay said. "I saw both the worst things in the world, and the absolutely most incredible outpouring of support in my entire life."

Tremblay, who is now 34 weeks pregnant, said she is scheduled to get her first dose of the coronavirus vaccine this week. Dr. Whitener got her first dose last week, but that does not mean their service is ending any time soon, nor the dissonance they experience in communities where people don't respect the full impact of the virus. Carla Blue, 43, a critical care nurse and mom of two school-age boys in Cincinnati, said that when people don't wear masks or socially distance, "That makes it feel like all the work you're doing is in vain."

She leaves work physically and emotionally drained, and then she sees people talking close together, and not wearing masks. "It makes me want to pull them aside and show them a picture of what we do," she said. "People are more selfish than I ever imagined."

GRAND ROUNDS- JANUARY 2021



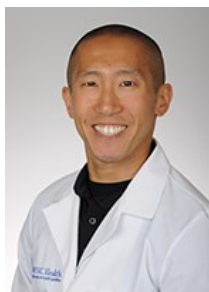
“Biliary Atresia ”
January 5, 2021
Gabrielle Musci, MD, Assistant Professor
Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina



**“ Virtually Changing the Pediatric Periopera-
tive Experience: A Look at the future of Virtual
Reality ”**
January 12, 2021
**Concetta Lupa, MD, Professor of Anesthesia
and Pediatrics**
Dept. of Anesthesia
UNC School of Medicine



“Preop Pregnancy Testing ”
January 19, 2021
Denise Chang, HS Assistant Clinical Professor
Dept of Anesthesia & Perioperative Care
University of California, San Francisco



**“Topics in Global Health and Pediatric Neu-
roanesthesia ”**
January 26, 2021
Sung-Wook Choi, MD, Assistant Professor
Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina

DEPARTMENT OF ANESTHESIA AND PERIOPERATIVE MEDICINE

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[CHECK OUT OUR WEBSITE](#)

Future Events/Lectures

Intern Lecture Series

- 1/7/21 Anesthesia in GI Surgery
- 1/21/21 Endocrinology

CA 1 Lecture Series

- 1/6/21 Anesthesia for Patients with Neuromuscular and Endocrine Disease
- 1/13/21 Anesthetic Complications
- 1/20/21 Anesthesia for Patients with Kidney Disease
- 1/27/21 Maternal And Fetal Physiology; Obstetric Anesthesia

CA 2/3 Lecture Series

Per Rotations

Grand Rounds

See Page 11



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 Tammie Matusik.



Holiday Party
Friday, December 10, 2021
Carolina Yacht Club



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<https://www.instagram.com/musc.anesthesiology/>

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MUSC Leading Health Innovation for the Lives We Touch

[Imagine 2020 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 February edition will be January 25, 2021.