



SLEEPY TIMES

VOLUME 19, ISSUE 1 JANUARY 2025



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MESSAGE FROM THE CHAIRMAN: A NEW YEAR'S RESOLUTION, REDEFINING YOUR PURPOSE

-Scott T. Reeves, MD, MBA



Each New Year, I start out with some New Year's resolutions. Losing weight and getting in better shape typically makes the list. Over the past several months, I have been preoccupied with the plight of young men in our country. In September, the Wall Street Journal ran a piece entitled "Gender Gap Widens: Young Men in U.S. Keep Falling Behind." It is a sad tale of lack of purpose for young men and even some women in our society.

Later, I was listening to a sermon by my pastor, Buster Brown, at East Cooper Baptist Church that resonated about this topic. On September 2, 1666, the great fire of London started. London was inflamed for four days with over 75% of the city being destroyed. Among the damage was the loss of St. Paul's church. Christopher Wren, the King's architect, was put in charge of the rebuild which would continue for the next 30 years.

Probably the most significant project was the creation of St. Paul's Cathedral. During the build, it has been reported, that Christopher Wren approached several of the bricklayers and asked them what they were doing? The first bricklayer responded, "I am laying bricks." The second stated, "I am building a wall." The third bricklayer replied, "I am building a great cathedral to the glory of God."

How we understand our purpose in life has profound impact on our overall happiness and well-being. In Hebrew, the term Shalom comes to mind. According to theologian, Cornelius Plantinga, Shalom is "the full flourishing of human life in all aspects, as God intended it to be."

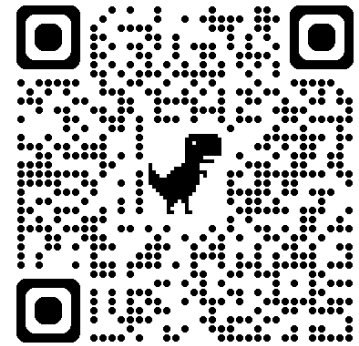
I hope we all will appreciate that what we do is more than a job or paycheck but a unique opportunity to make a difference in our patients' and colleagues' lives daily. This year I strive to think more consistently like the third bricklayer.

Finally, I hope everyone attends my upcoming address on the State of the Department as we look at 2024 and the coming New Year. We have a lot to be thankful for, and I hope to see you at 6:30 am on Tuesday, January 7, 2025.

Happy New Year.

COLLEGE OF MEDICINE BUILDING GROUNDBREAKING

On Friday, December 13, 2024, Drs. Terry Steyer (Dean College of Medicine), David Cole (MUSC President) and Lisa Saladin (MUSC Provost) did the ceremonial groundbreaking for the new College of Medicine Building being developed on Bee Street. The building is set to open in the summer of 2027. Please use the QR code below to digitally walk through the new building. It will be a beautiful state of the art educational facility.



TOYS FOR TOTS

The holiday season is coming to an end. This year we continued our cherished tradition of supporting Toys for Tots. The department contributed 3 large boxes of toys for underprivileged children in our community. I want to thank everyone who contributed and Trey for organizing the event.



ADMINISTRATIVE STAFF BREAKFAST—MARINA VARIETY STORE & RESTAURANT

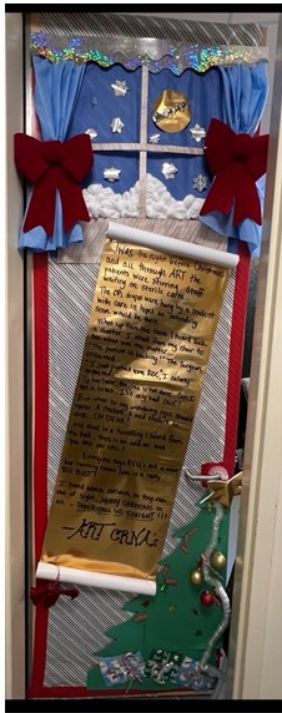


2024 DOOR DECORATING CONTEST

This year we had a robust Annual Holiday Door Decorating Contest. Holiday cheer was evident in the creativity and variety of entrants. This year's winners were:

First Place— UH CRNAs and ART CRNAs tied

Third Place—Mary/Kayla and the SMP CRNAs tied



Honorable Mentions:



2024 DOOR DECORATING CONTEST



ANNUAL HOLIDAY DEPARTMENT PARTY

This year we had over 300 departmental members attend our annual Holiday party on December 7 at the Carolina Yacht Club. I want to personally thank Dr. Jerry Reves for being our host and the fantastic decorations provided by Glenda Ross. The highlight of the evening was the return of our departmental band, Special K and the Electrolytes, with some new and old members.



ANNUAL DEPARTMENT HOLIDAY PARTY



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, 2024
- **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.

RECOGNITION FOR DR. TANIOUS

My team would like to recognize Dr. Tanious for going above and beyond for one of our patients:

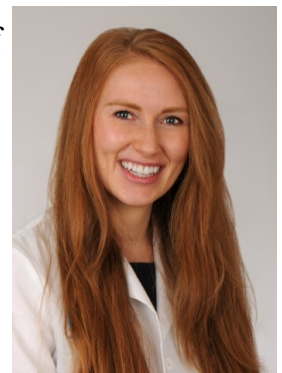
She was over in MUH and talked with our 4 yr old oncology patient and his family.

They decided to try the PET without anesthesia and she waited to make sure everything went well.

Even the PET tech called our team to let us know how she went way above and beyond.

She prioritized patient care and family comfort over her busy schedule.

The end result was a 4 year old who had an unsedated PET scan and a happy family!



With gratitude,

Michelle Hudspeth

FISHER HOUSE BY SONJA MCCASLIN, CRNA

The Ralph H. Johnson VA Medical Center Fisher House is a beautiful home away from home for the families of Veterans receiving care at the Ralph H. Johnson VA Health Care System. The Fisher House provides temporary lodging in a comfortable and relaxed setting, only a few blocks away from the medical facility. Guests can stay at the Fisher House at no cost for as long as their loved one is hospitalized.

Jenna Delaney, UH CRNA coordinated a meaningful community service initiative for our group, arranging for dinner to be delivered to the families staying at The Fisher House while their loved ones received medical care. Thanks to the generous contributions from numerous people and the dedicated team who came together to assist, the event was a resounding success. A heartfelt thank-you goes out to everyone who donated and participated, helping to provide support and comfort to these families during a challenging time.



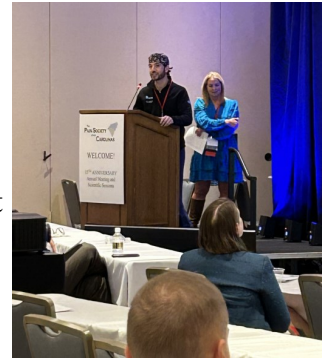
CAREER DAY

On December 11th Drs. Carlee Clark, Rob Bowen, Nolan Bagnol, and Farris Langley went to Baptist Hill Middle High School in Hollywood, SC for a Career Chat with 8th-12th graders. We discussed several professions within anesthesia including Anesthesiologist, CRNA, AA, and Anesthesia Tech and the steps taken to reach each profession. The students had hands on experience with airway equipment, learning how to bag mask ventilate, and playing with the ultrasound. Several students expressed interest in the field and had tons of questions. Overall, it was an impactful and fulfilling day for us and we look forward to more visits like this in our community!



PAIN SOCIETY OF THE CAROLINAS BY MARTY BURKE, MD

On 12/6, the Pain Society of the Carolinas began their annual meeting. As part of the annual meeting, there is a resident and fellow poster competition for medically complex cases. Dr. Tyler Kalajian, Dr. Martin Burke, and Dr. Mikaela Woods submitted a case regarding a patient who had severe thermal burns after using diclofenac gel and a heating pad. This case won Third Place in the competition after Dr. Kalajian was temporarily relieved from an ongoing liver transplant case to present the case at the conference. After delivering a dynamic podium presentation, Dr. Kalajian returned to the OR to finish the liver transplant.



Disfiguring thermal injury with topical diclofenac: A case report.

Tyler Kalajian¹, MD, MS; Mikaela Woods¹, MD; and Martin Burke, MD¹

¹Medical University of South Carolina, Department of Anesthesia and Perioperative Medicine, Section of Chronic Pain, 167 Ashley Avenue, Charleston, SC 29425

Introduction

Topical diclofenac has long been used for the management of osteogenic and muscular pain via its inhibitory effects of cyclooxygenase (Singh 1994). Despite its efficacy in treating this pain, its application and warning labels should not go without notice. In this case report, we describe an incidence of thermal injury as a result of heat application to skin containing topical diclofenac.

Patient Description

64 year old female with history of chronic intercostal neuralgia in the setting of left upper lobectomy for left chest arterial-venous malformation presented to our clinic for continued management. She received multiple interventions including intercostal nerve ablations via ethanol and radiofrequency, in addition to blocks ranging from the T8-T12 levels with significant relief of her intercostal neuralgia. At her follow up appointment, this patient presented with residual allodynia in addition to taut bands and spasms in the region of the left quadratus lumborum (QL).

Diagnosis and Management

Diagnosis: Given multiple intercostal ablations, pain likely secondary to overcompensation from the left quadratus lumborum muscle after previous ablations denervating the abdominal wall musculature

Management: topical diclofenac gel, a TENS unit, a trial of methocarbamol, and a referral for medical acupuncture. Follow up in 6-8 weeks.

Follow up

Several days later, the patient experienced left sided abdominal pain after falling asleep following application of topical diclofenac and a heating pad. She presented to the emergency department with 3% TBSA 2nd-3rd degree burns and paresthesias along her flank (figure 1). It was postulated this was likely due to the addition of a heating pad on her skin following application of diclofenac gel. She had extensive and complicated hospital admissions requiring several debridements and skin graft placements in the operating room (figure 2)



Figure 1: 2nd and 3rd degree burns to the patient's left flank and abdomen following dual application of topical diclofenac and a heating pad. This image was obtained after the debridement in the emergency department.



Figure 2: Our patient at her 2-week office visit following skin grafting to the burned areas.

Discussion

- Label warnings state not "to apply with external heat, such as heating pads".
- As mentioned in the full prescriber information, the pharmacokinetics of patients with neuropathy, such as ours, are prone for reduced sensation in affected areas which could lead to lack of awareness when applying heating pads.
- Good clinical practice should focus on reminding patients with neuropathy to be mindful of heat application
- Studies have looked at the effect of in vitro heat application and permeation of diclofenac on human and porcine skin which demonstrated increased circulating concentrations of diclofenac (Thomas 2020).
- However, studies have yet to delineate the relationship between heat application and thermal burns in patients using diclofenac products.

REFERENCES

1. Singh P, Roberts MS. Skin permeability and local tissue concentrations of nonsteroidal anti-inflammatory drugs after topical application. *J Pharmacol Exp Ther*. 1994;Jan;269(1):144-51. PMID: 8301551.
2. Thomas S, Shin SH, Hameed DC, Hassan HE, Strohriem AL. Effect of Controlled Heat Application on Topical Diclofenac Formulations Evaluated by In-Vitro Permeation Tests (PPT) Using Porcine and Human Skin. *Pharm Res*. 2020 Feb 7;37(2):49. doi: 10.1007/s11095-019-2741-1. PMID: 32034922.

AMERICAN HEART ASSOCIATION HEART WALK—JOIN OUR TEAM!

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

2025 Lowcountry Heart Walk
Saturday, February 22, 2025

Date & Time

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

Location

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

CULTURAL AWARENESS CORNER: HAPPY NEW YEAR

Have you ever wondered how our New Year traditions started. The piece below by Michael C. Lewis, MD, Chair of the Department of Anesthesiology, Pain Management, & Perioperative Medicine at Henry Ford Health System helps answer that question.

Folks all around the globe will be celebrating the end of the old year and welcoming in the new year. Celebrations will abound focused on the hope of a better collective future. Many don't realize that the celebration of the 'New Year' is an ancient tradition. Nations have been partaking in observing the commencement of each new year for at least four millennia.

In the western world at least many New Year's festivities begin on December 31 (New Year's Eve), the last day of the Gregorian calendar, and continue into the early hours of January 1 (New Year's Day). Common customs include attending parties, making resolutions for the upcoming year, and watching fireworks displays.

The first chronicled celebrations in honor of a new year's arrival date back some 4,000 years to ancient Babylon. For the Babylonians, the first new moon following the vernal equinox—the day in late March with an equal amount of sunlight and darkness—heralded the start of a new year. It was marked with a giant religious festival called Akitu (derived from the Sumerian word for barley, which was cut in the spring) that involved a different ritual on each of its 11 days. In addition to the new year, Akitu celebrated the mythical victory of the Babylonian sky god Marduk over the evil sea goddess Tiamat and served an important political purpose: It was during this time that a new king was crowned or that the current ruler's divine mandate was symbolically renewed.

Throughout history, increasingly sophisticated calendars have been created, each with its own unique New Year. They commonly linked this first day of the year to an agricultural or astronomical event. In Egypt, for instance, the year began with the annual flooding of the Nile, which coincided with the rising of the star Sirius. The first day of the Chinese New Year that we will discuss later in January, meanwhile, occurred with the second new moon after the winter solstice.

The calendar we have today also evolved. Initially, the Roman calendar consisted of 10 months and 304 days, with each new year beginning at the vernal equinox. The ancient tradition in ancient Rome was that this was created by Romulus, the founder of Rome, in the eighth century B.C. A later king, Numa Pompilius, is attributed with adding the months of Januarius and Februarius. Over the centuries, the calendar fell out of sync with the sun, and in 46 B.C. the emperor Julius Cesar decided to solve the problem by consulting with the most prominent astronomers and mathematicians of his time. He introduced the Julian calendar, which closely resembles the more modern Gregorian calendar that most countries around the world use today.

As part of his reform, Caesar inaugurated January 1 as the first day of the year, partly to honor the month's namesake: Janus, the Roman god of beginnings, whose two faces allowed him to look back into the past and forward into the future. Romans celebrated by offering sacrifices to Janus, exchanging gifts with one another, decorating their homes with laurel branches, and attending parties.

In medieval Europe, Christian leaders temporarily replaced January 1 as the first of the year with days carrying more religious significance, such as December 25 (the anniversary of Jesus' birth) and March 25 (the Feast of the Annunciation); Pope Gregory XIII in 1582 established January 1 again as New Year's Day.

Generally, New Year's celebrations begin on the evening of December 31—New Year's Eve—and continue into the early hours of January 1. Revelers often enjoy meals and snacks thought to bestow good luck for the coming year. Other customs that are common worldwide include watching fireworks and singing songs to welcome the new year, including the ever-popular "Auld Lang Syne" in many English-speaking countries.

CULTURAL AWARENESS CORNER: HAPPY NEW YEAR

The practice of making resolutions for the new year is thought to have first caught on among the ancient Babylonians, who made promises to earn the favor of the gods and start the year off on the right foot.

Here in the United States, the most iconic New Year's tradition is the dropping of a giant ball in New York City's Times Square at the stroke of midnight. Millions of people around the world watch the event, which has taken place almost every year since 1907. Over time, the ball itself has ballooned from a 700-pound iron-and-wood orb to a brightly patterned sphere 12 feet in diameter and weighing in at nearly 12,000 pounds.

Wishing everybody a happy, healthy, and successful new year.

RESEARCH CORNER

Spatial and Racial/Ethnic Variation in the Prevalence of Cesarean Delivery in a South Carolina Medical Center

[Jeffrey T Howard](#)¹, [Sam Lawton](#)², [Dulaney Wilson](#)³, [Amartha Gore](#)⁴, [Latha Hebbar](#)³, [Christine Morton](#)⁵, [Christopher Goodier](#)⁶, [Myrtede Alfred](#)⁷

J Racial Ethn Health Disparities. PMID: 39422829; DOI: [10.1007/s40615-024-02218-3](https://doi.org/10.1007/s40615-024-02218-3)



Dulaney Wilson, PhD



Latha Hebbar, MD

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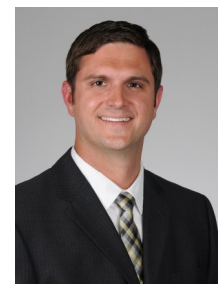
journal homepage: www.jcvaonline.com



Special Article

Practice Advisory for Postoperative Pain Management of Cardiac Surgical Patients: Executive Summary. A Report From the Society of Cardiovascular Anesthesiologists

Benu Makkad, MBBS, MD^{*1}, Timothy Lee Heinke, MD[†],
Raiyah Sheriffdeen, MD[‡], Marie-Louise Meng, MD[§],
Bessie Kachulis, MD^{||}, Michael Conrad Grant, MD[¶],
Wanda Maria Popescu, MD^{**}, Jessica Louise Brodt, MD^{††},
Diana Khatib, MD^{‡‡}, Christopher L. Wu, MD^{§§},
Miklos D. Kertai, MD, MMHC, PhD^{|||}, Bruce Allen Bollen, MD^{¶¶}



Tim Heinke, MD

GRAND ROUNDS – JANUARY 2025



“State of the Department ”

Scot Reeves, MD, Professor

January 7, 2025

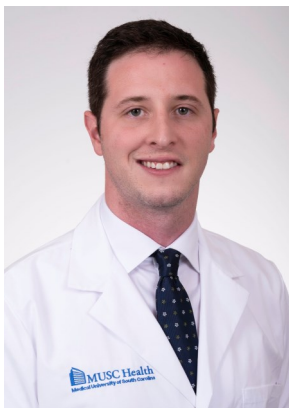
**Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina**

“Anesthesia and Neuromonitoring ”

Jessie Thompson, Lakota Jones, Lindsey Akers

January 14, 2025

**Dept. of Intraoperative Neurophysiological
Monitoring
Medical University of South Carolina**



“Glioblastoma in 2025: Why Haven’t We Cured this Yet?”

Ben Strickland, MD, Assistant Professor

January 21, 2025

**Dept. of Neurosurgery
Medical University of South Carolina**



“Is electroencephalographic (EEG) burst-suppression good, bad, or indifferent? Context matters”

Seyed A Safavynia, MD, PhD, Assistant Professor

January 28, 2025

**Dept. of Anesthesiology
Weill Cornell Medical College**

DEPARTMENT OF ANESTHESIA AND PERIOPERATIVE MEDICINE

Email: hameedi@musc.edu
Phone: 843-792-9369
Fax: 843-792-9314



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

William Barrett, MD—Shout out Dr. Barrett

Dr. Barret goes above and beyond for his team at HW. He is always doing his best to lend a hand to the prep and recovery nurses. His contribution helps this unit run smoothly. We appreciate what he does for us!! - Ashlyn Finley

Rob Bowen, MD—Helping Hands

Thank you for jumping to care for an urgent cardiac patient.—
Tim Heinke, MD

[CHECK OUT OUR WEBSITE](#)

Future Events/Lectures

CA 1 Lecture Series

1/8—Anesthesia for Endocrine Disease—Rishi Patel

1/15—Anesthesia for Neurosurgery—Tim Ford

1/22—Anesthesia for Cardiovascular Surgery—
Maxie Phillips

1/29—Anesthesia Complications—Andrew Fisher



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Follow @MUSC_Anesthesia

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, 2024
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 February edition will be January 18, 2025.