



SLEEPY TIMES

VOLUME 14, ISSUE 11 NOVEMBER 2020



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MESSAGE FROM THE CHAIRMAN: FOUR CHOICES IN LIFE

-SCOTT T. REEVES, MD, MBA

As we enter the holiday season, I was looking for inspiration for the November opening statement when I came across an article discussing the “Sage of Omaha,” Warren Buffett. Mr. Buffett states that there are four choices in life that separates the doers from the dreamers.



Most of this can be considered common sense but, unfortunately, it is rarely common practice.

Pick Your Friends Wisely

The first one was recently highlighted in Bill Gates' memorable happy 90th birthday message to his close friend: "Of all the things I've learned from Warren," says Gates, "the most important thing might be what friendship is all about. As Warren himself put it a few years ago when we spoke with some college students, "You will move in the direction of the people that you associate with. So it's important to associate with people that are better than yourself. The friends you have will form you as you go through life. Make some good friends, keep them for the rest of your life, but have them be people that you admire as well as like."

Go to bed a little smarter each day

The primary way to become smarter is to read. I am sure we all have things we want to know more about. I have been studying the founding fathers and the advent of the US constitution. If you think our current presidential election is dicey, the early elections between John Adams, Thomas Jefferson and Aaron Burr were very ugly. Back then who ever got the most votes was the president with the runner up becoming the vice president. It created a contentious cabinet as well. The point of the Buffett Formula is to make whatever progress you can and improve your life on a daily basis.

Improve your communication skills

"The most important investment you can make is in yourself," Buffett once said. That includes personal and professional development to propel you forward in life and business. "One easy way to become worth 50 percent more than you are now at least is to hone your communication skills -- both written and verbal," Buffett once said.

Just Say “No”

We all have to learn to set boundaries. As my children were growing up especially in high school, Cathy and I taught them to blame us if there was something they did not want to do or felt uncomfortable doing. Frequently, we would hear friends tell us that they had wished that we would have allowed one of our kids to do whatever and my child would look at us and smile.

The learn to say “No” rule applies to us all as adults as well. Buffett states that "the difference between successful people and really successful people is that really successful people say no to almost everything." During the upcoming holiday season, we are all busy people and we really need to simplify our lives. Focus on the few things that really matter.



SYLVIA WILSON ACCEPTS RAPS DIVISION CHIEF ROLE



Congratulations to Dr. Sylvia Wilson. Dr. Wilson has been asked to fill the role of Division Chief for the Regional Anesthesia group once again.

Born and raised in Orlando, Dr. Wilson completed her undergraduate and medical educations in Gainesville at the University of Florida (Go Gators!). She then ventured north to Chapel Hill where she completed her residency training at the UNC before traveling further north to complete her regional and acute pain management fellowship at the University of Pittsburgh. Needless to say, Pittsburgh was a little cold and Dr. Wilson joined the anesthesia faculty at MUSC in 2010.

Since her arrival at MUSC, Dr. Wilson has served our department, the medical school, and the anesthesia community. In the department, she has been our Division Chief for regional anesthesia (2010-16), Medical Director for ambulatory surgery (2015-2020), Dr. JG Reves Endowed Chair for Research (2019-current), and created our regional anesthesia fellowship where she still serves as fellowship director (2015-current). Concurrently, she has mentored medical students, residents, graduate students, and fellows within and outside our department. Outside of MUSC, Dr. Wilson serves as both a question writer and an oral board examiner for the ABA and has taught workshops and lectured nationally and internationally on topics related to acute pain and regional anesthesia. Incredibly, she found time to marry her husband, Joe, and have two sons along the way – Liam (12) and Kyle (9). Please join us in congratulating and thanking Dr. Sylvia Wilson for accepting this new appointment.

APP LEAD ANNOUNCEMENTS



We are happy to announce Elizabeth Poindexter (picture on left) as our MSICU Lead APP and Rachel Hanna (picture on right) as our CVICU Lead APP. We wanted to formalize this role, which is now being recognized by the larger MUSC organization. With the many changes occurring throughout MUSC recently, it is very helpful to have Elizabeth and Rachel in this formal leader role. Thank you both for your work in this important role!

SADIRA ABU-ARJA ACCEPTS ROLE AS ADMINISTRATIVE COORDINATOR IN ART



We are delighted to announce that Sadira Abu-Arja, the administrative assistant from our own Anesthesia Education division has accepted the ART administrative coordinator role vacated by Joana. If you haven't had the pleasure of working with Sadira yet, you will discover she is a consummate professional who has learned quite a bit in the short year since she joined the Anesthesia department and is eager to learn more about the clinical and faculty support side of our department. Originally from Jordan, she moved to Charleston last year from Washington state with her husband, a second-year dental resident.

The transition of Sadira to ART will take some time as we enter into resident interview season and await the arrival of our new education program manager, who will be replacing Suzy. Going forward her schedule for ART/Main and any remote-work days will be posted on a whiteboard calendar in the ART admin office, and we hope for her to make the move permanently to the ART office as soon as possible.

DENNIS MCKENNA, CRNA RECEIVES THE 2020 S.C.A.N.A HELEN ARNDT AWARD, CONGRATULATIONS



Helen Arndt was the first president of the South Carolina Association of Nurse Anesthetists. Under her leadership and vision, S.C.A.N.A. was incorporated as a professional association dedicated to promoting Nurse Anesthesia.

The Helen Arndt Award is presented each year to an individual who exemplifies dedication to the profession through commitment to the goals of the S.C.A.N.A. and support to the ongoing development of the profession and the promotion of nurse anesthesia in South Carolina.

MEET OUR NEW CRNA

Patrick Bishop



Originally from Kentucky, where he practiced anesthesia over 7 years in Lexington, before returning to the Lowcountry to provide mostly locums work to meet the Charleston-area needs. “I have been recruited by friends for years to join the MUSC team, but it never worked out with my family”. Patrick is married with four children. “Once my wife finished her third degree it freed my time a bit. Then the timing of COVID hitting the area made my decision easy. MUSC was leading the state in their COVID response, and I wanted to be part of that atmosphere. I have already enjoyed meeting the Anesthesia team members and only have positive things to say! The challenging cases are met with cutting-edge medicine combined with the highest patient-focused quality care.

MEET OUR NEW RESIDENCY PROGRAM MANAGER

Elizabeth Morrison



Hi! I’m Elizabeth Morrison. Some people call me “Tempie” which is a nickname, but I prefer being called by my real name, Elizabeth. I am originally from Richmond, Virginia, but have lived in South Carolina since completing my undergraduate degree at the UofSC. I am currently finishing a master’s degree in management and leadership. I have worked for Prisma Health/UofSCSOMG in Greenville for twelve years, so I am thrilled to be able to continue working in academic medicine while relocating to Charleston. My husband Matt and I have five daughters (Liza, Lucy, Blakely, Ada and Zoe), one giant Great Pyrenees dog (Sally Belle) and one cat (Stanley Theodore). We are very much looking forward to being near the beach and enjoying all of the wonderful activities this area has to offer!

MEET OUR NEW RESEARCH SPECIALIST

Samuel Lawton



Hello! I’m Sam Lawton, a new research assistant. Having lived in Charleston most of my life, I completed my undergraduate studies in public health at the College of Charleston last year. I also minored in Russian studies, so if you speak the language please give me a shout – I urgently need practice. During undergrad, I held a few volunteer positions with MUSC ranging from fundraising to cancer research. I’m thrilled to work with this team, and I can’t wait to get to know you all!

MEET OUR NEW ASSISTANT PROFESSOR– DR. WILLIAM BARRETT

William Barrett



I’m William Barrett, the newest member of the RAPS team. While I was born in Savannah, I actually grew up on Hilton Head. I attended Samford University in Birmingham, AL for both undergrad and graduate school. I returned to South Carolina, where I completed medical school at VCOM in Spartanburg. I then went to Richmond for my residency and regional fellowship at Virginia Commonwealth University. I am very excited to join the team at MUSC and be back in the Lowcountry. My wife and I live on James Island with our two cats, and we enjoy spending time on the water and exploring all of the great food options that Charleston has to offer.

RESEARCH CORNER

Perioperative Care and Operating Room Management 21 (2020) 100132



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Perioperative Care and Operating Room Management

journal homepage: www.elsevier.com/locate/pcorm



Positive or Negative? Implementation Processes and Pitfalls of Preoperative SARS-CoV-2 Testing at a Single Academic Institution

Julie R. McSwain^{a,*}, Kathryn H. Bridges^a, Sylvia H. Wilson^b, Timothy L. Heinke^a, Amanda T. Redding^b, Carlee A. Clark^a

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Dr. McSwain



Dr. Bridges



Dr. Wilson



Dr. Heinke



Dr. Redding



Dr. Clark

ORIGINAL ARTICLE 

Impact of a multidisciplinary multimodal opioid minimization initiative in kidney transplant recipients

Vinayak S. Rohan¹ | David J. Taber¹ | Neha Patel² | Caroline Perez² |
 Nicole Pilch² | Sara Parks³ | Eric Bolin⁴ | Satish N. Nadig¹ | Prabhakar K. Baliga¹ |
 James N. Fleming^{2,5}



Dr. Bolin

RESEARCH ARTICLE

Chronic intermittent ethanol and lipopolysaccharide exposure differentially alter Iba1-derived microglia morphology in the prelimbic cortex and nucleus accumbens core of male Long-Evans rats



Benjamin M. Siemsen^{1,2} | Justine D. Landin² | Jon A. McFaddin¹ | Kaylee N. Hooker¹ |
 Lawrence J. Chandler² | Michael D. Scofield^{1,2}



Dr. Scofield

Biological Psychiatry **Archival Report**

MEF2C Hypofunction in Neuronal and Neuroimmune Populations Produces MEF2C Haploinsufficiency Syndrome-like Behaviors in Mice

Adam J. Harrington, Catherine M. Bridges, Stefano Berto, Kayla Blankenship, Jennifer Y. Cho, Ahlem Assali, Benjamin M. Siemsen, Hannah W. Moore, Evgeny Tsvetkov, Acadia Thielking, Genevieve Konopka, David B. Everman, Michael D. Scofield, Steven A. Skinner, and Christopher W. Cowan



Education in
Regional Anesthesia
Special Interest Group

The Bright Side of COVID-19: A Chance to Rethink How We Educate

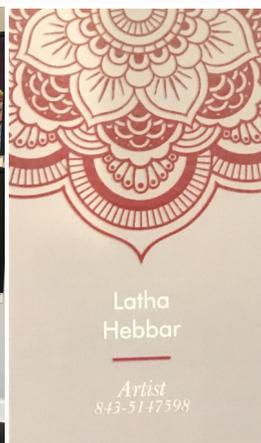
While our lives and workplaces continue to evolve and adjust to the COVID-19 era, we also continue to usher new learners into the perioperative setting. In order to accommodate social distancing with continued education, many of us are exploring new ways to teach our students, residents, and colleagues. With this in mind, we should perhaps take this opportunity to completely reexamine the methods and ways that we educate, and perhaps even learn some new tricks ourselves to improve our teaching style for our betterment. Two recent publications challenge us to do just that.



Dr. Sylvia Wilson
Newsletter Liaison

The first article, a review published in *Anesthesiology*, challenges us to transition away from passive lectures and move toward various methods to edify knowledge, skills, and professionalism.^[1] [\[READ MORE\]](#)

LATHA HEBBAR ART EXHIBIT



There are creative artistic threads in all of us; however, some of us decide to explore it further and weave it into a fabric of our choice. I decided to expose my creativity and therefore vulnerability (which is not easy with age) and allowed my artwork to be juried by professional artists at the Charleston Artist Guild gallery. I was pleasantly surprised when they juried me in, and a month ago I was informed that I had wall space to exhibit and sell my paintings. This truly sent me into a flurry of activity as I had been a closet painter for years – I had to frame my paintings, get a business card printed, pen a bio of a different kind (non-anesthesia), decide on names for my paintings and more!! It has been very enjoyable, and I would like to share it with all of you.

Please access the link below to read my ‘artist’ journey, the colors and themes are influenced a lot by my upbringing in India and my travels – you can also see some of my works on-line. The theme of my current exhibit has been ‘Sisterhood’; so, it has focused on portraits of women

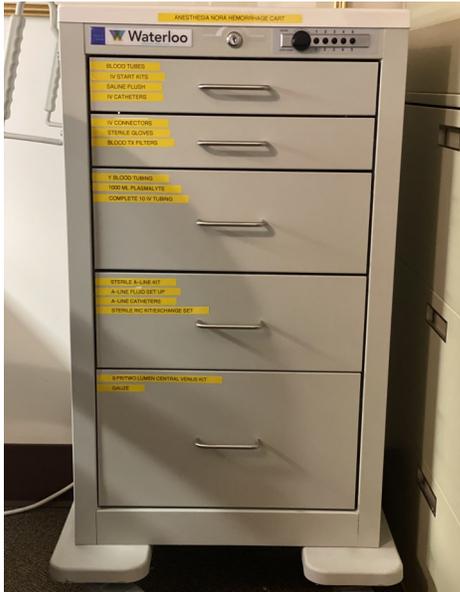
who, to me, tell a story. However, I do other genres as well including landscape and pet portraits. Sunrises and sunsets are a very magical time of the day for me, and I love the earthy colors that they bring out. All my proceeds go to charity – specifically education and women’s health. If you are downtown, please drop into the CAG gallery and see them in person.

<https://www.charlestonartistguild.com/project/latha-hebbar/>

Latha

HEMORRHAGE RESUSCITATION SUPPLIES AT MAIN BY ROBERT HARVEY, MD

Two new resources are available to help manage hemorrhage in the Main OR and in NORA, specifically IR. The hemorrhage bag contains supplies for massive resuscitation not available in ORs, and can be placed in the ER/Trauma room whenever it is not in ORs 17 or 19. The NORA hemorrhage cart contains supplies for massive resuscitation in the periphery and will live in IR. This should be useful for traumas and other acute cases that come straight to IR.



NORA Trauma Hemorrhage Cart

- Lab tubes
- PIV Start Kit
 - IV Start kit x2
 - Jelco x4 each 14G, 16G, 18G, 20G
- IV Set up
 - Complete set x2
 - Blood tubing x2
 - Plasmalyte x2
- Cordis Kit x2
 - 9Fr MAC dual lumen catheter
 - Injection caps x2
 - (If not included in kit, Bio Patch, large Tegaderm, sterile saline flush x2)
- Triple Lumen 7 Fr Central Line Kit x1
- RIC set x2
 - RIC catheter
 - RIC kit
- A-line set x2
 - Sterile a-line kit
 - Arrow 20G a-line needle
 - 4x4s
 - Transducer
 - Saline 500ml
 - 500ml pressure bag
- Pressure bags 500ml x2
- Sterile Gloves x2 each 6.5, 7.0, 7.5, 8.0



Main OR Trauma Hemorrhage Bag

- Cordis Kit
 - 9Fr MAC dual lumen catheter
 - Injection caps x2
 - (If not included in kit, Bio Patch, large Tegaderm, sterile saline flush x2)
- RIC set
 - RIC catheter
 - RIC kit
- A-line set
 - Sterile a-line kit
 - Arrow 20G a-line needle
 - 4x4s
 - Transducer
 - Saline 500ml
 - 500ml pressure bag

FACILITIES IMPROVEMENTS AT ASHLEY RIVER TOWER AND UNIVERSITY HOSPITAL

We are all familiar with the substantial investments being made within MUSC as we open large buildings such as the Shawn Jenkins Children’s Hospital. You may not be as familiar with the improvement in existing facilities. At ART, we have completed the new hybrid OR and are in the process of revising and replacing the 3rd floor cath lab area.

At the University Hospital, we are replacing one MRI scanner on the 3rd floor and renewing that space. The architectural drawing and cost are described below.

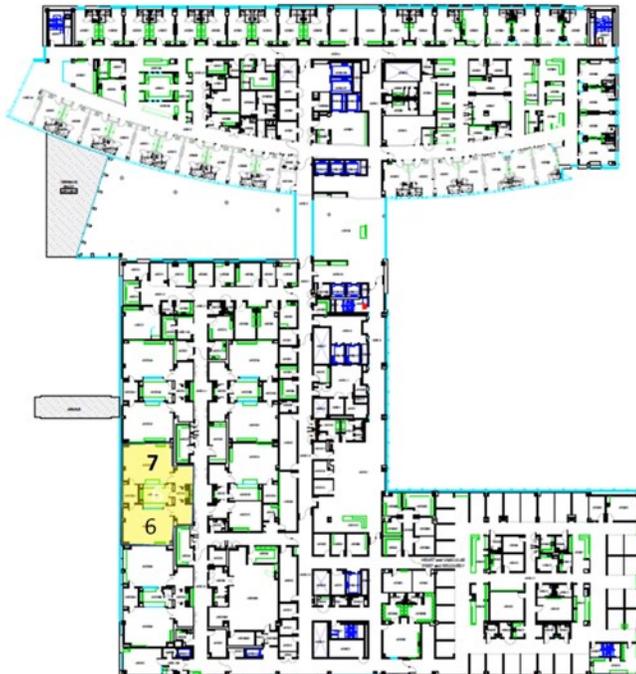
ART – 4th Floor Hybrid OR 9

- Project involved conversion of existing OR to a Hybrid room
- Completion: May 2020
- 1,330 SF
- Cost \$1.3M



ART – 3rd Floor EP 6 & 7

- Under Construction
- EP 6 Completion: 10/5/20
- EP 7 Completion: 10/15/20
- 2,038 SF
- Cost \$900K



FACILITIES IMPROVEMENTS AT ASHLEY RIVER TOWER AND UNIVERSITY HOSPITAL CONTINUED...

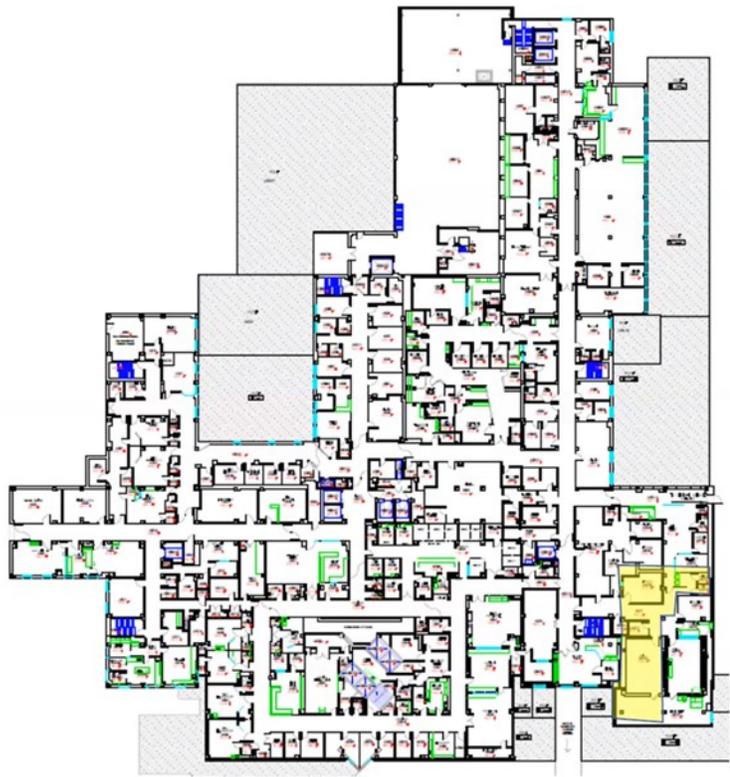
**ART – 3rd Floor
Cath Lab 10 & 13**

- Design Start: November 2020
- Construction Start: February 2021
- Completion: June 2021
- 1,988 SF
- Budget \$ 950K



**UH – 3rd Floor
1.5T MRI**

- Construction Start: October 2020
- Completion: January 2021
- 1,770 SF
- Cost \$600K



BEST WISHES TO LAURIE UEBLEHOER– CRNA RETIRING



"Stay Young at Heart, Kind in Spirit, and Enjoy Retirement Living!" ~quote by Danielle Duckery

Laurie Ueblehoer, CRNA, has been an employee at MUSC since the early 2000's. Graduating from Purdue with a nursing degree in 1985, Laurie became especially proficient in working with pediatrics. She advanced her career to specialize in anesthesia and obtained her master's degree in the late 90's. Working on a teen unit @ Riley's hospital in Indiana, she cared for many patients; most famously Ryan White, a national poster child and celebrity due to his battle with HIV/AIDS. Fort Wayne, IN, is where Laurie assisted in opening their first PICU. Then, she managed a dialysis unit for several years. In addition, she worked in Charleston in the PICU and PCICU, the VA as a CRNA, the SRNA advocate/liaison, traveled, and then came back to Charleston in the early 2000's to spend the rest of her career at MUSC in the anesthesia department.

Her talent and expertise in off-site anesthesia gained her the respect and admiration of many of her co-workers. She primarily took care of pediatrics prior to the opening of SJCH. NORA sites can be the most difficult because of the remoteness as well as the navigation of procedures, the NORA sites, and staff.

Laurie will always be remembered for her accomplishments and years of hard work here.

In Laurie's honor, the CRNA's @ MUSC gave a donation to Noah Harris' Service Dog Training.

<https://www.gofundme.com/f/noah039s-service-dog-training>

Noah is an autistic child who needs a service dog. The dog will come from DOCKDOGS' family, an area that has been passionate for Laurie as well! Laurie is a member of Carolina Dock Dogs. See carolinadockdogs.com for more information.

As Laurie spends time with her partner, Deb, her children, grandchildren, fur babies, and more, we wish Laurie happiness and best wishes on her new adventures!

GRAND ROUNDS- NOVEMBER 2020



“Research Symposium”

November 3, 2020

**Eric Bolin, MD, Associate Professor
Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina**



“Perioperative Music: Evidence and Implementation ”

November 10, 2020

**Karthik Raghunathan, MBBS, MPH, Associate Professor
Dept. of Anesthesia
Duke University**



“The Transgender Patient: Foundations and Perioperative Primer ”

November 17, 2020

**Alison Ellis, MD, Assistant Professor
Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina**

No Grand Rounds / Holiday

November 24, 2020

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

11/12/20 Management of CVA

CA 1 Lecture Series

11/4/20 Adrenergic Agonists & Antagonists;
Hypotensive Agents

11/11/20 Hepatic Physiology; Anesthesia for
Patients w/ Liver Disease

11/18/20 Anesthesia for Patients with
Cardiovascular Disease

CA 2/3 Lecture Series

Per Rotations

Grand Rounds

See Page 9

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Twitter:

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

 Follow @MUSC_Anesthesia



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.



Due to COVID-19, social distancing, and University requirements, the annual holiday party has been canceled.



[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 December edition will be November 23, 2020.