



SLEEPY TIMES

VOLUME 14, ISSUE 10 OCTOBER 2020

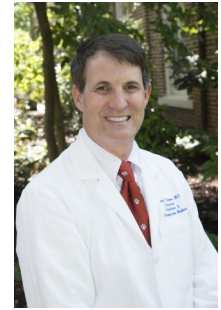


Inside This Issue:

Message from Chairman	1
New Faculty & Staff	2
New Anesthesia Tech Supervisor	2
New SMP Medical Director	3
Flu Shot Campaign	3
Get Out and Vote!	3
Research Corner	4
Women in Medicine	5
Innovator Awards	6
SpinSchedules Tutorial	6-9
Grand Rounds	9
Hung the Moon	10

MESSAGE FROM THE CHAIRMAN: THE SOCIAL DILEMMA

-SCOTT T. REEVES, MD, MBA



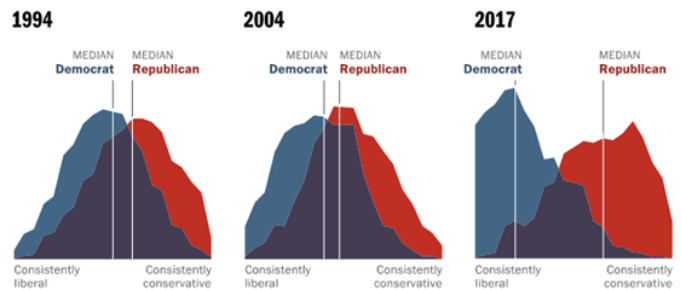
October marks the beginning of resident interview season. This will be a very unusual year as all interviews across the nation in all specialties will be virtual. I have a front row seat from both a departmental selection standpoint and an applicant standpoint as my son, Townsend, is applying to Emergency medicine programs. The department has been busy at work revising our web site, developing Facebook and Instagram content and establishing a Zoom platform for the actual interviews so that we can highlight to applicants our excellent educational offerings, new facilities and robust community to perspective applicants. Being relatively new to Facebook and Instagram, I am learning more about how it works, and am thankful that several residents have taken the lead. I know, however, that I am going to personally miss the personal interaction with the candidates. Fortunately, social media provides a powerful tool of communication that will assist in this strange COVID year.

There also appears to be a different side of this technology that I had not considered until I recently watched *The Social Dilemma* which premiered at the 2020 Sundance Film Festival and was recently released on Netflix. According to Wikipedia, “*The Social Dilemma* is ... directed by Jeff Orlowski and written by Orlowski, Davis Coombe, and Vickie Curtis. The film explores the rise of social media and the damage it has caused to society, focusing on its exploitation of its users for financial gain through surveillance capitalism and data mining, how its design is meant to nurture an addiction, its use in politics, its impact on mental health, and its role in spreading conspiracy theories and aiding groups such as flat-earthers and white supremacists.”

The movie discusses the increasing polarization of our society and how social media plays into it. The Pew Research Center highlights an example of the changing attitudes within our two political parties.

Democrats and Republicans more ideologically divided than in the past

Distribution of Democrats and Republicans on a 10-item scale of political values



Notes: Ideological consistency based on a scale of 10 political values questions (see methodology). The blue area in this chart represents the ideological distribution of Democrats and Democratic-leaning independents; the red area of Republicans and Republican-leaning independents. The overlap of these two distributions is shaded purple.
Source: Survey conducted June 8-18, 2017.

PEW RESEARCH CENTER

The *Social Dilemma* hypothesis is that a majority of individuals rely almost exclusively on social media for their news and this medium is specifically developing individual content based on one’s preferences. I am probably not seeing the same news as you. Hence, we are not getting a complete picture, and we are losing the common ground in our society.

My ask for all of us this month is three-fold.

1. That you watch the show if you have access to Netflix
2. That we all consider the positive and negative power of social media
3. That you take the time to register to vote as outlined in *Sleepy Times* and vote.



MEET OUR NEW ASSISTANT PROFESSORS



Katherine Herbert

Hi! I'm Katie Herbert. As a Charleston native, I'm so excited to be back, close to family and friends. I went to Clemson for undergrad (yes, another Tiger!) followed by medical school at MUSC. After training at UT Houston for residency, I completed my obstetric anesthesia fellowship at Duke. I just moved to Mt. Pleasant with my two cats Fred and Leo, and I'm looking forward to enjoying the Charleston area again, especially the beaches!



Amanda Bunnell

Hello! I'm Amanda Bunnell, a new pediatric anesthesia faculty, and I'm excited to be joining the department. Originally from New York, I completed my residency at Hofstra University, before moving onto a regional fellowship at Emory. (As one fellowship clearly isn't enough) I recently completed my pediatric fellowship at University of Michigan. I fell in love with Charleston on the spot, and I'm thrilled to make it my new home. I've moved with my dog Emma, and I enjoy spending time at the beach, other outdoor activities, and checking out all that the area has to offer!

MEET JASON WILLIAMS, NEW CRNA



Jason Williams received his BS in Nursing from MUSC (2011), with honors, and his MHS in Nurse Anesthesia from Excelsa Health School of Anesthesia in Latrobe, PA (2016). His previous anesthesia practice was Baylor at Texas Children's Hospital in Houston, TX for 3.5 years performing a variety of cases, but preferring spine, neuro, and orthopedic procedures. Prior to his career in anesthesia Jason worked in Charleston, his hometown, as a RN for 4 years at Roper Hospital in Adult Oncology Step-Down as well as the Pediatric ICU at MUSC. Jason's excited to be back home and join the MUSC team in University Hospital once again!

MEET JARET NAVARRO, OUR NEW LOCAL IT SUPPORT



Jaret Navarro is from Florida and attended the University of Central Florida (Go Knights!). While working in the Information Technology Office, he assisted the program assistant for the Clinical Psychology program (Jordana), who (suspiciously) had many IT issues in the months following that initial meeting. These numerous interactions eventually led to a relationship and marriage in 2008. Along the way, Jaret also obtained an undergraduate and graduate degree (Masters) relevant for information technology and two awesome children (Colton and Jackson)! Jaret is still doing what he loves, IT within the educational setting. The family resides on James Island and could not be happier living in Charleston. For more information on how to contact Jaret, please click here, [Anesthesia IT support](#).

JAMIE SAYERS AS OUR NEW ANESTHESIA TECH SUPERVISOR



Jaime Kenneth Sayers has accepted the responsibility of being our new Anesthesia Tech Supervisor. He has been with MUSC anesthesia department for three years, and during his time with Anesthesia, he held the role of tech and equipment specialist. He came to MUSC from a level one trauma center in the heart of New York City where he held positions as an ER technician, a Telemetry Technician Lead Tech and a Trauma Technician Lead Tech. Jaime is of Caribbean decent hailing from the beautiful island of Grenada. He is also a father of three lovely children and a dedicated husband. Jaime has also lent his talents, as a bass guitar player, to the anesthesia department, as a part of the Induction Agents band. His passion for patient care, his willingness to learn and his communication skills

with providers, staff and equipment representatives afforded him the opportunity of being the best candidate for the Anesthesia Tech Supervisor position.

CONGRATULATIONS DR. GRACE WOJNO AS NEW SMP MEDICAL DIRECTOR!



Grace was born on Long Island, New York. She graduated from Duke University and went on to get her MD from Temple University School of Medicine. Her anesthesia residency was also at Temple, and she completed her pediatric anesthesia fellowship at Saint Christopher's Hospital for Children in Philadelphia.

After working at Egleston Hospital for Children at Emory University, Grace went into private practice in South Carolina. She came to MUSC in 2001 and has worked primarily doing ambulatory anesthesia for both adults and children at Rutledge Tower. When the Keith Summey Medical Pavilion opened its doors, she helped launch and run the operating rooms during its first year.

She is very proud of her two children, Jacki and Geoff, ages 28 and 26. Fun things she likes to do in her free time are yoga, organic vegetable gardening, cooking, sewing, brewing kombucha and walking her big furry dog Maximus. You can easily recognize Dr. Wojno around the operating room wearing the very sparkly scrub hats that she makes for herself and co-workers.

2020 MUSC HEALTH EMPLOYEE FLU CAMPAIGN

2020 MUSC Health Employee Flu Campaign

- Providers will begin to receive Flu Shot alerts in Epic **September 29, 2020**
- Employee Flu Vaccine Start Date: **October 1, 2020**
- Employee Flu Deadline: **December 14, 2020**
 - All care team members, volunteers, students and contractors must comply with **policy C-166**
- Vaccination Opportunities
 - Employee Health Office: October 1, 2020
 - MUSC Clinics & Primary Care Offices: October 1, 2020
 - *Rutledge Tower Flu Clinic: Open 1 week per month: Starts October 12, 2020
 - *Unit Based Rounding: Starts October 20, 2020
 - Socially Distanced Flu Tent Event: TBA



*Rutledge Tower Flu Clinic & Unit Based Rounding Schedules, other vaccination information and FAQs available on MUSC Health Intranet (<https://www.musc.edu/medcenter/influenza/flu-shots>)

GET OUT AND VOTE VOTE ABSENTEE!!

“As we prepare for the November election, I would like to encourage all of us to register for an absentee ballot. The state of South Carolina makes it easy through the link below and there are a lot of reasons to request it. I put government employee on mine. It will be difficult to predict what voting in person will be like during our current COVID crisis and whether the department can reliably get folks off to vote. Please take a moment to register now.” Sincerely, Dr. Scott Reeves

Here's the state's direct link for requesting an absentee ballot.

<https://info.scvotes.sc.gov/eng/voterinquiry/VoterInformationRequest.aspx?PageMode=AbsenteeRequest>

EVERY VOTE MATTERS.
EVERY VOTE COUNTS.

RESEARCH CORNER

Received: 30 April 2020 | Revised: 10 June 2020 | Accepted: 22 June 2020
 DOI: 10.1002/ccr3.3095

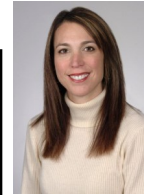


CASE REPORT

Clinical Case Reports Open Access WILEY

Delayed hypoxia during pediatric posterior spinal fusion secondary to intraoperative pneumothorax: Case report

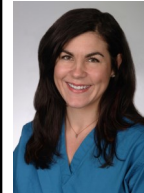
Michelle S. Rovner | Zachary M. Jeanes | Amanda T. Redding | Grayce P. Davis | Cory M. Furse



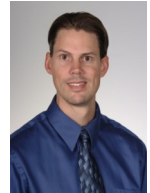
Dr. Michelle Rovner



Dr. Amanda Redding



Dr. Grayce Davis



Dr. Cory Furse



Dr. Hannah Bell



Dr. Catherine Tobin

SURGICAL INFECTIONS
 Volume 21, Number X, 2020
 © Mary Ann Liebert, Inc.
 DOI: 10.1089/sur.2020.140

Original Article

Development of a Sterile Personal Protective Equipment Donning and Doffing Procedure to Protect Surgical Teams from SARS-CoV-2 Exposure during the COVID-19 Pandemic

Heather L. Evans,¹ Christopher S. Thomas,² L. Hannah Bell,³ Ashley B. Hink,¹ Stephanie O'Driscoll,⁴ Catherine D. Tobin,³ and Cassandra D. Salgado⁴

Clinical Simulation in Nursing (2020) 47, 60-64



Short Communication

Use of Simulation-Based Learning to Teach High-Alert Medication Safety: A Feasibility Study

Laura Sessions, PhD^{a,*}, Lynne S. Nemeth, PhD, FAAN^b, Kenneth Catchpole, PhD^b, Teresa Kelechi, PhD, FAAN^b

^aTowson University, College of Health Professions, Towson, MD, USA
^bCollege of Nursing, Medical University of South Carolina, Charleston, SC, USA

Clinical Simulation in Nursing
www.elsevier.com/locate/csn



Dr. Kenneth Catchpole



Dr. Meron Selassie



Dr. Michael Hillegass

Reoperation Rates of Percutaneous and Paddle Leads in Spinal Cord Stimulator Systems: A Single-Center Retrospective Analysis

Devin D Antonovich, MD ✉, Willy Gama, MD, Alexandra Ritter, Bethany Jacobs Wolf, PhD, Ryan H Nobles, MD, Meron A Selassie, MD, M Gabriel Hillegass, MD

Pain Medicine, pnaa215, <https://doi.org/10.1093/pm/pnaa215>

Published: 04 August 2020

CATALYST WOMEN IN MEDICINE ARTICLE - PICTURE OF DR. SELASSIE IS FEATURED

4 MUSC CATALYST NEWS, September 18, 2020

Commentary: Celebrate women in medicine and those who blazed the trail

Editor's Note: The following column was published in the Sept. 5 issue of The Post and Courier. It is reprinted with permission.

BY DANIELLE B. SCHEURER
scheured@musc.edu

Each September, the American Medical Association honors the achievements of women physicians during Women in Medicine Month. This year's theme is "Advancing Equity, Creating Change."

I'm immensely proud of my fellow female physicians, and this year, in particular, I'm equally proud of all of my colleagues in health care – every physician, along with the selfless nurses, techs, therapists and first responders on the front lines,



Scheurer

caregiving for patients during this pandemic.

As any physician knows, we cannot go it alone, much less achieve our best outcomes, without the support of a dedicated team.

Yet many of the pioneering women who came before me were unable – and unwelcome – to learn and practice alongside their male counterparts.

If not a solo experience, theirs were often lonely journeys that forced them to rely on their courage, grit and commitment to doing what was right for their patients, many of whom were society's most marginalized.

These women include trailblazers such as Elizabeth Blackwell, M.D., the first woman to graduate from a U.S. medical school, New York's Geneva Medical College in 1849, and Rebecca Lee Crumpler, M.D., the first African American woman to earn a medical degree in the United States, graduating from the New England Female Medical College in 1864.

In 1889, Susan La Flesche Picotte,



Photo by Son Nguyen

Dr. Meron Selassie is a physician in the Department of Anesthesia and Perioperative Medicine.

M.D., became the first Native American woman to earn a medical degree, graduating a year early and first in her class – 35 years before Native Americans were recognized as U.S. citizens. Mary Edwards Walker, M.D., the first female surgeon in the United States, was also the U.S. Army's first female surgeon, serving in the Civil War, and the first and only female Medal of Honor recipient.

Along with others, these women paved the way for women to succeed in research, academic medicine and public health in the 20th century. Virginia Apgar, M.D., was the first woman to become a full professor at Columbia University College of Physicians and Surgeons. She also developed the Apgar score, a test to evaluate a newborn's health and considered among the first examples of evidence-based medicine.

In 1947, Gerty Cori, M.D., became the first American woman to earn a Nobel Prize in Physiology or Medicine. In 1990, Antonia Novello, M.D., became both the first woman and Hispanic to be appointed as U.S. surgeon general. In 1997, Nancy Dickey, M.D., was elected as the AMA's first woman president.

Each of these women has inspired generations of young girls who dared to pursue a dream.

I can only imagine what our earliest role models would think today if they could look back on the trails they blazed and the strides women have made. Women hold the majority of seats – 50.5% – in

U.S. medical schools and outnumber male counterparts in OB-GYN, pediatrics, allergy and immunology, genetics and dermatology.

Female physicians, who as mothers, wives, daughters and sisters are the health care decision-makers for their immediate and extended families, are credited with bringing an extra dose of empathy and understanding to patient care.

Still, women physicians have more strides to make. Our profession must do more to address pay inequity, retain female physicians, 40% of whom leave full-time practice early or altogether; and encourage women to enter fields where they are woefully underrepresented, such as orthopedic surgery, neurological surgery and interventional radiology.

I've been fortunate to have the support of professors, colleagues and a spouse who have valued my commitment to medicine and encouraged me every step of the way. I'm also privileged to mentor young physicians.

As I reflect on the accomplishments of those who've come before me and those I work alongside, I say, "Job well done." Most of us won't make the history books or even the daily news roundup. But we will continue to be role models for the next generation of physicians, teaching, delivering care, expanding the body of medical research and shaping health policy.

That will be our legacy.



2020 MUSC Virtual Benefits Fair
Webinar Schedule to be announced soon!
September 21st-25th, 2020

The University and Medical Center Human Resources Departments will be hosting a Virtual Benefits Fair the week of September 21st-25th, 2020.

The fair will include free live webinars with several vendors including AFLAC, AIG/VALIC, ASIFlex, Empower Retirement, MetLife, TIAA and others. Webinars are mostly held in 30minute increments between the hours of 9am and 4pm.

Employees are encouraged to attend webinar sessions during the week of the fair to learn about plan changes effective January 1, retirement preparation and vendor product offerings.

Keep an eye on your MUSC email as more information will be publicized in early September with the final webinar schedule.

Direct any questions regarding the MUSC Virtual Benefits Fair to benefits@musc.edu.



EMPLOYEES RECOGNIZED WITH THIRD QUARTER MUSC INNOVATOR AWARDS

The Office of Innovation is proud to recognize the following individuals and teams as the September 2020 recipients of the “I am an MUSC Innovator” award...

Scott T. Reeves, M.D., professor and chairman of the Department of Anesthesia and Perioperative Medicine; Jeff McMurray M.D., assistant professor, Department of Anesthesia and Perioperative Medicine; Scott Curry, M.D., associate hospital epidemiologist and assistant professor of Medicine, Division of Infectious Diseases; and Stephanie Whitener, M.D., assistant professor, Department of Anesthesia and Perioperative Medicine.

Problem — With the onset of the COVID 19 pandemic, several acute and critical needs were determined within the department. The first immediate need was the ability to train over 300 faculty, residents and CRNAs rapidly in the proper donning and doffing techniques for personal protective equipment (PPE). Additionally, there were not readily available training materials available for nasopharyngeal sampling technique for respiratory virus testing. The second issue was the lack of PPE hoods as a critical need.

Impact — Along with Jerry Reves, M.D., dean emeritus of the College of Medicine and Distinguished University Professor, and Catherine D. Tobin, M.D., associate professor, Department of Anesthesiology and Perioperative Medicine, the team created an instructional video guide detailing safe donning and doffing practices for PPE and safe intubation practices for suspected or confirmed COVID-19 patients. A second process was developed to convert eight-gallon trash bags into hoods that were disposable. This manufacturing process was videotaped and distributed worldwide as well via SimTunes. These are available online for our staff to review. Our process was adapted throughout the United States and in Singapore.

Acknowledgements — Reves, Steve Coultas, Lisa L. Steed, Ph.D., and Connor Lentz for completing the videos and our whole department for creating many other innovative processes such as refurbishing old N95 masks. This was truly was an all hands-on-deck mentality.


NEW SPINFUSION / SPINSCHEDULES TUTORIAL

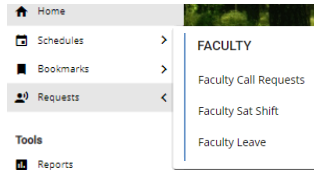
Spin Schedules Overview

- New website: www.spinfusion.com/SpinSchedules
 - The new website is live and you can begin using it at any time
 - The old version of SpinFusion will be disabled on 10/1/20
- How to Make Requests
- How to Initiate Swaps
- New features:
 - Bulletin board
- How to Sync Schedule to your Phone
- New App – SpinFinity


SPINSCHEDES TUTORIAL CONTINUED...


Entering Requests

To add a new request, click on the  **Requests** item in the left menu option under Home, then choose a request schedule option from the flyover menu.






[Click here for tutorial video](#)

Click on the  **Add Request** icon. This action will populate a **Make Request** box. Asterisks next to the field's name indicates the field is required. Fields without asterisks are optional.


Click on the  **Submit Request** button to submit your request for approval.

Initiate a Swap

In the left menu, click  **Schedule Swaps** and select the name of the schedule for the assignment you are swapping. Click  **Start Swap** at the top of the page. Set the date, assignment, users, and number of days in the new pop up. Define whether the swap is a single transfer or a same day reciprocal transfer. Once complete, click .

Single Transfer – Move only the assignment selected from one user to another.


Same Day Reciprocal Transfer – Move all assignments on the date selected from one user to another.



To review the swap or save it, click on the  **View/Save Swap** button in the top right corner. This action will prompt a New Swap (Review and Confirm) pop-up box, which will give you an option to save or cancel the swap.

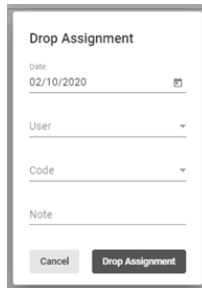
SPINSCHEDULES TUTORIAL CONTINUED...

Bulletin Board – Drop and Pick up Assignments

Drop an Assignment to the Bulletin Board

In the left menu, click  **Bulletin Board**. Select the schedule name of the shift you would like to drop from the list on the right-hand side of the menu.


Click the  **Drop a Shift** option along the top of the page. Set the date, user and assignment to drop. Once complete, click 





Review the assignment on the schedule and confirm the background color of the assignment is **Spin Blue** which indicates the assignment was successfully dropped.

[Click here for Video Tutorial](#)

Pick up an Assignment from the Bulletin Board

In the left menu, click  **Bulletin Board**. Select the schedule name of the shift you would like to pick up from the list on the right-hand side of the menu.

Review the list of available assignments and confirm which assignment and date you would like to pick up. Once confirmed, click  and select 

[Click here for Video Tutorial](#)

Sync Schedules

On SpinSchedules home page, click the  **Account Settings** icon and select **Sync Schedule**.

Sync Setup

Step 1: Pick a schedule

Schedule

Step 2: Choose the relative number of days to sync to before current date.

If you would always only like to see dates in the future, enter "0" (most common option). However, if you are interested in retaining historical data, enter a number greater than 0. For instance, if you always want to be able to view the week prior, enter 7, the month prior 30, etc.

Days Before to Sync

Step 3: Choose the number of days in the future to sync your calendar with.

We suggest 30, 60, or 90, but you can sync as far in the future as you like.

Step 4: Click Submit and a link will be given to sync your calendar.

Step One, select the schedule name you'd like to sync.

Step Two, select the dates before today's date you'd like included in the sync.

Step Three, select the dates after today you'd like to sync. Once these fields are set, click in Step Four.

You will then receive an ICS file under the **Results** header. Highlight and copy the ICS file that is generated.

Once you have copied the ICS file, open your personal calendar. Paste the ICS file into the URL prompt provided by your personal calendar and click . The assignments you are assigned to on the schedule will be visible on your personal device calendar

[Click here for tutorial video](#)

Troubleshooting

If you cannot see your assignments on your personal calendar, please confirm the following information:

- Confirm you are connected to mobile data or WiFi. The syncing tool requires internet connection to update the ICS file. If you are not connected to WiFi or mobile data, please connect and wait 90 minutes for your schedule to update accordingly.
- Open the schedule you are synced to in SpinSchedules, confirm the assignments you are assigned to are visible. If assignments are not visible, please contact your administrator regarding your inability to view the assignments on the schedule.
- Highlight and copy the ICS file you used to sync. Once copied, paste the ICS file into the URL section of your browser. You should receive a prompt to download the ICS file. If you do not receive the prompt, and instead receive a page like the screenshot below, please contact SpinFusion Tech Support for assistance:

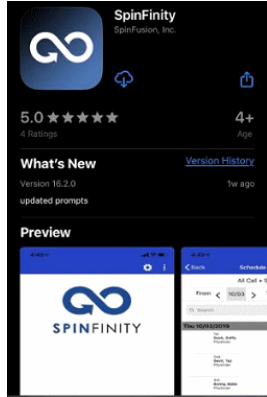
Status:	Sync Subscriber ID:	Filename:	Message:
FAILURE	107212		The schedule name was invalid.

Successfully generated 0 out of 1 calendar file [0.0%]

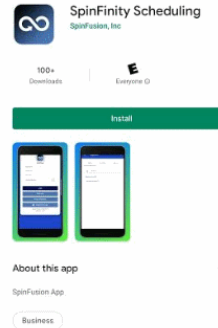
SPINSCHEDULES TUTORIAL CONTINUED...

New Mobile App – SpinFinity

Apple Devices – Download from the App Store



Android Devices – Download from Google's Play Store



GRAND ROUNDS FOR THE MONTH OF OCTOBER



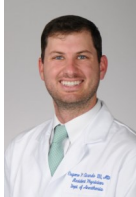
“Orthopedics in a Nutshell”
October 6, 2020
Kristoff Reid, MD
Dept. of Orthopedics and Physical Medicine
Medical University of South Carolina



“Regional Anesthesia Applications in Cardiac Surgery & Quadratus Lumborum and Lumbar Plexus: the new and traditional nerve blocks for hip surgery”
October 13, 2020
Regional Fellows (Drs. Kelly and Wolla)
Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina



“Buprenorphine Management or Cardiac Eras”
October 20, 2020
Jose Zeballos, MD
Dept. of Anesthesiology
Brigham and Women's Hospital



“Failure to Emerge”
October 27, 2020
M&M– Drs. Cicardo and Gallagher
Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina

DEPARTMENT OF ANESTHESIA AND PERIOPERATIVE MEDICINE

Email: hiottg@musc.edu
Phone: 843-792-7503
Fax: 843-792-9314

[CHECK OUT OUR WEBSITE](#)

Future Events/Lectures

Intern Lecture Series

- 10/1/20 Peripheral Vascular Disease
- 10/15/20 Treatment of Acute Oliguria
- 10/29/20 Ventilator Management

CA 1 Lecture Series

- 10/14/20 Respiratory Physiology: The Effects of Anesthesia
- 10/21/20 Anesthesia for Patients w/ Respiratory Disease
- 10/28/20 Cardiovascular Physiology & Anesthesia

CA 2/3 Lecture Series

Per Rotations

Grand Rounds

See Page 9

Follow us on Facebook, Instagram, and Twitter:

<https://www.facebook.com/MUSCAnesthesia/>

<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.

Laura Matthews,

Thank you, Laura, for your valuable contribution to the Education Division and for always encouraging your colleagues to be the best we can. Especially in these challenging times, we appreciate your spirit of can-do and teamwork. Thank you for always lending a hand when it's needed! It makes a huge difference having you on the team. You are appreciated! - Sadira Abu-Arja



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



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 November edition will be October 21, 2020.