



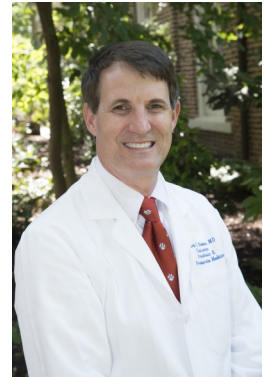
# SLEEPY TIMES

VOLUME 15, ISSUE 10    OCTOBER 2021



## MESSAGE FROM THE CHAIRMAN: VIRTUAL INTERVIEWS

-SCOTT T. REEVES, MD, MBA



### Inside This Issue:

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October marks the beginning of our resident recruitment season. The ACGME has determined that all residency programs across the country will again do a completely virtual interview process this year. I understand the decision, but I am greatly disappointed that we will not be able to show in person our excellent faculty, residents, and facilities. The department will be hosting several meet and greets with potential candidates this month as well. Our residents are reaching out to candidates on Twitter and the department on Facebook.

For our candidates reading our newsletter, *Sleepy Times*, Charleston was just named by Travel + Leisure magazine's annual list of the best cities to visit in the country. Charleston was ranked #1 for the 9th year in a row. On the worldwide list, we placed #18 as the only US city listed. I believe this is even more reason to highly consider MUSC. There are few places that combine the excellent clinical training that one will receive in an environment that ranks best in the United States and World.

The department and I look forward to beginning another successful interview season.



## KEN CATCHPOLE, PHD RECEIVES \$2 MILLION AHRQ GRANT SYSTEM OPTIMIZATION FOR ADVANCES IN STERILE PROCESSING



Dr. Ken Catchpole

Sterile processing departments (SPDs) clean and pack reusable surgical instruments. They directly affect productivity, efficiency, safety, and infection control within acute interventional care. About 15% of surgical instrument trays have missing, broken or dirty instruments, that can lead to surgical site infections and a range of safety, procedural, and inefficiency problems. Rather than being the fault of individuals, our prior funded R03 Work Systems Analysis demonstrated a range of performance-shaping factors and the need for staff and administrators to balance of multiple interacting system components and resources. We propose to extend or R03 work to develop interventions, improve data-analytic approaches, and predictive models, across multiple facilities. The overall aim is to harmonize the SPD work system to create optimized safety and quality, controlled production costs, and increased efficiency through systems modelling, interventions, data visualization, and prediction tools. Our first aim is to develop multiple system models of five sterile processing units across two hospital systems that will provide a comprehensive understanding of SPD system function, allow the comparison of methods for representing SPD work and the prediction and evaluation of interventions to improve point-of-use reprocessing, tray composition, and interruption management. Our second aim is to create data visualization tools that highlight systems interactions and thus enhance decisions making. Our third aim is to develop discrete event simulations that predict performance based on system parameters, providing a tool for making decisions and for understanding how decisions are made. This will be the biggest program of research in sterile processing ever conducted.

## NEW ANESTHESIA ICCE NEWSLETTER

Dr. Carlee Clark and Jenny Ann Smoak have started publishing a monthly Anesthesia ICCE Newsletter. The purpose of the newsletter is to keep us all up to date on what is happening in the clinical domains. If you missed it, check your email in box.



### Anesthesia ICCE

September, 2021

Welcome to our new Anesthesia ICCE Newsletter

#### Welcome Letter from Dr. Carlee Clark:

Dear Department,

I am so excited to finally be sending our first Anesthesia ICCE Newsletter! I cannot believe it is September already. The purpose of this newsletter is to try and keep everyone up to date on what's happening across all of our clinical areas, including quality and safety updates, supply shortages or changes and any clinical updates across the sites. I am also hoping it will decrease email traffic for everyone by organizing a lot of information into one email. We will start off monthly but hope to eventually get it out to you twice a month. If you have feedback for us about information that you think would be helpful in the newsletter, we want to hear from you.

## RESEARCH CORNER

Review

## Asymptomatic Severe Aortic Stenosis and Noncardiac Surgery

Stephanie K. Whitener, MD<sup>1</sup> , Loren R. Francis, MD<sup>1</sup> ,  
Jeffrey D. McMurray, MD<sup>1</sup>, and George B. Whitener, MD, FASE<sup>1</sup>

Seminars in Cardiothoracic and  
Vascular Anesthesia  
2021, Vol. 25(1) 19–28  
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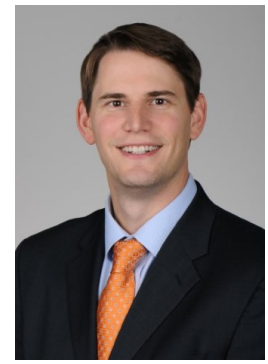
Dr. Stephanie Whitener



Dr. Loren Francis





Dr. Jeff McMurray



Dr. George Whitener

## A Smartphone Application for Teamwork and Communication in Trauma: Pilot Evaluation “in the Wild”

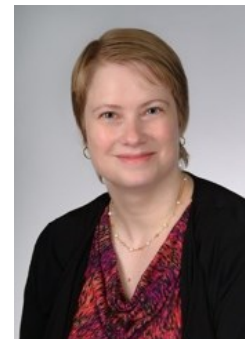
Ken Catchpole , Alicia Privette, Laura Roberts, Myrte de Alfred, Brittan Carter,  
Erick Woltz, Dulaney Wilson, and Bruce Crookes , Medical University of South  
Carolina, Charleston, USA



Dr. Ken Catchpole



Dr. Laura Roberts



Dr. Dulaney Wilson

## RESEARCH CORNER



The Journal of Maternal-Fetal & Neonatal Medicine



ISSN: (Print) (Online) Journal homepage: <https://www.tandfonline.com/loi/ijmf20>

## Impact of a multimodal analgesic protocol modification on opioid consumption after cesarean delivery: a retrospective cohort study

Katherine A. Herbert, Mary Yurashevich, Matthew Fuller, Christina D. Pedro & Ashraf S. Habib



Dr. Katie Herbert

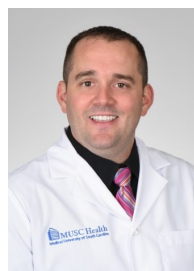
> [Transplant Proc.](#) 2021 Aug 17;S0041-1345(21)00510-8. doi: 10.1016/j.transproceed.2021.07.019. Online ahead of print.

## Cirrhotic Cardiomyopathy and Cardiac Failure after Liver Transplantation: A Case Series

Robert A Mester<sup>1</sup>, W David Stoll<sup>2</sup>

Affiliations + expand

PMID: 34417032 DOI: [10.1016/j.transproceed.2021.07.019](https://doi.org/10.1016/j.transproceed.2021.07.019)



Dr. Rob Mester



Dr. David Stoll



## WELCOME TO THE DEPARTMENT!



Dr. David Carroll

Hey everyone! My name is David Carroll, and I am originally from Baltimore, MD. I attended Towson University where I majored in Exercise Science. I took three years off between college and medical school where I worked numerous jobs, including installing Christmas decorations at all the large shopping malls in the Baltimore-Washington area. Fortunately, I was accepted to medical school and graduated from LECOM in 2016. I then completed my Anesthesia residency at Penn State Hershey. During my last year, I traveled to Senegal aboard the Africa Mercy to partake in a two-week mission trip providing anesthesia for an underserved population. I recently completed my fellowship in Cardiac Anesthesia at Duke University. I feel fortunate to be joining an outstanding team at MUSC and am excited to be here.

My family and I moved to the area in early August and are currently in the middle of building a home on James Island. My wife Daryl and I are high school sweethearts and just celebrated our 10-year wedding anniversary in June. We have two kids, Brett (6) and Allison (3). Outside of work, I enjoy golfing, cooking, grilling, relaxing on the beach, traveling, and working around the house. Though I haven't lived in Baltimore for 10 years, I remain a loyal fan of the Ravens and Orioles. I look forward to meeting everyone and working with you!

Mariah is a pediatric anesthesiologist who is delighted to join the MUSC Dept. of Anesthesia. Born and raised in rural Alaska for 18 years, she moved to the mainland where she completed residency at Brigham and Women's Hospital in Boston, fellowship at Boston Children's Hospital in 2019 and has been practicing as a mixed adult and pediatric anesthesia attending at Massachusetts Eye and Ear, Massachusetts General Hospital and Brigham and Women's Hospital since 2020 while completing an additional fellowship in bioethics. Along with her husband Adam (also joining as MUSC faculty in vascular surgery) and 5-month-old son Theo, she is looking forward to getting to know Charleston neighborhoods and finding the best biscuit in town.



Dr. Mariah Tanious



Dr. Rishi Patel

Dr. Patel was born in Houston, TX but raised close by in Goose Creek, SC before attending the Georgia Institute of Technology where he earned a B.S. in Biomedical Engineering. He came back to South Carolina and earned his medical degree at USC in Columbia, SC. He then went on to complete his residency at VCU in Richmond, VA and critical care fellowship at Johns Hopkins in Baltimore, MD. He is very excited to return home and join the faculty as part of the Critical Care division. He looks forward to meeting and working with everyone.

## WELCOME TO THE DEPARTMENT



Gabe Segarra

Gabe is a Biology graduate from the College of Charleston and is currently a Research Program Assistant for Human Factors in the Department of Anesthesia and Perioperative Medicine. He has clinical experience as a volunteer in the adult emergency room at MUSC and has conducted research in various healthcare-related fields including virology, immunology, cardiology and genomics. With a keen interest in medicine and an awareness of the daily challenges that affect both patients and healthcare professionals, Gabe hopes to bring a bench-to-bedside approach to his new position in order to help enhance quality of care at MUSC.

Pat Myrick moved from the hills of East Tennessee to join the MUSC family in August 2014. After having spent several years in the MUSC department of pediatrics as a grant administrator, she brings those skills now to the departments of Anesthesia and Neurology as of August 24<sup>th</sup>. Although available daily, splitting her time between the departments allows investigators to contact her at her anesthesia desk each Thursday and Friday. Her background includes research compliance and grants administration to include both pre- and post-award services. Making her home in Summerville, she enjoys being a SC Master Gardener, Garden Coach, and avid quilter



Pat Myrick

## WELLNESS WALKS BY CARLEE CLARK, MD

### October Wellness Walk (or maybe Yoga)

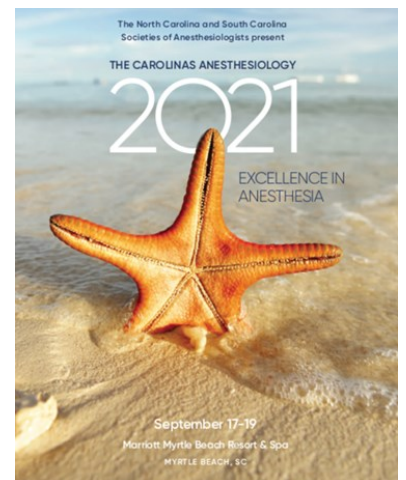
I'm sorry we had to cancel the September wellness walk due to scheduling it on the same day as the bridge run. October 23<sup>rd</sup> is going to the day for our next event. I can't wait to get out and enjoy this weather with some of you. Be on the lookout for details coming soon!





## NC/SC SOCIETY OF ANESTHESIOLOGISTS MEETING BY GJ GULDAN, MD

The annual NC/SC Anesthesiology conference held in Myrtle Beach S.C. this year, is a key milestone for our CA-1 residents. It is their first educational conference and a great opportunity for team building and networking. This year's conference keynote Speaker was former US Surgeon General and Anesthesiologist Jerome Adams who focused on the lessons learned in service to his country and his experiences in responding to the Covid pandemic. There were also fantastic lectures on ICD management, myocardial injury after non cardiac surgery, and a fascial plane block course. Of course, we were also able to enjoy a wonderful group meal at a Brazilian steakhouse and the residents found time to battle it out on the miniature golf circuit!





CHARLESTON #1 CITY FOR 9 YEARS IN A ROW — THE POST &amp; COURIER

# Charleston is Travel + Leisure's No. 1 city for 9th year; SC islands take top 2 spots

BY EMILY WILLIAMS EWILLIAMS@POSTANDCOURIER.COM

SEP 8, 2021



Charleston was ranked the No. 1 city in the U.S. by readers of Travel + Leisure magazine for the ninth straight year. File/Grace Beahm Alford/Staff

[BUY NOW](#)

Charleston is one year shy of a decade-long sweep for the top spot on Travel + Leisure magazine's annual list of the best cities to visit in the country. The Holy City was also the only place in the U.S. to make the publication's 2021 ranking of cities worldwide, coming in at No. 18. And, on a list of the best islands in the continental U.S., South Carolina claimed the two top spots with Hilton Head and Kiawah.

Unlike last year, when Travel + Leisure's rankings were rolled out amid a major downturn for tourism caused by COVID-19, the 26th annual awards are coming out after a summer season marked by recovery for many parts of the industry, particularly in places like Charleston that have been able to lean on assets like beaches and outdoor activities that have remained in demand during the pandemic.

In an announcement of the ranking rollout, the magazine's editor-in-chief, Jacqui Gifford, said this year's results are "a testament to the travel industry's resilience under enormous strain."



## CHARLESTON #1 CITY FOR 9 YEARS IN A ROW — THE POST & COURIER

Along with the top spot going to Charleston again, much of the U.S. rankings, which were posted Sept. 8, were consistent with last year's results. Only two cities on the list weren't on the 2020 version: Bend, Ore., and Williamsburg, Va.

The rest of the cities slightly shuffled places but stayed on the list. Savannah edged up one spot to No. 3. Santa Fe, N.M., bumped New Orleans out of second place, and New York and Chicago switched places, landing at No. 5 and No. 7 this year, respectively.

At nine years and counting, Charleston's streak as Travel + Leisure's best U.S. city is second only to its run with another major travel magazine. Last fall, the Holy City reached the 10-year mark of consecutive No. 1 city titles with Condé Nast Traveler. Condé Nast's 2021 survey is still open. Results for that ranking have typically been announced in October.

Reader comments featured in Travel + Leisure's latest list described Charleston as "heaven for foodies" and a "historic treasure." A visitor who ended up moving to the city wrote that it is "one of the friendliest places" they've been. Via reader surveys, Charleston was assigned a score of 88.61 out of 100, just behind Jaipur, India, (88.68) and slightly ahead of Tokyo (88.59) on the world rankings.

Charleston is considered a "Hall of Fame" nominee since it's been on the publication's U.S. cities list for more than 10 years straight. Explore Charleston CEO Helen Hill said the rankings give the region "incredible exposure" as the market tries to regain ground. During 2020, Charleston-area tourism shrank by about a third, generating \$6.2 billion in impact compared to nearly \$10 billion in 2019.

"The competition in our industry will be more intense than ever as more destinations fully reopen post-pandemic," Hill said.

Some local lodgings got nods in the awards, like the historic John Rutledge House Inn on Broad Street which sits at No. 12 on a list of top hotels in U.S. cities this year. The magazine also included separate lists for Charleston hotels and Palmetto State resorts. Hotel Bennett, which recently was named the best luxury lodging in the country in a USA Today ranking, came right behind the John Rutledge House Inn on Travel + Leisure's dedicated Charleston list. The Sanctuary hotel at Kiawah Island Golf Resort, where the PGA Championship was hosted May, topped the resort rankings, followed by Montage Palmetto Bluff, a resort in Bluffton which earlier this year became the state's second Forbes Five-Star-rated hotel.

Savannah's airport, which also serves nearby Hilton Head in South Carolina, placed second on a list of the best domestic airports. Respondents were impressed with the terminal's amenities, despite its small size, according to the list, and noted the friendliness of staff and the ease of parking.



Kiawah Island Golf Resort ranked first on a list of the best resorts in South Carolina compiled by Travel + Leisure magazine from reader surveys. Kiawah Island itself also earned an accolade, as the No. 2 Island in the continental U.S.

## MUSC CATALYST NEWS ARTICLE FEATURING DANIEL YOUNG, MD

## Pregnant Myrtle Beach woman with COVID gets lifesaving help at MUSC Health

Helen Adams | September 22, 2021

It was a middle-of-the-night phone call no husband wants to get. “They called me and asked, ‘What do you want us to focus on – your wife or the baby?’”

Terry Koonkhuntod’s pregnant wife, Prem, was on a ventilator at MUSC Health in Charleston, South Carolina, at risk of dying from COVID-19. And she was getting worse, which put their baby in jeopardy, too.

At one point, Prem’s heart stopped beating. To her husband’s relief, it restarted after the intensive care unit team gave her emergency chest compressions and medication.

“I don’t ask much from God, but that time, I was just like, ‘Please, God, don’t let me be a single dad. I’m not ready,’” Terry said.

How did they get here, he wondered. Just a few days earlier, Prem was home with him and their two kids in Myrtle Beach. She’d been so careful, they thought, taking precautions against the coronavirus. But Prem hadn’t gotten a COVID shot, even as the Delta variant raged across the state.

“She did want to get vaccinated because she wants to be safe. But then again, the vaccine is too new. They haven’t done a lot of study on it. So she decided not to do it,” Terry said.

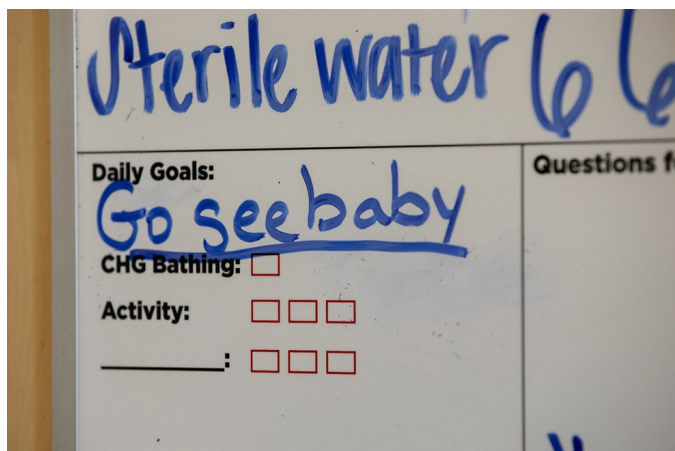
It was a decision they would both come to regret.

On Aug. 3, the day their ordeal began, Prem realized she wasn’t feeling well. “I got sick and coughed. I was worried, so I went to get tested. It was positive. I was pregnant, so I was worried about the baby,” she said in a later interview, her voice still hoarse from the ordeal.



Patient care tech Octavia Jenkins-Watson checks Prem Koonkhuntod’s vital signs. Koonkhuntod is recovering from a near-fatal case of COVID-19. Her baby was born while she was unconscious. Photos by Sarah Pack

As her symptoms escalated, she was admitted to a local hospital, then transferred to MUSC Health. “The doctor said they have the right equipment over there,” her husband said.



A whiteboard in Koonkhuntod’s hospital room lists her daily goal: Go see baby. He’s in the MUSC Shawn Jenkins Children’s Hospital while she recovers in the adult hospital.



## MUSC CATALYST NEWS ARTICLE FEATURING DANIEL YOUNG, MD

MUSC Health has doctors and nurses experienced in taking care of pregnant women with COVID. Those women are at a [higher risk](#) than people who aren't pregnant of getting severely sick, as Prem now knows. The Charleston hospital also has specialized equipment to help COVID patients, including a type of machine that would become critically important in keeping Prem alive.

"I remember they took me to the room, and the doctor came and talked. After that, they took me to the intensive care unit. After that, I don't remember," Prem said.

It was a shocking turn of events for a couple who met years earlier when Prem left her home in Thailand for an exchange program that brought her to South Carolina. She was working in a Thai restaurant in Myrtle Beach when Terry, also born in Thailand, came in for a meal.

They fell in love, and Prem moved to the U.S. They married, had two children and were looking forward to welcoming their third child. Now, COVID was putting everything they'd built as a family at risk.

"The idea that I could lose her came across my mind a lot," Terry said.

But Prem had something important going for her: a huge team of doctors, nurses, respiratory therapists and other experts working around the clock. "We have had over 100 people involved in her care," said [Daniel Young, M.D.](#), a critical care fellow who was part of that team.

"We're a big university hospital, and we brought all of our resources to bear. She probably wouldn't have survived if she weren't at a place like this."

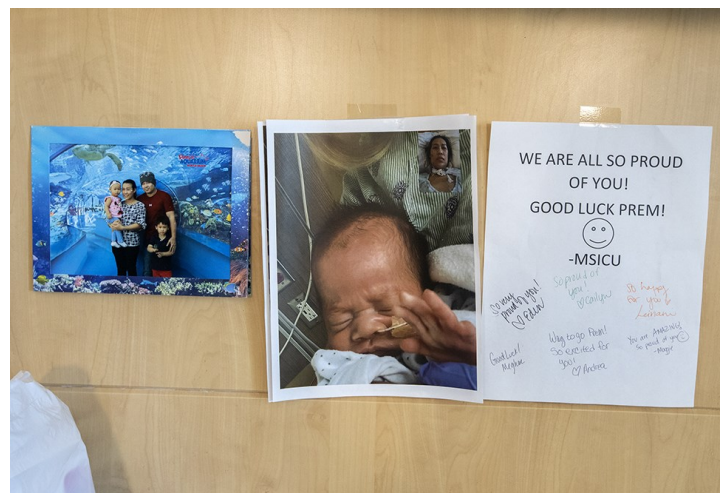
Those resources included something Prem wouldn't have had access to anywhere else in Charleston: ECMO machines. ECMO stands for extra corporeal membrane oxygenation. ECMO coordinator and registered nurse Lucy Linkowski explained what the machine, which is only used as a last resort, can do.

"For patients like this, it pulls blood out of the right side of the heart into a machine, which spins it around and pushes the blood through an oxygenator. That puts in oxygen and removes carbon dioxide. Then, the blood is returned to the patient," Linkowski said.

"So we return oxygen-rich blood to the patient because their lungs aren't able to do the oxygenation and the ventilation that they normally do."



Koonkhuntod walks with the help of a physical therapist. She's slowly regaining her strength after a long battle with COVID-19 that almost killed her.



A family photo from a couple of years ago shows the Koonkhuntods with their older children, next to a picture of their newest addition, Alex. On the right, the medical surgical intensive care unit team wishes Prem well. She spent weeks in their unit unconscious.

**MUSC CATALYST NEWS ARTICLE FEATURING DANIEL YOUNG, MD**

Prem would need every bit of that help. “She had an acute decompensation early one morning. I actually got called when I was on the way in,” said Young, the critical care fellow.

He arrived to find Prem hanging on by a thread. “We made the determination that we needed support beyond what we were able to provide with conventional ventilation. And so we moved really quickly,” Young said.

“I worked with our interventional cardiology colleagues to stabilize her by putting her on ECMO so we could deliver her baby.”

That was a first, said maternal fetal medicine specialist [Rebecca Wineland, M.D.](#) “We’ve never had to deliver a baby while the mother is on ECMO before. At that point, it was life and death for Ms. K.,” she said, referring to Prem.

To everyone’s relief, mother and baby survived. The little boy Prem wouldn’t meet for a few weeks, as the ECMO machine did its work, was tiny, less than five pounds. But Alex’s arrival was a welcome development during an agonizing time for the family.

When Prem finally woke up, she slowly took in her surroundings. “I saw the machine. I felt a little bit scared, but I was happy to be alive. After that, I asked my husband, ‘How’s the baby? What’s going on?’ He didn’t want to worry me too much, but he told me the baby’s strong and healthy. That was good news for me.”

Prem has made remarkable progress since then. She’s working with a physical therapist to recover from COVID’s ravages, and her baby is thriving.

Young is thrilled by their outcome. “To have her and her baby both doing well – that’s the reason we do what we do,” he said.

But his team’s work is far from done. “A lot of the general public doesn’t know how hard the staff here in the intensive care units at MUSC and across the state are working. So I think we really need to give a lot of credit to the ICU nurses and respiratory therapists, residents, advanced practice providers and other health care team members who are working really hard around the clock, dealing with this pandemic.”

He encouraged everyone who can to get vaccinated, which greatly reduces their risk of ending up in the hospital.

Wineland said that advice applies even to people who have had COVID. “We’re seeing pregnant moms get sick again. Even prior COVID should not be a reason not to be vaccinated now, because the [Delta variant is 100%](#) in South Carolina and is continuing to cause devastation to those who are unvaccinated.”

Prem saw that firsthand and doesn’t want other mothers to go through what she and her baby have. “I think everyone, even pregnant women, should take the vaccine.”

Her husband agreed. “If I knew this would happen, I would ask my wife to go ahead and get the vaccine to keep her from getting COVID.”



A nurse holds one-month-old Alex.



RIVERDOGS MEET & GREET





### RIVERDOGS MEET & GREET





**GRAND ROUNDS- OCTOBER 2021**



**“Perioperative Management of Buprenorphine”  
October 5, 2021**

**William Barrett, MD, Assistant Professor**

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

**“Subspecialty Meeting”  
October 12, 2021**

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



**“Complications from Regional Anesthesia”  
October 19, 2021**

**Andrew Klein, MD, Assistant Professor**

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

**“Pro-Con Debate: Thoracic Epidural vs  
Truncal Plane Blocks”  
October 26, 2021**

**Poonam Pai, MD, Assistant Professor**

**Ali Shariat, MD, Assistant Professor**

**Department of Anesthesiology  
Mount Sinai**



DEPARTMENT OF ANESTHESIA AND PERIOPERATIVE MEDICINE

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I HUNG THE MOON

Please don't forget to nominate your co-workers for going 'Beyond the Call of Duty.' I Hung The Moon slips are available at the 3rd floor front desk and may be turned in to Tammie Matusik or Mary Chiappardi.

[CHECK OUT OUR WEBSITE](#)

Future Events/Lectures

Intern Lecture Series

10/14—Treatment of Acute Oliguria—Ryan Wilson

10/28—Ventilator Management—Chris Heine

CA 1 Lecture Series

10/13—Respiratory Physiology: The Effects of Anesthesia—Pat Britell

10/20—Anesthesia for Patients with Respiratory Disease—Brad Eastman

10/27—Cardiovascular Physiology & Anesthesia—Hannah Bell

CA 2/3 Lecture Series

Per Rotations

Grand Rounds

See Page 12



Holiday Party  
Friday, December 10, 2021  
Carolina Yacht Club  
THE INDUCTION AGENTS ARE BACK!!



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ONEMUSC

INNOVATION | IMPACT | INFLUENCE

[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 November edition will be October 23, 2021.