



SLEEPY TIMES

VOLUME 18, ISSUE 10 OCTOBER 2024



MESSAGE FROM THE CHAIRMAN: SEPTEMBER WOMEN'S IN MEDICINE MONTH

-Scott T. Reeves, MD, MBA

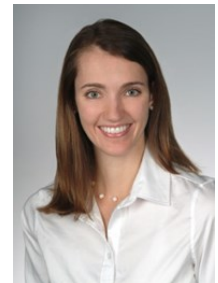
In September, the medical community celebrated Women in Medicine Month, a time to acknowledge and honor the significant contributions of women to the field of health care. This annual observance underscores the invaluable role that female physicians, researchers, and health care professionals play in advancing the practice of medicine. It highlights the achievements of women who have broken barriers, led groundbreaking research, and provided compassionate care to patients. Women in Medicine Month also serves as an inspiration for future generations of women to pursue careers in medicine.



Two of our own faculty were extensively recognized. Dr. Catherine Tobin was featured by MUSC Health.

Catherine Dawson Tobin, MD

Anesthesiologist and Medical Director of the MUSC Healthcare Simulation Center



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OPENING STATEMENT CONTINUED

Why medicine/your specialty?

In Anesthesiology, we help people in pain. We help calm them down before surgery and answer their questions. We keep people safe and alive during surgery. We help people in real time. If the blood pressure is low, we raise it. If the blood pressure is high, we can lower it. I know we make a difference in patient care.

What is your favorite part of your job as a physician?

I am the Lewis Blackman Endowed Chair in Patient Simulation and Research in Clinical Effectiveness Patient Safety Smartstate Center. I love that I am able to split my time. I teach and promote patient safety in our simulation center 50% of the time and still practice anesthesia in the operating room the other 50% of the time. My favorite simulation to teach is ACLS (Advanced Cardiac Life Support). Teaching people how to save someone's life in cardiac arrest is AMAZING!

Tell us about a time when you knew you were in the right job.

I met a patient in our pre op clinic who had a very negative experience with her previous surgeries and anesthetics. She felt no one was really listening to her concerns about anesthesia and the effects on her body. I took the time to listen and answer her questions. I put her at ease. I know I helped her. Post-surgery the next day she told me thank you and gave me a hug. A thank you goes a long way. I knew I was in the right career that day.

What does being a woman in medicine mean to you?

In some parts of the world, a woman cannot become a physician. I don't take this for granted. I feel lucky that I was able to be educated, and I am able to help and teach others on a daily basis. I do feel lucky and proud I am a doctor and able to help others.

What's your favorite thing to do outside of work?

Spend time with my family and friends, travel, and exercise

Is there anything else you want to add/share?

I went to medical school and did anesthesiology residency all here at MUSC. I have been on faculty for 16 years and recently got promoted to Professor in the Department of Anesthesiology and Perioperative Medicine. I truly love MUSC!

Meron Selassie, MD

Dr. Meron Selassie was recognized as a individual finalist in the Charleston Choice awards category of Best Pain Specialist .

Congratulations to both of these amazing women!



OPENING STATEMENT CONTINUED

MUSC Pain Management was nominated in the 2024 Best of the Best vote in the Moultrie News. MUSC Pain Management was voted the winner for this category and won Best Pain Management Practice for 2024!

The recognition was also linked in a recent CEO Weekly Message email (<https://musc.us.newsweaver.com/WeeklyMessage/1mdxfcx72g27qhndmynnqg?email=true&lang=en&a=2&p=22524564&t=6243553>).

Congratulations to all our chronic pain physicians (Drs. Meron Selassie, Marty Burke, Gabe Hillegass) and Physician Assistants (Megan McManus, Molly Fragopoulos).

MUSC HEALTH PA OF THE YEAR BY MERON SELASSIE, MD

I wanted to announce that Megan McManus has been awarded MUSC Health's PA of the Year!!! It is a true testament of her excellence that she was selected from among 500 PAs in our health system for this distinguished honor. We are so blessed to work with APP's Megan McManus and Molly Fragopoulos who demonstrate the ideals of compassion, innovation, professionalism, accountability, and teamwork. I am so proud to work with them and inspired by their dedication to excellence.

Please congratulate Megan on this very well deserved recognition!!!



WELCOME TO THE DEPARTMENT



Mark Collie, DO, Assistant Professor

I grew up in northern Virginia and attended Virginia Military Institute studying chemistry, followed by medical school at VCOM in Blacksburg, Virginia. After completing anesthesia residency on the coast in Myrtle Beach and a Chronic Pain Fellowship at the University of Iowa, I couldn't resist the pull of the ocean and made my way back to South Carolina to join MUSC. When I'm not in the OR, you'll find me traveling, playing racquetball, pickleball, or golf and now I'm eager to dive into sailing as my next hobby. I'm very happy to be here in Charleston and look forward to meeting everyone in the department.

Emily Nasser is a pediatric anesthesiologist who is thrilled to be coming back home to work at MUSC. Born and raised in Charleston, she traded the East for West coast to complete residency at UCLA and later completed her fellowship at Emory/Children's Healthcare of Atlanta. She is looking forward to bike rides and runs to the beach with her husband and two young children.



Emily Nasser, MD, Assistant Professor



Courtney Condon,
Research Program Assistant

Hello everyone! My name is Courtney Condon, and I am a recent graduate of Clemson University where I majored in Biological Sciences. I loved my time at Clemson so much, but I am very excited to be back home in Charleston! In my free time, I love to run (my 2025 resolution is to run one race a month—wish me luck!), do yoga, and play pickleball or tennis. I am also an avid reader and am always open to book recommendations; my personal favorite is *The Prince of Tides* by Pat Conroy—highly recommend as it takes place in the Lowcountry. I am so happy to be a part of the team and cannot wait to see where this role takes me!

Hi, my name is Angie Maguire. I am a Charleston native, and I come to Anesthesia & Perioperative Medicine from the Radiology Education Team where I have been for the last six years. Prior to joining the MUSC family, I worked for 10 years as an Office Manager/Project Manager at a telecommunications company in North Charleston. I look forward to working with everyone and learning everything about the world of Anesthesia. In my free time, I enjoy going on walks with my son and our dog, going to Charleston Battery soccer games and going to see some of the great comedians that come to town.



Angie Maguire,
Education program Coordinator

TAMMY LAMONT, CRNA RETIREMENT BY SAM TRIPP, CRNA

On Friday, September 20th, our very own beloved Tammy Lamont was celebrated as she transitions to retirement. A wonderful farewell was attended by a large group consisting of fellow care team members, family, and friends. The night started at the Theater 99 comedy and improv show. Through crowd and individual participation from the group, the laughter and fun did not stop. From there the party continued at Élevé rooftop bar where many memories and stories were shared and the guest of honor was rightfully celebrated. It was truly a joy for everyone to get to celebrate Tammy and pay homage to the countless years of service through a career that has touched every corner of our department. The love and care that Tammy has provided all her patients and fellow staff through the years could truly be felt in the group that came together to see her off to her retirement. Tammy, we will miss you but are so happy for you to enter your next phase of life.



OR EFFICIENCY INITIATIVES, HOW DID WE END IN FY 24? CARLEE CLARK, MD

As we move into the second quarter of FY25, I wanted to recap how we ended FY24 and how we have started FY25. We had phenomenal growth last year ending the year at 3.39% more OR/NORA cases over FY23. We greatly appreciate the creativity, flexibility and hard work (and extra work) from the CRNAs, faculty and residents to allow for this growth.



Total Anesthesia Cases

Total	FY24 OR Cases Actuals	FY24 OR Cases Budget	% of Budget	FY24 NORA Cases	FY24 Total OR and NORA Cases	FY23 Total OR and NORA Cases	% growth of NORA and OR Cases YOY
July	3,270	3286	100%	2,033	5,303	5,091	4%
August	3,707	3410	109%	2,254	5,961	5,738	4%
September	3,440	3372	102%	1,964	5,404	5,019	8%
October	3,535	3393	104%	2,149	5,684	5,387	6%
November	3,472	3282	106%	2,134	5,606	5,328	5%
December	3,171	3284	97%	2,018	5,189	5,269	-2%
January	3,637	3409	107%	2,226	5,863	5,531	6%
February	3,682	3442	107%	2,034	5,716	5,224	9%
March	3,699	3530	105%	2,569	6,268	6,408	-2%
April	3,709	3451	107%	2,082	5,791	5,255	10%
May	3,759	3501	107%	2,083	5,842	6,009	-3%
June	3,457	3436	101%	2,084	5,541	5,736	-3%
Grand Total	42,538	40,796	104.3%	25,630	68,168	65,995	3.29%

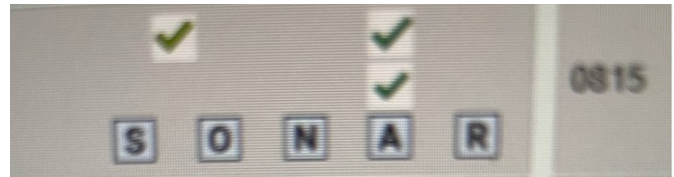
How FY25 is going so far?

Despite Hurricane Debby (or Derby as I like to say), we are off to a good start—almost 10% over where we were last year.

Knowing that our Periop spaces are right at 80% capacity, we are going to be working on efficiencies this year. Our first project is going to be working on Turnover times, which we have separated into two groups; those less than 60 minutes, those between 60-120 minutes. We are working on creating time stamps in EPIC with corresponding icons on the status boards to indicate that teams are ready. Dr. Jennifer Smith shared an example of this from where she previously worked.

Total Anesthesia Cases

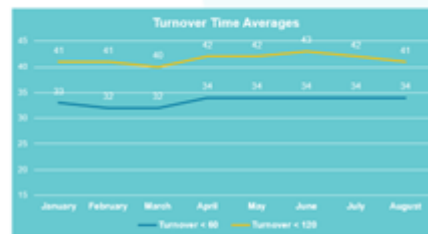
Total	FY25 OR Cases Actuals	FY25 OR Cases	% of Budget	FY25 NORA Cases	FY25 Total OR and NORA Cases	FY24 Total OR and NORA Cases	% growth of NORA and OR Cases YOY
July	3,734	3,329	112%	2,573	6,307	5,333	18%
August	3,654	3,669	100%	2,581	6,235	6,100	2%
Grand Total	7,388	6,999	105.6%	5,154	12,542	11,433	9.70%



The different letters indicate who has designated that they are ready: **S**urgery, **O**perating Room, **N**ursing, **A**nesthesia and **R** (for a last safety check). Our Epic team is currently working on a build to allow us to document and have it translate to the status boards, and we hope that will be available in October.

As for our current turnover times, you can see our times below, and we aren't that far off our goals; so we should be able to make improvements here if we work as a team. EVS and SPD leaders are engaged, and they have this as a goal for improvement as well. We will be checking in and reporting back regularly to let everyone know when we will begin, how to document and progress on how we are doing.

Efficiency Improvement: Turnover Time



Initiative	Status	Location	August (OR)				August (<120)			
			Goal	Previous Month	Actual	Variance	Goal	Previous Month	Actual	Variance
Turnover Time	Red	ART ORs	40	41	40	0	40	52	49	24
		Chick Deady OR	12	35	15	8	12	17	16	4
		Rutherford Tower OR	35	35	35	0	35	39	39	0
		Sumner Medical Pavilion OR	18	21	22	4	18	23	26	8
		NCH Main ORs	35	36	37	2	35	47	45	23
		UH Main ORs	40	43	42	2	40	52	51	28
West ORs	20	25	24	4	20	31	34	24		

OR EFFICIENCY INITIATIVES, HOW DID WE END IN FY 24? CARLEE CLARK, MD

Perioperative Services are also working on decreasing same day cancellations. A lot of work has gone into this space, and I want to acknowledge the great work from the Pre-operative Clinic. Our SD cancellation rates have decreased from 10% to 4% in the last 8 months!!



Efficiency Initiatives: Same-Day Cancellations

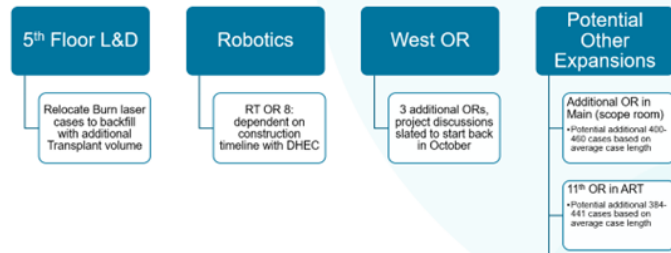


- Operational
 - January = 79
 - August = 28
- Patient Optimization
 - January = 65
 - August = 33
- Surgeon/Dept
 - January = 120
 - August = 34

Metric	Target	March				August			
		Total Case Same-Day	Percent of Same-Day	Variance	Case Volume	Total Case Same-Day	Percent of Same-Day	Variance	Case Volume
Inpatient Same-Day Cancellations	2%	34	3%	1	1,268	31	2%	0%	1,354
Outpatient Same-Day Cancellations	2%	228	9%	7%	2,315	98	4%	2%	2,196
Patient Seen in PreOp Clinic	30%								
		Total Pts Seen	Percent of Surgical Pts	Variance	Case Volume	Total Pts Seen	Percent of Surgical Pts	Variance	Case Volume
		715	62%	30%	1,148	600	72%	42%	1,118

We are also discussing growth plans for the ORs, and these are a few of the projects we are working on in addition to looking at extension of some blocks to 12hrs and exploring Saturday cases. We will have a lot more information to share on these topics as the year goes by, but expansion is going to require a lot of additional resources across all areas, so it will likely take more time than expected to implement any plans.

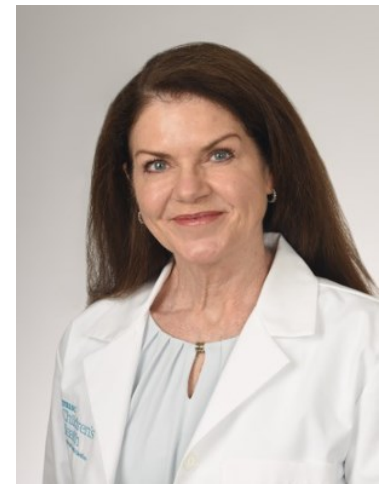
OR Expansions & Construction



PEDIATRIC ANESTHESIA EDUCATOR BY DENNIS MCKENNA, CRNA

The Department is pleased to announce the creation and appointment of the Pediatric Anesthesia Educator position. This position will have overall responsibility for the development, presentation, and assessment of practices and processes in Shawn Jenkins and SMP for the CRNAs and Technicians. We are very pleased Dr. Rita Meyers, DNAP, CRNA has accepted this position.

Dr. Meyers has 25 years' experience at MUSC. A graduate of MUSC/AFN Program, she received her MHS degree in 1999 and a Doctorate in Nurse Anesthesia Practice in 2023. Rita is a long-serving member of the pediatric cardiac anesthesia team. Additionally, she is the AFN SRNA clinical coordinator for SJCH and is an adjunct faculty for MUSC's AFN program. Rita spends her spare time keeping pace with her husband who is a C-17 pilot and their four children who range in age from 23 to 6.



CAROLINA'S & TENNESSEE ANESTHESIOLOGY 2024 BY SCOTT REEVES, MD

GJ and I had the opportunity to take our CA 1 residents to the annual South Carolina, North Carolina and Tennessee annual meeting. This year it was held September 13-15, 2024 in Wilmington, North Carolina. It was a great opportunity to interact with physicians in our region. The residents had the opportunity to have a resident bootcamp day with residents from programs in North Carolina and Tennessee.



DAVIS OSBORN—OCTOBER STAR AWARD BY ART PREOP AND PACU

ART Pre-Op & PACU is excited to share that you were chosen for the October STAR Award (Special Thanks and Recognition). You have been recognized by multiple staff members for always having a great attitude, addressing patient concerns, and always being willing to jump in and help in any situation. Please see your nominations below! Thank you for your dedication to our patients and for always going above and beyond.

Please feel free to stop by in October to see the bulletin board in the resident work room between Pre-Op & PACU dedicated to the monthly STAR Award.

Congrats & thank you for everything you do!

ART PRE-OP/PACU RNs



Davis Osborn, MD

“Always willing to help with any patient concerns. Dr. Osborn always has a great attitude and is a pleasure to work with! He is always great with patients & families!”

“Dr. Osborn came to do a nerve block on my pt who needed to be worked up quickly due to OR flips. He didn’t hesitate to jump in and help place an IV and even grabbed family for me from the waiting room. This aided in a smooth pre-op for myself and the pt. He was then able to get the nerve block done on time as well.”

NOVEMBER 5TH ELECTIONS VIA ABSENTEE BALLOTING-CHARLESTON COUNTY

This year is a presentational election. I would encourage us all to vote. Despite our desire to get to the polls, it is often difficult to make it due to our clinical schedules. I reached out to the Charleston County Election Committee about requesting an absentee ballot. Ms. Dakota Blich’s response is as follows. Please reach out now to be included in the absentee process to assure your ability to participate.

Due to a decision made by the South Carolina State Election Commission last year, absentee application requests can no longer be done electronically (online, by fax, or email). To request an absentee ballot application a voter must now do so by phone, mail, or in-person.

Please give us a call at 843-744-8683 to request an absentee ballot or mail your request to PO Box 71419 North Charleston SC 29415. In a mailed request, please include the specific election(s) you are requesting. When requesting an absentee ballot for a primary, party preference must be stated. Let us know if you have any questions.



Dakota Blich | Absentee Services
Charleston County Board of Voter Registration and Elections
p: [843.744.VOTE](tel:843.744.VOTE)
w: chsvotes.gov



RESEARCH CORNER

Pain Manag. 2024 Aug 21:1-12.

doi: 10.1080/17581869.2024.2388504. Online ahead of print.

Perioperative N-acetylcysteine: evidence and indications

Phillip Ryan Wilson[†], Kathryn H Bridges[†], Michael Scofield[†], Sylvia H Wilson[†]

Affiliations expand

- PMID: 39166871
- DOI: [10.1080/17581869.2024.2388504](https://doi.org/10.1080/17581869.2024.2388504)



Ryan Wilson, MD



Katie Bridges, MD



Michael Scofield, PhD



Sylvia Wilson, MD



GJ Guldan, MD

Identification, Characterization, and Ranking of Candidate Metrics for Selection to Anesthesiology Residency: An Iterative Survey of Program Directors

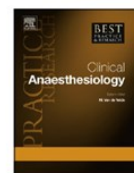
MICHAEL P. HOFKAMP, MD, FASA
DANIEL SADDAWI-KONEFKA, MD
EMILY G. TEETER, MD, FASA
GEORGE GULDAN III, MD, FASA

CLINTON KAKAZU, MD
BRITTANY MAGGARD, MD, FASA
NED NASR, MD, FASA
MICHELLE PARRA, MD

ARVIND RAJAGOPAL, MBBS
KELLY URAL, MD, FASA
COURTNEY SHAVER, MS
JED WOLPAW, MD, FASA

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

Best Practice & Research Clinical Anaesthesiology

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

Natalie Barnett, MD

Pediatric regional anesthesia and acute pain management: State of the art

Natalie R. Barnett^a, John G. Hagen^{b,*}, Deepa Kattail^c

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^b Memorial Sloan Kettering Cancer Center, 1275 York Ave, Suite C-303, New York, NY, 10065, USA

^c The Hospital for Sick Children, 555 University Avenue, 2V9 Black, Toronto, Ontario, M5G 1X8, Canada

GRAND ROUNDS- OCTOBER 2024



“The “Other” Opiates”

Chris Fatora, MD, Assistant Professor

October 1, 2024

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



“Opioids in Acute Care: Challenges and Opportunities ”

Chad Brummett MD, Professor

October 8, 2024

**Dept. of Anesthesiology
University of Michigan**



“Perineural Adjuncts”

Ellen Hay Johnson, MD, Assistant Professor

October 15, 2024

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



“Perioperative Methadone for Postoperative Pain ”

Julie Chedister, MD, Regional Fellow

October 22, 2024

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



M&M

Joel Brenny, MD, Resident Physician

Dylan Bieber, MD, Resident Physician

October 29, 2024

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

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

[CHECK OUT OUR WEBSITE](#)

Future Events/Lectures

CA 1 Lecture Series

10/9—Local Anesthetics & Adjuncts to Anesthesia—Brenden Moore

10/16—Peripheral Nerve Blocks & Anesthesia for Orthopedic Surgery—William Barrett

10/23—Spinal, Epidural & Caudal Blocks—Andrew Klein

10/30—Neuromuscular Blocking Agents—Clinton Pillow



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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 November edition will be October 18, 2024.