

# UCSF Anesthesia Residency Newsletter

## Summer 2024 Edition



University of California  
San Francisco

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### Letter from our Program Director

"Dear UCSF Anesthesia Residents,

Welcome to the 2024-2025 academic year! I'm excited to start my 6th year as the UCSF Anesthesia Residency Program Director. John Turnbull, our Associate Program Director for Curricular Affairs, Wendy Smith, our Associate Program Director for Guidance and Development, and Kaveh Hemati, our Internship Director are equally excited to welcome you. Together, and with the help of our faculty, we are eager to support and guide you through this coming year and excited to watch you grow in our program."

*(Continued on page 2)*

### UPCOMING EVENTS:

**August First Friday**  
*August 2nd, 5:30PM, Spark Social*

**September First Friday**  
*September 6th, 5:30PM*  
*\*Subject to change due to CA2 retreat*

**CA2 Retreat**  
*September 6-8th, CA2s look out for details coming soon!*

**Fall Intern Social**  
*September, more details to come*

**October First Friday**  
*October 4th, more details to come*



Special thank you to all the contributors to this newsletter. Please reach out to our editors Emily Boyd, Nick Thompson, and Linsey Wilson, if you have comments or would like to get involved.

# Program Director Updates

*(continued from page 1)*



*"Keep an open mind, embrace growth, and don't be afraid of failure (you are not defined by the arterial line that you miss) ...Take care of each other"*

We want to acknowledge all the new trainees including interns and CA1 residents who are starting their journey with us. We also want to thank our CA2 and CA3 residents for helping to onboard the new CA1s. We recognize that this peer-to-peer teaching and mentorship is an important component of residency transition. Our collective advice as the new academic year begins is as follows:

1. Embrace every learning opportunity and strive for excellence
2. Ask questions frequently and fearlessly (like a toddler!)
3. Keep an open mind, embrace growth, and don't be afraid of failure (you are not defined by the arterial line that you miss)
4. Maintain open and honest communication with your peers and supervisors
5. Take care of each other

In addition to the program leadership and faculty, our program administration is here to support you. These people include the following:

**Jannot Ross** – Administrative Director of Education

- Oversees all aspects of trainee education with a focus on ACGME programs.

**Bernadette Martin** – Education Team Supervisor

- Manages education coordinators, onboarding/offboarding, residency and fellowship scheduling, lectures, and recruitment.
- Handles ACGME site visits and reporting, along with reporting to the American Board of Anesthesiology (ABA).

**Cindy Chin** – Education Coordinator, Residency Program

- Manages residency scheduling, lecture coordination, and trainee onboarding at CHO/Kaiser.

**Sara Murphy** – Education Coordinator, Residency Program

- Coordinates resident onboarding/offboarding, recruitment, events, stipends, meal cards, intern schedules, and resident licensing.

**Justin Aquino** – ZSFG Education Coordinator

- Manages educational activities at ZSFG, DEI/Wellness initiatives, and ZSFG SimLab oversight.

**Trianelle Narte** – Evaluation Coordinator, Residency Program

- Monitors evaluations, maintains case log data, processes verification requests and resident and fellow licensure.

# Program Director Updates

(continued from page 2)



**Janine Roberts** – Special Projects and Recruitment Specialist

· Helps coordinate residency letters of recommendation sent from the program director and residency office. Assists with coordinating residency and fellowship recruitment efforts. Manages the Residency Program Evaluation Committee (PEC) and provides mentorship for education coordinators.

**Nicol Laura** - Fellowship Education Coordinator

· Supports Pain, Pediatric, OB, and Regional fellowships, including scheduling and evaluations. Provides in person support for residents and fellows at Mission Bay.

**Katherine Brogan** - Fellowship Education Coordinator

· Supports Critical Care Medicine and Cardiac fellowships, manages lectures and additional ICU learner programs, and fellow moonlighting. Provides in person support for residents and fellows at Parnassus.

Administrative support is available in person 9 AM - 4 PM on the following days of the week in the locations listed below. Please feel free to stop by or send an email to set up a time to meet if you need any in person support.

**Monday:** Sara Murphy at Parnassus in S436; Justin Aquino at ZSFG in room 3C-34; Nicol Laura at Mission Bay in Mission Hall 5th Floor

**Tuesday:** Sara Murphy and Cindy Chin at Parnassus in the S436; Katherine Brogan at Parnassus in M917

**Wednesday:** Sara Murphy and Cindy Chin at Parnassus in S436; Katherine Brogan at Parnassus in M917; Justin Aquino at ZSFG in room 3C-34; Nicol Laura at Mission Bay in Mission Hall 5th Floor

**Thursday:** Jannot Ross at Parnassus in the S436 and other days of the week depending on needs

**Friday:** Katherine Brogan at Parnassus in M917; Sara Murphy will occasionally be available Friday instead of Monday at Parnassus in S436; Justin Aquino at ZSFG in room 3C-34; Nicol Laura at Mission Bay in Mission Hall 5th Floor

We look forward to the new year!

Best,  
Kristina, John, Wendy and Kaveh



*"Administrative support is available ... Please feel free to stop by or send an email to set up a time to meet if you need any in person support."*

# Intern Year Director Welcome

Hello all,

I am thrilled to welcome our new group of categorical interns for this academic year! Our internship, although rigorous at times, is a truly special year that shapes our anesthesia trainees into excellent physicians who are well-equipped to become the anesthesia and perioperative experts that we want them to become.

In my second year as the UCSF Anesthesia Internship Director, I plan to continue several successes from last year. First, we will be continuing the Anesthesia Intern Education Days that include didactics, workshops, and simulation sessions that are based on core anesthesia-related concepts that are also relevant to intern year rotations. Second, we will continue to incorporate senior anesthesia residents/fellows in their education days to foster our growing anesthesia community. Third, we will continue our multiple avenues of advising and mentorship: Intern Peer Support Group (IPS), Big-Sib Families, and individual faculty mentorship and advising. Although I will be actively involved with mentorship and advising, I plan to identify official individual faculty mentors for each intern in the latter half of their year as a means to assist with their transition to CA1 year and foster overall career growth. If anyone is interested in helping with intern-related education and/or mentorship, please reach out to me!

Given that many of our intern rotations are out-of-department, I will continue to do my very best to ensure that our interns are as integrated into the larger anesthesia family as possible. With that in mind, I'd like to conclude with a simple request from all faculty, fellows, and residents: please welcome our interns! Say hello to them in the hallways when you see them wearing our colorful anesthesia lanyards and welcome them to the UCSF Anesthesia family! As many of you may remember, being an intern is hard, and I know that every ounce of welcoming and community can make it just a little bit easier.

And to all our interns – Abood, Kemi, Zac, Austin, Caroline, Harper, Kun, Hans, Luis, Paul – keep up all the hard work that I know you've been putting in, but remember to make time for yourselves, each other, and those important to you.

If anyone has any questions, comments, or suggestions, please feel free to reach out to me any time.

Cheers,  
Kaveh Hemati, MD



*"Please welcome our interns! Say hello to them in the hallways when you see them wearing our colorful anesthesia lanyards and welcome them to the UCSF Anesthesia family!"*



# New Faculty Spotlight: Deahanne Levas, MBBS!



*"My best piece of advice is to QUESTION EVERYTHING! ... Now is the best time to use your seniors to get as much knowledge as possible about how to do what we do in a number of different ways so you can find your rhythm and what works best for you!"*

## 1. Tell us about yourself! Where are you from originally and what brought you to San Francisco?

I'm originally from Sydney, Australia but attended medical school in "FNQ" (Far North Queensland) which allowed me to experience a lot of rural and indigenous medicine before moving back home to pursue anaesthesia training.

The big draw card for me was having family in the Bay area. My sister-in-law and my 3 little nieces live here and it's been incredible to be able to spend so much time with them.

## 2. Where did you do your residency and fellowship training? Why did you choose that particular subspecialty and how has that influenced your practice now?

I did my training primarily at Gosford Hospital in the Central Coast of New South Wales. It's a great regional hub with a close knit anaesthetic department and a reputation for throwing big end of year parties. I completed my fellowship at Prince of Wales and Sydney Children's Hospital which I absolutely loved. Paediatric anaesthesia was a complete surprise to me because I initially found it very intimidating and scary (the kids can always sense your fear!). What I found was the more experience I gained in it, the more fun I could bring to my day through being playful, musical and upbeat! I plan on continuing my career in paediatric anaesthesia here at Benioff Children's in the coming months.

## 3. Looking back, what was the most memorable part of residency?

Oh wow, there are so many moments that it's so hard to pick just one but here's a doozy.

In my first month of anaesthesia training I was called emergently to attend a failed intubation in ICU with a rapidly desaturating patient. After numerous failed airway attempts I had to perform emergency cricothyroidotomy for the first (and hopefully last!) time in a peri-arrest, anticoagulated and morbidly obese patient.

## 4. What are some of your hobbies outside of work?

Tennis is the only sport I've ever loved or playing with some competency. Since moving to SF I have been playing at the Golden Gate Park courts which are beautiful with the added bonus of having the tennis on TV when you're done playing.

The big hobby this year of course is travel! I am trying to see and do as much as possible whilst in the US and so far have loved travelling up and down Highway 1, skiing in Tahoe and dancing in Nashville. Next stop, Canadian Rockies!

## 5. What advice would you give the new CA-1's embarking on their anesthesia journey?

My best piece of advice is to QUESTION EVERYTHING! (in the nicest way possible)

Why do we do things a certain way? How else can it be done? What is my back up plan? How can I improve my technique?

Now is the best time to use your seniors to get as much knowledge as possible about how to do what we do in a number of different ways so you can find your rhythm and what works best for you!

# Feature on Greening Anesthesia



UCSF News Science Web Writer Laura Lopez Gonzalez recently wrote a feature on the Department of Anesthesia and Perioperative Care and Dr. Seema Gandhi's work to reduce greenhouse gas emissions. Here is an excerpt; the full story can be found at <https://www.ucsf.edu/news/2023/06/425751/how-going-under-getting-greener>

What started as small pilot projects conceived of during long nights as the anesthesiologist on duty have blossomed into new ways of reducing anesthesia's greenhouse emissions. Today, Gandhi is UCSF Health's first medical sustainability director. The techniques she and colleagues have developed help UCSF prevent hundreds of metric tons of emissions a year and have saved the university millions of dollars. Her work to green her field is also helping other University of California campuses curb their emissions and is shaping anesthesiology care nationally.

Anesthesiologists often rely on a handful of gases to "put patients under." Which gas they choose depends on a patient's health and the surgery.

Take three of the most commonly used gases: sevoflurane, desflurane and nitrous oxide. An hour's use of sevoflurane lets off about as much greenhouse emissions as an 18-mile commute from Orinda to San Francisco. Driving 200 to 400 miles produces about the same emissions as an hour's use of desflurane. Nitrous oxide is particularly nefarious. It is nearly 300 times more potent than the most common greenhouse gas carbon dioxide, and also nibbles away at the ozone layer in the atmosphere, which protects us from some of the sun's harmful rays.

Hospitals store nitrous in large canisters in storage rooms. Pipes in the walls ferry the gas from these cylinders through facility pipes to operating rooms and, finally, to patients. Gandhi's research confirmed what others were seeing: Nitrous was escaping at every twist, turn and nozzle.

In June 2023, UCSF Health became the first academic medical center to shut down its nitrous oxide pipes for good based on Gandhi's findings, switching to less leak-prone portable cylinders. The shift, captured by the television cameras, has reduced emissions by the equivalent of 2.69 million miles driven, or 340 trips around the Earth, and saved the university \$1.2 million so far.

In October 2023, the American Society of Anesthesiologists unanimously endorsed the use of the lower doses of sevoflurane on which Gandhi's alert system is based. The move paves the way for tens of thousands of anesthesia providers across the country to adopt Gandhi's approach to reducing emissions from sevoflurane in their facilities. If UCSF's pioneering discoveries of the 1960s penned modern anesthesiology's introduction, Gandhi, her colleagues and UCSF anesthesiology trainees are writing its future. Today, no anesthesiology resident graduates without taking classes in environmental stewardship.

*"What I have learned in my journey of sustainability is that people want to do the right thing. Sometimes, they just need the tools to do it."*



# It's Getting Hot in Here

## Quality Improvement Project Update

Resident QI Team: Erick Castellanos, Paul Nguyen, Dan Beckerman, Emily Boyd, Kevin Martin, Nick Thompson, Linsey Wilson

For the 2024-2025 department quality improvement project, the CA2 class has chosen to focus on intraoperative core temperature monitoring in order to reduce the incidence of perioperative hypothermia. When a patient is under general anesthesia, heat loss during the first hour post-induction is largely due to redistribution of heat from the core to the periphery secondary to the vasodilating effects of administered medications. Following this, heat is also lost through radiation, evaporation, conduction, and convection. Perioperative hypothermia, defined as a temperature of less than 36 degrees Celsius, is important to prevent as it can increase a patient's risk of coagulopathy, impair wound healing, alter metabolism of drugs, and lead to adverse cardiac events. According to MPOG data for UCSF, 67% of eligible cases currently have appropriate core body temperature monitoring, a metric that we can certainly improve on.

Our project goal is to reduce the incidence of perioperative hypothermia by increasing intraoperative core body temperature monitoring from 67% to 78% by July 2025.

Over the next few months, we will place infographics in the ORs and implement Apex BPAs to remind everyone to monitor core temperature sites. We will also be conducting a root cause analysis of intraoperative hypothermia and share our findings with the department. We appreciate your enthusiasm in helping us reach our target goal and improve patient care!

-2024-2025 Resident QI Team

### It's Getting Hot in Here

Core temperature measurement for patients receiving general or neuraxial anesthesia

**UCSF** Department of Anesthesia and Perioperative Care

CORE TEMPERATURE SITES

TEMPERATURE SITE DOCUMENTATION

**Perfusion**

Perfusion to target  Emitter good position  Same good position  Pressure Pk. Paired  Even Perfusion

Heating Protocol  Other comment

Field Selections Available:  Tamed 41  Tamed 50  Tamed 100  PI at end of table  MRI Scanner  CT Scanner  Other Comments

Temp Source 1

Oral | Axillary | Bladder | Blood | Core | Esophageal | Rectal | Tympanic | Temporal artery

Temp Source 2

Oral | Axillary | Bladder | Blood | Core | Esophageal | Rectal | Tympanic | Temporal artery

- 1) Document the correct temperature source
- 2) Confirm "Temp Source 1" and "Temp 1 °C (°F)" are documented on anesthesia record between "Anesthesia Start" and "Out of Room"

Exclusion from TEMP-2 measurement

- General anesthesia ≤ 30 minutes
- OB cases (labor epidurals and C-sections), MRI, MAC cases

Anesthesia Resident QI Project 2024-25

# Chief Announcements

*Julia Collins, Jennifer Luong, Marissa Martinez, Paul Pantapalangkoor*

Hi everyone!

We are honored to serve as this year's chief residents and are looking forward to a great year ahead.

For our co-residents, we have enjoyed getting to know many of you and are excited to work alongside you throughout the year. We are continuously working to create an equitable call schedule and we also hope to be a broad resource for any questions or concerns that arise. We encourage you all to engage in our resident community through family dinners, First Fridays, and meeting fellow residents in common spaces. As stewards of the chief resident role in our program, we hope to build on the outstanding work done by the chiefs before us and leave a positive impact on the resident experience.

Jennifer, Julia, Marissa, and Paul





# Class Rep's Corner

*Emily Boyd, Nick Thompson, and Linsey Wilson*

Hello everyone!

We are so excited to be your class reps for the 2024-2025 academic year. Our responsibilities include serving as a liaison between the residents and administration, organizing enlightening topic and review discussions, and planning social events for everyone. Our goal is to make your residency experience more enjoyable and fulfilling and continue to create spaces that foster friendship and community. We are also here to support you in whatever way we can so feel free to reach out to us with any questions, concerns, or suggestions. We've had so much fun at all our events so far and we look forward to seeing you throughout the year!

Emily, Linsey, and Nick

