



Anesthesia Residency | NEWSLETTER

FALL 2021 Edition



We Are Doing Great!

-Michael Gropper

I am **THRILLED** that we are starting our very own UCSF Anesthesia Residency Newsletter and honored to have been invited to jumpstart this tradition! I want to start by acknowledging the incredibly difficult work that you all have been doing. In addition to being on the front lines of the pandemic, you haven't been able to support each other with much in the way of in-person events and social interaction. Thinking back to my days in residency training, those events were essential in maintaining wellbeing and support. Here's to hoping there's light at the end of the pandemic tunnel!

The department is doing well, thanks to the residents, faculty, and staff. We are seeing consistent clinical growth, and just this month opened the new *Parnassus Outpatient Surgery Center*. All of this means lots of job opportunities, and I hope all of you will



SHOUT OUT!

Alex Perez for continuing to inspire his co-residents through scholarly achievements & kindness. Check out his latest publication on CRISPR!

<https://www.biorxiv.org/content/10.1101/809970v3>

FALL BABIES

- 9/2 - Danielle Sanders
- 9/11 - Raymond Gylys
- 9/12 - Danielle Williamson
- 9/15 - Twyla Jaymes
- 9/18 - Devon Carter
- 9/20 - Meghan Wallner
- 9/23 - Stephanie Sutter
- 10/1 - Ashley Oliver
- 10/4 - Kevin Juarez
- 10/6 - Daniel Grier
- 10/7 - Christina Dixon & Katherine Bartz
- 10/8 - Elise Delagnes
- 10/9 - Paul Pantapalangkoor
- 10/10 - Jeanine Naegle & Jacqueline Measer
- 10/11 - Nyemachi Chikere
- 10/18 - Richard Thompson
- 10/19 - Jennifer Luong



consider staying on when you finish your residency or fellowship. We have seen remarkable growth of our academic portfolio, with numerous new grants, especially in clinical and data science research.

Finally, I want you all to know that **my door is always open**, and I very much enjoy meeting with you to discuss your career plans or just to hear honest feedback about the department. There is nothing more important to me than the wellbeing of the department. I look forward to seeing you soon and hope you and your loved ones are well.

10/22 - Westin Tom
10/25 - Laura Pasternack
10/29 - Wilson Ly
11/2 - Jonathan Villanueva
11/4 - Jessica Kuo
11/5 - Balkarn Thind
11/7 - Eugene Carragee
11/29 - Samantha Chao

PD Corner: Updates & Visions Ahead

-Kristina Sullivan

The pandemic has dramatically changed the way we're able to connect with one another. We have seen the toll that the virtual platform has taken on our ability to bond as a community. So, this year we are looking for **WAYS TO CONNECT IN PERSON** while still adhering to the rules set forth by the university.

Many of our AED sessions are being held in person, we have moved several of the well-



being sessions to Golden Gate Park, and PD/APDs are hosting small evening outdoor gatherings for each residency class. The CA2 class just had a fall retreat. They gathered at an outdoor venue in Sonoma, built an evening bonfire at Ocean Beach, and had a poolside brunch. We plan to host CA1 and CA3 retreats next Spring.

We hope to **IMPROVE INDIVIDUAL FEEDBACK** to our residents through the Entrustable Professional Activity (EPA) App (PrEPARED). The app allows each resident to build an individualized learning plan (ILP) using faculty feedback. This ILP can only be seen by the resident, and we hope they'll use their plan for growth and improvement. We are also working on updating MedHub evaluations to reflect specialty specific medical knowledge milestones.



We will continue with another virtual **RECRUITMENT SEASON** including virtual tours, interviews, conferences, and socials. We hosted our Diversity First Look Virtual Open House and our Residency Virtual Open House for prospective candidates in late August and early September. We hope to allow candidates the option to visit our campuses in person during the winter of 2022, but this will depend on university restrictions. We had a successful Virtual Job Fair

in mid- September with representation from 28 practices from the west coast and beyond. Finally, we also had a Fellowship Information Night on

October 5th where our own fellowship directors talked about their subspecialties and the process of applying.

EDUCATION – Study Tips for the ITE & Beyond

-Gabe Sarah

I hope that you've started to **FIND A GROOVE** in your studying that works for you, but I also know that, sometimes, new pearls can be very helpful. I'd like to introduce you to the concept of **SMART Goals** and how they can be applicable to studying, life planning, publishing, or any other aspect of your personal or professional life. When developing a goal statement, make sure your goal statement is "SMART": *Specific, Measurable, Action-oriented, Realistic and Time-bound.*

Specific: Your goal should address one or more of the five W's: who, what, when, where and why. The purpose of your goal is to be specific about the future state you want to reach.

Measurable: This means it's possible to know when your goal has been achieved, and the level at which you achieved it.

Action-Oriented: This means that you can identify actions to be taken that will contribute to the achievement of your goal.

Realistic: This means you have the capability to accomplish the goal, even if you are not fully competent in that area yet. Also, your goal is realistic if it can be met even with your other commitments. And even if your goal is a stretch for you, it is still feasible one step at a time.

Time-Bound: This means there is a specific time frame to achieve your goal with beginning and end dates. Your plan may include interim milestones and a plan to monitor progress as well.

One part of the mnemonic that I'd like to focus on is "time-bound." Make sure you provide a time

frame that is not only long enough to be realistic, but that is also short enough to allow for you to evaluate your progress and what some hindrances to success may have been. If you're on a challenging rotation, for example, you may only be able to read one chapter a week versus two. Make sure you **ADJUST GOALS** as needed based on other life factors. An example of a SMART Goal you could create in preparation for the ITE could be:

"I will read chapters 7, 8, 9, and 10 in Clinical Anesthesiology in the next two weeks."

Seems simple, right? Let's break it down. You specifically stated what you want to do and can easily measure if you did it or not. It is action-oriented since you are reading. I think reading four chapters in two weeks can be realistic, and it is definitely time bound. As mentioned above, the time frame is short. This will allow you to revisit in two weeks and determine if you met your goal and work through the reasons you did or did not. This will inform your next SMART statement.

One last thing... these don't have to be related to studying. A good personal SMART goal may look like *"I will go to the gym three times a week for one hour in time over the course of the next four weeks."*

I am always here if you need help. Feel free to email, text, or call.

For more information, see:

<https://learning.ucsf.edu/content/define-your-development-goal>



Community - Fun things to do around the Bay

There are so many fun things to do in SF and around the Bay Area. Check out this incomplete list of activities, restaurants, and bars (recommended by our residents and faculty). Try using the new "Off-Resident" function on QGenda to see who is free to grab drinks or hang out!

Restaurants

- Chubby Noodle
- Son and Garden
- Zazie
- Blind Butcher
- Fable
- Boiling Hot Pot
- New England Lobster Market & Eatery
- Beit Rima
- Mensho Ramen
- Benkyodo
- Yuanbao Jiaozi
- Dumpling Kitchen
- San Tung
- Liho Liho
- Prubechu
- Mandalay
- Hodala
- Manna
- Lavash

Bars

- Wilson & Wilson
- El Techo
- ABV
- Smuggler's Cove
- True Laurel
- The Last Rite
- Blackbird
- Trick Dog
- Rickhouse
- Pagan Idol
- Devil's Acre
- The Lookout - Sunday 3pm is WILD

Activities

- Department Scavenger Hunt -10/17 (check your email!)
- Outdoor Movie:
 - "E.T. The Extra-Terrestrial" - 10/22 @ Jerry Garcia Amphitheater in McLaren Park
- Outside Lands 10/29 -31
- The Game Parlour
- Nightlife at the California Academy of Sciences
- Church of 8 Wheels
- Farmer's Market at the Ferry Building
- Hikes
 - Lands End
 - Marshall's beach
 - Tennessee Valley
 - Twin peaks
 - Cataract Falls
 - Alamere Falls
 - Mission Peak



Well-being: A Warm Welcome

-Jina Sinskey

Happy Fall! I want to extend a warm welcome to **Dr. Denise Chang** as our Director of Learner Well-Being. Dr. Chang has been involved in departmental and national well-being efforts as a member of the CSA well-being committee and Society for Pediatric Anesthesia's well-being special interest group. She has demonstrated a commitment to medical education and learner well-being as a Coach for the UCSF School of Medicine's Bridges Curriculum. She brings a wealth of knowledge and expertise to our department's trainee well-being efforts. We are very lucky to have her!

Our department's well-being efforts are organized by the **SIX AREAS OF WORKLIFE MODEL** proposed by Dr. Christina Maslach and Dr. Michael Leiter: workload, control, reward, community, fairness, and values. This academic year, we will focus on community. The COVID-19 pandemic has been challenging for everyone, and we are all eager for opportunities to reconnect. **Dr. Justin Libaw** is leading our department's well-being taskforce on building community, and we look forward to hosting departmental events in line with UCSF event policies as soon as we can.

We recently kicked off this year's **RESIDENCY AED PROFESSIONAL DEVELOPMENT AND WELL-BEING CURRICULUM**, which

will emphasize community building through monthly small group discussions. The first session in September involved (socially distanced) small groups in Golden Gate Park. Residents shared their thoughts on what it means to be a great anesthesiologist, and senior residents gave tips on thriving in residency to junior residents. If you have ideas for small group discussions or would like to be involved in the



curriculum, please let me or Dr. Chang know.

We will be sharing more information on departmental well-being in our new quarterly well-being newsletter so please be on the lookout. During these trying times, please be kind to yourselves and each other.

"Be kind whenever possible. It is always possible." – Dalai Lama

Chiefs' Corner

-Ashley Oliver, Sherry Liou, & Elan Krojanker

It's been a busy start of the year, and we are so appreciative of all CA2/3 residents who have taken on extra call shifts in July and August as our CA1s have been getting their footings in the OR. In particular, we want to give a huge shoutout to **Sarah Lumsden** and **Michael Tan**, who have both had busy jeopardy weeks covering for their colleagues.

Also, an enormous congratulations to all of our CA1s for finishing their first few months of anesthesia residency! You have all been doing a great job in the ORs. Keep up the good work!

A few **chiefly** reminders:

- CA1s and CA2s will be starting to hold weekend **JEOPARDY** positions starting block 5. They will be expected to cover their classmates' absences when and if they come up. These designations can now be found in QGenda.
- COVID is unfortunately still a very real threat. Please remember to mask, wear eye protection, social distance, in addition to all the normal infectious precautions we take. **STAY SAFE!** And please notify Chiefs ASAP in the event of any symptoms or pending COVID tests that may require coverage.

ANESTHESIA EDUCATION DAYS (AEDs) have begun again! For our new CA1s, you will see these assigned on your schedule on QGenda, typically one Wednesday per month. We know the

first AED was a major success with complex PBLDs, skill sessions, and getting to meet our co-residents in the park!

The CA2s & CA3s enjoyed a wonderful evening at Dr. Sullivan's house this month full of snacks, wine, and camaraderie.

The CA1s will have theirs on Thursday (10/21). More to come in the way of department social gatherings as COVID allows.



Class Reps Corner

-Wilson Ly & David Corpman

We worked closely with the Chiefs, Dr. Sullivan, and Jannot to bring back our **CA2 RETREAT** this year! It was challenging with evolving COVID restrictions and call schedules, but most of the CA2's were able to participate. During this 2-day event, we bonded over wine tasting in Sonoma, making s'mores at a bonfire, and enjoying brunch at Jannot's pool. We would like to extend a big THANK YOU to everyone, especially Dr. Gropper, for supporting us!



COLLECTIVELY, we participated in our institution-wide resident task force to encourage UCSF to continue supporting night privileges for residents. Thanks to our leadership support, UCSF residents can now request L-parking stickers to cover parking fees for night and weekend shifts.



We are hoping to further improve camaraderie across all classes. Stay tuned for more inter class events....



DE-CODING THE SCHEDULE: for those who are still unsure what each abbreviations on QGenda means and the exact time for different call shifts, please refer to the tables below:

#Quick Reference for QGenda Codes

Shift	Interpretation
M-AAC	Advanced adult cardiac
M-CTA	Moffitt cardiothoracic (adult)
M-E_	Moffitt call shift
M-HB	Moffitt hepatobiliary
M-ICU	Moffitt ICU
M-NORA	Moffitt non-OR anesthesia
M-NS	Moffitt neurosurgery
M-OR	Moffitt OR
M-PAC	Moffitt PACU
M-PN	Moffitt Acute Pain
M-PRE	Moffitt Prepare Clinic
M-SR	Moffitt senior rotation
M-VAC	Moffitt vacation
M-VR	Moffitt vascular rotation

Shift	Interpretation
S-E__	SFGH call shift
S-ICU	SFGH surgical ICU
S-MTG	SFGH meeting week
S-OB	SFGH OB
S-OR	SFGH OR
S-RR	SFGH regional rotation
S-SEL	SFGH selective
S-TR	SFGH trauma rotation
S-VAC	SFGH vacation

Shift	Interpretation
Q	QI meeting
PTD	Pathway to Discovery
RES	Research
ACLS	ACLS recertification
T	Simulator
LOA	Leave of absence
JPD	Jeopardy
AED	Anesthesia Education Day
MTG	Meetings
ACE	Anesthesia Clinical Day "Eligible"

Shift	Interpretation
V-E1	VA call shift
V-ICU	VA ICU
V-OR	VA OR
V-SR	VA senior rotation

Shift	Interpretation
B-E1	MB call shift
B-OB	MB OB
B-OBE	MB OB call shift
B-OBS	MB OB swing shift
B-OR	MB OR
B-PC	MB pedi cardiac
B-PED	MB pediatrics
B-VAC	MB vacation

Shift	Interpretation
CHO	Pedi OR Oakland
K-CT	Kaiser Cardiac
K-OB	Kaiser OB
O-ORT	Orthopedic Institute

Shift	Interpretation
Z-OR	Mt Zion OR
Z-RR	Mt Zion regional rotation
Z-PN	Mt Zion Chronic Pain Clinic

#Call Schedule

Call Shift	Hours	Where to Report	Tasks / Expectations
M-E 1/2 AM	7AM – 7PM	Moffitt OR front desk	Sunday or holiday day-time call for OR
M-E 1/2 PM	7PM – 7AM		Sunday or holiday evening, week of OR nights
	6PM – 7AM		Monday through Friday evening, week of OR nights
M-E 1/2 (WE)	7AM – 7AM		Saturday 24hr call
M-E 3/4	12PM – ***	Moffitt OR front desk / E1 board	Mid-day call shift – give breaks, take over ORs End time determined by # of ORs still running
S-E_AM	6:55AM – 6:55PM	ZSFG OR front desk	Sunday or holiday day-time call for trauma activations, OR, OB
S-E_PM	6:55PM – 6:55AM		Sunday or holiday evening, week of nights for trauma activation, OR, OB
	5:55PM – 6:55AM		Monday through Friday evening, week of nights (same as above)
B-E1 (WD)	4PM – 7AM	Pain office in MB PACU	Weekday 24hr call (start in OR in AM) OB backup, pedi OR, adult OR, code/ airway pager, acute pain (adult), pedi pain
B-E1 (WE)	7AM – 7AM	OB Anesthesia Office	Saturday or Sunday 24hr call (same as above)
B-OBE	7AM – 7AM		Saturday or Sunday 24hr OB call
V-E1 (Fri)	4PM – 7AM		SFVA OR front desk or VA ICU
V-E1 (Sat)	7AM – 7AM	Saturday 24hr call; airway pager, urgent OR cases	

Special Thanks to the following for contributing to this newsletter: Michael Gropper, Kristina Sullivan, Gabe Sarah, Jina Sinskey, Ashley Oliver, Sherry Liou, Elan Krojanker, Cindy Chin, Clara Stelman, Jannot Ross, and John Turnbull

Newsletter committee: Wilson Ly, David Corpman, Abby Howard, Joanna Haight