

UC San Diego Anesthesiology

THE BOUGIE BULLETIN



WELCOME, CA-1s!

Welcome Class of 2025

We are so thrilled to have each one of you here in the wonderful world of anesthesiology, and we hope you start to feel at home. While these next few months may feel overwhelming at times, please know every single person in the department is here to support you, teach you, and help you to develop into the best versions of yourselves. You have made it through an entire year of rounding, H&P writing, calling pharmacy, and receiving endless pages about laxatives. Welcome to the land where most of your patients are asleep! We hope this transition from intern to PGY-2 is as seamless as possible. Please know that you are more than capable of the next three years ahead of you, and will become strong, amazing anesthesiologists after your time in our department. We hope you can have some fun along the way!

Farewell and Best Wishes to the Class of 2022



To the class of 2022: Thank you for your spirit, your leadership, your ideas, and your dedication to the department over the past three years. We wish you the best in all your future endeavors and hope you enjoy what life brings next as fellows and attending physicians!

International Anesthesia Trip by Dr. Chelsea Graves

“Women living in primarily rural Africa and Asia often suffer stigmatization and outcast from their communities due to the sequelae from unrepaired fistulas and severe tears related to childbirth. The Fistula Foundation works to address barriers, which are rooted in poverty, to care for these women. There is also a lack of infrastructure due to inadequate facilities and trained staff. During March 2022, Dr. Sanghvi, Dr. Ianovich, and I traveled to Jos, Nigeria at Evangel Hospital to help with repairing vesicovaginal fistulas (VVF). We joined Dr. Ene George, Kaiser (urogynecologist) and Dr. Sunday Lengman (family medicine practitioner and fistula surgeon) who were both based in Jos. March is a particularly busy month since there is an annual reunion in which women in surrounding regions that have already had their repairs by the team at Evangel Hospital come and support patients who are embarking on their journey to repair. The case volume is typically doubled during this time.

For the duration of the month, we observed cases and interacted with patients, nurse anesthetists, and family medicine residents. Daily, we spent time in the operating theaters working closely with nurse anesthetists and student nurse anesthetists to assist with spinals. In addition to learning their techniques, which were unique to their working environment, we also provided education on various anesthesia topics that were relevant to the VVF procedures. Afternoon lectures on BLS/ACLS education, ventilator education and topics useful to general practitioners were given to the family medicine residents as well.

The most valuable thing that was imparted to me was that even though the systems issues and resource gaps were vast, our desire to help and our knowledge truly did improve patient care and flow of daily operations. Under the guidance and leadership of Dr. Sanghvi, we helped to recover the function of two ventilators by performing simple machine checks to identify circuit leaks. This was extremely gratifying since there was only one functioning OR ventilator in the entire facility and most patients received hand ventilation. Despite linguistic and cultural barriers, our efforts to understand and integrate cultural norms were appreciated and respected by patients and colleagues, which made for an enlightening and valuable experience.”

Pictures from Evangel Hospital in Jos, Nigeria

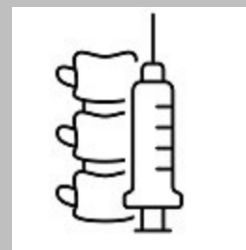


Fellowship Feature

This issue of the Bougie Bulletin will feature the various fellowships that can be done after Anesthesiology Residency

Obstetric Anesthesiology

This is a one-year program dedicated to the development of compassionate, knowledgeable, skillful physician leaders who provide comprehensive care to peripartum patients and their families. Our fellows benefit from exposure to over 3,000 deliveries annually ranging from low-risk birth center care to high-risk referral cases for maternal cardiopulmonary disease, abnormal placentation, and other complicated maternofetal conditions. Since there is only one fellow per year, there is ample opportunity to tailor the year to the interests of the fellow within the guidelines of the ACGME. The division of OB Anesthesiology is an integral part of the multidisciplinary peripartum care team, and our fellows serve as leaders within the division.



- **Fellowship Director:** Dr. Erin Martin
- **Incoming Fellow:** Dr. Allen Wang (Residency: Boston Medical Center) “I chose OB anesthesia because it is a hands-on field that requires collaboration and communication between multiple different specialties in order to ensure appropriate care for the mother and baby.”

Regional Anesthesiology and Acute Pain Management

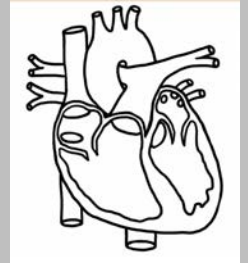
This one-year fellowship emphasizes expert training in state-of-the-art regional anesthesia techniques and multi-modal strategies for acute pain management. We constantly strive to keep our curriculum fresh and provide our fellows with the most comprehensive, up-to-date, and advanced training program available. Postgraduate RAAPM fellows will be immersed in a comprehensive curriculum incorporating advanced regional anesthesia techniques, such as continuous perineural infusion and ultrasound-guidance; multimodal acute pain management strategies; and clinical and translational research.



- **Fellowship Director:** Dr. Brian Curran
- **Current Fellow:** Dr. Aanchal Prakash (Residency: UCLA) “I chose to do a regional fellowship for a variety of reasons: It is an excellent addition to my repertoire of skills to allow me to take care of more complex patients and improve my ultrasound skills. This is translatable to other procedures such as line placement. This fellowship also provided me with alternative methods to treat post-op pain. I am also interested in global health and found application of regional techniques to be valuable in lower resource settings where general anesthesia may not be as readily performed or as safe.”

Cardiothoracic Anesthesiology

This is a 12-month long fellowship focusing on Adult Cardiothoracic Anesthesia. The highlight of this fellowship is the focus on developing proficient transesophageal echocardiography skills and management of complex cardiothoracic cases, including heart and lung transplants, pulmonary thromboendarterectomies, mechanical circulatory assist devices, and coronary artery bypass grafts and valve replacements.



- **Fellowship Director:** Dr. Christine Choi
- **Current Fellow:** Dr. Mitch Ackerman (Residency: UCSD) “The cardiac program has a great group of attendings invested in the education and clinical development of their fellows and are happy to tailor education to post-fellowship needs. The case volume and diversity allow for familiarity with everything you may encounter within cardiac anesthesia with extra exposure to circulatory arrest cases through the highly regarded PTE program. In addition to the comprehensive exposure, the program is designed to provide a reasonable work life balance, so you can be happy to be at work and only occasionally tired from a long day or night.”

Global Health and Policy

The fellowship has a tripartite mission of exposing the fellow to field work in international anesthesiology, research in such settings, and didactics in Global Health at the graduate student level. The fellowship provides exposure to the range of options in global health field work, from supporting a residency program, to working alongside anesthesia assistants with very limited formal training, to providing services where none are available. The goal is to help build capacity and improve safety in low resource settings. The fellow participates in the planning process so that they understand the behind the scenes work and the relevance of the social and political context in which our partner hosts operate. We hope to cultivate leaders who can formulate and potentially implement sustainable solutions of real value to underserved populations around the world.

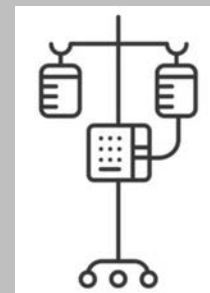


The didactics include course work in Global Health Policy, Research Methods in Global Health, and a seminar in Global Health with Masters' students in Global Health. There will be the opportunity to attend national and international Global Health conferences, including the rotating Global Outreach Course in Anesthesiology, the Bethune Roundtable, and the World Congress of Anesthesiologists. The fellow will have the opportunity to conduct mentored research, present the results at national and/or international meetings and publish in peer-reviewed journals.

- **Fellowship Director:** Dr. Reema Sanghvi
- **Incoming Fellow:** Dr. Tosha Songolo (Residency: UCSD) “We have a unique role in anesthesiology to be able to impact healthcare delivery systems in under-resourced communities. I have personally witnessed how disparities in medical resources impact these communities and how much we can learn as a well-resourced country. I wanted to do this fellowship to give me the tools necessary to help improve perioperative outcomes and processes in the U.S. and abroad.”

Perioperative Pain Management

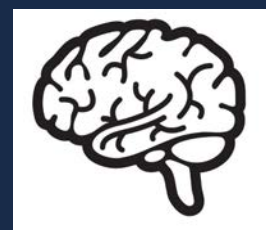
The goal of this one-year program is to provide a fellow with the comprehensive clinical experience for managing perioperative pain. This includes rotations through regional anesthesia, acute pain service, chronic pain medicine, and addiction medicine. The curriculum includes preoperative planning, pre- and postoperative performance of acute pain/regional anesthesia procedures, postoperative follow-up, weaning, and consultations for the management of acute pain in complex situations.



- **Fellowship Director:** Dr. Engy Said
- **Incoming Fellow:** Dr. Seth Fischer (Residency: UCSD) “This fellowship is perfect because I have always had an interest in the physiology and pathology of pain since dealing with my own after a bike accident. This being coupled with a love of procedures was an ideal match. It also allows an opportunity to work outside of the OR and bedside. The fellowship is made even greater by being mentored by two of the most knowledgeable and devoted teachers in Drs. Said and Furnish.”

Neuroanesthesiology

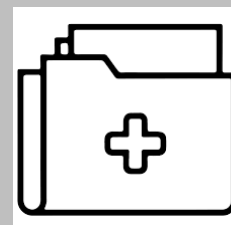
The UCSD Neurosurgical practice at the Jacobs Medical Center in La Jolla, CA is growing with the addition of multiple surgeons in both brain and spine surgery. With 5-10 craniotomy procedures per week and significantly more spine cases per week, the program is set to become a leader in advanced neurosurgical procedures in Southern California. The total neurosurgical case volume at UCSD is about 3,600 cases per year between 2 hospital systems at La Jolla and Hillcrest. As the Neuro-Anesthesia Fellow, you will participate in the entire spectrum of anesthesia for neurosurgical procedures including intracranial and spine.



Since this is not an ACGME-certified one-year fellowship, there is great flexibility in elective opportunities and enrichment education as well as mentored, clinical or basic science research work. This also allows the opportunity for moonlighting for qualified applicants on the appropriate visa. The goals for the Fellow involve formulating an individualized career path that begins with a tailored and comprehensive exposure to advanced clinical neuro-anesthesia and the ancillary specialties that interact with neuro-anesthesia: neuro-critical care, neuro-interventional radiology, neurophysiology, and pediatric neuro-anesthesia.

- **Fellowship Director:** Dr. Una Srejjc
- **Former Fellow:** Dr. Maya Filopovic (Residency: UCSD) “Amongst many other reasons for choosing neuroanesthesia as a subspecialty, the fact that neurosurgical techniques and technology advance rapidly and involve more and more highly specialized technology (ROSA robots, laser therapy, use of intraoperative MRI) and an increasing amount of diverse functional procedures are being performed is what intrigued me the most. I believe it is a niche in the field of anesthesia requiring in depth knowledge of these procedures to provide the best possible care to patients while at the same time offering a good balance between high acuity cases and cases with need for advanced planning.”

Perioperative Management



With the changing face of healthcare, it is imperative that we have leaders with experience in both medicine and management. This program is for individuals with an interest in gaining practical knowledge of practice management principles and the advancement of perioperative medicine.

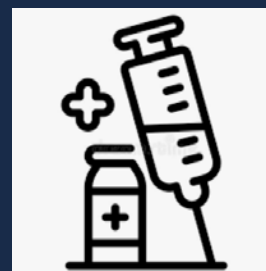
With the opening of our new hospital and outpatient surgery center, and plans for continued expansion, the fellow will have a unique opportunity to be involved in creating new policies, experience how different management problems are handled, and take part in a plethora of clinical and management projects.

There is also a partnership with the Rady Business School, which allows fellows to participate in a unique micro MBA and mini MBA programs in the summer and fall.

- **Fellowship Director:** Dr. Sanjana Vig
- **Former Fellow:** Dr. Iris Chu (Residency: Cornell) “With my background as a bioengineer, I have a knack for making things work more efficiently. As such, I chose to apply for the perioperative management fellowship to help streamline patient care and understand the systemic intricacies of a well-designed perioperative environment. Ultimately, my hope was to learn strategies to not only establish better patient care, but to also develop a happier workplace.”

Chronic Pain

This fellowship’s goal is to seek out and train the next leaders in this complex and evolving field. We embrace a multidisciplinary approach to manage the multifaceted nature of chronic pain, including interventions, pharmacologic, and non-pharmacologic modalities. Our fellowship is unique in that we have anesthesia, physical medicine and rehabilitation, neurology, and emergency medicine all within one pain division. This allows for a wide coverage of different pain conditions, as well as excellent exposure for the fellows. Lastly, we encourage fellows to join the novel research being done at UCSD, such as regenerative medicine, cannabis, and psilocybin for chronic pain conditions.



- **Fellowship Director:** Dr. Rajiv Reddy
- **Incoming Fellow:** Dr. Brooke Towne (Residency: UCSD) “I chose to do a fellowship in chronic pain because I enjoy the mix of procedures and being able to follow up with patients after their treatments. I also enjoy the development within the field, with new medications and procedures continuing to be introduced. I had my first taste of interventional pain management as a rotating medical student, and knew it was the right path for me!”

Anesthesiology Critical Care Medicine

The fellowship provides a comprehensive experience in the management of a spectrum of cardiovascular, surgical, oncological, transplant, neurosurgical, and medical patients. Our fellows learn to practice in a broad range of ICU environments, and enhance the practice of their primary specialty, whether it is Anesthesiology, Emergency Medicine, Surgery, or Obstetrics and Gynecology. While Critical Care is considered a specialty of its own, it is also a natural extension of all parts of medicine.



Our fellows guide the minute-to-minute perioperative management of solid organ transplants (especially heart, lung, and liver transplants), mechanical circulatory support (including ECMO), complex cardiac and non-cardiac surgeries, and the spectrum of life-threatening pathology in the ICU. The clinical practice is complemented by a didactic curriculum and elective time with other services to provide a well-rounded experience. We have an extensive echocardiography experience, in conjunction with our Adult Cardiothoracic Anesthesiology colleagues, and our fellows are eligible for board certification in Basic Perioperative TEE and/or Critical Care Echocardiography through the National Board or Echocardiography.

- **Fellowship Director:** Dr. Christopher “Kit” Tainter
- **Former Fellow:** Dr. Eric Tzeng (Residency: UCSD) “I decided to pursue a fellowship in critical care medicine because I feel like it is a natural extension of the anesthesiologist’s skill set: an intimate understanding of physiology and how to fix derangements in an acute setting, techniques in invasive access and monitoring, and of course creative emergent airway management. I decided to stay at UCSD for its excellent cardiovascular ICU where I learned to further these skills in conjunction with navigating complex post-surgical patients with a multidisciplinary team.”

Stridor Cup Recap

The annual Stridor Cup took place this past May at Arrowood Golf Course. UCSD faculty, alumni, CRNAs, pharmacists, fellows, residents, and friends competed in a golf tournament, which was formatted as a scramble. It came down to a nail-biting finish on the 18th green. The title was shared between **Gorgeous Jerry and the Beautiful Bunch** and **TEEing it Up** - with both teams coming in at -6!



2021-2022 Awards

Graduation Faculty Teaching Awards:

- **Whitehill Prize:** Dr. Diana Hylton
- **Nicholas J. Kormylo Memorial Award for Outstanding Service and Dedication:** Dr. Claire Soria
- **CA-1:** Dr. Leon Chang
- **CA-2:** Dr. John Finneran
- **CA-3:** Dr. Tim Maus
- **Marion Gallagher Award (Anesthesia Tech):** Maggie Malys
- **Gerard Manecke Above and Beyond Resident Award:** Dr. Merrick Tan
- **Tony Yaksh Research Resident Award:** Dr. Tosha Becerra Songolo and Dr. Taraz Nosrat

Cardiothoracic Fellows Teaching Award: Dr. Brett Cronin

ACCM Fellows Teaching Award: Dr. Ronny Barak

Chronic Pain Fellows Teaching Award: Dr. Krishnan Chakravarthy

Regional Anesthesia and Acute Pain Management Fellows Teaching “Golden Tuohy” Award: Dr. John Finneran

2022 Gaston Labat Award at ASRA: Dr. Brian Ilfeld

The emphasis of the award is to recognize those who have fostered the art and science of regional anesthesia in the tradition of Louis Gaston Labat by contribution to the performance of research that has furthered the specialty, innovative teaching traditions, organizational contributions, or simply exemplary clinical practice of regional anesthesia that has encouraged its expanded application.



Research Division News

Dr. Wendy Campana recently received a 3-year Department of Defense Grant, “Treating Oral Cancer Pain with LRP1 Agonists” and also published a new perspective in Neural Regeneration Research journal, “Schwann Cell Extracellular Vesicles: Judging a Book by its Cover.”

New Additions to the UCSD Anesthesiology Family

Shepherd Elliot Schmidt



Born April 12, 2022

8 lbs 13 oz, 20 inches

Big thanks to everyone involved, especially Francesca Ianovich for the epidural, Maggie Diaz for the compassionate care, and Wendy Abramson for going above and beyond.

Nova Imani Becerra Songolo



Born April 28, 2022

7 lbs 15 oz, 20 1/4 inches

Special thanks to Chelsea Graves (shout out to the class of 2022!) for swiftly placing Tosha's epidural!

Jorah Minh Ha Fischer



Born May 19, 2022

5 lbs 4.7 oz, 17.8 inches

Jasper Lightning Ackerman



Born July 20, 2022

8 lbs 3 oz, 19.7 inches

Kyma Zale Mohammadi



Born July 6, 2022

2545 grams, 18.5 inches

Attending Corner: Dr. Douglas Vaughn

Where are you from? I grew up in Coronado, however, I also spent some years abroad (Turkey) and on the East Coast which is almost like another country

Where did you train? Residency training at Yale University (with a really nice guy named Paul Barash) and Maxillofacial Surgery training at Einstein College of Medicine/Montefiore Medical Center

When did you join UCSD staff? June 2022

What is your favorite restaurant in SD? San Diego: Mister A's.
Coronado: Stake

What is your favorite post-call meal? Eggs Benedict and Mimosas

What is your favorite case to do anesthesia for? Any one-lung ventilation case or open AAA

What is your favorite piece of anesthesia equipment? Bronchoscopes, TEEs, or anything sharp

Where is your favorite place to travel? I've spent extensive time in the Middle East, but I still love Europe, the Western Pacific Islands, Cambodia, and China. I still want to go riding in Argentina...

What is your favorite current top 40 song? Maybe Dua Lipa as a current favorite artist. From 1978: Earth, Wind, and Fire's "September."
From 1990: Garth Brooks' "Friends in Low Places"

What do you like to do in your free time? Hobbies? Surfing, scuba diving, sailing, horseback riding, downhill skiing and snowboarding, skeet shooting (I no longer hunt), fishing, and lost wax gold jewelry casting... I'm sure I left something out



Resident Spotlight: Dr. Ting-Wei "Justin" Fan



How do you like living in SD? I love living in San Diego. Growing up here, I only left for undergraduate and medical school. San Diego has amazing weather, relaxing beaches, vibrant downtown life, and wonderful food. There is a niche here for all different personalities and people.

What do you spend your downtime doing? I spend my downtime playing tennis and pickleball (seriously considering going professional in the future), hanging out with friends and family, and holed up in my house gaming with friends online (League of Legends, Warzone, text me if anyone wants to play).

Best place to take a break in the hospital? We get breaks in the hospital??

Favorite post-call snack/meal? McDonalds. I feel terrible every time after eating it, but I never learn. There is just something about the warm processed carbohydrate loaded with salt that I cannot escape. I would also highly recommend Fire Spot for some all-you-can-eat BBQ, Bistro Kaz lunch specials (hot Mentaiko pasta) for some amazing Japanese-Italian fusion, and Cake de Partie for their decadent souffles.

What has been a go-to tactic for surviving the first few months of residency? Support each other, talk to each other. Everyone will be making the same stupid mistakes you make. Share your terrible case starts, share your worries, you are not alone. We have all been there, some more recently than others, but we all remember what it was like. Sometimes that makes us more empathetic; sometimes that makes us harsher or more jaded. But ultimately, all will be well.

Meet Our New CRNAs!



Lindsay Amador (LDY)



Nicole Ramirez (RMZ)



Diana Soriano (SNO)

Welcome to Anesthesia Preparedness Clinic

Anesthesia Preparedness Clinic (APC) is pleased to welcome Debbie Gordon and Toni Moseley to the APC APP team.

Toni has extensive experience working with Cardiothoracic Surgery in the perioperative setting and more recently with Infectious Disease, where she played a significant role in helping establish ambulatory/telehealth care for COVID-19 patients. Fun fact: Toni's birthday is New Year's Eve and the whole world celebrates her day! Pictured top right on a helicopter flight for her 40th birthday.



Debbie has done impressive work by building, from the ground up, the TAVR program with Interventional Cardiology and our own Cardiac Anesthesia Division. Fun fact: Debbie loves to get outside in nature and hike with her sidekick Aussie "Jax" as often as she can. Pictured bottom right with Jax.



We are elated to have them bring their expertise and passion for patient care to APC. They join our other APP team members: Deborah Beyer, Vanessa Gambala, Cecylia Stabrawa, Conni Zoellner, and Diane Solic.

In addition, welcome Dr. Douglas Vaughn to APC as our new Medical Director! We look forward to the experience and insight you will bring to the division.

Would you like to submit to the next Newsletter?

Email **Elsie Bigelow** at ebigelow@health.ucsd.edu or **Minhthy Meineke** at mmeineke@health.ucsd.edu