



# Open Circuit

EDITOR: KAREN SIBERT, MD

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**COVER IMAGE:**  
Our 2017 graduating residents celebrate atop the  
UCLA helipad.



# From the Chair's Desk

By Aman Mahajan, MD, PhD

In academic life, every summer brings the celebration of graduating residents and fellows, and the welcome of a new generation of young physicians to our department. We say good-bye to the lively Class of 2017, who will disperse to all parts of the country with all they have learned during their years with us. Many of them, happily, will stay in Southern California. Wherever they are, all our former residents and fellows will always be members of our extended alumni family, and we look forward to their return visits!

Inevitably, the circle of life includes sorrow as well. This edition of our newsletter, Open Circuit, is dedicated to the memory of Ronald Katz, MD, chair of our department for 19 years, who passed away on May 21, 2017.

Dr. Katz was a native New Yorker who came to LA after residency and a teaching career at Columbia Presbyterian Hospital. Though he never lost his New York accent, Dr. Katz was a loyal Bruin and served two terms as UCLA Medical Center Chief of Staff. As the chair, he successfully recruited the best and the brightest from around the country, to create vibrant clinical and research programs that nurtured future leaders in the field of anesthesiology. He was among the pioneers in the advancing the concept of a comprehensive pain program that includes physicians from multiple specialties working together. His generous support established the Ronald L. Katz Endowed Chair that is held by the chair of the department, and advances the mission of academic excellence in anesthesiology. Dr. Katz advanced the practice of medicine worldwide, and served on many medical missionary trips to Mexico, Armenia, Malawi, Russia, and Latvia.

An interview with Dr. Katz was videotaped in 2008 for the John W. Pender Collection of the Living History of Anesthesiology at the Wood Library-Museum of Anesthesiology. It has since been posted on YouTube, and will certainly bring back memories to so many who knew Dr. Katz.

Deborah Dach, MSN, CRNA, recently retired from her career as chief nurse anesthetist after an outstanding 28

years at UCLA. Ms. Dach has written a delightful piece for this newsletter looking back on all the changes at UCLA over her years here. We will miss her competence, energy, enthusiasm, and unfailing sense of humor, but wish her well in her richly deserved new life of leisure!

This issue of our newsletter celebrates our graduates and the achievements of many of our outstanding faculty members in clinical care, research, teaching, and service to anesthesiology's professional societies.

- This September, we will again co-host an outstanding point-of-care ultrasound CME program in Huntington Beach.
- Karen Sibert, MD, has been elected President of the California Society of Anesthesiologists. She spoke recently on the dangers of pediatric anesthesia in dental offices on NBC television.
- Our faculty members are invited to teach at national and international conferences as far away as Hangzhou, China.
- Drs. Brent Ershoff, Matthew Fischer, Kimberly Howard-Quijano, Nirav Kamdar, Lisa Lee, Emily Methangkool, Aviva Regev, Lou Saddic, Goonjan Shah, and Theodora Wingert earned advanced degrees through the Faculty-Fellow Advanced Scholarship Training program (FFAST).
- Drs. Anahat Dillon, Kianusch Kiai, and Hamid Nourmand earned executive certification in healthcare leadership.

In addition to their academic accomplishments, our residents and faculty are contributing to our local communities, with outreach activities across Los Angeles, from area high schools to clinic services for the homeless.

I want to extend special thanks to our alumni who continue to support our endeavors with generous donations. Our research and training missions continue to thrive along with our clinical excellence. Our vision is for UCLA's Department of Anesthesiology and Perioperative Medicine to continue its ascendancy to become the best in America, creating new knowledge that results in better patient care. We hope you enjoy our Summer of 2017 newsletter, and we look forward to welcoming you back to campus whenever you find yourself in Southern California.

# Congratulations to the Class of 2017!

By John Shin, MD

Every year, we celebrate as our residents and fellows complete their training in the UCLA Department of Anesthesiology and Perioperative Medicine. Some will continue training at UCLA or elsewhere, while others go on to their very first jobs as attending physicians.

Judi Turner, MD, PhD, Residency Program Director, and her two assistant directors, Jack Buckley, MD, and Emily Methangkool, MD, believe that every residency class is special. This year's class is no exception.

The Resident Class of 2017 is the first to form a Wellness Committee, which has been composed of three senior residents: Ankush Bansal, MD, Susanna Kmiecik, MD, and Samantha Wong, MD. The goal of the committee is to promote work-life balance, and provide an outlet for resident activities outside of the hospital. The Wellness Committee is responsible for celebrating birthdays, organizing social events, and generally making sure that UCLA residents are the happiest residents around. This committee has the full support of the Department, and we applaud the senior residents for taking this initiative to establish a program that will benefit future residents for years to come.

As in prior years, a significant number of residency graduates will be pursuing additional fellowship training. This year six of our 21 graduates will be going on to fellowships, with three staying at UCLA.

- Curtis Darling, MD, will be a pediatric anesthesiology fellow at Stanford;
- Marvin Chang, MD, PhD, will be at the Massachusetts General Hospital in Boston for the next two years, completing a combined cardiac anesthesia and critical care fellowship;
- Four residents have chosen pain medicine: Ankush Bansal, MD, Yuichiro Hayashi, MD, and Sami Wong, MD, will stay at UCLA, while Sepehr Rejai, MD, will move to UCSD.

This year, three residents will be joining academic anesthesiology departments as faculty. Susanna Kmiecik, MD, will return to her alma mater at Georgetown University in Washington DC, and Timothy Walsh, MD will be going to the University of Kansas. Kenji Ogura, MD, MS, will join our department at the West Los Angeles VA Hospital, and will also spend a day a week at Ronald Reagan.

As in previous years, most residents who choose to go into private practice end up staying in Southern California. This trend continues as nine of the 12 residents in private practice will remain in the Los Angeles or San Diego area: Chief Resident Chester Chan, MD, MS, Chief Resident Brian Denton, MD, Tiffany Kim, MD, Anastasia Kwon, MD, David Liu, MD, Grace Park, MD, MS, Andrew Sumarto, MD, Tsung (Erik) Tsou, MD, and Roshni Vora, MD.

UCLA attracts residents from across the country. After training, some choose to take their newly acquired skills back to their hometowns. We are proud of these graduates as they expand our alumni network across the country. Nicholas Ameln, MD, will join a private practice group in Des Moines, Iowa. Ruby Shah, MD, will be going to Phoenix, AZ. Chief Resident Jarrod Larson, MD, will reunite with family in Portland, Oregon, as he joins Kaiser in the Northwest Permanente group.



The Class of 2017 with Drs. Buckley, Turner, and Mahajan

## OUR GRADUATING FELLOWS

Our department is very fortunate to have a large group of outstanding fellows every year. Some are graduates of our residency program, and many come from other excellent residency programs across the country.

From the Division of Cardiothoracic Anesthesiology, there are five graduating fellows, four of whom are staying at UCLA:

- Alex Cheng, MD, (last year's UCLA Chief Resident) will go into private practice at Saddleback Memorial Hospital in Orange County.
- Alex Edwards, MD, completed his critical care fellowship last year and is finishing his cardiac anesthesiology training this year. He will stay on as faculty in both divisions, and work on various operational efficiency projects within cardiac anesthesia.

- Matthew Fischer, MD, has spent the past two years completing a combined cardiac anesthesia fellowship and a master's degree in clinical research. He will stay on as faculty and continue his research on predicting adverse perioperative outcomes after cardiac surgery using clinical and epigenetic data, with a current focus on postoperative atrial fibrillation.
- Lou Saddic, MD, PhD, will join the cardiac anesthesia team as faculty and spend 50 percent of his time researching transcriptome changes in the spinal cord following ischemic changes in the brain.
- Tiffany Williams, MD, PhD, will pursue additional fellowship training in pediatric cardiac anesthesia at UCLA.

Our Division of Pain Medicine graduated five fellows this year: Mitchell Donner, MD, Benjamin Maslin, MD, Andrew Park, MD, Goonjan Shah, MD, and Chonghua (Carl) Wang, MD. All will be joining private practice pain management groups across the country.

The Division of Pediatric Anesthesia's two fellows this year are both graduates of our residency program. Shirley Tang, MD will be at the West Los Angeles VA in addition to spending a day each week at UCLA with our pediatric anesthesia team. Theodora Wingert, MD, will also join our pediatric anesthesia team while she completes a bioinformatics fellowship here. Lisa Lee, MD, completed her pediatric anesthesia fellowship last year and is obtaining a master's degree in clinical research. She will be joining the UCLA pediatric anesthesia team and continuing her research in pediatric outcomes.

The Division of Critical Care is proud to graduate three fellows this year. Alexander "Ace" Young, MD, UCLA Anesthesiology class of 2016, will be staying on as faculty, primarily in the Ronald Reagan ICUs. Sirisha Rao, MD, MS, will also stay as faculty, primarily at the West LA VA SICU. John Michael Guthrie, MD, came to UCLA with a background in emergency medicine, and will divide his time between emergency and ICU work at Long Beach Memorial Hospital.

Our fellowship program in regional anesthesia, based out of UCLA Santa Monica Hospital, achieved a major milestone this year by obtaining direct financial support from one of UCLA's eminent orthopedic surgeons, Benjamin Bengs, MD. This was the result of years of hard work establishing high-quality, comprehensive, perioperative pain management for orthopedic surgery patients. This year, we have two graduating fellows. Sachin "Sunny" Jha, MD, MS, will join the regional anesthesia faculty at the University of Southern California. Shabnam Majidian, DO, UCLA anesthesiology class of 2016, will stay as a faculty member at UCLA Santa Monica Hospital.

This year, we were fortunate to have a liver transplant anesthesia fellow, Christine Nguyen-Buckley, MD, a chief resident for the Class of 2016. She will stay on to join our faculty at UCLA.

This has been another successful year for all our training programs. As our graduates go on to train and practice in different clinical settings across the country, we hope they will look back fondly on their UCLA experience and continue to stay in touch with the UCLA anesthesiology family. Congratulations!

## GRADUATION AWARDS

At this year's graduation banquet, the residents awarded the prestigious Teacher of the Year Award to Jason Lee, MD. Dr. Lee will be taking on new responsibilities assisting Judi Turner, MD, PhD, with the residency program. The residents again this year awarded "excellence in resident teaching" awards to Nirav Kamdar, MD, MPP, and to Joe Hong, MD. The award for excellence in resident teaching at an affiliate hospital went to Sachin Gupta, MD, a member of the Olive View-UCLA Medical Center faculty.

Zarah Antongiorgi, MD, received the Dillon Award, one of the department's top honors, named for John Bartley Dillon, MD, who was appointed as the first anesthesiology division chief at the newly created UCLA School of Medicine in 1950. The Dillon award is bestowed each year upon a highly promising junior



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### IMAGES

Sophia Poorsattar, MD, accepts her award for outstanding performance as a junior resident  
Zarah Antongiorgi, MD, accepts the Dillon award from Dr. Harvey Rosenbaum  
Jason Lee, MD accepts the Teacher of the Year award. Pictured are Drs. Brian Denton, Jarrod Larson, Jason Lee, and Chester Chan

faculty member by vote of the senior faculty. Dr. Antongiorgi specializes in critical care medicine, and plays a key role in coordinating our Grand Rounds and Visiting Professor lectures.

Each year, the graduating residents present a special award to the perioperative support staff person who has been of greatest help to them. Not for the first time, the award this year went to John Massey, a Certified Anesthesia Technician, who the residents agreed always goes out of his way to help them. Mr. Massey, a native of Kentucky, came to UCLA after training as an anesthesia technician at Vanderbilt University in Tennessee. Not everyone realizes that his first career was in the music business, playing with a band. His profile photo on “LinkedIn” features John in street clothes, not in scrubs, holding an electric guitar. He celebrated 22 years as an anesthesia technician on July 4.

Judi Turner, MD, PhD, the Residency Program Director, thanked this year’s Chief Residents Chester Chan, MD, MS, Brian Denton, MD, and Jarrod Larson, MD, for their hard work during the year. She announced that the chief residents for 2016-17 will be Delara Brandal, MD, Karen Chow, MD, and Alice Li, MD. The “junior resident of the year” award from Olive View-UCLA Medical Center was presented to Sophia Poorsattar, MD.

## FELLOWSHIP GRADUATES



Alexander Cheng, MD



Andrew Young, MD



Benjamin Maslin, MD



Chonghua Wang, MD



Christine Nguyen-Buckley, MD



Goonjan Shah, MD



John Michael Guthrie, MD



Louis Saddic, MD, PhD



Matthew Fischer, MD



Mitchell Donner, MD



Sachin Jha, MD



Shabnam Majidian, DO



Shirley Tang, MD, MS



Sirisha Rao, MD, MS



Sungkook Andrew Park, MD



Theodora Wingert, MD



Tiffany Williams, MD, PhD

## RESIDENT GRADUATES



Anastasia Kwon, MD



Andrew Sumarto, MD



Ankush Bansal, MD



Brian Denton, MD



Chester Chan, MD, MS



Curtis Darling, MD



David Liu, MD



Grace Park, MD, MS



Jarrod Larson, MD



Kenji Ogura, MD, MS



Marvin Chang, MD, MSE, PhD



Nicholas Ameln, MD



Roshni Vora, MD



Ruby Shah, MD



Samantha Wong, MD



Sepehr Rejai, MD



Susanna Kmiecik, MD



Tiffany Kim, MD



Timothy Walsh, MD



Tsung Tsou, MD



Yuichiro Hayashi, MD

# Faculty Awards and Recognition

## Faculty Honors



**Nirav Kamdar, MD, MPP**, accepted one of the prestigious 2017 UCLA Exceptional Physician awards for his outstanding work as a physician anesthesiologist. The award reflects Dr. Kamdar's contributions and unflinching commitment to patient care within the UCLA Health community.



**Judi Turner, MD, PhD**, Residency Program Director, was honored with the 2017 Serge and Yvette Dadone Clinical Teaching Award, given at the DGSOM Awards for Education ceremony in recognition of her "exceptional role and sustained excellence in the realm of resident teaching in the clinical setting."



**Soban Umar, MD, PhD**, accepted the Junior Faculty Research Award at the spring meeting of the Association of University Anesthesiologists from Edward Sherwood, MD, PhD, Professor of Anesthesiology and Vice-Chair for Research at Vanderbilt University Medical Center. Dr. Umar received this prestigious award for his research and oral presentation on the subject, "Implications of LDL Receptors in the Development of Pulmonary Hypertension."

Dr. Umar's work on pulmonary hypertension received further honors in July, when UCLA announced that he will receive a UCLA Cardiovascular Theme Innovation Award for his proposal, "Investigating the Role of Protective Y Chromosome Genes in Pulmonary Hypertension." The award will be celebrated at the upcoming Cardiovascular Symposium on Sept. 25-26. Dr. Umar's collaborators on this research are Mansoureh Eghbali, PhD, and Arthur Arnold, PhD, and he expressed thanks to Aman Mahajan, MD, PhD, and Yibin Wang, PhD, for their ongoing help and leadership.



**Neesa Patel, MD**, accepted UCLA's Great Catch of the Year Award in Santa Monica for her display of "stellar initiative" in supporting patient safety. UCLA's Health Quality Management Services launched the Good Catch Award program to help minimize potentially harmful medical errors and mistakes.



During the annual Nursing Awards ceremony, the Surgical ICU on the 7th floor of Ronald Reagan Medical Center accepted the "Evidence-Based Practice (EBP) for the year" honor in recognition of their superior clinical decision-making processes. **Joseph Meltzer, MD**, chief of our Critical Care Division, accepted the award with members of the 7ICU team.



Department faculty **Chiewlin Liew, MD, FRCA**, and **Mariya Svilik, MD**, gave very well-received presentations at the recent meeting of the International Society of ECT and Neurostimulation (ISEN) in San Diego. Dr. Liew spoke about how the concept of the Perioperative Surgical Home can be applied to an ECT service to improve outcomes. Dr. Svilik delivered a talk on "Anesthesiology management of the ECT patient: New questions, new answers." From left to right: Randall Espinoza, MD, MPH, UCLA Chair of Geriatric Psychiatry; Dr. Svilik; Dr. Liew; Colleen Loo, MBBS, Professor of Psychiatry at the University of New South Wales, Australia.



**Zhuang-Ting Fang, MD**, visited three hospitals in China this spring as part of his work with the Chinese Ophthalmic Anesthesia Society. Dr. Fang has been helping to build this fledgling organization in his role as immediate past president of the American Ophthalmic Anesthesia Society. He gave lectures on ambulatory surgery, ophthalmologic anesthesia, and perioperative medicine. Dr. Fang (center) is pictured with faculty at the Sun-Yat Sen University's Zhongshan Eye Center in Guangzhou, which is the premier eye hospital in China.



Drs. Judi Turner, Karen Sibert, and Johnathan Pregler hold top CSA positions

## Our Faculty Take Top CSA Leadership Positions

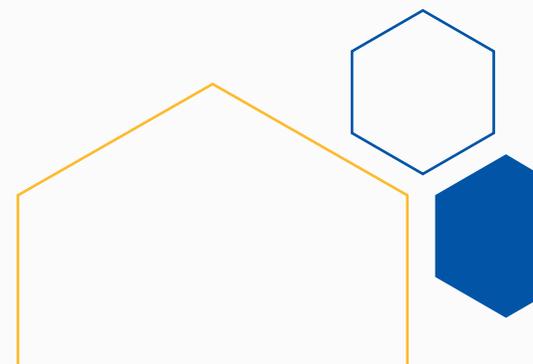
UCLA faculty members continue this year to hold top leadership positions in the California Society of Anesthesiologists (CSA).

At the CSA's annual House of Delegates meeting in June, Karen Sibert, MD, our department's Director of Communications, was elected President, and Sam Wald, MD, MBA, a former member of our department who is currently at Stanford, assumed the office of President-Elect.

Judi Turner, MD, PhD, Residency Program Director, continues for another year in the office of Treasurer. Rima Matevosian, MD, Chief of Anesthesiology at Olive View-UCLA Medical Center, serves again as Secretary, and Philip Levin, MD, Chief Medical Officer at UCLA Medical Center, Santa Monica, continues in the position of Assistant Secretary. Johnathan Pregler, MD, Director of Operative Services, serves as ASA Alternate Director for California.

Nearly all the delegates and alternate delegates to CSA's District 11, which includes UCLA, are our faculty members. Serving as delegates are Drs. David Boldt, John Chalabi, Joe Hong, Richard Hong, Annie Lee, Emily Methangkool, Parisa Partownavid, Siamak Rahman, Parisa Sadoughi, and Joel Stockman. Our alternate delegates are Drs. Zarah Antongiorgi, Kimberly Howard-Quijano, Natalie Moreland, Neesa Patel, Ali Salehi, Sumit Singh, and Irene Wu.

CSA offices and committee positions become open on a regular basis. Any UCLA alumni, faculty, residents, and fellows who live and work in California are welcome and are warmly invited to participate! Please let Dr. Sibert know of your interest: [khaddy@mednet.ucla.edu](mailto:khaddy@mednet.ucla.edu)



## Teaching and Learning in Hangzhou, China

By Victor Xia, MD



Drs. Xia, Vondriska, Steadman, Mahajan, and Cole with SAHZU faculty

Five of our department's leading faculty members traveled to Hangzhou, China in April to take part in a joint conference with the Department of Anesthesiology at the Second Affiliated Hospital of Zhejiang University (SAHZU), on "The Future of Perioperative Medicine".

At the invitation of Yan Min, MD, the department chair, UCLA's presentations at the one-day conference included:

- Aman Mahajan, MD, PhD, our department chair, on "Building a future for anesthesiology and perioperative medicine"
- Randolph Steadman, MD, on "Using simulation for training and performance improvement: Perspective from the USA"
- Daniel Cole, MD, on "Innovation in healthcare delivery in anesthesiology: The Perioperative Surgical Home"
- Thomas Vondriska, PhD, on "Epigenomics of cardiovascular disease: from chromatin fiber to human populations"
- Victor Xia, MD, on "Preoperative optimization: a multimodal approach to improve outcomes in surgical patients"

SAHZU, established in 1885, is one of the largest academic medical centers in China, and has a long history of collaboration with our department and UCLA Health.

Dr. Yan and many of the SAHZU faculty members have visited or studied with us. SAHZU has been an international training site for our residents since 2012. Sepehr Rejai, MD, a CA-3 resident, recently concluded a very rewarding rotation at SAHZU, reported in our news in February.

While in Hangzhou, some of the group visited West Lake and enjoyed a bicycle ride. West Lake is a freshwater man-made lake, created because of the Chinese love for garden-style recreation parks. The symbol of Hangzhou, West Lake is considered one of the most beautiful sights in China, and CNN named it one of the "12 superb sunset spots around the world". One of the most famous views, "Three Pools Mirroring the Moon", is featured on the one yuan bank note.



IMAGES  
Biking around West Lake | Victor Xia, MD | Daniel Cole, MD

## Our Newest Faculty Members

By Shevaughn Marchese



Harkirat Chahal, MD, has been an attending physician with the department for several years and recently joined the faculty. Dr. Chahal pursued his anesthesiology residency and fellowship training in interventional pain management at Harvard Medical School. He practices Interventional pain management at UCLA Health, Thousand Oaks.



After completing two fellowships in cardiothoracic anesthesiology and clinical research at UCLA, Matthew Fischer, MD, joined the department's faculty in July. Dr. Fischer earned his MD degree and completed residency training at Indiana University School of Medicine. His research interests concern predicting post-operative complications, using clinical risk factors and DNA methylation.



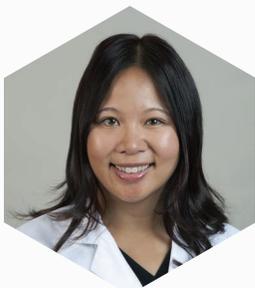
Chrystina Jeter, MD, joined the Community Pain Medicine faculty last year and practices at UCLA Health South Bay. She is a graduate of the Charles R Drew/UCLA Medical Education Program, and pursued her anesthesiology residency and pain medicine fellowship at Stanford Hospitals and Clinics. Dr. Jeter has clinical interests in complex regional pain syndromes, spinal cord stimulation, and perioperative pain management. In her personal time, she enjoys reading true crime novels and baking.



Our 2016-17 regional anesthesiology fellow, Shabnam Majidian, DO, joined the faculty this July. Dr. Majidian earned her DO degree at Western University of Health Sciences, and pursued residency training at the University of Texas Health Science Center at Houston and David Geffen School of Medicine at UCLA. She is interested in quality improvement projects and resident teaching with the goal of improving patients' outcomes and decreasing length of stay.



William Alexander Edwards, MD joined the faculty in July. Dr. Edwards earned his MD degree at Washington University School of Medicine and completed residency training at UCSF. He pursued both Cardiothoracic and Critical Care Medicine fellowships at UCLA and joined both our Critical Care and Cardiothoracic Anesthesiology faculty teams.



After completing anesthesiology residency training and a fellowship in anesthesiology for liver transplantation, Christine Nguyen-Buckley, MD, joined the department as a faculty member this month. Her clinical and research interests include the perioperative management of patients with liver disease. She has been working with Karen Sibert, MD, and several residents on Project Lead the Way, a collaboration between the UCLA Department of Anesthesiology, the California Society of Anesthesiologists, and three Los Angeles high schools, aimed at enhancing biomedical education for high school students.



Louis Saddic, MD, PhD, completed his cardiothoracic anesthesiology fellowship and joined the faculty in July. Dr. Saddic earned both his MD and PhD degrees at Stanford University School of Medicine, and completed residency training at Harvard Medical School, Brigham and Women's Hospital.



Valerie Seabaugh, MD, has been a UCLA Anesthesiology attending physician for several years. She recently joined the clinical faculty as an Assistant Professor. Dr. Seabaugh is a graduate of MD Anderson/ University of Texas and she completed her residency training at Loma Linda University Medical Center. She is working with the VA Hospital's tele-preop program to facilitate "virtual" preoperative evaluation.



Michael Sniderman, MD, practiced at USC, and was the associate director of the Pain Medicine Fellowship program there. He is a graduate of the Medical University of Ohio and pursued his anesthesiology residency and pain medicine fellowship training at Loyola University Medical Center. Dr. Sniderman's recent research on May-Thurner Syndrome will soon be published in Anesthesia & Analgesia.



Theodora Wingert, MD, stayed on at UCLA after completing her residency, and this year has finished fellowship training in pediatrics and informatics. As incoming faculty, her goal is to use her informatics skills to improve care for children at UCLA, and to answer research questions in pediatrics. Her projects include using a software called Tableau, a data visualization tool, to help build and improve our pediatric surgical home, and looking at how intraoperative factors such as hypotension affect outcomes in pediatrics.

## Selected Recent Publications

1. Iravani M, Lee L, Cannesson M. Standardized care versus precision medicine in the perioperative setting: Can point-of-care testing help bridge the gap? *Anesthesia & Analgesia*: April 2017 – Vol 124, p 1347-1353.

The authors analyzed the tension between the need to develop efficient, reproducible protocols for healthcare, and the equally compelling need to use the tools of genetics and genomics to provide patients with individualized “precision” health care. They suggest that as point-of-care (POC) testing is becoming better and faster, soon patients may undergo targeted genetic testing during preoperative visits, enabling precise selection of medications for intraoperative and postoperative management depending on the findings.

2. Mahajan A, Islam S, Schwartz M, Cannesson M. A hospital is not just a factory, but a complex adaptive system – Implications for perioperative care. *Anesthesia & Analgesia*: July 2017 – Vol 125, p 333-341.

The authors make the case that a hospital is not essentially a factory, and that engineering and manufacturing-derived redesign approaches will work only for noncomplex, low-variance, high-volume surgical episodes. Complex surgery and high-variance cases should be viewed as “complex adaptive systems”, which tend to self-organize and may resist or adapt unpredictably to attempts at control. Both approaches may be appropriate within the same hospital, and should be viewed as complementary rather than competitive.

3. Howard-Quijano K, Takamiya T, Dale E, Yamakawa K, Zhou W, Buckley U, Mahajan A. Effect of thoracic epidural anesthesia on ventricular excitability in a porcine model. *Anesthesiology*: June 2017 – Vol 126, p. 1096-1106.

Imbalances in the autonomic nervous system contribute to ventricular tachyarrhythmias. The authors describe the electrophysiologic mechanisms underlying the antiarrhythmic effects of thoracic epidural anesthesia during sympathetic hyperactivity. Thoracic epidural anesthesia attenuates ventricular myocardial excitability and induces electrical wave stability through its effects on activation recovery interval, dispersion of repolarization, and the action potential duration restitution slope.

4. Li J, Ruffenach G, Kararigas G, Cunningham CM, Motayagheni N, Barakai N, Umar S, Regitz-Zagrosek V, Eghbali M. Intralipid protects the heart in late pregnancy against ischemia/reperfusion injury via Caveolin2/STAT3/GSK-3 $\beta$  pathway. *J Mol Cell Cardiol*. Jan. 2017 – Vol 102, p. 108-116

The heart of a rodent in late pregnancy is more prone to ischemia/reperfusion injury compared to that of a non-pregnant rodent. Intralipids protect the heart in late pregnancy against ischemia/reperfusion injury by inhibiting the mPTP opening through the Cav2/STAT3/GSK-3 $\beta$  pathway.

5. Liu NM, Siu KL, Youn JY, Cai H. Attenuation of neointimal formation with netrin-1 and netrin-1 preconditioned endothelial progenitor cells. *J. Mol Med*. 2017 95(3):335-348.

This article reports that chronic release of netrin-1 or injection of netrin-1 preconditioned endothelial progenitor cells (EPCs) remarkably attenuates neointimal formation and post-vascular endothelial injury. It indicates that netrin-1 and netrin-1 preconditioned EPCs can be used to effectively treat post-angioplasty coronary re-occlusion and restenosis, and points to a new way to manage the long-term complications of the angioplasty treatment of acute myocardial infarction.

6. Hoftman N, Eikermann E, Shin J, Buckley J, Navab K, Abtin F, Grogan T, Cannesson M, Mahajan A. Utilizing Forced Vital Capacity to Predict Low Lung Compliance and Select Intraoperative Tidal Volume During Thoracic Surgery. *Anesth Analg*. Published online ahead of print, 2017 March 8.

Tidal volume selection during mechanical ventilation utilizes dogmatic formulas that only consider a patient’s predicted body weight (PBW). In this study, the authors investigate whether forced vital capacity (FVC) correlates better to total lung capacity than PBW, predicts low pulmonary compliance, and provides an alternative method for tidal volume selection. FVC is more strongly correlated to total lung capacity than to PBW, and a cutoff of about 3.5 L can be utilized to predict low pulmonary compliance.

# Don't Miss the Upcoming POCUS Workshop!

By Prince Neelankavil, MD



LOMA LINDA UNIVERSITY  
HEALTH



David Geffen  
School of Medicine

Our second annual **Perioperative and Acute Care Ultrasound Workshop** will be held on Saturday and Sunday, Sept. 9-10, at the **Hyatt Regency Resort and Spa in Huntington Beach, California**. The workshop is co-hosted by our department and by the anesthesiology department at Loma Linda Medical Center.

The focus of the workshop is to teach practitioners how point-of-care ultrasound (POCUS) can facilitate acute-care management, both for adult and pediatric patients. The course directors of this workshop include adult and pediatric anesthesiologists. The workshop will benefit anyone in acute-care medicine: anesthesiologists, emergency physicians, hospitalists, intensivists, internists, pediatricians, surgeons, and allied health professionals.

The workshop is led by national leaders in perioperative ultrasound. They have developed a “whole-body” ultrasound examination that has been validated for its clinical utility. The speakers have termed this examination **FORESIGHT** (Focused PeriOperative Risk Evaluation Sonography, Involving Gastro-Abdominal, Hemodynamic, and Trans-Thoracic US).

The **FORESIGHT** examination was designed by a multi-disciplinary team of physicians in emergency medicine, critical care, cardiology, and anesthesiology, who have identified the key aspects of cardiac, pulmonary, abdominal, and hemodynamic ultrasound for the acute care setting.

Lectures and hands-on training sessions during the workshop will teach:

- Basic cardiac evaluation
- Airway and pulmonary ultrasound
- Abdominal ultrasound
- Hemodynamic ultrasound

Optional extra Sunday afternoon sessions will give participants a choice among pediatrics, rescue TEE, and additional simulation training.

To register online, please visit [www.pocuseducation.com](http://www.pocuseducation.com). Space is limited! Don't miss the chance to join UCLA faculty, alumni, residents, fellows, and friends at this great event in a lovely oceanside setting.

# Our Residents and Fellows Star as Researchers

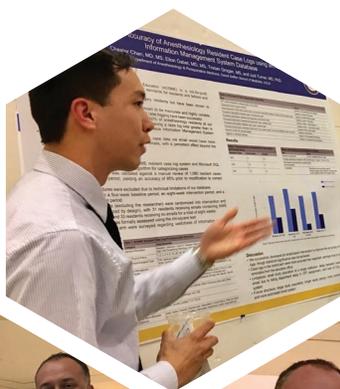
## Our Stellar Scientific Evening

“And the winner is – La La Land!” announced Maxime Cannesson, MD, PhD, Vice Chair for Perioperative Medicine, presenting the top award at our department’s 9th Annual Scientific Evening on March 7, 2017, at Ronald Reagan Medical Center.

Dr. Cannesson wasn’t mistaken; he was only kidding. A moment later, he presented the real “best in show” honors – the Leonard Walts, MD, Research Award – to Lou Saddic, MD, PhD, for his presentation: “Myocardial injury leads to remote transcriptome remodeling of the central nervous system in a large animal model”. Dr. Saddic studied how, in the setting of an ischemic heart, the nervous system remodels through specific changes in gene expression that promote arrhythmias.

Amid an impressive array of research presentations by UCLA Department of Anesthesiology and Perioperative Medicine residents and fellows, here are the other winners:

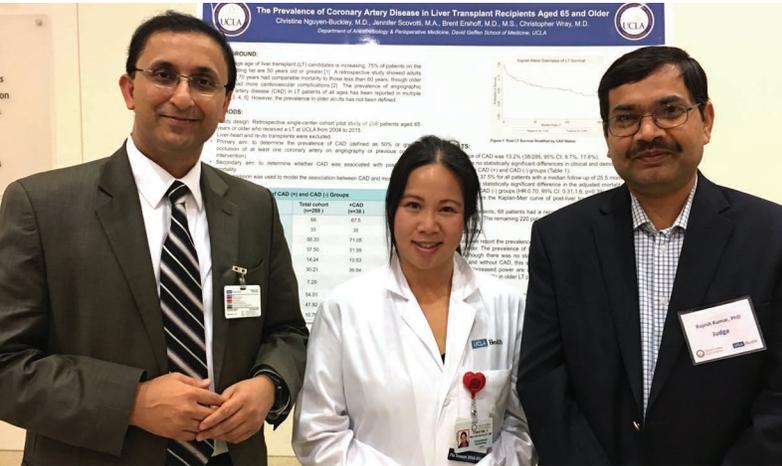
- 1st Place Resident Award: **Marvin Chang, MD, PhD**, “A novel paradigm for a new class of anti-arrhythmic drug on targeting calcium channel gating properties”
- 1st Place Fellow Award: **Tiffany Williams, MD, PhD**, “Effects of isoflurane on cardiac electrophysiology in a porcine model”
- 2nd Place Resident Award: **Marsha Bernardo, MD**, “Investigating the cardiotoxicity of liposomal bupivacaine (Exparel) in rats: The role of Intralipid rescue”
- 2nd Place Fellow Award: **Matthew Fischer, MD**, “Network analysis reveals DNA methylation modules that function as biomarkers for post-operative atrial fibrillation”.



### IMAGE

Dr. Cannesson presents award to Dr. Lou Saddic  
Dr. Chester Chan presenting his research  
Dr. Emily Methangkool, Jennifer Scovotti, Dr. Maxime Cannesson  
Drs. Maxime Cannesson and Hilary Grocott

Hilary Grocott, MD, served as guest judge for the evening. Dr. Grocott is Professor of Anesthesiology and Perioperative Medicine at the University of Manitoba, and Editor-in-Chief of the Canadian Journal of Anesthesia.



Drs. Aman Mahajan, Christine Nguyen-Buckley, and Rajesh Kumar

UCLA faculty members Rajesh Kumar, PhD, Andrew Hudson, MD, MS, and Tristan Grogan, MS, joined Dr. Grocott in judging the 34 posters and oral presentations. They unanimously commended remarkable research accomplishment by the department's residents, fellows, medical students, and their faculty mentors. Dr. Cannesson extended special thanks to Jennifer Scovotti, our department's research coordinator, and to Emily Methangkool, MD, for all their work in organizing the Scientific Evening.

## Our Residents Take Top Honors at the 2017 WARC

By Jessica Stolyarskaya

A strong contingent of our residents traveled to Portland for the Western Anesthesia Residents' Conference (WARC) on April 21-23, hosted by the Oregon Health & Science University's Department of Anesthesiology. Faculty members Judi Turner, MD, PhD, our residency program director, and Soban Umar, MD, PhD, served as moderators for poster sessions.

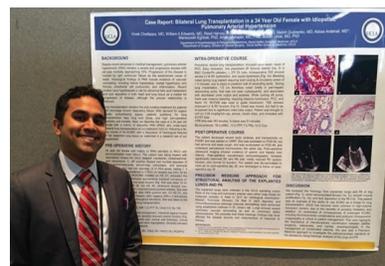
### IMAGE

Drs. Caitlin Sherman, Judi Turner, Soban Umar, and Marvin Chang  
Dr. Vivek Chellappa and his winning poster  
Team UCLA -- Not all work at the WARC

We are delighted to announce that three of our residents took top honors:

- 1st Place Oral Presentation Award: **Marvin Chang, MD, PhD**, for "A Novel Paradigm for a New Class of Anti-Arrhythmic Drugs Based on Targeting Calcium-Channel Gating Properties". (Mentor: Riccardo Olcese, PhD)
- 2nd Place Oral Presentation Award: **Caitlin Sherman, MD**, for "Investigating Bupivacaine-induced Cardiotoxicity and Intralipid Rescue in Pregnant Rats". (Mentor: Soban Umar, MD, PhD)
- 2nd Place Poster Presentation Award: **Vivek Chellappa, MD**, for "Bilateral Lung Transplantation in a 34-Year-Old Female with Idiopathic Pulmonary Arterial Hypertension". (Mentors: Soban Umar MD, PhD, Reed Harvey, MD)

The WARC judges also honored Drs. Delara Brandal and Maki Bernardo with their selection to deliver oral presentations. Poster presentations were given by Drs. Ankush Bansal, Chester Chan, Daniel Hwang, Jeffrey Jeng, Jarrod Larson, Kate Lee, Christina Nguyen, Kenji Ogura, Ajit Rai, Robert Shaw, Erik Tsou, Se Fum (Steve) Wong, and Nikki Yin. In total, our residents delivered four oral presentations and 16 poster presentations, demonstrating a range of innovative, high-quality research.



# Upcoming Presentations at ANESTHESIOLOGY 2017

If you're planning to be in Boston on October 21-25 for ANESTHESIOLOGY 2017, you'll want to check out the wealth of presentations to be given by UCLA faculty, fellows and residents. A full list of all presentations including posters may be found on our department website. Here are some highlights –

## SPECIAL SESSION: BEST OF ABSTRACTS

**SPE14** – Best of Abstracts: Basic Science: Sunday, October 22nd, 1:15-3:15 PM (Location: 154)

**BOS08** – Myocardial Injury Leads to Transcriptome Remodeling of the Dorsal Horn.

Louis A. Saddic, MD, PhD, Kimberly Howard-Quijano, MD, MS, Chen Gao, PhD, Tatsuo Takamiya, MD, Christoph Rau, PhD, Yibin Wang, PhD, Aman Mahajan, MD, PhD.

**BOS09** - Oxidized Lipids: A Critical Role in Pulmonary Hypertension Pathogenesis.

Gregoire N. Ruffenach, PhD, Soban Umar, MD, PhD, Mylene Vaillancourt, MSc, Ellen I. O'Connor, BSc, Shayan Moazeni, BSc, Christine Cunningham, BSc, Abbas Ardehali, MD, Aman Mahajan, MD, PhD, Srinivasa T. Reddy, PhD, Mansoureh Eghbali, PhD

## SPECIAL SESSION: YOUNG INVESTIGATORS

**Y101** - Outcomes and Database Research: Saturday, October 21st, 1:15-2:45PM (Location: 50)

**Y101-6** - The Use of Deep Neural Networks to Predict Post-Liver Transplant Mortality.

Brent D. Ershoff, MD, Christine Lee, BS, Christopher L. Wray, MD, Maxime Cannesson, MD, PhD

**Y101-8** - A Digital Quality Improvement Approach Improves Prophylaxis and Reduces Incidence of Postoperative Nausea and Vomiting: A Historical, Prospective, Comparative Effectiveness Study Using Interrupted Time Series and Propensity Score Matching Analysis.

John Shin, MD, Eilon Gabel, MD, Ira S. Hofer, MD, Grogan Tristan, M.S., Keren Ziv, MD, Joe C. Hong, MD, Anahat Dhillon, MD, James Moore, MD, Aman Mahajan, MD, PhD, Maxime Cannesson, MD, PhD

## WORKSHOPS

**Session 802** – Basic TEE Workshop: Saturday, October 21st, 9:00-4:10 PM (Location: 157ABC)  
Jonathan Ho, MD

**Session 820** – Perioperative TTE for Everyone Workshop: Sunday, October 22nd, 9:00-12:00 PM (Location: 156ABC)  
Jonathan Ho, MD

**Session 823** – Perioperative Point of Care Ultrasound: Sunday, October 22nd, 1:10-4:10 PM (Location: 156ABC)  
Maxime Cannesson, MD, PhD  
Jacques Neelankavil, MD  
Kimberly Howard-Quijano, MD, M.S.  
Sumit Singh, MD

**Session 830** – Critical Care Ultrasonography for the Perioperative Physician – Basic Course: Monday, October 23rd, 9:00-12:00 PM (Location: 156ABC)  
Wolf B. Kratzert, MD, PhD

**Session 831A & B**– Difficult Airway Workshop with Simulation: Monday, October 23rd, 9:00-12:00 PM and 1:10 to 4:10 PM (Location: 157ABC)  
Marshal Kaplan, MD

**Session 834** – Advanced Critical Ultrasonography for the Perioperative Physician: Monday, October 23rd, 1:10-4:10 PM (Location: 156ABC)  
Wolf B. Kratzert, MD, PhD

**Session 844** - Electrophysiology: Perioperative Pacemaker and ICD Management: Tuesday, October 24th, 1:00-4:00 PM (Location: 157ABC)  
Jonathan Ho, MD, Kimberly Howard-Quijano, MD, MS  
Prince Neelankavil, MD, Andrew Disque, MD

## PANEL DISCUSSIONS

**PN115** – ASA Brain Health Initiative: Saturday, October 21st, 1:10-3:10 PM (Location: 153ABC)  
The Brain Initiative: Why Us, Why Now?  
Daniel Cole, MD

**PN209** – Closed Loop Systems in Anesthesia: Opportunities and Challenges for Improving Quality and Patients' Outcomes: Sunday, October 22nd, 9:50-11:50 AM (Location: 102AB)  
Maxime Cannesson, MD, PhD

**PN218** – Digital Quality Improvement: Leveraging Perioperative Technologies to Improve Patient Outcome: Sunday, October 22nd, 1:10-3:10 PM (Location: 153ABC)  
Ira Hofer, MD

**PN303** – Reimbursement Under MACRA: Retooling Your Informatics System for Quality, Advancing Care Information, and Outcomes: Monday, October 23rd, 9:50-11:50 AM (Location: 109AB)  
James Moore, MD

**PN306** – Reaching the Mountaintop: Getting Anesthesiologist Assistants Licensure in Your State: Monday, October 23rd, 9:50-11:50 AM (Location: 259AB)  
Karen S. Sibert, MD

**PN119** – Precision Medicine and Predictive Analytics: Using Data to Improve Patients Outcome in the Perioperative Period: Saturday, October 21st, 4:00-5:00 PM (Location: 107ABC)  
Maxime Cannesson, MD, PhD, Aman Mahajan, MD, PhD

**PN225** – Wait Why are We Doing This Case? Palliative Surgery or Futility: Role of the Anesthesiologist (ETHICS): Sunday, October 22nd, 4:00-5:00 PM (Location: 259AB)  
Anahat Dhillon, MD

**PN402** – Neurocognitive monitoring and Outcomes in Cardiac and Major Non-Cardiac Surgery: Tuesday, October 24th, 7:15-8:15 AM (Location: 107ABC)  
Emily Methangkool, MD

**PN501** – Controversies in the Treatment of Patients with Aortic Stenosis: Wednesday, October 25th, 7:45-8:45 AM (Location: 102AB)  
Kimberly Howard-Quijano, MD, M.S.

**Session CF04** – Hard of Hearing, Can't Speak but I Know What I Want: Ethical and Practical Considerations in the Care of the Geriatric Patient (ETHICS): Sunday, October 21st, 2:20-3:20 PM (Location: 204AB)  
Anahat Dillon, MD

**Session 609** – (SCA) Perioperative Medicine and Cardiac Anesthesiology: A Thriving Partnership: Tuesday, October 24th, 1:00-3:00 PM (Location: 252AB)  
Aman Mahajan, MD, PhD

## REFRESHER COURSE LECTURES

**Session 215** – Update on Pacemaker and ICDs for the Anesthesiologist: Sunday, October 22nd, 11:00 AM-12:00 PM (Location: 210AB)  
Aman Mahajan, MD, PhD

**Session 315** – Electrophysiology for the Practicing Anesthesiologist: Monday, October 23rd, 1:10-2:10 PM (Location: 258ABC)  
Prince Neelankavil, MD

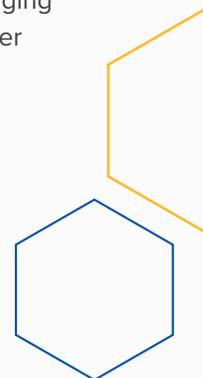
## POINT-COUNTERPOINT

**PC13** – Physician-only Anesthesia Practice is a Thing of the Past: Monday, October 23rd, 2:10-3:10 PM (Location: 204AB)  
Moderator: Karen Sibert, MD

**PC26** – Strain Imaging of Cardiac Function – Is There Clinical Utility: Wednesday, October 25th, 9:00-10:00 AM (Location: 257AB)  
Aman Mahajan, MD, PhD  
Kimberly Howard-Quijano, MD, MS

## SEMINARS

**SM732** – They Said What? Practical Tools for Managing Unprofessional Behavior (ETHICS): Monday, October 23rd, 1:10-4:10 PM (Location: 159)  
Anahat Dhillon, MD



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# Nurse Anesthesia Highlights

## Chief Nurse Anesthetist Debbie Dach Looks Back

Change is always in the air at UCLA! During my 28 years in this department, we have altered course many times through site expansion, clinical improvements, staff development, and leadership. These have been exciting professional and personal challenges that always kept up my lively interest in UCLA.

I came to the Department of Anesthesiology in March 1989 to teach in the nurse anesthesia program led by then-Chair Ronald Katz, MD, and Wynne Waugaman, CRNA, PhD. There were over 40 nurse anesthetists working in the old operating rooms at the Center for the Health Sciences (CHS). There were plenty of residents as well. Everyone worked hard under the direction of Thomas Grove, MD, who managed nearly everything at CHS as the Clinical Director. Many of those residents are

here today including our chair, Aman Mahajan, MD, PhD, and Philip Levin, MD, now Chief Medical Officer at UCLA Medical Center, Santa Monica.

The CHS and Jules Stein Eye Institute operating rooms did not have the level of equipment or support we have today. Every morning, there was a race to track down an automatic blood pressure machine or infusion pump. If you did not secure that “high tech” equipment, you used a manual BP cuff and counted IV drops with the clock. Nurse anesthetists were often assigned off-site cases. We carried a tackle box of drugs to remote areas of the hospital basement, the Neuropsychiatric Institute, or the dentistry building where we gave MAC anesthesia or general anesthesia with a Jackson-Rees circuit – remember those?



Dr Mahajan presents the traditional Bruin Bear to Debbie Dach, CRNA

## ONE ERA ENDS, AND ANOTHER BEGINS

When Dr. Katz retired, the nurse anesthesia school moved eventually to USC, along with most of the nurse anesthetists. My career interest had always been in outpatient anesthesia, so I stayed at UCLA to open the 200 Medical Plaza Ambulatory Surgery Center (ASC) with Dr. Kapur and Charles Griffis, CRNA, PhD. It was a wonderful experience to start a facility from the beginning. Creating policies, protocols, and skilled teams for this anesthesia specialty was a challenge. We gained the support of our surgical colleagues and the case numbers increased quickly.

My experience at the surgery center gave me the position to lead the few nurse anesthetists left in the department. When Patricia Kapur, MD, became the department chair, we worked together to expand and add nurse anesthetists to the staff at the new UCLA Ronald Reagan Medical Center. We brought nurse anesthesia clinical education back to our department by creating clinical rotations for the USC and Kaiser schools. This furthered my efforts to hire and retain nurse anesthesia staff, since teaching provides a valuable academic and professional component to our practice. Our graduating students have become one of our most valuable sources of new staff as well.

Following a transitional period, Santa Monica-UCLA Hospital was opened to nurse anesthetists, creating another opportunity to expand anesthesia services. The nurse anesthesia staff joined forces with Dr. Levin and other faculty to get the hospital running up to UCLA standards. My experience with starting the ASC in 1991 made the Santa Monica Surgery Center (SMSC) start up, with John Chalabi, MD, a far simpler task. The SMSC continued to be one of my favorite places to work, with the contemporary surroundings and efficient team of nurses, surgeons, and anesthesia professionals.

## U CHANGE, LEARN, ADAPT

Our most recent clinical site addition, the Martin Luther King, Jr. Community Hospital, presented a contractual challenge to provide 24/7 anesthesiology services. The need to increase nurse anesthesia staffing to cover a wide variety of shifts meant a large recruitment effort. The opportunity to do regional anesthesia for

obstetrics has been an advantage to recruitment, and we have continued to increase our numbers with highly qualified nurse anesthetists from across the country.

I've had the good fortune to be part of the Quality Assurance Committee for over 20 years. These monthly meetings expanded my knowledge of evidence-based practice and helped me to make constant improvements in our practice through education and case reporting. My membership on this committee has also led to many valuable friendships with faculty colleagues in our department. I'm forever grateful for their support, kindness, and sense of humor.

One of my most satisfying achievements was helping to create a consistent anesthesia presence for the Operation Mend program at UCLA. Injured veterans from the Iraq and Afghanistan battlefields came to UCLA for reconstructive surgery. Many suffered from post-traumatic stress disorder, having endured grievous functional and emotional losses. I worked closely with our surgeons and with Parisa Partownavid, MD, to provide continuity for their care. They've been the most humble and grateful patients to serve in all my years of anesthesia practice. It's been a distinct honor for me.

UCLA means change...**U** Change, **L**earn, and **A**dapt so that you're always moving forward. I'm so thankful to all my colleagues at UCLA for your inspiration and dedication to our practice of anesthesia.

### IMAGES

Debbie Paris Teho, CRNA, visited Nepal to teach anesthesia professionals there about how to give anesthesia for laser airway cases. She accompanied Dinesh Chhettri, MD, an otolaryngologist who specializes in voice, airway, and swallowing disorders at the UCLA Voice Center for Medicine and the Arts.

Katie Emaus, CRNA, presenting her talk at the Ophthalmology Nurses Meeting at the LA Convention Center in May.



# Administrative Staff Highlights

## Administrative Staff Notes

By Shevaughn Marchese



Darnell Bagsik and Shevaughn Marchese at I Heart Walking

Student Worker Darnell Bagsik is a second-generation member of the UCLA Anesthesiology family.



Olivia Vallejo

and Informatics teams.

Olivia Vallejo is a great example of professional growth in the Administrative team. She joined anesthesiology as a personnel office student worker five years ago, and currently works as a project manager with the Quality

Our new administrative staff members include Kelli Malone, Elizabeth Paray, and Jessica Stolyarskaya.

Kelli Malone was born and raised in southern California. She enjoys meeting new people and spending time with good company and friends. Kelli is also a fan out of the outdoors, camping, and wildlife. She is particularly fond of Italian food, but always open to trying new hole-in-the-wall places to eat.



Kelli Malone



Elizabeth Paray

Eli Paray's interests include travel, spending time with loved ones, the Los Angeles Lakers, and chocolate chip cookies. In her free time, Eli, her boyfriend (Vince), and their labra-daughter (Biscuit), unite as foodies in search of their next delicious meal.

Jessica Stolyarskaya was born in Los Angeles. As her parents were immigrants from the former Soviet Union, Jessica grew up bilingual speaking both Russian and English as her native languages. In her free time, she enjoys Latin-American and competitive salsa dancing, and strives to lead an active, fitness lifestyle.



Jessica Stolyarskaya

Former Student Worker Damai Vergara-Hegi says hello from Mozambique:



### IMAGES

Damai with students | Damai in Mozambique | Science Fair in Mozambique

"Just organized our provincial science fair last weekend which I think went really well (not without its mishaps though haha)! At the end of the month I'm also organizing my youth empowerment group workshop, so hopefully it runs smoothly!"



Our group at the Diversity Potluck!

## Our First Diversity Potluck Picnic

By Laura Benscoter

Our Division of Molecular Medicine and Anesthesiology Administrative staff groups co-organized a Diversity Potluck in May to encourage positive discussion of the wide diversity among our research and administrative staff. Participants shared food and beverages representing 16 countries, played international Flag Trivia, and exercised on the Switzer Plaza lawn. Fourteen local businesses contributed food, beverages and prizes to the event.

The potluck was open to passers-by. Amanda Muenzer of UCLA's Recreation FitWell Program shared one unexpected guest's story:

*A man wandered into the potluck, saw people hula-hooping, and decided to join. When I asked him where he worked, he said he didn't work here. I said, "Oh! How did you find us today?" He replied, "Well, my son has been in ICU the past week. He was hit by a drunk driver and still faces several surgeries ahead. He may or may not survive. It's been a really tough week, and I just needed to take a walk, and I found you all out here. I used to hula-hoop when I was younger, and instantly felt like joining in. This has absolutely made my day. Thank you for welcoming me."*

*I teared up and gave him a hug. What an inspiration he was to me that day! He was a REALLY GOOD hula-hooper, funny enough! He won 2nd place in the hula-hoop competition only because he added trying to walk while hula-hooping and balancing a can of Coca-Cola on his head!!!*

The organizers plan to repeat this very successful event next year.



### IMAGES

Diversity Potluck activities  
Stephanie Fisher, Dean Lynn Gordon, and Laura Benscoter

# Community Outreach

## Building the Future of Anesthesiology in High School Classrooms

Sierra Williams, a student at the Girls Academic Leadership Academy (GALA) in Los Angeles successfully intubated her “patient” – a mannequin – in preparation for an imaginary surgery, surrounded by her classmates and supervised by UCLA anesthesiology resident Nikki Yin, MD. The experience provided Sierra and her classmates with a vivid sense of what physician anesthesiologists do, and of how the biomedical sciences apply to healthcare overall.

Dr. Yin and another of our residents, Christina Nguyen, MD, gave their classroom demonstration in May as part of a biomedical sciences curriculum for public schools developed by Project Lead the Way (PLTW), a national nonprofit organization based in Indianapolis. UCLA residents Sophia Poorsattar, MD, and Samuel Hong, MD, gave a similar demonstration during their recent visit to El Segundo High School.

Our department is co-sponsoring a pilot program in Los Angeles, which initially serves three public high schools: GALA, Venice High School, and El Segundo High School. The program’s other primary partners in Los Angeles are the California Society of Anesthesiologists (CSA) and the office of California Assemblymember Sebastian Ridley-Thomas.

CSA provides overall program coordination and underwrites the cost of annual teacher training; PLTW provides the curriculum and offers comprehensive professional development during the summer. The UCLA anesthesiology department coordinates classroom presentations by residents, and will host a field trip for each program at the UCLA Simulation Center. Assemblymember Ridley-Thomas and his staff provide broad-based community and public support.

After her successful intubation, the future Dr. Williams informed her classmates, “Before today, I was planning to be a cardiologist. Now I am going to be an anesthesiologist!” After the bell rang and the students left the room, Dr. Nguyen commented, “This is why we all got into medicine...to help people.”



### IMAGES

Drs. Nikki Yin and Christina Nguyen with GALA students  
Drs. Sam Hong and Sophia Poorsattar with El Segundo students  
Dr. Sam Hong teaches a student to intubate



Dr. Jason Hirsch (second from left) with medical students

## UCLA Medical Students Bring Healthcare to Homeless Patients

By Jason Hirsch, MD

The UCLA Mobile Clinic is a free medical clinic for the homeless that operates in two locations, in West Hollywood and in Santa Monica. The clinic's staff of medical students, primarily in their first year, work toward improving the health of this very vulnerable population by diagnosing and treating acute illnesses as well as chronic medical conditions.

I've been spending one Saturday per month at the Ocean Park Community Center in Santa Monica, which is an extremely rewarding experience. Under the supervision of rotating volunteer attending physicians like me, the medical students review the patient's medical history and perform physical examinations. Once a diagnosis is made, and is confirmed by the attending physician, the students obtain any necessary medications from the Mobile Clinic's supply. If the medication isn't in stock, the students make a run to the local pharmacy to pick it up for the patient.

My training as an anesthesiologist has been beneficial on more than one occasion in cases of acute, severe, or trauma-related medical issues. For instance, one patient presented with a three-week history of a swollen, painful left hand after a night of drinking when he lost his temper and punched a wall. The pain had grown acutely worse over the past 48 hours, and he was now experiencing paresthesias. On exam, his hand was profoundly edematous and pulses could not be palpated. I had spent enough time in the orthopedic operating rooms to

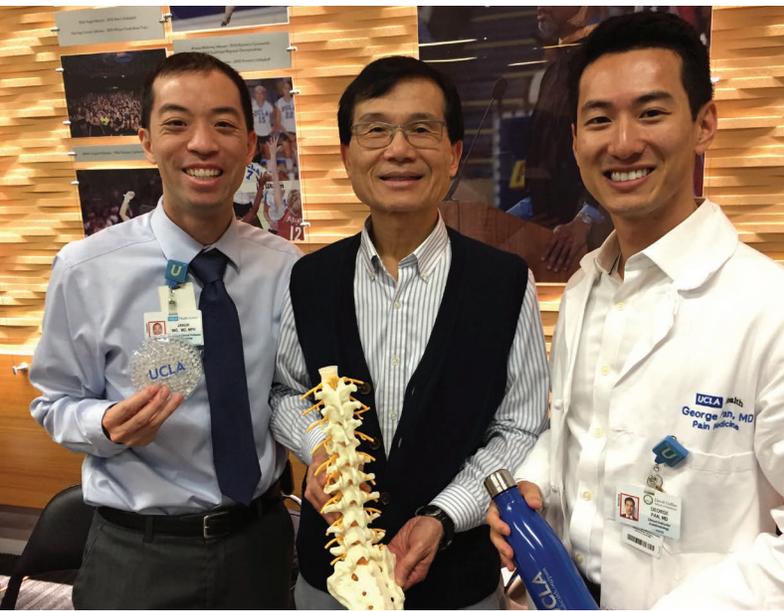
recognize impending compartment syndrome. We gave the patient an Uber voucher and sent him straight to the nearest emergency department.

Even in more basic outpatient clinical situations, our foundation of medical training as physician anesthesiologists is an excellent background – and more than adequate preparation – for urgent patient care and for the instruction of first-year medical students. Working in the UCLA Mobile Clinic is a great experience, and it provides me with an opportunity to serve a community that happens to be right in our backyard.



## Pain Medicine Specialists Reach Out to Local Communities

Though we don't always connect the field of anesthesiology with community health, five of our pain specialists – Drs. Eric Hsu, Jakun Ing, Chrystina Jeter, George Pan, and Michael Sniderman – showed us how to make that connection at UCLA Health's 11th annual "I Heart Walking" event, a health fair for employees.



Drs. Jakun Ing, Eric Hsu, and George Pan

Working in tandem with our Chief Administrative Officer, Stephanie Fisher, and Program Manager Shevaughn Marchese, the anesthesiologists staffed a busy table all day, explaining to employees about the field of pain medicine, and how they manage pain while minimizing the use of harmful opioids. They also pointed out to many surprised employees that pain management services are available at satellite UCLA clinics as well as in Westwood.

"People didn't even know we existed," Dr. Sniderman said. "They were shocked!" Many UCLA Health employees said they receive all their health care at Westwood, even though they live close to a UCLA Health clinic in a suburban location, he explained. They were happy to find out that options are available closer to home.

Harkirat Chahal, MD, another of our pain medicine specialists, helped with community outreach this year by giving a presentation on "Demystifying Pain Management" at University Village in Thousand Oaks. Parisa Sadoughi, MD, did her part by presenting a talk called "In Pain? Stop Hurting – Start Living" to an appreciative audience at Calabasas Founders Hall.

While Dr. Hsu – an expert in acupuncture -- practices at the main Santa Monica location, and Dr. Ing is usually at Westwood, Dr. Pan sees patients at the Department of Medicine's outpatient clinic in Santa Clarita. Drs. Jeter and Sniderman have recently joined our department and opened a pain medicine practice at the new UCLA Health clinic in Torrance. Drs. Chahal and Sadoughi practice interventional pain medicine at the UCLA community clinic in Thousand Oaks.

"It was nice to be able to say no, I'm not an Oxycontin dealer!" Dr. Sniderman said. As opioid abuse has become a national crisis, high-quality pain management plays a critical role in keeping patients safe from the cycle of escalating need for opioid medications.

"This is where the field of anesthesiology can truly contribute to population health," said Aman Mahajan, MD, PhD, department chair, highlighting UCLA's new model of placing anesthesiologists who specialize in chronic pain in community clinics, working directly with primary care physicians. They provide diagnostic as well as interventional services in the clinics, treating painful conditions early before they evolve into opioid addiction or chronic pain.



Dr. Chrystina Jeter at "I Heart Walking" event

# Active and Healthy Living: Our Department Shows How It's Done!

By Shevaughn Marchese

Our “Wellness Ambassadors” hosted a variety of fitness, social, and educational events this year.



Maxime Cannesson, MD, PhD and Nirav Kamdar, MD, MPP are high achievers on and off campus. The duo biked 100 miles in February with UCLA friends.

Drs. Cannesson and Kamdar after biking 100 miles!



Dr. Regev and “Sweat Yoga” enthusiasts

Aviva Regev, MD, MBA, hosted an all-levels hot yoga class at Sweat Yoga in June.



Chamber music “Groupmuse” at Casa Kamdar

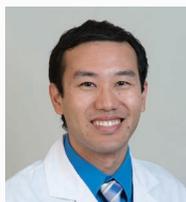
Dr. Kamdar invited department members and friends to two concerts at his home, “Casa Kamdar”, in March and April.



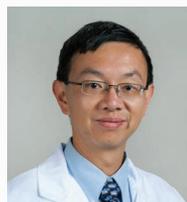
Dr. Kamdar hosted a Spin + Yoga class at Bay Club Santa Monica in June.

Spin + Yoga at Bay Club Santa Monica

Team “Anes Wellness” won Top Team honors at the Spring True Bruin Virtual 5K. Drs. Joe Hong and Albert Feng won top men’s awards in each of their age groups.



Albert Feng, MD



Joe Hong, MD



Shola Richards, Director of Training at UCLA’s Center for Organizational Readiness and Education (CORE), gave an engaging Grand Rounds talk titled “Connecting to Compassion”. Mr. Richards says his vision is “to help make UCLA Health the happiest and most productive healthcare provider to work for in the US, if not the world.” Though that may sound ambitious, he admits, “I plan to fight for that vision every day that I’m here.”

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# Our Far-Flung Alumni: Where Are You Now?

## **Sharad Sharma, MD, Class of 2013**

“Life is good, kids are doing well. I’m still working at St. John’s in Oxnard and Camarillo. Katy is working as a perinatologist with Central Coast Perinatology based out of Santa Barbara and Ventura. We live in Ventura nowadays. BTW – any future graduates interested in a job? I can talk more details if they’d like.”

## **Ashley Berry, MD, Class of 2015**

“I’m currently living in the Philadelphia suburbs and am working at a large tertiary care referral center in Delaware (Christiana Hospital). The biggest news is I’m engaged and am getting married in the fall.”

## **Shaaron Zaghi, MD, Class of 2009**

“I am now at KP-Woodland Hills where I run the pain management program (acute, chronic and interventional). I work with Dr. Kat Chang also which is a bonus. Thank God I have 4 children (Efrayim, Esther, Bracha and a little one named Yehuda). I loved my time at UCLA and am so grateful for the leadership and complexity of cases that I was allowed to manage.”

## **Candice Williams, MD, Class of 2012**

“I’m now at Kaiser Moreno Valley practicing Interventional pain management. I am a recent mom of a 3-month old, making me a new mom of 3 girls. Family is doing well!”

## **Rebecca Lee Suh, MD, Class of 2014**

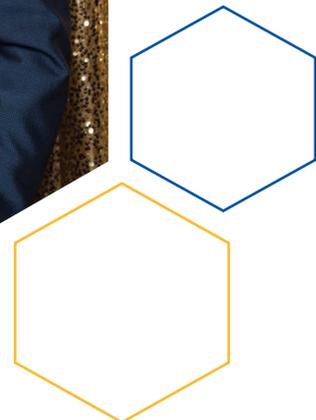
“I am working at Hoag Hospital and live in Tustin with my husband and baby girl Abigail. I read your article on the brain health initiative and am happy to tell you our group has implemented postop delirium assessments and safeguards to minimize POD after surgery! We have started to collect data on our results and are thrilled to be a community hospital resource for the brain health initiative!”

## **Colin Bauer, MD, Class of 2012**

“After a year in Marin County, I moved north to Santa Rosa, where I joined AAMG, a large physician-only anesthesia group covering most of Sonoma County, as well as Napa. I work primarily at the local Level 2 trauma center, which keeps me quite busy. I recently became the Executive Vice President of our group, and am heading up our group’s initiative to establish a Perioperative Surgical Home. Our group is busy, and expanding, and looking for new members for shareholder track positions, and we would love to have more members from UCLA. There are several UCLA alumni, including recent additions of myself, Richard Chang, and Jon Karch. Outside of work, family life is busy. Liz and I have a four-and-a-half year old son, Andrew (Andy), who is enjoying pre-school, and an adventurous 18-month old daughter named Katharine (Katie).”

## **Andrea Nicol, MD, Class of 2011**

“I’m loving life in Kansas City with my husband and my two sons, Stellan (6) and Emmett (2). I have been practicing pain medicine at the University of Kansas Medical Center since late 2013, with most of my time focused on research. I’ve received two recent grants to do research; one is an NIH-funded institutional K-INBRE Developmental Research Project award for basic/translational animal research investigating peripheral neuropathic mechanisms underlying chronic pain after burn injury. The other is a clinical mentored career development award (K23) from the NIH (NIGMS) to investigate central nervous system pain amplification and its possible role in the development of lumbar failed back surgery syndrome. I certainly miss all my former classmates and colleagues at UCLA.”



**IMAGES**

Dr Rebecca Lee Suh and daughter Abigail

Dr Ashley Berry with her fiancé

Dr. Keren Ziv with her husband, Dr. Michael Goldberg

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# Thank you!