



# SLEEPY TIMES

VOLUME 17, ISSUE 12 DECEMBER 2023



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## MESSAGE FROM THE CHAIRMAN: DANIEL YOUNG, MD, CHIEF MEDICAL DIRECTOR OF ANESTHESIOLOGY AND PERIOPERATIVE MEDICINE FOR THE MUSC REGIONAL HEALTH NETWORK



### -SCOTT T. REEVES, MD, MBA

Dr. Daniel Young has returned home. A South Carolina native, he began at MUSC as a nurse in the Surgical Trauma ICU in 2008. Dr. Young has nearly a decade and a half of experience in various roles at the Medical University. After a year away in Chicago, we now welcome him back as Chief Medical Director of Anesthesiology and Perioperative Medicine for the MUSC Regional Health Network.

Before the click-clack of his boots were ever heard on the main hospital's 4th floor, Dr. Young already had years of experience in the medical field. Inspired by his parents who were both in healthcare, Daniel joined Richland County EMS while still in high school. He continued to run calls and gained his paramedic certification while earning his nursing degree at the University of South Carolina Honors College. Following collegiate graduation and valuable mentoring from some of the most experienced ICU nurses in the state, he took a night shift STICU position in Charleston. Those around him realized his potential, and he was quickly promoted to charge nurse within the unit. "STICU Dan" became a staple of the MUSC intensive care team. From techs to attendings, he was known for his clinical acumen, big personality, and his trademark cowboy boots.

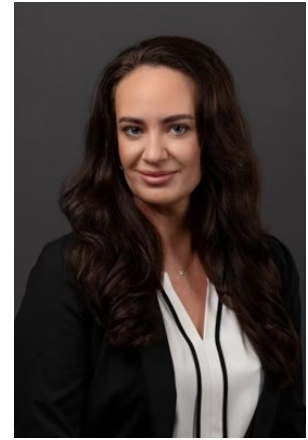
After five years in the ICU, then Nurse Young decided it was time to take another step in the healthcare field and applied to medical school. He soon started again at MUSC, but this time as a medical student. His time in the ICU drew the aspiring doctor to anesthesia during his clinical years. Wanting to stay close to home, MUSC became the obvious choice for his residency training, where he would serve as Chief Resident in his final year. Dr. Young would go on to complete his Critical Care Fellowship at MUSC following residency.

Finally, MUSC said goodbye to Dr. Young as he took a promising job in Chicago. But after a year away, home beckoned, and he returned to take his current position. With determination and a strong personality, Dr. Young is already making big waves and positive changes within the Regional Health Network and the wider MUSC community. And all of us could not be more thrilled. So please join us in re-welcoming Dr. Daniel Young to MUSC, as we look forward to great things in his, and our, futures.

## WELCOME OUR NEW UH CRNAS!



Born and raised in Boston, **Courtney McNamara** completed her undergrad at the University of Massachusetts, Amherst. After working in the Trauma ICU in Columbia, South Carolina for many years, she moved to Charleston where she completed her Doctor of Nurse Anesthesia Practice degree at the Medical University of South Carolina. In her free time, you can always find Courtney out and about with her pride and joy Finn the mini goldendoodle, traveling or checking out all the restaurants Charleston has to offer. She is excited to be part of the Main Anesthesia team and is looking forward to meeting and working with everyone!



**Lisa Cosgrove** was born and raised in Philadelphia, Pa. She completed her undergrad at Thomas Jefferson University and worked in the neuro ICU at Thomas Jefferson University Hospital for 6 years before attending anesthesia school. She worked for 6 years as a CRNA in the Philadelphia area before relocating to Charleston in 2021. In her spare time, Lisa enjoys the beach, home renovation projects and exploring the Charleston restaurant scene.



**Zach Arrington** and his wife Caroline grew up in Birmingham, AL before moving to Charleston in 2018. After working in CVICU, he completed anesthesia school at MUSC in May 2023. They have two perfect pups who love the boat and the beach. In his free time Zach loves to run, fish, and try new restaurants. He is excited to work with the team!

**Cori Stroebel** is a South Carolina native from Sumter, SC. She graduated from Clemson University with her nursing degree and decided to change scenery and moved to Washington DC to work in the Surgical ICU for two years and then to California for a year. After her travels, she returned to SC to complete her Doctor of Nurse Anesthesia Practice degree at MUSC. When she's not working, Cori loves to be at the beach (her favorite is Sullivans), traveling to new places, or enjoying all the great food Charleston has to offer with friends and family. Cori is excited to start her career as one of the CRNAs with MUSC Main Anesthesia.





## WELCOME OUR NEW APPS!



Hello, my name is **Karen Rivera** and I was born and raised in Raleigh, NC. I moved to Charlotte for college and lived there until coming to MUSC for PA school. My love for critical care medicine started when I worked as a tech in the PICU; my interest grew as I completed rotations in trauma surgery and acute care. I am so excited to begin my career at MUSC!

I recently bought a home in Mount Pleasant near Sullivans Island, which is perfect because I love being at the beach in my free time. I enjoy running, reading, and trying out new restaurants - tapas places are my favorite!

My name is **Grace Beverly**, an NP from Greenville, SC. I completed the AGACNP program at USC in May 2023. I attended the College of Charleston, receiving a BA in Studio Arts, and USC Upstate in addition to USC. I have been an ICU nurse for over 8 years.

I grew up in a small town in upstate SC called Due West with 2 older sisters and an older brother. We had many animals including a horse, rabbits, and innumerable cats and dogs. My siblings now live in Maine with their families.

I enjoy reading, knitting, hiking, and hanging out with my cats. I am looking forward to reacquainting myself with Charleston and getting to know the MUSC team.



Hello, my name is **Grace Bertoli**. I am a new graduate from Trevecca PA program in Nashville, TN. A fun fact about me is that I completed my last rotation of PA school in the emergency department in Peru. While in Peru, I got to visit one of the 7 wonders of the world, Machu Picchu!

I was born and raised in Nashville, TN and I am excited to now be living in Charleston. I love to spend my time hiking, traveling, and running. I also enjoy going to the beach and watching the sunset over the water. I am so excited to join the MUSC team and meet everyone!

Hi everyone! My name is **Myranda Valyear** and I am originally from West Virginia and a big WVU Mountaineer fan! I recently graduated from MUSC's PA program, and I am so thrilled to start my career here at MUSC!

I enjoy trying new restaurants around Charleston with my husband (our favorites are Chubby Fish and Melfi's)! In my free time, I love being outdoors and staying active with group fitness classes like The Works or F45 Downtown! I also have a 7-month old pug named Louie who has been keeping me very busy since graduation. I'm very excited to be a part of this team! :)



**NOVEMBER ASRA SPOTLIGHT—DR. SYLVIA WILSON**

For November, the Member Spotlight illuminates Sylvia Wilson, MD, a professor in the department of anesthesia and perioperative medicine at the Medical University of South Carolina (MUSC). Dr. Wilson is also a graduate faculty at MUSC's College of Graduate Studies.

Dr. Wilson is the division chief of regional anesthesia and acute pain. She has served as the fellowship director and medical director, and is currently the vice chair of research in the department of anesthesiology and perioperative medicine at MUSC.

“She is a tireless advocate not only for regional anesthesia, but for education, research, her colleagues, and her patients,” said Dr. Renuka George in regards to nominating Dr. Wilson. “She always goes above and beyond and is an amazing teacher, role model, and mentor. We are lucky to have her.”



Dr. Wilson obtained her MD from the University of Florida. She completed her residency in the department of anesthesiology at the University of North Carolina and a fellowship in acute pain and regional anesthesia at the University of Pittsburgh.

Her clinical interests include regional anesthesia, multimodal analgesia, non-opioid analgesics, regional anesthesia education, regional anesthesia simulation, mechanisms of pain, geriatric anesthesia, obstetric anesthesia, medical ethics, and perioperative hypothermia.

Dr. Wilson is the chair of the ASRA Pain Medicine Education in Regional Anesthesia Special Interest Group (SIG). She has served the ASRA Pain Medicine SIG in various roles including vice chair, newsletter liaison, and website liaison. She is also a member of the Society for Ambulatory Anesthesia, the American Society of Anesthesiologists, and the South Carolina Medical Association.

**TRIDENT UNITED WAY SUPPLY DRIVE**

Thank you to everyone that donated to our annual Trident United Way supply drive. Our donations were overflowing!





**GJ GULDAN, MD—ASSOCIATE DEAN FOR GRADUATE MEDICAL EDUCATION****College of Medicine****Weekly Update  
November 14, 2023**[« Back to cover page](#)**Associate Dean for Graduate Medical Education**

G.J. Guldan, M.D., has been appointed by Dr. Cindy Talley to the role of Associate Dean for Graduate Medical Education effective December 1. In this role, Dr. Guldan will serve as the Program Quality and Compliance Subcommittee Chair and as such, review program Annual Program Evaluation submissions and requests for new programs, expansions, or leadership changes.

Dr. Guldan graduated from residency training in anesthesiology and perioperative medicine at MUSC in 2007 and was MUSC's first ACGME Cardiothoracic Anesthesia fellow from 2007 to 2008, after which he joined the MUSC faculty. As a junior faculty member, he became involved in the Department of Anesthesiology's education division, for which he was named Associate Program Director and then Program Director, a position he has held since 2013. The Department of Anesthesiology's Endowed Chair for Education and Leadership Development, Dr. Guldan is a cardiothoracic anesthesiologist with NBE certification in perioperative transesophageal echocardiography. His research focus is on goal directed therapy, simulation education, and educational processes.



## RESEARCH CORNER

## REVIEW ARTICLE

## Flow-Sizing Critical Care Resources\*

**OBJECTIVES:** To describe the factors affecting critical care capacity and how critical care organizations (CCOs) within academic centers in the U.S. flow-size critical care resources under normal operations, strain, and surge conditions.

**DATA SOURCES:** PubMed, federal agency and American Hospital Association reports, and previous CCO survey results were reviewed.

**STUDY SELECTION:** Studies and reports of critical care bed capacity and utilization within CCOs and in the United States were selected.

**DATA EXTRACTION:** The Academic Leaders in the Critical Care Medicine Task Force established regular conference calls to reach a consensus on the approach of CCOs to "flow-sizing" critical care services.

**DATA SYNTHESIS:** The approach of CCOs to "flow-sizing" critical care is outlined. The vertical (relation to institutional resources, e.g., space allocation, equipment, personnel redistribution) and horizontal (interdepartmental, e.g., emergency department, operating room, inpatient floors) integration of critical care delivery (ICUs, rapid response) for healthcare organizations and the methods by which CCOs flow-size critical care during normal operations, strain, and surge conditions are described. The advantages, barriers, and recommendations for the rapid and efficient scaling of critical care operations via a CCO structure are explained. Comprehensive guidance and resources for the development of "flow-sizing" capability by a CCO within a healthcare organization are provided.

**CONCLUSIONS:** We identified and summarized the fundamental principles affecting critical care capacity. The taskforce highlighted the advantages of the CCO governance model to achieve rapid and cost-effective "flow-sizing" of critical care services and provide recommendations and resources to facilitate this capability. The relevance of a comprehensive approach to "flow-sizing" has become particularly relevant in the wake of the latest COVID-19 pandemic. In light of the growing risks of another extreme epidemic, planning for adequate capacity to confront the next critical care crisis is urgent.

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MCCM<sup>1</sup>

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Stephen M. Pastores, MD, MACP,  
FCCP, FCCM<sup>8</sup>

for the Academic Leaders in  
Critical Care Task Force (ALCCM)  
of the Society of Critical Care  
Medicine



Daniel Herr, MD

## MUHA REPRESENTED AT THE SOUTH CAROLINA ASSOCIATION OF NURSE ANESTHETISTS ANNUAL MEETING

September 29 to October 1 was SCANA's Annual Meeting in Greenville. There was a large turnout for the education and professional advocacy event. Many of the student nurse anesthetists from both programs of study presented posters and information sessions on recent research studies in conjunction with their academic completions.

Dr. Dennis McKenna, as Bylaw Chair, presented changes for the membership. This was an exciting and fun event.





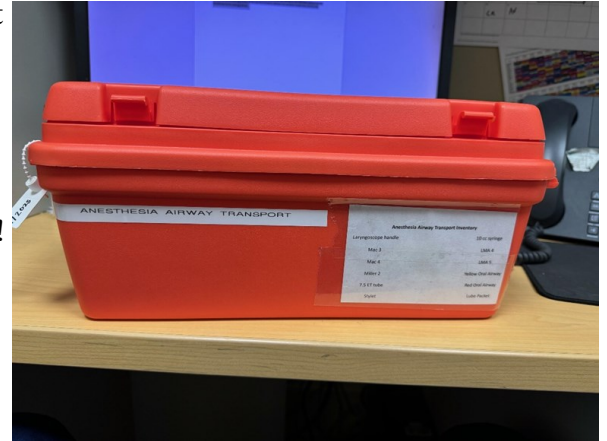
## NEW AIRWAY ICU TRANSPORT TACKLE BOXES AT ART BY ARJUN VARADARAJAN

During transport from the OR to the ICU, airway equipment was being left lying around. Providers were forgetting to take their emergency airway equipment back to the OR. In addition, the equipment each provider would take was not standardized.

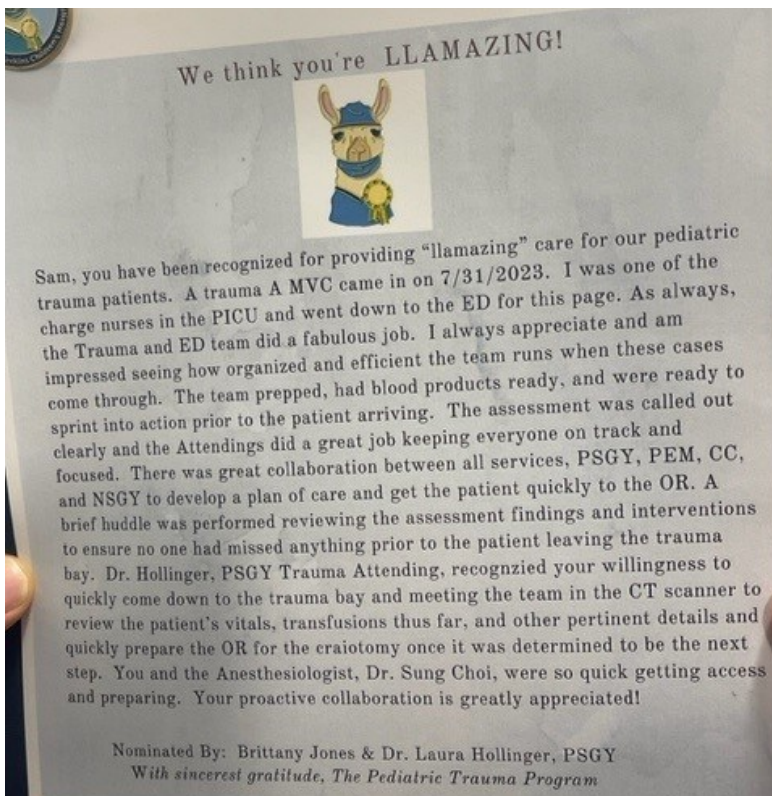
For my QI project, Dr. Heinke and I created tackle boxes at ART with emergency airway supplies for transport. The idea is that when transporting an intubated patient from the OR to the ICU this tackle box is used. There are four tackle boxes, and they are numbered.

I have talked to the anesthesia techs and let them know about the boxes. They will bring a monitor, Ambu bag, and this tackle box to leave on the ICU bed. Once you finish transporting the patient you then bring back the monitor and tackle box to the tech room. We hope this eliminates the equipment being left in the ICU. If this project is a success at ART, we will try to implement it at the main campus as well!

Of note, the tackle boxes are sealed with a zip tie. If you end up having to use the box, please let the anesthesia techs and me know. If the zip tie is broken, please use another tackle box and let the anesthesia techs and me know.



## LLAMAZING AWARD PRESENTED TO SAM TRIPP, CRNA



## 2023 HOLIDAY DOOR DECORATING CONTEST

The holidays are among us! We will be doing the annual Holiday Door Decorating Contest. While in the holiday spirit, you can decorate your office door or a shared door (ex: resident library door, on-call rooms, etc.) in any fashion you'd like.

We will do the virtual voting option again; so please send Jenny Ann Smoak a picture of your door by Tuesday, December 12, 2023. She will create the survey and send out for judging and then announce the winners on Friday, December 15th.

There will be a prize for 1st, 2nd, and 3rd place!

As we continue through the holiday season, please review our [Decorations Guidelines](#) before decorating patient-facing areas. These guidelines include recommendations for safe and welcoming holiday decorations. Thank you for keeping our environment safe and inclusive for our patients, families and care team members.



### Last years winners:

1st Place—  
Education Office

2nd Place—  
RT CRNAs

3rd Place—Tie between Mary Chiappardi/  
Kayla Pope and Trey Hiott





### TOYS FOR TOTS

It's that time of the year again. The holidays are almost here. With this being said, we will start our annual Toys for Tots Donation Drive.

The goal is to collect as many new, unwrapped toys before our holiday party on December 9th. **We ask that everyone attending the holiday party to please donate a toy.** You can bring a toy to the holiday party or weeks leading up to the party. There will also be a marine at our party to collect all the toys!

At the moment, there will be donation boxes at the following locations on campus:

Storm Eye Building—Suite 301

ART— Suite 4200

We are in the process of getting more boxes for the 5th floor of UH and in SJCH.

We were able to collect three boxes last year. Let's see if we can fill four this year!

MARINE CORPS RESERVE



### FLU SHOT INFORMATION

All MUHA / MCP / MUSCP care team members are required to have the influenza vaccine, or have completed a declination, by **midnight December 6, 2023**. There is no recommended wait time between getting a COVID-19 vaccine and your flu vaccine.

**Get your Flu Shot!**



**GRAND ROUNDS- DECEMBER 2023**



**“Distractions in Anesthesia”**

**Kirk Lalwani, MD, Professor**

**December 5, 2023**

**Dept. of Anesthesiology & Perioperative Medicine**

**Oregon Health and Science University**



**“TBD ”**

**Evert Eriksson, MD, Professor**

**December 12, 2023**

**Dept. of Surgery**

**Medical University of South Carolina**

**In Person Faculty Meeting**

**December 19, 2023**

**No Grand Rounds**

**December 26, 2023**



DEPARTMENT OF ANESTHESIA AND PERIOPERATIVE MEDICINE

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**I HUNG THE MOON**

Please don't forget to nominate your co-workers for going 'Beyond the Call of Duty.' I Hung The Moon slips are available at the 3rd floor front desk and may

Lauren Sandidge— Amazing, tireless effort—100% of the time! - Mike Sloan

Jade Neat—For helping me set up for a case at ART with such positivity. Thank you for stepping up when it was not your original assignment.—Rhi Davis

Morgan Fox, Jayme Padgett, Lauren Sandidge—Thank you for taking the initiative to organize the cables and the new storage in the workroom. Thank you, it looks amazing.—Joey Seymour

[CHECK OUT OUR WEBSITE](#)

**Future Events/Lectures**

**Intern Lecture Series**

**CA 1 Lecture Series**

12/6—Anesthesia for Patients with Respiratory Disease—Pritee Tarwade

12/13—Anesthetic Complications—Andrew Fisher

12/20—ITE Lecture Review

**CA 2/3 Lecture Series**

Per Rotations



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Department Holiday Party  
Saturday, December 9th, 2023  
Carolina Yacht Club

[ONE MUSC Strategic Plan](#)

**We Would Love to Hear From You!**

If you have ideas or would like to contribute to *Sleepy Times*, the deadline for the January edition will be December 18, 2023.