

IU ANESTHESIOLOGY Residency Newsletter

Fall 2018

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Welcome to Incoming CAIs

We are all happy to have you here, and to share this unique anesthesia experience with you. This newsletter is the result of many factors. First, residency is hard. Anesthesia residency offers its own unique challenges. We seldom work on medical teams, especially during the pivotal CA-1 year. We are often in ORs alone without much interaction with fellow residents. Lastly, our residency has the privilege of serving multiple hospitals (exposure to many different ways to do anesthesia!) but this spread can make the ability to bond more difficult. One of the things that helps improve these issues is “connectedness”- feeling that we are all in this together, regardless if we are doing busy days in the ROC with 12 kg toddlers or complex liver transplants in OR 14 at UH. It is our hope to use this newsletter to improve connectedness in our residency- maybe a faculty or resident will be featured before you work with them- and this can ease that first day at a new hospital. Conversely, maybe you will have already worked with those included and you will learn that the resident had a whole career before residency that you knew nothing about. Please email us with any suggestions for the newsletter, activities to include, etc. We are here to make this a great year.

Editors Dr. Elizabeth Emhardt and Dr. Michelle Arce

Faculty Spotlights

Dr. Kenneth Gwartz, VA Hospital

1. Hometown? I was born in Philadelphia PA. I stayed there until age 22, then left to go to medical school, the public health service, residency, and private practice. Then, 30 years ago, I came to Indiana and IU where I have been ever since. I was at University Hospital for 17 years and at the VA for 13 years as staff member. I virtually never went back to Philadelphia and consider myself from Indiana, as does my wife.

2. Favorite music? Folk rock and some country music. Though I listen to all types, both older and newer music, I am still drawn to message music like the Indigo Girls and Jackson Brown. I also have been a long-time, close follower of the American musical theater.

3. How do you like to spend your weekends off? With family, riding a motorcycle, playing some guitar, and most recently, now attempting to learn golf. When I can get away, I am sure to visit my young grandchildren in the Carolinas.

4. Best advice anyone has ever given you? When I was about to assume the Chairmanship at IU in an interim capacity, Bob Stoelting told me, while reflecting on his own life, that I should never allow my expanding executive duties to cause me to ever become clinically disengaged. Taking that to heart, as my administrative duties were removing me further away from clinical practice, scholarly thought, and direct resident training, I elected to choose the operating room over the board room. So I returned to a leadership capacity that also required full clinical engagement. I credit Dr. Stoelting’s advice with giving me the insight to search for my own calling, reflect on my personal professional passions, and to position myself into an environment where I might do my best work.

5. What would your career have been if you hadn't gone into medicine?

What would you do if you won the lottery? Originally, I had hoped to be an aerospace engineer. If I won the lottery 10 years ago, it would not have changed what I was doing. Today, I would likely consider refocusing my career back to some different element of scholarly activity in our profession

6. Favorite drink (alcoholic or not)? I like coffee, cranberry juice, and light beer

7. Best way to unwind after a long day or week at work? Strange as it sounds, I like to watch the news. I guess it helps me to stay socially “in touch”, and perhaps subconsciously reminds me that the entire world, beyond my own, has gone entirely mad. Either way, I can just sit there and laugh while having that beer.

8. What are your favorite teaching or research areas? I focus most of my energy on Cardiac and Acute Pain anesthesia

Dr. Nicole Horn,
Riley Hospital



1. Hometown? Cicero, IN

2. Favorite music? Favorite Band of all time is Pearl Jam, but I do love Taylor Swift!

3. How do you like to spend your weekends off? 10am HIIT class at my yoga studio (if anyone ever wants to try, I will take you on my dime), catch up on laundry and house cleaning, then dinner and a movie with my husband.

4. Best advice anyone has ever given you? Don’t sweat the small stuff...

5. What would your career have been if you hadn't gone into medicine? I really wanted to be a sportscaster when I was younger!

6. Favorite drink (alcoholic or not)? A nice glass of red wine or a gin and tonic

7. Best way to unwind after a long day or week at work? Yoga class, catching up on DVR, and a good nights rest! I def go to bed at 9pm during the work week, my colleagues make fun of my regimented bedtime.

8. What are your favorite teaching or research areas? Acute pain!!!

Dr. Grant McBride,
Eskenazi Hospital



- 1. Hometown?** Bloomfield, IN
- 2. Favorite music?** I like everything. 80's, 90's, Pop, Rock, Country, Buffett, Zac Brown.
- 3. How do you like to spend your weekends off?** I spend almost all my weekends hanging with my 2 kids, Grady and Graham, and my wife. I often coach their basketball and baseball teams. They like to play outside, go to movies, and go to Pacer and Colts games.
- 4. Best advice anyone has ever given you?** My favorite quote is "If you fail to prepare you are preparing to fail."
- 5. What would your career have been if you hadn't gone into medicine?** What would you do if you won the lottery? I would have been a basketball coach. I grew up in southern Indiana as a son of a high school basketball coach. Basketball in southern Indiana is pretty huge (watch the movie Hoosiers to find out). If I won the lottery, I would stop taking call.
- 6. Favorite drink (alcoholic or not)?** Microbrews are nice, but my go to is Coors Light.
- 7. Best way to unwind after a long day or week at work?** To unwind I like to hang out with my kids or go on a run/jog/crawl.
- 8. What are your favorite teaching or research areas?** My areas of interest are regional anesthesia, the difficult airway, and ambulatory surgery.

Dr. Jennifer Stewart,
University Hospital



- 1. Hometown?** Carmel, IN
- 2. Favorite music?** I love everyone from Bruce Springsteen, Dire Straits, Tom Petty and The Allman Brothers to Dave Matthews Band, Pearl Jam, Zac Brown Band and The Lumineers.
- 3. How do you like to spend your weekends off?** I like to spend time with my husband and two little boys, Owen and Eli, preferably outside if the weather is nice.
- 4. Best advice anyone has ever given you?** Never pass up an opportunity and to take initiative. You have to be open to possibility or it will pass you by.
- 5. What would your career have been if you hadn't gone into medicine? What would you do if you won the lottery?** Good question! I really don't know b/c I have always wanted to go into medicine. Medicine has always interested me. I also think I would have enjoyed being a vet or working with animals in some capacity. If I won the lottery, I would just spend my time enjoying my hobbies. I would travel all over the world, fish, read lots of books, watch lots of IU basketball, go to a bunch of concerts at really cool venues and spend as much time outside as I could.
- 6. Favorite drink (alcoholic or not)?** Vodka Tonic
- 7. Best way to unwind after a long day or week at work?** Just sit on my porch or couch and relax with a drink. Maybe watch a good show or movie too to take my mind off of whatever was stressful about the day or week.
- 8. What are your favorite teaching or research areas?** I don't know that I'm drawn toward one specific area, although I do enjoy learning about new regional pain blocks, OB anesthesia and generally ways that I can become a better anesthesiologist. I like to read about how other anesthesiologists do things differently to get some different perspective.

Resident Spotlight



Dr. Drew Schmidt, CA3

1. Hometown?

New Albany, IN. "Right across the river from Louisville, KY"

2. Favorite music?

I listen to primarily hip-hop. Drake, Post Malone and Rae Sremmurd are some of my favs.

3. How do you like to spend your weekends off?

Making call schedules and responding to senseless emails

4. Best advice (medical or otherwise) anyone has ever given you?

I don't have any specific advice, but this quote is something I think about often, "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."--Post Malone (jk Viktor E. Frankl)

5. What would your career have been if you hadn't gone into medicine? What would you do if you won the lottery?

If I wasn't in medicine, I would probably be an accountant or some other equally unsexy job. If I won the lottery, I would purchase the machine used to spray lines in freshly paved parking lots and start my own company. Being responsible for perfectly straight parking lot lines would be my contribution to perfectionism in an otherwise imperfect world.

6. Favorite drink (alcoholic or not)?

I like cheap beer and expensive wine. I also like my caffeine level to be at the top of the Frank-Starling curve. I fulfill this need with Drip Coffee, Cold Brew, French Press and Americanos.

7. Best way to unwind after a long day or week at work?

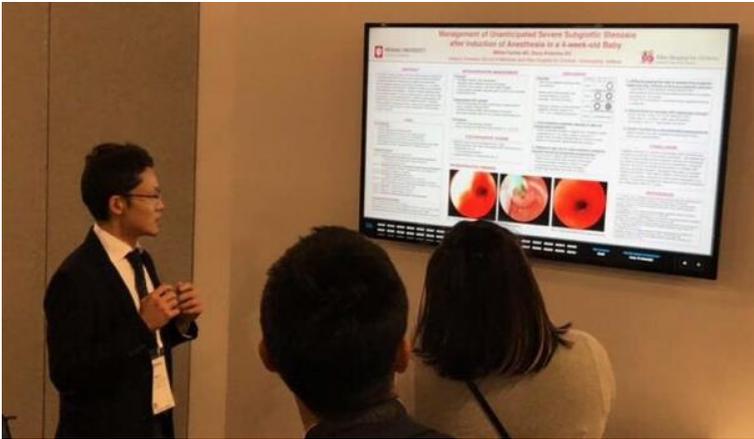
I enjoy running, reading, meditation and spending time with friends.

8. What are your favorite teaching or research areas (or favorite areas of anesthesia to read about)?

I love OB Anesthesia, TEE and ERAS and I firmly believe that you should be using significantly less Sodium Bicarbonate.

Most memorable moment in residency: "Winning the step challenge with Michelle Arce. She pushed me further than I thought was possible. Truly an inspirational time of my life."

Residency Awards and Upcoming Events



Congratulations to Dr. **Mikita Fuchita** (CA3), pictured above, for presenting his poster at ASA on unanticipated severe subglottic stenosis in a pediatric patient- way to represent IU!



Some of our ISA representatives were able to attend ASA as well. A few are pictured above enjoying life outside of the OR!

Left to Right: Dr. **John Sours** (CA3), Dr. **Kelly Grott** (CA1), Dr. **Grant Highley** (CA2) and Dr. **Michael Farthing** (CA2). Thanks for being good representatives of IUSM while in San Francisco!

To the Left: Dr. **Michael Farthing** (CA2) won an award for excellence in airway stimulation games during ASA in San Francisco.



Congratulations to Dr. **Patrick Egan** (CA3) for being awarded one of the Emerging Leaders Scholarships by the ASA Committee on Practice Management- he then attended the Practice Management meeting in New Orleans in January 2018. What an amazing honor for both you and IU!

(Belated) Congratulations to our residents for winning awards from the Midwest Anesthesia Residents Conference (MARC) this past April in Cincinnati for their presentations:

- Dr. **Patrick Egan** (CA3), 2nd place, cardiovascular division
- Dr. **Elizabeth Emhardt** (CA2), 1st place, pediatric division

Mark your calendars for the 2nd annual Halloween dog walk: **Saturday October 27, 9:30 AM**, Eagle Creek Park. Email/Text Erin Dammann with questions!



2018 Wellness Step Challenge Winners: Dr. Drew Schmidt & Dr. Michelle Arce. Way to go!

New Additions to Our Residency since July 2018...

Amelia Anne and Landon Fredrick Farren
July 3, 2018



Kinsley Grace Susott
August 3, 2018



John Patrick Muehr
September 17, 2018



*Please email us with any resident shout-outs or events you want included in the next issue. (Make your shout out HIPPA compliant.) No act of kindness is too small!
ianesthesianewsletter@gmail.com*