FRESH GAS FLOW

Resident Wellness Newsletter

THE TWO-OH TWO-OH EDITION

THE CLASS OF 2020

SPRING SOCIAL EVENTS

LOVE & BABIES
Class of 2020!

Graduation will be held
June 12, 2020

Cocktail Hour: 5:30 - 6:00 PM
Ceremony: 6:00 - 9:00 PM

Congrats!

P.S. There will be a surprise magic show during cocktail hour performed by one of our own faculty!
Abby Cowlishaw: Capitol Anesthesia in Austin, TX
Allan Hamilton: Combined Cardiac/CCM at WashU
Anand Abraham: Cardiac at Stanford, applying for CCM
Anna Martin: Austin Anesthesiology Group
Brian Kurtz: Trinity Medical Associates in Dallas, TX
Colin Ehlenbach: USAP in Dallas, TX
Daren Walters: Private Practice in Silver Springs, MD
Eric Siu: Attending at Parkland Hospital
Frederick Li: Pain Management at UCLA
Janice Davis: Pediatrics at Boston Children's Hospital
Jenny Ringqvist: CCM at U of Washington
Kyle Meinhardt: Cardiac at UTSW
Louise Gliga: CCM at Emory, applying for cardiac
Matt Bunker: Trinity Medical Associates in Dallas, TX
Michael Jauregui: USAP in Dallas, TX
Osa Obanor: CCM at Duke, applying for cardiac
Paul Dilfer: Trinity Medical Associates in Dallas, TX
Rachel Jacobs: Peds at Lurie Children's (Northwestern)
Seth Nelson: Austin Anesthesiology Group
Tommy Bagwell: Austin Anesthesiology Group
UPCOMING MEETINGS

ASRA - Regional
April 23-25, San Francisco, CA

SOAP
May 13-17, Halifax, Nova Scotia, Canada

SAM
Sept 10-13, Tucson, AZ
(Submission Deadline pending)

ASA
Oct 3-7, Washington, D.C.
(Submission Deadlines: Apr 6th, May 26th)

ASRA - Pain
Nov 19-21, Las Vegas, NV
Social Circles

UPCOMING EVENTS

Following off our strong run with the Dallas marathon and the recent coffee tasting event...

CUH Art Tour: March 12th
Top Golf
Soul Cycle
Archery

(watch your emails for more details!)
FEBRUARY 29TH, 2020

private coffee experience

[WHITE ROCK COFFEE]
DIFFICULT ROADS OFTEN LEAD TO BEAUTIFUL DESTINATIONS
INTERN SHOUT-OUT!

SHAHRIKH BENGALI

"I was called up to the floor to help assist a family “huddle up” for a patient who was experiencing concerns. Overall, Dr. Bengali showed tremendous compassion and empathy when discussing the plan for discharge and the reasoning behind it. He sat down with the patient’s mother to express the plan of care and made the process very understandable from the patient’s perspective. The patient was very much not on-board with acute rehabilitation, but Dr. Bengali perfectly explained the lack of necessity for hospital level care, while providing the purpose for more one-on-one physical therapy rehabilitation. The patient and family were much more receptive and thankful for the explanation."

- Hunter Maggio, patient representative

THANK YOU

For your hard work, dedication to your patients, and for representing the UTSW Anesthesiology Department!
INTERN SHOUT-OUT!

YPaul Goldenmerry

Leading by Example

While on his Methodist internal medicine rotation, YPaul decided to take charge of one of the most difficult medical cases -- a stroke patient without any family or other support system to care for him. It is a time-consuming and fatiguing job, but YPaul does it with a smile and eagerness that is inspiring.

THANK YOU

For your hard work, dedication to your patients, and for representing the UTSW Anesthesiology Department!
Laura Delin

While on preop clinic, Laura saw an interesting patient and decided she wanted to pursue continuity of care. Thus, she arranged a swap with a co-resident in order to be in the OR with her patient the following day! Impressive thinking!
How Sweet Is This? A Review and Evaluation of Preoperative Carbohydrate Loading in the Enhanced Recovery After Surgery Model

Robert S. Ackerman, MD; Christopher W. Tufts, MD; David G. DePinto, DO; Jeffrey Chen, MD; Jaclyn R. Altshuler, MD; Andrew Serdiuk, DO; Jonathan B. Cohen, MD; and Sephalie Y. Patel, MD

Figure 1. Preoperative carbohydrate loading by recommendations and evidence.23,25,32,33,35,36,44

Congrats Guys!
What is practice management? Unfortunately, the definition is as nebulous as the term itself as it encompasses contracts, business models, career decisions, and more. Expect to hear more about it!
CONGRATULATIONS!

“Children are the hands by which we take a hold of heaven”
-HENRY WARD BEECHER

CONGRATULATIONS!
MAX WALTER DUNCAN’S THOUGHTS:
“I’M ADORABLE & I KNOW IT... YESSS I LOVE BEING IN FRONT OF CAMERAS. SOME MAY CALL ME A HAM, BUT I DON’T CARE I LOOK GEWWWD.”

KATE DUNCAN’S (OB FELLOW) SON!
FOLLOW THIS ADORABLE BABY @K8DUNKS ON THE GRAM!
HANNAH JOUETT'S THOUGHTS
"HEHEHE... I HAVE THIS MISCHIEVOUS SMILE ON BECAUSE I KNOW I CAN LITERALLY GET AWAY WITH ANYTHING BECAUSE I'M SO DARN CUTE. TRY TELLING ME NO. GO AHEAD. I DARE YOU..."

Noah Jouett's (CA-1) second daughter!
BENJAMIN ARTHUR KURTZ

BRIAN (CA-3) + ELEANORE PRESENT
Yeah, I'm dapper and I know it.
"The most important progress and success can't be seen. If you can validate yourself internally, then external validation becomes a byproduct."

BRITTANY BURGUNDER-
The Union of Coby Tran & Hong Yen

January 4, 2020
Newly Engaged!

Congratulations!

Ash & Julie

Osa & Arana
LET US KNOW WHAT YOUR FAVORITE PODCASTS ARE!
#UTSW

STRIVE FOR

progress

NOT PERFECTION
Thank you!

CORESIDENTS, FACULTY, FRIENDS FOR VOTING US AS CHIEFS! WE HAVE SOME ALL-STAR SHOES TO FILL, BUT WE'RE LOOKING FORWARD TO THE CHALLENGE AND THE CHANCE TO SERVE YOU ALL IN THE UPCOMING YEAR!
RESIDENT WELLNESS AND COUNSELING
Phone: 214-648-9969
Located in the S building, S1.200

Creating balance in your life can be challenging at any time, but especially difficult during residency and fellowship training. Residency is a time of personal growth which may not always be an easy or comfortable experience. The Resident Wellness and Counseling Center can help you with improving self-care and offer support on your professional journey.

How can we support you?
- Stress management
- Test anxiety
- Anxiety
- Depression
- Family/relationship stress
- Wellness/prevention
- Grief
- Burnout
- Coping with medical illness

What we offer:
- Consultation
- Counseling
- Psychotherapy
- Couples Counseling
- Grief Work
- Mindfulness Classes
- Wellness Month
- Relaxation Training
- Medication Assessment/management

To make an appointment call
214-648-9969
**Thank you to all the reviewers that sent pictures and helped proofread this issue!**