

ANNOUNCEMENTS

Call for Letters of Intent to Join the BIDMC Academy

We are pleased to announce our annual request for letters of intent to join the BIDMC Academy. The BIDMC Academy is open to all interested faculty, residents and fellows PGY3 and above, and all other healthcare professionals affiliated with BIDMC.

The BIDMC Academy, directed by Dr. Daniel Ricotta, is a professional development program committed to helping individuals succeed in academic medicine by offering monthly seminars, 1:1 consultation, peer observation of teaching, and services for academic career development.

We also welcome ideas for future seminars that foster inter-professional engagement.

To be considered a Prospective Member, please complete the brief online application by September 2, 2022, by 5:00 pm.

Accepting Nominations for the S. Robert Stone Award for Excellence in Teaching

Carl J. Shapiro Institute for Education & Research at HMS and BIDMC is accepting nominations for the S. Robert Stone Award for Excellence in Teaching. This award is given in honor of the late Honorary Trustee and past Board Chairman of the former Beth Israel Hospital by his children, and is presented annually to a member of the BIDMC staff who is also a member of the HMS faculty, for outstanding achievement in the teaching of medical students. This award was the first hospital-based teaching award ever given at Harvard Medical School and set the standard for similar awards at our sister institutions.

We are interested in learning about outstanding teaching contributions by faculty at any academic rank; nominations may be made by individuals at any level, including student, house officer, clinical or research fellow, and junior or senior faculty. These faculty teaching contributions may be made in any educational venue, including large or small-group didactic sessions, labs, or clinical experiences in any setting. Recipients and their departments receive a cash award and will be honored at the Daniel D. Federman Teaching Award ceremony at Harvard Medical School on October 24, at 5:30 PM in the TMCC Amphitheater.

Faculty members, house officers and students are invited to submit nominations by clicking here: <https://www.surveymonkey.com/r/R3XZ7J9L>.

Deadline for submission: Monday, September 12, 2022.

New podcast by BIDMC Obstetrician

BIDMC obstetrician-gynecologist Huma Farid, MD, recently launched a new podcast, *At the Other End of the Speculum*. The focus of the podcast is faculty development and in the first episode, she speaks with other BIDMC physicians to discuss the motherhood tax in academic medicine. Click [here](#) to listen.

Join Team BIDMC for Annual "Heart Walk"

The Boston Heart Walk (1-3 miles) is on September 17th at 10am at the Hatch Memorial Shell in Boston. To join a BIDMC team: <https://bit.ly/3t27W9V>

Heart Walk Warm-Ups: Wednesday, September 13, 12:00 pm
Meet outside the Rosenberg Lobby for a 20-minute walk.

Anesthesia Grand Rounds

Wednesday mornings 7-8 a.m.

September 7
What's Hot, What's New in Transplantation
Devlin Eckhoff, MD
Chief, Division of Transplantation
Director, Transplant Institute, BIDMC

September 14
The light of science only advances because of those willing to keep stepping into the darkness
Viji Kurup, MD
Professor of Anesthesiology & Vice Chair for Department of Anesthesiology
Section Chief, Perioperative & Adult Anesthesia, Anesthesiology

September 21
Combined Safety Grand Rounds
OR Fire Drill (East campus OR)
Krish Ramachandran, MD, MPH, BIDMC

September 28
Financial Freedom and Physician Burnout
James Turner, MD
Academic regional anesthesiologist
Fellowship director, Regional Anesthesia and Acute Pain Management Fellowship
Wake Forest School of Medicine
Winston-Salem, North Carolina

October 5
HMPF Updates
Mary Leupold
Director, HRP Operations, HMPF

October 11
Grand Rounds with
Jennifer Lucero, MD, MA
Associate Dean of Admissions,
David Geffen School of Medicine,
Vice Chair Diversity, Equity & Inclusion
Anesthesiology & Perioperative Medicine
University of California Los Angeles

October 19
Grand Rounds with
Maria Van Pelt, PhD, CRNA
Northeastern University

October 26
Living Donor Liver Transplant - Competing Risks and Comparative Rewards
Marwan Zakami, MD
The Zakami Institute, BIDMC

WELCOME

We are delighted to introduce several new colleagues to our anesthesia family! Please give a warm welcome and help orient them to the department in the coming weeks.



Derek Burch, MD, MPH
HMPF
Residency: Maine Medical Center
Master's in Public Health and Tropical Medicine
Tulane University, New Orleans
Doctor of Osteopathy: Western University of Health Sciences College of Osteopathic Medicine of the Pacific Northwest, Oregon
BS in Microbiology: Weber State University, UT



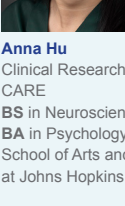
Conan Huang, MD
HMPF
Residency: BIDMC
MD: NYU School of Medicine
BS in Biochemical Engineering, Brown University



Amanda Maccone, MD
Comprehensive Headache Center
Fellowship: Headache Medicine at Dartmouth-Hitchcock Medical Center, NH
Residency: Neurology at Boston Medical Center
MD: Tufts University School of Medicine
BS: Physiology and Neurobiology from the UConn



David Melton, MD, PhD
Internship/Residency: BIDMC, Loring Scholar Program
MD: University of Texas, San Antonio
PhD in Cellular Structural Biology: UT Health Sciences Center
BS: Biochemistry and Chemistry, University of North Texas in Denton, TX



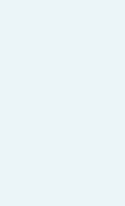
Meera Ramssooksingh, MD
HMPF
Fellowship: BIDMC
Advanced Perioperative Anesthesia
Residency: BIDMC
Internship: New York-Presbyterian Brooklyn Methodist Hospital in Brooklyn, NY
MD: University of South Florida, Tampa
BS/MS: Neuroscience, University of Pittsburgh



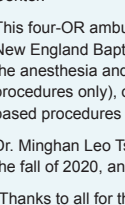
Clare Eichinger, MD
AP/HMPF
Residency: BIDMC
MD: Boston University School of Medicine
BA: Boston University



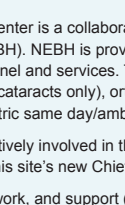
Helen Leung, MD
AP/HMPF
Medical Education: Cleveland Clinic Foundation, OH
MD: Northwestern University
Feinberg School of Medicine, Chicago
BA: University of Chicago



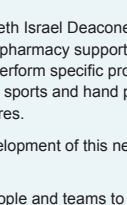
Alyson Beden, CRNA
HMPF
DNP: Georgetown University, Washington, DC
BSN: University of Delaware in Newark, Delaware
BS in Dietetics: UConn



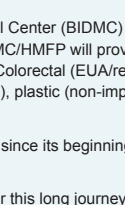
Susan Walsh Bourgeois, CRNA
HMPF
DNP: Georgetown University, Washington, DC
BSN: Florida State University



Jennifer Cuellar, CRNA
DNP/BSN: University of South Florida



Cory Porter, CRNA
HMPF
DNP: Northeastern University
Bouvé College of Health Sciences
BS: UMass Lowell



Samantha Sungvorn, CRNA
HMPF
MSN: Boston College
BSN: Marquette University, Milwaukee, WI



Taha Abdul Rehman, MD
Postdoctoral Research Fellow
Valve Research Group
MD: Rawalpindi Medical College, Pakistan
PostDoc: College of Physicians and Surgeons, Pakistan
Fellowship in cardiology: Shifa International Hospital, Islamabad, Pakistan



Ahmed Sohail, MBBS
Postdoctoral Research Fellow
Cardiovascular Division
MBBS: Bait University, Islamabad, Pakistan



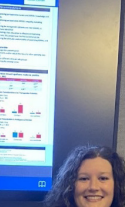
Jeffrey Dawson
Manager of Education
BS in Business Management, Bridgewater State University



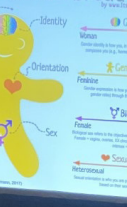
Trisha Fitzgerald
Senior OI Project Manager, OSII
BS: Leadership-Healthcare Management and Speech Pathology, Northeastern University
MS: Regulatory Affairs and Project Management Leadership, Northeastern University



Anna Hu
Clinical Research Assistant II
CARE
BS in Neuroscience
BA in Psychology, Krieger School of Arts and Sciences at Johns Hopkins University



Kelly Lee
Clinical Research Assistant II
CARE
BS in Biology, Northeastern University



Tim Liu
Research Assistant, OSII
BS in Biomedical Engineering
BS in Institute of Technology, Atlanta

CLINICAL NEWS

New Ambulatory Surgical Center opens at One Brookline Place

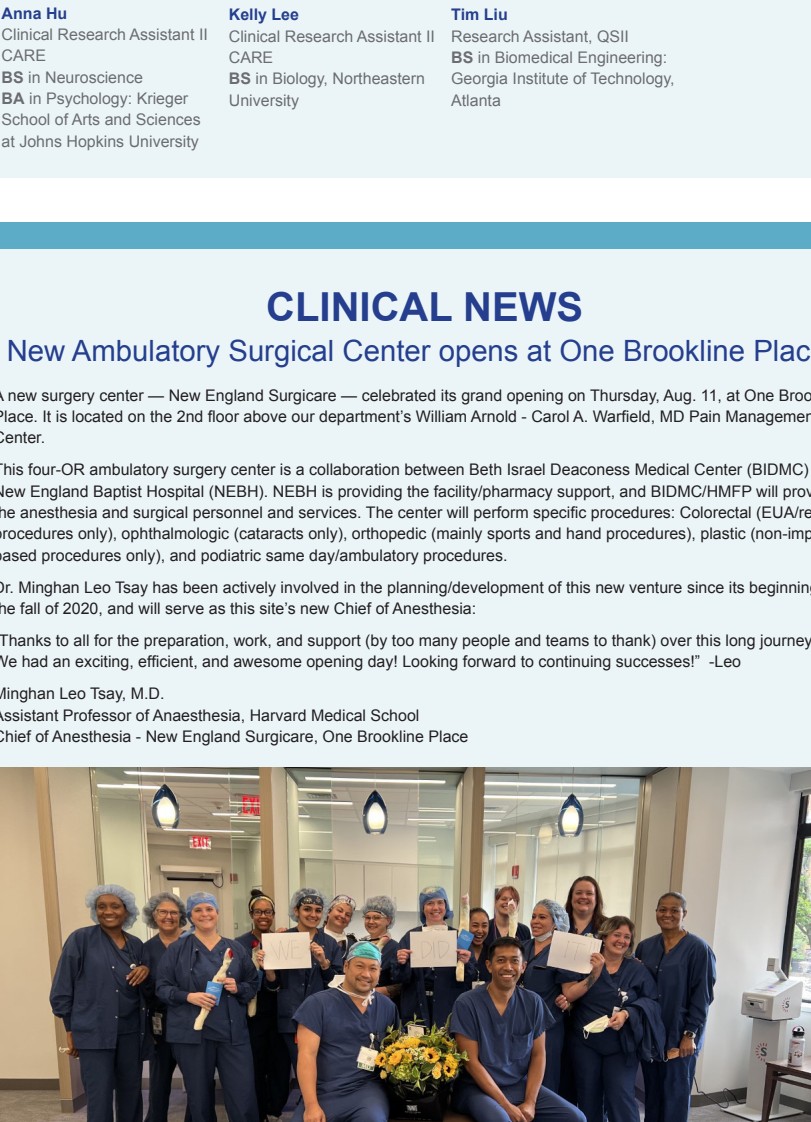
A new surgery center — New England Surgicare — celebrated its grand opening on Thursday, Aug. 11, at One Brookline Place. It is located on the 2nd floor above our department's William Arnold - Carol A. Ward, MD Pain Management Center.

This four-OR ambulatory surgery center is a collaboration between Beth Israel Deaconess Medical Center (BIDMC) and New England Baptist Hospital (NEBH). NEBH is providing the facility/pharmacy support, and BIDMC/HMPF will provide the anesthesia and surgical personnel and services. The center will perform specific procedures: Colorectal (EUA/rectal procedures only), ophthalmologic (cataracts only), orthopedic (mainly sports and hand procedures), plastic (non-implant-based procedures only), and podiatric same day/ambulatory procedures.

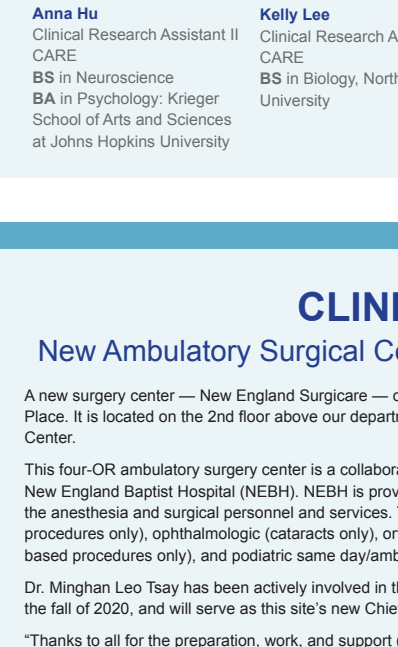
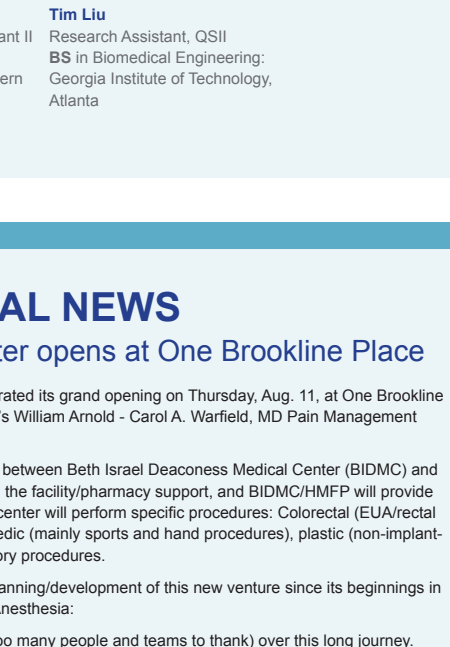
Dr. Minghan Leo Tay has been actively involved in the planning/development of this new venture since its beginnings in the fall of 2020, and will serve as this site's new Chief of Anesthesia.

"Thanks to all for the preparation, work, and support (by so many people and teams to thank) over this long journey. We had an exciting, efficient, and awesome opening day! Looking forward to continuing successes!" -Leo

Minghan Leo Tay, MD
Assistant Professor of Anesthesia, Harvard Medical School
Chief of Anesthesia - New England Surgicare, One Brookline Place



2022 AANA Annual Congress

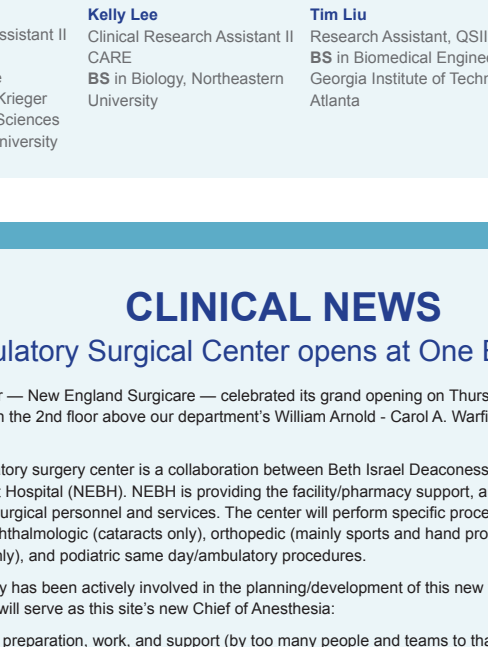
Rosanna Kelleher, Program Manager, Professional Affairs & Recruitment and Trish O'Connor, Network Chief CRNA and Bettina Tassone, SRNA attended the AANA annual congress in Chicago on August 12-16.

Congratulations to Bettina who was one of a few SRNAs selected as a presenter at the conference. She participated in a poster presentation, and delivered a lecture on "Providing gender affirming anesthesia care for transgender patients." She delivered a great presentation and we are super proud of her.

"Thank you to Danny and the Department for sponsoring Bettina to attend this event, and for your continued support of our SRNAs!" -Trish O'Connor, CRNA



Periop NP Group bids farewell to Sara Durgierian, NP



Best wishes to our colleague, Sara Durgierian, who will be heading to Tufts to work in endoscopy. Thank you for your service and friendship!

CENTER for ANESTHESIA RESEARCH EXCELLENCE

CARE - Our indispensable asset for research success

Research is a core pillar of our Department, and our Program, led by our Vice Chair, Dr. Simon Robson, is phenomenally productive. A key contributor to our success is the practical support given to investigators, most of whom are busy with many other responsibilities. The Center for Anesthesia Research Excellence (CARE), is our "one stop shop," providing support for researchers across the Department of Anesthesia and even from neighboring Departments. CARE gives expert and personalized guidance for both novice and experienced investigators in all phases of the clinical research journey. The CARE team, led by Director Dr. Maximilian Schaefer and Sr. Program Manager Valerie Banner-Goodspeed, MPH, pride themselves in taking the stress out of research by offering their resources and depth of knowledge to faculty and trainees - from concept development to publication and everything in between.

Since opening in 2014, CARE has processed over 170 applications, and gotten many "repeat customers" and rave reviews. This is not surprising since they offer so many services, have experience in a wide range of studies, and can offer a repository of data sources for investigators. Many faculty members and trainees have completed studies they might not have been able to accomplish without the steady and capable guidance of the CARE Team. Sr. Program Manager Valerie Banner-Goodspeed, MPH, herself a prolific investigator, holds it all together with her calm demeanor and years of experience collaborating with all our studies.

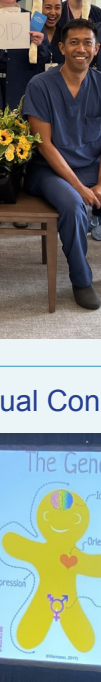
Valerie spoke about her work with CARE: "It has been a pleasure and an honor working with Drs. Talmor, Subramaniam, and Schaefer to establish CARE, and to grow it into a thriving program. We are fortunate to have many wonderful – and curious! – clinicians in the department. Working with investigators to develop, launch and complete meaningful research studies never gets boring. And seeing interventions that we researched go on to shape clinical care is incredibly rewarding. All of this would be impossible without our 'research village', and I want to give a shout out to our amazing project managers, research assistants, coordinators, fellows, statisticians, and regulatory specialists for their enthusiasm and tireless efforts."



Maximilian Schaefer, MD
Assistant Professor of Anesthesia, Harvard Medical School
Chief of Anesthesia - New England Surgicare, One Brookline Place



Valerie Banner-Goodspeed, MPH
Sr. Program Manager
Clinical Research Assistant II
CARE
BS in Neuroscience
BA in Psychology, Krieger School of Arts and Sciences at Johns Hopkins University



Dr. Schaefer spoke about how proud he is to lead CARE: "I had the great pleasure to take over the Medical Directorship of CARE from Dr. Subramaniam in 2021. Having worked at different academic institutions, I have not seen a program like this anywhere else, and I wish something like CARE existed at my institution when I was a junior researcher. The core of CARE is a truly amazing team of our Project Managers, Statisticians, Research Coordinators and Assistants, Fellows and Students. Partnering with Valerie Banner-Goodspeed, we have further expanded the program and incorporated new and exciting opportunities for especially younger researchers, like our Perioperative Outcomes Lab. We really encourage everyone to reach out to us with ideas or questions, and we will always be available for a chat!"

CARE's services:

- Study design
- Mentorship/facilitation
- Protocol writing
- IRB communications
- Database and Case Report Form building
- Survey design
- Patient screening & recruitment strategies
- Data pulls / leverage EHR (retrospective)
- Data collection and source documentation (prospective)
- Data analysis
- Audit readiness (sponsor, IRB, HSPD)
- Research regulation education, team training
- Manuscript & grant writing
- Sample processing & storage

Types of studies:

- Interventional trials
- Physiologic studies
- Outcomes research
- Epidemiologic studies
- Education research
- Simulation research
- Translational research
- Quality improvement

Anesthesia, Critical Care and Pain Medicine

Hello Residents, Meet CARE.

Center for Anesthesia Research Excellence (CARE)

Got an idea? We're the experts in research design and we are here to help. Our proven methods for proving ideas will help you lead future patient care.

Apply Fill out a simple application

Meet We'll schedule a meeting to discuss your ideas

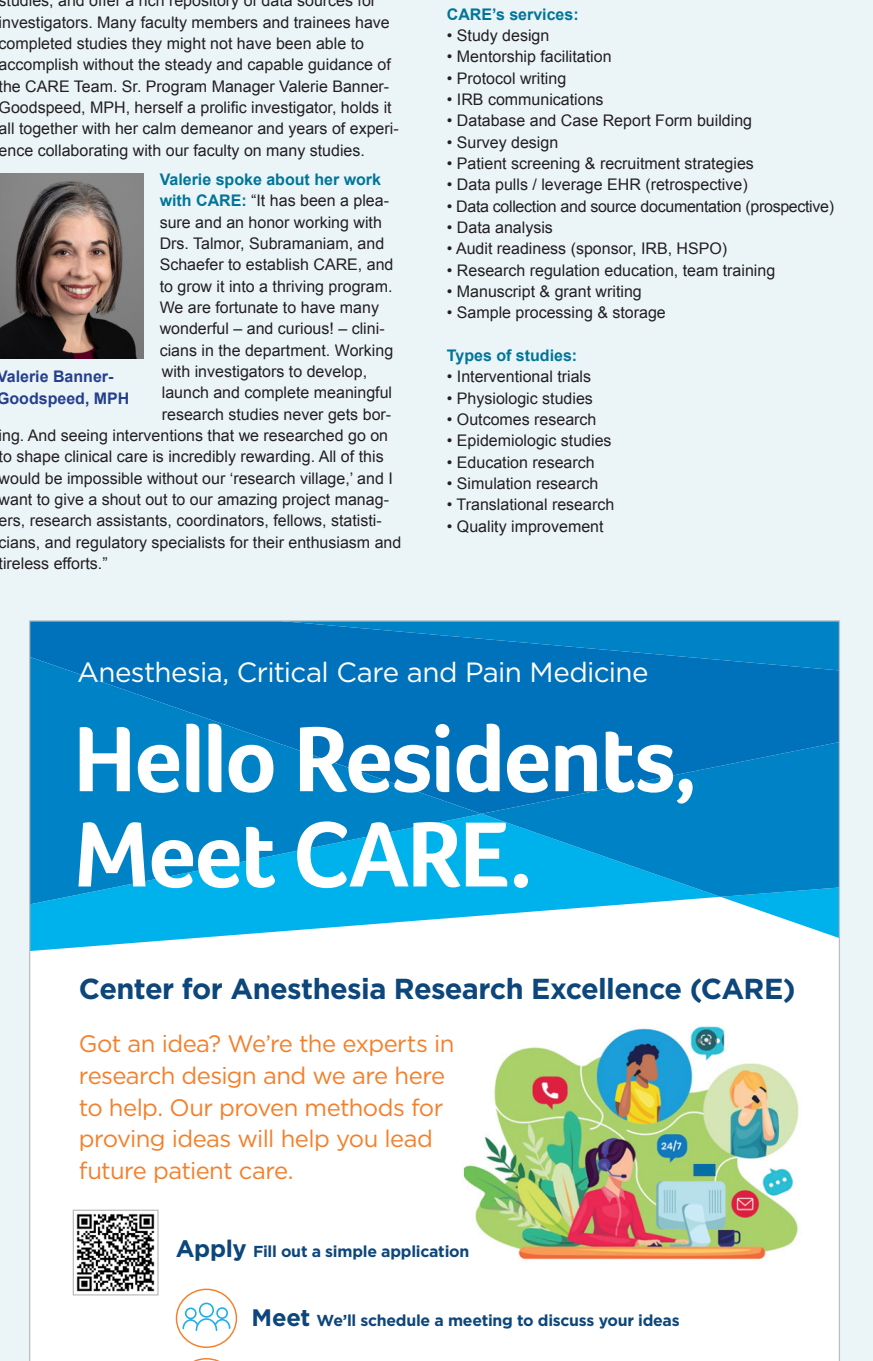
Design We'll draft a project outline for your research

Collaborate Meet regularly to move forward to publication

Beth Israel Deaconess Medical Center | HARVARD MEDICAL SCHOOL TEACHING HOSPITAL

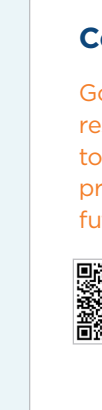
Introducing the talented team who make it all happen:

Director Maximilian Schaefer, MD Sr. Program Manager Valerie Banner-Goodspeed, MPH Project Managers Krystal Capers MPH (ICU) Ryan Mathura MPH (Periop) May Hashish MBBS, MSc (Outcomes Lab) Research associate Derys Shay	Lead Biostatistician Guang Chen, PhD Consulting Biostatisticians Victor Novak, MD PhD Leena Novak, PhD Incoming Biostatistician-1 Samantha Hanson, MPH Sr. Regulatory Specialist Dyanne Garrison Data entry assistant Srinath Sundar	Postdoctoral Research Fellows Abeer Santaris, MD Juan Pablo Espinosa Leon, MD Aiman Suleiman, MD Ricardo Moinz, MD Simone Redaelli, MD Clinical Research Coordinator Anna Fratello	Clinical research assistant-I Anna Hu Nikita Moreira Yining Hui Clinical research assistant-II Kelly Lee Megan Bornell Yifu Zhang Samantha Armstrong Clinical research students Bailei An Elena Ahrens Liaetta Ciarella Sarah Asraffian
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RESEARCH HIGHLIGHTS

Volatile anesthetics fail to provide protection against pulmonary inflammation for cardiac surgery patients when compared to propofol in new study



A recent paper has found that anesthetic maintenance with sevoflurane during cardiac surgery did not consistently prevent lung inflammation or pulmonary complications compared to propofol. Findings in this randomized controlled trial are noteworthy as the hypothesis was that volatile anesthetics would reduce postoperative lung complications since some prior retrospective studies have produced those results; this study did not demonstrate a similar effect. The study appeared online in the April, 2022, "Journal of Cardiothoracic and Vascular Anesthesia," and was lead authored by Dr. Brian O'Gara and senior-authored by Dr. Daniel Talmor. Drs. Shahzad Shaefi, Sornath Bose, Feruze Mahmood, Bala Subramaniam and Valerie Banner-Goodspeed, MPH were co-authors.

Of the more than 300,000 patients who undergo cardiac surgery annually, 39-53% develop a post-pulmonary complication (PPC), which can lead to longer ICU stays and postoperative mortality. The most severe PPC is acute respiratory distress syndrome (ARDS), which occurs in 5-20% of cardiac surgery patients and has a mortality rate of approximately 40%. In pre-clinical models volatile anesthetics (versus intravenous anesthetics) have shown some promise in reducing pulmonary inflammation and mortality, but there has not been enough investigation to confirm these findings in the clinical realm.

This study involved 400 patients having cardiac surgery with cardiopulmonary bypass at Beth Israel Deaconess Medical Center in Boston. Patients were randomized 1:1 into groups receiving either sevoflurane or propofol between June 2017 and December 2018. Patients in both groups had preexisting conditions putting them at high risk for PPCs. The anesthetic dose reflected ranges used in preclinical and human studies of the effects of these drugs on lung inflammation and in amounts known to maintain general anesthesia, while allowing provider flexibility to titrate based on hemodynamic instability.

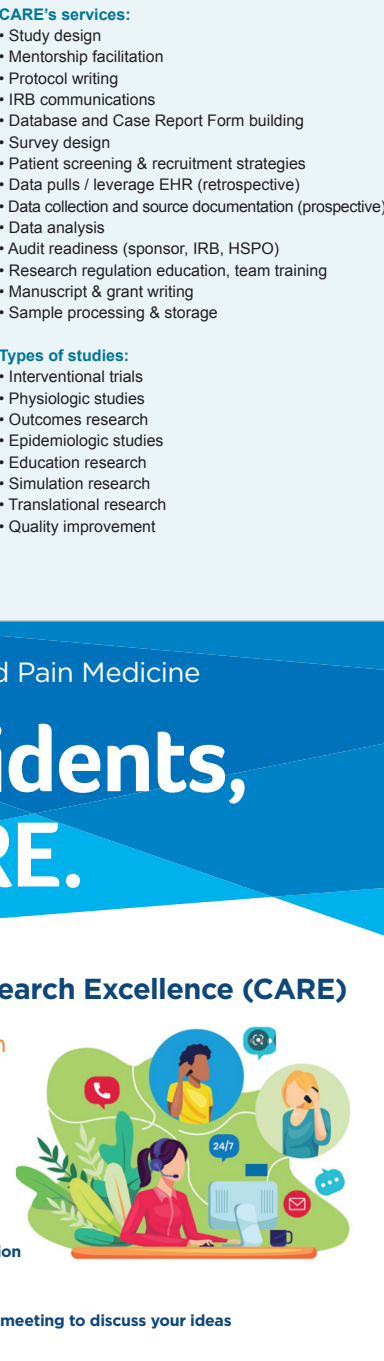
The primary study outcome was lung inflammation defined by the concentration of inflammatory biomarkers in bronchoalveolar lavage (BAL) fluid and grey and white matter after surgery. Since no single biomarker is identifies lung inflammation, investigators analyzed a broad selection of inflammatory, lung injury, and endothelial injury biomarkers. Secondary outcomes were post-pulmonary complications such as ARDS, atelectasis, pleural effusion, pneumonia, pneumothorax, bronchospasm, worsening of lung disease, reintubation, and ventilator dependence.

There was no significant difference in the primary outcome between groups, which was defined as the change in pre-post bypass concentration of TNF- α in BAL. In the post-bypass period, patients in the sevoflurane group had a lower concentration of IL-8 in plasma compared with the propofol group, and also had a smaller increase in the levels of SRAGE (versus intravenous anesthetics) have shown some promise in reducing pulmonary inflammation and mortality, but there has not been enough investigation to confirm these findings in the clinical realm.

There have been many investigations into the important question of whether volatile or intravenous anesthetics are preferable for cardiac surgery, some of them clinical trials and others meta-analyses which have reached interesting conclusions in part based on evidence from pre-clinical models. Some evidence has emerged that volatile anesthetics decrease lung inflammation but more clinical trials are necessary before making specific recommendations. This study adds important incremental data to this process and includes the valuable, and rarely detailed, information about elevations in lung-specific biomarkers for each set of patients. Findings in this study open up opportunity for further similar work, preferably with a larger sample size, in order to determine the best anesthetic course for these high-risk patients.

"I am very grateful for the support of all of my coinvestigators, the cardiac anesthesia division, and the ICU team for all of their support in getting this full trial completed. Without them, this would have been possible."

Follow the link below for full Pub Med abstract: <https://pubmed.ncbi.nlm.nih.gov/35798633/>



2022 BIDMC Research Retreat

Thursday, Sept. 8, 2022 | 7:30 a.m. - 6 p.m.
Temple Israel | 477 Longwood Ave. | Boston

Please join us to share leading-edge research by BIDMC scientists as we grow our basic, translational, and clinical research community!

Who should attend? Clinical and research faculty and staff, residents, fellows, post-docs — and all who are interested in research at BIDMC!

Program highlights:

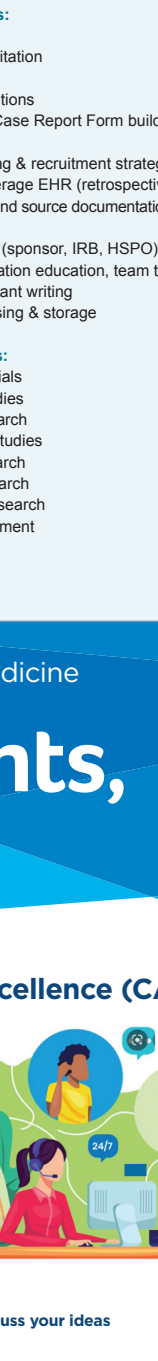
- Keynote speakers: George Daley, MD, PhD, Dean, Harvard Medical School
- Talks from new BIDMC faculty
- Translational Research Hubs
- Multi-Omics and Therapeutic Core
- **TVO Pitch It!** Competition and prizes
- Poster session with prizes
- Networking reception

<https://research.bidmc.harvard.edu/research/ResearchRetreatMemo.asp>

Aug. 15: Poster abstract submission deadline
Aug. 24: Registration deadline

Please contact tkolesn@bidmc.harvard.edu with any questions.

Beth Israel Lahey Health



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Begin with a 30-minute consultation with an expert followed by a 90-minute workshop to learn tools designed just for you. These customized 1:1 sessions support individual personal wellness goals, like:

- Reduce stress and support mental health
- Improve sleep quality
- Enhance lung function and immunity
- Cope with chronic pain

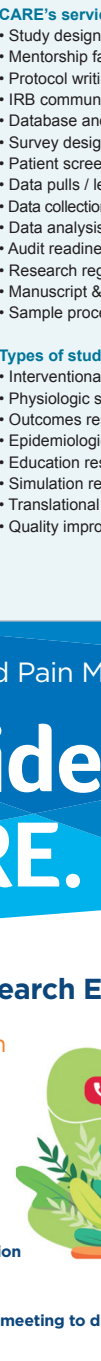
MEET THE TEACHER
Tulsi Mitta Chava, Ed.M., is an international wellness educator with over 3000 hours of yoga and meditation training in India & USA. With an Ed.M. from the Harvard Graduate School of Education, she has designed and facilitated wellness programs. Tulsi has led retreats for leaders at Harvard, Google, and Amazon.

SESSIONS TO ALL
Sessions are conducted in-person at One Brookline Place. Sessions are also available online on weekdays. The opportunity is open to the community for both patients and providers, and is billed via self-pay.

EXPERIENCES
"It's helped me calm myself during different parts of the day when I've gotten overwhelmed with work. I like to have a few minutes of quiet time with myself, which improves my time with my family."
-Chavakula, Neeraj
"I've been able to manage my stress better. I've learned how to breathe and how to focus. I've been able to manage my stress better. I've learned how to breathe and how to focus. I've been able to manage my stress better. I've learned how to breathe and how to focus."
-Lung Chai, Neeraj

Sadhguru Speaker Series

Join us on Wednesday, September 28th at 4pm ET to hear Dr. Elissa Epel present on "How psychological stress impacts cellular aging."



Stress and Aging: How psychological stress impacts cellular aging
Wednesday, Sept 28th, 4-5pm ET

Talk Objectives:

- Explore the differences between toxic stress and positive hormetic stress on biological aging
- Review effects of stress around reduction vs. stress enhancement (hormetic stress) on well being and biological aging
- Discuss the challenges of coping with potential global stressors and the role of contemplative interventions

stressandaging.eventbrite.com

All past seminars are available to view on a BIDMC Playlist on YouTube [here](#).

Summertime!

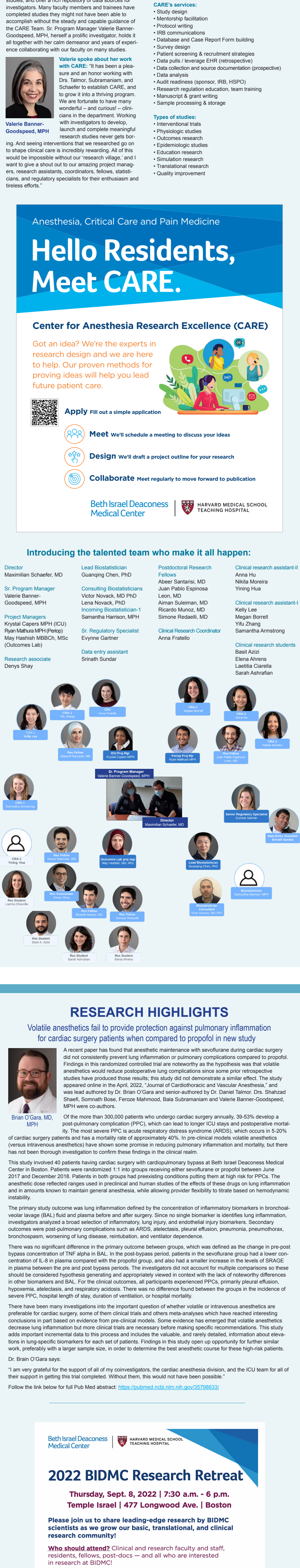


Oenologist, Dr. Joan Spiegel spends her freetime tending to her vines.

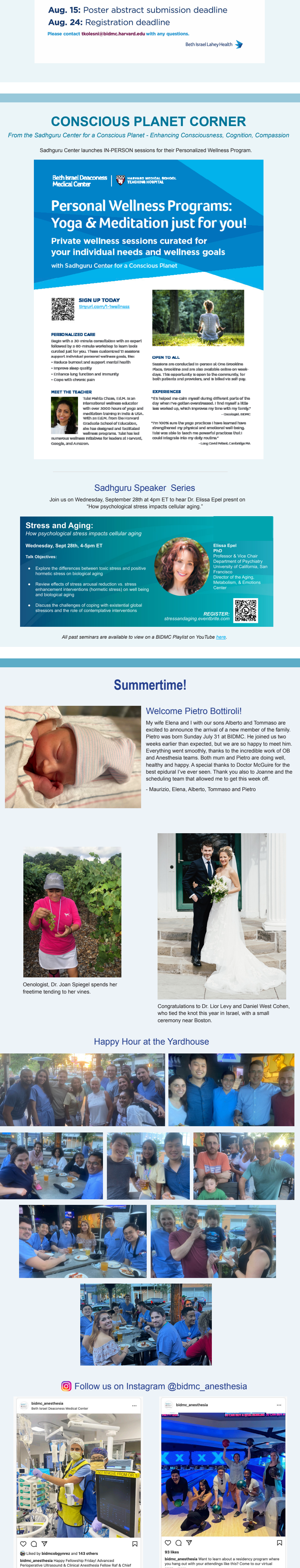


Congratulations to Dr. Lior Levy and Daniel West Cohen, who tied the knot this year in Israel, with a small ceremony near Boston.

Happy Hour at the Yardhouse



Follow us on Instagram [@bidmc_anesthesia](#)



Writer: Ann Passio
Project Manager: Beth Hill
Director of Communications: Heather Dencher
Editor: Alan Lisbon, MD

PLEASE SEND NEWS TO:
hdencher@bidmc.harvard.edu

BIENNIAL REPORT