

JUST BREATHE

ANESTHESIA, CRITICAL CARE AND PAIN MANAGEMENT

DEPARTMENTAL TIME OUT

SPECIAL
VETERANS DAY
ISSUE

ARCHIVED NEWSLETTERS CAN BE FOUND ON THE ANESTHESIA INTRANET

Take Note

TO DO & UPCOMING EVENTS

Veterans Day is Observed on **Friday, Nov. 10th**
Thanksgiving is **Thursday, Nov. 23rd**

Anesthesia Holiday Party! Saturday, Dec. 2, 2017 at Downtown Harvard Club. **RSVP by Nov. 20th** to Gidget Hunter: ghunter@bidmc.harvard.edu or 617-667-3112.

ACLS Recertification Week: Nov. 6–10 Please see details below.

WEDNESDAY MORNING GRAND ROUNDS

- | | | |
|---------------|---|------------|
| NOV 1 | Open Enrollment (Benefits Q&A)
<i>Speaker: Mary Leupold</i> | 7 – 8am |
| | Morbidity and Mortality Conference | 8 – 8:30am |
| NOV 8 | Advanced LVAD Troubleshooting
<i>Speaker: Robb Kociol, MD</i> | 7 – 8:30am |
| NOV 15 | Perioperative Outcomes Research: Two decades of opportunities and challenges—Personal Journey
<i>Speaker: Bala Subramaniam, MD</i> | 7 – 8am |
| NOV 22 | Ultrasound Workshop (Series 2)
<i>Speaker: Robina Matyal, MD</i> | 7 – 8:30am |
| NOV 29 | Why getting from Safety 1 to Safety 2 and RCA 2 is so important and so hard.
<i>Speaker: Michael O' Connor, MD</i> | 7 – 8am |
| | M & M | 8 – 8:30am |

CLINICAL EVENTS

- NOV 6 – 10** **ACLS RECERTIFICATION WEEK**
See details further down newsletter.
- Wed, NOV 15** **ANESTHESIA RESEARCH ROUNDS**
Speaker/Location TBD
4:30pm
- Thurs, NOV 16** **ULTRASOUND EXCHANGE**
Mass General Hospital
55 Fruit St, Boston
Haber Conference Rm, 1st Fl.
Dinner will be served.
Visit www.theultrasoundexchange.org to register or apply to be a presenter.
6 – 8pm

OTHER BIDMC EVENTS (See BIDMC Portal for details)

Until NOV 10 OPEN ENROLLMENT Review your benefits coverage and make necessary changes for 2018. For assistance: BIDMC: benefits@bidmc.harvard.edu or 617-975-9860
APG/BIDHC: rreiss@bidmc.harvard.edu

Fri, NOV 10 WELLNESS SEMINAR: HAPPINESS – A RECIPE More than an emotion, happiness is a skill that can be learned. Drawing from the latest research in the field of Positive Psychology, participants will discover the essential 'ingredients' of happiness. Learn how to change perspectives on people and events, and how to take back ownership of your emotions. Presented by Harvard Pilgrim Healthcare in the Be Well Conf. Room, Shapiro Ground level, East Campus.

12-1pm To register, call the Tanger Be Well Center at (617) 667-4695.

Thurs, NOV 9 RACISM AND MEDICINE: AN EQUITY AND SOCIAL JUSTICE DISCUSSION AT HMS This event is a dialogue on the role of race, racism and health in America. The discussion will focus on how institutional racism as well as bias from health care providers has impacted the health of vulnerable populations in the U.S., and specifically in Boston. Keynote Presentation: "Reaping What We Sow: Structural Racism as a Driver of Health Disparities" by Raheem Hall, Esq., Director, Racial Justice Program, American Civil Liberties Union (ACLU) of Massachusetts. A Panel Discussion will follow (See Portal for more details). Contact: Teresa Carter, teresa_carter@hms.harvard.edu, (617) 432-4697
Tosteson Medical Education Center, Room 227, 260 Longwood Ave
RSVP: www.surveymonkey.com/r/ESJ_11_9_17

Due NOV 13 PARTNERSHIP, INC. PROGRAM AT BIDMC: MANAGERS NOMINATE AN EMPLOYEE (Nominate on Portal)
The Partnership, Inc. offers tools, resources

and networking opportunities to help employees succeed in their careers. Each year, BIDMC sponsors two employees who are looking to develop themselves into stronger leaders through a year-long leadership development program for multicultural professionals. For further info contact Galia Kagan Wise at 617-975-9835 or gwise@bidmc.harvard.edu.

Due NOV 30 THE 2018 ACHIEVERS PROGRAM AT BIDMC: NOMINATE A COLLEAGUE (Nominate on Portal)

The Achievers program at BIDMC is a part of a national volunteer program offered through the YMCA of Greater Boston. Two BIDMC employees are chosen to participate in the prestigious program each year. The 2018 award recipients will be honored at BIDMC's 28th annual Martin Luther King, Jr. celebration in January. This recognition program reflects the rich ethnic and racial diversity of community members for their talent, perseverance and determination, and to honor those who have achieved exemplary success in their professional careers.

Since 1990, BIDMC has sponsored two employees to participate in this program each year. Those selected are asked to commit to a minimum of 40 hours of voluntary service to benefit their community in the upcoming year. Volunteer opportunities include tutoring activities, participation in college fairs, healthy living, youth development, social responsibility or providing informational interviews on potential careers at health fairs.

Past Anesthesia Department recipients of the Achievers Program Award include: [Nancy Oriol, MD \(1993\)](#), [Ron Mayes \(2014\)](#), and [Menrika Louis \(2016\)](#)



Happy Veterans Day!

We proudly honor our service men and women this November

We are honored to highlight five of our own department members who are currently serving, or previously served in the U.S. Military. Below they share their experiences with us. We thank them for their service, sacrifice, bravery, resolve, and dedication to protecting our citizens and our freedom. (Military status within our department is not accessible from HR. If you are serving or are a Veteran and would like to share your story, please contact HDEROche@bidmc.harvard.edu)

Lieutenant Colonel Mary Jane Cahill

United States Air Force Reserve

Medical Service Corps Officer

Reports to: Joint Base McGuire-Dix-Lakehurst New Jersey
Active Reserves

Where served: Maxwell Air Force Base AL, Misawa Air Base Japan, Travis Air Force Base CA, Westover Air Reserve Base MA, Moody Air Force Base GA, Pittsburgh Air Reserve Base PA, Robbins Air Reserve Base GA and Joint Base McGuire-Dix-Lakehurst NJ

Missions/war: Operations Desert Shield/Storm and Calm Saudi Arabia; Operations Iraqi Freedom Pakistan/Afghanistan, Operation Anaconda Pakistan/Afghanistan and Operation Enduring Freedom Afghanistan

Lieutenant Cary Endozo

United States Navy

Nurse Corps

Honorably Discharged

I was in the U.S. Navy Nurse Corps. on active Duty for 4 years. I was stationed at Naval

Hospital Camp Pendleton in California. After my service, I was able to take advantage of the GI Bill and attended graduate school at Northeastern University and received my MS in Nurse Anesthesia.

Lieutenant Victoria Derevianko

United States Navy

Senior Medical Officer

Inactive Reserves

Recruited in college as part of the Health Professions Scholarship Program. They paid for medical school but a big part of the motivation for joining was the camaraderie in the service. I quickly realized that being in the military was like having a “work family.” I would have stayed in had it not been for family considerations. I was a Senior Medical Officer for 4 years and was responsible for

medical readiness for newly enlisted sailors. I learned a lot about being a physician because I was thrown into it fresh out of intern year.

Why did you choose the service branch you joined?

My grandfather was a submarine officer.

What were your first days in service like?

It was a total reality shock when someone woke me up screaming at 3am. I didn’t even have time to brush my teeth!

Mission/war? No.

Lieutenant Commander Derek Lodico

United States Navy

Anesthesiologist

Undersea dive medical and submarine officer
Active Duty

My primary role was the health of 18 different submarines and supervision of mid-level medical providers that are always underway on our subs.

Where do you report? MIT, ROTC Unit, Boston. I came from Naval Hospital Portsmouth, VA. I did my anesthesia training there and was an attending for 2 years prior to coming to BI.

What is your monthly/annual obligation? I have served in Navy for 25 years, and will retire in 4.5 years. After this fellowship, I owe the Navy 2 years as a CT Anesthesiologist.

I came into the Navy as a Navy Corpsman (Medic). I went to EMT school and worked on an ambulance at Naval Station, Miramar. Then I worked as a nurse for a few years at a VA Hospital and then a physician. I did my initial training in family medicine. I also went through Navy Diving School and Submarine Training and then worked with the submarine and diving forces out of Pearl Harbor, HI.

How old were you when you enlisted? 19 years old in 1992.

Why did you enlist? I wanted to train in medicine and be close to the ocean’s waves.

Why did you pick the service branch you joined? Mother ocean... and there’s almost always a surfable break everywhere there is a Navy.

Do you recall your first days in service? Recall first day in boot camp after getting my head shaved looking at the perimeter fence saying “Now that my head is shaved it will be harder to escape in town.” It was a humbling experience.

What’s boot camp like? How did you get through it?

Boot camp strips all of the egos and preconceptions coming in. It allowed us to bond and get thru a tough time. I needed the discipline at the time. It was a tough experience but worth it.

Did you serve in a mission/war? I have not served in combat. Submarine service is a silent service. I most likely will be deployed to Afghanistan or Iraq prior to retiring. I served and went underway on 14 different nuclear U.S. Submarines—both fast attack, ballistic, and naval special warfare converted platforms.

Petty Officer Second Class David Melton

United States Navy

Naval Nuclear Machinist Mate
Engineering Laboratory Technician
Honorably Discharged

I enlisted fresh out of high school, age 18, because my family did not have the means to fund my education. I joined primarily for the amazing educational opportunities. Additionally, I was not ready for college; mentally or emotionally and needed time to discover my passions before investing in college.

Why did you choose the service branch you joined? The Navy offered some of the most academically challenging opportunities; especially the Naval Nuclear Propulsion Program. I was attracted to the academic challenge of compressing an associates level education in nuclear engineering into 6 months.

What's boot camp like? I really enjoyed boot camp. You do not need motivation; that is supplied by the Recruit Division Commanders. I was in the best shape of my life coming out of boot

camp. You really learn how to work as a team and be the very best you can be.

Mission/war? No, I fortunately served during peace time

What was your job/assignment? I served onboard the USS Columbia SSN771 Fast Attack Submarine as an Engineering Laboratory Technician (ELT). I was the radiologic control technician and reactor plant chemical technician for the sub. My job was to perform radiation and contamination surveys of the crew spaces and monitor the crew's exposure to radiation. Additionally, I performed assays on the fluid flowing through the reactor plant and secondary systems to monitor for, and control corrosion.

After my tour, I started my education first by attending community college in Rhode Island (where I was discharged). I soon moved back to Texas and went to University of North Texas for my two Bachelor's degrees (Chemistry/Biochemistry) and finally my MD and PhD at University of Texas Health Science Center at San Antonio.

Hospital Corpsman Donnell Carter

United States Navy

Seaman Rank E3
Honorably Discharged

My first active duty station was Naval Hospital Pensacola in Pensacola, FL then Naval Hospital in Marine Air Wing Cherry Point, NC.

I entered the military after graduating high school at age 18 because I wasn't ready for college and I did not want to be one of those kids who went to college because it was an expectation. I was smart of enough to know that I would have wasted time and money trying to figure out what career to pursue. It allowed me to take some time to figure out what I wanted to do in life. It was a very positive experience mostly, and has made me the man that I am today. I had the opportunity to travel to Spain, France, Italy, Greece and Israel and many states within the U.S. I've made friends with a diverse group of young men and women who I knew would have my back in a tough situation.

Why did you pick the service branch you joined? It offered the greatest ability to travel and offered more potential military job to choose from that could be applicable to civilian life.

Do you recall your first days in service? Absolutely! I said to myself, "What the heck did I just do?"

What's boot camp/training like? Scary. None of the drill sergeants were nice. I trained in Great Lakes Illinois during the peak winter season. We had to wear multiple layers of clothing just to march a quarter mile to the chow hall. We didn't have televisions, there weren't any women around, the only enjoyment we had was being allowed to eat junk food and smoke cigarettes on the weekend. By the time I graduated boot camp, I was smoking a pack a day. Thank goodness I ended that habit about 2 years later.

How did you get through it? I wrote lots of letters and received many. That was a highlight for me. Otherwise I just toughed it out.

Did you serve in a war? Yes, I'm a Dessert Storm Veteran.

Did you see combat? Yes.

Where were you deployed? To the Mediterranean with the 1st Expeditionary unit out of Camp Lejeune, NC.

Do you remember arriving, and what it was like? Yes. It was a pretty awesome experience to see historical artifacts.

Can you share a couple of your most memorable experiences? Walking through Jerusalem, seeing the mosque, synagogues, temples and visiting the alleged burial ground of Jesus Christ and where they nailed Him to the cross was memorable.

Do you recall the day your service ended? Yes, I was in Cherry Point, NC, and renewed and ready to come home and begin building a career. I resettled home and reconnected with friends and family, and I started college immediately.

Was your education supported by the G.I. Bill? Yes

What did you go on to do as a career after service? I became a nurse anesthetist.

Did your military experience influence your thinking about war or about the military in general? It has. Our leaders must be thoughtful before sending young men and women into battle. There has to be a clear and transparent reason why, because that's someone's loved one.

How did your service and experiences affect your life? It has made me a better man overall. I think all young men and women should serve at least 2-4 years active or reserve.

Captain John Castellano
United States Navy
Medical Corps

Senior Undersea Medical Officer SEAL Team 17, Coronado, CA.
Deputy Group Surgeon Naval Special Warfare Group 11
(East and West Coast Navy Reserve SEAL Teams)

Active and Reserve Duty: I complete a monthly drill in Coronado, as well as an active duty training period each year with SEAL Team 17.

I was fortunate to obtain a Navy Scholarship for medical school and that is where the story begins. I am now in my 36th year of service of Active and Reserve duty.

After medical school I completed my Internship at U.S. Naval Hospital, Portsmouth, Va. and then went on to the Navy's Undersea Medical Office Program in Groton, CT.

Following completion of that program I was assigned to BUD/S (Basic Underwater Demolition/SEAL Training) in Coronado, CA. A second tour followed as Director/Naval Special Warfare Group 2 Medical (East Coast SEAL Teams and oversea subordinate commands) until I returned to complete my residency at Duke.

I have been active in the operational Navy Reserve community ever since.

Completed three combat deployments: Iraq 2003 when we "crossed the line" in March of that year. You can never forget a day like that. No matter how detailed the planning, the unexpected trolls show up. This was with a U.S. Marine Light Armored Reconnaissance Battalion that was the NASCAR for the Marines...simply speed of movement.

Iraq 2006-07: Returned as the ranking member of a mobile FRSS (Forward Resuscitative Surgical System). This was an 8-man surgical team that accompanied the U.S. Marine Regimental Combat Team, and due to distance, was responsible for stabilizing casualties for medical evacuation to a higher echelon medical facility.

Afghanistan 2010-11: Deployed with U.S. Marine Forces to the Helmand Province, and assigned by the Forward Medical Commander to the British. Camp Bastion was the main casualty collection point for southern Afghanistan. As the British would

call it "South Helmand Institute of Trauma" ...British acronym humor.

State-of-the-art medical evacuation where the resuscitation begins on the battlefield and continues with transport...staffed by super ER personnel or anesthesiologists. Amazing British physicians, spirit, camaraderie.

The fighting season of 2010-11 was very intense, and my memory of the 3rd Battalion 5th Marines in Sangin, Afghanistan will be with me forever. This BN sustained the most casualties of any U.S. Marine unit. Incredible young men in a horrible place. The BBC did a special on this BN which is available on YouTube... they relieved the British contingent in August 2010.

Memorable experiences or lessons: Too numerous to count over three decades. However...

Remembering I could have used a strong dose of Zofran before my first parachute jump.

Having a submarine lose buoyancy control and submerge beneath me while trying to recover a SEAL platoon after an operation.

The incredible teamwork philosophy of the SEAL Teams, and failure of mission is no option.

The kindness of U.S. Marines that parallel their ferocity in combat. General Mattis had a sign over the entry to his headquarters in Iraq... "No Better Friend—No Worst Enemy" ...it was very true.

The brutality of Afghanistan and what an IED can do to a human body...yet we can save a life.

The calmness and the humor of the British when chaos surrounds them, and their professionalism.

The civilian collateral damage that war brings...

Above all...the most incredible people to serve with that expect no recognition, sacrifice on many fronts, protect each other like family. The American public fails to understand this and is insulated from the sights and reality.

War is the ultimate insult to humanity. Hopefully at some point if we ever reach it, the maturity of the human race will realize that.

It has been an honor and privilege, as I am sure the others would agree.

Lodico, from page 3

Where were you deployed? I went underway in the Pacific Ocean.

Do you remember arriving, and what it was like? First time walking down onto a submarine for a few-week ride I once again asked myself what I was doing. I enjoyed the subs. We go underwater quick in the Pacific, no motion once underway and no motion sickness. I get sick on boats, go figure my Navy choice.

Can you share some of your most memorable experiences? Most memorable was when I was promoted to Lieutenant Commander. Myself and a few of my coworkers were able to SCUBA dive onto the forward deck of the 30-foot submerged USS Arizona in Pearl Harbor, HI where I was sworn in underwater. Our families were able to watch from the memorial. Another memory was riding on the top of a submarine watching hundreds of dolphins surfing and jumping off of the front wake created by the submarine. Stopping and swimming in 14,000-foot-deep ocean water that was purple from clarity was also a cool memory.

Where did you travel while in the service? San Diego, CA; Hawaii; Virginia; Groton, CT; Panama City, FL, and Singapore.

Do you recall the day your service ended? I am still going. I started at the rank of E-1 as an enlisted Navy Corpsman up to E-5 and then converted to the officer ranks where I started at O-1 and now O-5 selected.

Was your education supported by the G.I. Bill? After I completed my first 4 years on active duty I used the GI bill to complete my undergraduate at the University of San Diego. Once I came back in as an active officer I was eligible for the post 9/11 GI bill. I was able to transfer this to my oldest son Devon (age 15). When he goes to college he will have tuition and books paid for in addition to a monthly allowance for 36 months of school. I'm very thankful to the Navy for my education.

What is your career goal after Service? My goal once I retire is to work as a CT anesthesiologist teaching residents and getting back involved in a residency program. I was Assistant Anesthesia Program Director as an attending. I have enjoyed this the most of my careers so far.

Did your military experience influence your thinking about war or the military in general? As a current active duty officer I can't comment on political issues however I do vote in every election. I do have an appreciation for all service members from all military forces that are out serving for the good of others and on behalf of the voters.

How did your service and experiences affect your life? The US military made me what I am today and had it not been for their discipline and guidance I would not be a physician today. It allowed me to meet my wife of 20 years and I now have two great kids. The military is not for everyone but it has been a great journey. Many of my coworkers who have gone on to the civilian world say it was one of the best times in their career.

Is there anything you would like to add? I greatly appreciate the BI for accepting and training our military members such as myself to make us stronger so that when we are taking care of those injured by war we have the knowledge and skills to give these folks the best shot at survival.

Wednesday Morning Meditation

with Dr. Bala Subramaniam
6:30 am • Wednesday mornings



Trustman Boardroom, East Campus, near Cafeteria
Please join us.

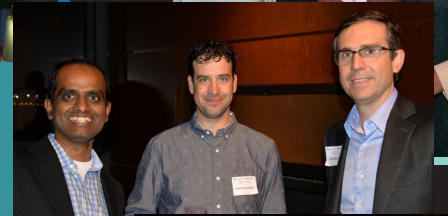
WELCOME TO THE FAMILY

Ayla Rose O’Gara

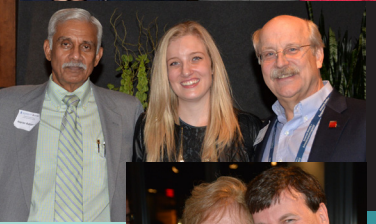
Brian and Stephanie O’Gara are happy to announce the birth of their daughter Ayla Rose O’Gara on Friday the 13th of October, 2017. “We cannot thank the OB anesthesia team enough for their attentive and effective care, led by Dr. Stiles with wonderful contributions from Merry Colella and Philip Chan.” Ayla is their first child. Congratulations!



Thanks for making this year’s ASA Anesthesia Alumni Party fantastic and memorable. A great time had by all!



Anesthesia Alumni Reception: Over 225 people attended our Anesthesia Alumni Reception last month at Legal Harborside. It was great to see representation from our Clinical, Education, Research and Administrative teams, not to mention the scores of alumni we were able to reconnect with! Photos from the event are located on the (S)Drive/Anesthesia/Pictures/2017/ASA Alumni Reception.



WANT TO CONTRIBUTE? SPOT AN ERROR?

E-mail Heather Derocher at hderocher@bidmc.harvard.edu

