

You're there for your patients, we're here for you—
from training through retirement.

Official Newsletter of
the ASA Medical
Student Component
January 2019

Twice as Nice: Thoughts after Attending Two ASA Conferences

Alice DiFrancesco, MS3, UConn School of Medicine

I first attended an ASA annual meeting as a second-year medical student. The meeting was in Boston, and I drove up alone, full of nervous excitement wondering what the meeting would be like. I ended up having a great time, meeting new friends that I am still connected with, learning valuable skills in clinical workshops and attending my first ever House of Delegates meeting.

ANESTHESIOLOGY® annual meeting 2018: **San Francisco**

853 Medical Student Attendees

Represents 5.3% of overall attendance

I left the first meeting feeling excited about the specialty and all it had to offer those who were interested in it. I looked forward to continuing to attend future meetings. ANESTHESIOLOGY 2018 in San Francisco was the second meeting I attended, and it certainly lived up to expectations. Not only was it exciting to visit and explore a new city, but I again became immersed in the anesthesia culture, attending the residency fair, another House of Delegates meeting and, this time, attending the General House of Delegates meeting. It was a great experience to be among so many people in the field of anesthesiology who clearly shared the same passion for a profession I strive to be a part of one day.

My best advice for students interested in anesthesiology is to try to find ways to attend events such as the ASA annual meetings. It is a great way to network, explore schools that interest you, engage with other students and residents doing research and learn skills through workshops. Since the conference dates are set in advance, reach out to your school early for permission to attend. Engage with your school's anesthesiology department for potential sponsorship to attend. It is definitely worth it!

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Reflections on the ASA Annual Meeting

Stacia Griebahn, MS2, St. George's SOM

I went to both the off-site workshop at the University of California – San Francisco (UCSF) Hospital and the Residency Meet and Greet. At the off-site workshop, we intubated, placed IVs, did a SIM, and performed ultrasound-guided nerve blocks. The off-site workshop was my first exposure to intubation and was probably the best experience I could have imagined. The residents at UCSF were knowledgeable, encouraging and professional. As for the Residency Meet and Greet, I was able to meet with my dream residency programs in Chicago. Having that experience provided useful information and is allowing me to make a more educated decision about which program will be the right fit for me. Also, the early exposure to the program directors eliminated a vast amount of future anxiety when meeting them again. Both experiences were invaluable and something I look forward to participating in again at the next ASA annual meeting.

From Boards to Wards: Transitioning To Third Year

Emily Isch, MS3, UConn SOM

As a third-year medical student at the University of Connecticut School of Medicine, I entered my clerkships thinking I would do whatever it took to do well on *every* clinical rotation. While I continue to pursue this, I have developed some strategies for success in order to maintain my sanity and stamina throughout third year and beyond.

1. *Effort > Knowledge:*

Gone are the times when knowledge was your most central asset. It is important to know the pathophysiology surrounding the disease process you are managing, but it is imperative to demonstrate your willingness to learn. While showing up with knowledge is appreciated by residents/attendings, actively pursuing additional knowledge based on concepts you are witnessing will set you apart from your peers. Print out UpToDate articles or research papers that discuss a concept that was touched on the day prior – and share what you learned with your resident/attending! Putting in the extra work and receiving recognition for doing so will serve you twofold.

2. *Humility & Confidence:*

Regardless of the clinical scenario, you are a student acquiring advice from every member of the healthcare team as long as you are willing to learn. Being humble enough to ask for help from nurses or medical assistants will improve your knowledge base, as well as increase your understanding of components of patient care you may not witness in the future as an attending.

On the other hand, thoughtful confidence will also serve you. I often witnessed my peers struggle to give oral presentations and fumble through diagnoses and differentials while frustrated attendings waited for a drawn-out presentation to be over. Be confident about the information you know, acknowledge gaps in your knowledge, and most attendings will be happy to discuss the topic afterwards. In my experience, a well-informed student presenting fewer patients fares better than an overeager student who carries more but cannot present them well.

Wellness:

Although effort is paramount to success during third year, you must recognize the juxtaposition of your investment in each rotation and your sanity. It is possible to commit to >80 hours/week seeking recognition, but the resulting exhaustion will set you up for failure in your subsequent rotations. This year is about integration into the specialty. Try to find components you enjoy about each of them (the people, physiology, etc.), and delve into that aspect as much as possible, while limiting your time investment and striving for work-life balance. Rotations can be isolating, so rely on your support system at home/school to get you through the disappointing days.

Regardless of the inevitable whirlwind of emotions that come with clinical rotations, you finally get to observe and experience just about everything about being a physician. No longer is the breadth of your knowledge of utmost importance; now your social skills, effort, and genuine interest in the specialty and physiology become the factors that will set you apart. My experience is just one perspective, so create your own plan and solicit advice from your peers and mentors!



Meet Your Governing Council



Justin Yuan
President

Justin is a third-year medical student at Oakland University William Beaumont School of Medicine. Having graduated with an engineering degree from MIT, he values that the field of anesthesiology enables him to integrate emerging technologies with medicine, as well as to use his hands to help others. As President of the ASA Medical Student Component, Justin is looking forward to furthering the ASA mission of “Advancing the Practice and Securing the Future.” His goals include expanding student utilization of ASA resources, increasing anesthesia research opportunities, and fostering strong Anesthesiology Interest Group communities at every medical school. Outside of medicine, Justin is an avid ultimate frisbee player.

Stacia is a second-year medical student at St. George’s University School of Medicine. She recently began pursuing a Master of Science in Law at Northwestern Pritzker School of Law. Before attending medical school, Stacia traveled around the world to various countries, such as Italy and South Africa, to immerse herself in the field of anesthesiology. As President-Elect, Stacia is eager to foster projects catering to the MSC’s purpose to “increase student exposure to anesthesiology at medical schools across the nation.” She intends to execute this by creating a platform for all Anesthesiologist Interest Groups (AIG) to communicate ideas and share experiences with each other. Aside from her apparent dedication to anesthesiology, Stacia enjoys snowboarding and hiking with her dog, Ozzi.



Stacia Griebahn
President-Elect



Alice DiFrancesco
Secretary

Alice is a third-year medical student at the University of Connecticut (UConn) School of Medicine. She received her Bachelor of Science in Psychology from Eastern Connecticut State University in 2015. She has recognized anesthesiology as her passion since starting medical school and is currently President of her school’s Anesthesiology Interest Group. She is looking forward to having a national platform to reach out to medical students interested in anesthesiology. In her free time, she enjoys baking gourmet cupcakes and watching the New Orleans Saints win!

Frey is a rising fourth-year medical student at University of Pittsburgh School of Medicine. She received a B.A. in Molecular Biology from UC Berkeley and M.Sc. in Global Health from UCSF. As a first-generation, immigrant student, she deeply values mentors and mentorship programs. She has served as a tutor, mentor and peer-advisor in multiple programs. As a senior advisor, she hopes to foster concrete relationship among students interested in anesthesiology throughout the nation. Also, she aspires to strengthen networking and mentoring programs between medical students and anesthesiology residents and be a support for all students. Her ultimate goal is to combine patient care with her passion for teaching, mentorship and research so that she can care, inform and empower her patients especially those who are underserved. She can be reached via email with any concern, question or suggestion.



Frey Gugsu
Senior Advisor



Elena Madan
Member-At-Large

Elena is a fourth-year medical student at Tufts University School of Medicine (TUSM). She received a B.A. in Molecular Biology and a B.S. in Healthcare Management from the University of Pennsylvania, graduating magna cum laude in both programs. She enjoys clinical work as well as translational research and is conducting research at Boston Children's Hospital in pediatric anesthesia and pain management. She brings several relevant experiences and personal strengths to this role, having successfully started career mentoring programs in the past. She looks forward to strengthening the ASA medical student network in her role.

Connor is a third-year medical student at Oregon Health and Science University in Portland, Oregon. He is originally from Boise, Idaho, and he earned his B.S. in Music Technology from the University of Oregon. He became interested in anesthesiology through experiences with both surgery and internal medicine, in which he realized he wanted aspects of both in his career and thought that anesthesiology was a great middle ground in between operative and medical treatment. He realized early on that anesthesiology is a unique, invaluable specialty that must be protected, and he looks forward to advocating for the specialty in his time on the governing council. In his spare time, he enjoys writing and playing music, running and skiing.



Connor Eagleton
AMA Delegate



Vy Phuong Le
AMA Alternate

Vy is currently a third-year medical student at the Oregon Health & Science University. She was born in Vietnam and immigrated to the States with her family when she was 12. Vy received her bachelor's degree in Anthropology from Stanford University, and is passionate about integrating the humanities in her current and future medical training. As the first in her extended family to be in medicine, Vy began medical school knowing very little about the different medical fields. She was, however, fortunate to explore and fall in love with anesthesiology through the guidance of mentors and helpful resources like those of ASA. Vy wants all her student colleagues to have that same opportunity. In her role as the alternate delegate to the AMA, Vy will work to ensure that ASA and AMA resources are accessible not only to students already interested in anesthesiology but also those who are not so familiar with the specialty. She looks forward to a great year of listening, supporting and representing all her fellow student members!

Ryan is a fourth-year medical student at the Arizona College of Osteopathic Medicine of Midwestern University (AZCOM). He received an academic scholarship to serve as an Osteopathic Manipulative Medicine Scholar which allows for an additional year of research and academic teaching. As such, he will be matching in 2020. His research interests are in medical education, student debt, and osteopathic manipulative treatment outcomes. Due to his passion for advocacy, he holds several positions in the osteopathic community such as a student director in the American Osteopathic Foundation and an executive board member in the Council of Osteopathic Student Government Presidents. He is married to the love of his life and has two beautiful daughters.



Ryan Dyches
Alternate

MEDICAL STUDENT COMPONENT LEADERSHIP

Delegates: The role of an ASA Delegate is to serve as a medical student liaison between their school and the ASA Medical Student Component (MSC). Delegates have voting privileges on issues presented at the ASA MSC House of Delegates Annual Meeting, which takes place at the ANESTHESIOLOGY annual meeting. Accredited medical schools can be represented by one delegate and one alternate delegate.

Terms run from July 1 to June 30 of each year.

Applications can be found here:

<https://www.asahq.org/education-and-career/asa-medical-student-component>

OUTSTANDING ANESTHESIA INTEREST GROUP AWARD

This award is presented annually to those Anesthesia Interest Groups (AIGs) that show an exceptional level of participation, enthusiasm, program quality, professionalism and involvement in their university community, and at the ANESTHESIOLOGY annual meeting. Nominations may be made by any AIG leader or ASA student member using a nomination form available prior to nomination deadline of July 1.

Selection criteria include:

- AIG membership
- Outstanding participation by AIG members and faculty
- Number of meetings and events
- Variety of activities, including career guidance, community outreach, departmental activities and social events
- Participation in local, regional and national anesthesiology programs (National conference, FAER scholars, etc.)

The ASA website offers a **PDF guide to building an AIG!** This can be found on the ASA website by following steps below:

www.asahq.org

– Education and Careers

– ASA Medical Student Component

– Anesthesia Interest Groups

– Guide to Building an AIG

[\[https://www.asahq.org/education-and-career/asa-medical-student-component/msc-anesthesia-interest-groups/guide-to-building-an-aig\]](https://www.asahq.org/education-and-career/asa-medical-student-component/msc-anesthesia-interest-groups/guide-to-building-an-aig)

2017-18 OUTSTANDING ANESTHESIA INTEREST AWARD RECIPIENTS

Oakland University William Beaumont School of Medicine

Advice on Running an AIG from President Andrea Hess



I believe the success of our AIG stems from the strong and cohesive leadership at the forefront of our group. Students want to become an active AIG member as they sense this true commitment from the executive board. Every year we have an executive board as well as two M1 representatives. This is a great way for two M1 students who are interested in anesthesia to gain experience, as well as learn the ropes with the hope that they will become members of the executive board the following year. We also have an awesome faculty advisor, Dr. Kathy Schlecht, who is an anesthesiologist at Beaumont. She is a great resource for us and she helps to provide guidance to our executive board. As an executive board, we do our best to plan events that will benefit those who choose to attend, and schedule them around exam dates. I believe getting students involved in something more hands on such as a simulation lab is very beneficial. I also believe having a dedicated anesthesiologist at our meetings builds rapport with the student body and further encourages students to attend.

Our online presence including our website and Twitter page are other platforms we utilize to connect with students. On our website, you can find information about where past OUWB graduates matched in anesthesiology, as well as shadowing opportunities in anesthesia. There is a lot of information available on our website about different anesthesiology summer internship programs across the country that our members have access to. For those AIGs that are in early stages of development, my best advice is to create a strong leadership that is truly passionate and excited about the field of anesthesia. I feel that if students see this, it will encourage them to become an active member of your group and potentially pursue a career in this wonderful field.

University of Oklahoma College of Medicine

Advice on Running an AIG from President Garrett Sutton



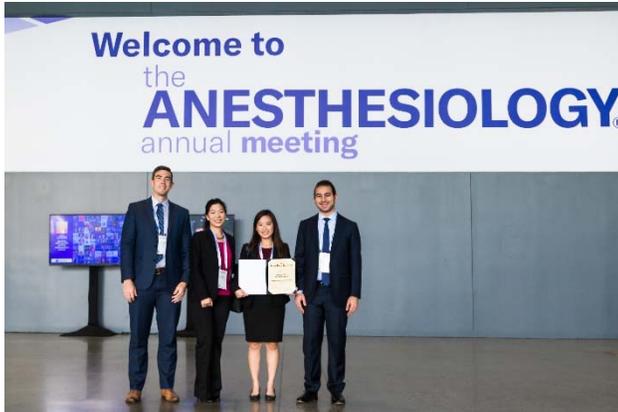
Strong AIGs begin with solid student leadership that allows faculty to contribute to the success of the IG. Our particular IG holds elections at end of the spring semester for President, Treasurer, Secretary and a single StuCo Representative. We then hold a second round of elections in the fall for Vice President and another StuCo Rep. This allows first- and second-year medical students time to explore their interests yet still have an opportunity to hold office within the IG. We hold meetings twice per semester and often try to provide food. Generally, we provide pizza, which feeds the whole meeting at limited costs. We do our best to make the meetings as applicable as possible, including information such as an introduction to the field of anesthesiology and ways to get involved,

private/community practice physicians speaking on the field outside of an academic institution, resident panel for questions and insight on the field, and a post-match meeting for rising medical students interested in applying into anesthesiology residency. Exposure to hands-on procedures in anesthesiology intrigue

medical students early in their career, leading to increased numbers of participants in the IG and interest in the field. We hold airway management and line placement workshops for medical students transitioning from their second to third years, as they progress into their clinical rotations. This is not only useful information for the safety of patients, but is cheap due to reusable mannequins, expired IV lines and kits, and unused laryngoscope blades, endotracheal tubing, and other airway devices. Anesthesiology faculty and O.R. staff are often willing to contribute time and/or supplies to these hands-on learning opportunities, so don't be afraid to ask!

University of Miami Miller School of Medicine

Advice on Running an AIG from President Sandy Ren



Creating a successful, engaging AIG with leaders who are busy medical students with challenging basic science coursework and clinical clerkships can seem like an insurmountable task. The key to having an active AIG is to find a motivated cohort of people. It is imperative to identify passionate, enthusiastic and goal-oriented executive board members who efficiently work as a team with open communication. Perhaps even more importantly, is the presence of one or two key faculty mentors who help provide supplies and residents to help facilitate AIG events. Here at the University of Miami Miller School of Medicine, we are able to host IV/intubation workshops for over two hundred students each year by using passed

down IV arms and intubation dummies from the anesthesiology department in addition to donated IVs and tourniquets. We increase interest in anesthesiology amongst medical students of all years by having passionate faculty whose enthusiasm to teach and love for anesthesia is transmitted downhill by example. Lastly, our AIG also coordinates with the clinical skills curriculum to host anesthesiology workshops.

Foundation for Anesthesia Education and Research

Medical Student Anesthesia Research Fellowship Summer Program Applications due **January 31, 2019!**

<https://www.asahq.org/faer/programs/medicalstudentfellowships/summerfellowships>

Upcoming Events

ANESTHESIOLOGY 2019

OCTOBER 19-23 | ORANGE COUNTY CONVENTION CENTER | ORLANDO, FL

The Human Side of Medicine: Putting Patients First

Four Reasons to Join Us in Orlando



Dedicated Medical Student Program

Jumpstart your career with information-packed sessions specific to your time as a Medical Student.



World-class education

Learn from leaders in the field and about pertinent issues affecting the specialty.



Networking events

Grow your professional network by engaging with 14,000 attendees from 80 countries.



Extend your stay to enjoy the Sunshine State!

Orlando is a family-friendly destination with numerous attractions for all ages to enjoy.

Be the first to know when registration opens
goanesthesiology.org/GetNotified

Physician Anesthesiologists Week

JANUARY 27 – FEBRUARY 2, 2019

Celebrate Patient-Centered, Physician-Led Care with the American Society of Anesthesiologists®

#PhysAnesWk19



LETTER FROM THE EDITOR

ASA Officers

- **Justin Yuan,**
President
- **Stacia Griebahn,**
President-Elect
- **Alice DiFrancesco,**
Secretary
- **Frey Gugs,**
Senior Advisor
- **Elena Madan,**
Member-at-Large
- **Connor Eagleton,**
AMA Delegate
- **Vy Phuong Le,**
AMA Alternate Delegate
- **Ryan Dyches,**
Alternate

Dear ASA MSC Component,

I am very excited to have been elected as the secretary to the ASA MSC Governing Council and editor of the ASA MSC Newsletter. I look forward to providing readers with exciting and relevant topics, and encourage anyone interested in writing a piece to send me something!

We as a governing council are committed to enhancing medical student exposure to the field of anesthesiology. We are here to answer any questions, as well as address any concerns or comments.

Feel free to contact me directly at asa.mscsecretary@gmail.com



Sincerely,
Alice DiFrancesco

Would you like to get involved with the
ASA MSC Newsletter?

You can contribute an article!

If you are interested in writing something for the upcoming
newsletter, please contact:

asa.mscsecretary@gmail.com