

Shaping the Future of Anesthesiology in Boston: ANESTHESIOLOGY® 2017 annual meeting

Brian Park, M4 Drexel School of Medicine

One hundred fifty years have passed since Dr. William T. G. Morton first used anesthesia in surgery in 1846. Since then, surgery has become painless and anesthesiology has championed patient safety. This past October, the American Society of Anesthesiologists (ASA) invited thousands of anesthesia providers to return to Boston: home of the Ether Dome at Massachusetts General Hospital where a historic step towards improved patient outcomes took place.

Anesthesia providers were joined by hundreds of medical students who also flocked to attend the conference. ASA organized a full day of programming geared towards these budding anesthesiologists. As if the allure of anesthesiology wasn't enough, the conference was free for medical students, and

included: swag, several chances to win an Amazon Echo, food, drinks, and of course, an unforgettable weekend!

Many students were fortunate enough to discover the unique opportunity sooner, and it's no wonder that Bryant Loosle, a fourth-year medical student from Des Moines University (DMU), flew across the country to attend the conference for his third year in a row.

"I first heard of the conference as a MSII from an upperclassman. At that point I was still investigating anesthesia as a career and he really encouraged me to go."

Surrounded by the resolve of the Boston Tea Party and the spirits of Harpoon Brewery, the conference was held at the Boston Convention and Exhibition Center. The main hall was lit with LED signs, attracting attendees to the 300+ technical, scientific and educational exhibits. Attendees spread across the sea of booths to check out the latest in anesthesia record-keeping systems, simulations, vein finders, EBL measurers, pulse oximeters and much more.

There wasn't enough time that weekend to sufficiently visit each attraction. Although Saturday was the busiest day for students, no one was left hungry or thirsty. Light refreshments were available, as well as free snacks and beverages during the networking receptions.

Continue to page 2

IN THIS ISSUE:

Shaping the Future of
Anesthesiology in
Boston:
ANESTHESIOLOGY®
2017 annual meeting

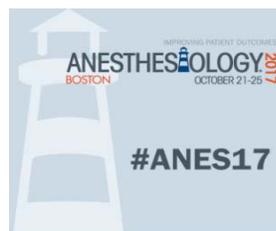
Medic Students Take
Flight

Meet Your Governing
Council

Outstanding
Anesthesia Interest
Group Award

Upcoming Events

Letter from the Editor





Saturday began with informational sessions, an aspect that Loosle enjoys. "Having attended the past few years I also love to attend sessions at the main conference center."

Boston University Medical Center, Brigham and Women's Hospital, and Massachusetts General Hospital.

"I thought it would be a good experience to see what a conference was like. I'm still really interested in anesthesiology. I would love to go again," said Chi.

"I felt each skills station was well taught and allowed me to shine when I got to my own third-year rotation."

Hybarger also emphasized what he believed to be the pivotal role of the conference. "I definitely think the residency program meet and greet is the big reason medical students attend. Nearly every residency program sends representatives and, thus, it's an amazing networking opportunity."

Representatives from many residency programs came to represent their department. For Hybarger, he was coached on the residency process and how to stand out as an applicant next year.

"It took out so much of the unknowns of applying for residency and helped me know what to focus on to improve my application in the remainder of my medical school years. I was also able to get a better idea of what I liked in a residency program."

This year, the sessions were geared towards informing us on each step along the anesthesiology career path. The morning was kicked off Dr. David Zvara, chair and professor of anesthesiology at the University of North Carolina at Chapel Hill, demystified the residency application process and provided guidance in finding the right fit.

This was followed by a glimpse into the life of a physician anesthesiologist in private practice by Dr. Safwat Sharobeem, from Chicago, IL, and academics by Dr. Annemarie Thompson, the anesthesiology residency program director and professor at Duke University. ASA Immediate Past President (2016–17) Dr. Jeffrey Plagenhoef then expanded upon the scope and care team model of practice in anesthesiology. Finally, Dr. Kelly McQueen, director of Anesthesia Global Health & Development and professor at Vanderbilt University, shared the global opportunities in anesthesiology available throughout one's career.

For those that preferred to be more active, there were 115 spots for hands-on workshops across the city at Beth Israel Deaconess Medical Center,

These workshops offered an intimate setting to meet peers and have a hand at procedural skills. From simply testing your dexterity or preparing to shine on rotations like Andrew Hybarger, a third-year medical student, attendees were excited for this engaging experience. "I felt each skills station was well taught and allowed me to shine when I got to my own third-year rotation."

Although some medical schools may mandate a few weeks of anesthesiology, the majority of U.S. medical students never have the pleasure of being on the brain side of the curtain. This conference provided a unique, immersive experience in the field. Attendees could learn and interact with others during break-out groups, presentations and talks. Topics included medically challenging cases, guidelines, practices updates, research, among many more.

Many medical students interested in research pursued funded summer projects with dedicated mentors through the Medical Student Anesthesia Research Fellowship (MSARF). Debbie Chi, a second-year medical student at Icahn School of Medicine at Mt. Sinai, participated in MSARF and was selected to give an oral presentation at the conference.

610 Medical Student Attendees

54 Non-Members

449 ASA Members

107 Poster Presentations

Andrew Neff, a third-year medical student at DMU, believed that this session was also a gateway for interview invitations. "There were a few fourth-year residency applicants I was with that were offered interviews that they wouldn't have received had they not attended."

"The greatest aspect of the ASA annual meeting was the ability to visit one-on-one with residency program directors," said Hybarger. "Getting a chance to speak with and hear from these directors was a highlight of my entire third-year clinical experience."

The meet and greet was just one of the many unique ways the conference can really jumpstart a career in anesthesiology. Getting a foot in the door wasn't just about the residency programs, though.

"The conference helped me make some connections that really cemented my decision to become a physician anesthesiologist," said Loosle.

Several other students decided to pursue anesthesia after the annual meeting according to Neff. "I went with three students from my school who were on the fence about anesthesia and are now all in based on their experience at ASA."

Meeting others in the field was the best part for Chi as well. "The best aspect was just experiencing the sheer networking opportunities at the conference. I would love to go again."

Connecting with others is vitally important for patients according to Dr. Atul Gawande, a surgeon at the Brigham and Women's Hospital and a prolific writer, during his keynote address. He credited anesthesia and sterile environments as the keys to improved outcomes in surgery, but pointed out that teamwork is an integral part as well. "We found out there are three major killers we had to focus on—unsafe anesthesia, unsafe infection...and a third category, lack of teamwork."

There are so many reasons to attend the ANESTHESIOLOGY annual meeting as a medical student: to work towards improving patient outcomes; to potentially improve the chances of getting an interview; to pad your resume; or, most likely, to appreciate how the physiology and pharmacology taught in medical school has advanced and is clinically applied. Whatever the reason, you will definitely find something there for you next year in San Francisco!

Twitter: @ParkBrianH

Medical Students Take Flight

Andrew Neff

It's no secret that medical school is expensive. Most people realize this long before starting medical school, but one of the unforeseen financial stresses is the countless roundtrip flights one must purchase during those four years. In addition to flights home for holiday vacations, there are the flights for specialty conferences, research-related trips and the ridiculous number of flights one purchases during interview season.

Last October, I chose to attend the ASA annual meeting in Boston. It was one of the most influential and impactful activities in my medical school career. I can't imagine having not attended this conference. The connections, experiences and education I had are irreplaceable. That being said, I know many students who were unable to attend primarily due to financial restraints.

It is obvious why students find it hard to justify the cost of these trips. When considering the 6–8% cost of loans most students use to afford these flights, it essentially doubles the true cost.

I wanted to quickly share how I have flown 11 round trip flights since the start of medical school and have yet to pay for

one simply by using **credit card sign-on bonuses**. There are countless travel reward credit cards that will award anywhere between 50k–100k flight miles to sign up for their card. The caveat is that they require you to spend \$1,000–\$3,000 within three months in order to be awarded their sign-on bonus. I've signed up for three cards at three different times during medical school and have easily hit the spending limits. Between school supplies, board prep materials, board registration fees and various other expenses, it is pretty simple to hit the spending limits if you are strategic about it. Here are my tips to remember when taking advantage of these offers:

- 1) Don't buy things you don't need to meet the spending limits. Be strategic and efficient in your spending so you aren't financially stretching to reach your spending limit.
- 2) The big expenses in medical school shouldn't go to waste. If you know you are going to be spending \$500 on board prep materials and \$1,000+ on board registration fees, then get a card that will reward you for that spending.
- 3) Pay your card off each month. This is the most important rule. As soon as you let even one cent of interest accrue, you are doing yourself a disservice. Be disciplined!
- 4) The cards that have the best rewards may have a yearly fee. If they do, it is fine to cancel them before you've had it for one year.

It should be noted that I have no financial gain from writing this article. I have just benefited tremendously from this advice. I hope these tips can help more students make it to San Francisco for ANESTHESIOLOGY 2018 and lighten the financial burden of other medical school-related travel expenses.

MEET YOUR GOVERNING COUNCIL



Esi Dickson
Chair

Esi Dickson has taken a non-traditional path toward medicine. She completed her undergraduate degree in nursing at the University of British Columbia in Vancouver, Canada. After two years of working on a cardiovascular surgery unit, she returned to school to obtain a post-baccalaureate certificate in critical care nursing. Esi was exposed to the field of anesthesiology during her seven years as a CVICU RN. It was also during this time that she made the decision to pursue a career in medicine.

As a current third-year medical student at Oregon Health and Science University, Esi leads the Anesthesiology Interest Group and hopes to expand student awareness of anesthesiology as the excellent specialty that it is by establishing a Big Sib/Little Sib program that will allow students to shadow and obtain mentorship from senior residents.

As Chair of the Medical Student Component, Esi hopes to utilize her leadership to fulfill the ASA's mission of advancing the practice and securing the future of anesthesiology. She believes that this can be achieved by encouraging students to become involved current policy and advocacy issues.

Esi is extremely interested in health care delivery in developing countries, especially the need for critical care and perioperative services in her native country of Ghana. She plans to pursue a fellowship in cardiac or critical care anesthesiology to help improve the access to safe anesthesia in low-income countries.

Justin is a second-year medical student at Oakland University William Beaumont School of Medicine (Rochester, MI). Having graduated with an engineering degree from MIT, he values that the field of anesthesiology allows him to integrate emerging technologies with medicine and to use his hands to help others. In his capacity as Chair-Elect, 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.



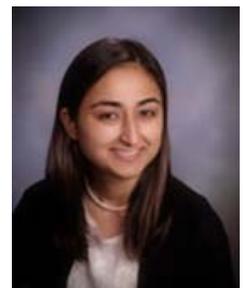
Justin Yuan
Chair-Elect



Andrew Neff
Secretary

Andrew is a third-year medical student at Des Moines University. While earning his degree in Economics from the University of Utah, Andrew discovered an enthusiasm for anesthesiology. During his time in medical school, Andrew has developed a focused interest in political advocacy and procedural medicine. As ASA Medical Student Component (MSC) Secretary, Andrew plans to rely on his experience as AMSA political chair, ultrasound lead TA, and his ample business background to deliver a relevant, instructive and collaborative ASA Quarterly Newsletter. Through his efforts, he hopes to increase active ASA participation, and establish a connected and informed anesthesia-focused medical student community.

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.



Elena Madan
Senior Advisor



Natalie Taylor
Member-At-Large

Natalie is a fourth-year medical student at Temple University in Philadelphia. She is originally from San Diego, California and went to college at Northwestern University in Chicago. She is currently applying to residency and is excited to see where she will end up next. She chose to pursue anesthesiology for the diversity of the specialty. She was impressed by an anesthesiologist's ability to respond to emergencies in the general O.R.s, on L&D and on the floors. Her wonderful mentors within the field of anesthesiology have taught her so much, and she is excited to work to make the future of anesthesiology even brighter and to show potential anesthesiologists this exciting field. Outside of the hospital, Natalie loves to do yoga, go hiking and surf.

Amol Utrankar is a fourth-year medical student at Vanderbilt University School of Medicine in Nashville, TN. Originally from Edison, New Jersey, he completed a B.A. in Economics and Sociology at Rice University in Houston before migrating north to Nashville. At Vanderbilt, his interests are in technology, medical education and health policy. As an ASA MSC officer, Amol is excited to work with the Medical Student Component to promote career development and education in anesthesiology, critical care and pain medicine among the next generation of anesthesiologists.



Amol Utrankar
AMA Delegate



Connor Eagleton
AMA Alternate

Connor is a second-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 anesthesia through experiences with both surgery and internal medicine, in which he realized he wanted aspects of both in his career and thought that anesthesia 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.

Daniel Soliman is a third-year medical student at the Oakland University William Beaumont School of Medicine. He previously served as the president and M1 representative of the Anesthesiology Interest Group (AIG) at the OUWB SOM. Before entering medical school, he studied pharmacy at the University of the Sciences in Philadelphia. He has experience working as an intern and pharmacist in both hospital and retail pharmacy settings. His professional passions include clinical anesthesiology, pharmacology, and developing workshops and activities for medical students. In his free time, he enjoys playing basketball, reading, and spending time with his family and friends.



Daniel Soliman
Alternate

MEDICAL STUDENT COMPONENT (MSC) LEADERSHIP

DELEGATES: THE ROLE OF AN ASA DELEGATE IS TO SERVE AS A MEDICAL STUDENT LIASON BETWEEN THEIR SCHOOL AND THE ASA 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.

DELEGATE TERMS RUN FROM JULY 1 through JUNE 30 OF EACH YEAR.

APPLICATIONS CAN BE FOUND AT:

<http://www.asahq.org/about-asa/component-societies/asa-medical-student-component>

OUTSTANDING ANESTHESIA INTEREST GROUP AWARD

This award is presented annually to those AIGs that show an exceptional level of participation, enthusiasm, program quality, professionalism and involvement in their university community, and at the ANESTHESIOLOGY® annual meeting.

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.)

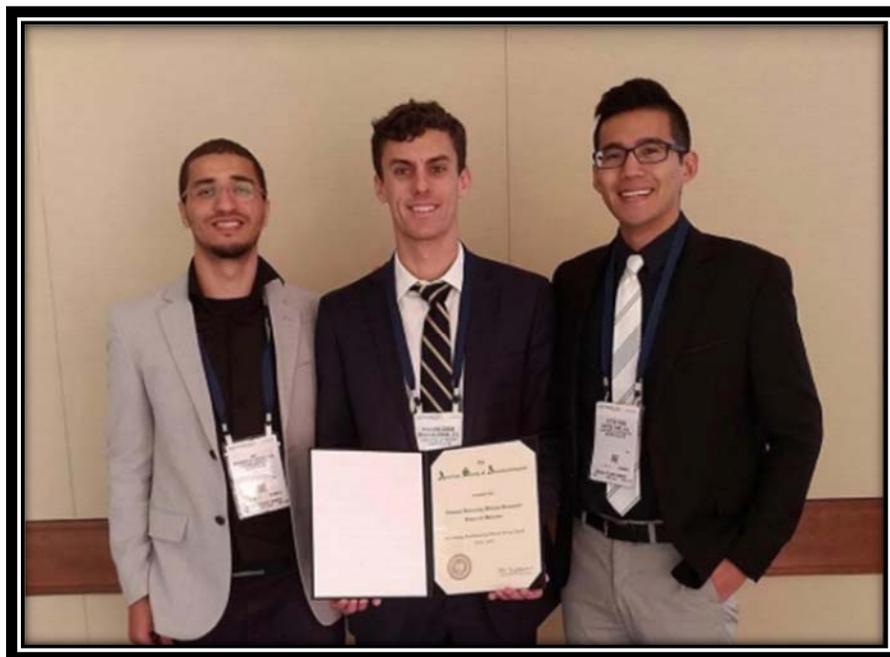
2016-2017 OUTSTANDING ANESTHESIA INTEREST AWARD RECIPIENTS

The Anesthesiology Interest Group (AIG) at Oakland University William Beaumont School of Medicine (OUWB) is full of students who are passionate about making peers aware of why anesthesiology is one of the most enticing and interesting career choices. We try to be creative with the numerous events that we hold each year, fostering a fun and professional environment that attracts many students. Some of our more interesting events include hosting a lunch Q&A session with a malpractice lawyer or teaming up with OUWB's biomedical ethics group to discuss ethically tricky scenarios in which anesthesiologists may find themselves. We regularly host an excellent simulation workshop with Beaumont Health anesthesiology residents.

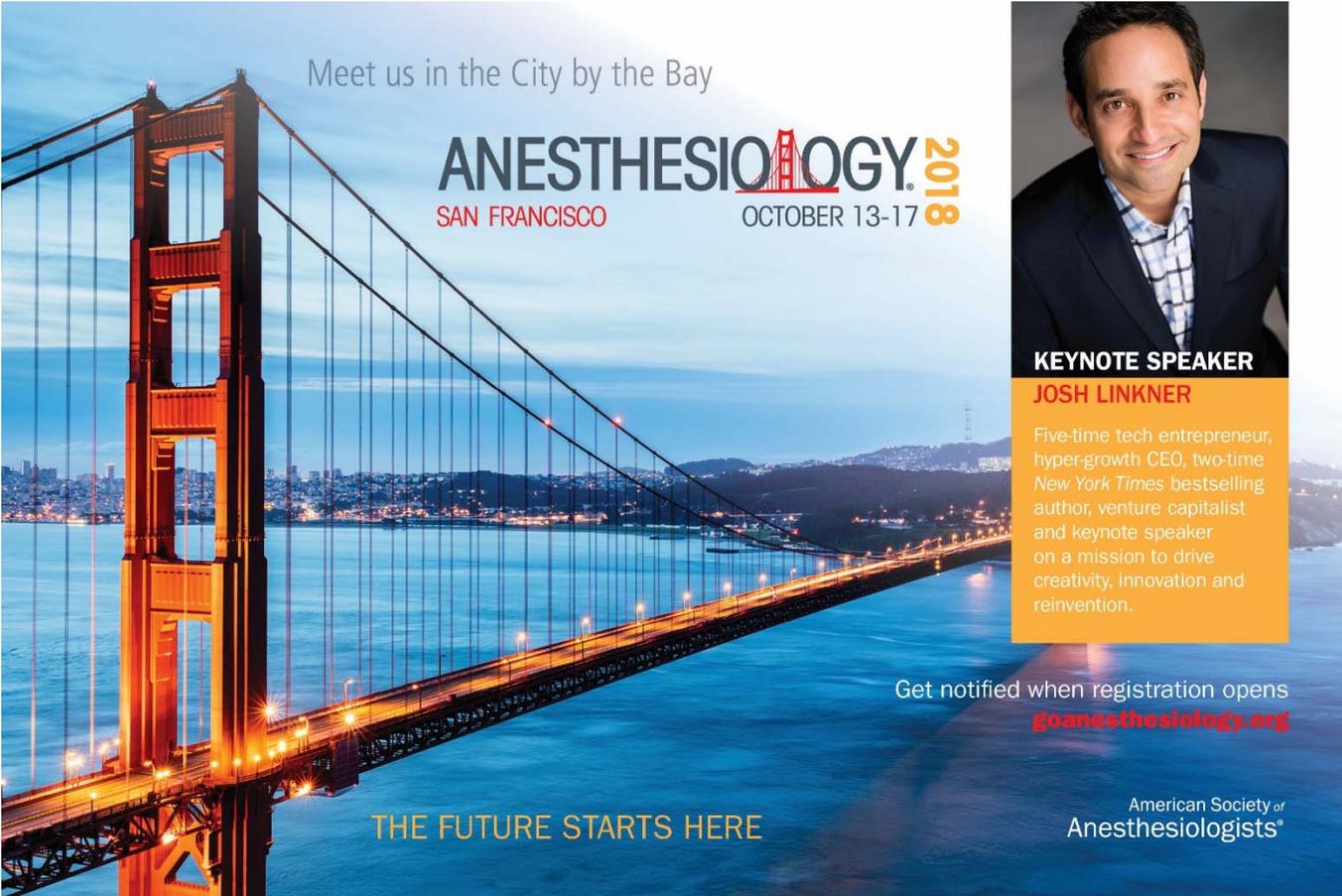
A major key to our success is having a committed and involved faculty advisor in Dr. Kathy Schlecht. She gives us autonomy but is always available with helpful advice, speaks at our events, and runs the simulation workshop.

Additionally, many of our members are involved in anesthesiology outside of the events that we host. Students are shadowing anesthesiologists; multiple students represent positions in the ASA Medical Student Component, including Chair-Elect and Delegates; and we have students each year working in the Medical Student Anesthesia Research Fellowship with FAER. AIG at OUWB is involved with social media, including Twitter and our in-house student organization network, OrgSync.

The AIG at OUWB is proud to share enthusiasm in anesthesiology with our fellow students at OUWB and all over the country.



UPCOMING EVENTS



Meet us in the City by the Bay

ANESTHESIOLOGY 2018
SAN FRANCISCO OCTOBER 13-17

KEYNOTE SPEAKER
JOSH LINKNER

Five-time tech entrepreneur, hyper-growth CEO, two-time *New York Times* bestselling author, venture capitalist and keynote speaker on a mission to drive creativity, innovation and reinvention.

Get notified when registration opens
goanesthesiology.org

THE FUTURE STARTS HERE

American Society of Anesthesiologists®



Save the Date

LEGISLATIVE CONFERENCE 2018

MAY 14-16 | HYATT REGENCY WASHINGTON ON CAPITOL HILL | WASHINGTON, D.C.

LETTER FROM THE EDITOR

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Chair
- **Justin Yuan**
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- **Andrew Neff**
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- **Elena Madan**
Senior Advisor
- **Natalie Taylor**
Member-at-Large
- **Amol Utrankar**
AMA Delegate
- **Connor Eagleton**
AMA Alternate Delegate
- **Daniel Soliman**
Alternate

Dear ASA MSC Component,

It is with great honor and excitement that I serve as Secretary and Editor of the ASA MSC newsletter for the 2017–2018 term. The governing council and I hope to strengthen the ASA Medical Student Component through new opportunities and resources for its members. In the short time I have had with the council, I have already witnessed the drive and determination each member has to add to your medical school experience and aid in your pursuit of becoming an anesthesiologist.

I strongly encourage our members to be active within their Anesthesia Interest Groups (AIG). If you don't have an AIG at your school, then start one. It is through the AIG and the AIG's Delegate that you will be timely informed of unique opportunities and helpful resources.

The ASA Medical Student Component Governing Council welcomes your questions, comments and concerns as we work together to broaden awareness and promote interest and knowledge of anesthesiology.

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

Sincerely,
Andrew Neff

INTERESTED IN GETTING INVOLVED?

CONTRIBUTE TO THE MSC NEWSLETTER

IF YOU ARE INTERESTED IN WRITING AN ARTICLE
FOR THE UPCOMING MSC NEWSLETTER, PLEASE
CONTACT ASA.MSCSECRETARY@GMAIL.COM