My first adventure to an ASA conference
Jennifer Shuey, MS3, Chicago College of Osteopathic Medicine

October 2019, I woke up early headed to the airport to catch my 6:00 flight. I was headed to Orlando Florida, my husband and three boys in tow. I was nervous, I had no idea what to expect. I was excited to be surrounded by others who were just as excited as I was to learn about our futures as anesthesiologists. I enjoyed the meeting, made new friends, and found new mentors. The convention center was filled with an energy and excitement that I had never felt before. I knew this was the place for me. My children were excited to visit Orlando, it was a great experience to adventure in the city however the highlight of my trip was the rejuvenated love of anesthesia.

Saturday morning was full of lectures. I arrived, found the room, and found the perfect seat. I wasn’t sure what to expect. I was so intrigued by the first lecture that I didn’t leave my seat the entire morning. There were many people standing and then heard students were in the hallway trying to get in. It was honestly amazing how many people were interested in the field.

I had started looking into residencies before the meeting, 2 hours at the residency fair guided my match plan more than the months of internet searches I had done before. I was looking forward to and preparing for the house of delegates meeting. I woke up early and arrived at the convention center. I was able to speak with many fourth years who were going through the match process. They gave me a lot of good advice that I will keep with me as I go through the match, myself.

Sunday afternoon I signed my son up to be an anesthesiologist for a day. The attendings and residents put together a great program for the kids. My son had a lot of fun as he progressed through all the different stations. He still talks about his experience frequently. The experience made him so proud of me and my future.

If you are wondering about going to the next meeting, I highly recommend it. The networking, exposure, and friendships are irreplaceable. It is an also a place to learn about research experiences and the future of the field. The dates have been published for years in advance, it’s never too early to start planning. Please always remember to get permission from your home institution. I also highly recommend getting involved with your state level organizations, some states even offer sponsorships to attend the annual meeting. Personally, the night I left I started to plan my adventure to Washington DC.
WELCOME ASA MEDICAL STUDENT COMPONENT
GOVERNING COUNCIL OFFICERS 2019-2020

Stacia Griebahn President

Stacia is a third-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, 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 more opportunities for hands-on clinical skills workshops at the ANESTHESIOLOGY Annual Meeting. Aside from her apparent dedication to anesthesiology, Stacia enjoys snowboarding and hiking with her dog, Ozzi.

Abigail Schirmer President Elect

Abigail is a second-year medical student at Florida State University College of Medicine. Prior to beginning medical school, she attained Microbiology and Nutritional Sciences degrees at the University of Florida, where her passion for the field of anesthesiology was initiated through patient safety research, mentorship, and exposure to the many essential roles of an anesthesiologist. Additionally, she was a FAER Medical Student Research Fellow at the University of Colorado in the Summer of 2019. As President-elect of the ASA Medical Student Component, Abigail is excited to serve ASA’s mission of “securing the future”. Her goal is to create an initiative to promote diversity and inclusion amongst medical students hoping to enter the field of anesthesiology. Outside of medicine, Abigail enjoys swimming, hiking, and cheering on the Florida Gators!

Jennifer Shuey Secretary

Jennifer is a 3rd year student at CCOM and a Chicago native. She earned her bachelor’s degree from Lewis University in Biochemistry. Before attending medical school, Jennifer received a master’s from University of Florida in Forensic DNA and serology. She has 2 boys and spent time experiencing pediatric anesthesiology from the parent’s side. These experiences showed her that she was in the wrong field and decided to apply to medical school after receiving a second master’s in biomedical sciences. Her hobbies revolve around her children and their favorite activities. Jennifer is excited to help students with interest in anesthesiology be in touch with the field as early as possible.
Eve Pourzan Senior Advisor

Eve is a fourth-year medical student at Michigan State University, College of Human Medicine. She received her Bachelor of Arts in Political Science from the University of California, Santa Cruz. Prior to pursuing medical school, she worked in the Michigan Legislature. In her third-year clerkships, Eve thankfully took an anesthesiology elective, where she fell in love with the specialty. As Senior Advisor on the ASA Medical Student Component, she wishes to continue providing resources for students interested in anesthesia.

Frey Gugsa Member at Large

Frey is a rising 4th 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.

Boris Anyama Alternate

Boris is a fourth-year medical student at St. George’s University School of Medicine. Raised in Houston, Texas, he earned his Bachelor of Science degree in Biology at the University of Louisiana at Lafayette on a football scholarship. Before attending medical school, Boris played in the National Football League for the Atlanta Falcons. Boris believes that if every medical student is informed about the field of Anesthesia, they would gain insight into the career and commit themselves early on in their medical training with an unquestionable sense of purpose and direction. He intends to build on the resources provided by ASA, to be a strong advocate for the organization, and a brother to any student with interest in Anesthesia. Outside of medicine, Boris enjoys spending time with friends and family.
Vy Le Delegate to AMA Medical Student Section

Vy Le is currently a fourth-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 fell in love with anesthesia 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 delegate to the AMA, Vy will work to ensure that ASA and AMA resources are accessible not only to students already interested in anesthesia, but also those who are not so familiar with the specialty.

Akshay Shanker Alternate Delegate to AMA Medical Student Section

Akshay Shanker graduated from Washington University in St. Louis with bachelor degrees in Biochemistry and Writing. He then began medical school at Temple University in Philadelphia, where he found anesthesia to be a perfect intersection of procedural expertise with medical / surgical decision making. He is currently taking a research year in cardiac anesthesia at Beth-Israel Deaconess Medical Center (BIDMC) in Boston. Akshay truly cherishes the mentor-mentee relationship from both perspectives. As the Alternate Delegate to the AMA, he plans to advocate for all levels of student engagement—from first year students looking to learn more about the field to fourth year students in need of detailed residency guidance. Akshay hopes to use his experience in both community and academic programs to help students decide if anesthesiology is the right field for them and if so, support them along every step of the way. He can be reached via email for questions or comments at any time.
The Importance of Mentorship to Aspiring Anesthesiologists
Aaron Overbeck, OMS-3, Kentucky College of Osteopathic Medicine

Anesthesiology is a highly specialized field that receives relatively limited exposure among medical students. There are no classes dedicated to this specialty, there are only small numbers of students in the clubs at many schools, and there is no mandated rotation through the "specialty behind the curtain." Many students don’t find interest in or pursue anesthesiology until third or fourth year of medical school, after spending time in the operating rooms. Several attending physicians assure their students that this is very common and should not deter anyone from pursuing this great profession for the sole reason of discovering it “too late.”

A mentor in the field can be a great boon when it comes to finding one’s calling and navigating the application process. Even before beginning that process, having a mentorship is beneficial in gaining an understanding of the day-to-day life of an attending anesthesiologist.

As a third-year medical student, I was fortunate enough to have a month-long elective rotation, which I chose to spend with the anesthesia team. It has been one of the best experiences for me as I not only started to learn the basic skills of anesthesia, but found mentorship and guidance in the field. A mentor is an invaluable resource moving forward. There is the obvious reason of needing letters of recommendation, and this is a good place to start. However, having a mentor is a lot more than that. It provides a way for students to ask all the questions that they may have about the field, lifestyle, income, debt management, residency selection, and more.

The first and most important step in finding a mentor is for the applicants to find someone who has a personality similar to their own. Anesthesiologists are stereotypically some of the most open and down-to-earth medical professionals. It is important that the applicants find a mentor who can connect with them on topics unrelated to medicine, whether that be sports, music, outdoor activities, or anything else. Clerkships are the best time for the students to find someone who will be able to guide them along the medical school journey to residency and eventually into a career, in which they may work side-by-side with the attending physicians as colleagues.

After the students find a suitable mentor, there are four major areas the mentor can help with.

1. Is anesthesiology the right path? The most important place for students to start is to get their feet wet and see what each day brings for an anesthesiologist. Clinical rotations should be full of discovering the likes and dislikes in each specialty, as you start to put together an understanding of what would be expected as future attending physicians.
2. How to pursue anesthesiology further? A mentor can provide students with all the information we could ever want in how to prepare for board exams, audition rotations, points of contact, and even further networking. Students should use their mentor as someone they can go to with both questions and ideas.
3. How to get into residency? Mentors have gone through this same exact process, and they understand the stress of not getting their top choice, thinking they’re not competitive enough, and having the self-doubt that accompanies many students as they tackle the steep learning curve. For students to have a mentor who is similar to themselves can be even more important at this point in their career because of this empathy and experience.
4. Being a point of contact. Many students feel an overwhelming sense of pressure to do everything perfectly and to have the ideal application when applying for residency. In some regards, we should feel this stress—we are going to be working with patients who entrust them with their lives and who tend to fear the anesthesia portion of surgery more than the surgery itself. However, it is important to have mentorship to provide reality checks when needed, to guide students in the right direction, and to provide both critiques and congratulations along the way.

One last comment that may seem difficult to accept is that students will not be proficient at those basic skills of masking a patient, performing intubations, understanding the anesthesia machine, and placing lines after doing only a couple of rotations. This time is simply an introduction to the field and provides a first exposure. It allows students to see a variety of cases and get a feel for the interaction between anesthesiologists, surgeons, CRNAs, and all the other professions working together in the OR. Students should enjoy the experience and make a connection with an attending physician who they can see themselves working with long-term, and they should always express gratitude for being allowed the opportunity to participate in the practice of anesthesiology.
Mentee-Mentor Sign Up
Eve Pourzan, Senior Advisor, ASA Medical Student Component Governing Council

My name is Eve Pourzan, and I am the Senior Advisor of the ASA Medical Student Component Governing Council. I am writing to invite medical students (MS1 to MS4) to sign up for the ASA Mentorship Program.

The aim of the program is to foster student-resident relationships with a goal of providing a safe environment for mentees to ask questions as they explore the field of anesthesiology. Each mentor–mentee relationship will have unique needs depending on the areas of interest, communication styles, and commitment. Medical students may want advice on residency applications, interviewing, building professional networks, ASA involvement, etc. For residents, this is an excellent volunteering opportunity that you can add to your resume, which offers valuable mentoring skills. If you are interested in participating in the program please fill out this Application Form.

https://docs.google.com/forms/d/e/1FAIpQLSfXzdH91O9eh7PWWYOUCvMRZAdsuETKF32zBkbuqV2SmVJDHw/viewform?usp=sf_link

The sign-up period for the Mentorship program ends Wednesday, April 1st.

We will use the information you submit to find a good mentor match. Once you are matched, we will send an introductory email with some common questions and ideas to discuss.

Make sure you join us in Washington D.C. for ANESTHESIOLOGY 2020, October 2-4!

The ASA Annual Meetings are a great opportunity for medical students to attend a variety of helpful and educational sessions, as well as network with other medical students, current residents and residency program directors.

ANESTHESIOLOGY 2021: San Diego, CA
ANESTHESIOLOGY 2022: New Orleans, LA

More information: https://www.asahq.org/annualmeeting
Dear ASA Medical Student Component,

I am very grateful to be elected as your new Secretary for the ASA Medical Student Component. I am excited to serve as your Secretary for the remainder of this year. The ability to work with other students and colleagues interested in the wonderful field of anesthesia is an amazing opportunity.

This is my first newsletter as your secretary. The process of putting this together has been a great experience. I look forward to working with more of you in the future.

Sincerely,

Jennifer Shuey
MSIII, Chicago College of Osteopathic Medicine

Ways to Get Involved in the ASA Medical Student Component:

- Become a delegate/alternate delegate for your school
- Apply for a governing council position; a new council is elected at each Annual Meeting
  - You can always reach out to current council members to have your voice heard!
- Reach out to your State Component Society to become a more active medical student member within your state; this can propel further opportunities!
- If interested in writing in a future newsletter please contact Jennifer Shuey at asa.mscsecretary@gmail.com