

# Carolina DREAMING

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## Kolarczyk to Lead Statewide Expansion of Surgical Pathways Across UNC Health



Medical Director for Perioperative Care Redesign Dr. Lavinia Kolarczyk oversees development, growth, and implementation of the ERAS program across the UNC Health enterprise. She works with Executive Medical Director of Care Redesign Larry Marks, MD, and Director of Care Redesign Brendan Malay, MBA, to advance system-wide Q.I.-driven perioperative pathways adopted by UNC Health as FY21 Organizational Goals.

In 2014, Associate Professor of Anesthesiology **Lavinia Kolarczyk, MD, FASA**, could not foresee the lasting impact her small seed grant project would have on surgical care across UNC Health's enterprise. Participating in UNC School of Medicine (SOM)'s Institute for Healthcare Quality Improvement (IHQI) Improvement Scholars Program, she designed and piloted the first Enhanced Recovery After Surgery pathway at UNC Medical Center for pancreatic surgery. This evidence-based, multidisciplinary surgical care pathway improved pain control, reduced length of stay, and decreased unanticipated ICU admissions.

Dr. Kolarczyk's successful pilot has since evolved into the highly regarded Enhanced Recovery after Surgery (ERAS) program at UNC Health. Given its ongoing success, ERAS was identified as a priority program and organizational goal. In October 2020, the program was recognized with an award from the UNC Medical Center Improvement Council, and Dr. Kolarczyk was named to the UNC School of Medicine IHQI Associate Director team. She brings to the team tremendous success in leading quality improvement (Q.I.) and excellence in mentoring and teaching Q.I. principles to physician leaders across multiple specialties to promote quality and safety practices at UNC Medical Center.

In October 2019, the System launched its ONE UNC Health Transformation journey. It identified three initial priority areas — Operational Performance, Triangle Growth, and Care Redesign — to which highly qualified UNC School of Medicine and UNC Health appointees would be assigned to advance the campaign's administrative, operational and clinical goals across UNC Health's 12 affiliates.

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## MAKE A GIFT

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# Carolina Dreaming

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The 2020 global COVID-19 pandemic put ONE UNC Health on pause alongside healthcare progress initiatives worldwide. As hospital frontlines shifted from crisis to stability late year, UNC Health resumed ONE UNC Health. The System rebranded the campaign as ONE UNC Health Transformational recovery for re-engaging FY21 Organizational Goals, and executive leadership adopted two ERAS pathways as FY21 Organizational Goals.

Dr. Kolarczyk's Q.I. talents within the SOM had not gone unnoticed by UNC Health. She was uniquely qualified to bring perioperative quality of care expertise and leadership to the Care Redesign team. On March 1st, 2021, UNC Health executive leaders selected Dr. Kolarczyk as its Medical Director for Perioperative Care Redesign.

Dr. Kolarczyk brings to a high-level UNC Health System leadership post the Q.I. expertise to oversee development, growth, spread and implementation of the System ERAS Program across the UNC Health enterprise. Through embedding evidence-based surgical pathways into workflows, she contributes to the Care Redesign goals of reducing unwarranted care variation, improving quality, reducing cost, and enabling providers to apply best practices more easily in perioperative treatment delivery.

Dr. Kolarczyk stated: "I'm honored to be named to such a strategically important UNC Health System role in Care Redesign. I have to shift my thinking from focusing on UNC Medical Center goals to those within the System that align with resource allocation, expense control and other operational goals. Our aim is to develop and implement evidence-based perioperative pathways that optimally benefit patient care, drive improvement in quality, and reduce unwarranted variations in patient care."

Over the ONE UNC Health four-year timeline (2019 – 2023), Dr. Kolarczyk will work in partnership with Larry Marks, MD, Executive Medical Director of Care Redesign, Chair of UNC Radiation Oncology, and a long-standing SOM leader in Q.I. Dr. Kolarczyk will also collaborate with Brendan Malay, MBA, Director of Care Redesign and Program Manager of UNC Health's Enhanced Recovery After Surgery initiative.

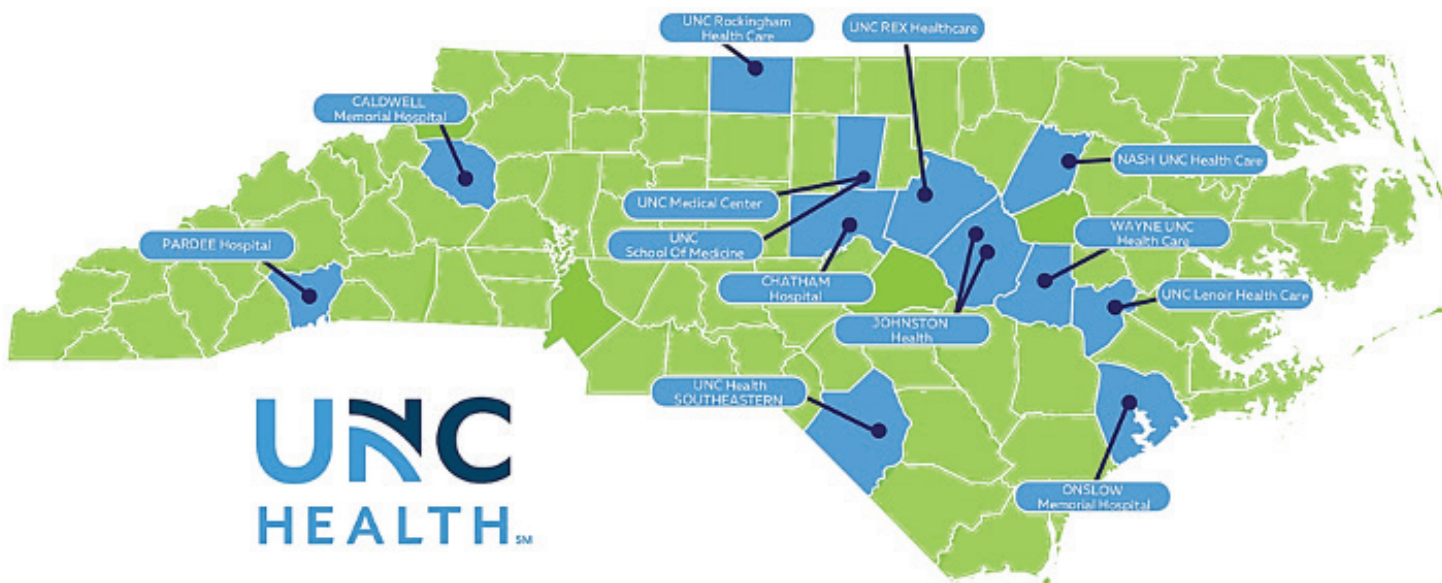
Dr. Marks stated: "We are thrilled that Dr. Kolarczyk has joined our Care Redesign team. She is uniquely well-suited for this role and brings years of experience, expertise, and enthusiasm about ERAS to our team. As a leader of several ERAS initiatives at UNC Medical Center, Dr. Kolarczyk will help us to promote and oversee our system-wide Care Redesign ERAS program."

Dr. Kolarczyk's expert grasp of designing and implementing system-level surgical pathways to advance quality of care meets the ONE UNC Health strategic imperatives of "transform[ing] patient care and health." Her experience in mentoring SOM providers on cross-disciplinary communications, Q.I. and safety translates to meeting the Care Redesign team's ONE UNC Health aims over four years through: 1) reducing negative byproducts of care; 2) improving patient outcomes and quality of care; and 3) reducing costs and operational differences.

Mr. Malay noted: "Dr. Kolarczyk is excellent at coaching peer physicians in ways that produce consensus on evidence-based best practices used across frontline provider teams. She impacts perioperative quality of care through training peer clinical leaders to lead teams across the spectrum, for optimal outcomes from pre-operative planning through post-operative recovery."

In her early months as Medical Director of Perioperative Care Redesign, Dr. Kolarczyk will focus on a select number of priority areas for growing the ERAS infrastructure and system-wide, Q.I.-driven pathways. To this end, she must transfer the Q.I. strides the ERAS program has made to date to macro-level progress that reduces clinical care costs, improves community health, and reduces mortality across North Carolina.

Dr. Kolarczyk said: "It is truly humbling to be representing my specialty, UNC Medical Center, and my department at the highest levels of our health care organization in this system leadership role. I believe my teaching and leadership experiences in quality improvement, multidisciplinary relationship building, and problem solving will serve me well. Most importantly, I hope to inspire our teams to deliver in a big way."



Dr. Kolarczyk leads ERAS program expansion across 12 UNC Health affiliates in North Carolina.

# NUMBERS AT A GLANCE\*

UNC Department of Anesthesiology

## System ERAS Program

Advancing surgical pathways across UNC Health



# 1800

Patients managed on Epic@UNC  
ERAS pathways\*

# 4

System-level Epic@UNC  
Clinical Pathways \*\*

# 5

Phases of care  
engaged in each pathway



# 140 plus

Clinical subject matter experts developing  
each pathway

# 12

UNC Health entities involved in System ERAS program



David A. Zvara, MD, FASA, FAHA  
Professor and Chair

## Chair's Note

### First Who ... Then What

Those familiar with Jim Collin's book *Good to Great* will immediately recognize this title from chapter three: First Who ... Then What. The basic idea is that it is far more important to find, recruit and retain motivated, enthusiastic, energetic and committed people to the team (the "who"), rather than worry over "what" specifically these people will do over time. Successful people find ways to contribute. They make their future, and many times, it is in areas and activities he or she had never imagined at the start of the career. This edition is full of these stories.

If one had asked Dr. Kolarczyk about leading a UNC Health System initiative in Care Redesign five years ago, she might have laughed. If one put forward that two of our faculty (Dr. Nichols and Murphy) are now senior members of the Dean's office, both would have scoffed. Same might be true for our new Vice-Chair of Professional Affairs (Dr. Concetta Lupa) and Vice-Chair of Clinical Affairs (Dr. Meena Bhatia). Or, perhaps the new Division Chief in General Anesthesiology (Dr. Sally Stander), or our new Director of Clinical Research (Dr. Stuart Grant). Or, maybe our new CRNA Assistant Chief (Tyler Smith). Or... or... and, or... We have so many outstanding individuals who are coming into their own leading in the Department, at the School, the Hospital, and the System.

Leadership is contagious. The Department of Anesthesiology is truly leading in the number of people we have contributing to our greater missions. The folks we've tapped to lead clinical areas, educational activities, research and service contributions, by-and-large, started out as regular faculty, residents and staff in the organization. The fire comes from within, but the mentorship from everyone in the organization plays such a key role in personal development. It simply cannot be overstated. I am so proud of each of our leaders, established, new, or up and coming. I am proud of each of you.

What an exciting time and tribute for the people in our Department. Enjoy this issue.

\* Since May 2019

\*\* As of May 2021



## CRNA Spotlight

UNC Anesthesiology CRNAs possess an exceptional capacity for leadership growth beyond the clinical frontlines. Here we recognize the leadership appointments and career development honors in early 2021 of four outstanding CRNAs.

### TYLER SMITH, CRNA

In March 2021, **Tyler Smith, CRNA**, was selected as UNC Anesthesiology's new Assistant Chief CRNA. Tyler has 14 years as a nurse anesthetist, including 10 years as a provider at UNC Medical Center, 3.5 years of which have been as a Charge CRNA. Chief CRNA Kyle St.Jean noted: "Tyler is the consummate professional, quiet yet skilled in all facets of nurse anesthesia practice."

The Department thanks **Julie Lowery, CRNA**, for her decade of selfless service in this role. Julie began working at UNC in October 1995, first as a staff CRNA, and since 2010 as Assistant Chief CRNA. Chief CRNA Kyle St.Jean noted: "Julie worked tirelessly in all facets of our department, consistently delivering high quality care to all."

### AARON LEMMON, CRNA

In March 2021, **Aaron Lemmon, CRNA**, was named UNC Anesthesiology's APP Clinical Lead of Enhanced Recovery After Surgery (ERAS). He will serve as the APP subject matter expert (SME) for bringing individual UNC ERAS pathways in concert with faculty attendings and facilitating evaluation and efficient tracking of ERAS metrics. Aaron has been involved in multiple departmental patient safety/quality improvement initiatives and in early 2021 was named to the ERAS Executive Council within UNC Health.

Chief CRNA Kyle St.Jean noted: "Aaron has continually challenged himself for over ten years as a UNC CRNA. He is a tremendous APP asset within our talented group."

### CARLY RAYNOR, CRNA

In March 2021, **Carly Raynor, CRNA**, was appointed UNC Anesthesiology's APP Clinical Lead of Pediatric Anesthesia. This vital role establishes minimal annual competency standards for Department APPs working in this demanding subspecialty environment and develops policy and procedure to streamline and improve efficiency, with emphasis on first case on-time starts and complex surgical interventions.

Chief CRNA Kyle St.Jean noted: "Carly has done an exquisite job managing our group's vacation scheduling process. She also is quite facile with value stream analysis and will look to help with our transition to a more encapsulated pediatric division following the opening of UNC Health's new surgical tower in 2024."

### LYNN T. HARRIS, CRNA

**Lynn T. Harris, CRNA**, was accepted into the 2021 Class of NCANA Leadership Fellows of the North Carolina Nurses Association (NCNA) Leadership Academy. This academy consists of a series of leadership workshops that empowers nurses to think outside the box, and improve their communication and advocacy skills in professional, civic and community arenas, and lead nursing forward!



(Clockwise from top L): Julie Lowery, Tyler Smith, Aaron Lemmon, Carly Raynor, Lynn Harris.

# Research

## CHRONIC LOW BACK PAIN THERAPY

Assistant Professor of Anesthesiology **Matthew Mauck, MD, PhD**, has long studied the fundamental question of why patients transition from acute to chronic pain. Over five+ years at UNC, this anesthesiologist and systems neuroscientist has led clinical trials on chronic pain following traumatic injury. Trial results have advanced understanding of the transition from acute to chronic pain and led to interventions that prevent the transition to chronic pain following traumatic injury.

In November 2020, Dr. Mauck was tapped to join the \$110M National Institutes of Health (NIH) Back Pain Consortium (BACPAC) Research Program as a clinician advisor. The patient-centered BACPAC Research Program focuses on effective, personalized chronic low back pain therapies via interdisciplinary methods and innovation to examine biomedical mechanisms within a biopsychosocial context.

Dr. Mauck brings systems neuroscience chronic pain expertise to a multi-disciplinary team developing and initiating the BACPAC Research Program's centerpiece \$30 million adaptive platform sequential, multiple assignment, randomized trial. Dr. Mauck's data analysis expertise will be key to refining the BACPAC Minimum Dataset, a collection of demographic and baseline characteristic core data elements and longitudinal assessments, administered to study participants at baseline to improve understanding of its underlying, complex mechanisms.

## SCHOLARLY DIVERSITY IN MEDICINE

Assistant Professor of Anesthesiology **Martha Kenney, MD**, is an early-stage investigator in sickle cell disease (SCD) and acute sickle cell pain. As a junior investigator, she has earned institutional, federal and industry funding that enable her to promote diversity in healthcare research.

In April 2021, UNC School of Medicine (SOM)'s Office of Inclusive Excellence accepted Dr. Kenney to the UNC Simmons Scholar Career Development Program. Launched in 1994, this program extends up to five years of funding support to UNC medical research faculty from traditionally under-represented populations. It aims to build a multi-disciplinary faculty research community and promote intellectual diversity and scholarly interests across UNC SOM.

Over five years, Simmons Scholars can access up to \$150,000 to pursue diverse academic interests. Program funding can support Dr. Kenney's work to understand the risk factors and predictors for progression from acute to chronic sickle cell pain. It also allows her to build upon the successes of an NHLBI-funded pilot descriptive study (\$14K) via the Programs to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE). This study examines use of ketamine as an adjunctive analgesia for vaso-occlusive crisis in patients with SCD in this under-represented area of investigation.

The Simmons Scholars program additionally allows Dr. Kenney to mentor UNC students and trainees from under-represented backgrounds.

## 2020 SCHOOL OF MEDICINE RESEARCH ROUND-UP

Congratulations to three outstanding UNC Anesthesiology faculty researchers for their recognition in the January 2021 UNC School of Medicine newsroom's "Research Round-Up Highlights of 2020"!

Obstetric Anesthesia division faculty **Lacey Straube, MD**, and **Kathleen Smith, MD**, co-investigated a double-blinded, randomized clinical trial evaluating procedural use of nitrous oxide for cephalic version (fetus head-down) in vaginal delivery. Trial results indicated the need to study nitrous oxide further for cephalic version as a promising, noninvasive analgesic with minimal side effects and limited facilities requirements. The study was published in the February 2021 *Journal of Clinical Anesthesia*.

Institute for Trauma Recovery investigator **Matthew Mauck, MD, PhD**, led a prospective, multi-center clinical trial that evidences Vitamin D administration as a promising intervention to improve chronic pain outcomes post trauma in individuals with low Vitamin D levels. The study was published in the February 2020 *Pain*.



(Clockwise from top L): Drs. Matthew Mauck, Martha Kenney, Lacey Straube, Kathleen Smith

## Leadership

**Leadership in medicine is born of passion and drive. Four outstanding UNC Anesthesiology faculty were appointed to Vice Chair positions in recent months and will lead the Department in its next era of faculty development, patient care, education and research advancement.**



**CONCETTA LUPA, MD**  
*Vice Chair of Professional Affairs*

When Professor of Anesthesiology and Pediatrics **Concetta Lupa, MD**, was named UNC Anesthesiology's Vice Chair of Professional Affairs (VCPA) in May 2021, she assumed a role unique in leadership structure across UNC School of Medicine (SOM) departments. Dr. Lupa's background prepared her for a distinguished leadership role aimed at augmenting each individual's professional advancement within UNC Anesthesiology. As VCPA, she chairs the Department's Promotion and Tenure Committee and is responsible for maintaining an organized Departmental Mentoring Program. Her work with the Department's SOM Liaison reinforces advocacy of UNC Anesthesiology's Diversity, Equity, and Inclusion initiative.

This passionate medical educator dedicates herself to producing superb subspecialty graduates as the Department's Pediatric Anesthesia Fellowship Director. She applies expertise in group engagement to train private and academic practice pediatric anesthesiologists. When the 2020 pandemic hindered her fellows' on-campus learning, Dr. Lupa expeditiously adapted her curriculum to enable remote learning virtually and to collaborate with other programs. She noted: "The pandemic pushed us to think outside the box. Being adaptable is crucial when challenged. You address situations from different angles. This experience will undoubtedly help me in my new leadership role."

Dr. Lupa's belief in service to the Department manifests through active participation in a multitude of UNC Anesthesiology Department committees. In 2009, she and fellow Pediatric Anesthesia faculty developed and launched a dedicated pediatric pain service at UNC Medical Center that has sustained access to pediatric pain management services for 10+ years. As Program Co-Director of the Annual UNC-Duke-Wake Forest Pediatric Anesthesia Conference for six years, she joined peer educators statewide in facilitating intensive clinical practice review for pediatric anesthesia care providers across the Southeast.

Dr. Lupa's depth of professional engagement extends nationally to her American Board of Anesthesiology contributions, where she serves as Vice Chair for the Pediatric MOCA committee to the collegial network of Pediatric Anesthesia Program Directors Association (PAPDA). She and peer PAPDA members convene to discuss subspecialty program enrichment, recruitment strategies, and workforce preparedness. Her high-level involvement in PAPDA led to her naming as President-Elect, to be appointed PAPDA President in May 2022.

The Department thanks Professor of Anesthesiology David Hardman, MD, for his nine years of service and dedication as Vice Chair of Professional Affairs.

Dr. Hardman noted: "Dr. Lupa is a role model and inspiration for others. With her considerable skills, she will work tirelessly and selflessly on behalf of every member in the Department. I'm confident she will craft a new vision and blueprint to ensure the future academic success of our diverse and vibrant faculty."



**MEENA BHATIA, MD**  
*Vice Chair of Clinical Affairs*

Over the last five years at UNC, Associate Professor of Anesthesiology **Meena Bhatia, MD**, has built an exemplary record in clinical care and education. At a point when many early-career School of Medicine (SOM) peers are leveraging future leadership via faculty development programs, Dr. Bhatia's excellence in discipline and practice since Day 1 at UNC has already earned her several leadership posts. In May 2021, UNC Anesthesiology named Dr. Bhatia to succeed Dr. Bryant Murphy as Vice Chair of Clinical Operations.

Dr. Bhatia's depth of clinical expertise and leadership prepared her well to oversee UNC Anesthesiology's clinical operations across UNC Health's specialty programs. In 2015, she joined faculty fresh off back-to-back subspecialty fellowships in Critical Care Medicine and Cardiothoracic Anesthesia. Three years later, she was appointed Division Chief of Critical Care Medicine. Dr. Bhatia's cross-disciplinary expertise has led to major clinical operations leadership posts within UNC Anesthesiology, UNC Medical Center and at the national and state levels. She has held multiple CVTICU care delivery and educational leadership positions within UNC Anesthesiology, UNC Medical Center, and UNC School of Medicine. She serves on multiple hospital-based committees including, but not limited to, the ICU advisory board, Infection Control Committee, the COVID-19 Surge Preparedness Committee, and served as the Chair of the Extra Pay Group for the COVID-19 operational force. Dr. Bhatia is well-published and serves on national panels and workshops in her area of expertise: acute kidney injury, postoperative pulmonary complications, advanced mechanical circulatory support devices, and cardiopulmonary physiology. She remains an avid national speaker and an active member of multiple national organizations.

Dually subspecialized with certification in Advanced Perioperative Transesophageal (TEE) and Critical Care Medicine, Dr. Bhatia is a pivotal leader in not only the residency educational training program, but also as part of training advance practice providers and nurses throughout the institution. For the past four years, Dr. Bhatia was named 'Teacher of the Year' by the anesthesiology residents, awarded UNC Department of Surgery teaching accolades, and inducted into the Academy of Educators (AoE).



The Department thanks Bryant Murphy, MD, for his service and dedication as UNC Anesthesiology's seven-year Vice Chair of Clinical Operations. In October 2020, Dr. Bryant was named UNC School of Medicine's (SOM) Senior Associate Dean for Leadership Development by the Office of Faculty Affairs and Leadership Development.



**SALLY STANDER, MD**  
*Division Chief of General Anesthesiology*

Associate Professor of Anesthesiology **Sally Stander, MD**, is a Tar Heel at heart — undergraduate, internship, two residencies (Anesthesiology and General Surgery) and fellowship — and a UNC Faculty Physician expert in clinical operations and quality improvement (Q.I.). In 2014, Dr. Stander joined UNC Anesthesiology faculty post-fellowship (Regional Anesthesiology). Five+ years and many institutional leadership posts later, this rising star has begun her next act at UNC, taking the helm in May 2021 as the Department's new Division Chief of General Anesthesiology.

Dr. Stander's dedication to Quality Improvement (Q.I.) in physician practice is evident at every turn. She is UNC Anesthesiology's Morbidity, Mortality, and Improvement Conference Coordinator and an active Patient Safety and Q.I. Committee member. At UNC Hospitals, she serves in multiple Q.I. leadership roles: 1) Anesthesia Lead – Surgical Site Infection Prevention; 2) Risk Management, Safety Awareness for Everyone (SAFE) Case Reviewer; and 3) Member – Patient Safety Subcommittee on M&M reporting.

Dr. Stander noted: "I enjoy [Q.I.] clinical applications and collaborating with colleagues and residents with the goal of improving patient safety and striving for improved standards of care."

Applied globally, Dr. Stander applies the patient care/education/research model of academic medicine to her work with UNC Global Anesthesia partner hospital Kamuzu Central Hospital (KCH) in Lilongwe, Malawi. At KCH, she introduced anesthesia-focused ultrasound practices, trains Department residents and KCH health officers, and serves as co-investigator of a longitudinal study aimed at improving success rates of spinal anesthesia and cesarean delivery outcomes.

Dr. Stander is highly involved within the Department and institution. She serves on multiple UNC Anesthesiology committees and works broadly across the Department's Regional and General Anesthesia Triangle-area UNC Health clinics. She also serves as Medical Director of the Triangle Regional Lecture Education Series (UNC-Duke collaboration).

With each leadership role, Dr. Stander works behind the curtain to leverage the Department's and institution's next-stage growth. As UNC Anesthesiology's Chief Anesthesia liaison, Dr. Stander leads the Department's subspecialty clinic expansion at the UNC REX Hospital campus in Holly Springs, beginning in September 2021.

UNC Anesthesiology thanks outgoing Vice Chair of Patient Safety and Quality Improvement Dr. Greg Balfanz for his service and dedication as UNC's Division Chief of General Anesthesia.

Dr. Balfanz: "I am excited to see Dr. Stander continue to push our large, diverse division forward. She brings with her a wealth of energy and enthusiasm to serve the betterment of our department."



**STUART GRANT, MD**  
*Vice Chair of Clinical Research*

Professor of Anesthesiology and Regional Anesthesiology (RA) Division Chief **Stuart Grant, MBChB**, learned his subspecialty during the 1990s. In the decades since, he has earned high regard for his expertise as a clinical educator and clinical investigator. Such renown lends support to his appointment to two major leadership roles within the institution and field in 2021. In April 2021, Dr. Grant was appointed to the American Society of Regional Anesthesia (ASRA)'s Board of Directors. In May 2021, he was named the Department's new Director of Clinical Research.

Dr. Grant is a nationally recognized leader in RA and an established clinical research investigator at UNC. He is well-established in clinical research related to his investigative interests, including RA/acute pain, clinical education, enhanced recovery, and neuromuscular blockade monitoring. Dr. Grant's long-time lead investigator roles in clinical trials with large-scale funding built expertise to now mentor UNC Anesthesiology clinical research faculty with similar aspirations. Dr. Grant's strong scholarly record in clinical research ranges from textbook editorship — 1st Edition (2012) and 2nd Edition (2016) *Ultrasound Guided Regional Anesthesia*. Editor: Grant SA, Auyong D. — to lead authorship of wide-ranging, contributed book chapters and publications.

UNC Anesthesiology Chair Dr. David Zvara noted: "Dr. Grant is the perfect physician anesthesiologist to lead our program forward in clinical research."

Dr. Grant's decades of involvement in the American Society of Regional Anesthesia (ASRA) span wide-ranging contributions to ASRA's education and operations interests, past and current. He has served in multiple ASRA leadership roles, including: 1) Director: ASRA-ASA Regional Anesthesia Education Portfolio Cadaver Course; 2) Member: ASRA's CME Committee; and 3) Faculty/Lecturer: ASRA Annual Meetings. Dr. Grant currently is part of the ASRA team planning the 2022 47th Annual Regional Anesthesiology and Acute Pain Medicine Meeting.

The Department thanks Priya Kumar, MD, for her five years of building UNC Anesthesiology's clinical trial strength in multiple areas as Director of Clinical Research. Department Chair Dr. David Zvara noted: "Dr. Kumar's tireless leadership has resulted in new knowledge and applications in Medicine. Gratefully, she has served as a formal and informal mentor to many of our faculty, residents and staff."

## Word from Our 2020–2021 Chiefs

**R**esidency is an experience remembered by both its challenges and victories. Our class has faced many challenges familiar to residents who came before us. Few compare to those we met during the peak of a global pandemic. As we started our final residency year, our world looked very different than previously. The ORs were slightly less busy at first, and everyone welcomed the time to breathe and reflect on the effects of the pandemic going on around us. We grew used to seeing only half of our colleagues and attendings, as well as our patients. Despite these additional stressors, it's safe to say we will look fondly back on this past year as, at times a hardship, and at times one that brought everyone closer together. None of us can say we will miss being in residency during a global pandemic, but we will certainly never forget it.

**“This experience, along with so many others here at UNC, has helped shape us into the physicians we are today and how we will continue to grow in the future.”**

Outside of our professional growth, we've also grown from 10 categorical new, nervous interns into now 14 confident senior residents. Our families have certainly grown, too, with the addition of four babies and one spouse during the past four years! It's almost unbelievable how fast time has flown. As we prepare for the next phase, we speak for the whole class in saying we are so grateful for the training and relationships we have encountered here at UNC.



(L to R): Drs. Anne Whitehouse, Chad Spencer and Michael Goldberg.

## Residency Update



**DR. SUSIE MARTINELLI**

On January 1st, 2021, **Susie Martinelli, MD, FASA**, was appointed Program Director of UNC Anesthesiology's 54-resident program. Dr. Martinelli has served in program leadership for more than 10 years — Assistant Program Director (2009–2013) / Associate Program Director (2013–2020). UNC Anesthesiology thanks Dr. Harendra Arora for his near decade of service leading our residency program. Under his guidance, the program has grown in breadth of experience and strength of clinical education. Drs. Emily Teeter and Rob Isaak will continue in their roles as Assistant Program Directors under Dr. Martinelli's leadership.

### ALPHA OMEGA ALPHA CHAPTER

UNC Anesthesiology congratulates **Vivian Doan, MD (CA-3)**, **Michael Gonzalez, MD (CA-2)**, and **Katie Mills, MD (CA-2)**, on their Spring 2021 acceptance into UNC SOM's Alpha Omega Alpha (AOA) Chapter. We are so proud of these residents' exceptional work in research, education, and advocacy!

### CA-2 LEADERSHIP DYNAMOS!

Congrats to **Katie Mills, MD**, for being named an Alternate Delegate to the American Medical Association (AMA) Resident and Fellowship Section. Dr. Mills joins **Tiffany Pham, MD**, and **Michael Gonzalez, MD**, as the North Carolina Society of Anesthesiologists Resident Delegates.

### MATCH DAY 2021

UNC Anesthesiology recruited an exceptionally talented and diverse group of residents on Match Day. We look forward to welcoming them to the program!

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| • Jacqueline Chavez – UTSW        | • Indraneel Prabhu – Touro Univ. |
| • Kelsey De Silva – Tulane        | • Joshua Pyant – VCOM            |
| • Hannah Jennings – Indiana Univ. | • Khadija Razzaq – UVA           |
| • Anjana Kumar – UNC              | • Adrina Skyles – Morehouse      |
| • Amy Moulthrop – UNC             | • Michael Wisniewski – Brody     |
| • John Odumosu – Brady            | • Matthew Eady – Wake Forest     |
| • Briel Power – Mercer            | • Timothy Keegan – VCOM          |





# Global Health



UNC Anesthesiology created a fund to support anesthesia clinical officer Henry Lizzi's medical school education, for him to fully train and become the first practicing anesthesiologist in Lilongwe, Malawi's capital city.

**H**ave you ever met someone and immediately sensed they would be a great leader? Someone whose integrity and wisdom are immediately evident? These were my first impressions of meeting **Henry Lizzi**. Henry is an anesthesia clinical officer at Kamuzu Central Hospital (KCH) in Lilongwe, Malawi. KCH is the District hospital in the capitol of Malawi that performs more than 4000 general surgeries and greater than 2500 obstetrics and gynecology procedures a year.

During morning report at KCH, I listened to Henry recount his night on call. He cared for a woman who unfortunately died from hemorrhagic shock during a cesarean section. His differential diagnosis and management of that patient was superb. The young woman did not die from his lack of skill or clinical competency. She died because there was no blood available at KCH. Barriers to providing critical care are everywhere in Malawi. Despite extremely limited resources and minimal education, clinical officer anesthetists provide exceptional care to Malawi citizens without outside assistance.

Since 2014, UNC Department of Anesthesiology has partnered with the anesthesia group at KCH. Together we have made strides in enhancing educational efforts with both anesthesia clinical officers and students in training, but our abilities are limited. Malawi is a country of 19.1 million people and has only four MD anesthesiologists. Alarming, no MD anesthesiologists practice in Lilongwe, Malawi's most populated city and capital.

Henry's keen awareness of Malawi's critical need to increase its base of MD anesthesiologists stands out among fellow KCH anesthesia clinical officers. He shows clear potential to succeed in medicine through obtaining an MD to practice anesthesiology. UNC Department of Anesthesiology has created a fund that will be supported by our faculty and alumni to provide a stipend

that enables Henry to enroll in medical school. In January 2021, Henry began a five-year medical degree program at the University of Malawi College of Medicine (MBBS). Upon completion of residency, he will return to KCH and become the city's first practicing anesthesiologist.

Henry noted: "In the years ahead, becoming a medical doctor and pursuing anesthesiology and intensive care will be of great importance to the Malawian population in improving access to quality basic surgical and anesthetic care."

The newly created fund will be used as a scholarship source for Henry and other KCH anesthesia clinical officers for continual medical education opportunities, quality improvement projects and research opportunities, and to enhance UNC anesthesia resident and fellow Global Health opportunities, in that order.

UNC abides by an overarching vision in global health to "teach a man to fish as opposed to giving him a fish." This fund subscribes to just that vision. In supporting the education of Henry Lizzi and other anesthesia clinical officers, we are empowering Malawians to lead the advancement of anesthesia and critical efforts at KCH. This will not only improve the care of their patients. It will also enhance the experience that our UNC residents and fellows receive during global health electives.

Thank you in advance for financially supporting Henry Lizzi and these efforts. You can learn more about UNC Global Anesthesia at [med.unc.edu/global-anesthesia](http://med.unc.edu/global-anesthesia).

— Janey R. Phelps, MD, FAAP  
UNC Global Anesthesia Program Director

## 2020 Scholarly Honors & Highlights

In 2020, unprecedented disease spread and rapid vaccine development dominated medical news coverage worldwide. As academic medical centers redirect the spotlight to scholarly accomplishments overshadowed by the pandemic, UNC Anesthesiology gives overdue recognition to some of the Department's scholarly honors and highlights from the past year.

### HONORS

**David Mayer, MD**, received UNC Medical Center's Friend of Nursing Award in May 2020.

**Susie Martinelli, MD**, was elected to the ASA National Committee on Wellness in September 2020. Dr. Martinelli was also recognized in the "Where Are They Now?" feature of the Academy of Educators "AoE Engage" bi-annual newsletter (December 2020), as a past recipient of the AoE's Education Scholarship Grant.

**Rob Isaak, DO**, received the ASA-SEA Distinguished Educator Award in June 2020.

**Kimberly Nichols, MD, FASA**, was the first UNC SOM guest Academy of Educators member to be interviewed for the new "AOE Engage: The Podcast."

A \$10,000 anonymous donation was made in honor of Professor of Anesthesiology **David Zvara, MD, FASA, FAHA**, to the Department's Anesthesiology Education Fund in November 2020.

**Brooke Chidgey, MD**, was chosen among 173 UNC Faculty Physicians in December 2020 to receive the 2020 UNC Hospitals and Faculty Physicians for Carolina Care Excellence award.

**Kathryn Cobb, MD**, served as contributing guest faculty in December 2020 for a 5-part, UPenn-led Non-Operating Room Anesthesia (NORA) course.

**Janey Phelps, MD**, was among four of 82 applicants to receive a "THET: Partnerships for Global Health" Africa Grants Programme funding stream award in April 2020 to support training anesthesia clinical officers (ACOs) at Kamuzu Central Hospital, in Lilongwe, Malawi.

### PRESENTATIONS

Raudales AM, Weiss NH, Contractor AA, Greene T, **Short NA**. Extending our understanding of the association between posttraumatic stress disorder and positive emotion dysregulation: A network analysis approach. Symposium: 36th Annual Meeting of the International Society for Traumatic Stress Studies. November 2020. Atlanta, GA.

**Short NA, An X, Ji Y, D'Anza T, Lechner M, Greene S, Bell K, Black J, Buchanan J, Reese R, Ho J, Reed, Tungate A, Bollen K, Martin SL, Liberzon I, Rauch SAM, Sullivan M, McLean SA**. Patient-Centered Classifications of Mental and Physical Health Symptoms after Sexual Assault: Results from a Large Prospective Study. In: A Basu & **SA McLean** (chairs). *Understanding Lifetime Trauma Profiles, Multidimensional Posttraumatic Sequelae, and*

*Treatment Implications from Large Cohort US Emergency Departments*. Symposium: International Society for Traumatic Stress Studies. November 2020. Atlanta, GA.

**Short NA, Tungate AS, Bollen KA, Witkemper KD, Lechner M, Bell K, Black J, Buchanan J, Reese R, Reed GD, Liberzon I, Rauch SAM, Kessler RC, McLean SA**. Acute stress symptoms mediate the transition from acute to persistent pain after sexual assault. In: A Rogers A, **Short NA** (chairs), *Improving treatment outcomes for comorbid chronic pain and posttraumatic stress: Recent translational findings*. Symposium: Association for Behavioral and Cognitive Therapies: November 2020. Philadelphia, PA.

**Martinelli SM**, "Active Learning in Anesthesiology Education." University of Iowa Hospitals and Clinics. Department of Anesthesia. October 27, 2020 (Invited Presentation).

### MANUSCRIPTS AND ABSTRACTS

Krause PC, **Grant SA**, Perez E, Starr AJ, Taitsman LA, Steen RG, Zura RJ. Letter to the Editor: "Iatrogenic peroneal nerve palsy rates secondary to open reduction internal fixation for tibial plateau fractures using an intra-operative distractor." *J Orthop Trauma*. 2020 Dec 1;34(12):e466–e467.

Gadsden JC, Sata S, Bullock WM, Kumar AH, **Grant SA**, Dooley JR. Korean J. The relative analgesic value of a femoral nerve block versus adductor canal block following total knee arthroplasty: a randomized, controlled, double-blinded study. *Korean J Anesthesiol*. 2020 Oct;73(5):417–424.

**Isaak R, Kolarczyk L, Blacker S, McNaul P, Arora H, Zvara D**, Time Will Tell: Going Beyond RVUs and ASA Units to Objectively Quantify Non-Clinical Contributions in Academic Medical Practice. *Anesth Analg*. 2021 Mar 1;132(3):910–915.

**Martinelli S, Chen F, Isaak R, Huffmyer J, Neves S, Mitchell J**, Educating Anesthesiologists During the COVID-19 Pandemic and Beyond. *Anesth Analg*. 2021 Mar 1;132(3):585–593.

**Chen F, Isaak R, Steiner B, Martinelli S**. Letters of Correspondence: COVID-19 Impacts University of North Carolina Medical Students' Perception of the Future. *NC Med J*. January 2021, 82 (1) 83–86.

**Martinelli S, Isaak R, Chidgey B, Bullard T, DiLorenzo A, Rebel A, Chen F**. Family Comes First: A Pilot Study of Incorporation of Social Support into Resident Well-Being. *J Educ Perioper Med*. 2020 Oct 1;22(4):E652.

## Congrats!

**Margolies SO, Patidar SM, Chidgey BA, Goetzinger A, Sanford JB, Short NA.** Growth in crisis: A mixed methods study of lessons from our patients with chronic pain during the COVID-19 pandemic. *J Contextual Behav Sci.* Vol. 19, Jan 2021; 12–16.

**Short NA, Lechner M, McLean BS, Tungate A, Black J, Buchanan J, Reese R, Ho J, Reed G, Platt M, Riviello R, Rossi C, Nouhan P, Phillips C, Martin SL, Liberzon I, Rauch SAM, Bollen K, Kessler RC, McLean SA.** Health care utilization by women sexual assault survivors after emergency care: results of a multisite prospective study. *Depress Anxiety.* 2021 Jan;38(1):67–78.

**Short NA, Lechner M, Bell K, Black J, Buchanan J, Ho J, Reed G, Corzine A, Riviello R, Martin SL, Liberzon I, Rauch SAM, McLean SA.** Anxiety sensitivity prospectively predicts increased acute posttraumatic stress and related symptoms after sexual assault. *J Trauma Stress.* 2020 Dec;33(6):1111–1120.

Joormann J, **McLean SA**, Beaudoin FL, **An X**, Stevens JS, Zeng D, Neylan TC, Clifford G, **Linnstaedt SD**, et al. Socio-demographic and trauma-related predictors of depression within eight weeks of motor vehicle collision in the AURORA study. *Psychol Med.* 2020 Oct 29;1–14.

Kessler RC, Ressler KJ, House SL, Beaudoin FL, **An X**, Stevens JS, Zeng D, Neylan TC, **Linnstaedt SD**, Germaine LT, Musey PI, Hendry PL, Sheikh S, Storrow AB, Jones CW, Patches BE, Datner EM, Mohiuddin K, Gentile NT, McGrath ME, van Rooij SJH, Hudak L, Haran JP, Peak DA, Domeier RM, Pearson C, Sanchez LD, Rathlev NK, Peacock WF, Bruce SE, Miller MW, Joormann J, Barch DM, Pizzagalli DA, Sheridan JF, Smoller JW, Pace TWW, Harte SE, Elliott JM, Hwang I, Sampson NA, Koenen KC, **McLean SA.** (2020). Socio-demographic and trauma-related predictors of PTSD within eight weeks of a motor vehicle collision in the AURORA study. *Mol Psychiatry.* 2020 Oct 29;1–14.

Neylan TC, Kessler RC, Ressler KJ, Clifford G, Beaudoin FL, **An X**, Stevens JS, Zeng D, **Linnstaedt SD**, Germaine LT, Sheikh S, Storrow AB, Patches BE, Mohiuddin K, Gentile NT, McGrath ME, van Rooij SJH., Haran JP, Peak DA, Domeier RM, Pearson C, Sanchez LD, Rathlev NK, Peacock WF, Bruce SE, Joormann J, Barch DM, Pizzagalli DA, Sheridan JF, Harte SE, Elliott JM, Hwang I, Petukhova MV, Sampson NA, Koenen KC, **McLean SA** (2020). Prior sleep problems and adverse post-traumatic neuropsychiatric sequelae (APNS) of motor vehicle collision in the AURORA study. *Sleep.* 2021 Mar 12;44(3):zsaa200.

**Bhatia M, Kumar PK.** Pro: Venous-arterial ECMO Should be Considered in Patients with COVID-19. *J Cardiothorac Vasc Anesth.* 2021 Mar; 35(3): 703–706.

Barnes RH, Shapiro JA, **Woody N, Chen F**, Olcott CW, Gaizo DJ Del. Arthroplasty Today Reducing Opioid Prescriptions Lowers Consumption Without Detriment to Patient-Reported Pain Interference Scores After Total Hip and Knee Arthroplasties. *Arthroplast Today.* 2020;6(4):919–924.



**NICOLE SHORT, PHD**

Congratulations to Assistant Professor **Nicole Short, PhD**, for being awarded the UNC 2020-2021 Sleep Innovation Research Grant (SIRG) in January 2021 by UNC Departments of Allied Health Sciences and Neurology! This 12-month pilot funding enable Dr. Short to investigate how poor sleep following sexual assault in women can produce negative outcomes such as substance use and other physiologic effects.

### 2021 ACADEMY OF EDUCATORS

UNC Anesthesiology is thrilled to have 7 faculty members and 2 residents named to the UNC School of Medicine's 2021 Academy of Educators (AoE) class.

- Annika Barnett
- Brad Brown (resident)
- Amira Choucair (resident)
- George Dignan
- Elisa Lund
- Monika Nanda
- Ricardo Serrano
- Lacey Straube
- Robb Wasserman

## UNC Anesthesia Care at Panther Creek



(L to R): Jennifer Allan, MD and CRNA Kelly Fitzgerald

In January 2020, UNC Health expanded its reach across the Triangle when its Panther Creek medical campus opened in northwest Cary. Since then, UNC School of Medicine departments and divisions have launched patient care sites at Panther Creek, and in late March 2021, UNC Anesthesiology joined them.

Over two years, Assistant Professor of Anesthesiology and the Department's Panther Creek Anesthesia Director **Jennifer Allan, MD**, and **CRNA Kelly Fitzgerald** led the planning for UNC Anesthesiology aimed at launching peri-operative care at UNC Health's Orthopaedic Surgery Center of Panther Creek. As anesthesia care at Panther Creek is scheduled case by case, a rotating, credentialed team of eight anesthesiologists and 12 CRNAs will staff one attending and one CRNA on an as-needed basis to treat Medicare patients with Regional, General, and monitored anesthesia care (MAC) in one OR and two procedure rooms at Panther Creek.

In April 2021, an Ambulatory Association for Ambulatory Health Care (AAAHC) site visit produced a successful survey of UNC Health's Panther Creek surgical center. The accompanying accreditation allows the Department to broaden its care team model at this new site. Moving into summer 2021, the Department plans to offer pediatric anesthesia care (children >12 months), as well as to expand outpatient and procedural clinical services.



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## Alvis Page

### *A Remarkable Recovery of a Beloved UNC Anesthesiology Member*



*Alvis Page and University members with 55 years of UNC and UNC Health System service were honored in October 2018 at a Service Recognition Breakfast. Alvis Page (R) and former UNC Chancellor Carol Folt (L).*

**F**or almost 60 years, Alvis Page rose at 5 AM to get ready for a productive workday ahead. Over his 30 years as an Anesthesia Tech at North Carolina Memorial Hospital, Alvis stood out as a reliable, hardworking, and good-natured co-worker. Retiring in 1991 after 30 years in a peri-operative role, Alvis spent almost 30 more in administrative roles thereafter support essential functions within UNC Anesthesiology.

When the March 2020 pandemic hit, Alvis joined the University employee multitudes who shifted their work to remote. By nature, and from years of applying clinical safety standards in a fast-paced OR setting, Alvis practiced extreme caution to avoid COVID-19 infection as a high-risk individual.

"I read a lot of 'how to be careful' articles, and shared with family, friends and neighbors the precautions they needed to take. All year I was careful. I only went to stores well-masked and only saw my immediate family."

Nonetheless, the worst feared happened. In early November 2020, Alvis tested positive for COVID-19. Taking no chances with a high-risk individual, his family immediately took him to UNC's ER. His condition seemed promising after one night in-patient. Alvis' COVID-19 symptoms unfortunately worsened fast, and his second in-patient admission took him straight to UNC Medical Center's MICU.

"I don't remember much from the weeks I was in the [MICU]. I drifted in and out, but I can recall when it seemed 6 to 8 people were working on me. I was on a ventilator, had tubes in my stomach to protect my liver, and was being given [monoclonal] antibodies."

Over three weeks of intensive MICU care, Alvis' critical condition slowly improved. He was discharged the day before Thanksgiving. Alvis faces a long recovery road ahead and deals with chronic fatigue, healing lungs and a lost sense of taste.

"The day I left, they told me I was one of the lucky ones. It made me so grateful during Thanksgiving week. This is the worst thing I can imagine happening to anyone. The best thing I can do is to keep telling people to be safe and careful, protect themselves and show respect in protecting others.

The Department sent me flowers and cards that I still look at every day. I have the greatest department in the University working for UNC Anesthesiology."