

UVM Anesthesia News

A Newsletter From The University of Vermont Department of Anesthesiology

Volume 2 Issue 2

Summer 2007

Chairman's Letter

Howard Schapiro MD introduces our new CA-1 residents.

Page 2



Department News

Stowe meeting report, UVM Anesthesia residents moving on.

Page 2



Chris Chase MD Interview: Acupuncture

An old dog learns some new tricks.

Page 3



Research Review: Rob Williams MD Gets PHAT

Your head is a terrible thing to waste.

Page 3



UVM Anesthesia History: John Hazen Dodds

A forgotten pioneer.

Page 3



Alumni News, Etc

Gino Dente turns 90, North. New England Crit. Care Conference.

Page 4



Department of Anesthesiology
Fletcher Allen Health Care
111 Colchester Avenue
Burlington, VT 05401

Addressee Name
4321 First Street
Anytown, State 54321

The Greats Of UVM Anesthesia

Thanks to all UVM Anesthesia alumni who sent us letters or emails of support and encouragement in response to our Spring 2007 newsletter – the positive feedback is much appreciated! Our mailing list is still a work in progress, so if you didn't receive that last newsletter, let us know and we'll send you a copy. One of the alumni, Guy Lerner (UVM Anesthesia resident class of 1990), mentioned some of the "greats" of Vermont anesthesia – Bell, Deane, Shinozaki, Burfoot, etc. That got me thinking - who truly are the greats? While I agree with Guy that many UVM Anesthesia faculty have been (and still are) terrific teachers and wonderful people, in my opinion three men and one woman stand above all others – John Abajian, John Mazuzan, Betty Wells, and ... John Dodds. Who? Don't feel badly if you've never heard of John Dodds. No living member of the UVM Anesthesia family ever met him, nor did John Abajian or Betty Wells. The dominant figure of the first half century of UVM Anesthesia, Dodds was unlucky to have worked in an era when full-time anesthesia practice was impossible, at least in Vermont, and an anesthesia department at UVM was just a dream. You can read about his life on page three.

I hope you enjoy the newsletter. Have a great summer!

Joe Kreutz MD



CHAIRMAN'S LETTER

I want to welcome you to the second edition of the UVM Anesthesia News. We received wonderful feedback about the first edition from many old friends of the department. I would personally like to encourage you to send comments or share stories with Dr. Kreutz or me. As I write this, it is a



glorious spring day in early May. We have been quite lucky this year in that we have actually had a spring. The apple trees where I live are budding and the last vestige of winter, salt on the roadways, seems to be gone.

Spring also marks the time we begin to say goodbye to our graduating residents. It is never easy to say goodbye, and this year is no exception. Their graduation in June has one clear benefit, though - it allows us to welcome six new residents to our department. Not only does the group arriving in July represent diversity in background but also a wonderful geographic mix. Please join me in welcoming them: Ryan Adams (U of Nevada) has a BA in Criminal Justice and spent time as a certified EMT at St. Mary's Regional Medical Center. He will be joining us with his wife, who is an ICU nurse. Jens Bjerregaard (St. Louis U & Boston College) made the decision to switch his training from Pediatrics to Anesthesia. He is originally from Denmark and came to the US with his parents in 1989. He also had the opportunity to live in Spain, Sweden and Iraq. Makara Cayer (Brown & Boston U) has a BA in Economics and spent some time as a financial analyst for the Health Care Finance Group. She is an outdoor enthusiast and has recently been learning how to surf. Daniel Parsons (BYU & UVM) will be returning to VT from Boise, ID where he is completing his intern year. He put himself through college by starting up a pest control business with his brother. He loves to travel and has spent some time in Italy, Costa Rica and Uganda. Christopher Yen (Cornell & Tufts) has a BA in Biology and Economics. He joined the medical corps of the Army National Guard where he is currently a 2nd Lieutenant. He is also an avid runner/bicyclist competing in triathlons and marathons. Finally, Eric Kent (U of Colorado, Western U) started off as an EMT and has decided to make the change from Emergency Medicine to Anesthesia. He and his fiancée enjoy smaller city living and outdoor activities.

Again, I encourage your comments about this newsletter and how our department influenced your career. Have a safe and enjoyable summer.

Howard Schapiro MD
howard.schapiro@vtmednet.org

Stowe Meeting Report

The 12th Annual Vermont Perspectives in Anesthesia Meeting, hosted by UVM Anesthesia "grays-on-trays" Drs. Matt Fisher and Rob Williams, was held March 7th-11th at the Stoweflake Resort. Introductory remarks included a brief photographic tour of the co-host's previous Mount Mansfield backcountry skiing experiences as well as the customary reminder by Rob to "Protect your Head at All Times (PHAT)" while skiing or riding. In the morning session, Matt provided an excellent review of perioperative management of obstructive sleep apnea, including video clips of several well-known celebrity snorers, and Dr. Stephen Surgenor, an anesthesiologist and director of the Surgical Critical Care Unit at Dartmouth-Hitchcock Medical Center, gave an update on current transfusion therapy. In the afternoon session, UVM faculty members Drs. David Adams and Chris Viscomi provided talks on perioperative glycemic control and anesthetic considerations for knee surgery, respectively. Bright and early on day two, Rob Williams discussed some of the challenges of providing anesthesia for procedures performed outside of the OR. Next, Dr. Tim Dominick, a former UVM medical student and recent addition to the UVM Anesthesia faculty, reviewed some of the techniques and pitfalls of ultrasound guided regional blocks. Later, UVM's Dr. Ralph Yarnell, a unique Canadian immigrant, talked about some of the anesthetic considerations of caring for the pregnant trauma victim, and Dr. Ashish Sinha, an Assistant Professor from the University of Pennsylvania, gave an entertaining presentation on the challenges of anesthesia for morbidly obese patients. Saturday's events included a triad of concurrent workshops: management of the difficult airway, hosted by Matt Fisher; ultrasound guided regional blocks with Tim Dominick; and an opportunity to participate in a "high fidelity" anesthesia simulation with UVM's Dr. Chris Greene.

Late Saturday afternoon, Dr. Michael O'Reilly, an alumnus of the UVM College of Medicine and UVM Anesthesia Residency Program (class of 1994), who is currently Director of the Liver Transplant Anesthesia Service and Co-Medical Director of Information Technology at the University of Michigan, delivered the Fourth Annual Johns' Fund Lecture. Dr. O'Reilly's fascinating talk entitled, "Anesthesia Information Systems and Doing the Right Thing Right", was remarkably timely as the UVM Department of Anesthesiology embarks



upon its effort to complete installation of an electronic anesthesia information system. Sunday morning's talks were no less interesting as UVM's Dr. Mark Hamlin provided an update on ACLS in adults, and Dr. Barry Heath, a UVM pediatric ICU specialist, reviewed considerations for pediatric resuscitation in infants and children. In the concluding talk of this year's Stowe conference, longtime UVM faculty member, Dr. Chris Chase, discussed some of the physiologic mechanisms by which acupuncture might produce analgesia and how these techniques may be used to enhance perioperative management of patients undergoing surgery. In their concluding remarks, Matt Fisher and Rob Williams thanked the conference sponsors, speakers, and attendees for another successful Vermont Perspectives in Anesthesia Meeting. Mark your calendars for March 5th-9th, 2008, the 13th annual conference at the Stoweflake Resort. We look forward to seeing you there.

David Adams MD

CA-3 Residents Terminal

The yearly springtime ritual has begun. Officially known as "senioritis", UVM Anesthesia's CA-3 residents have that vacant look typical of those soon to leave us. In fact, one has already moved on - Kelly Doerzbacher MD is now an Air Force captain fulfilling her three year commitment at Travis Air Force Base. Drs. Jake Martin and Taylor Reed will start their cardiac fellowships at Mass General Hospital in July. In August, Todd Murphy MD will join Anesthesia Associates of Savannah, GA. Dr. Walter McNally will be employed by Sheridan Health Care at Rutland Regional Medical Center in November, and Dr. Colleen Parker will join the staff of Springfield (VT) Hospital in the fall. One CA-3 will be staying in Burlington; on July 30th, Vince Miller MD will join our staff and become the 100th anesthesia attending in UVM history. This graduating resident class has been a strong group. We feel fortunate to have had the pleasure of working with them and wish them success, wherever their paths may lead them.



Karl Meisterling CRNA rides down the west chin of Mount Mansfield



Acupuncture At UVM - New Tricks For An Old Dog

Chris Chase MD has recently studied acupuncture and plans to introduce its use at UVM: *An Interview.*

Chris, this is something new for you. How did you become interested in acupuncture?

My wife, Sandy, a dental technician, had worked with chronic pain patients in her office, and some of them had been treated with acupuncture with good results. So when I had some health issues of my own two years ago, she recommended Acupuncture of Vermont in South Burlington. I tried it and found that the treatment was incredibly relaxing and had some profound effects on me that I couldn't explain.

What happened next?

I heard about and signed up for the Harvard Course in Acupuncture. It was nine months of four lectures per week, most of it via internet, with five full patient exam weekends in Boston for hands-on experience. Sixty people from all over the world took the course - about half of them anesthesiologists with half of those being chronic pain docs. Quite a few osteopaths, neurologists, and family docs, too. I found the course fascinating, with lots of neurophysiology, which is right up my alley. You know I've always liked physiology. The exciting thing is that acupuncture embraces western physiology; it's not hokey pokey.

Did you get to do any real acupuncture?

Yes, lots of it, at the Spaulding Rehab Hospital in Medford MA. It was incredible. Seeing acupuncture work for patients with conditions like RSD is simply amazing. I saw a biophysicist treated for across-the-room-audible wheezing. A month later, he told us that his asthma has never been better.

What's happening with acupuncture here at UVM?

First, with help from Sandy (Chase), Jim Viapiano, and Alex Friend (Senior Research Coordinator, UVM Anesthesia), we're going to study time utilization of a physician doing acupuncture with an assistant. The exams and treatments are very time consuming, in some ways like a complex dental exam. Ultimately, we need to know if acupuncture in this setting is affordable. We'll be recruiting twenty to thirty patients and looking at how long it takes us to care for them. We need to decide if acupuncture at UVM will be restricted to clinical research only, or used for the treatment of chronic pain patients.



PHAT Is Beautiful

Part of a series of reviews of ongoing UVM Department of Anesthesiology research projects.

In 2002, Rob Williams MD lay in FAHC's ICU with a lacerated kidney suffered while mountain biking. Luckily, he hadn't sustained a head injury because he was wearing a helmet. Also an avid snowboarder, Rob says, "Afterwards, I began to wonder why helmets are universally accepted in sports like biking and hockey but not skiing or snowboarding."

It's an important question - in 1999 the CPSC estimated that 7,700 head injuries could be prevented annually if skiers and riders (snowboarders) wore helmets. This statistic led Rob, a UVM anesthesiologist and pediatric intensivist, to start PHAT (Protect your Head at All Times or Protect your Head on All Terrain), a program to promote helmet use on the slopes, especially by children. With support from the VT Children's Hospital at FAHC, UVM College of Medicine, the VT Ski Areas Association, and six VT ski areas, the VT Snow Sports Research Team has studied rates of helmet use by skiers and riders, researched barriers to helmet use, and developed posters, brochures, videos, and slope side events to promote responsible skiing and riding. Recent research revealing that season pass holders are twice as likely to wear a helmet has led to a new campaign, "Ski Like a Local, Wear a Helmet", an attempt to make helmet use fashionable. "We're trying to make it OK for an entry-level or intermediate skier or rider to wear a helmet," Rob explains. "It's saying 'You're not going to look like a nerd - it's a cool thing.'"

Progress is being made - over the last four years, helmet use by VT children has increased from about half to over 80 percent, with the most significant gains among snowboarders (91 percent of girl riders last winter wore helmets). But, "We still have a lot of work to do, especially among adolescents and adults," says Rob. Hopefully, within a generation, helmet use by skiers and riders everywhere will be as routine as it is now by bikers and hockey players, a rare sight thirty years ago, thanks to PHAT.

PHAT brochures, posters, stickers, etc. are available through the UVM Department of Anesthesiology office (address on page four).



John Hazen Dodds, M.D.

Joe Kreutz MD, a 2007 WLM Fellow, has been researching UVM anesthesia history - part 2 of a series.

John Dodds was born in 1873 in North Hero, the son of a farmer. An outstanding student and athlete (football and baseball) at Burlington H.S., New York Military Academy, and UVM College of Medicine, Dodds set up a general practice at his home on South Winooski Avenue after his 1898 graduation. For unknown reasons, a few years later he became interested in anesthesia, learning how to administer ether and nitrous oxide at a course in New York City and from local Burlington dentists.

In 1907 (maybe 1906, based on new information) UVM appointed Dodds its first "Instructor of Anesthetization", a Department of Surgery position he alone would hold for 26 years. Dodds worked exclusively at Mary Fletcher



Hospital, teaching interns, nurses, and medical students the art of open-drop etherization while continuing in general practice for his livelihood. His skill with an ether mask was legendary. After the death of his daughter during childbirth in 1933 he resigned his UVM post, and in 1947 was listed as deceased in MFH records. Dodds was in fact alive and well, living quietly and seeing occasional patients at his home until 1956! In a 1963 Free Press interview, he attributed his long life to hard work and a moderate lifestyle, saying "I would never take liquor, perhaps a beer once in a while."

Sadly, Dodds' death September 20th, 1964 at age 90 went unnoticed by the Vermont anesthesia community he had once led. By all accounts a modest and unassuming man, Dodds never sought acclaim for his pioneering anesthesia work and, as the new field of anesthesiology developed and prospered in the U.S. and at UVM, the contributions of the old etherizers were quickly forgotten. But one hundred years after his UVM appointment, John Dodds is finally and rightfully recognized as one of the founding fathers of UVM Anesthesia.

Next issue: UVM's First Nurse Anesthetists.

Alumni News

We and your fellow UVM Anesthesia alumni are eager to hear from you! Please write to us or just stop by our new offices next time you're in the area. And if you prefer an electronic pdf version of this newsletter (and to help us reduce printing and mailing costs), send us your email address. Thanks!

Gisela Falkenberg MD, UVM Anesthesia resident class of 1969 (and an attending from 1969 till 1971) is enjoying her retirement in Athens, PA. She writes that the years she spent in Burlington were some of the happiest in her professional life, and fondly remembers attendings "Big John" Abajian, "Little John" Mazuzan, Gino Dente, Bill Street, Bob Deane, and George Lucia, as well as wonderful CRNA friends Betty Wells, Kay Tierney, and Loraine Colman.

Bill Rush MD, UVM College of Medicine class of 1970, is an anesthesiologist with Capitol Anesthesiology Association in Austin, TX. His group includes 68 MDs and 70 CRNAs doing over 70,000 anesthetics per year.

Mike Cuda MD, UVM Anesthesia resident class of 1990, is Department Chairman and managing partner for Sunset Anesthesia Associates in Utica, NY, his hometown. One of his partners is Cindy Silfer MD, UVM Anesthesia resident class of 1997.

Guy Lerner MD, UVM Anesthesia resident class of 1990, is in private practice in Louisville, KY and serves as Director of Pain Management at the Louisville VAMC. He is also a financial guru known for his quantitative approach to financial markets - his website is www.thetechnicaltake.com

Gino Dente MD celebrated his 90th birthday with his wife, Carmen, and other family members on April 12th. To the best of our knowledge, he is the oldest living member of the UVM Anesthesia family (though we'd like to be proven wrong about this). As some of you know, Gino is a '41 UVM medical graduate who served as an anesthetist in the Pacific during World War II. He returned to Burlington as one of UVM's first anesthesia residents in 1948 and was hired as UVM's fourth anesthesiologist in 1950. Gino was instrumental in obtaining the first bottles of halothane for UVM's famous study of the agent in the late 1950s and played a key role in the hiring of John Mazuzan, Jr. MD in 1959. Known for his skill with continuous spinal techniques, he was a fixture at Fanny Allen Hospital in the 1970s and 80s until his retirement in 1986. Despite recent health issues, Gino is still active and plays golf regularly with his old surgery pals Gordie Page MD and Platt Powell MD, though he admits that he doesn't keep score anymore.



Upcoming Events



5th Annual Northern New England Critical Care Conference
October 18 - 20, 2007, Stoweflake Resort, Stowe, VT

Preliminary Program:

Wed. October 17: Pre-Conference Workshop on Advanced Burn Life Support

Thurs. October 18: When is Neurologic Intervention Futile?; ICU Ethics; Spirituality in the ICU; Panel Discussion moderated by Dr. Mark Hamlin

Fri. October 19: Applied Physiology in the ICU; What's New in ARDS and Ventilator-Induced Lung Injury; Getting to Know Your Vent: Basic Modes and Waveform Analysis; APRV; High Frequency Oscillator; "Hands-On Ventilator" Workshop

Sat. October 20: Shock; Hemodynamic Monitoring in the Post-Swan Era; Echocardiography in the ICU; Balloon Pumps; Pacemakers Made Simple

Full details and CME information in the next issue

Tax-deductible contributions to The Johns' Fund (named in honor of former UVM Anesthesia Chairmen John Abajian MD and John Mazuzan MD) and the UVM Anesthesia Research & Development Fund are welcome and should be directed to Howard Schapiro MD, Chair - UVM Department of Anesthesiology, Fletcher Allen Health Care, 111 Colchester Avenue, Burlington, VT 05401.

UVM Department of Anesthesiology

Website: www.fahc.org/anesthesiology
Email: anesthesiology@vtmednet.org

Howard Schapiro MD — Chair
James Viapiano MD — Vice Chair - Clinical Affairs
David Adams MD — Vice Chair - Education & Research
Christopher Viscomi MD — Research Director

UVM Anesthesia News

Editor — Joseph Kreutz MD
Assistant Editor — Shelagh Connor Shapiro

UVM Anesthesia News is published quarterly by the University of Vermont Department of Anesthesiology and is distributed to graduates of the anesthesiology residency program, department employees, and members of the medical community. Comments, updates, suggestions, and other feedback are encouraged and should be addressed to the editor at:

Department of Anesthesiology
Fletcher Allen Health Care
111 Colchester Avenue
Burlington, VT 05401

Email: joe.kreutz@vtmednet.org