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 INDIANA UNIVERSITY
 DEPARTMENT OF ANESTHESIA
 School of Medicine

IU ANESTHESIOLOGY Residency Newsletter

SUMMER 2019

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Thank You CA3s!

We are so excited to bring you the cumulative newsletter of the 2018-2019 year. We have been honored and excited to share our fellow resident and faculty stories in an effort to bring our residency closer together. This issue is focused on the contributions from our CA3s -- we want to extend our thanks and congratulations to all of you. This class has brought lots of humor, intellectual curiosity, and banter to our residency. The leadership of Drew and Erin was excellent. The class is going into fellowship, academia, large private practices in urban areas, and small private practices in rural areas. We hope the diversity of the IU anesthesiology experience will serve you well, and please know that your leadership, example, and friendship have shaped each class below you. Good luck and congratulations!

- Dr. Elizabeth Emhardt & Dr. Michelle Arce

Editors Dr. Katy Kirby and Dr. Kelly Grott

CA3 Spotlight: Graduation 2019



Graduation Awards

- **Mikita Fuchita:** Outstanding Medical Student Teaching award
- **James Yi:** Outstanding Student Anesthesiologist Assistant Teaching award
- **Annie McLaren:** Helping Hands award

Fellowship-Bound

- **Sahba Charkhzarrin:** Chronic Pain at University of Wisconsin in Milwaukee, WI
- **Adam Ellis:** Chronic Pain at Cook County Health in Chicago, IL
- **Mikita Fuchita:** Combined Cardiothoracic & Critical Care at University of Colorado in Aurora, CO
- **Daniel Germeroth:** Pediatrics at Riley Hospital for Children in Indianapolis, IN
- **Philip Shumsky:** Pain Medicine at Mayo Clinic in Phoenix, AZ

Congratulations Class of 2019!
You will be missed!

Welcome Incoming CA1s!

"The feeling of anxiety starts to lead to a feeling of confidence before you know it."

- Adam Ellis

"Don't be afraid to ask questions because nobody expects you to know anything. If you have a later start or free time during the day, see if you can help an upper level start a bigger case – your fellow residents can be a good source of info and a great way to learn!"

- Annie McLaren

"Smile".

-Mikita Fuchita

"Try to always see the positives. There will be good days and bad days, but always try to take each as a learning experience and grow from it. Trust in and rely on your peers for support and help each other through each experience."

- John Sours

"Communication is important for success. It's better to over-communicate than under."

- Alex Tople

"Make sure to manage your expectations and you'll be a lot less disappointed during residency."

- Anonymous

Before the CA3 class leaves, they gladly left pearls of wisdom for the incoming CA1s when it comes to starting anesthesia training. Take this advice to heart, new CA1s!

"Get involved with research early on; it makes a big difference in fellowship applications".

- Sahba Charkzharrin

"At the end of tough days, just always remember that you did your best. Tomorrow you will be better, whether you realize it or not."

- Dan Germeroth

"Don't trust that the surgeons know what they are doing. Not everything an attending tells you is necessarily true or up to date. Look into everything yourself."

- Anonymous

Find something you're passionate about outside of work. Maintain personal relationships with friends and family. Don't forget to keep doing what you love."

- James Yi

"Vfib & pulseless Vtach = shock."

- Drew Schmidt

"There is nothing more important than to be enthusiastic every day and take criticism well. Resilient residents stand out."

- Ben Fortney

"Try not to drink too much because there are not enough liver transplants to go around."

- Philip Shumsky

"Never complain to anyone who isn't your close friend or in your same level of training. Do your best to help out where you can. Take advantage of talking to CA3s and don't be scared of going into bigger cases to help out. You'll learn a lot that way."

- Anonymous

Dr. Elizabeth Emhardt, rising CA3



1. **Hometown?** Indianapolis, IN
2. **Favorite music?** Everything from 90s R&B to Sara Bareilles to Maren Morris and everything in between.

3. **How do you like to spend your weekends off?** I enjoy going on runs (when it's nice out), playing tennis, hanging with my family, or getting dinner with my friends.

4. **Best advice (medical or otherwise) anyone has ever given you?** I remember finding this quote in high school, and it has always stuck with me. "A man's character is his

fate" by the Greek philosopher Heraclitus (don't ask me anything more about him, this is the extent of my knowledge). I think at the end of the day, all we have control over is our character, our intentions, the way we treat others and handle difficult situations. I would like to revise it to be "a person's character is his or her fate." ☺

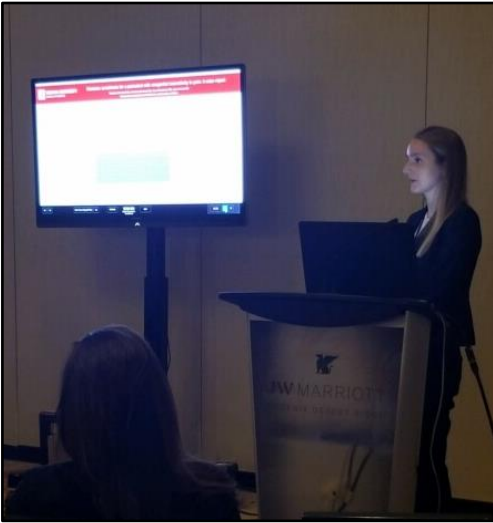
5. **What would your career have been if you hadn't gone into medicine? What would you do if you won the lottery?** I actually started in undergrad as a political science major, so I may have tried law school. However, I truly can't imagine doing anything else. If I won the lottery, I would work part time, and I would travel.
6. **Favorite drink?** Pinot noir
7. **Best way to unwind after a long day or week at work?** I am an extreme extrovert. My ideal time is working out (playing tennis, long walk or run) with a friend and discussing the events of that "long day or week at work." Very cathartic.
8. **What are your favorite teaching or research areas (or favorite areas of anesthesia to read about)?** I love reading about obstetric anesthesia, critical care, and everything in between. I sometimes wish I could pause during the day and read up on something I just saw so it stays fresh in my mind. I think teaching is the quickest way to realize how much you know (or don't know!).
9. **How did you end up in anesthesiology residency?** I almost applied for OBGYN, but I did an anesthesia rotation late in third year. I felt right at home with physiology and pharmacology. I realized that I could use my hands during procedures, and still create meaningful relationships with patients. I am very grateful that I found anesthesiology because I love what we do!

Dr. Amelia Flick, rising CA3



1. **Hometown?** Jasper, IN
2. **Favorite music?** Depends on my mood! Really anything but jazz or classical (unless I'm at a live show).
3. **How do you like to spend your weekends off?** Since my husband and pups still live in Jasper, I love to go home and hang with them! We spend most of our time outdoors – hiking, fishing, riding side-by-sides or four wheelers, grilling, you name it. My entire family lives in Jasper, so I make time to see them and snuggle my new nephew when I'm home too.
4. **Best advice (medical or otherwise) anyone has ever given you?** “You can't control another person's actions, only how you react to them.” I also ran across a quote once that said “Take care of your body. It's the only place you have to live.” I truly believe wellness and taking care of yourself is extremely important!
5. **What would your career have been if you hadn't gone into medicine?** I have no idea. I honestly can't see myself doing anything else. Although, when I retire, I'd love to be one of those volunteers that take dogs around the hospital for pet therapy. What would you do if you won the lottery? I would first pay off my loans, likely work part time, travel, and probably retire early (to be a pet therapy volunteer of course).
6. **Favorite drink (alcoholic or not)?** Prosecco and the ginger pear martini at Palomino.
7. **Best way to unwind after a long day or week at work?** After a long day you can usually find me watching mindless, reality TV on Bravo. Otherwise on a free night, I enjoy unwinding at a happy hour or dinner with friends or doing activities such as running or yoga.
8. **What are your favorite teaching or research areas (or favorite areas of anesthesia to read about)?** I really enjoy learning about obstetrical anesthesia. Can't say the same about all the calls. And any area that has interesting physiology – thoracics, CV, etc.
9. **How did you end up in anesthesiology residency?** So many things fell into place for me to get here. It all started when I was in high school taking a health occupations course. One of the teachers said to me “You should really consider being a surgeon since you're academically strong and artistic”. I doubt I would have even considered being a physician if she hadn't said this to me. Obviously, I decided against surgery, and anesthesiology is much more fitting. Procedures are fun, there is a ton of physiology to think about, and I enjoy getting the immediate and constant feedback from continuous monitoring. I also believe that keeping patients safe and comfortable is such an insanely important job. Most of the time we only have 15 minutes to make a patient feel comfortable with taking his/her life in our hands. This takes a special type of person for sure!

Resident Research



To the Left: Dr. **Elizabeth Emhardt** (rising CA3) presenting on CIPA syndrome at SOAP.

To the Right: Dr. Elizabeth Emhardt and Dr. **Ji Lee** after a lecture on updates in neuraxial anesthesia management. Special thanks to Drs. **Christie Stinnette** (rising CA3), **Amy McCutchan** and **Ji Lee** for their support and assistance on this SOAP case presentation!



Upcoming Events - Mark Your Calendar!

- ◆ **Saturday, August 3rd**: Resident Cookout
 - Location and time TBD
- ◆ **Saturday, August 24th**: 2019 ISA's Women in Anesthesiology Conference
 - Renaissance Indianapolis North Hotel
- ◆ **Journal Club**: monthly meetings hosted by Jie Xie (rising CA2)
 - Be on the lookout for his emails about time and place!

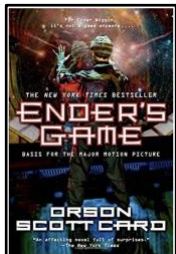


What Are the Residents Recommending?

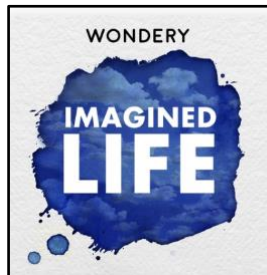
Residency is stressful! It can be mentally and physically exhausting. Study hard but don't forget to take time to disengage every now and then. Been to a good restaurant lately? Read any good books or listened to a great podcast?

Let us know so others can enjoy!

Book: Ender's Game
(Alex Tople)



Podcast: Imagined Life by
Wondery (Katy Kirby)



Restaurants: Milktooth, Delicia,
Vida, Rook, (Philip Shumsky)




Please email us with any resident shout-outs, awards, research or events you want included in the next issue.

No act of kindness is too small!

[Remember to make your shout-out HIPAA compliant.]

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