

11. The Porsche Club does organize real fender-to-fender racing. You start with a real nice car, add a roll cage so it's real hard to get in, and then stiffen the suspension until it's uncomfortable on the street. Then you start pouring gobs of money into the engine. Don't forget the tow truck and the trailer. It's a rush, but I've avoided the addiction so far.

12. An avocation that's totally absorbing is a good thing. It's very therapeutic to be totally absorbed in something that's non-medical once in a while. On the track, total focus and con-

centration are necessary to drive fast; this could be the most intensely absorbing non-thing you can do not related to work. Beepers, cell phones, or worrying about your next late, committee presentation, or grant application are out. Distractions will make you slow at best, or lead to an "off-track excursion" at worst.

I can help you rationalize almost anything about cars. Just call me. And continue to enjoy your hobbies.

Anesthesia Physicians Limited — Mayo Clinic West

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Anesthesia Physicians Limited (APL) is the official incorporated name for the so-called "Mayo Clinic West" group of anesthesiologists that have defected from Rochester over the past three decades. Currently, APL consists of thirteen anesthesiologists, of which all are alumni of the Mayo Clinic Anesthesia Residency Program. Over half of the APL anesthesiologists were at one time or another staff at the Rochester campus. APL is an independent, self-governed group which is under exclusive contract to practice within the Sioux Valley Health Care System. Headquartered in Sioux Falls, South Dakota, the Sioux Valley System includes hospitals and clinics in South Dakota, Minnesota, Nebraska, and Iowa. The Sioux Valley Clinic is comprised of over 300 physicians while Sioux Valley Hospital is the 560-bed tertiary "mothership" for the system and the largest hospital in South Dakota.

The thirteen members of APL cover anesthesia duties specifically for Sioux Valley Hospital. Ironically, the initial founding member of APL, Dr. Ed Anderson was the only non-Mayo physician to be part of the group. Dr. Anderson was recruited as an independent anesthesiologist to Sioux Valley Hospital in 1978 with the intention of starting up the cardiac program. From the onset, the workload was overwhelming with 24-hour call and long days in the ICU and operating rooms. Dr.

Richard Belatti joined Dr. Anderson out of residency and, at the urging of the hospital administration, formed an incorporated group practice in 1981. Prior to that time, anesthesia was provided by a mixture of nurse anesthetists, Dr. Anderson, Dr. Belatti, and another anesthesiologist, Dr. Ed Daw (Mayo, 1960). Dr. Daw elected to practice independently until retirement from Sioux Valley Hospital in 1989.

As the practice grew, new partners were added to the group. There clearly was no structured "growth plan" or "master strategy" involved in subsequent hiring of new anesthesiologists. However, because of Dr. Belatti's ties to the institution, initial new partners were from the Mayo Clinic Anesthesia Residency Program. Both Drs. William Horner, the present senior member of APL, and Lester Steidl were recruited to work with the founding APL members. Since then, the group has sought to aggressively mine talented clinicians who seek a busy and challenging private group practice career. Approximately half of the APL physicians have done fellowships in a variety of subspecialties including pain, ICU, pediatrics, and neuroanesthesia.

The practice at APL was modeled after Mayo's Anesthesia Department. Sioux Valley Hospital maintains some of the finest nurse anesthetists in the Midwest who perform a diligent role on

Group picture left to right (with residency and fellowship completion dates): Jack Gaspari ('97), Tom Christopherson ('92), Gary Halma ('85), Scott Atchison ('83, pain '84), Robert Grady (neuroanesthesia '96), Kevin Ronan ('89, ICU '90), R.J. Lunn ('88, pediatric anesthesia '89, ICU '95), Mike Johnson ('02), Mac Sanders ('97, internal medicine '94). Not pictured: Bill Horner ('83), Doug Bell ('87), Greg Heib ('03, cardiac anesthesia '04), Barry Hein ('04, pain '05). Alumni: Dr. Ed Anderson, Dr. Richard Belatti ('79, retired), Dr. Lester Steidl ('83, cardiac anesthesia '84, Montrose, CO), Dr. Steve Kunkel (Mayo, '83, retired), Dr. Arne Sorenson (Mayo, '85, Minneapolis). Unofficial APL members: Dr. Hugo Raimundo, Dr. Jeff Lunn, Dr. Rungson Sittipong. Titular chair: Dr. Bradly Narr.



the anesthesia care team. All regional anesthesia, central venous access, and difficult airway manipulations are personally managed by the anesthesiologists. Again, like the current practice at Mayo, all general anesthetics must be attended at induction, emergence, and during any critical periods. Every patient is seen for preoperative evaluation and examination by the specific attending anesthesiologist. This necessitates that the workday start around 5:30 a.m. in order to ensure that every patient has been seen by the 6:30-7:30 a.m. OR start time. Without exception, APL staffs the hospital 24/7 with call responsibilities including OB, the main OR complex, and the four intensive care units. Call is shared equally among partners. Yes, even the "geezers" over age 50 take night and weekend call at APL! (Double espressos, Red Bull, and Geritol come in handy.) Several of the APL partners staff the Pain Clinic where just over 2000 patients are seen annually.

The key to APL's success has been the fortunate affiliation with a dynamic, growing system like Sioux Valley. The current number of main OR, same-day surgery, cardiac, thoracic, major vascular, obstetric, and pain cases continues to grow. This summer sixteen new surgical suites will be ready, and, in 2008, the Sanford Children's Hospital will open on the Sioux Valley Campus.

Members of APL are intimately involved in the administrative work at Sioux Valley Hospital

and Clinics. APL members chair medical staff committees, manage the expanding OR practice, and serve on the corporate board of trustees.

On a day-to-day basis, the clinical practice is probably not greatly different from the Mayo Clinic practice. Most differences involve the lack of residents to teach and the emphasis on recreation over publication at "West!"

One of the most memorable partners at APL was the "father" of the group. A Notre Dame graduate who did his anesthesia training at Bethesda Naval Medical Center in 1978, Dr. Edward Anderson went on to be one of the most revered members of the Sioux Falls medical community. Although Ed had outside interests like canine obedience, horses, and gardening, his major passions involved the care of patients and the Roman Catholic Church. He rarely missed a meeting, a work-sponsored function, or a party. Towards the end of his career, he worked as hard as anyone despite the fact that he had crippling bilateral gonarthrosis of the knees. Dr. Anderson retired from APL shortly after bilateral total knee replacements in 2003. He then elected to enter the seminary (Blessed John 23rd National in Weston, Massachusetts). He intends to return to the Sioux Falls area in 2007 as Father Ed Anderson with the hope of serving a local parish or hospital.