

Mayo Anesthesiology Alumni Newsletter

September 2007, Vol. 6, No. 3

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Awareness

Bradly Narr, M.D.

This word has good and bad connotations. The soon to be released film "Awake" will challenge us by increasing the concern that many of our patients have about intraoperative awareness. Looking out of my window at Rochester Methodist Hospital, I just saw some residents and their consultant cross First Street on a red light completely unaware of an approaching car until the sound of its horn promptly brought them back to reality. In another context, we appreciate the lack of awareness of the potential danger leads some procedural specialty colleagues to over-sedate their patients.

Long-winded introduction, but bear with me. The reason for this alumni newsletter is to keep you all connected and aware of what we are doing in Rochester, the group practices in Jacksonville and Scottsdale, and with alumni throughout the world. We all wonder where the time goes (To me it seems like only yesterday that Joe Sandor began his residency!) You are going to see many names mentioned in this newsletter and may want to share a story or a note. Make the calls and send the notes without delay. We, here at Mayo Clinic Rochester, want to stay aware and connected with all of you.

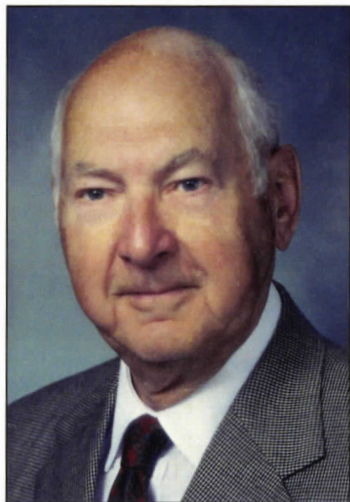
Editor's Note

Peter Southorn, M.D.

I hope you find this issue informative and inspiring. As Dr. Narr states, we value the time it takes to give us your comments and we will try and incorporate them into future editions. Please do continue to send us your thoughts.

A Rewarding Life

Richard G. Belatti, Sr., M.D., Madison, South Dakota



Dr. Richard Belatti, Sr.

In the May 2006 issue of the *Mayo Anesthesiology Alumni Newsletter*, Dr. Scott Atchison wrote an article on Anesthesia Physicians Limited (APL) in Sioux Falls, South Dakota, referring to it as "Mayo Clinic West." When Peter Southorn called and asked me to write something for this issue, I thought it might be of interest to detail briefly my entrance into anesthesiology, relate some of the occurrences in our forming "Mayo Clinic West" and its early years, and some of my activities after retirement.

After finishing my internship at St. Mary's in Duluth, Minnesota, I spent two years in what we then called General Practice, in Chippewa Falls, Wisconsin. I then relocated back to Madison, South Dakota, and joined the Madison Clinic, a group of family practitioners, where I practiced for 17 years. During those years, it was not uncommon to occasionally wish I had some specialty training, usually accentuated by my return from the Mayo Clinical Reviews which I attended faithfully each year. In the main, however, I was very happy in my practice: obstetrics, internal medicine, pediatrics, and especially surgery. I like surgery and, consequently, looked for surgical problems. I had the luxury of having our senior partner, Dr. J. A. Muggly, operate with me. I did what I could safely do, for example gallbladders, appendectomies, hernias, fractures, tonsils, some female work; but in more complicated cases, he was the surgeon and I was the assistant.

As time passed, it became apparent that we needed someone with more formal surgical training. As we began our search, some of my concerns about working with a young surgeon, or even perhaps being relegated primarily to office work, came to the fore. It was then that I began to think seriously of a residency program. I chose anesthesia, since I liked hospital work,

and especially being in the operating room. Despite concerns about my age, and assuming it was a long shot, I nevertheless submitted letters to the University of Minnesota and the Mayo Graduate School. I heard from Dr. Buckley at the University of Minnesota who said my age wouldn't be a barrier. Then I received word from Mayo and was invited to Rochester. As I left the motel room that morning, I was filled with trepidation, but it was my good fortune that Dr. John Tinker became my advocate. I was introduced to most staff, toured Saint Marys operating rooms, watched some surgery, and then met with the Chair, Dr. Alan Sessler. I feel that John Tinker was influential in convincing the recruitment committee to take a chance on me despite my 47 years of age. I had to go through the routine admitting procedures and in early December, 1975, I received a call from Dr. John Welch, Chair of the Admissions Committee, wondering, jokingly I presumed, what an old fellow like me was doing applying for a residency. Was I running from something? Assuring him I was not, in early December I received a mailgram with a letter shortly following confirming my appointment to the first year of a two-year residency in Anesthesiology.

I think perhaps it is difficult for others to feel my exhilaration and excitement at that time. Certainly there was some anxiety. This meant a complete uprooting of a very stable life, a busy practice, and friends of many years. During the early spring, we made plans to sell the house, had a large auction, and having purchased a house in Rochester, in mid-June, 1975, left South Dakota with a truck, car, dog, and kids, and arrived in our new home.

The entrance to the Mayo Anesthesiology residency program was and still is the highlight of my professional life. The change from a busy general practice to that of a resident was at first almost overwhelming. Many times during those first weeks, I wondered what I had done, but as time went on, the routine became estab-

lished and it became easier. The experiences I had, the staff and fellow residents I met and worked with, are as vivid now as then. The anesthesia staff, I presume since I was the age of many of them, treated me with great respect, as did many of the surgeons. My fellow residents also treated us well and included us in many of their activities. Is it any wonder then that I retain such a strong feeling for Mayo?

We relocated back to South Dakota in 1979 where I joined Dr. Ed Daw (Mayo 1960) and Dr. Ed Anderson in practice at Sioux Valley Hospital in Sioux Falls. Ed was a Georgetown graduate and came to Sioux Valley in 1978 from Mankato, Minnesota. Those early years were exciting. The cardiac program was just getting underway and, due to a Certificate of Need (CON) still in effect, we were the only cardiac game in town. We battled to keep it and the opposition battled to do away with it. I remember one time Ed and I were part of a packed group at the downtown courthouse where we talked to keep it and the other team took the opposite side. In early 1980, the CON was ended and our cross-town rivals started their program, though with the same surgeons, of course.

At that time, apart from cardiac surgery, our surgical caseload was fairly light and our call schedule was not overly taxing. We took call a week at a time and every third weekend. Because of our extremely competent team of nurse anesthetists, we took call from home and often did not come in unless requested. On Saturdays, we personally administered anesthesia for tubal ligations and some scheduled cases as well as supervising others. We did not, at the time, have much involvement with obstetrics other than cesarean sections. We did some pain work consisting mostly of steroid epidurals and local infiltration.

In late 1980, Ed Anderson and I talked of separating and forming our own partnership and indeed filed Articles of Incorporation with the Secretary of State on March 4, 1981, as Anesthesia Physicians Limited, with Ed as President and with myself as

Secretary/Treasurer. We rented an office in what was known as Medical Building 2 and began decorating and hiring personnel. One of the first things it became necessary to do was educate our patients as they were now receiving a charge from an anesthesiologist. We labored long and hard drafting a postcard-sized note with our APL logo, explaining what an anesthesiologist was, how we supervised the case, and that we were there to take care of emergencies or any problem that may arise. We also explained the use of diagnostic and therapeutic nerve blocks. As a result, in time, many of the early complaints we received decreased, if not ended.

During this period, our surgical case load was increasing as more young surgeons were coming to Sioux Falls. Our visibility was also increasing, and we were spending more time in house. We had started to take call every other night and came in on all cases. We had discontinued doing our Saturday routine procedures. Along with this increase in surgical case load, it became necessary for us to increase our staff. From the first, Dr. Daw had an interest in same-day surgery, and when the new unit for this was finished, he spent his time there. Our first new associate was Dr. Bill Horner (Mayo 1983). In fact, Bill came to Sioux Valley Hospital in mid-winter for a week to cover for me while I took my first winter vacation. In rather quick order, we followed with Drs. Les Steidl, Gary Halma, Doug Bell, and Scott Atchison, all Mayo graduates, and as Scott has said, "This master strategy has continued to this day." We used to feel, at times, that Ed was overwhelmed by this "Mayo inbreeding," but though his protestations were mild, he took it in good stride.

With the addition of the new partners, our anesthesia services continued to expand until we were offering complete anesthesia coverage including in-house call, continuous epidurals for labor, and complete pain services including bio-feedback. Dr. Daw retired in 1989 and we began to staff the same-day surgery unit at Sioux Valley Hospital. We had begun making preoperative visits on our surgical patients and

were especially responsive to our cardiac patients; if necessary, coming back in the evening for the visit.

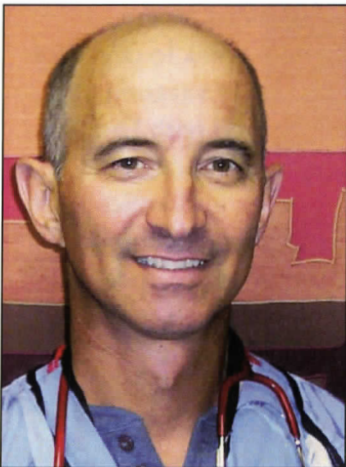
In 1988 I was elected to the South Dakota Legislature where I served from 1989 to 1992 in the State Senate during January, February, and early March. Upon my retirement in 1991, I was to learn a valuable lesson: one must retire to something. Unfortunately, I just retired! I worked briefly part-time at APL, but eventually took a part-time position with the Sioux Falls Veteran's Administration Hospital, though not doing anesthesia. Meanwhile, we had returned to Madison, South Dakota, and I was elected to the State House of Representatives, serving from 1995 to 1999. Dr. Les Steidl had also retired and moved to Colorado where he worked part-time in the Montrose Hospital, and in 2003, Dr. Ed Anderson retired and entered Blessed John 23rd Seminary in Massachusetts, from which he plans to return to South Dakota when ordained a year from now. That same year,

2003, I was appointed by Governor Mike Rounds to the South Dakota Board of Regents, a group of nine people, "with probity and wisdom," according to the constitution, which oversees our six public universities and two special schools, the School for the Deaf and the School for the Blind and Visually Impaired. I don't know about the probity and wisdom part, but I was pleased with the appointment and have been able to be involved in some aspect of State Government since 1989.

The practice at Anesthesia Physicians Limited is a direct model of the Mayo anesthesia care team. We worked with extremely competent nurse anesthetists and seeing our modest effort grow to what it has now become is indeed something to look back on with a great deal of pride. The hospital itself, with the new surgical tower and state of the art technology, is second to none in the area. With the \$400 million donation by philanthropist T. Denny Sanford, Sanford Health will be a leader in health care for years to come.

Valley Anesthesiology Consultants

Joseph Sandor, M.D., Scottsdale, Arizona



Dr. Joseph Sandor

I always eagerly anticipate the springtime in Arizona. It signals an end to frigid winter temperatures, the arrival of Cactus League Baseball, rattlesnakes, and soon-to-be dropping green fees. In addition, it provides me with an opportunity to reconnect with old friends and associates at the Mayo Clinic sponsored "Symposium on Anesthesia and Perioperative Medicine" in Scottsdale.

This past February, I had the good fortune to meet up with Peter Southorn and Kevin Ronan. Over a couple of lunches, we reminisced about training days in Rochester. We spoke of resident colleagues and where they ended up in practice. Recognizing the significant emigration from Mayo Clinic Rochester to the Valley of the Sun (with a sizeable number

of physicians ending up in my current group, Valley Anesthesiology Consultants), Peter felt it would be an interesting read for the *Mayo Anesthesiology Alumni Newsletter*, akin to the recent Mayo Clinic West article about those Mayo trained anesthesiologists in Sioux Falls. It is with great pleasure and thanks that I make this contribution to the newsletter.

I thought it would be worth talking a little bit about the evolution of Valley Anesthesiology Consultants. When I left Rochester in 1990, I joined a small group of anesthesiologists committed to the growth of anesthesia practice in North Scottsdale. I was the first Mayo-trained physician in the group, which grew quickly from five to nearly 30, when we merged with Valley Anesthesiology. Those Mayo-trained physicians to join after me in Scottsdale include Larry Drewsen (resident, 1995-96), Kyle Hagstrom (resident, 1994-97), Eric Gordon

(medical student, intern, and resident, 1996-2003), Jim Navratil (intern and, resident, 1999-2003), Brian Kuipers (resident, 1999-2002), and Michael Stearns (intern, 1995-96).

In 2004, we incorporated the other primary anesthesia group in Scottsdale adding Sharon Johnston (a member of my residency class, 1987-1990). The central and west side divisions of our group also have a Mayo bloodline with Kelly McQueen (resident, 1995-96), John Wolfe (resident, 1995-98), Anne Rahman (intern and resident, 1998-2004), Paul Simmonds (intern, 2001-02), and Parag Mathur (medical student, 1997-2001).

We are now one of the larger anesthesia groups in the country, numbering close to 200 anesthesiologists, providing general and subspecialty anesthesia care throughout the Phoenix and Scottsdale metropolitan area.

It is amazing that I am approaching the 20th anniversary of my decision to leave Family Medicine and enter anesthesiology training in 1987. I vividly remember meeting with my

first clinical attending, Mark Warner. He introduced me to my advisor, Alan Gould, and then promptly placed me in an operating room with my senior resident, Jeff Welna, who was given the responsibility of getting "the old guy" started. I am often asked if I have any regrets about leaving a busy practice to retrain in another specialty. My answer has two parts. The first part is the nanosecond that it takes to say "NO." The second part usually has some reference to a midlife crisis, deciding either to go back to school or get a red convertible, a hairpiece, and a young blonde. I wisely chose the former. Then I give the serious response, which is a dialogue about the quality of education and training I received, and the dignity and respect with which I was treated at the Mayo Clinic Department of Anesthesiology.

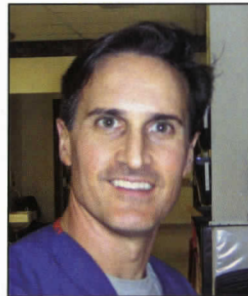
If you were to look at me now you would see that my anesthesia cap has turned nearly 180 degrees, with the ties between my eyebrows. According to my understanding of the "Southorn Clock" this is an indication that I have run out of both time and space!!



Dr. Larry Drewsen



Dr. Eric Gordon



Dr. Jim Navratil



Dr. Brian Kuipers



Dr. Michael Stearns



Dr. Sharon Johnston



Dr. Kelly McQueen



Dr. Anne Rahman



Dr. Paul Simmonds



Dr. Parag Mathur

Dr. Sandor's colleagues from Mayo in Valley Anesthesiology Consultants. Not Pictured: Drs. John Wolfe and Kyle Hagstrom

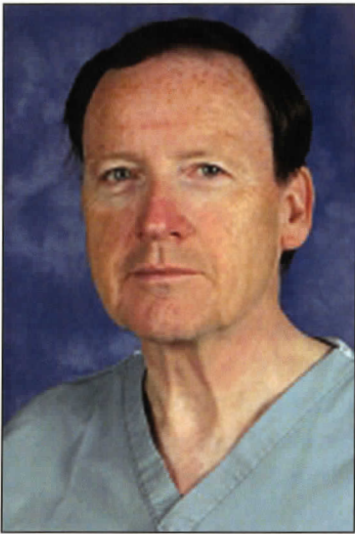
However, I would like to finish with a final comment. I believe that every one of us fortunate to have trained at Mayo Clinic recognizes the quality and breadth of experience that we had as medical students, interns, and/or residents. For all of us, I thank our mentors for the knowledge and skills that have allowed us to be comfortable and com-

petent in the clinical situations that private practice challenges us with.

To those of you able to escape to Arizona this coming spring, I look forward to seeing you at the Mayo Symposium on Anesthesia and Perioperative Medicine.

The Rochester – Dublin Connection

Edmund Carton, M.D., and Denis Moriarty, M.D., Dublin, Ireland



Dr. Denis Moriarty

After a gap of many years, Denis Moriarty made a return trip to Mayo Clinic Rochester in June, 2007. The purpose of his visit was twofold. These were to meet his friend Breannan Moore and his wife Mary, and to give a lecture at the Department of Anesthesiology Grand Rounds, very kindly arranged by Peter Southorn. The lecture, unfortunately, turned out to be a non-event as Denis was stranded for a day in O'Hare International Airport due to poor weather conditions, with all flights to Rochester cancelled. He could not

even get a flight to Minneapolis and drive down to Rochester.

Denis and Breannan had been friends at University College, Dublin, and their paths crossed again in 1974 when Denis came to Rochester for a fellowship year at Mayo Clinic. As many of the readers will know, Breannan has gone on to have a very distinguished career heading up the Mayo Clinic Blood Bank. Denis regards his time in Rochester as being most informative and beneficial. Jack Michenfelder was a major figure in the Department of Anesthesiology at that time. Denis recalls Kai Rehder being very supportive and Rungson Sittipong being an outstanding tutor. Dr. Michenfelder came to visit our Faculty of Anaesthetists in Dublin in 1982. He gave an exceptional lecture at that time and it was a privilege to award him an Honorary Fellowship.

Denis had gone to Mayo from a consultant position at the Royal Brompton Hospital, London. At about the same time, he met his future wife, Fiona, who practices as an ophthalmologist, and one of their children has followed them into a medical career as a radiologist.

While Denis was a fellow at the Clinic, the Cardiothoracic Programme was expanding in Ireland and he returned to a consultant position at the Mater Hospital in Dublin in 1976. Denis was involved in the development of the Cardiothoracic Anaesthesia Programme in Dublin and the establishment of Intensive Care Medicine in the Mater Hospital.

Denis was delighted to meet Mark Keegan (also from Dublin) and Alan Sessler again on his recent trip to Rochester. Dr. Sessler, who had been so helpful to Denis during his fellowship year, was awarded an Honorary Fellowship in Dublin in 1991. I was very fortunate that Denis introduced me to Alan while he was on a visit to Dublin in 1986. As a direct result of that meeting, I came to Rochester in June, 1987, to interview for a fellowship in Liver Transplant Anesthesia. Mayo Clinic was everything you would imagine it to be: well organized, structured, focused, and industrious. I was immediately struck by the hospitality and warmth of the people in Rochester. Of course, I was totally blown away by the scale of the place. It was indeed hugely impressive with two great hospitals, more than 100 operating rooms, and a 20-floor outpatient building.

Rochester did look particularly good during those few days in June. I was very impressed by Ron Faust, the then-Director of Residency and Fellowship Training. I also met Steve Rettke who had just been up all night with a liver transplant surgery. I briefly met David Plevak in relation to Critical Care training. On one of the mornings of my visit, David Warner was the resident presenting at the early morning teaching rounds. (I even remember the topic of his discussion, "The Physiology of Fetal Hemoglobin." As you can see, I was completely impressed.) As Alan Sessler chatted with me about my visit and my plans to see other U.S. academic institutions during my trip, I began to realize what great opportunities there would be for us in Rochester.



Dr. Edmund Carton

My wife, Louise, and I arrived in Rochester in late December, 1987, and moved into Homestead Village. We had two young children, Neil age 3 and Brian just one month old. The winter was quite a shock, but we soon settled in and realized there were visiting physicians and their families from all around the world in the same position as ourselves. Our next door neighbor was a cardiologist from Lucerne, Switzerland, and across the back yard was a vascular surgeon from Auckland, New Zealand, and an orthopaedic surgeon from the United Kingdom.

Although everything was new and slightly different, my first few months at Rochester Methodist Hospital were just wonderful. There was a great feeling of collegiality about the practice. I was closely involved with the liver transplant program and it was a real privilege for me to work with truly gifted clinicians Steve Rettke, Glenn Fromme, Bob Chantigian, Dave Danielson, Bob Lennon, Jeff Lunn, Rungson Sittipong, Dave Byer, and Mary Ellen Warner to name just a few.

I had been used to consultants in anesthesiology working in relative isolation from each other, but the team approach in Rochester was

fantastic to see in action, with the best of help at hand immediately. I worked for the first time with nurse anesthetists. What a dedicated group of people to have on your side. I'm not sure they always appreciated me adjusting just about everything on their anesthetic machines, but I quickly began to rely on their expertise and methodical approach to anesthesia care delivery.

By the end of my first six months at Mayo, I was really enjoying myself. Duane Rorie invited me to be one of the chief residents, which was a tremendous honor for me. As for my fellow trainees, they were a very ambitious group of residents: Terre Horlocker, Joel Larson, Bob Friedhoff, Roger Hofer, Brian Hall, Mark Ereth, Tony Jones, Bill Perkins, Mike Joyner, Mike Hoskins, Joe Sandor, Gary Vasdev, Barry Harrison, and my dear friend, Kenny Scott. The transition from residency into consultant practice was amazing as I remember being completely flattered by all the attractive job offers that filled our mailboxes at the end of the fellowship year.

The Department of Anesthesiology administrative staff were wonderfully supportive, and I have very fond memories of Linda, Marla, and Dr. Sessler's secretary, Jane Post.

I spent my second year in Rochester as a fellow in Critical Care Medicine. Again, what great faculty: David Plevak, Brad Narr, Mike Murray, Peter Southorn, Steve Peters, Keith Berge, Bob Strickland, Rick Pisani, Peter Gay, Paul Scanlon, and Rolf Hubmayr. I learned a great deal from them all. Other Critical Care fellows that year included Barry Harrison, Bekele Afessa, and Gerard Kamath. The ICU year also introduced us to a wider group of hospital clinicians including Mike Bannon, Elco Wijdicks, Mike Keating, and a fantastic group of infectious disease consultants.

In 1989, we sat our written board exams in Anesthesiology, and I will never forget the party at the Murray's house afterwards. I had an interest in spending some time in a research post, and as usual, I got tremendous encour-

agement from all my superiors. There were many world-renowned research scientists working in Rochester. Walter Bowie in Hematology, John Blinks in Pharmacology, and in the Department of Anesthesiology, Russell Van Dyke, Kai Rehder, and John Michenfelder. There was also an emerging group of scientists who had been very successful in publishing research projects including Lee Milde, David Warner, Chris Sill, and Philippe Housmans. Gary Sieck had just arrived in Rochester, so it was a very exciting time for me. I was very fortunate to work with David Cook in Philippe Housman's laboratory. Other fellows who were involved in basic science research projects that year included Mike Joyner, Tony Jones, Bill Perkins, and Michael Johnson. Much as I enjoyed my clinical work, I really did learn a great deal from Philippe about what is involved in a rigorous scientific study. For me, I had some great success. I won the ASA Resident Essay prize, the Post-Graduate Assembly in Anesthesiology (New York meeting) resident essay prize, and submitted my research as an MD thesis to my home college, University of Dublin (Trinity College).

Louise was progressing in her Radiology training, developing an interest in Ultrasonography and Breast Imaging. Our twins (Meghan and Stephen) were born at Rochester Methodist Hospital in 1990, and we moved to a bigger house on Folwell Drive.

Dave Plevak introduced me to the wonders of baseball. We got our season tickets for the Metrodome and I think it was that year that the Minnesota Twins won the World Series in Minneapolis. The memory of Kirby Puckett blasting out an eleventh inning homer to win game six in that series will always stay with me. Kenny Scott and Chris Sill taught Neil and myself to ski, at first in Frontenac and later in the Rockies.

Roy Cucchiara succeeded Alan Sessler as the new Chair of the department, and I was truly delighted to be offered a staff position by Dr. Cucchiara. It was a time of change in the

department and some very talented anesthesiologists did leave Rochester, particularly for Sioux Falls, South Dakota. I did not fully understand the changes that were occurring. However there was no doubt that my own practice, 50% Anesthesiology and 50% Critical Care Medicine, was very enjoyable. The group practice ethic was very inspiring and it was easy for me to identify with the Mayo core values of clinical practice, education, and research. I was also hugely impressed with the close integration of clinicians and administrators in the clinic. I had a wonderful office close to Dave Brown and 007 himself, Ron MacKenzie. Of the surgeons I worked with, Dave Nagorney and Ruud Krom stood out as exceptionally gifted operators.

In 1993, I was offered a consultant position in the Mater Hospital in Dublin. It was a chance to come home and work in a truly great hospital. There are an amazing number of Mayo Clinic Alumni working in the Hospital: Denis Moriarty (Anesthesiology), Declan Sugrue (Cardiology), Hugh McCann (Cardiology), Ronan O'Connell (Colon and Rectal Surgery), Gerry McEntee (Hepatobiliary Surgery), Francis Colreavy (Echocardiology), Leo Lawlor (Interventional Radiology), and Richard Firth (Endocrinology).

Doctors in Ireland have often asked me about fellowship training in the U.S. and at Mayo Clinic in particular. The ground rules have changed since I was a fellow, although many superb fellowship positions are available. Board certification in anesthesiology, critical care medicine, or pain medicine is now only possible if a full training program is undertaken in the U.S. Even those of us with ABA board certification are not eligible for recertification unless we continue to hold an up-to-date state medical license. These issues have discouraged some Irish trainees from looking at fellowship positions in the U.S. and now many are spending the last years of their formal training in Australia.

Although it seems like a long time since we lived in Rochester, it is fantastic to think of all the Mayo faculty who have accepted invitations to speak in Ireland recently, including Mark Warner, Terre Horlocker, Barry Harrison, Gary Vasdev, Bob Chantigian, Keith Berge, Mark Keegan, and Mike Murray. It is a real pleasure for us to have that close, continued connection with so many of the Mayo faculty.

On his recent visit to Rochester, Denis noted that although some of the landmarks are unchanged, the whole of the medical center appears to have re-invented itself. It is a tribute to the dynamism and organizational skill of the clinic that it never stays still but is always moving forward. Definitely, my own return trip to Rochester is long overdue. I look forward to it with great pleasure.

Resident Research 2007, Mayo Clinic Rochester

Abram Burgher, M.D., and Bryan Hoelzer, M.D., and Jennifer Rabbitts, M.B.,Ch.B.



*From left to right:
Drs. Jennifer
Rabbitts, Bryan
Hoelzer, and Abram
Burgher*

Anesthesia residents are currently involved in a number of research projects in a variety of areas but especially pain and cardiac anesthesia.

Dr. Jennifer Rabbitts is a graduate of Stellenbosch Medical School, Cape Town, South Africa, and currently a CA-2. Dr. Rabbitts is working with Dr. Gregory Nuttall, in the Cardiovascular/Thoracic Anesthesia Division, exploring the perioperative risk of major adverse cardiac events in patients with coronary stents. She was recently awarded the Richard A. Theye Award for her manuscript on this research. Drs. Rabbitts, Nuttall, and colleagues have found that patients having non-cardiac surgery less than one year after

drug-eluting intracoronary stent placement had an increased risk of major adverse cardiac events. This risk declined when surgery was performed more than one year after stent placement, but this decrease was not statistically significant. Additionally, as a separate investigation in patients with bare metal stents, Dr. Nuttall and colleagues found that the risk of ischemic events following non-cardiac surgery is greatest within thirty days of stent placement and lowest after ninety days. They plan to publish these findings as conjoined papers. Dr. Rabbitts is currently working with Drs. Timothy Curry and Adam Jacob studying patients with Postural Orthostatic Tachycardia Syndrome (POTS) undergoing surgery. This will involve working in the labs of Drs. Nisha Charkoudian and Michael Joyner.

Dr. Abram Burgher, a graduate of the University of Minnesota, is currently a CA-3. During his first year as an anesthesia resident, he began work with Dr. Marc Huntoon, Chair, Division of Pain Medicine, on a project exploring the safety and efficacy of epidural clonidine in treating radiculopathy. Drs. Huntoon and Burgher received intramural funding for two years to support this research. Their study randomly allocates patients with acute lumbosacral radiculopathy due to herniated disk to one of two groups. The control group receives up to three epidural injections of steroid while the experimental group receives up to three injections of clonidine. All injections are given via the transforaminal route at the affected

spinal level and are spaced ten to fourteen days apart. Enrollees are followed for three months using a variety of assessment tools: pain intensity rating scale, depression inventory, and a low back pain disability questionnaire. Drs. Burgher and Huntoon – and their co-investigators, who include many members of the Pain Medicine Division, as well as two members of the Department of Physical Medicine and Rehabilitation – hope that clonidine will be as effective as steroid in treating this important clinical problem but that it will have significantly fewer side effects.

Dr. Burgher has also been involved in the evaluation of a quality improvement measure initiated by the Division of Pain Medicine to reduce the rate of infection seen with implanted devices. Along with Drs. W. David Mauck, Jon Obray, and Crawford Barnett, a CA-3, Dr. Burgher found that institution of a program to reduce infection did improve adherence to specific infection precautions (performance of device implantation in a properly ventilated OR rather than procedure suite, irrigation of wound with antibiotic solution, preoperative preparation of the patient using an antiseptic shower, etc.). Infections also seemed to trend down after introduction of this program.

In the future, Drs. Burgher and Obray would like to initiate a database on all patients seen in the Pain Clinic to store patient baseline scores in a number of commonly used pain assessment tools. This database could also track adverse events. It is their hope that this

initiative could be used to improve the future delivery of care for patients in the Pain Clinic.

Dr. Bryan Hoelzer, a graduate of Tulane's Medical School, is currently a Mayo Clinic Scholar in Pain Medicine. He completed his anesthesia residency at Mayo Clinic this spring. Drs. Hoelzer and Burgher are currently in the design phase of a study to examine the benefits of spinal nerve non-neurodestructive radiofrequency treatment modalities in the care of patients with subacute to chronic radiculopathy. Under the leadership of Dr. Obray, principal investigator for the proposed study, Drs. Hoelzer and Burgher have developed a protocol and written a grant application. They plan to submit for funding this fall with a projected start date for the trial in the spring or summer of 2008. The protocol randomly allocates patients to pulsed radiofrequency treatment versus a placebo injection. As in the study of clonidine for radiculopathy, the investigators hope that radiofrequency treatment will be an effective therapy for radiculopathy and will have minimal side effects and complications.

Our current anesthesia residents at Mayo Clinic are very much interested in research, particularly of the clinical sort, and the projects outlined here represent only a small number of the many investigations currently underway. Despite significant demands of patient care for both residents and consultants in the department, it seems that the environment is rich for development of young clinical investigators.

Residents at MARC

Shown in these two photographs are some of the Mayo residents who competed so successfully in the Midwest Anesthesia Residents Conference held earlier this year in St. Louis, Missouri.



From left to right:
Drs. Todd Preszler,
Matthew Ulrich,
Christian Monson,
and Adam Niesen

Photographs courtesy of
Dr. Michael Walsh

From left to right: Drs. Allison Christie, Maria Fritock, Jennifer Rabbitts, Susan Moeschler, and Tara Frost

Anesthesiology Residency News

Steven Rose, M.D.

Nineteen Mayo Clinic Rochester residents, four Mayo Clinic Jacksonville residents, and one Mayo Clinic Arizona resident have completed or will soon complete their residency training in anesthesiology at Mayo School of Graduate Medical Education this year. They have outstanding employment opportunities or have been accepted in desirable fellowships. Please find a list of our graduating residents and their plans for the coming year below:

Mayo Clinic Rochester (MCR)

Joel Ackerman - Pain Medicine Fellowship, MCR

Michael Bengough - Critical Care Medicine Fellowship, MCR

Dean Dewald - Private Practice, Sioux Falls, South Dakota

Cassie Dietrich - Temporary Clinical Appointment, MCR

Justin Evans - Private Practice, Anchorage, Alaska

William Hartman - Mayo Clinic Scholar in Pharmacogenetics and Senior Associate Consultant, MCR

John Hettiarachchy - Private Practice, Tucson, Arizona

Bryan Hoelzer - Mayo Clinic Scholar, Pain Medicine Fellowship, MCR

Michael Hogan - Private Practice, Canada

Jeffrey Jensen - Mayo Clinic Scholar, Critical Care Medicine Fellowship, MCR

Ted Lytle - Critical Care Medicine Fellowship, MCR

Christopher Mickelson - Pediatric Anesthesia Fellowship, MCR

Christian Monson - Private Practice, Idaho Falls, Idaho

James Onigkeit - Mayo Clinic Scholar, Critical Care Medicine Fellowship, MCR

Joyce Onwere - Cardiovascular Fellowship, University of Pittsburgh, Pittsburgh, Pennsylvania

Jennifer Rasmussen - Private Practice, Omaha, Nebraska

Juanita Rivera - Currently evaluating several private practice opportunities in Michigan

Ryan Smith - Private Practice, Myrtle Beach, South Carolina

Kimberly Wynd - Regional Anesthesiology Fellowship, MCR

Mayo Clinic Jacksonville (MCJ)

Robert Ebener - Private Practice, Jacksonville, Florida

Brian Emerson - Pediatric Anesthesiology Fellowship, Seattle, Washington

William Hogan - Pain Medicine Fellowship, MCJ

Prentice McCullough - Private Practice, Carrolton, Georgia

Mayo Clinic Arizona (MCA)

Justin Kruer - Private Practice, Crestview Hills, Kentucky

The sixth annual Mayo Clinic Rochester Senior Resident Appreciation Dinner was conducted at Mayo Foundation House on June 4, 2007. The photograph shows those residents able to attend the dinner. We will miss this stellar group of residents and welcome them as our newest alumni!

Several fellows have completed or will soon complete their training in the Department of Anesthesia during the 2006/2007 academic year. Please find a list of their names, the fellowship in which they trained, and their future plans below:

David Bruck (Cardiovascular - MCR) - Private Practice, Seattle, Washington

Christopher Duncan (Regional - MCR) - Staff, MCR

Tracy Harrison (Pain Medicine - MCR) - Staff, MCR

Justin Kruer (Pain Medicine - MCA) - Private Practice, Cincinnati, Ohio

William Mauermann (Cardiovascular - MCR) - Mayo Clinic Scholar, Cardiovascular Anesthesiology, MCR

Ann Ptaszynski (Pain Medicine - MCR) - Private Practice, Mankato, Minnesota

Juan Pulido (Critical Care Medicine - MCR) - Cardiac Fellowship, MCR



Graduating Senior Residents in Rochester
 Back Row: Christopher Mickelson, Bryan Hoelzer, Joel Ackerman, Justin Evans; Second Row: Dean Dewald, Joyce Onwere, Michael Hogan, Ted Lytle, Ryan Smith, John Hettiarachchy, Juanita Rivera; First Row: William Hartman, Jennifer Rasmussen, James Onigkeit, Christian Monson, Cassie Dietrich, Jeffrey Jensen; Not Pictured: Michael Bengough and Kimberly Wynd

Surjya Sen (Pain Medicine – MCR) -
Temporary Clinical Appointment, MCR,
through Summer 2007; Private Practice, New
Jersey

Hugh Smith (Regional – MCR) – Staff, MCR
Todd Turley (Pain Medicine – MCR) - Private
Practice, Phoenix, Arizona

Recently the department welcomed eighteen new residents to the Rochester program, four new residents to the Jacksonville program, and three new residents to the Arizona program. Although there is considerable change in graduate medical education, much remains the same. Our new residents are mentored by senior residents and by faculty volunteers during the first few weeks of their training and we still conduct the "Introduction to Anesthesia" course in the afternoon. The annual infusion of talented, intellectually curious, energetic, and enthusiastic new trainees renews those traits in us all.

The Mayo Clinic Rochester 2007 Department of Anesthesiology Awards Banquet was conducted June 28, 2007. Several awards were presented at the banquet. They are as follows:

Awards selected by Staff (MCR)

Distinguished Clinician Awards
Dr. Beth Elliott
Dr. Daryl Kor
Distinguished Educator Award
Dr. Jeffrey Pasternak
Distinguished Resident Clinician Award
Dr. Jeffrey Jensen

Awards selected by Residents (MCR)

Distinguished Educator Award
Dr. Richard Rho

ASA-Mayo Reception

Brian Hall, M.D., Chair, Anesthesia Alumni Liaison Committee

The Mayo Clinic Department of Anesthesiology is planning to hold an Alumni Reception at 7 p.m. on Saturday, October 13, 2007, in conjunction with the American Society of Anesthesiologists' Annual meeting in San Francisco. This event will take place in the

Distinguished Clinician Award
Dr. Daryl Kor
Distinguished Resident Award
Dr. James Onigkeit

Academic Awards (MCR)

In-Training Examination Award
Dr. Dean Dewald
Theye Research Award
Dr. Jennifer Rabbitts
Rorie Research Award
Dr. Christiane Hesse

Critical Care Medicine/Awards (MCR)

Staff Awards:

Clinician of the Year Award
Drs. Francis Whalen and Mark Keegan
Teacher of the Year Award
Dr. Daryl Kor

Fellow Awards:

Critical Care Academic Clinician Award
Dr. Juan Pulido
Critical Care Anesthesiology Chief
Resident Award
Dr. Juan Pulido

Mayo Clinic Jacksonville Awards

Awards selected by Residents (MCJ)

Faculty Teacher of the Year
Dr. Roy Cucchiara
Resident Teacher of the Year
Dr. Robert Ebener

Thanks to our alumni for your continued support of our training programs. If you identify talented prospective residents and/or fellows, please let us know!

Union Square/Bay View Rooms on the 35th floor of the Grand Hyatt San Francisco on Union Square, 345 Stockton Street, San Francisco. Please plan to attend this enjoyable social gathering.

Annual Department Picnic

Shown are two pictures taken at the Rochester Department of Anesthesiology Annual Picnic which this year was again held at Drs. Mary Ellen and Mark Warner's magnificent home. The first shows four chairs of our department:

Drs. Alan Sessler, Duane Rorie, Mark Warner and Brad Narr. The second shows Dr. Michael Brown teaching three future hall-of-famers the basics of baseball.



Photographs by Dr. Peter Southorn.

An Anecdote from the 1950s

Robert Devloo, M.D.

Bill Pender, a staff member of the Department of Anesthesiology, was conducting a seminar in the Foundation House on "Oxygen Transport in the Blood." He asked the audience, "What is the lowest form of life which has unnucleated red cells carrying oxygen?"

After a pause, a voice from the back – that of Robert C. Knutson, a fellow in Anesthesia in the 1950s – yelled out, "A Mayo fellow!"

After the laughter had subsided, everyone agreed that that was the correct answer.

News about People

Peter Southorn, M.D.

We know that **Drs. Jim Phillips, Michael Murray, Brian McGlinch, and Jesse Muir** have been or are currently on active military duty. Please keep these people and any other members of our extended alumni family so involved in your thoughts.



*Dr. Gurinder Vasdev
(on the right)*

Congratulations to **Dr. Gurinder Vasdev** on assuming the Presidency of the Society of Obstetric Anesthesia and Perinatology (SOAP). The photo shows Gary, on the right, accepting this position at the SOAP's Annual Meeting in Banff, Canada, earlier this year. This

will be a busy year for Gary as he discharges the responsibilities of this leadership position.



Dr. Kelly McQueen

We are delighted with the news that **Dr. Kelly McQueen** of Scottsdale, Arizona, recently received a Fulbright Senior Specialist Fellowship to study the needs for surgery in a developing country. Kelly may be the first anesthesiologist to ever receive this most significant and prestigious award. We congratulate and respect Kelly for her worthwhile humanitarian work.



Dr. Zvonimir Katusic

Research conducted by department members has received widespread media coverage in the last few months.

Dr. Zvonimir Katusic and colleagues identified the antioxidant mechanisms required to allow endothelial cells to regenerate and protect the body from heart attacks and stroke and **Dr. Eduardo Chini** and his colleague's research suggests a genetic involvement in the propensity of an individual to develop obesity.



Dr. Eduardo Chini



Dr. W. Michael Hooten

Dr. W. Michael Hooten was recently awarded a FAER grant to gain insight into why patients with chronic pain syndromes have increased sensitivity to pain.



Dr. Michael Joyner

Dr. Michael Joyner gave the Physiology Society's prestigious Michael de Burgh Daly Lecture at the Annual Life Sciences Meeting held this year in Glasgow, Scotland. The title of his talk was "A sympathetic look at the sympathetic nerve system and blood pressure regulation."

Dr. Zvonimir Katusic was recently appointed to the Editorial Board of the leading journal, *Circulation Research*. This appointment recognizes the sustained scientific excellence of Dr. Katusic which is receiving world-wide recognition.

Dr. Livius d'Uscio's valuable and productive work as a research fellow in Dr. Katusic's laboratory for several years has been recognized by the Mayo Board of Governors. This body has appointed him a Professional Associate in Research. Congratulations to Drs. d'Uscio and Katusic.

In addition to our noting **Dr. David Cook** being named the "Teacher of the Year" by the Rochester Mayo Fellows Association in the last issue of the *Newsletter*, we have been informed that **Dr. Brian McGlinch** has also been given this award. Congratulations to both of them.

Drs. Eric Bloomfield and **Tim Lamer** are moving from Mayo Clinic Jacksonville to Mayo Clinic Rochester and **Dr. Michael Murray** from Mayo Clinic Jacksonville to Mayo Clinic Arizona.

Finally, but not least, we received letters from several alumni. **Dr. Timothy Dalton**, Class of 1961, is well and sends us his regards.

Dr. Nabel Abboud, from the Class of 1974, is coming up to retirement from the Washington University School of Medicine, St. Louis, and **Dr. Jim Phillips**, who is currently serving in the U.S. Military in Iraq, informed us that he has written a textbook, *Handbook of Pain Management and Procedural Sedation*, which is to be published shortly.

