

**University of South Florida Emergency Medicine Residency
Newsletter
May 2009**

Second Edition

1. Recent Submissions

Drs. Peckler, Lasseter, and Weakley will be presenting at the Alabama ACEP regional meeting in June!

Early Lactate Clearance is Associated with Decreased Biomarkers of Inflammation, Coagulation, Apoptosis, Organ Dysfunction and Mortality in Severe Sepsis and Septic Shock (222/09M)

H. Bryant Nguyen, Manisha Loomba, James J. Yang, Gordon Jacobsen, **Kant Shah**, Ronny M. Otero, Arturo Suarez, Hemal Parekh, Emanuel P. Rivers

Congratulations, Kant!

2. Recent Publications

In JETS; www.onlinejets.org

- Simulation in a high stakes clinical performance exam

Peckler Brad, Schocken Dawn, **Paula Richard**

- Using a joint triage model for multi-hospital response to a mass casualty incident in New York City Arquilla Bonnie, Paladino Lorenzo, Reich Charlotte, Brandler Ethan, Lucchesi Michael, **Shetty Sanjay**

- JETS policy for publishing animal studies

Tucci Veronica, Galwankar Sagar, Sanson Tracy, O'Keefe Kelly

www.onlinejets.org for the New Issue

3. Recent presentations

Preeti Jois-Bilowich did a great job and won her divisional CPC competition as the faculty discussant! Way to go, Preeti! Next stop is the CPC finals in Boston at the ACEP Scientific Assembly in October.

Dr. Sanson culminated three years of work with the presentation of the first SAEM Leadership Academy in New Orleans on May 13. The event was extremely well received, and will likely become an annual event. Dr. Sanson's efforts were evident, and the conference was greatly appreciated by all in attendance.

Dr. Sanson presented at the Lehigh Valley Hospital, Emergency Medicine program, PSU College of Medicine and the Texas A&M/Scott & White Emergency Medicine program

4. Recent meeting attendance

In addition to Dr. Sanson; Drs. Derr, Orban, Peckler, Campbell, O'Keefe, and Johnson represented us at SAEM. Dr. O'Keefe participated in the judging of the Annual semi-final CPC competition. (He did not judge Preeti's...)

I hope that all residents are planning ahead to present a poster at ACEP or present at SAEM next year! Please see Dr. Paula with any questions about this. Lets get our name out there!

5. Kudos and mega dittoes...

As part of the TeamHealth Patient Call Back Program, a patient we spoke with regarding their ER experience commented they were so pleased with their son's ER visit they wrote an article in The Greater Tampa Bay and Central Florida Motocross News. According to the article, the parents have been to various Level 1 and Level 2 trauma centers numerous times for his motocross injuries. They had nothing but rave reviews about the TGH Pediatric ER also mentioning the care received by **Dr. Maureen Gibbons**.

Below is a link to the article or access by going to centralfloridamotocross.com and clicking on Story-emergencies.

<http://centralfloridamotocross.com/NEWS.aspx>

Way to go, Mo!

To all who worked the Gasparilla race, either at the site, or in the ED that day...forwarded from the hospital:

Good Afternoon...I received the attached letter from Mary Ellen Lyons on Monday, April 27. Ms. Lyons suffered a massive cardiac arrest during the 2009 Publix Super Markets Gasparilla Distance Classic 5K on Saturday, February 28. Because of the immediate medical attention that she received from the City's CPR Certified Lifeguards, Tampa Fire Rescue, Tampa Police Department and Tampa General Hospital Emergency Room Physicians and Staff, Ms. Lyons is alive and able to convey her appreciation and thanks.

This is an example of how the City of Tampa goes above and beyond what most major cities offer to insure the safety and wellbeing of those who participate in special events held on their streets.

Please take the time to read a scanned version of her letter and on behalf of the Gasparilla Distance Classic Association, thank you.

Susan

Susan C. Harmeling, Executive Director
Gasparilla Distance Classic Association, Inc.

From Ms. Lyons:

Susan C. Harmeling, Executive Director
Gasparilla Distance Classic Association
P.O. Box 1881
Tampa, Florida 33601

Dear Ms. Harmeling:

My name is Mary Ellen Lyons. On February 28, 2009, I participated in the Gasparilla Distance Classic 5K run. I had no reason to believe that I would have any difficulty completing the race as I had done 5 times previously. Around the 3 mile mark I suffered sudden cardiac arrest resulting in sudden cardiac death. However, the quick and appropriate response of all of your volunteers and EMTs restored my life. The volunteers directed racers around where I lay and the EMTs arrived quickly and shocked my heart with the electric paddles and brought me back to life. They then transported me quickly to Tampa General where their fabulous staff took over. At the same time other volunteers and many racers stopped to offer help and support to my friend, Anne Johnson, who was participating in the race with me.

I want to thank you and all of those who were responsible for saving my life that day. If it were not for the dedicated, organized, well trained and highly skilled individuals who helped me, I would not have survived. The doctors have told me that it is very rare for a person to survive what I suffered that morning and it is just as rare to survive without some mental and/or physical damage due to lack of oxygen to the brain. I am expected to return to my previous lifestyle in a few more months. This is due to the fact that all of the above mentioned people made it possible for me to get the care I needed in the very short time frame necessary.

I don't know how to thank everyone except to remember all who helped in my prayers each night and send this letter to you in hopes that you can pass on my story and my thanks to those who were a part of it. I can't adequately express how grateful I am to everyone who helped me and Anne. Thank you all so, so much...I owe you my life.

Gratefully,

Mary Ellen Lyons

Way to go, team! Remember these wonderful comments the next time you are mired in the day-to-day stuff. We have a tremendous impact on everyone we interact with, and sometimes we forget this.

I happened to be having a brief discussion with one of our residents outside the cafeteria during GR the other day when I overheard a family member talking about her experience on the phone. She said: "I am at Tampa General Hospital. It is the best hospital I have ever been to". She was just getting off the elevator from the ED at the time. Keep it up!

Congratulations to Nadia Abrahamsen and Jason Wilson, who won the 2009 and 2008 respectively ACEP Medical Student Professionalism and Service Awards! For more info, please see the ACEP website. The award is intended to recognize students who excel in compassionate care of patients, professional behavior, and service to the community and/or specialty.

Congratulations to Veronica Tucci who won the ACEP: National Outstanding Medical Student Award. She will be recognized in Annals of Emergency Medicine and the Boston 2009 Scientific Assembly.

Congrats to Pecks and Matt Sisko! The ECG flashcards are up and posted on the website. Check it out!

Congratulations to **Jason** and Cristine upon the arrival of Emerson Moss Porcelli-Wilson! This name qualifies for the Guinness Book's longest name for a tiny baby category.

Super, extra-special congratulations to **Chris Maguire**, who won both the USF COM Teaching Award, and the Humanism award. Way to go, Chris! A better choice was never made! I had to put the pressure on, but as we have won at least one of these awards every year for the last three years, this is getting to be an expectation rather than a surprise! Let's keep the tradition going.

6. Research news / Upcoming Meetings and Opportunities

No update.

7. News from our Global Emergency Medical Sciences efforts: contributed by Sagar G. and Dr. Sanson.

Sagar was presented as a "distinguished expert" in an article in the India Times in March describing the development of a Disaster Management course for physicians in India. Sagar continues his unflagging efforts to modernize the practice and development of EM in his native country.

We will have ten visiting professors from India with us at the end of May and the first part of June. Please welcome them, and make them feel at home. These people will be among the pioneers of the development of EM as a specialty in India!

8. Get Well Soon / Our thoughts are with you...

Anyone have the swine flu? (Darr is still coughing...)

9. Upcoming events/ reminders

Graduation is June 27! Thanks to Cathy Carrubba for hosting this year.

May birthdays! (Yes, you still have to work this month...)

Hope LeBlanc May 6

Nicole Mead May 13

Chris Maguire May 16

Jason Wilson May 26

Aaron Osborne May 29

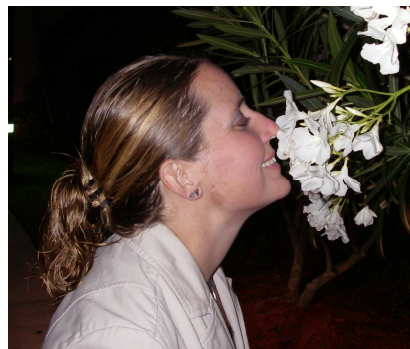
Sarah Temple May 29

The USF Certificate Ceremony is June 16th @ 5:30pm. Congratulations to all of our seniors for the completion of another major milestone in their careers. The next newsletter they receive will be their last one as residents!

10. Wellness! Thanks, Maureen, for your great contribution. Who will do this when you are gone? (Hint, hint, seniors to be...)

Survival in the Pit: How to Maintain a Semblance of Inner Peace and Personal Integrity During Your Emergency Medicine Residency

1. Know that you are okay.
2. Know yourself. That kernel of goodness inside of you is still there. You know you best. Be quiet enough for a minute to find out what you need.
3. Be able to see AND abort the RID & HALT tendencies: Restless, Irritable and Discontent, and Hungry, Angry, Lonely and Tired. You can't move past survival if you're HALTed and won't come close to content.
4. Get help with number 3 early – it may be as simple as talking to a friend or mentor or as complex as calling the Resident Assistance Program. Remember, you know what you need. And remember, even if you call the R.A.P, number one still applies.
5. Make time – at least 15 minutes every other day – for outside activities you enjoy. Play the guitar, write poetry, play with the dog, or knit, whatever you need to do to remind yourself of who you really are (underneath the scrubs).
6. Write a few statements (between 3 and 6) on an index card and keep them in front of you. A few of mine are: Life is fun, Work is fulfilling and I have peace. Some days you will not believe it, but your subconscious mind will see it as truth. Affirmations can be an effective centering tool.
7. Water your spouse (or significant other) regularly. Same goes for family. Residency will end. You want your life to be there when it does. Tend to your love garden. Help it grow. Oh, and don't forget to stop everything else once in a while and smell the flowers.



8. Get at least 15 minutes of activity every day. If you won't do it every day, don't go longer than 2 days without it. Trust me.
9. Be prepared to hit new lows AND new highs. But also be ready for the lows to seemingly outnumber the highs for a bit.
10. When in doubt, refer to number 1.

Greg, Chris and Maureen competed in the Escape from Ft. DeSoto Triathlon on April 10th. It was Chris's first and Maureen's second - Greg's getting old hat at this ;). It was a 1/2 mile swim, 10 mile bike and a 4 mile run - with 60 stairs and a beach run! We had a great time. (Photo is rated PG13...)

I think Greg and the Chief had their kilts on, but I am not sure...



Also as a wellness-related issue (or maybe not, depending upon your musical tastes and tolerances...), the Deacon Blues, featuring yours truly, Mikey Omori, Tracy Sanson, and Mitch Seleznick from TGH has reunited and we are starting our world tour! If there is anyone who would like to jam with us, the next practices are on June 17 24th at Casa O'Keefe-Sanson (the Oaks).

11. Other news/ reminders

Welcome the rotators! For May, off-service residents in the ED include...

We have 2 PA students from UF: Adrian Hoang and Cheryl Lai

Thanks to Dr. Orban for procuring our new digs for Grand Rounds! This took a lot of effort, and continued follow-up. The room is perfect for us, and will serve us well into the future. Let's all take good care of it! Thanks also to Dr. Sanson for continuing to push for this much needed change.

12. Where are they now? News from our grads...

Sagar Galwankar and wife Dhanashree had their second daughter, Harsha. Congratulations! Sagar pointed out that he was trying to follow in my footsteps...

13. The Social Connection, featuring "The Rev"

Ok Guys, welcome to the May edition of social happenings in the Tampa area. I hope all of you found something fun to do last month. Let me tell you, I saw a mass of parrot heads out at the Ford amphitheater just last week, and a great time was had by all!

So let's get down to business. I've got to be honest and say that searching the Tampa area for good music has been somewhat difficult. If you're into New Kids in the Block or something similar, like Nine Inch Nails, then this is your month, as both of these fine bands are performing the 9th and 30th respectively. All joking aside, if you like good reggae, then take the time out to check out Tribal Style at Skippers Smokehouse every Wednesday this month for like \$5. Other cool things going on include the Tampa Theatre's playing of Paul Newman/Robert Redford's 1969 classic Butch Cassidy and the Sundance Kid on Sunday, May 31 at 3pm.

If you're as disappointed at the lack of music flowing through Tampa as I was, then the sluggish start to the Rays season is just as big a bummer. The Rays have dug themselves a once familiar last place hole coming into the second month of the season. However, it is not time to give up hope yet. May is going to be a great month to get out there and support the American league champs as they play three home stands; May 1-5 vs Boston and Baltimore, May 14-21 versus Cleveland and Oakland, and finally May 29-31 vs Minnesota. Well guys, I hope some of you find this a helpful place to look for fun, but I gotta run!

Cheers for this month

The Rev.

14. News from the tech world...

No update.

15. Where in the world is Tony Morello?

For all of you who like to live vicariously, here is a list of the places Tony has been to in recent months or is traveling to soon. Send your geography questions to him. I hope he will enlighten us on some of the finer points of his more exotic travels.

- Feb: Venice, LA for tuna fishing and Jupiter FL for spearfishing for Grouper
- March: Andaman Islands in Indian Ocean with Manta Rays and erupting volcanoes
- April: kayaking in Weeki Wachi
- May: to be determined between Dominica, Grenada, and Bahamas for underwater photography
- June: Fishing for Marlin in Venice, LA.
- July: Solomon Islands

16. Also from Tony... the chief complaint of the month!

Well, the original chief complaint that started it...."I'm tired of being homeless", Which was marked as urgent by the nurse. You can imagine Jason Bradley's reaction to that. Perfect for any night shift!

Let me here from you!

If you have an idea for contributions, let me know. Items are due for next month's issue by July 1. We will not have a June issue due to graduation and end-of-the-year stuff. Until then, stay off the Green Mile!

KPOK