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Department of Surgery Update, March 2016

Wright State University Department of Surgery

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DEPARTMENT OF SURGERY UPDATE

March 2016

Important Lectureships



Helen and David Bernie Visiting Professor

March 16
7–8 a.m.
Dr. Richard Reiling
Grand Rounds
Research in 2016 and the "infamous" IRB!

Good Samaritan Lecture

Medical Education Classroom A/B
March 16
Noon–1 p.m.

"A surgeon of the emperor—not a moonshot"
"Omnis cellula e cellula e cellula"

Daniel W. Elliott Visiting Professor Research Symposium

May 10–11, 2016
Dr. Steven Hochwald—Grand Rounds

Resident Research Symposium

May 11, 2016

Save the Date

Resident Award Banquet

June 10
Sycamore Country Club

Committees

DOS Department Research Committee Meeting

Friday, April 1, 7–8 a.m.

DOS Financial Subcommittee Meeting

Friday, March 18, 6–7 a.m.

DOS Faculty Meeting

Friday, March 18, 7–8:30 a.m.

All committee meetings are held at MVH, WCHE Building, 7th Floor, DOS Conference Room.

Department of Surgery eConnections:

Wikispaces

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James B. Peoples, M.D., Surgical Society
medicine.wright.edu/student-life/student-organizations/james-b-peoples-md-surgical-society

Chair's Message



The recent presentation of the **first** trial, evaluating flexible duty hours, has led to a maelstrom of controversy. The study used ACS NSQIP data to evaluate the risks and benefits of this trial, which found that some flexibility in work hours, while maintaining less than 80-hour work weeks, had no adverse patient outcomes, but improved continuity of patient care, and in the opinion of study participants, provided better education.

ACS Surgeons as Leaders Course set for June 5–8

Save the date for the American College of Surgeons (ACS) Surgeons as Leaders: From Operating Room to Boardroom course June 5–8 in Durham, North Carolina. Surgeons who aspire to meet the challenges of exemplary leadership across all settings are encouraged to join senior surgical leaders in the three-day course.

Faculty will include the following fellows:

Course Chair Andrew L. Warshaw, M.D., FACS, FRCSEd (Hon), senior consultant, international and regional clinical relations, Massachusetts General Hospital and Partners HealthCare, Boston, and immediate past-president of the ACS

Julie A. Freischlag, M.D., FACS, vice-chancellor, human health sciences and dean, school of medicine, University of California-Davis Health System; and past chair of the ACS Board of Regents

Matthew M. Hutter, M.D., M.P.H., FACS, general and gastrointestinal surgeon, and director, Codman Center for Clinical Effectiveness in Surgery, Massachusetts General Hospital, Boston

Larry R. Kaiser, M.D., FACS, president and chief executive officer, Temple University Health System, and dean, school of medicine, Temple University, Philadelphia

Fabrizio Michelassi, M.D., FACS, chair, department of surgery, Weill Cornell Medical College; surgeon-in-chief, New York-Presbyterian/Weill Cornell Medical Center, New York; and chair, ACS Board of Governors

Carlos A. Pellegrini, M.D., FACS, FRCSI(Hon), chief medical officer, UW Medicine; vice-president for medical affairs, University of Washington, Seattle; and ACS past president

DEPARTMENT OF SURGERY UPDATE

March 2016

If you have any information you would like to share with the other members of the department, or professional or special events happening in your life, please e-mail Lynne at lsmith@premierhealth.com by the 15th of the month. The Faculty and Staff Update will be e-mailed the first of the month.

Nathaniel J. Soper, M.D., FACS, chair, department of surgery, and surgeon-in-chief, Northwestern Medicine, Chicago; and past governor of the ACS

Beth H. Sutton, M.D., FACS, general surgeon, Wichita Falls, TX; and ACS regent

Michael Useem, Ph.D., director, Center for Leadership and Change Management, Wharton School of University of Pennsylvania, Philadelphia

David F. Torchiana, M.D., FACS, president and chief executive officer, Partners Health-Care System, Boston

Organized by the ACS Division of Education, the course will help surgeons exhibit leadership attributes; use consensus development and vision to set, align, and achieve goals; build and maintain effective teams; identify factors that hamper the ability to lead; change the culture, resolve conflict, and balance demands within the larger environment; and translate the principles of leadership into action. **For additional information, e-mail ulangenscheidt@facs.org, or call 312.202.5018.**

Faculty

Faculty Development

Would you like more information on how to create an academic portfolio? Do you have a research idea, but don't know where to start? Ellen Ricker, surgical education specialist, will be surveying faculty at the next DOS Faculty Meeting (March 18, 2016) to gather topics for future education sessions. More information to come! If you have any questions, please e-mail Ellen at ellen.ricker@wspi.org.

Dr. David Meagher was selected to serve as chair on the Pediatric Trauma Center Committee for a three-year term. Congratulations Dr. Meagher!



Residents

First Annual Resident Research Seminar



The Department of Surgery first annual resident research seminar was held on February 26. Thank you to everyone who participated in this seminar. Without the help of faculty and staff, this would not have been a successful seminar. A BIG thank you to Karen for all her hard work!

Students



Academic Surgical Congress

Katherine Babbitt and Brian Patterson present their work at the 11th Annual Academic Surgical Congress on February 2-4, 2016, in Jacksonville, Florida.

L-R Katherine Babbitt (MSIII), Dr. Priti Parikh, Brian Patterson (MSIII), Dr. Peter Ekeh.

Wright State Physicians



Please welcome **Ellen Ricker**, surgical education specialist, to the Department of Surgery. Ellen received her master's degree in Anatomy from Wright State University. During her graduate education, she was heavily involved in undergraduate education, undergraduate medical education and neuroscience research. Her thesis work on the interactions of opioids and the carotid body has been presented both nationally and internationally. Notably, Ellen received the Graduate Student Excellence Award from Wright State University and the Top Female STEM Presenter Award from the Association for Women in Science. Ellen has recently worked as an adjunct lecturer at the undergraduate level and as a lab instructor for the doctorate of physical therapy program at her alma mater, The University of Dayton. Additionally, she served as a content author and subject matter expert for an online higher education program. Ellen is interested in improving undergraduate and graduate medical education, as well as creating faculty development seminars. Please stop by and welcome Ellen. She can be reached at ellen.ricker@wspi.org or 937.208.4596.



Melissa Keller, who is well known to all of you from her work with the Acute Care Surgery Fellowship and as the educational coordinator for medical students, has assumed the role of program coordinator for the Surgery Residency Program. She can be reached at 937.208.4953 or melissa.keller@wright.edu. Congratulations Melissa!

Scholarly Activity

(Faculty bolded, residents/students italicized)

Peer Reviewed

DiRenzo DM, *Chaudhary MA*, Shi X, Franco SR, Zent J, Wang K, Guo LW, Kent KC. A crosstalk between TGF- β /Smad3 and Wnt/B-catenin pathways promotes vascular smooth muscle cell proliferation. *Cellular Signalling* (2016). doi: 10.1016/j.cell-sig.2016.02.011.

Marco CA, Wahl RP, Counselman FL, Heller BN, Kowalenko T, Harvey AL, Joldersma KB, Reisdorff EJ. Physician preparation for the American Board of Emergency Medicine ConCert examination. *Acad Emerg Med* 2016 Feb;23(2):191-196. doi: 10.1111/acem.12866. Epub 2016 Jan 23.

Marco CA, Fagan C, Eggers C, Trautman W, Mann D, Olson JE. Self-assessment of hunger among ED patients with abdominal pain: Lack of association with disease severity. *Am J Emerg Med*. 2016 Jan;34(1):104-106. doi: 10.1016/j.ajem.2015.10.023. Epub 2015 Oct 23.

PRESENTATIONS

Oral Presentations

Marco CA. Pitfalls in the discharge of the elderly. Invited speaker at: American Academy of Emergency Medicine Scientific Assembly; 2016 Feb 17-21; Las Vegas, NV.

Marco CA. How can I make my emergency department safe for the elderly patient? Invited speaker at: American Academy of Emergency Medicine Scientific Assembly; 2016 Feb 17-21; Las Vegas, NV.

Parikh PP, White M, **Tchorz KM**, Smith L. Long-term evaluation of palliative care training for medical students and retention of skills. Oral presentation at: 11th Annual Academic Surgical Congress; 2016 Feb 2; Jacksonville, FL.

Babbitt K, Gunasekera CS, **Parikh PP**, **Markert RJ**, **Roelle M**, **McCarthy, MC**. Incidence of central venous port complications and associated factors. Oral presentation at: 11th Annual Academic Surgical Congress; 2016 Feb 2; Jacksonville, FL.

Parikh PP, Zoll B, **Parikh PJ**, Hendershot KM, **Whitmill M**, Erskine T, Schuyler Schmidt R, **Woods R**, Saxe J. Factors affecting on-field triage decisions and resource utilization. Oral presentation at: 11th Annual Academic Surgical Congress; 2016 Feb 2; Jacksonville, FL.

Patterson BC, *Palmer AH*, **Ekeh AP**. Features of trauma diaphragmatic injuries at a level 1 trauma center: Has anything changed? Oral presentation at: 11th Annual Academic Surgical Congress; 2016 Feb 4; Jacksonville, FL.

CASE REPORTS

Klein J, Baxstrom K, Donnelly S, Feasel P, **Koles P**. A fatal twist: Volvulus of the small intestine in a 46-year-old woman. *Case Rep Med*. 2015;2015:391013. doi: 10.1155/2015/391093. Epub 2015 Nov 3.

Being at Peace with the Pain of Others

Rick Hanson, Ph.D.

Can you stay open to the pain of others?

The Practice:

Being at peace with the pain of others.

Why?

Humans are an empathic, compassionate, and loving species, so it is natural to feel sad, worried, or fiery about the troubles and pain of other people. (And about those of cats and dogs and other animals, but I'll focus on human beings here.)

Long ago, the Buddha spoke of the "first dart" of unavoidable physical pain. Given our hardwired nature as social beings, when those we care about are threatened or suffer, there is another kind of first dart: unavoidable emotional pain.

For example, if you heard about people who go to bed hungry—a billion of us do each night—of course your heart would be moved. I'm usually a pretty calm guy, but when I visited Haiti, I was in a cold rage at the appalling conditions in which most people there lived. On a lesser scale but still real, a friend's son has just started college and is calling home to tell his mom how lonely and miserable he feels; of course she's worried and upset.

But then—as the Buddha continued with his metaphor—there are the second darts we throw ourselves: rehashing past events, writing angry mental emails in the middle of the night, anxious rumination, thinking you're responsible when you're not, feeling flooded or overwhelmed or drained, getting sucked into conflicts between others, etc. etc. Most of our stresses and upsets come from these second darts: needless suffering that we cause ourselves—the opposite of being at peace.

Our second darts also get in the way of making things better. You've probably had the experience of talking with someone about something painful to you, but this person was so rattled by your pain that he or she couldn't just listen, and had to give you advice, or say you were making a big deal out of nothing, or jump out of the conversation, or even blame you for your own pain!

In other words, when others are not at peace with our pain, they have a hard time being open, compassionate, supportive, and helpful with it. And the reverse is true when we are not at peace ourselves with the pain of others.

So how do you do it? How do you find that sweet spot in which you are open, caring, and brave enough to let others land in your heart...while also staying balanced, centered, and at peace in your core?

How?

Keep a warm heart

Let the pain of the other person wash through you. Don't resist it. Opening your heart, finding compassion – the sincere wish that a being not suffer – will lift and fuel you to bear the other's pain. We long to feel received by others; turn it around: your openness to another person, your willingness to be moved, is one of the greatest gifts you can offer.

To sustain this openness, it helps to have a sense of your own body. Tune into breathing, and steady the sense of being here with the other person's issues and distress over there.

Have heart for yourself as well. It's often hard to bear the pain of others, especially if you feel helpless to do anything about it. It's OK if your response is not perfect. When you know your heart is sincere, you don't have to prove yourself to others. Know that you are truly a good person; you are, really, warts and all, and knowing this fact will help you stay authentically open to others.

Do what you can

Nkosi Johnson was born in South Africa with HIV in 1989 and he died 12 years later – after becoming a national advocate for people with HIV/AIDS. I think often of something he said, paraphrased slightly here: "Do what you can, with what you've been given, in the place where you are, with the time that you have."

Do what you can – and know that you have done it, which brings a peace. And then, face the facts of your limitations—another source of peace. One of the hardest things for me—and most parents—is to feel keenly the struggles and pain of my kids...and know that there is nothing I can do about it. That's a first dart, for sure. But when I think that I have more influence than I actually do, and start giving my dad-ish advice and getting all invested in the result, second darts start landing on me—and on others.

See the big picture

Whatever the pain of another person happens to be—perhaps due to illness, family quarrel, poverty, aging, depression, stressful job, worry about a child, disappointment in love, or the devastation of war—it is made up of many parts (emotions, sensations, thoughts, etc.) that are the result of a vast web of causes.

When you recognize this truth, it is strangely calming. You still care about the other person and you do what you can, but you see that this pain and its causes are a tiny part of a larger and mostly impersonal whole.

This recognition of the whole—the whole of one person's life, of the past emerging into the present, of the natural world, of physical reality altogether—tends to settle down the neural networks in the top middle of the brain that ruminate and agitate. It also tends to activate and strengthen neural networks on the sides of the brain that support spacious mindfulness, staying in the present, taking life less personally—and a growing sense of peace.

From rickhanson.net/peace-pain-others, posted on February 27, 2016