Wow! It’s already fall! We are hoping for a December signing date for our new hospital partnership. Jesus Medina, MD is our new OU Physicians President and we have new OUP bylaws and committee structures. Several representatives from our departmental will serve on the various committees and subcommittees. We hope to break ground on the new bed tower before year’s end.

BIG NEWS! Our Anesthesia Interest Group (AIG) will be receiving the Best AIG Group in the US award at the upcoming ASA! Kudos to all who helped make that happen. More on that from Dr. Heimbach after the ASA later this month. We are beginning our resident interview season, welcoming our new Student Program Coordinator—Kristen Chewey and just concluded a successful fellowship match season for our program and our residents.

Everyone is getting settled into our new offices, but as with any transition, some adjustments are required, so I thank everyone for their continued patience, cooperation, and flexibility as our department grows and progresses.

In this quarter’s Snooze Newz please let me be the first to wish Happy Halloween, Happy Thanksgiving & Happy Holidays to all!

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**Education Update - Pramod Chetty, MD**

Welcome to Kristen Chewey! Kristen is the new Student Program Coordinator for Anesthesiology. Kristen has held a number of positions in higher education, healthcare, and government administration including Resident and Fellowship Program Coordinator for the Department of Otolaryngology. Her unique and varied background makes her a great fit for working with our students, residents, fellows, faculty and staff. She is in the process of pursing her MBA here on campus as well. Kristen lives in Midwest City with her husband, Daniel, and four children, Elijah (16), Lillian (10), Evelyn (6), and Gwendolynn (6). When not busy with family, work, or school, Kristen runs her own jewelry making business, Oh! KC Designs. You can reach Kristen at: kristen-chewey@ouhsc.edu. Keep an eye out for Kristen around WP and come introduce yourself! Meeting her in person may be the only way to truly tell the difference between Kristen and her celebrity look-a-like, Mya Rudolph!

**Catching Up With Our CRNA’s - Kathryn Dooley, CRNA**

Congrats to Sam Lingle!

Sam, APRN CRNA is the new Co-Chief Nurse Anesthetist for OUMC. Sam has been a member of our department since 2015. He is no stranger to OUMC having worked in the Trauma ICU from 2009 to 2013, when he entered Nurse Anesthesia school at Newman University in Wichita, KS.

In addition to his work here at OU, Sam serves in The National Guard. He is a flight nurse in an aeromedical evacuation unit. Sam’s team cares for patients while they are in-flight on C-130 transport aircraft.

An Oklahoma native, Sam grew up in Norman. He and his wife have two boxers who keep them busy. Sam says, “We have a great group of nurse anesthetists here: people from diverse backgrounds, people who have been here many years and those who are newer. I want to inspire pride in our group as we look to the future.” We appreciate Sam’s willingness to serve in this time of transition on the OU campus.
Open Enrollment for 2018 benefit changes is scheduled for Oct. 23rd – Nov. 3rd. The biggest change to our benefit plan for next year is in our health insurance coverage. OUHSC is changing carriers back to Blue Cross Blue Shield.

All OU Physicians providers will be included in the Blue Preferred network. Blue Preferred is the option with the lowest out of pocket cost. Although the Regents have not formally approved the plans, it looks as if the PPO plan will have a price increase of about 4.9% and the HSA an increase of 9.1%.

The University recognizes that the cost of family coverage is currently high and plans to reduce the cost in 2018. However, this will mean an increase in the cost of some who carry employee only coverage. Currently there are six salary/cost tiers to our health benefit plan; these tiers will reduce to four in the new plan. The University will release more news on this soon, as well as dates for the benefit fair and times/places representatives will be available to answer questions. Also to keep in mind, flexible spending accounts must be renewed each year.

Mark your calendars and pay close attention to e-mails from HR to be sure you get your benefit selections in place for 2018 within the enrollment period.

Resident Reflection

Jeffrey Foster, DO-Chief Resident & John Crowe, MD-Co-Chief

We are sad to see some of our beloved faculty leaving, but we are honored to have worked with them. They have made lasting impressions on us all – shaping and molding our careers. Not only that, they left us some amazing new furniture for the resident lounge! (Thanks, Dr. Basile!) We are grateful to you, and all of our faculty, for your service and guidance.

This fall is an exciting time for our residents. We are gearing up for an extremely strong showing at ASA Conference in Boston this month. We will have 22 residents and 4 medical students participating this year! Everyone is looking forward to seeing OU Anesthesiology represented well at the national level to continue establishing a legacy for the field and for future learners.

Speaking of future learners, we are currently in full swing with interview season. You may have seen medical students around with red or gold badges on – they might be our future residents. This means we get to see them rotate through our OR’s, have social gatherings with residents, and interview with our program. It is great to see how strong these applicants are and know that our academic future is bright. We are excited to show them that our program is as strong, successful, and welcoming as we know it to be.
Welcome Aboard To Our New Hires

**Faculty**
- Oksana Didyuk, MD
- Lara Dean, MD

**Associate Faculty**
- Jordan Kliwer, CRNA
- Shane Stack, CRNA
- Lincy Varughese, NP
- Lauren Toft, PA

**Staff**
- Kristen Chewey, Student Program Coordinator II
- Cassie Douglas, Admin. Asst. II
- Kimberly Johnson, Senior Admin. Asst.

**ECLIPSE 2017!**
Catching Up With Featured Faculty Member Neeti Sadana, MD

Associate Professor Dr. Neeti Sadana is back and we’re sure glad to have her as Chief of Obstetric Anesthesia. She was with us at OU from 2010-2013 with her husband, who was the Pain Fellow then faculty at the time. She left and tried out life in Dallas, but she missed us so much that she has returned to her OU family. Dr. Sadana was born in India and moved to the US at the age of 3. She splits her time between OKC and Dallas since her dogs, husband, and house (listed in priority order) are in Texas.

When she’s not hard at work, Dr. Sadana enjoys attending spin classes, and hot yoga with her two bulldogs, Bentley and Stewie. She is a total dog person and she loves doing pretty much anything with the pups including snacking, relaxing on the couch, and watching The Real Housewives of Orange County. Doesn’t every dog love that show?

Occasionally she does take breaks from dogtown and is looking forward to splitting her December vacation time between Hawaii and Telluride, CO for her first ski trip ever. We hope she comes back without too many bumps and bruises!

For Dr. Sadana, the best part of being an anesthesiologist is working in OB and being a small part of such a momentous moment in people’s lives. It can be so rewarding to be there even when things aren’t going well, and be able to provide good pain management for women.

Work/life balance can be tough in this line of work and Dr. Sadana admits she struggles at times not to take the work home with her, but she also recognizes that as a physician, work/life balance is critical. She works hard and plays hard, enjoying refueling from doctoring as well as spinning with French Champagne and a Texas steak. We can’t imagine why, but Dr. Sadana reports she is working on being a more lady-like role model professionally and personally. She’s planning to start studying Farsi, so she can finally understand what her mother-in-law is saying about her!

Getting To Know Super Staff Member Carisa Newton—Accountant

Carisa joined the department in May as our newest accountant. She works on general ledger entries, account reconciliations, reimbursements, cost transfers, payroll and anything else Brandi and Susan ask her to do, which is probably why she is so well-liked!

Carisa likes the fact that life is never boring around WP Suite 1140 and that everyone in the office is so easy to get along with.

Born and raised in Bethany, Carisa is a busy woman outside of the office. Between her husband, 17-month old son and working on getting her Masters, free time is scarce, but when she does have a moment, you can find her reading historical fiction or re-watching The Office or New Girl or a good baseball game. She and her family try to make it down to Dallas once a season to watch the Rangers, but don’t worry, she’s not a Rangers fan, she just enjoys the sport. Though Carisa loves us here at OU, she imagines that if she wasn’t in her current position she’d either be a stay at home mom or the owner of a restaurant that serves only cold pizza. You’ll have to ask her for the backstory on that second option...

Carisa’s favorite food is Margaritas. She also enjoys donuts and Mexican food if for some reason Margaritas don’t count as a “food.” We’ll keep the definition of food loose, and let it stay, since Carisa seems willing to paint outside the lines, calling Margaritas food and jumping out of a plane...twice!


Summer 2017 Friday Conference Takeaways

From: Navigating Faculty Career Development in our Academic Medical Center (July 21st)
With: VALERIE WILLIAMS, PhD, Vice Provost for Academic Affairs, and Faculty Development

10 Tips For Navigating Your Academic Pathway
1. Review duties and expectations w/boss
2. Develop annual goals and career goals
3. Identify appropriate metrics and benchmarks by HSC mission/pathway
4. Set measurable objectives
5. Create a development plan with your boss
6. Identify a mentor and/or coach
7. Prepare an annual report summarizing your work
8. Meet w/your boss for feed-forward and feedback
9. Request written feedback on your work products from peers and senior colleagues
10. Request mid-course peer review of your progress

From: Addressing Conflict and Professionalism Issues (July 28th)
With: JOHN ZUBIALDE, MD, Associate Senior Dean, Office of the Dean, College of Medicine & JASON LEES, MD, Associate Professor, Department of Surgery

Check out the recommended reading: SWITCH

Save These Dates!
*ACLS & PALS will be moving mostly online in 2018

**MOCA:** Nov 4, Feb 17, Mar 10 (Gale Gwin)  I  **ACLS/BLS:** Oct 21, Jan 13 (Gale Gwin)

**PALS:** Nov 18 (Gale Gwin)  I  **MOCK ORALS:** Nov 11 & Dec 9 (Kristen Chewey)
WHEN YOU’RE WACKY AND YOU KNOW IT!

WACKY GAMES 2017
Meet the Pets of OU Anesthesiology!

Anabelle and Princess Leia Overton
Lola Irwin
Murphy Elwell
Daisy & Harry Winston Kulesus
Earl & Pearl Johnson
Finehead Johnson
Jace, Annabel & Harley Heimbach
Dudley Shaw
Mila Spoticus Holt
Molly & Ella Toland
Jax chasing Caroline Heimbach
Meet the Pets of OU Anesthesiology!

Nike, Thorin & Izzy
Chambless-Glenn

Bentley & Stewie ‘Vader’ Sadana

Beamer Frost

Molly, Mike, Lilly & Finn Wilde

Xena Warrior Princess Recher

Zoey & Dani Maloch

Phenelope, Zethus & Amphion Tripp

Jolene & Layla Broussard
Meet the Pets of OU Anesthesiology!

Barbara ‘Babs” Doughty
Dot, George Hairyson
Ginger Rogers, Sophie & Simone VanGundy

Troublesome Travis Roberts

Macie, Shadow, Roamer & Maxine Sanders

Barbara ‘Babs” Doughty

Cap, Dany & Maizey Blue Sisk

Evelyn ‘Leia’ Strum