

DEPARTMENT OF SURGERY WEEK OF MAY 11



Beautiful Chaos: Be Set Free. Photograph by Josephine Cardin
<https://www.lensculture.com/articles/josephine-cardin-beautiful-chaos-poetry-feeling-and-the-human-form#slideshow>

REFLECTIONS: ON MOVEMENT

This week, I searched far and wide for images that best reflected using our bodies and movement to find peace and healing. These photographs, as well as the message by their creator, Josephine Cardin, were particularly timely.

Ms. Cardin notes that “I do not look *for* something, rather, I look *at* something, someone, some place of event, and attempt to capture the essence, the emotion and the soul of the subject.” She goes on to say, “The beauty most of us miss because we are looking down, too busy, or simple too clouded in our minds by preconceptions to see the inspiration and real beauty of the everyday world.” We invite you to look at her website (link above) as her photographs are perfect examples of life imitating art: they depict the beauty of people and movement that can be appreciated as we take a moment to slow down, even in the craziest of times.

As we find ourselves increasingly submerged in Zooms, televisits, and now increasing

clinical volume with profoundly ill patients all around, take a second. See—really *see*—how the “chaos” (said lovingly as I am a firm believer that the Department of Surgery did a beautiful job with pandemic organization when it would have been perfectly easy to resort to chaos) in fact brings out our best.

We hope that this issue will continue to center us as we start to see the light coming. We remain in awe of your ongoing demonstration of how, in chaos and uncertainty, we shine and are united as a community made of all members of this Department and our loved ones who stand by us day and night.

It's a Greek Thing...

Like much of everything in western civilization, organized movement gave its first steps in ancient Greece. The Greeks of the Classical era believed that physical fitness and mental clarity were two sides of the same coin. A good citizen was virtuous in mind and body; training was a civic duty, rather than a lifestyle choice.

Training facilities and professional trainers were provided by the city – for ordinary citizens as well as for champion athletes. The biggest names in philosophy devoted extensive passages of their works to lay out the rules for proper training and healthy eating.

Athletic training was considered equal in status to medicine, while the “locker-room talk” of 5th c. BC Athens laid the foundations for Western political thought. The funny part here is that “The gymnasium,” now shortened to “gym,” derives its name from the word γυμνός (gymnos), meaning naked. In most of Greece this was for men only, but in Sparta... in Sparta it was all comers, boys and girls were trained together in the arts of physical activity and getting them ready for war.



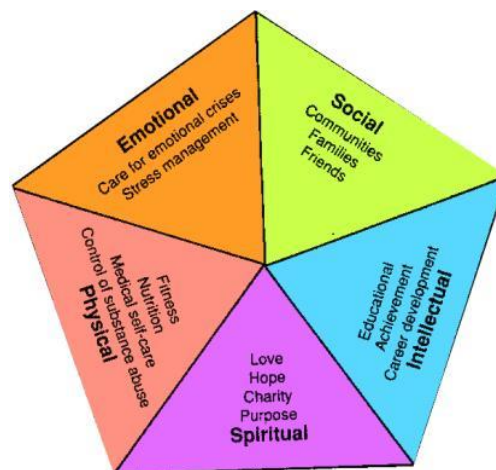
Philostratus

He describes (Gymnasticus, 44) how “they lifted weights, raced horses and hares, bent or straightened metal bars, pulled ploughs or carts, lifted bulls and wrestled lions, or swam in the sea to exercise their arms and their entire body. Their diet was natural, with whole-

grain bread and meat from oxen, bulls, goats, and deer. They slept on hides or straw mattresses and anointed themselves with plenty of olive oil. They were healthy and did not get sick easily. They stayed youthful into old age and competed in many Olympics. Wow, that sounds exactly like the typical American day for a Surgeon. Rush in the morning, no breakfast, stress, and no exercise.

The absence of exercise or simple "movement" can get you sick; I am an example of that. I was always drawn to the "Gym," in my early youth, I practice every sport that was offered to me (no Golf in Honduras at that time), and I competed in multiple disciplines. One of the things I learned after numerous injuries playing Volleyball, Basketball, and Taekwondo, was that swimming fixed everything. Most of you saw me zipping around on a scooter two years ago after my right Achilles tendon injury, which was after Josh Scurlock pushed me like a savage on the basketball court because we were beating his team! (Maybe a little dramatic, but I will stick to it). The recovery was long, and thanks to my partners, I managed to undergo surgery by the best ortho-sports guy around Dr. Nicola DeAngelis and stay out until I was able to round in ICU while sited with my leg up. The significant part of the recovery was the movement; going to rehab, cycling, and swimming got me back to running in less than three months. This is just the anabolic effect of exercise; the other impact is the wellness part of it; it is enormous, it can heal you inside.

As you know, wellness has five primary dimensions. Intellectual, Physical, Social, Emotional, and Spiritual. Some sources like to add three more dimensions, environmental, financial, and vocational; I like the simple five because these last three dimensions fit into the intellectual dimension, in my opinion.



Notice in the diagram that the physical dimension includes nutrition, medical self-care, and control of substance abuse, just like in ancient Greece. I will quickly finish with my story on lack of proper nutrition, lack of self-care and physical exercise; no substance abuse yet, although there are some days when I think this "Rona" it's going to send me to drink!

In March 2019, I was having multiple psychosomatic representations of stress, and as you know very well based on this past weekend's snowfall, you cannot count on golfing all the

time. Therefore, I had the choice of loading myself with metoprolol or find a solution. This was when I saw this group in Northborough who teaches Krav Maga or in Hebrew, קרב מגע. This is the Israeli armed forces self-defense technique with some changes for the civilian life (we don't take your gun and shoot you with it). I remember the effect of my first class with Mr. Jimmy Sheridan (black belt in Brazilian Jujitsu and Krav Maga). I got there with a question on the technique, the amount of work needed, etc. He answered with a good question, why do you want to do this? And, I was brutally honest, I would like to have an intense workout, but I feel I would like to hit stuff some days, and that is kind of illegal and not conducive for my work environment. He brought me to the back of his office where there is a private session mat, and we just started throwing different basic combinations of punches and kicks to a series of hand and body pads he was wearing. I cannot explain the energy and feeling of liberation that goes through your body when you are focused on the technique and the power of the impact of your roundhouse kick. Needless to say, I signed up immediately.

Forward one year later, now I am a blue belt in Krav Maga (early advanced level), I have taken my whole family with me to Krav and Karate, don't need any beta-blockers anymore, have a whole different group of friends who talk NOTHING about medicine or viruses, and have learned the way to keep my physical dimension in order following our creed which goes like this:

"I will develop myself in a positive manner and avoid anything that will reduce my mental growth and physical health. I will develop self-discipline in order to bring out the best in myself and others. I will use common sense before self-defense and never be abusive or offensive. This is a black belt school, we are motivated, we are dedicated, and we are on a quest to be the best."

It is hard to find the time, trust me, but we can do it. The dimensions are interconnected; if there is no balance between them, there is any wellness. -Ulises Torres, MD, MEHP

As I sit down to write this, I realize with irony that I just finished a run, which gave me the motivation I needed to start. I have been an athlete for my entire life. Growing up, it was gymnastics, a sport that largely influenced my career choice. Later in life, I have found running and triathlons to keep me sane. I can thank my family for both inspiration and encouragement along the way as they have hugely influenced my addiction to movement. My brother talked me into doing a half Ironman two years ago and if you have been to Lake Sunapee with us, then you know we have a "three things a day rule." A "thing" is some sort of physical activity: walking, kayaking, tennis... There is a long list. Most visitors find us appropriately insane. But at the end of the day, athletics has become an essential part of my daily routine and is both a coping mechanism and source of happiness.

There are days when I dread getting out the door after a 14-hour workday. Like anything else in life, you have to find the motivation, and yet I have never regretted a run and always feel better at the end of it. Sometimes I curse myself in the middle when I have to stop and wheeze some extra air into my lungs (particularly these days, pushing a stroller is hard!),

but it is always worth it. Running gives me clarity; it's a time of introspection to mull over the decisions of the day or let the frustrations out. It grounds me and re-fuels me. So, if you're ever looking for someone to help you find motivation or share the misery, feel free to give me a call (6 feet away of course). [The picture below is with my Mom and brother after a rainy triathlon.] –Natalie Godfrey, MD PGY5



The \$6 cover at The Cantab Lounge is the cheapest therapy I know. Located in Central Square, Cantab is decidedly divey, with cheap drinks, live music, and a worn dancefloor. The bouncer has the thickest Boston accent I've ever heard, and I am certain his only job



has been stamping hands outside the Cantab. The patrons of the Cantab vary from neighborhood regulars, hipster grad students, middle-aged swing dancers, firefighters, and grannies with fashionable brooches on their blazers.

When I was in graduate school, I went to the Cantab frequently to hear their house band, The Chicken Slacks, belt out soul and funk hits. To the beat of the bass drum, I slapped the center of my chest, feeling the percussive waves radiate through me. I stomped my feet and bashed my head, my hair a lion's mane. I swayed my hips to rhythm guitar strums, eyes closed. I threw my hands up in praise to the band, thanking them for their sounds. I often went dancing with friends, but I preferred dancing alone. In the midst of what was a rather glum year, dancing at the Cantab was

the therapy I needed, and reminded me that my body was capable of so many things-- movement till I ached, an outlet for my discontent, and transformation of that sadness into

expressions of exuberance. I am similarly transported when I am near the water. The crash of the waves carries its own rhythm and force, which I feel bone deep. Perhaps this is because I come from a family of ship captains; perhaps it is because we are made of water. Before I started working in the COVID units, I drove to Rhode Island, and spent the afternoon climbing around on the rocky coast. I decided to make this trek instead of climbing one of the mountains near Worcester. Before I entered the end of the world--the COVID ICU--I could either go to the top of the world or the edge of it. I chose the edge. The parallelism of the storms on the sea and those which rage in corona-infected bodies made the ocean an appropriate choice.

Alejandro Cerrudo must have known this when he choreographed “One Thousand Pieces” for Hubbard Street Dance in 2012. I saw this production after finishing my first year of medical school, buying a rush ticket on a whim. As I sat stage left, I watched two dancers make their way out onto a glistening dance floor. That year, I, like a small child, was



obsessed with glitter, and I excitedly mistook the shine on the stage for those plastic bits of sparkle. “Will they throw it in the air!? Will they sprinkle it on the audience!?” I couldn’t wait to find out. But instead, as the dancing couple spun into a graceful lift, I saw droplets of water fly from one dancer’s foot, arching to the ground. Water! Riveted, I watched the water become an extension of the dancers’ limbs, a part of the dance itself. Having spent the year dissecting a human body, memorizing tendons and ligaments and muscles and nerves, I marveled at each dancer’s strength, their movements beautiful and controlled. The dancers never slipped; rather, they glided on the water-soaked stage.

Although residency has allowed less time and energy for it, I still retreat to the dance floor for therapy on occasion (post-ABSITE being one of them), and I indulge in the ballet at least once a year. The expense is one I don’t regret, as I always leave the theater feeling a deep reverence for human bodies--and refreshed as a physician who gets to take care of them. In particular, I think about dancers when I’m working to care for our most critical patients. The range of what our bodies are capable, the elegance and extremis, never ceases to wow me. –Katherine Bakke, MD PGY3

To watch experts from “One Thousand Pieces,” as performed by the Pacific Northwest Ballet, click here: <https://youtu.be/u56y-uiudXc>.

SUBMISSIONS FROM OUR LOVED ONES



Submitted by Andrea Ciaranello, wife of Andy Schanzer



Submitted by Cam, significant other of Shirley Shue

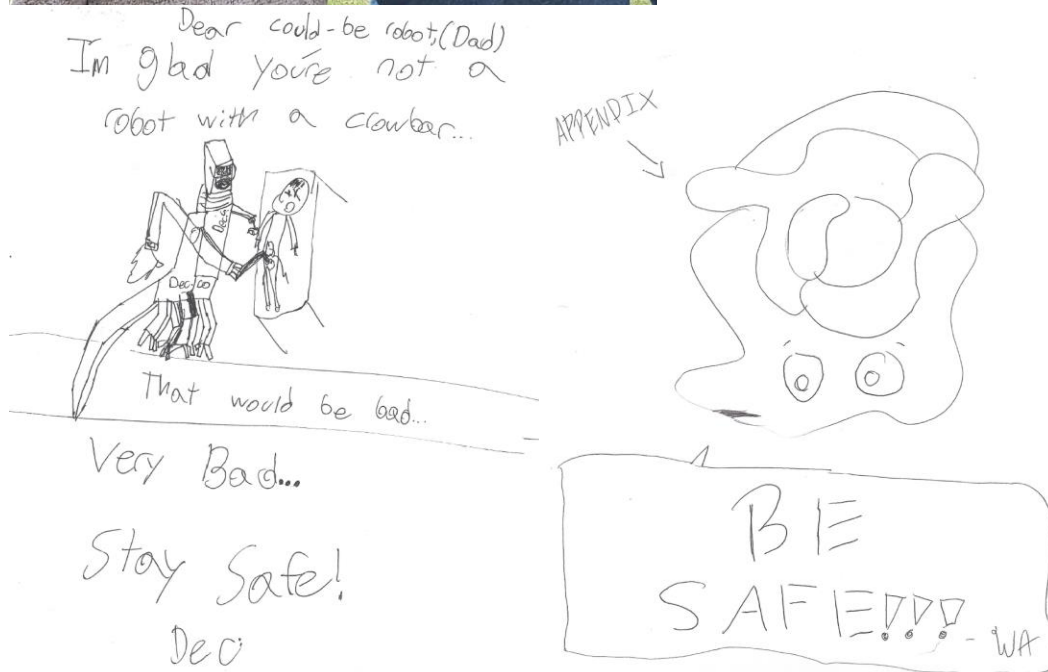




Submitted by Disha Dalela, wife of Piyush Gupta



Submitted by Kavita Babu, wife of Jim Carroll, and their artistic children



PRIDE IN OURSELVES

In this issue, we turn to fostering strength at a professional level. As we continue to receive

contributions from Divisions and other Surgical Department groups, we will continue to flow these into future issues. When life goes “back to normal,” (well, more normal), we hope that you will be able to look back at these messages and remind yourselves “Why UMass.”

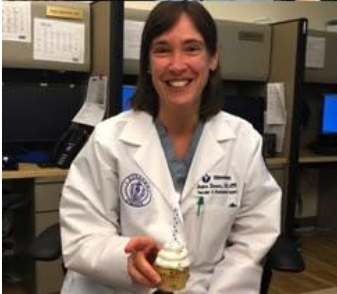
Message and Photos Documenting COVID weeks, from Andy Schanzer, MD, Chief of Vascular Surgery

In summary, I’m most proud that all of the personnel in our division, across all levels, have said “yes” to anything asked of them. We’ve helped in the call center, the testing tents, the DCU center, the CDU, the ICUs, the med/surg wards, the line placement service, and we’ve managed every vascular urgent/emergent presentation and transfer without turning any away. And whatever I have asked, at whatever time, on whatever day, our personnel have said “yes.”

It has also been rewarding to see our academic program continue with weekly grand rounds, case conference, research in progress, M and M, all fully attended remotely by our entire team. During these two months, we’ve continued to publish with 3 manuscripts coming out in peer-reviewed journals, 4 manuscripts submitted for consideration/under review, one RO1 submitted, and one external funding quality improvement grant awarded to one of our APPs.

We will get through this together. Best, Andy









Message from Jennifer Walker, MD, Chief of the Division of Cardiac Surgery

I would just like to send a huge thank you to the cardiac surgery team. The nurses have adapted beautifully from their “Mercedes” intensive care unit at 3 Lakeside to their “Volkswagen” intensive care unit up on 6ICU. My advanced practice providers have volunteered for everything from the DCU, telehealth, the covid units, picking up countless overtime and OR first assisting. They have just been tireless in their flexibility. Stephanie has done an amazing job working with Anne Larkin on all of the APP deployment. My surgeons have done some incredibly difficult cases as patients are presenting much later in their disease.

It’s hard to say thank you to everyone but I just wanted my team to know how much I appreciate them.

Message from Giles Whalen, MD, Chief of the Division of Surgical Oncology

I try to measure the Division of Surgical Oncology against the aspirations described in our mission:

1. Provide cutting edge surgical care as well as humane judgements for our cancer patients,
2. To contribute new knowledge to our field,
3. Inculcate these ambitions and mission - as well as the content - in the next generation of medical/surgical care givers.

Although the coronavirus did not call on surgical oncology skills especially, by these measures we have done well. I am most proud of our division for its versatility and for stepping up and doing whatever was needed in this pandemic, whether that was moving from breast surgery to trauma surgery or General Surgery, or providing special skill sets in coordinating Departmental responses, or volunteering to be a medical hospitalist. I am both proud and grateful especially for the effort, skill and attention members of our Division have brought to sustaining the morale and esprit of our residents - who by their own skill, dedication and acceptance of extraordinary responsibilities have made us all look good. I am uncertain as to what contributions we will be able to make to the science and craft of surgical oncology from this COVID experience, but anticipate that there will be fruits of understanding the natural history of some of our cancers that we will be able to harvest when the dust settles. I do know that our entire division from senior faculty through nurse practitioners and our admins have maintained a focus on figuring out how to do the best thing for our deferred cancer patients - even in the face of uncertainty, unfamiliar technologies, new processes and burgeoning extra responsibilities. Everyone has not only done their best; they have done well and that is indeed something to be proud of.

Message from John Kelly, MD, Chief of General Surgery

To all the personnel in the Division of General Surgery, many thanks to your success in adapting and becoming key contributors to the hospital's response during these difficult times. Yes, we have had some awkward down time, but we have, more importantly, been part of numerous assignments including medical deployments, covering ACS call 24/7, trauma nights and partial weekends. These contributions have come while taking the lead and adapting to a new way of seeing patients through telehealth. Our surgeons at Milford and Marlboro may be under the radar here to you, but they have been instrumental in keeping two additional healthcare facilities functioning in this crisis. Our tremendous admins and APPs have kept patients informed and have learned to support us in our endeavors so surprisingly well from home (though I know they are all going stir crazy by now). Finally, a special shout out to our F1 (otherwise known as NC) for all her numerous contributions to the division, this hospital, and my sanity over the last many weeks.

UMass Pandemic Highlights (Submitted by Dr. Litwin)

- DCU Center was the first field hospital in Massachusetts. It was operational in 10 days.
 - Jonathan Gerber (Chief of Hematology/Oncology) developed and led the first convalescent serum program in Massachusetts. He developed our own protocol, with Dr. Maykel being the first donor. As of this past weekend, 65 patients have been treated, resulting in dramatic results in the sickest patients that did not qualify for remdesivir. Most patients have required 2 units, usually spaced 72 hours apart; administration has resulted in a very high survival rate compared to expected.
 - Remdesivir trial: NIAID Adaptive Randomized Controlled Treatment Trial (ACTT) for COVID-19 was led at UMass by Dr. Bob Finberg (Chairman, Department of Medicine). UMass was one of 22 sites around the world, treating 31 patients. We were 7th in the world in enrollment (just behind Denmark). Recovery as released pre-publication by the NIH was 31% faster!
 - Favipiravir trial: UMass was the initiating center for this trial, led by Dr. Finberg, which is at two other sites but is the only such trial in the US. It is enrolling in Japan.
 - UMMS Scientists have been leading the way with world-class, cutting-edge research to specifically help us fight this disease!
 - Trudy Morrison, PhD is leading the way for vaccine development.
 - Celia Schiffer, PhD is investigating protease inhibitors.
 - Jeremy Luban, MD is evaluating virus variations.
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SHOUT OUTS

- Congratulations to **Ulises Torres, MD** who was named the City of Worcester Healthcare Hero of the Day on Friday, May 8. Check it out around 12:24. <http://www.spectrumnews1.com/ma/worcester/news/2020/05/08/worcester-presser-050820>

- Great job, **Clark Murray, PGY!** This message comes from Therese Day: “I am reaching out with a huge THANK YOU for the N95 masks that Dr. Torres just delivered to my office. I never in my wildest dreams imagined that a hospital in the United States of America would be challenged to source the necessary protective gear for our Caregivers to provide care for our patients. These are such unimaginable times.

I am so grateful to you Clark for coordinating this donation and to you Elizabeth for providing the masks, knowing firsthand the countless needs that exist in the world that your organization supports. I am truly touched.”

During the COVID-19 pandemic, **Dr. Jessica Simons** has been a source of hope and inspiration for the Vascular Surgery Residents and the Nurse Practitioners working side by side with her. Many have been called heroes during this time, and Dr. Simons truly exemplifies what it means to be a hero. When called to change our roles and be a part of the team helping these poor patients through this terrible time, Dr. Simons was right there to help. She never had to say it, but we all knew that she was by our side for all of it and was going to work in parallel to make sure her team stayed safe, and completed the task set before us with a good attitude, grace and thoughtfulness. A true leader leads from the front lines. Those most successful, have earned the admiration and loyalty of their team. Dr. Simons has our never-ending gratitude for fighting alongside her team and getting in the trenches to do the work that needed to be done. “Thank you” just doesn’t seem like it is enough to recognize her efforts appropriately and give her what is deserved, but she has our never-ending gratitude and exemplifies the attributes of a true leader.

“A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. ~~He~~ SHE does not set out to be a leader but becomes one by the equality of ~~his~~ HER actions and the integrity of ~~his~~ HER intent.” – General Douglas MacArthur (edited for proper use of pronouns)

With Gratitude and Respect,

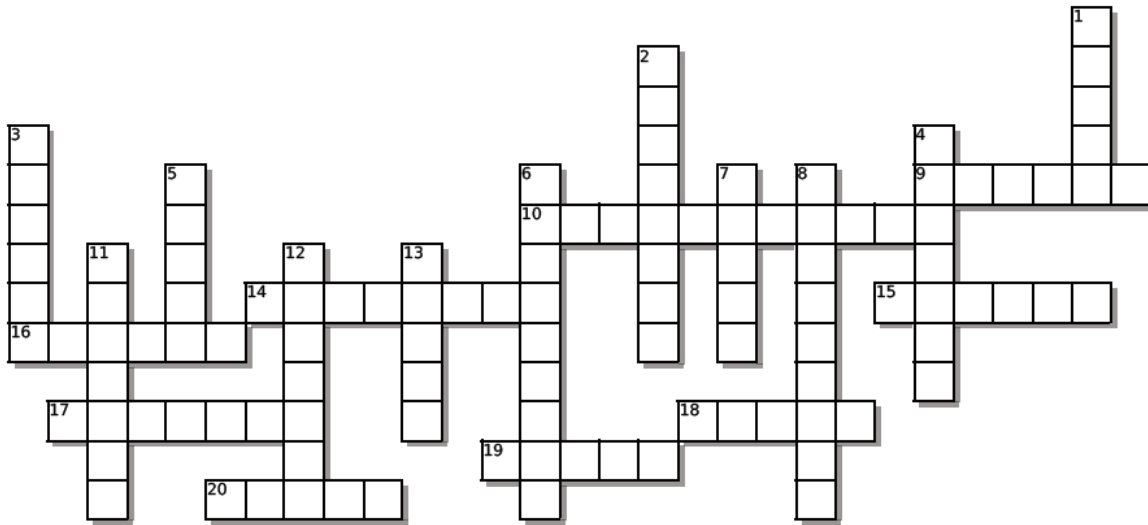
Mohammad Alqaim, MD
Thomas Creeden, MD
Kyle Diamond, MD
Emily Fan, MD
Charles Fang, MD
Zachary Fang, MD

Hazel Marecki, MD
Tammy Nguyen, MD
Lauren O’Connell, NP
Devon Robichaud, NP
Parth Sheth, MD



RELAXATION

Eponymous (Google encouraged)



ACROSS

- 9 Credited with the first successful appendectomy in 1735
- 10 Father of transfusion medicine
- 14 "Like a Surgeon" singer
- 15 Surgeon, prohibitionist and Medal of Honor winner
- 16 Pioneered use of carbolic acid to clean wounds
- 17 Syndrome of obstructive jaundice caused by external compression of CBD
- 18 Historical pesticide known to cause pancreatic necrosis
- 19 Handheld instrument used for bloodletting
- 20 Holyoke grad who developed eponymous neonatal health score

DOWN

- 1 Gastroenterologist who described a case series of patients with terminal ileitis in 1932
- 2 Severe hypothyroidism
- 3 Performed the first liver transplant
- 4 Performed the first heart transplant
- 5 1942 nightclub fire at the Cocoanut
- 6 First woman to receive a medical degree in the United States
- 7 Lead singer of the band who recorded "Eponymous" album in 1988
- 8 A tool used to cut extremely thin slices of material
- 11 Phenomenon describing widened pulse pressure, bradycardia and irregular respirations
- 12 Credited with discovery of insulin (along with Best)
- 13 Nickname of original Enterprise medical officer

*This week a family member submitted the following with the hope of having a little fun.
Answers at the end. Extra points for guessing the contributor.*

COMMUNITY

The General Surgery Residency is participating in the SECOND trial. This week, Dr. Jo Shapiro, the former Director of the Center for Professionalism and Peer Support at BWH, will be giving a webinar about peer support groups on Tuesday, May 12 at 4 pm CST.

Topic: Peer Support Group Webinar

Time: May 12, 2020 04:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://northwestern.zoom.us/j/97086728731?pwd=ZC9ndmppMGRJSzFpa2lTczZpa2Jvdz09>

Meeting ID: 970 8672 8731

Password: wellness

One tap mobile

+13126266799,,97086728731# US (Chicago)

+19294362866,,97086728731# US (New York)

Caregiver Wellness Resources



Our next issue will be centered around **travel and the world**, in addition to the ongoing features. Contributions welcome from all of the members of our Department of Surgery. Please send your contributions to Jennifer LaFemina or Katherine Bakke.