

Welcome to Stanford Anesthesiology!



Stanford Medicine

Mission: To care, to educate, to discover.

Vision: Healing humanity through science and compassion, one patient at a time.



Stanford residency aims to:

Provide the environment and resources to help you fulfill your highest professional potential as an anesthesiologist





Stanford Anesthesiology Residency Culture

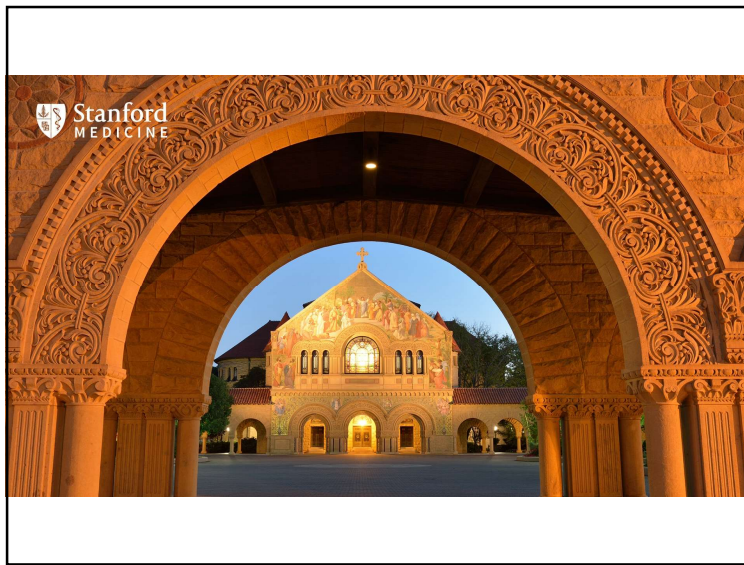
- Wellbeing
- Supported
- Valued
- Hard working
- Community
- Innovation
- Responsive



Stanford Anesthesiology values and is committed to diversity, equity, and inclusion for its staff, residents, fellows, & faculty.

We aim to recruit, support, retain, & promote diversity.

Each division has faculty dedicated to creating scholarship opportunities, fostering inclusion, providing mentorship, and guiding education efforts to address the health needs of a diverse patient population.



The goal is to produce exceptional clinical anesthesiologists and leaders, who also have additional areas of expertise

- Research via the FARM program
- Extra rotations and training in a clinical subspecialty
- Global Health Equity
- Medical Education
- Quality Improvement/Management/IT
- Combined training in pediatrics & anesthesia
- Combined training in internal medicine & anesthesia



Stanford Anesthesiology Residency Options

- 3 year advanced (n=12 positions)
 - Affiliated internships
 - Stanford Surgery (n=6)
 - Santa Clara Valley (n=4)
 - SF Kaiser (n=2)
- 4 year categorical with medicine internship (n=12)
- Combined pediatrics/anesthesia 5 year program (n=2 positions)
- Combined medicine/anesthesia 5 year program (n=3 positions)



The medicine clinical base year at Stanford as part of categorical anesthesia program

- Thirteen 4 wk rotations like Stanford Medicine prelim medicine yr
- 1 month each of Emergency Medicine, ICU, Anesthesiology
- 7 Medicine Inpatient rotations (e.g., wards)
- 4 weeks of consult services (e.g., pulmonary, cardiology)
- 2 weeks acute pain rotation, 2 weeks CVICU rotation
- Monthly anesthesia afternoon simulation (START plus) with other interns
- Monthly POCUS session
- 4 wks vacation





Stanford surgery clinical base year prior to the anesthesiology residency

- learn about surgical diseases & develop knowledge/experience in the evaluation & management of surgical patients & their medical conditions
- refine procedural skills for the ward, ICU, and OR
- become comfortable working in the adult and pediatric hospitals including the EMR to facilitate the transition to the CA1 year
- work with residents and faculty in surgery and other specialties
- Rotations include ED, acute care, SICU, vascular, colorectal, endocrine, bariatrics, 2 months anesthesiology electives



Why Choose Stanford Anesthesiology?

Great clinical care and great scholarship in the department lead to great education!

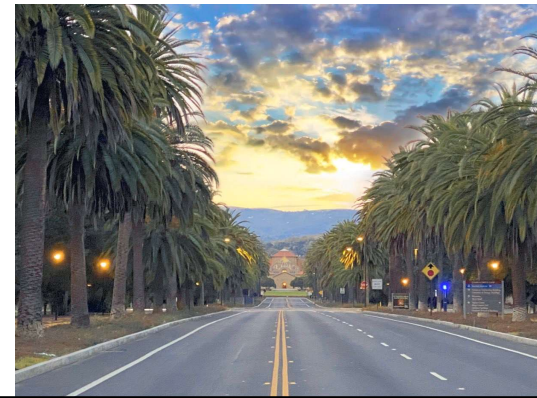


More reasons to choose Stanford Anesthesiology...

The people you will train and form a community with!



Become an exceptional anesthesiologist!





Becoming exceptional requires:

- Curriculum
- Teaching
- Advising/mentoring
- Assessment
 - how do we know what residents learn
- Administration



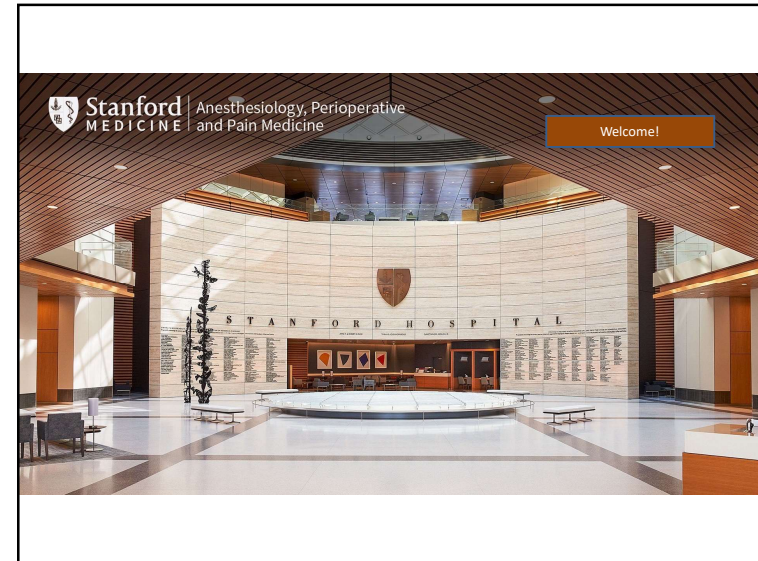
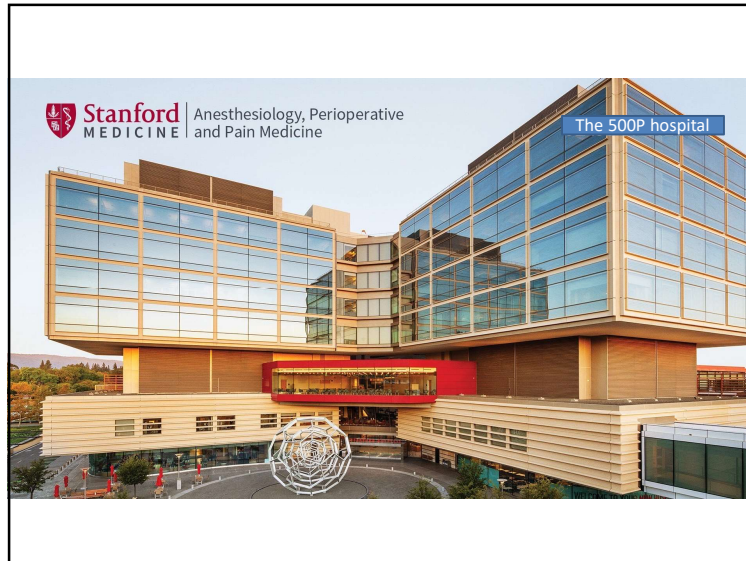
Anesthesiology Residency

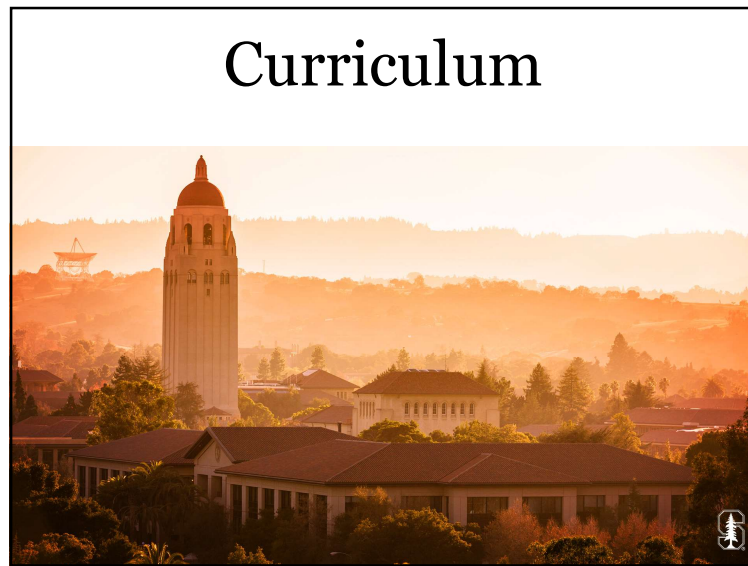
- Faculty
 - World class expertise, leaders
- Patients/Facilities
- Curriculum
- Residents
- Alumni



Even more reasons to choose
Stanford Anesthesiology...

Facilities/Patients





The Stanford University logo, featuring a red shield with a white block letter 'S' and a red block letter 'S' superimposed on it. A redwood tree is positioned behind the 'S's.


Stanford rotation schedule (mths)

ACGME required months

| | |
|---------------|-----------------|
| Neuro | 2 |
| Obstetrics | 2 |
| ICU | 4 (1 as intern) |
| Pediatrics | 2 |
| Pre-op Clinic | 0.5 |
| Out of OR | 0.5 |
| Acute Pain | 1 |
| Chronic pain | 1 |
| Nerve blocks | 1 |
| PACU | 0.5 |
| Cardiac | 2 |

Additional electives

| |
|-------------------------|
| VA Chief Resident |
| Thoracic |
| Scheduler OR management |
| Liver transplant |
| Pediatric cardiac |
| Research |
| ENT |
| Ambulatory |
| Orthopedic |
| VA |
| County hospital |
| Echo |
| Urology |
| Bariatric |




Case numbers

| | <u>ACGME Minimum Required</u> | <u>% above at Stanford</u> |
|--|-------------------------------|----------------------------|
| Patients < 3 months old | 5 | 236% |
| Patients < 3 years old | 20 | 316% |
| Patients < 12 years old | 100 | 150% |
| Spinals | 40 | 251% |
| Epidurals | 40 | 422% |
| Peripheral Nerve Blocks | 40 | 276% |
| Trauma/Burns | 20 | 199% |
| Total Cardiac | 20 | 275% |
| Intrathoracic Non-Cardiac | 20 | 162% |
| Vascular, Major Vessels | 20 | 174% |
| Vaginal Delivery | 40 | 235% |
| Cesarean (including high risk) | 20 | 269% |
| Pain Evaluation - acute, chronic, cancer | 20 | 291% |
| Intracerebral Open | 11 | 414% |
| Total Intracerebral (with endovascular) | 20 | 200% |

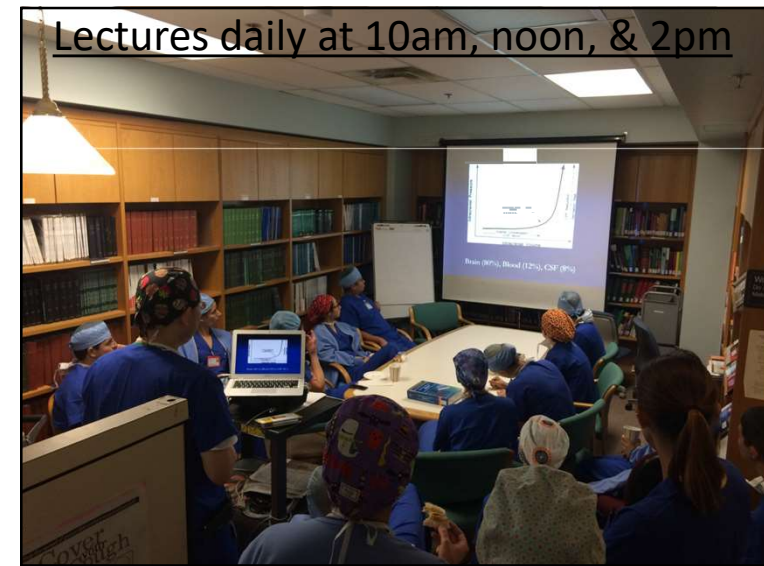
Sample schedule CA1-CA3

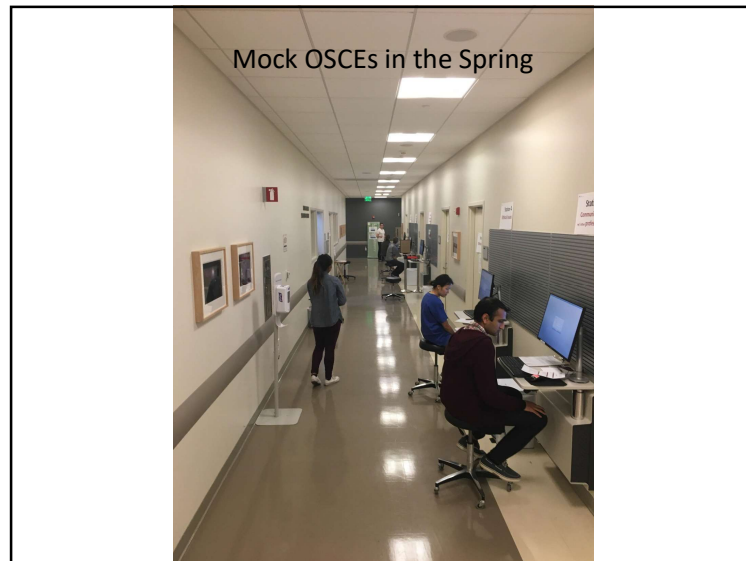
| block | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|-------|-----------|-----------|-------------------------------|---------------------|-----------------|--|-----------------------------|--|--------------|----------------------|----------------------|--------------------|---------------|
| CA-3 | Thoracic | SCVMC | Peds CV elective | Peds CV elective | Chronic Pain | Regional elective Peds elective | Ortho elective PACU | Cardiac elective Liver elective | OB Sr | VA Chief elective | VA Chief elective | CVICU | SCVMC |
| CA-2 | Cardiac 1 | Cardiac 2 | ASC scheduler / Urology | Peds 1 | Peds 2 | SCVMC | OB Jr | MSD / ENT | ASC / MSD | CVICU | Regional | MSD | Acute Pain |
| CA-1 | MSD | MSD | MSD MSD Periop | Neuro | MICU | MSD Ortho | Neuro | VA OR VA Periop | VA OR | MSD | ASC MSD | Bariatric MSD | echo/OOR |

SCVMC=Santa Clara Valley Medical Center (County Hospital)
MSD=Multispecialty division
ASC=Ambulatory Surgery Center
VA=Palo Alto Veteran's Affairs Hospital
OOR=Out of OR
| =indicates 4 week block is split into two 2 wk blocks
Elective=chosen via lottery system



ANESTHESIA





Stanford Anesthesia Longitudinal POCUS curriculum

*Focused cardiac, lung, gastric volume, and airway ultrasound

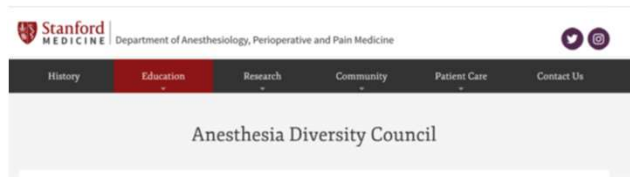
| | | | | |
|--|--|---------------------------------|--|---|
| CA1 | July Online Modules | August Hands-on Workshop -½ Day | 2 hr scanning during periop rotation (Tues/Thurs AM) | *Resident Handbook and Textbook *Record case log of all exams performed *PM scanning with POCUS Faculty when available (500P PACU/Preop) *Libero Lectures on POCUS *Save images for review (QA) |
| 4 Lectures and Workshops during Tuesday Lecture Series | | | | |
| CA2 | Scanning on subspecialty rotations including ICU, Cardiac, Regional, OB, PACU, and SAU | | | |
| CA3 | ASA Diagnostic POCUS Certificate Program Start reviewing online cases | | Spring Advanced POCUS Workshop | |

<https://www.asahq.org/education-and-career/educational-and-cme-offerings>

STANFORD ADVANCED AIRWAY MANAGEMENT AND FIBEROPTIC COURSE

Anesthesia Diversity Council

- Prioritize recruitment of diversity in housestaff
- Work with entire medical center on diversity recruitment
- Lead to improved faculty diversity



New education projects (Faculty)

Longitudinal integration of PBLDS in senior anesthesiology resident curriculum (Natalie Bodmer)

Implementation and feasibility of gamification of regional anesthesia education (Ricky Kim)

Epidural modules to improve understanding and competence as self-assessed by trainees (Kristen MacKenzie)

Development of a new educational curriculum for pediatric cardiac anesthesia rotation (Echo Rowe)

A novel peer support resident curriculum (Alex Ruan)

High-yield resident lectures for the ITE, Basic Exam, and Advanced Exam (Patrick Sullivan)



Wellness Program

- **Peer Support and Resilience in Medicine [PRIME]**
 - Wellness program created for residents 15 yrs ago
 - led by faculty with expertise/dedication
- Supportive dept culture promoted by leadership
- Wellness sessions with each class every 2-3 months to promote work-life balance & community Residents can apply for \$1,500 scholarships to support resilience-related interventions
- Summer rafting trip for CA1s to build community
- Annual Winter Retreat with wellness curriculum for all residents



PRIME wellness Curriculum

CA-1 Wellness Retreat: two Tuesdays 4-7pm in August

| CA-1 topics | CA-2 topics | CA-3 topics |
|---|---|-----------------------------|
| Self-care and self-awareness through contemplative practice | How to provide/receive feedback | Financial planning |
| Building your support network | Physician depression, anxiety, and suicide | Relationship health |
| Fatigue and sleep hygiene, Nutritional strategies to maximize performance and manage overnight call | Communication and Conflict Management | Values clarification |
| Social media guidelines | Addressing microaggressions | Screen time self-evaluation |
| Substance use disorder recognition and education | Adverse Events, Shame, Peer Support and Self-Compassion | Practice Transitions |

The Gas Lounge



The Stanford Anesthesia Wall Of Fame is an opportunity to recognize the great work of the Stanford anesthesiology residents!



Where do residents go after Stanford?



Stanford Anesthesia Class of 2000-where are they now?

- 50% community practice
- 50% academics



Stanford anesthesiology graduate choices for fellowships

| | 2019 | 2020 | 2021 | 2022 | 2023 |
|-----------------|------|------|------|------|------|
| Cardiac | 3 | 3 | 3 | 1 | 5 |
| Pain | 1 | 2 | 2 | 3 | 2 |
| Pediatrics | 3 | | 3 | 2 | 5 |
| Research | 1 | 3 | 1 | 1 | |
| ICU | 5 | 2 | | 2 | 1 |
| Regional | 1 | 3 | 4 | 1 | 2 |
| OB | 1 | 1 | 1 | 1 | |
| Neuroanesthesia | | | | 1 | |



| 2023 | n | % |
|--------------------|----|-----|
| Fellowships | 15 | 45% |
| Community practice | 12 | 36% |
| Academics | 6 | 18% |

2023 senior class 15 of 33 residents (45%) did fellowships

Regional anesthesia (n=2)
Stanford x2

Pain (n=2)
Penn, UCSD

Cardiac anesthesia (n=5)
Stanford, MGH, Duke, UCLA x 2,

ICU (n=1)
UCLA

Pediatrics (n=5)
Stanford x 5

Informatics (n=1)
Stanford



2022 senior class
12 of 29 residents (41%) did fellowships

Regional anesthesia (n=1)

Stanford

Pain (n=3)

Stanford, UC Davis, UCSD

Cardiac anesthesia (n=1)

Stanford

ICU (n=2)

Stanford, MGH

Pediatrics (n=2)

Stanford

Ob (n=1)

Stanford

Research (n=1)

Stanford

Neuroanesthesia (n=1)

Stanford



2021 senior class
14 of 27 residents (52%) did fellowships

Regional anesthesia (n=4)

Duke, Utah, Hosp for Special Surgery, Vanderbilt

Pain (n=2)

Stanford, Brigham

Cardiac anesthesia (n=3)

Stanford, Cleveland Clinic, UCLA

Peds (n=3)

Stanford, Michigan, Colorado

Research (n=1)

Stanford

OB (n=1)

Stanford



2020 senior class
14 of 28 residents (50%) did fellowships

Regional anesthesia (n=3)

Stanford, Cedars Sinai, UCSD

Pain (n=2)

Stanford, Cedars Sinai

Cardiac anesthesia (n=3)

Stanford, UCSD, UCLA

ICU (n=2)

Stanford x 2

Research (n=3)

Stanford

OB (n=1)

Stanford



2019 senior class
15 of 24 residents (63%) did fellowships

Regional anesthesia (n=1)

Stanford

Pain (n=1)

Colorado

Cardiac anesthesia (n=3)

Stanford x 2, Oschner

Pediatric anesthesia (n=3)

Stanford x 2, Boston Children's

ICU (n=5)

Stanford x 4, MGH


Research (n=1)

Stanford

OB (n=1)

Stanford






Stanford Anesthesia Fellows

ACGME (n=43)

- 7 pain fellows
- 8 pediatric fellows
- 12 anesthesia critical care & 12 IM critical care
- 8 cardiac
- 4 OB
- 4 regional


Non-ACGME (n>15)

- OR management
- Simulation
- Global health
- Neuroanesthesia
- Packard Children's Hospital QI
- Physician research postdocs
- Anesthesia informatics and media
- Medical education



**Something else that makes
Stanford great...**

Alumni



Stanford Anesthesiology Graduates Last 50 years (n=700+)

| | |
|---------------|-----|
| Out of state | 32% |
| In California | 68% |



Stanford Anesthesiology, Perioperative
MEDICINE and Pain Medicine

**100% Board
Certification Rate**





24 of our graduates (many post fellowship) have joined the faculty over the past four years.



Dollars and Cents

“Compensation”



Stipend allowances

- Moving allowance from hospital \$3,000
- Housing stipend from department \$3600/year
- \$1000 in July to cover cell phone charges, gas, parking
- Housing Stipend from hospital \$6000/year
- Hospital educational allowance \$2,000/year
- Education stipend from dept \$775/year
- ASA membership dues \$75/year
- Call meal (dining dollars) \$10 for each 12-hour call shift
- DEA registration \$550
- California medical license & renewal fee \$895 paid by GME
- USMLE step III fee (if Stanford PGY 1)



Benefits

- Hospital and major medical insurance
 - no charge for premiums, co-pays and deductibles waived for covered expenses at SHC/LCPH
- Dental insurance
 - free for children, spouse available at a residents/fellows expense
- Vision and mental health coverage
- Other
 - Lab coats and their laundry
 - Malpractice insurance (including tail coverage)
 - Disability insurance
 - Paid time off for illness and vacation
 - Use of certain University athletic facilities

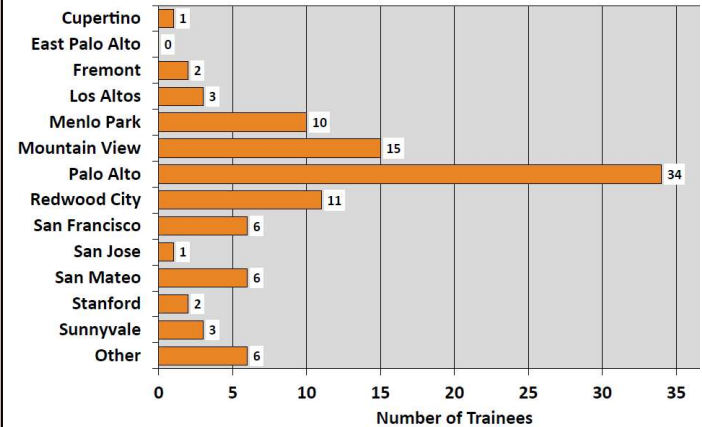


Stanford housestaff unionization update

- In 2022, Stanford Health Care residents and fellows voted in favor of having The Committee of Interns and Residents (CIR), a local of Service Employees International Union (SEIU), serve as their collective bargaining representative
- Negotiations will determine any changes to compensation, benefits, and workplace programs going forward, after an agreement is reached between Stanford Health Care and CIR/SEIU



Where do Stanford Anesthesia residents live?



2015 senior class 16 of 25 residents (64%) did fellowships

Regional anesthesia (n=4)

Stanford, Northwestern, Virginia-Mason, Duke

Pain medicine(n=4)

Stanford, UCSF, Cornell, UCSD

Cardiac anesthesia (n=4)

Stanford, UCSD, Brigham, U of Washington

Pediatric anesthesia (n=2)

Stanford, Boston Children's

ICU (n=1)

Stanford

Transfusion medicine (n=1)

Stanford

2016 senior class 15 of 25 residents (60%) did fellowships

Regional anesthesia (n=3)

Stanford, Virginia-Mason, Duke

Research (n=4)

Stanford x 4

Cardiac anesthesia (n=2)

Stanford, UCSD

Pediatric anesthesia (n=2)

Stanford, Baylor

ICU (n=2)

Stanford

ENT/airway (n=1)

Stanford

OB (n=1)

Stanford

2017 senior class
14 of 26 residents (56%) did fellowships

Regional anesthesia (n=3)

Stanford x 3

Pain (n=2)

Stanford, UCSF

Palliative care (n=1)

Cedars-Sinai

Cardiac anesthesia (n=2)

Columbia, UCSD

Pediatric anesthesia (n=2)

Stanford, CHOP

ICU (n=3)

Stanford x 3

OB (n=1)

Cedars-Sinai

2018 senior class
13 of 22 residents (59%) did fellowships

Regional anesthesia (n=2)

Stanford, Duke

Neuroanesthesiology (n=1)

Stanford

Quality Improvement (n=1)

Stanford

Cardiac anesthesia (n=3)

Stanford, Duke, Cedars

Pediatric anesthesia (n=2)

Baylor, CHOP

ICU (n=1)

Stanford

Research (n=1)

Stanford