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 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
Curriculum

Stanford rotation schedule (mths)

<table>
<thead>
<tr>
<th>ACGME required months</th>
<th>Additional electives</th>
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<tbody>
<tr>
<td>Neuro</td>
<td>VA Chief Resident</td>
</tr>
<tr>
<td>Obstetrics</td>
<td>Thoracic</td>
</tr>
<tr>
<td>ICU</td>
<td>Scheduler OR management</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>Liver transplant</td>
</tr>
<tr>
<td>Pre-op Clinic</td>
<td>Pediatric cardiac</td>
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<tr>
<td>Out of OR</td>
<td>Research</td>
</tr>
<tr>
<td>Acute Pain</td>
<td>ENT</td>
</tr>
<tr>
<td>Chronic pain</td>
<td>Ambulatory</td>
</tr>
<tr>
<td>Nerve blocks</td>
<td>Orthopedic</td>
</tr>
<tr>
<td>PACU</td>
<td>VA</td>
</tr>
<tr>
<td>Cardiac</td>
<td>County hospital</td>
</tr>
<tr>
<td></td>
<td>Echo</td>
</tr>
<tr>
<td></td>
<td>Urology</td>
</tr>
<tr>
<td></td>
<td>Bariatric</td>
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### Case numbers

<table>
<thead>
<tr>
<th>Case Type</th>
<th>ACGME Minimum Required</th>
<th>% above at Stanford</th>
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<tbody>
<tr>
<td>Patients &lt; 3 months old</td>
<td>5</td>
<td>236%</td>
</tr>
<tr>
<td>Patients &lt; 3 years old</td>
<td>20</td>
<td>316%</td>
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<tr>
<td>Patients &lt; 12 years old</td>
<td>100</td>
<td>150%</td>
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<tr>
<td>Spinals</td>
<td>40</td>
<td>251%</td>
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<tr>
<td>Epidurals</td>
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<td>422%</td>
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<tr>
<td>Peripheral Nerve Blocks</td>
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<td>276%</td>
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<tr>
<td>Trauma/Burns</td>
<td>20</td>
<td>199%</td>
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<tr>
<td>Total Cardiac</td>
<td>20</td>
<td>275%</td>
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<tr>
<td>Infrathoracic Non-Cardiac</td>
<td>20</td>
<td>162%</td>
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<tr>
<td>Vascular, Major Vessels</td>
<td>20</td>
<td>174%</td>
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<tr>
<td>Vaginal Delivery</td>
<td>40</td>
<td>235%</td>
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<tr>
<td>Cesarean (including high risk)</td>
<td>20</td>
<td>269%</td>
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<tr>
<td>Pain Evaluation - acute, chronic, cancer</td>
<td>20</td>
<td>291%</td>
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<tr>
<td>Intracerebral Open</td>
<td>11</td>
<td>414%</td>
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<tr>
<td>Total Intracerebral (with endovascular)</td>
<td>20</td>
<td>200%</td>
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### Sample schedule CA1-CA3

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<tr>
<th>Block</th>
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<th>3</th>
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<tr>
<td>CA-2</td>
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<tr>
<td>CA-1</td>
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</tbody>
</table>

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

### There are more than 500 lectures/yr for anesthesia residents

### Lectures daily at 10am, noon, & 2pm
Mock OSCEs in the Spring

Education Committee meets monthly

Stanford Anesthesia Longitudinal POCUS curriculum

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

CA1
July Online Modules
August Neonatal Workshop -½ Day
2 hr scanning during perinat rotation (Tues/Thurs AM)
4 Lectures and Workshops during Tuesday Lecture Series

CA2
Scanning on subspecialty rotations including ICU, Cardiac, Regional, OR, PACU, and SAU

CA3
ASA Diagnostic POCUS Certificate Program
Start reviewing online cases

Spring Advanced POCUS Workshop

*Resident Handbook and Textbook
*Record case log of all exams performed
*PMI scanning with POCUS faculty when available [SOP PACU/Preop]
*Libero Lectures on POCUS
*Save images for review (QA)

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/commitment
- Supportive department 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

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

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?

- 50% community practice
- 50% academics

Stanford Anesthesia
Class of 2000 - where are they now?

Stanford anesthesia graduate choices for fellowships

<table>
<thead>
<tr>
<th>Fellowship Type</th>
<th>2019</th>
<th>2020</th>
<th>2021</th>
<th>2022</th>
<th>2023</th>
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<tr>
<td>Cardiac</td>
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<td>3</td>
<td>3</td>
<td>1</td>
<td>5</td>
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<td>Pain</td>
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<td>Pediatrics</td>
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<td>Research</td>
<td>1</td>
<td>3</td>
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<td></td>
</tr>
<tr>
<td>ICU</td>
<td>5</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Regional</td>
<td>1</td>
<td>3</td>
<td>4</td>
<td>1</td>
<td>2</td>
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<tr>
<td>OB</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td></td>
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<tr>
<td>Neuroanesthesia</td>
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<td>1</td>
</tr>
</tbody>
</table>

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

- Regional anesthesia (n=2)
  - Stanford x 2
- 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, Oshner

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

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

Out of state 32%
In California 68%

Something else that makes Stanford great...

Alumni

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 $3,600/year
- $1,000 in July to cover cell phone charges, gas, parking
- Housing Stipend from hospital $6,000/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

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Institution(s)</th>
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<tbody>
<tr>
<td>Regional anesthesia (n=3)</td>
<td>Stanford x 3</td>
</tr>
<tr>
<td>Pain (n=2)</td>
<td>Stanford, UCSF</td>
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<tr>
<td>Palliative care (n=1)</td>
<td>Cedars-Sinai</td>
</tr>
<tr>
<td>Cardiac anesthesia (n=2)</td>
<td>Columbia, UCSD</td>
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<tr>
<td>Pediatric anesthesia (n=2)</td>
<td>Stanford, CHOP</td>
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<tr>
<td>ICU (n=3)</td>
<td>Stanford x 3</td>
</tr>
<tr>
<td>OB (n=1)</td>
<td>Cedars-Sinai</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Institution(s)</th>
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<tbody>
<tr>
<td>Regional anesthesia (n=2)</td>
<td>Stanford, Duke</td>
</tr>
<tr>
<td>Neuroanesthesiology (n=1)</td>
<td>Stanford</td>
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<tr>
<td>Quality Improvement (n=1)</td>
<td>Stanford</td>
</tr>
<tr>
<td>Cardiac anesthesia (n=3)</td>
<td>Stanford, Duke, Cedars</td>
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<tr>
<td>Pediatric anesthesia (n=2)</td>
<td>Baylor, CHOP</td>
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<tr>
<td>ICU (n=1)</td>
<td>Stanford</td>
</tr>
<tr>
<td>Research (n=1)</td>
<td>Stanford</td>
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