Welcome to Stanford!

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Welcome!

Mission: To care, to educate, to discover.

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

Stanford Medicine
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
    - Santa Clara Valley (n=4)
    - SF Kaiser (n=2)
- 4 year categorical with medicine internship (n=12)
- New this year: 4 year categorical with surgery internship (n=3 positions)
- 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

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

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>
</tr>
</thead>
<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>
</tr>
<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>
</tbody>
</table>

Case numbers

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

<table>
<thead>
<tr>
<th>block</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
</tr>
</thead>
<tbody>
<tr>
<td>CA-3</td>
<td>Thoracic</td>
<td>SCVMC</td>
<td>Peds</td>
<td>CV elective</td>
<td>Peds CV elective</td>
<td>Chronic Pain</td>
<td>Regional elective</td>
<td>Peds elective</td>
<td>Ortho elective</td>
<td>Liver elective</td>
<td>OB Jr</td>
<td>CVICU</td>
<td>SCVMC</td>
</tr>
<tr>
<td>CA-2</td>
<td>Cardiac</td>
<td>ASC scheduler</td>
<td>Cardiac</td>
<td>ASC</td>
<td>Cardiac</td>
<td>ASC</td>
<td>Cardiac</td>
<td>ASC</td>
<td>Cardiac</td>
<td>ASC</td>
<td>Cardiac</td>
<td>ASC</td>
<td>Cardiac</td>
</tr>
<tr>
<td>CA-1</td>
<td>MSD</td>
<td>ASC</td>
<td>ASC</td>
<td>ASC</td>
<td>ASC</td>
<td>ASC</td>
<td>ASC</td>
<td>ASC</td>
<td>ASC</td>
<td>ASC</td>
<td>ASC</td>
<td>ASC</td>
<td>ASC</td>
</tr>
</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

- **CA1**
  - July Online Modules
  - August Hands-on Workshop - ½ Day
  - 2 hr scanning during periop 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
  - Spring Advanced POCUS Workshop
  - Start reviewing online cases
  - *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 (SAI)

- Prioritize recruitment of diversity in housestaff
- Work with entire medical center on diversity recruitment
- Lead to improved faculty diversity
Stanford Anesthesiology Faculty Teaching Scholars with Projects

Carole Lin: Society of Pediatric Pain Medicine Visual Pearls
Perin Kothari: Cardiac Anesthesia Curriculum Using an Online Learning Management System
Yian Chen: A Problem-Based Learning Approach to Adverse Events
An La and Lena Scotto: Stanford-VA MICU Resident Curriculum
Lei Xu: Development of a Curriculum on Neuraxial Ultrasound
Kelly Fedoruk: The next steps in point-of-care ultrasound teaching
Hassan Farhan: Implementation of Learner-Engaged Analysis of Feedback

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

<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>
</tr>
<tr>
<td>Social media guidelines</td>
<td>Addressing microaggressions</td>
<td>Screentime 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>
</tr>
</tbody>
</table>

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**The Stanford Anesthesia Wall Of Fame**

The Stanford Anesthesia Wall Of Fame is an opportunity to recognize the great work of the Stanford anesthesiology residents!
Stanford Anesthesia
Class of 2000—where are they now?

- 50% community practice
- 50% academics

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Stanford anesthesiology graduate choices for fellowships

<table>
<thead>
<tr>
<th>Year</th>
<th>Fellowships</th>
<th>Community practice</th>
<th>Academics</th>
</tr>
</thead>
<tbody>
<tr>
<td>2022</td>
<td>12</td>
<td>41%</td>
<td>17%</td>
</tr>
</tbody>
</table>

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

- Regional anesthesia (n=1)
  - Stanford
- Pain (n=2)
  - 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, Ochsner
- **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

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**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

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

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

Out of state 32%
In California 68%

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?

- Cupertino: 1
- East Palo Alto: 0
- Fremont: 2
- Los Altos: 3
- Menlo Park: 10
- Mountain View: 15
- Palo Alto: 34
- Redwood City: 6
- San Francisco: 11
- San Jose: 1
- San Mateo: 6
- Stanford: 2
- Sunnyvale: 3
- Other: 6

Number of Trainees
### 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

- **Quality Improvement (n=1)**
  - Stanford

### 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