Welcome to Stanford!

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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 Anesthesia Residency Culture

- Wellbeing
- Supported
- Valued
- Hard working
- Community
- Innovation
- Responsive
- Diversity and inclusion

Stanford Anesthesia 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 some clinical subspecialty
- Global Health
- Medical Education
- Quality Improvement/Management/IT
- Combined training in pediatrics & anesthesia
- Combined training in internal medicine & anesthesia

**Stanford Anesthesia Residency Options**

- 3 year advanced (n=13 positions)
  - Affiliated internships
    - Santa Clara Valley (n=4)
    - SF Kaiser (n=2)
- 4 year categorical (n=12 positions)
- Combined pediatrics/anesthesia 5 year program (n=2 positions)
- Combined medicine/anesthesia 5 year program (n=3 positions)
The 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 (START plus) with other interns
- 4 wks vacation

Why Choose Stanford Anesthesia?

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

More reasons to choose Stanford Anesthesia...

The people you will train with 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

Anesthesia Residency

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

Even more reasons to choose Stanford Anesthesia...

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>Difficult airway</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>
</tr>
</tbody>
</table>
Case numbers

<table>
<thead>
<tr>
<th>Case Description</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>Spinal</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>Infrathoracic 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>233%</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>
</tr>
</tbody>
</table>

Sample schedule

<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 CV elective</td>
<td>Peds CV elective</td>
<td>Chronic Pain</td>
<td>Regional elective</td>
<td>Peds elective</td>
<td>Cardiac elective</td>
<td>Liver elective</td>
<td>Ob Jr</td>
<td>VA Chief</td>
<td>VA Chief elective</td>
<td>CVICU</td>
</tr>
<tr>
<td>CA-2</td>
<td>Cardiac 1</td>
<td>Cardiac 2</td>
<td>Oncology</td>
<td>Urology</td>
<td>Peds 1</td>
<td>SCVMC</td>
<td>Peds 2</td>
<td>Ob Jr</td>
<td>MGO/ENT</td>
<td>VA OR</td>
<td>VA OR</td>
<td>ASC</td>
<td>ASC</td>
</tr>
<tr>
<td>CA-1</td>
<td>MSD</td>
<td>MSD</td>
<td>ASC</td>
<td>scheduler</td>
<td>ASC</td>
<td>Peds 2</td>
<td>SCVMC</td>
<td>Neuro</td>
<td>Neuro</td>
<td>Neuro</td>
<td>VA OR</td>
<td>VA OR</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 (now on zoom)

Libero lectures at 10am, noon, & 2pm
### Stanford Anesthesia Longitudinal POCUS curriculum

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

<table>
<thead>
<tr>
<th>CA1</th>
<th>July Online Modules</th>
<th>August Hands-on Workshop - ½ Day</th>
<th>2 hr scanning during periop rotation (Tues/Thurs AM)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>4 Lectures and Workshops during Tuesday Lecture Series</td>
</tr>
<tr>
<td></td>
<td>Scanning on subspecialty rotations including ICU, Cardiac, Regional, OB, PACU, and SAU</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CA2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ASA Diagnostic POCUS Certificate Program</td>
<td>Spring Advanced POCUS Workshop</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Start reviewing online cases</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CA3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><a href="https://www.asahq.org/education-and-career/educational-and-cme-offerings/pocus">https://www.asahq.org/education-and-career/educational-and-cme-offerings/pocus</a></td>
</tr>
</tbody>
</table>

*Resident Handbook and Textbook*
*Record case log of all exams performed*
*PM scanning with POCUS faculty when available (100P PACU/Preop)*
*Libero Lectures on POCUS*
*Save images for review (QA)*

**Resident Handbook and Textbook**

**Record case log of all exams performed**

**PM scanning with POCUS faculty when available (100P PACU/Preop)**

**Libero Lectures on POCUS**

**Save images for review (QA)**

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**Stanford Advanced Airway Management and Fiberoptic Course**

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**Education Committee meets monthly**
Anesthesia Diversity Council

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

Other highlights

- Feedback Thursday
- Perioperative rotation
- 15 minute lectures: 10am, noon & 2pm
- CA2 class QI projects
- Out of the OR rotation
- OR management scheduler rotation
- International rotations/Global health

Stanford Anesthesia Faculty Teaching Scholars

Clemens Ortner: Point-of-care ultrasound teaching: implementing a curriculum on gastric and lung ultrasound

Romy Yun: Career planning & transition into private practice workshop

Quynh Dierickx: Reflective writing for anesthesia residents

Jen Basarab-Tung: “The Gas Lounge Newsletter,” an event reporting system for Stanford anesthesia residents

Phil Wang: An update to the orthopedic anesthesia rotation syllabus

Elizabeth Koch: Anesthesia for vascular surgery: A curriculum
Wellness Program

- **Peer Support and Resilience in Medicine (PRIME)**
  - Wellness program created for residents led by subgroup of faculty with expertise and dedication to cultivating trainee well-being
  - Supportive department culture promoted by department leadership
  - Wellness sessions with each class scheduled every 2-3 months during residency to promote work-life balance and sense of community
  - Residents can apply for $1,500 scholarships to support wellness and resilience-related interventions
  - Summer rafting trip for first year residents to build community
  - Annual Retreat with wellness curriculum for all residents (pre-pandemic)
  - Success of resident-based program led to expansion to fellowship programs

**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>

**The Gas Lounge**

- Keep calm and call anesthesia

![Image of 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?

<table>
<thead>
<tr>
<th>Stanford graduate choices for fellowships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiac</td>
</tr>
<tr>
<td>Palliative care</td>
</tr>
<tr>
<td>Pain</td>
</tr>
<tr>
<td>Pediatrics</td>
</tr>
<tr>
<td>Research</td>
</tr>
<tr>
<td>ICU</td>
</tr>
<tr>
<td>Regional</td>
</tr>
<tr>
<td>OB</td>
</tr>
<tr>
<td>Neuroanesthesia</td>
</tr>
</tbody>
</table>
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=1)
  - Stanford x 2, Boston Children’s
- ICU (n=5)
  - Stanford x 4, MGH
- 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

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=2)
  - Stanford, Michigan, Colorado
- Research (n=1)
  - Stanford
- OB (n=1)
  - Stanford

Stanford Anesthesia Fellows

- ACGME (n=38)
  - 7 pain fellows
  - 8 pediatric fellows
  - 10 anesthesia critical care (ACGME approved=12) & 12 IM critical care
  - 6 cardiac
  - 3 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%

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

Where do Stanford Anesthesia residents live?
### 2015 senior class
16 of 25 residents (64%) did fellowships

<table>
<thead>
<tr>
<th>Field</th>
<th>Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regional anesthesia</td>
<td>Stanford, Northwestern, Virginia-Mason, Duke</td>
</tr>
<tr>
<td>Pain medicine</td>
<td>Stanford, UCSF, Cornell, UCSD</td>
</tr>
<tr>
<td>Cardiac anesthesia</td>
<td>Stanford, UCSD, Brigham, U of Washington</td>
</tr>
<tr>
<td>Pediatric anesthesia</td>
<td>Stanford, Boston Children's</td>
</tr>
<tr>
<td>ICU</td>
<td>Stanford</td>
</tr>
<tr>
<td>Transfusion medicine</td>
<td>Stanford</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Field</th>
<th>Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regional anesthesia</td>
<td>Stanford, Virginia-Mason, Duke</td>
</tr>
<tr>
<td>Pain</td>
<td>Stanford x 4</td>
</tr>
<tr>
<td>Cardiac anesthesia</td>
<td>Stanford, UCSD</td>
</tr>
<tr>
<td>Pediatric anesthesia</td>
<td>Stanford, Baylor</td>
</tr>
<tr>
<td>ICU</td>
<td>Stanford</td>
</tr>
<tr>
<td>ENT/airway</td>
<td>Stanford</td>
</tr>
<tr>
<td>OB</td>
<td>Stanford</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Field</th>
<th>Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regional anesthesia</td>
<td>Stanford x 3</td>
</tr>
<tr>
<td>Pain</td>
<td>Stanford, UCSF</td>
</tr>
<tr>
<td>Palliative care</td>
<td>Cedars-Sinai</td>
</tr>
<tr>
<td>Cardiac anesthesia</td>
<td>Columbia, UCSD</td>
</tr>
<tr>
<td>Pediatric anesthesia</td>
<td>Stanford, CHOP</td>
</tr>
<tr>
<td>ICU</td>
<td>Stanford x 3</td>
</tr>
<tr>
<td>OB</td>
<td>Cedars-Sinai</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Field</th>
<th>Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regional anesthesia</td>
<td>Stanford, Duke</td>
</tr>
<tr>
<td>Neuroanesthesiology</td>
<td>Stanford</td>
</tr>
<tr>
<td>Quality Improvement</td>
<td>Stanford</td>
</tr>
<tr>
<td>Cardiac anesthesia</td>
<td>Stanford, Duke, Cedars</td>
</tr>
<tr>
<td>Pediatric anesthesia</td>
<td>Baylor, CHOP</td>
</tr>
<tr>
<td>ICU</td>
<td>Stanford</td>
</tr>
<tr>
<td>OB</td>
<td>Stanford</td>
</tr>
<tr>
<td>Research</td>
<td>Stanford</td>
</tr>
</tbody>
</table>