

October 24, 2017



CTS INSPIRATIONS

CTS NEWS

President's Letter

Dear colleagues and friends,

Our thanks to all who made our **UCSD Multidisciplinary COPD Advanced Skills Training Symposium** and **Ultrasound skills course** at the beautiful UCSD MET center in La Jolla CA a resounding success. Our sincere thanks to Philippe Montgrain, Shazia Jamil, Dan Sweeney, Trina Limberg, Bill Stringer, Ni-Cheng Liang, George Chaux, the members of CTS planning, multidisciplinary and education committees, and our outstanding administrative team who went above and beyond to make the meeting a success including our executive director Phil Porte, and the tireless work of Vickie Parshall, Dave Eubanks and Karen Lui. We are very grateful to Phil for his leadership and expertise, Karen and her daughter Laura for their outstanding onsite operations management, Vickie for her behind the scenes program management and skillful problem solving, and Dave and Phil for recruiting our very successful vendor support and sponsored COPD luncheon!



Sincere thanks to our sister societies for their partnership and collaboration including Mike Madison, Rick Ford and the California Society for Respiratory Care, and the American Lung Association of California, the National Association of Medical Directors of Respiratory Care, and California Society for Pulmonary Rehabilitation.

We are saddened by the unthinkable loss of life, homes, businesses and severe health hazards associated with the recent Sonoma and Napa fires and all fires throughout our state. This has created a tremendous burden on providers and clinicians, patients, caregivers and families. We are proud of all those that have worked against all odds to meet the needs of those with worsening pulmonary symptoms and disease. We also applaud the heroics of all those at Kaiser and Sutter Santa Rosa hospitals and the first responders who evacuated both hospitals with minimal notice saving so many from imminent danger, and those that took on increased work to keep those affected safe at nearby facilities. Please see the excellent resource below on coping with poor air quality from the California Thoracic Society. Thanks so much to Angela Wang, Lorri Leard, and colleagues for developing this important resource.

Please **SAVE THE DATE** for our **CTS JANUARY 2018 EDUCATIONAL CONFERENCE**.

The CTS Annual Educational Conference will be held Friday, January 26 - Saturday, January 27, 2018 (PLAN TO ARRIVE ON THURSDAY, JANUARY 25TH!) at the Quail Lodge, Carmel, California.

*The program is entitled: "Advancing the Science and Practice of Lung Cancer, Bronchiectasis and Multidisciplinary Interstitial Lung Disease Care." More details will follow soon, but **SAVE THE DATE** on your calendar now!*

Reservations can be made anytime at Quail Lodge by calling 866-675-1101. In order to receive the special \$179 per night rate plus taxes, you must give them Group Code #77296 OR click on the following link:

[https://gc.synxis.com/](https://gc.synxis.com/rez.aspxHotel=58674&Chain=14839&template=PSRBE&shell=PSRBE&arrive=1/26/2018&depart=1/27/2018&adult=1&child=0&group=77296)

[rez.aspxHotel=58674&Chain=14839&template=PSRBE&shell=PSRBE&arrive=1/26/2018&depart=1/27/2018&adult=1&child=0&group=77296](https://gc.synxis.com/rez.aspxHotel=58674&Chain=14839&template=PSRBE&shell=PSRBE&arrive=1/26/2018&depart=1/27/2018&adult=1&child=0&group=77296)

For more information, contact us at 415-536-0287 or send email to: info@calthoracic.org

Here are some photos from the CTS Fall 2017 Fall Symposium.



Dan Sweeney, Philippe Montgrain, Chris Garvey, Shazia Jamil, George Chaux



Karen Lui (GRQ), Philippe Montgrain, Chris Garvey, Vipul Jain, Ni Cheng Liang, Stephanie Tsao, George Su



1st Row L-R: Tisha Wang, Angela Wang, Donna Murphy, Rick Ford, Guy Soo Hoo, Doug Jones

2nd Row L-R: Shazia Jamil, Chris Tainter, Philippe Montgrain, Shelane Paraiso, Doug Conrad, Mike Madison

From CTS.....

The Northern California fires are still burning and have consumed an area greater than the size of New York City. As of this writing, full containment is expected over the next few days. The death toll stands at 42. Not surprisingly, many of the victims are elderly. 50 people remain unaccounted for.

Evacuation orders are being lifted and thousands are trying to get home, desperate to see what, if anything, is left of their houses and begin the arduous process of rebuilding their lives. The dangers of smoke, particulate and other toxic inhalation persist. The CTS has prepared a tip sheet for those affected by the catastrophe. Please share with your friends, colleagues and patients.

" >100 KP physicians and staff lost homes around Santa Rosa and Napa. Thousands of others did as well. Response has been great but recovery and rebuilding process will take years."

G.M. Kaiser Permanente PCCM Physician

Even in a large state such as ours, the respiratory health community is small enough so that many of us outside of NorCal know people who have been directly affected. There is no truer test of mettle than continuing to care for others despite one's own losses. We salute our colleagues' fortitude and dedication. They make us proud.

HOW TO STAY HEALTHY DURING THE FIRES

TOP 10 TIPS FROM THE CTS

Wildfire smoke can irritate your eyes, nose, throat, and lungs. It can make you cough and wheeze, or just make it hard to breathe. Inhaling smoke can be especially dangerous for asthmatics but anyone at risk, including those with lung or heart disease, pregnant women, older individuals or children need to take special care and consider consulting with their doctor about specific precautions.

1. **Stay indoors** with windows and doors closed
2. **Reduce physical activity**
3. **Reduce other sources of indoor air pollution**
(smoking cigarettes, wood-burning stove, frying meat.)
Do not vacuum anywhere in the house.
4. **Use central air conditioner** or filters:
(Even your home's heater set to the fan mode may be able to filter out some of the particles by "re-circulating" the indoor air through the filter.)
5. **Use air purifiers with HEPA filters**
(Note: do not use ones that produce ozone such as "super oxygenators")
6. **Inside vehicles**, keep windows and doors closed and run the air conditioner. Set air to re-circulate.
7. **An N95 or greater mask** can help reduce inhalation of particulates IF it fits properly. A surgical or simple dust mask will not protect against particulate exposure. None of these masks protect against hazardous gas inhalation.

The following video demonstrates how to properly put on an N95 mask.

https://m.youtube.com/watch?v=0d_RaKdqeck

8. **Consider evacuation** to areas with lower AQI (air quality index) for persons with respiratory health problems (especially with asthma, COPD / emphysema.)
9. **Create a clean room at home**,
Use an interior room with as few doors and windows as possible using air conditioners and room air cleaners
10. **Asthmatics** should ensure that they taking their maintenance ("controller") medications or talk with their doctor about getting on an appropriate regimen.

References

1. http://www.bepreparedcalifornia.ca.gov/Documents/wildfire_may2016.pdf

CTS thanks Drs. Lorriana Leard, Lekshmi Santhosh and John Balmes of the University of California, San Francisco for their assistance in putting together this document.

ANNOUNCEMENTS

1. Breathe LA 9th Annual COPD Conference go to: <https://breathela.org/copd-conference-2017/>



2. **ALAC—San Diego** go to: http://action.lung.org/site/TR?fr_id=15964&pg=entry
Embarcadero Marina Park South | San Diego, California on November 12, 2107
 Join us as we raise awareness and funds to fight against lung cancer and for lung health. Together, we are a FORCE to be reckoned with. Register today at LUNGFORCE.ORG/WALK.

3. **ALAC—San Francisco**
 Lake Merced | San Francisco The LUNGFORCE Walk SF - invites supporters to become a superhero for a day and support people impacted by lung disease. Join patients - including their parents, siblings, caretakers, nurses & doctors. **Walk participants are encouraged to adorn themselves in capes, masks and whatever else they believe they need to achieve superhero status.** We will walk together to raise awareness and funds to defeat lung cancer and raise our voices for lung health. Together, we are a FORCE to be reckoned with! We encourage you to form a team, register as an individual or participate virtually.
[Register Today!](#)

4. **CSRC UPDATE** - The week of October 9, 2017, Governor Brown signed into law Assembly Bill 796 – Healing Arts Boards. The California Respiratory Care Act and Respiratory Care Board (among others) are included in AB 796. AB 796 extends the Respiratory Care Board until January 1, 2022.

As is true with all California Licensure Boards, the Respiratory Care Board (RCB) must undergo a Sunset Review. The Sunset Review process is designed as an in depth review of the activities and operation of each license board on a five year rotating basis. Each board must compile a detailed report to the California Legislature justifying the ongoing need for the board's existence. In short, the RCB must prove that it is meeting its mission of protecting the public through the efficient management and enforcement of California Respiratory Care Practitioner (RCP) licenses. Currently, California has over 24,000 RCP's who provide respiratory care therapies and services throughout every healthcare setting (acute care hospitals, sub-acute facilities, skilled nursing facilities, homecare and telemedicine to name a few in California). The RCB's primary responsibility is to ensure that the public receives care from RCP's that are appropriately skilled and provide safe care.

The California RCB is a well-run independent board with a strong history of ensuring safe care is delivered in California. Its current President, Alan Roth and Executive Director, Stephanie Nunez both work tirelessly to keep the RCB fiscally strong and healthy. Their efficiency in processing/managing licensure applications, renewals, and enforcement is a vital service for California RCP's and their employers. Currently only ~30% of states are fortunate enough to have an independent board to ensure safe care and provide these important services. California is doubly blessed to have a RCB that is as efficiently run as ours.

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Title (Click on title to be taken to the manuscript, CME in Bold)	Journal Section	First Author	Year	Vol	Issue	Pages	Date Posted
September 2017 Arizona Thoracic Society Notes	Proceedings	Robbins RA	2017	15	3	122-4	9/30/17
Medical Image of the Week: Typical Pulmonary CT Findings Following Radiotherapy	Imaging	Erickson A	2017	15	3	120-1	9/27/17
Medical Image of the Week: Pembrolizumab-induced Pneumonitis	Imaging	Gotway MB	2017	15	3	118-9	9/20/17
Medical Image of the Week: Asbestos Related Pleural Disease	Imaging	Hunter W	2017	15	3	116-7	9/13/17
Medical Image of the Week: Fast-growing Primary Malignant Mediastinal Mixed Germ Cell Tumor	Imaging	Tian Y	2017	15	3	114-5	9/6/17
September 2017 Imaging Case of the Month	Imaging	Gotway MB	2017	15	3	104-13	9/5/17
September 2017 Critical Care Case of the Month	Critical Care	Dean, JT III	2017	15	3	100-3	9/2/17
September 2017 Pulmonary Case of the Month	Pulmonary	Wesselius LJ	2017	15	3	94-9	9/1/17

California Thoracic Society

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