

June 27, 2019



CTS *INSPIRATIONS*

CTS NEWS

President's Message

Happy Summer! The CTS Board of Directors held a very productive conference call this month. We have determined that it is time to make some amendments to our bylaws, so your input will be requested in the near future. In addition, we have an opening on the Executive Committee for Treasurer and for a Representative to the ATS Council of Chapter Representatives. All members should receive a ballot via e-mail in July and will have 30 days to vote in this special election.



Our Education and Multidisciplinary Committees have been busy planning our educational conferences. We hope you will save the dates and plan to attend either the Southern California Conference from **October 4-5, 2019** at the Hotel Irvine in Irvine, the Northern California Conference from **January 17-18, 2020** at the Portola Hotel and Spa in Monterey, or both! New this year will be a discount option for members who attend both conferences! We are also pleased to share the preliminary program for the October meeting which features keynote speakers Dr. Richard Light, Dr. Neil McIntyre, and Dr. Marc Moss. In addition, our Career Development Committee is planning a special Friday night meet and greet for students, residents, fellows, and early career members. The full preliminary program can be found here:

<https://calthoracic.org/cts-fall-annual-conference-preliminary-program/>

I hope everyone is taking some time away from your electronic health records to enjoy the summer-time.

Warmly,

A handwritten signature in dark ink, appearing to read "Lorriana Leard".

Lorriana Leard, MD
President, California Thoracic Society

In this issue:

The ATS Outstanding Clinician Award was founded in 2003 to honor an exemplary academic or community clinician. Each chapter nominates a state awardee who then is eligible for the national award. Prior California awardees include Joe Lynch, Asha Devereaux, Susan Jacobs, Jim Brown, Heidi Flori, George Chaux and David Claman. Tim Morris, John Hodgkin, and Tom Addison.

Paul Selecky, CTS' 2003 OCA recipient was also the inaugural winner of the National ATS Outstanding Clinician Award.

The 5th Annual CTS Poster Competition was held this past January during the annual Winter Meeting in Monterey, CA. Organized by current CTS President-elect Laren Tan, the session featured over 20 scholarly entries from throughout the state. The session allows participants to engage one on one with international caliber faculty judges in three categories: research, pulmonary and critical care. All awardees are named CTS Scholars and given a cash prize of \$100.

This issue of CTS Inspirations features the 2019 Outstanding Clinician Awardee, **Dr. Steven Hays** as well as the overall poster competition winner, **Dr. Janelle Pugashetti** who received the annual President's Award at the 2019 Winter meeting.

We also have another issue of the Southwest Journal Of Pulmonary and Critical Care, generously shared by Rick Robbins and the Arizona Thoracic Society. Check out the May 2019 Imaging Case of the Month, which walks you through the workup of a 47 year old woman with nodules and cysts. Also, Dr. Robbins' opinion piece on the ramifications of the growing number of physicians employed by hospitals.

Finally, keep in touch with the CSRC via the CSRC Corner.

Weight Loss as a Predictor of Mortality in Patients with Interstitial Lung Disease

J. V. Pugashetti¹, J. Graham¹, N. Boctor¹, C. Mendez², E. Foster²,
M. Juarez², R. W. Harper², B. M. Morrissey², M. Kadoch³, J. Oldham²;

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Abstract:

Whether weight loss occurs in patients with ILD and what significance it would carry remains unknown. This is a single-center retrospective longitudinal cohort study. Patients carried a diagnosis of IPF, CTD-ILD, CHP or U-IIP and had at least two pulmonary function tests performed >90 days apart. Weight loss was assessed using BMI calculated from height and weight reported on serial PFTs. Longitudinal changes in BMI were assessed using a linear mixed effects model. Outcome modeling was performed using Poisson regression. Outcome variables assessed included death and $\geq 10\%$ yearly FVC decline. In a cohort of 224 patients, mean cohort BMI was 28.2 and mean yearly BMI decrease was 0.1 kg/m². Each 1% yearly decline in BMI was associated with a 5% increased risk of death (RR 1.05; 95% CI 1.01-1.08, $p < 0.001$) and 3% increased risk of FVC decline (RR 1.03; 95% CI 1.0-1.06, $p < 0.04$). Those with $\geq 5\%$ yearly BMI decline in BMI had a 2-fold increased risk of death (RR 2.4, 95% CI 1.3-4.41; $p = 0.005$) and FVC decline (RR 1.91, 95% CI 1.15-3.16; $p = 0.01$). BMI decline over time is prevalent among patients with ILD and is associated with an increased risk of disease progression, as measured by death and pulmonary function decline.

California Outstanding Clinician Award

Dr. Steven Hays was awarded the 2019 California Thoracic Society Outstanding Clinician Award at the recent ATS International meeting in Dallas. Steve is director of lung transplantation at UCSF. He is known and widely respected by colleagues, patients and families for his remarkable and tireless work to improve the care of patients with very advanced lung disease and his groundbreaking advances in transplantation and advanced lung disease. Lorri Leard describes Steve as “the first person I call when I am struggling with a difficult patient care issue or a challenging management decision.” Chris Garvey has worked with endless patients who Steve has guided from the brink back to a full, rewarding life. Steve is a true leader among leaders in CA. Congratulations, Steve!



Jeff Golden, Chris Garvey, Vaibhav Upadhyay, Nancy Allen, Mohamed Seedahmed, Rupal Shah, William McKleroy, Steve Hays and Alyssa Perez from UCSF.

Steve Hays, Chris Garvey, Laren Tan





Professionalism • Advocacy
Commitment • Excellence

CSRC CORNER

The California Society for Respiratory Care 51st Annual Conference

By Mike Madison

The CSRC started off its 51st Annual Conference at Pechanga Resort and Casino with a great deal of unexpected excitement. On June 3rd, there was (what turned out to be) a small fire in one of the elevators in the older of the two hotel towers. With smoke in the building and at that time an unknown source, the entire facility was evacuated. The City of Temecula as well as the Cities of Murrieta and Riverside, sent every available fire crew and equipment (pictures included). Three people suffered non-life-threatening injuries and smoke inhalation and were taken to a local hospital. Once the facility was cleared of smoke, activities returned to normal. The CSRC then conducted its delayed Board of Directors Meeting and pre-conference review.

Several optional pre-courses were held on Tuesday morning. Topics included mechanical ventilation optimization, ECMO and Law & Ethics. At Noon, the conference was officially opened by the March Air Force Color Guard and the presentation of a US flag that flew in an Air Force KC-135 Stratotanker during a mission over Iraq as part of Operation Enduring Freedom (pictures included). It was a very moving moment for every attendee.

The conference included a wide range of educational activities, an exhibit hall with 50+ vendors, a spirited CSRC Sputum Bowl competition (battle of the brains or college bowl type of competition) as well as a number of social events. The 400+ attendees had the opportunity to accrue 17 CEU credits during the conference. The key note address was delivered by Dr. Richard Casaburi who reviewed the diagnosis and treatment of COPD patients. His talk was very well received and the CSRC is very pleased to have had the opportunity to host his presentation.

Through its annual conference and programs throughout the year, the CSRC strives to bring high quality speakers and educational content, as exemplified by Dr. Casaburi's presentation, to its membership and the 24,000+ respiratory therapists across California. The conference concluded Thursday afternoon and was followed by several post conference hands-on workshops. All in all, attendees agreed that the conference (including the early excitement) was highly successful. The CSRC has begun planning and is looking forward to its 52nd Annual Conference within the same calendar time frame next year.



**Dr. Richard Casaburi****Fire Crews at the Pechanga**

The BREATHE Act (HR 2508) has been submitted to the 116th Congress

In April, a CSRC Delegation joined the American Association for Respiratory Care for its annual Day on Capitol Hill 2019. The primary topic of the event was the introduction of the BREATHE Act (Better Respiration through Expanding Access to Tele-Health Act). The legislation would provide funding for a three-year pilot study utilizing respiratory therapists to provide care to COPD patients through tele-health modalities. If successful, this pilot study would help pave the way for respiratory therapists to receive reimbursement by CMS for services they provide. On May 2, 2019, Representative Mike Thompson (CA 5th District) introduced the BREATHE Act into Congress. The bill's reference designation is HR 2508 and the text and associated details can be viewed at:

<https://www.govtrack.us/congress/bills/116/hr2508>

Since the introduction of HR 2508, 26 Representatives have signed on as co-sponsors of the legislation. The field of co-sponsors consists of 14 Democrats and 12 Republicans which is a good indication that HR 2508 is being received as "bi-partisan" legislation. This should bode well for the advancement of HR 2508 through the Congressional legislative process. Members of the California Congressional Delegation who have signed on as co-sponsors of HR 2508 are as follows (in order of co-sponsorship):

Representative TJ Cox (D-CA 21st)
Representative Zoe Lofgren (D-CA 19th)
Representative Harley Rouda (D-CA 48th)
Representative Michael Levin (D-CA 49th)

HR 2508 has been assigned to the House Energy and Commerce Committee as well as the House Ways and Means Committee for review and action. The CSRC and AARC continue to advocate in favor of HR 2508 and hope to recruit more co-sponsors as well as an author for a companion bill in the US Senate.

SWJPCC Journal - Volume 18, Issue 5

Volume 18, Issue 5							
Title (Click on title to open the manuscript, CME in Bold)	Journal Section	First Author	Year	Vol	Issue	Pages	Date Posted
The Implications of Increasing Physician Hospital Employment	Editorial	Robbins RA	2019	18	5	141-3	5/13/19
Management of Refractory Hypoxemic Respiratory Failure Secondary to Diffuse Alveolar Hemorrhage with Venovenous Extracorporeal Membrane Oxygenation	Critical Care	Gill E	2019	18	5	135-40	5/10/19
Impact of Sleep and Dialysis Mode on Quality of Life in a Mexican Population	Sleep	Reynaga-Ornelas L	2019	18	5	122-34	5/3/19
Medical Image of the Month: Double Aortic Arch	Imaging	Wickstrom K	2019	18	5	120-1	5/2/19
May 2019 Imaging Case of the Month: Asymptomatic Pulmonary Nodules and Cysts in a 47-Year-Old Woman	Imaging	Gotway MB	2019	18	5	106-19	5/1/19

California Thoracic Society

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Connect with CTS at <https://calthoracic.org/>

CTS Editors:

Angela Wang, MD

Chris Garvey, NP

Laren Tan, MD

Sachin Gupta, MD



PH Patients and Families Education Forum

A program of the PHA Community PH Education Fund

Dear Colleague,

We are physicians who have been treating pulmonary hypertension for years, and like you, we care deeply about our patients' care, outcome and quality of life.

As our colleague in the field of PH, we ask you to **encourage your patients and their families to attend** a special, **FREE educational program about living with PH**, *PHA on the Road: PH Patients and Families Education Forum*.

PHA on the Road – San Francisco

Saturday, Aug. 10, 2019

8:30 a.m. to 3:30 p.m.

The Westin San Francisco Airport Hotel

Learn more here: PHAssociation.org/OnTheRoad

At this event, patients will have the opportunity to learn about what they need to know to live their best life with PH. Many patients and caregivers who have attended a *PHA on the Road* event in the past have shared that it is a life changing experience that instills hope and support for the daily management of their care.

Please forward the message below to invite your patients to register and attend this special opportunity, free of charge. Registration, parking, childcare (for ages 3-16) and meals (breakfast and lunch) are all complimentary for everyone who attends. Do not hesitate to let me know if there is anything that I can do to help you promote this meeting to your patients and their families.

Warm Regards,



Teresa De Marco, MD

Teresa De Marco, MD, FACC, FHSA
PHA on the Road San Francisco Co-Chair
University of California, San Francisco



Sachin Gupta

Sachin Gupta, MD, FCCP
PHA on the Road San Francisco Co-Chair
CPMC Sutter Health

Dear Patients and Families,

You're invited to attend a special event about PH, free of charge.

PHA on the Road: PH Patients and Families Education Forum

Saturday, Aug. 10, 2019

8:30 a.m. to 3:30 p.m.

The Westin San Francisco Airport Hotel

PHAssociation.org/OnTheRoad

PHA on the Road is an educational program that offers you a unique opportunity to join other pulmonary hypertension (PH) patients and their caregivers in our region and learn for a day of education, networking and support. This program features knowledgeable speakers on important PH topics, as well as structured time to connect with fellow patients and caregivers. Highlights include:

- **Interactive presentations, question-and-answer sessions and networking opportunities**
- **PH expert physician and health care professional speakers**
- **Kids' Room for complimentary day-of child care services (kids 3-16; no diapers please)**
- **Free self-parking**
- **Complimentary breakfast and lunch, coffee and snacks**

Which topics will be covered?

The day will cover all aspects of living with PH, ranging from the medical management of PH, to day-to-day lifestyle issues. Session topics will include:

- **Anesthesia and Surgery in Ph Patients**
- **Exercise and pulmonary rehabilitation in PH**
- **Managing side effects of PH medications**
- **Oxygen Access and Management**
- **Understanding and Navigating Health Insurance**

Everyone is welcome to attend, so please spread the word to your friends and family!

Register, free of charge, at PHAssociation.org/OnTheRoad or by calling 301-565-3004 ext. 803.

Online registration will August 7, 2019, but in-person registrations are welcome! For any questions, please email Meetings@PHAssociation.org or call the number above.
