

October 28, 2019



# CTS INSPIRATIONS

## CTS NEWS

### President's Message



Dear CTS community,

I'd like to begin by personally acknowledging the disruption in many of our lives by the power shutdowns and devastating wildfires. As I write this, our own home has been without electricity or internet for more than 96 hours. It has been a dramatic reminder to consider how to best prepare my family and my patients for future events. Our patients with oxygen systems and home ventilation including CPAP need to be cautioned to make advance preparations, and those with other health needs may require special considerations. CTS has prepared a [wildfire resource guide](#) that is included in this newsletter. I know that we can come together as a community to find ways to support one another.

I would like to thank some of the individuals who came together to make our educational conference in Southern California an outstanding success. Particular highlights of the conference for me were hearing Dr. Richard Light sharing about how he developed "Light's criteria" in 1972 and the special focus on physician burnout with sessions led by Dr. Marc Moss, former ATS president, and our very own Dr. Ni-Cheng Liang. The grand finale for me was the hands-on session with so many opportunities to practice pleural procedures with different equipment and under the guidance of talented experts. CTS is especially thankful to Dr. Shazia Jamil, Dr. Laren Tan, and their committees. Together these individuals spent countless volunteer hours setting up these sessions and coordinating the delivery of equipment and supplies. I must also thank the behind the scenes individuals, namely Vickie Parshall and Karen Lui, without whom we would not be able to do all that we do in CTS.

We have another action packed two days of educational offerings planned for January 17 and 18th in Monterey with special sessions for our early career professionals and a poster competition. [The poster competition submissions site is now open](#). Registration for this conference will be open soon, and you can make your hotel reservations now. I am looking forward to seeing many of you there.

Be safe!

A handwritten signature in black ink, which appears to read "Lorriana Leard".

Lorriana Leard, MD  
President, California Thoracic Society

“October is the month that seems  
All woven with midsummer dreams;  
She brings for us the golden days  
That fill the air with smoky haze,....”

**by Evalyn Callahan Shaw**

It is a yearly tradition that I do not look forward to, the wildfire update. As of this writing, the [Kincade](#) and other fires are burning throughout the state, their destruction amplified by the anxiety and chaos of power outages. We see the toll on human health in our clinics and hospitals, the coughing, the strained breathing, the fear. Click on [wildfire disaster guide](#) for more information.

This issue leads off with CTS' statement on Vaping and e-cigarette use. Remembering that our foremost responsibility is the health of our patients,

*“The CTS does not support the use of any tobacco products, including e-cigarettes, due to their potential to cause acute and chronic diseases affecting the lungs and other organs.”*

At the CTS Fall Conference 3 weeks ago—When asked if anyone had seen what they felt to be a case of inhalation lung injury due to use of an electronic device, almost everyone in the room raised their hand. It is galling to know that that all of this could have been prevented. ([Vaping-Induced Acute Lung Injury: An Epidemic That Could Have Been Prevented](#))

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## California Thoracic Society (CTS) Policy Statement on Vaping / E-cigarettes— Summary and Recommendations

*Written by: Laura E. Crotty Alexander MD/UCSD*

*Submitted by: CTS Clinical Practice Committee*

*Approved by: CTS Board of Directors*

### **Summary:**

1. As of 10/22/2019, 34 deaths and 1604 cases due to e-cigarette, or vaping, product use associated lung injury (EVALI)/VAPI [have been reported](#).
2. The specific causes of the VAPI epidemic are not yet known. Vaping of THC may be responsible, and at this point, vaping THC is considered to be extremely dangerous.
3. No e-cigarette use or vaping product has been proven to be safe.
4. Vaping of nicotine is not an approved smoking cessation tool and should not be recommended as such.
5. It is imperative that the public be educated about the potential for acute life threatening disease due to [vaping](#). In particular, parents and families must be educated about the importance of not vaping around children, and not vaping in an area where children will come into contact with the surfaces exposed (houses and cars in particular).

### **California Thoracic Society (CTS) recommendations:**

**The CTS does not support the use of any tobacco products, including e-cigarettes, due to their potential to cause acute and chronic diseases affecting the lungs and other organs.**

*While the CTS does not support the use of any recreational vaping devices, we recognize that these devices may continue to be available; therefore, we recommend:*

1. Banning the sale of flavored e-liquids used in vaping. In particular, fruit flavored, sweet and mint flavors should be banned as they specifically target children, teenagers, young adults, women and certain ethnicities.
2. Banning the use of e-cigarettes in all public areas consistent with the existing ban on smoking in public areas.
3. E-liquid concentrations of nicotine or nicotinic salts should be limited to < 10 mg/mL JUUL pods contain 59 mg/mL nicotinic salts and thus are potentially extremely addictive. Australia does not allow nicotine within any e-liquids, while the U.K. limits nicotine to < 20 mg/mL.
4. Banning the sale of all e-cigarette products to individuals under 21 years of age, consistent with the existing ban on tobacco cigarettes in this population
5. All aerosols (vapor) from e-cigarette devices should undergo prolonged safety and toxicology testing prior to entering the market, to insure there will not be systemic toxicity or long-term adverse health consequences.

## RESOURCES

### For Healthcare Professionals:

Clinicians who identify suspected cases of EVALI/VAPI are asked to report the cases to their local health department.

Local health departments should report new cases or direct any inquiries to the California Department of Public Health <https://www.cdph.ca.gov/>, CDPH Duty Officer [dutyofficer@cdph.ca.gov](mailto:dutyofficer@cdph.ca.gov), or (916) 328-3605. Please also contact the CDPH Duty Officer when any vaping devices or supplies have been collected from a patient and can be turned over to CDPH for testing.

1. [Update: Interim Guidance for Health Care Providers Evaluating and Caring for Patients with Suspected E-cigarette, or Vaping, Product Use Associated Lung Injury — United States, October 2019](#)
2. MMWR Early Release: [Characteristics of Patients in a National Outbreak of E-cigarette, or Vaping product use - Associated Lung Injury](#)
3. [CDC Smoking and Tobacco Portal](#)
4. [NEJM E-cigarette and Vaping Portal](#)
5. [ATS Clinician Information](#)
6. [California Department of Public Health](#)
7. [California Smoker's Hotline](#)

### For Patients:

1. [ATS Patient Information on Vaping/electronic Nicotine Delivery Systems](#)
2. [California Smoker's Hotline](#)

## **2019 CTS FALL SOUTHERN CALIFORNIA CONFERENCE**

The 5th Annual CTS Fall Conference took place on October 4th and 5th in Irvine, California. Notable conference speakers included Dr. Richard Light of Vanderbilt University, Dr. Neil MacIntyre of Duke University, and past ATS President Dr. Marc Moss of the University of Colorado.

The first day focused on Critical Care and provided ICU guidelines' updates such as ABCDEF +G (ood sleep) and PADIS, as well as talks on post- ICU syndrome and ICU burn out. Day 2 consisted of a half day session on Thoracic Imaging Review by Chest Radiologists and Pleural Disease, diagnosis and management updates. The conference concluded with a Pleural Disease hands-on skills session in a small group setting led by Dr. Laren Tan which included Interventional Pulmonology faculty from throughout California. The skills session covered ultrasound-guided thoracentesis, pleural manometry, tunneled indwelling pleural catheter placement, small bore and standard thoracotomy tube placement, chest drain valves and digital chest drainage system. Participants were able to learn and practice these procedures on mannequins under the guidance of faculty.

Additional highlights included a "Meet the Professors" session for residents, fellows and early career physicians featuring Drs. Light and Moss as well as Dr. Lorriana Leard (CTS President) and Dr. Douglas Conrad (Medical Director, Adult UCSD CF Center).

Attendees uniformly praised the quality of the national caliber faculty and presentations as well as the opportunity to closely interact with the speakers after their talks. Kudos to Dr. Shazia Jamil (Scripps Clinic/UCSD) who served as Conference Chair together with planning committee members Drs. Laren Tan (Loma Linda University), George Su (UCSF), Michelle Cao (Stanford), Lorriana Leard (UCSF), Angela Wang (Scripps Clinic), Jason Lee (Scripps Clinic), George Chaux (Cedars Sinai), Ni-Cheng Liang (Pulmonary Coastal Group), Chris Garvey, NP (UCSF), Dr. Guy Soo Hoo (VA West Los Angeles), and Dr. Philippe Montgrain (UCSD).



From left to right: Dr. George Su (UCSF), Dr. Javier Lorenzo (Stanford), Dr. Marc Moss (past ATS President, University of Colorado), Dr. Shazia Jamil (Conference Chair), Dr. Lorriana Leard (CTS President, UCSF), Dr. Philippe Montgrain (UCSD) and Dr. Biren Kamdar (UCSD)

Faculty Dr. Jason Lee (Scripps Clinic) Teaching manometry technique with thoracentesis







Faculty Dr. Steve Escobar (Scripps Clinic )  
Teaching placement of Chest tube

Dr. Ara Christian (Loma Linda)  
Teaching placement of indwelling Pleural catheter





From left to right: Dr. Nicholas Kolaitis (UCSF), Dr. Jason Lee (Scripps Clinic), Dr. George Su (UCSF), Dr. Seth Kligerman (UCSD), Dr. Ni-Cheng Liang (Scripps Health), Dr. Philippe Montgrain (UCSD), Dr. Angela Wang (Scripps Clinic and past CTS president), Dr. Douglas Conrad (UCSD), Dr. Shazia Jamil (Conference Chair), Dr. Lorriana Leard (CTS president, UCSF), Dr. Alison Wilcox (USC), Dr. Ashley Prosper (UCLA) & Dr. Rohit Dewan (UCLA)



From right to left:  
Professors: Dr. Marc Moss (past ATS president, University of Colorado), Dr. Richard Light (Vanderbilt University), Dr. Douglas Conrad (UCSD), Dr. Lorriana Leard (UCSF)  
Moderators: Dr. Shazia Jamil (Scripps Clinic) and Dr. Nicholas Kolaitis (UCSF)



## **CRSC CORNER**

**by Krystal Craddock, RRT**

### **The Respiratory Care Profession: Past, Present, and Future**

As Respiratory Care Week came to a close 2019, many RCP's celebrate and reflect on the profession, how far we've come, and where we are headed. When asked, "what does the respiratory care profession mean to you?", a colleague of mine replied "we are medicine's best kept secret". Many RCP's still feel that way to this day. A newer profession, California passed the first modern licensure law governing the profession of respiratory care in 1982, with President Ronald Reagan proclaiming the first National Respiratory Care Week that same year (Weilacher, N.D.).

The respiratory care profession has come a long way in a short amount of time, with California paving the way. We were the second state to require an RRT minimum licensure starting January 2015, after governor Jerry Brown signed AB 1972 the year prior (Madison, Spearman, and Rosenberg, 2016). Public Bachelor's degree completion programs for RCP's became available in 2016 at two community colleges, in an effort to provide opportunities to professions, like respiratory care, to further their education.

Looking into the future, the CSRC is supporting the BREATHE act, a 3-year pilot that allows respiratory therapists to provide disease management care to Medicare beneficiaries with COPD. As a young profession, a growing profession, and a profession that treats patients of all ages with cardiopulmonary health issues, it only makes sense that RCP's venture into the outpatient and transition of care arena. In providing such services in the outpatient arena, the CSRC also stands behind CTS and their stance on vaping following the publication from the California Department of Public Health's (CDPH) urgent advisory for everyone to refrain from vaping in this critical health crisis (CDPH, 2019).

### **References**

CDPH (2019). California Department of Public Health Issues Public Health Advisory Urging Everyone to Refrain from Vaping. Retrieved from: <https://www.cdph.ca.gov/Programs/CCDCPHP/Pages/Vaping-Health-Advisory.aspx>.

Madison, M., Spearman, C.B., & Rosenberg, A. (2016). CSRC – The Journey to an RRT License Minimum in California. CTS Newsletter. Retrieved from: <https://calthoracic.org/csric-the-journey-to-an-rrt-license-minimum-in-california/>.

Weilacher, R.R. (N.D.) The History of Respiratory Therapy. Retrieved from: <http://www.aarc.org/aarc/timeline-history/>.



# ***CSRC Tahoe Conference Registration is Now Open***

***Harrah's Lake Tahoe, March 4 - 6, 2020***

**15 CEUs, Vendor Display, Multiple Speakers**

**Agenda coming soon!**

**Register before December 15th  
to enter your name into a prize drawing!!**

***For more information or to register, click on the following link:***

**<https://csrc.org/event-3528731>**

## **SWJPCC Journal - Volume 19 Issue 3**

Volume 19, Volume 3							
Title (Click on title to open the manuscript, <b>CME in Bold</b> )	Journal Section	First Author	Year	Vol	Issue	Pages	Date Posted
<a href="#">Severe Respiratory Disease Associated with Vaping: A Case Report</a>	Pulmonary	Schmitz ED	2019	19	3	105-9	9/23/19
<a href="#">Some Clinics Are More Equal than Others</a>	Editorials	Robbins RA	2019	19	3	103-4	9/22/19
<a href="#">Court Overturns CMS' Site-Neutral Payment Policy</a>	News	Robbins RA	2019	19	3	101-2	9/21/19
<a href="#">September 2019 Arizona Thoracic Society Notes</a>	Proceedings	Arizona Thoracic	2019	19	3	99-100	9/20/19
<a href="#">Medical Image of the Month: Large Complex Cerebral Arteriovenous Malformation</a>	Imaging	Srinivasan V	2019	19	3	97-8	9/15/19
<a href="#">Medical Image of the Month: Renal Cell Carcinoma with Extensive Tumor Thrombus</a>	Imaging	Horn D	2019	19	3	95-6	9/2/19
<b><a href="#">September 2019 Pulmonary Case of the Month: An HIV Patient with a Fever</a></b>	Pulmonary	Diehl WP IV	2019	19	3	87-94	9/1/19

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