

February 26, 2020



CTS INSPIRATIONS

CTS NEWS

President's Message

"To write is human, to edit is divine." – Stephen King

While preparing for this month's president's message, I couldn't help but grin and strained hard to find my old friend called disambiguation. I take comfort in making myself believe that I am not alone and that others also struggle to effectively turn neuro signal propagations into an understandable set of letters that has a graspable message. I have often wondered what were the inciting event(s) that led the Sumerians ~9000 years ago to create simple stamps that were inscribed with pictures.

Every month CTS communicates to California medical professionals on various pulmonary and critical care topics through its CTS newsletter called *CTS Inspirations*. Our editorial staff led by Angela Wang (UCSD), and include editors Chris Garvey (UCSF) and Sachin Gupta (private practice, SF) plan, revise and coordinate material for publication. Without their ceaseless dedication and commitment to only publishing high-quality content, CTS' written language would have long lost its ability to reach and communicate with our members. I am ever grateful for their hard work and their concerted efforts in making *CTS Inspirations* a timeless form of communication. I also wanted to thank all of our past and present Authors/contributors who allowed us to publish their pieces. Without you, *CTS Inspirations* would not be possible.

If you are interested in contributing or participating in our CTS Inspirations, feel free to contact our editorial staff by clicking on the link <https://calthoracic.org/contact/>.

This month's *CTS Inspirations* highlight the Winter Northern California Conference held last month in Monterey, California. We are especially proud of how much the CTS Scholars Poster Competition has grown. Started by Amir Zeki (UC Davis) and Michael Schivo (UC Davis) in 2010, the first event consisted of a handful of fellows sitting by the fireplace at the La Playa Hotel, talking about their research with the faculty "judges." This year's gathering was ably organized by Nick Kolaitis (UCSF) and featured 38 presenters from 14 institutions in California and Ohio!

Finally, please mark your calendars and save the date, **September 11-12, 2020**, as this will be our CTS Southern California Conference. We look forward to seeing you there.



Pulmonary Fact(s):

According to the Centers for Disease Control, tobacco use continues to be a leading cause of preventable disease, disability, and death in the United States. In 2018, about 34 million US adults smoke cigarettes and over 16 million people live with at least one disease caused by smoking.

Nicotine dependence is a chronic, relapsing disorder and an important opportunity for clinicians to Ask, Advise, Assess, Assist, and Arrange. Most recently, the deaths and lung injury associated after e-cigarette or vaping use confirmed what many in the pulmonary field have long suspected about the dangers and safety of e-cigarettes or vaping. As of January 14, 2020, there has been 2,688 hospitalized e-cigarette or vaping, product use-associated lung injury (EVALI) cases or deaths. Sixty deaths have been confirmed in 27 states and the District of Columbia due to e-cigarette or vaping.¹

CTS was one of the first chapters to respond to the EVALI outbreak in providing education to our members and creating a CTS statement against the use of e-cigarette or vaping, https://calthoracic.org/wp-content/uploads/2020/03/CTS-VapingE-cig-statement-12_3_2019.pdf. Our swift response and statement were created by Asha Devereaux (Chair CTS Clinical Practice Committee), Laura Crotty (UCSD), and John Balmes (UCSF). We hope you will join our fight against e-cigarette or vaping use and help promote lung health. Additional Patient education on Vaping/Electronic Nicotine Delivery Systems can be found at the American Thoracic Society.

<https://www.thoracic.org/patients/patient-resources/resources/vaping-electronic-nicotine-delivery-systems.pdf>

Sources:

1. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html#latest-outbreak-information



Laren Tan, MD
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Scenes from a Conference CTS Winter Conference Monterey January 2020



CTS Conferences are the “Goldilocks” of meetings. Big enough to be dynamic and small enough to be collegial. Rigorous but not intimidating.



CTS is a great way to meet colleagues from around the state

From L to R
Lorriana Leard, UCSF
Shazia Jamil, Scripps Clinic
Michelle Cao, Stanford
Laren Tan, Loma Linda
Vipul Jain, UCSF-Fresno
Nicholas Kolaitis, UCSF



CTS offers great opportunities to acquire and hone leadership skills

left Lorriana Leard (UCSF) and Philippe Montgrain (UCSD)

Lorriana Leard and Laren Tan





CTS WINTER 2020 POSTER COMPETITION

The Annual CTS Scholars Poster Session was founded over 10 years ago with just a handful of fellows sitting around the fireplace at the La Playa Hotel in Carmel, discussing their research with a couple of faculty. This year's event was organized by Nicholas Kolaitis (UCSF). We had a record number of submissions. In total there were **38** posters presented, including 16 research presentations, 20 clinical presentations, and 2 industry presentations. 14 institutions were represented!

The California Thoracic Society awarded the President's Award for top overall poster to **David Gordon, DNP (UCSF)** for his poster "Reducing length of stay after lung transplant surgery through the implementation of multi-disciplinary care".

The outstanding research award went to **Brian Block, MD (UCSF)** for his poster "Patterns and Trends in Advance Care Planning among Older Adults who received Intensive Care at the End of Life".

There were two winners of the outstanding clinical case presentation: **Rebecca Corbett, DO (UC Davis)** for her poster "21,770 Eosinophils is Too Many – A Case of Idiopathic Hypereosinophilic Syndrome with Pulmonary Involvement" and **Jesse Ross, MD (UCLA)** for his poster "A Spindle (cell) In A Haystack: Isolated Pulmonary KS In A Lung Transplant Patient Despite Multiple Normal Lung Biopsies". Congratulations to the winners. We hope you join us next year.

MEET CTS

Dr. Lorriana Leard, UCSF
Immediate Past President



Dr. Lorrianna Leard.....

1. What's a typical day in your life right now?

The short answer: there is no typical day.

The longer answer: I honestly love the fact that in academic medicine as a Pulmonary and Critical Care Medicine trained physician, *no two days are the same*. I'll try to describe some of the highlights.

Most days, I start my day by dropping off my two daughters at their two respective schools. On my 25 minute commute to work while listening to a podcast, ([New York Times "The Daily"](#) and [Curbsiders](#)) I appreciate spectacular views as I cross the Golden Gate Bridge. Some mornings are spent doing bronchoscopy procedures with biopsies as part of our surveillance of our lung transplant recipients, followed by an afternoon of administrative meetings aimed at improving our clinical programs and the patient / provider experience. Other days, I spend seeing outpatients either in our Lung Transplant Program or my pulmonary practice embedded in the Thoracic Oncology Program working side by side with my Oncology, Surgery and Radiation Oncology colleagues.

My Thursdays are devoted to working longitudinally with a small group of medical students as their "Coach"-fostering the development of their clinical reasoning and physical exam skills, engaging them in quality improvement projects in our lung transplant clinical microsystem, and guiding their professional development throughout their four years of medical school. And in between these activities, I make time to meet with mentees and try to find time for the multitude of educational conferences and faculty development courses.

But then there are the completely different weeks when I am "on call." In medicine it seems that being "on call" means many different things. For me, it involves rounding on the inpatient Advanced Lung Disease Service, consulting on any other hospitalized pre- or post-lung transplant patient, doing bronchoscopy procedures, fielding the many calls from our post lung transplant patients, returning calls to referring physicians seeing our patients at other hospitals or who have potential patient that may need a transfer to our hospital, and reviewing laboratory results to adjust immunosuppression or to treat rejection or infections for all lung transplant recipients followed by our center. (Thankfully, I am working together with an amazing interprofessional team of individuals who help to make all of this possible!)

As busy as a day may be, I do prioritize making it home in time to have dinner with my husband and kids! Late night is my "*deep thinking time*" when my mind feels the most energized. I enjoy this undisturbed, magical quiet time when I can write or review papers, carefully craft emails, or design educational materials.

2. If you had an hour to yourself, what would you do?

I would read a book, go for a hike through the redwoods with a good friend, or plan my next vacation!

3. One thing about (yourself, your life, your job) that you would not have predicted 10 years ago.

Ten years ago, I never would have predicted that I would become president of the California Thoracic Society or that I would be a Troop Leader for 2 Girl Scout troops!

4. How did you get started in CTS?

My first experience with CTS was as a fellow when I presented a case at the educational conference when it was held in Carmel. I became more involved after I was invited to help develop a Fluoroscopy CME course.

5. Who takes care of the children when you are on service? or What is key to maintaining a sane home life?

The key for us has been a great community of friends and lots of advance planning with a family Google calendar. We have great afterschool programs in our community and a "village" of friends who help us to car-pool / pick up the kids for us when needed. This has helped immensely. And with lots of advanced planning, we seem to be able to fit everything together into this big, fun, complicated jigsaw puzzle of life.

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Title (Click on title to open the manuscript, CME in Bold)	Journal Section	First Author	Year	Vol	Issue	Pages	Date Posted
Medical Image of the Month: Air Embolism in Transit	Imaging	Sirikonda NS	2020	20	1	41-2	1/15/20
The Effect of CPAP on HRQOL as Measured by the Quality of Well-Being Self-Administered Questionnaire (QWB-SA)	Sleep	Batool-Anwar S	2020	20	1	29-40	1/14/20
Safety and Efficacy of Lung Recruitment Maneuvers in Pediatric Post-Operative Cardiac Patients	Critical Care	Devor RL	2020	20	1	16-28	1/10/20
Results of the SWJPCC Healthcare Survey	General Medicine	Robbins RA	2020	20	1	9-15	1/3/20
Medical Image of the Month: Idiopathic Right Lower Lobe Pulmonary Vein Thrombus	Imaging	Rolle TJ	2020	20	1	7-8	1/2/2020
January 2020 Critical Care Case of the Month: A Code Post Lung Needle Biopsy	Critical Care	Savajiyani S	2020	20	1	1-6	1/1/2020

California Thoracic Society

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

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