

November 28, 2020



# CTS INSPIRATIONS

## CTS NEWS

### President's Message

*"From the farmers who grow them to the tables that serve them, turkey is part of our nation's heritage. We are proud to be the advocate for America's turkey industry for over 75 years."* – National Turkey Federation

Thanksgiving festivities have long centered on the traditional American Thanksgiving menu which consisted of turkey, stuffing, cranberry sauce and pumpkin pie.

It is often assumed that today's Thanksgiving menu originated in an event commonly referred to as the "first Thanksgiving." And while there is evidence of a meal shared between Pilgrim settlers at Plymouth colony (in what is now Massachusetts) in late 1621 to which the local Wampanoag Indians were actually not invited. (they joined the festivities later), there is no indication that turkey was served. For meat, the Wampanoag brought deer, and the Pilgrims provided wild "fowl." Strictly speaking, that "fowl" could have been turkeys, which were native to the area, but historians think it was probably ducks or geese.<sup>1</sup>

In 1947, President Harry Truman received a live turkey from the National Turkey Federation in what has become an annual White House Thanksgiving tradition. The presentation signals the beginning of the holiday season of national thanks, historically representing agriculture's bountiful harvest.

While it is hard to grasp just how quickly the year is passing by, it is also just as hard to grasp how outlandish 2020 has been. I encourage everyone reading this to take a moment and reflect on thoughts and instances of gratitude. Research in psychology has shown that gratitude consistently correlates with greater happiness. Gratitude helps foster more positive emotions, savor meaningful experiences, improve health, deal with adversity, and build stronger relationships. Let us not forget all the small and big things we can be thankful for. I wanted to thank our frontline workers, CTS members, CTS officers, CTS executive office, and many others who have supported and continue to support our society. It is my wish that everyone will be safe and embrace the full spirit of "thanksgiving."

Please remember to register for CTS Virtual Northern California Conference. Our Poster Conference will start on January 21, 2021, at 5 PM PDT. For more information on our Poster Conference, [click here](#).

Sincerely,

A handwritten signature in black ink, appearing to read "Laren Tan".

Laren Tan, MD  
CTS President  
[LaTan@llu.edu](mailto:LaTan@llu.edu)



## References:

1. <https://www.britannica.com/story/why-do-we-eat-turkey-on-thanksgiving>
2. <https://www.eatturkey.org/the-national-thanksgiving-turkey/meet-the-flock/thanksgiving/>

**EDITOR'S NOTE**

*She was my last patient of the day. "In her late 70's, Multiple medical problems, obesity, diabetes, heart failure...recovering from a COPD exacerbation.*

*She suddenly smiled. Or at least I thought she did, her eyes crinkling above the mask. "Yes, I'm feeling better, thank you."*

*I leaned over to listen to her lungs, making sure that her wheezing had resolved.*

*I think that this is the first time I have ever seen you smile!*

*"Well, I trust you. I feel like you really care about me." She pulled her mask down briefly to show her grin.*

*I will remember that beaming face all my life and how it lit my tired soul.*

**COVID-19 AND THORACIC ORGAN TRANSPLANTATION**

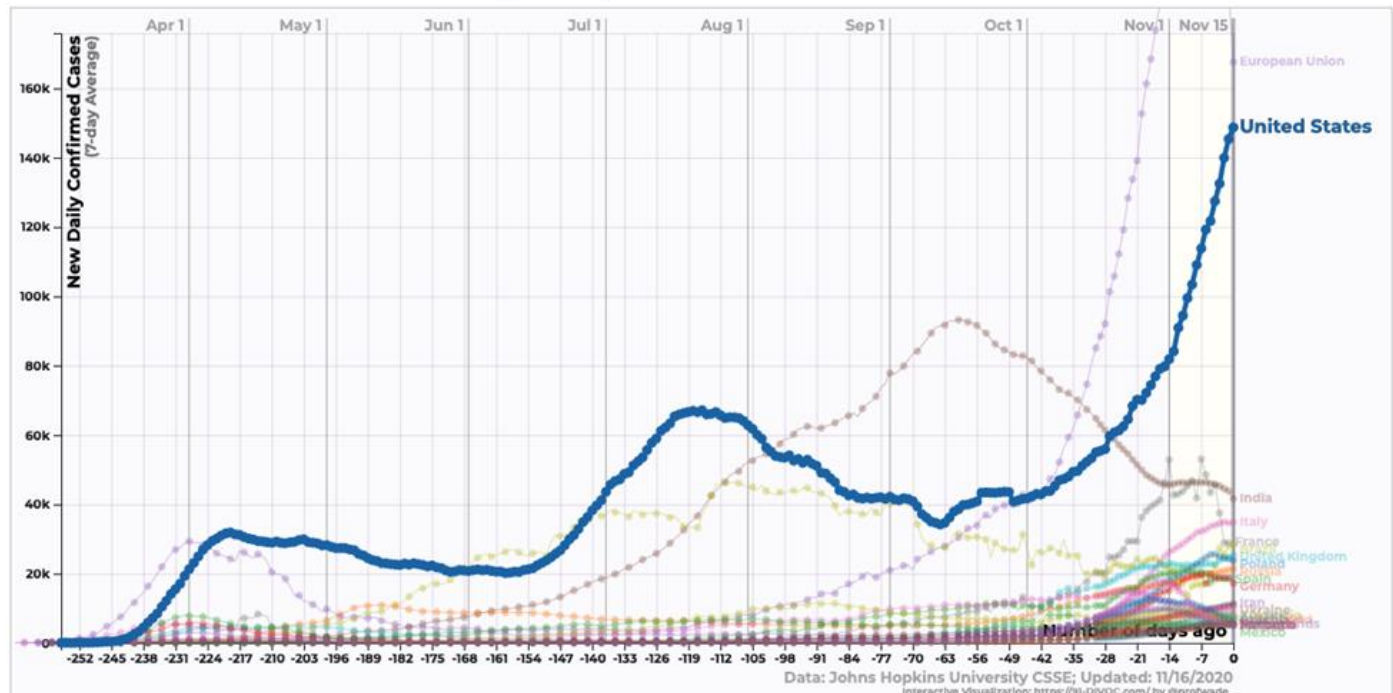
**George Chaux, MD**  
**Medical Director, Lung Transplant Program**  
**Cedars-Sinai Medical Center**

This year has ushered in the largest world-wide pandemic in 100 years which has affected medical practices, hospitals, education systems, businesses and the world economy in profound ways that may take years to recover from. Solid organ transplantation is no exception, and, in this article, we will examine the impact the Covid-19 pandemic has had on heart and lung transplantation nationally.



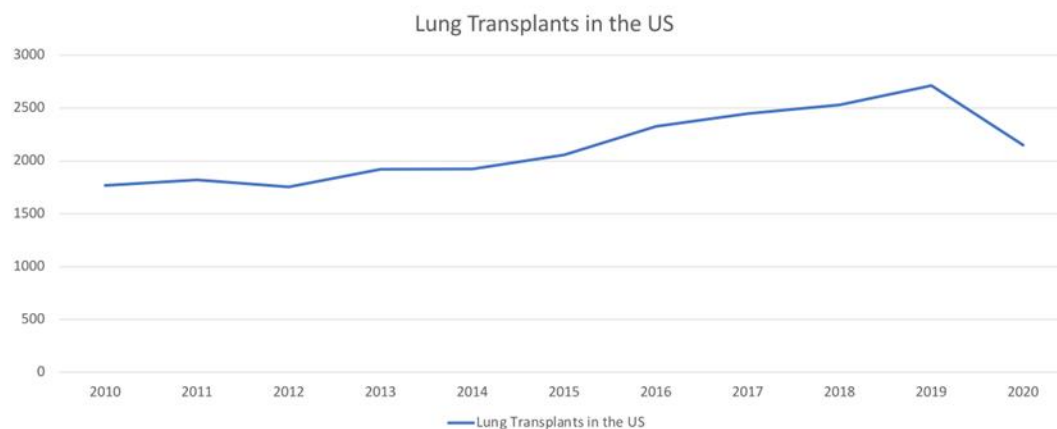
As of this writing, 57,427,358 confirmed cases of Covid-19 have been reported world-wide with 11,893,096 of these reported in the United States.<sup>1</sup> 254,271 deaths have been reported in the U.S. with numbers expected to rise over the coming winter months. These cases have occurred in waves and we are currently in the midst of a third wave that is larger than the previous two we experienced as temperatures get colder and socioeconomic restrictions were eased. In the initial phase of the pandemic, heart and lung transplant programs across the country paused or halted their activity as did many hospital elective surgery programs. This occurred out of an abundance of caution and due to the fact that wide-spread testing was not yet available so that we could not identify asymptomatic or even symptomatic infection in potential organ donors and recipients. But with the advent of adequate testing capability, heart and lung transplant programs ramped up again and rapidly returned to a normal level of activity.

## New Confirmed COVID-19 Cases per Day



Data from the Southern California organ procurement organization, OneLegacy, for example, project a total of 570 organ donors and 1,688 solid organ transplants to be completed through the end of 2020 which represent a 2.3% and 4.2% increase over similar activity in 2019. In May of 2020 a record 42 lung transplants were completed from 55 donors in the OneLegacy donor service area and local lung recovery and utilization rates are at peak levels compared to data collected over the past eight years.<sup>2</sup> Nationally, the trend has been similar with a 27% increase in deceased organ donors and 32,579 transplants completed between January and October 2020, just 5,200 short of the number transplanted in 2019. As of October 31, 2020 a total of 2,149 lung transplants had been performed in the US, 565 less than in 2019 with two months remaining.<sup>3</sup> So, although the pandemic temporarily slowed solid organ transplant activity in the US earlier this year, it quickly recovered and may turn out to be a record-breaking year for solid organ donation and transplantation across all organ donor types.

## Number of Lung Transplants Performed



From the perspective of the lung transplant recipient, lung transplantation has also been performed in a small number of Covid-19 patients who have survived the acute illness but were left with severe irreversible lung damage. The first lung transplant for Covid-19 induced lung injury was performed in June at Northwestern University Medical Center. Since that time, they have performed six additional lung transplants in Covid-19 patients with good short-term outcomes and additional transplant operations have been performed at other centers around the country. It is too early to conclude how well these patients will do long term at one-year or five years and in comparison to other patients receiving lung transplant for other indications but due to the acuity of their illness these lung transplant recipients tend to be very high risk patients and are very carefully selected. Standard recipient selection criteria are utilized in deciding to list an individual patient for lung transplantation to treat sub-acute respiratory failure due to Covid-19 disease but only high-volume centers that have the experience to care for these high-risk patients have been performing these operations. It is expected that more lung transplant centers in the United States and in Europe will be performing transplants in Covid-19 patients left with severe irreversible post-ARDS respiratory failure, but the ultimate outcome of this intervention will not be known for some years to come.

Finally, what has been the impact of Covid-19 patients on solid organ transplant recipients and lung transplant recipients in particular? Based on a recent meta-analysis conducted by researchers at the University of Miami School of Medicine, 2,772 individual solid organ transplant recipients have been reported with Covid-19 infection.<sup>4</sup> Amongst these, 97 were lung transplant recipients, 81% required hospitalization and of these 29% required ICU care. Mortality was similar to the general hospitalized patient population at 18.6% and 25.9% required mechanical ventilation. Of note, there were no donor derived cases of Covid-19 infection amongst this cohort, the incidence of rejection was low at 1% and viral clearance occurred at a median of 3-5 weeks which is comparable to the general population. It is also important to note that these data were collected in part prior to the widespread use of steroids, remdesivir, convalescent plasma and IL-6 receptor antagonists.

In summary, as the Covid-19 pandemic has had a devastating effect on our health care system, our economy, educational systems and our society as a whole, solid organ transplant recipients have been affected to a similar extent as other sectors of our society. Fortunately, the pandemic has not had a lasting effect on the number of transplants being performed and waitlist mortality. Although lung and other solid organ transplant recipients are at high risk of infection and related complications due to Covid-19 the current data suggest that even though the hospitalization rate is higher than in the general population these patients can recover and do well with currently available therapies.

#### References:

1. Johns Hopkins University Coronavirus Resource Center, [www.coronavirus.jhu.edu](http://www.coronavirus.jhu.edu)
2. OneLegacy, Southern California Organ Procurement Organization, personal communication
3. United Network for Organ Sharing, [www.UNOS.org](http://www.UNOS.org)
4. Covid-19 in Solid Organ Transplant Recipients: A Systemic Review and Meta-Analysis of Current Literature. Mohammed\_A.Raja<sup>a1</sup> Maria A. Mendoza<sup>b</sup> AasithVillavicencio<sup>b</sup> ShwetaAnjan<sup>ac</sup> John Reynolds<sup>d</sup> VeraprapasKittipibul<sup>b</sup> AnmaryFernandez<sup>a</sup> GiselleGuerra<sup>ce</sup> Jose Camargo<sup>a</sup> JacquesSimkins<sup>ac</sup> Michele I.Morris<sup>a</sup> Lilian A.Abbo<sup>ac</sup> YoichiroNatori<sup>iac</sup> Transplant Reviews, November 14, 2020

## CSRC Corner

### Reflecting on Respiratory Care Week 2020



Professionalism • Advocacy  
Commitment • Excellence

This year, Respiratory Care Week took place October 25-31. With SARS-CoV-2 Pandemic taking precedence in 2020, the respiratory care discipline was brought to the forefront, increasing awareness of the necessity of the RT profession. The CSRC wanted to recognize the wonderful practitioners and departments in each of the regions by allowing members to nominate their colleagues and departments for Practitioner of the Year and Department Excellence Awards.

#### ***Practitioner of the Year were awarded to:***

*Christopher Buelna – South Coast Region*

*Gary Phelps – San Diego Region*

*Delmy Bedolla – Central California Region*

*Jolene Burgess – Northern California Region*

*Paul Barraza – Greater Bay Area Region*

*Abdullah Alismail – Inland Empire Region*

#### ***Professional Department of Commitment and Excellence Awards were presented to:***

*Antelope Valley Hospital – South Coast Region*

*Sharp Grossmont Hospital – San Diego Region*

*Valley Children's Hospital – Central California Region*

*UC Davis Medical Center – Northern California Region*

*Salinas Valley Memorial Healthcare System – Greater Bay Area Region*

*Southwest Healthcare System – Inland Empire Region*

The CSRC appreciates every frontline and behind-the-scenes RCP caring for all of our patients but it is especially important this year, with healthcare workers putting patients first and themselves at risk, that we can recognize and highlight the great work of a few. We hope all RCP's enjoyed a great Respiratory Care Week and look forward to more nominations in 2021!



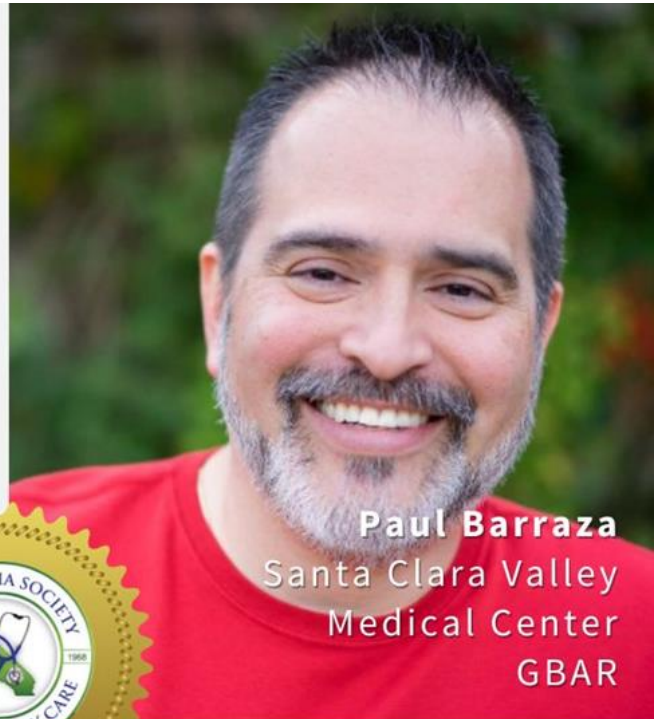
California Society for Respiratory Care  
**PROFESSIONAL DEPARTMENT  
OF COMMITMENT & EXCELLENCE**  
RC Department Award Winners



#RCWEEK20

#RCWEEK20

# CSRC RCP AWARD WINNERS



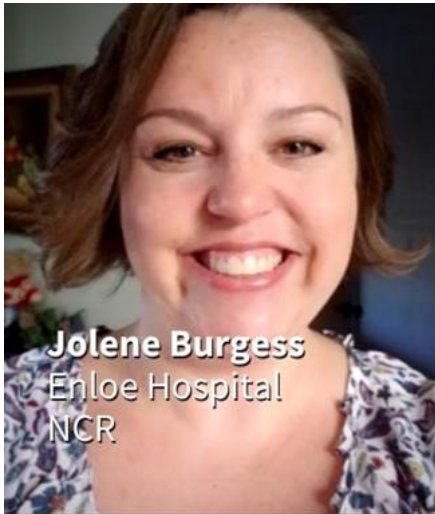
**Paul Barraza**  
Santa Clara Valley  
Medical Center  
GBAR



**Delmy Bedolla**  
Fresno City College  
CCR

PEER-NOMINATED

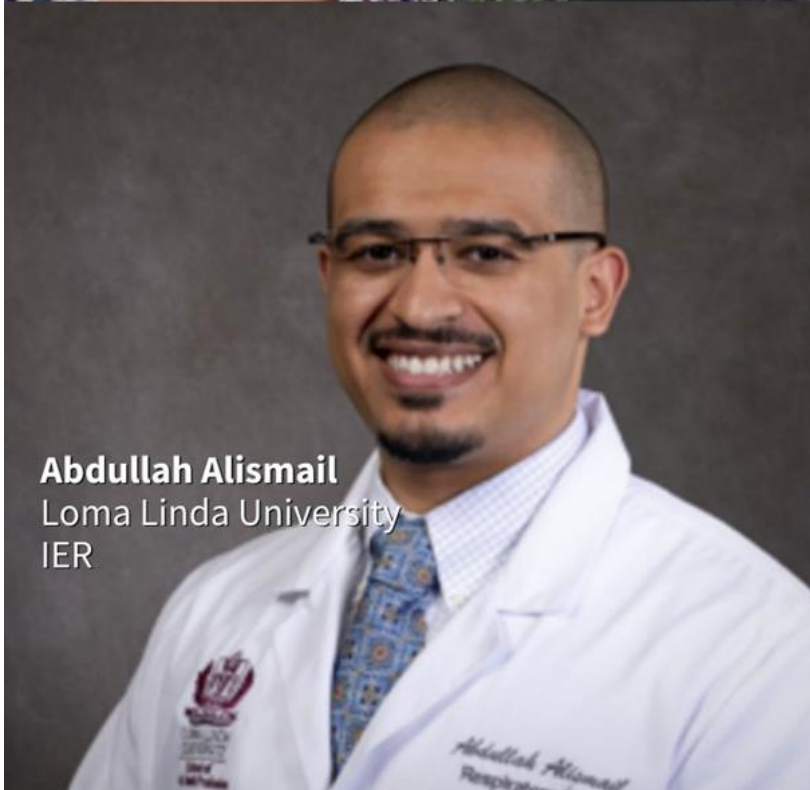
# AWARD FOR COMMITMENT TO EXCELLENCE



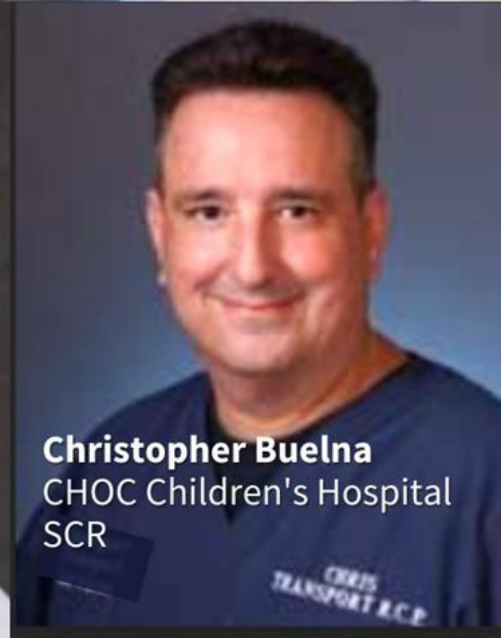
**Jolene Burgess**  
Enloe Hospital  
NCR



**Gary Phelps**  
Sharp Grossmont Hospital  
SDR



**Abdullah Alismail**  
Loma Linda University  
IER



**Christopher Buelna**  
CHOC Children's Hospital  
SCR

**#RCWEEK20**



Volume 21, Issue 4							
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="#">Correct Scoring of Hypopneas in Obstructive Sleep Apnea Reduces Cardiovascular Morbidity</a>	Editorials	Parish J	2020	21	4	104-7	10/19/20
<a href="#">The Association Between Obstructive Sleep Apnea Defined by 3 Percent Oxygen Desaturation or Arousal Definition and Self-Reported Cardiovascular Disease in the Sleep Heart Health Study</a>	Sleep	Quan SF	2020	21	4	86-103	10/19/20
<a href="#">Trump's COVID-19 Case Exposes Inequalities in the Healthcare System</a>	Editorials	Robbins RA	2020	21	4	82-5	10/3/20
<a href="#">Medical Image of the Month: Severe Left Ventricular Hypertrophy</a>	Imaging	Olson AL	2020	21	4	80-1	10/2/20
<b><a href="#">October 2020 Critical Care Case of the Month: Unexplained Encephalopathy Following Elective Plastic Surgery</a></b>	Critical Care	Held N	2020	21	4	73-9	10/1/20

## ***SWJPCC Journal - Volume 21 Issue 4***

***California Thoracic Society***

***18 Bartol St. #1054 | San Francisco, CA, 94133 | 415-536-0287***

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

***CTS Editors:***

***Angela Wang, MD***

***Chris Garvey, NP***

***Laren Tan, MD***

***Sachin Gupta, MD***