



SLEEPY TIMES

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OPENING STATEMENT: PROGRESS HAS NO TIMELINE

-Scott T. Reeves, MD, MBA

In the high-stakes environment of the operating room, we are governed by the clock. We measure success in induction times, surgical durations, and the precise half-lives of the drugs we administer. But for the academic anesthesiologist, there is a deeper, more enduring rhythm to our work—one that defies the constraints of a schedule.



The pursuit of medical advancement is rarely a linear sprint; it is an iterative journey. As the saying goes, "Progress does not have a timeline."

- **The Patience of Mentorship:** Watching a resident transform from a hesitant trainee into a decisive consultant doesn't happen on a fixed trajectory. It requires the steady, timeless investment of your expertise.
- **The Persistence of Inquiry:** The most profound changes in patient safety—from pulse oximetry to ultrasound-guided blocks—were the result of decades of incremental refinement, not a single "eureka" moment.
- **Research Matters:** When your research feels slow or the administrative hurdles of academia seem insurmountable, remember that impact is measured in quality, not just velocity. As we learned from a recent visiting grand rounds professor, our contribution to a peer-reviewed journal might not change clinical practice tomorrow, but it adds a vital brick to the foundation of knowledge that will save a life ten years from now. In academia, we play the "long game." We trade the instant gratification of a quick procedure for the lasting legacy of discovery.
- **Embracing the Infinite:** Do not be discouraged by the "slow" seasons of your career. The most complex physiological puzzles and the most innovative educational curricula require time to breathe and evolve. By relinquishing the need for immediate results, you gain the freedom to think deeply, experiment boldly, and lead authentically. Keep questioning the "standard of care." Keep pushing the boundaries of what is possible in the perioperative space. Progress is happening—even when it isn't visible on a calendar.

Progress as Wellness

We often apply the "timeline" pressure most harshly to ourselves. We expect to achieve tenure, master a new technique, or find "work-life balance" by a specific age or milestone. But personal growth is not a scheduled procedure. True wellness in academia comes from recognizing that your professional value is not tied to a production quota. It is found in:

- **Self-Compassion:** Acknowledging that some days are for survival, and others are for soaring. Both are part of a career's natural tide.
- **Sustainable Excellence:** Understanding that burnout is often the result of racing against an imaginary clock. When we accept that progress is fluid, we give ourselves permission to rest, recalibrate, and return with clarity.
- **Integration over Balance:** Instead of a 50/50 split that feels like a constant tug-of-war, view your well-being as the fuel for your research and your research as a reflection of your curiosity. A physician who is depleted cannot innovate. Your well-being is not a distraction from your progress; it is the prerequisite for it.

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INNOVATION | IMPACT | INFLUENCE

FACULTY PROMOTIONS

Marc Hassid, MD

Professor

I grew up in Texas and attended college and medical school at UC Davis. I completed anesthesia residency at Washington University in St. Louis, followed by a pediatric anesthesia fellowship at St. Louis Children's Hospital. I've been at MUSC since 2009 with a focus on pediatric and pediatric cardiac anesthesia. I am grateful for all the opportunities given to me that make it possible to go up for promotion. This certainly would not have been possible without the support, role modeling, and mentoring from the wonderfully talented people I work with. At home I am fortunate to have the love and support of my three daughters Evie, Leah, and Hannah, and my amazing wife Kristen.



Tara Kelly, MD

Associate Professor

I am originally from New York and have proudly called MUSC home for the past decade, where I have trained and served as a resident, fellow, and now as a faculty member. Over the years, I have had the privilege of taking on several leadership roles, including serving as RT Medical Director and currently as Regional and Acute Pain Fellowship Program Director. I am deeply committed to advancing education and mentorship, and I look forward to continuing to expand my contributions to both teaching and research in this next chapter as Associate Professor. Outside of work, I am an avid traveler, and I am excited to be getting married this coming November.



Chris Wolla, MD

Associate Professor

I am honored to share my promotion to Associate Professor. I am deeply grateful to the mentors, colleagues, and trainees who have supported and challenged me throughout this journey. It has been a privilege to contribute to our field through clinical care, education, and research.

I would like to extend special thanks to Dr. Sylvia Wilson, Dr. Latha Hebbar, Haley Nitchie and the rest of the research staff, Ms. Glennda Ross, Dr. Reeves and the rest of the promotions committee for their guidance, support, and confidence in me.

I look forward to continuing this work and to the opportunities ahead.

MEET THE NEW CHIEF RESIDENTS



William Barrett, DO
Associate Professor

I am honored to be promoted to Associate Professor at MUSC. Over the past five and a half years on staff, I have found great fulfillment in educating residents and contributing to ongoing research, both of which have strengthened my commitment to academic medicine. I am deeply grateful for the supportive colleagues and collaborative environment that have made this journey so rewarding, and I would especially like to thank Dr. Reeves and Dr. Sylvia Wilson for their mentorship and support, as well as Glennda Ross for her invaluable assistance throughout the promotion process. As I look ahead, I am excited to continue growing professionally while also embracing meaningful changes in my personal life – Abby and I are expecting our first child in September, and my time outside of work will soon shift from traveling the world to diaper changes. This next chapter brings both professional pride and personal joy, and I am eager for all that lies ahead.



Toby Steinberg, MD
Associate Professor

I have been fortunate to call Charleston home twice — first as a medical student at MUSC and again when I returned in 2020 to join this department as faculty. Since then, I have focused on growing as a cardiothoracic anesthesiologist and structural echocardiographer while also investing in education, mentorship, and physician well-being. I currently serve as Director of Structural Heart Anesthesiology, Director of the Perioperative Echocardiography Rotation, Residency Assistant Program Director for Mentorship and Wellbeing, and as a committee member for the ACGME Wellness and Recognition Committee. I have been fortunate to help support the growth of structural heart procedures at MUSC and to work on initiatives focused on resident mentorship and wellness. Over the coming years, I look forward to continuing to mentor trainees, expand wellness initiatives, and grow as both an educator and clinician within our department and institution.

Outside of work, I love traveling and exploring the world — I have visited 13 countries just since joining MUSC — as well as discovering new restaurants and revisiting favorite spots around Charleston. Most importantly, I enjoy spending time with my fiancé, Chris, and our beloved dog, Lucy (who celebrated her Super Sweet 16 last fall!). This fall, we are looking forward to getting married in the historic downtown Charleston home we recently purchased together.

MUSC PROJECT IMPACT DAY OF CARING BY GLENNDA ROSS

Andrew Mendelson, DO
Associate Professor

I joined the Pain Medicine Division at MUSC in October 2024 after more than three years at UVA. I was recently promoted to Associate Professor and am truly grateful for the support of my colleagues throughout the process. I serve as Associate Program Director of the Pain Medicine Fellowship and my clinical responsibilities include cancer pain and neuromodulation therapies. My family and I have enjoyed exploring all that Charleston has to offer.



Jennifer Smith, MD
Associate Professor

Time has passed remarkably quickly—I am now celebrating five years at MUSC. Having spent my upbringing, training, and early career in the Mid-Atlantic and Northeast, my family and I relocated here during the height of COVID-19. While the uncertainty of that period was significant, I was confident that a change was necessary. Since joining the MUSC Department of Anesthesia, I have witnessed and contributed to meaningful growth and transformation, for which I am deeply grateful. I have been closely involved in the education of our residents and fellows, serving as the former Pediatric Rotation Director and, more recently, supporting junior colleagues as they transition into that role. In addition, I have had the privilege of leading our pediatric ambulatory site, SMP, through a period of expansion. We are proud to provide high-quality, comprehensive anesthesia care to both adult and pediatric populations, with plans for continued growth aligned with MUSC's broader vision. One of the most rewarding aspects of my role has been serving as a DOD, which has allowed me to bridge clinical care and departmental leadership. Supporting colleagues while ensuring coordinated, patient-centered care has been a particular highlight of my time here. With the guidance and collaboration of my pediatric faculty colleagues in research, I am also honored to have achieved promotion to Associate Professor. It is a privilege to practice pediatric anesthesia here at MUSC, and I look forward to continuing this work for many years to come - all with some humor and a smile.

2026 HUMAN FACTORS & ERGONOMICS SOCIETY HEALTH CARE SYMPOSIUM BY GABE SEGARRA

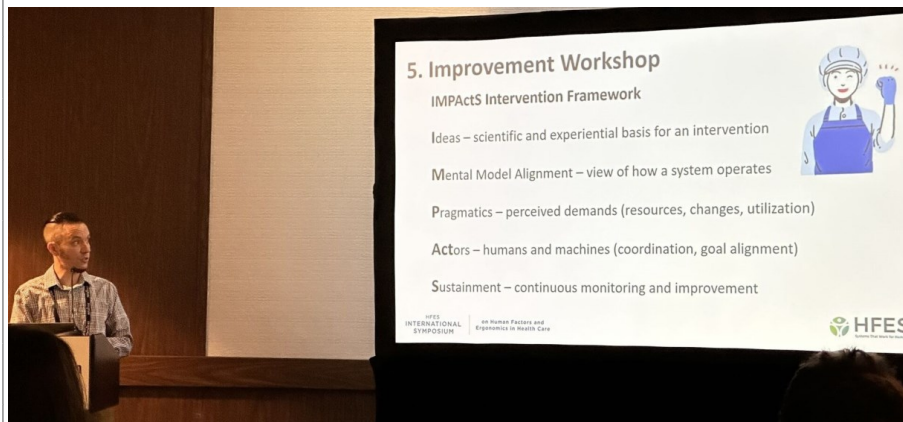
The 2026 Human Factors & Ergonomics Society Health Care Symposium brought us to New York City, where we participated in the Robotics Summit and the 2.5-day “main event” that followed

Robotics – calling all clinicians, manufacturers, and consultants

The 3rd annual Robotics Summit, scheduled to precede the Health Care Symposium, attracted a multi-disciplinary group of 80 professionals eager to see continued advancement in the application of Human Factors Engineering (HFE) to robotic-assisted surgical (RAS) technologies. The full-day event covered trends in FDA feedback and fostered many engaging conversations regarding the barriers between academic research, system design and manufacturing, including conflicting priorities between advancing patient care and “red tape” that can limit the pace of innovation. Our contributions included Merrick Kossack’s, Laura Birmingham’s and Layne Hartman’s two presentations, covering (1) identifying when intended users’ specialization warrants distinct user groups, and (2) tips for conducting effective usability tests with surgical teams.

Opening plenary panel featuring hospital-embedded Human Factors Engineers

The official Symposium kicked off with its first-ever panel-style plenary address titled “A View from the Inside: Challenges and Opportunities for Embedded Healthcare HF Professionals.” Five leaders representing different hospital systems shared their experiences and challenges working in a large and heavily interconnected clinical environment. They described the wide variety of tasks they manage, how to establish relationships and build trust with clinicians and administrators, and how to apply HFE in a way that builds credibility and supports clinicians and patients to optimize their workflow and experiences. The panel provided great insights into the day-to-day challenges and opportunities for HFEs in clinical settings and reinforced the value that HFEs bring to healthcare delivery, impacting clinicians’ – as well as patients’ – experiences and outcomes.



Gabe Segarra presenting the work of the Human Factors Clinical Safety Science Unit in Sterile Processing systems engineering at the Human Factors in Healthcare Symposium.

As part of a culminating 5-Year project, the work involves:

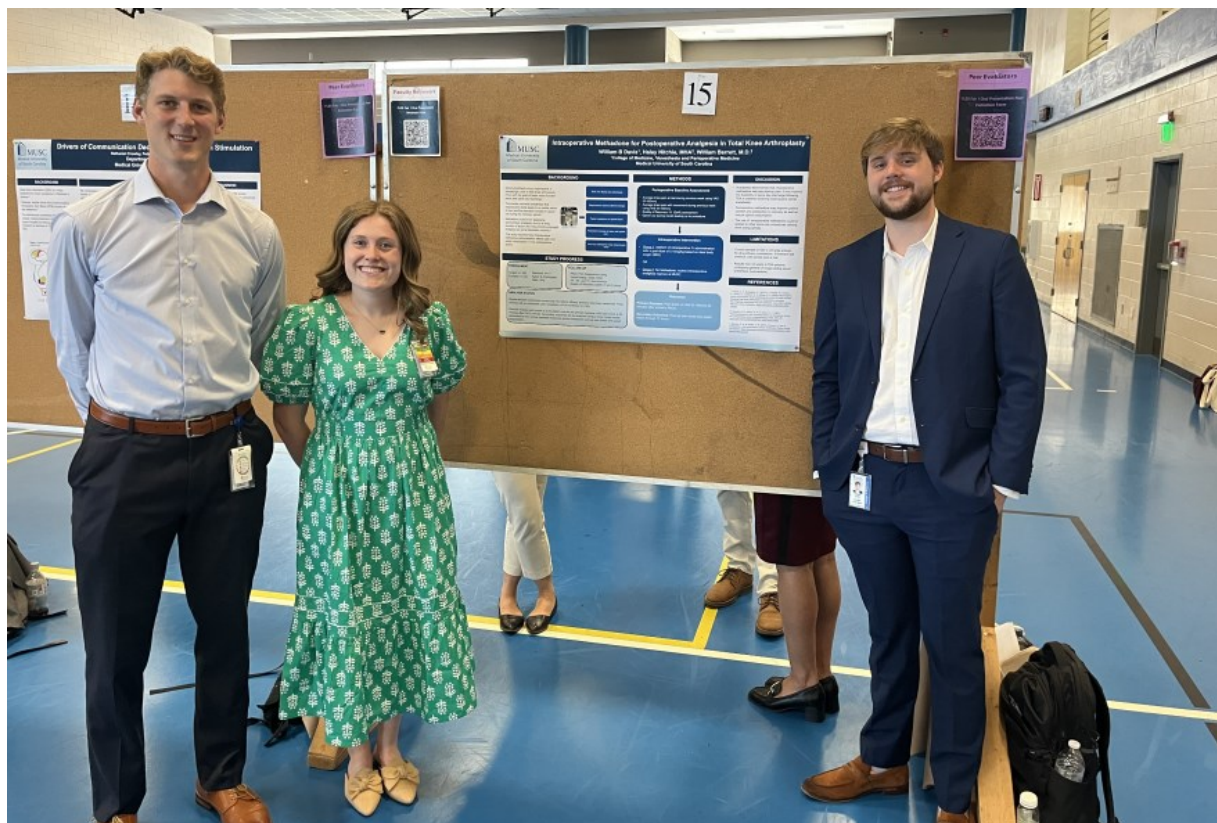
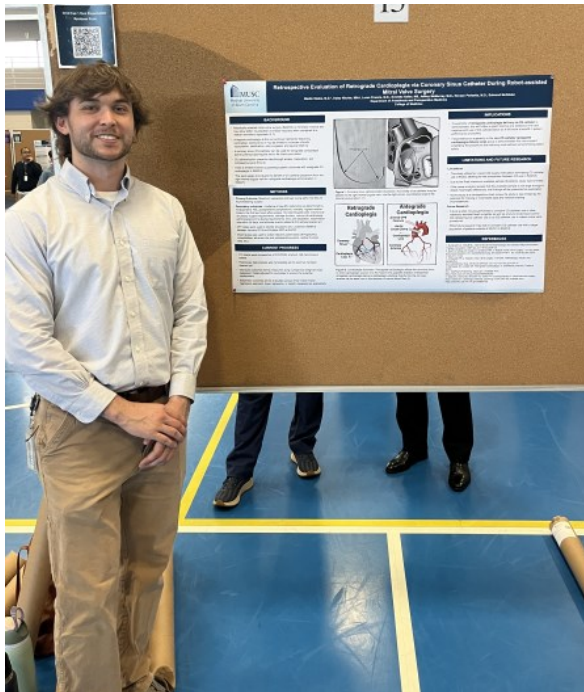
- Using models to ask "what if" questions before trying to implement improvements.
- New methods to support monitoring the department and track progress.
- Workshops to integrate voices of the frontline and management.

(Funded by Agency for Healthcare Research and Quality)



FLEX FAIR

Flex Fair was held on April 9, 2026. We had two students presenting their work from the past 8 weeks. Bennett Davis was presenting his work for Dr. Barrett's study, "Intraoperative Methadone for Postoperative Analgesia in Total Knee Arthroplasty", and Edmund McAlister was presenting his work for Dr. Steine's study, "Retrospective Evaluation of Retrograde Cardioplegia via Coronary Sinus Catheter During Robot-assisted Mitral Valve Surgery."



MUSC 2026 PROJECT IMPACT DAY OF SERVICE

Five of the admin staff participated in the MUSC 2nd Annual Project IMPACT Day of Service which had 426 volunteers working at organizations throughout Charleston and Berkeley Counties. The selected organization was the American Cancer Society Hope Lodge. The service project began with a tour and brief history of the lodge. The fourteen volunteers divided into teams to clean downstairs, upstairs, kitchen/dining room, and outside patio to do “deep cleaning” that daily housekeeping does not provide. Foremost, the service project provided an opportunity to contribute indirectly to MUSC cancer center patients and second an opportunity to interact with fellow staff of other MUSC units.



RESEARCH CORNER

frontiers | Frontiers in Aging Neuroscience

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OPEN ACCESS

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O-GlcNAcylation increases
complexity of astrocytes in the
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Michael Scofield, PhD

Work as Imagined Versus Work as Done: A Usability
Evaluation of an RFO Sponge-counting System in Real
Operating Room Conditions*Elizabeth Galinsky, PhD, CHFP,* Megan Dangler, MA, CHFP,*
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JOURNAL OF NEUROSURGERY:

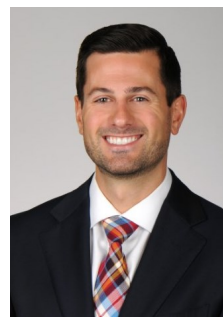
Case Lessons

J Neurosurg Case Lessons 11(10): CASE25837, 2026
DOI: 10.3171/CASE25837

Ken Catchpole, PhD

Intracranial erosion of an occipitocervical rod through the foramen magnum following
occipitocervical fusion for retro-odontoid pannus: illustrative caseArun Gunasekaran, MD, MBA,¹ Fielding Horne, MS,¹ Maxwell Sheedy, BS,² Brian Fabian Saway, MD,¹ Joel Sirianni, MD,²
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RESEARCH CORNER

International Journal For Quality In Health Care, 2026, **38**(1), mzaf140

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Narrative review

OXFORD

A review of the sterile processing department's reprocessing of surgical instruments

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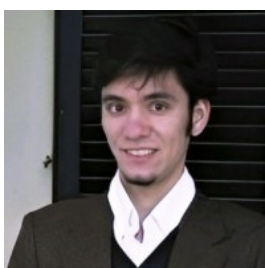
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Gabe Segarra



Ken Catchpole, PhD

ANNUAL MANDATORIES

The 2026 annual mandatory online lessons for all members of the MUSC workforce (including contractors/contingent workers) were assigned on January 1, 2026.

All annual mandatory training modules and requirements must be completed no later than 11:59 p.m. on June 30, 2026, after which disciplinary action will be taken.

Link to - [Learning - Our Day](#)

2026 MUSC General Mandatories for everyone

(Enterprise-wide for all MUSC and MUSC-related entity employees, contractors, and others with access to MUSC resources unless otherwise designated.)

Computing and Privacy Requirements

- Information Security Awareness
- HIPAA Privacy
- Family Educational Rights and Privacy Act (FERPA)

Standards of behavior

- Organizational Engagement
- Title IX and Prohibited Discrimination and Harassment
- Conflict of Interest
- Code of Conduct

Workplace Safety

- Annual Tuberculosis Training
- Active Shooter Training
- Crime Prevention and the Jeanne Clery Act
- Workplace Health and Safety General Compliance (OSHA)
- Annual Bloodborne Pathogen Training

Overview of Research at MUSC (University only)

- Role-based only

2026 MUSC Health Mandatories for Health only

(MUSC Health care team members, contractors, and others with access to MUSC Health resources in all divisions)

MUSC Health Compliance in Action and Fraud, Waste and Abuse

- MUSC Health Compliance in Action
- Fraud, Waste and Abuse

MUSC Health Safety

- Infection Prevention and Control for All Employees
- Antimicrobial Stewardship
- MR Safety for Healthcare Workers
- Emergency Management & Campus Security
- Acute Stroke Recognition and Emergency Team Activation
- Early Warning Signs of Heart Attack
- What is Diabetes
- Suicide Awareness and Care
- MUSC Workplace Violence Prevention and Safety Program

MUSC Health Patient Safety, Care and Engagement

- Patient Safety
- Patient- and Family-Centered Care and Patient Engagement

2026 Annual Clinical Education (MUSC Health clinical care team members only)

- Lessons vary depending on your clinical role
- Completion date varies based on clinical requirements

2026 Medical Staff Mandatories (Credentialed providers only)

- 2025 MS Module 1: Health Information Services
- 2025 MS Module 2: Patient Safety Initiatives
- 2025 MS Module 3: Sleep and Fatigue/Clinical Handoffs
- 2025 MS Module 4: Diabetes Symptom Care and Management

GRAND ROUNDS—MAY 2026

**“Anesthesia Grand Rounds 5/12/26 ”****Becky Wong, MD, Associate Professor****May 5, 2026****Dept. of Anesthesiology
Stanford Medicine****“Spring Research Symposium ”****Sylvia Wilson, MD, Professor****May 12, 2026****Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina****“Mysteries of the Transfusion Service: The “Nuts and Bolts” of Transfusions ”****Jerry Squires, MD, Professor****May 19, 2026****Dept. of Pathology and Laboratory Medicine
Medical University of South Carolina****“MAC vs. General Anesthesia for TAVR (...and other procedures) ”****George Whitener, MD, Professor****May 26, 2026****Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina**

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[CHECK OUT OUR WEBSITE](#)

Future Events/Lectures

CA 1 Lecture Series

5/4—Basic Exam Review—Callah West

5/6—Basic Exam Review—Peter Schnaak

5/13—Basic Exam Review—Maxie Phillips

5/14—Basic Exam Review—Emily Nasser

5/20—Basic Exam Review—Tim Ford

5/27—Basic Exam Review—Jenny Matos



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I HUNG THE MOON

Please don't forget to nominate your co-workers for going 'Beyond the Call of Duty.' I Hung The Moon slips are available at the 3rd floor front desk and may



Graduation
June 19th at 6:00pm
Trinity Hall

Resident Welcome Party
July 5th—11am-2pm
Bowens Island

Holiday Party
Saturday, December 5th
Carolina Yacht Club

[ONE MUSC Strategic Plan](#)

We Would Love to Hear From You!

If you have ideas or would like to contribute to *Sleepy Times*, the deadline for the June edition will be May 18, 2026.