DEPARTMENT OF ANESTHESIA AND PERIOPERATIVE MEDICINE

# SLEEPY TIMES

VOLUME 20, ISSUE 1 JANUARY 2026


**Inside This Issue:**



## MESSAGE FROM THE CHAIRMAN: THE ORACLE OF OMAHA, WARREN BUFFETT

**-Scott T. Reeves, MD, MBA**

I recently came across a piece from Dan Lefkovitz, a strategist for Morningstar Indexes, on Warren Buffet, the "Oracle of Omaha, who is soon taking early retirement at the age of 25. This month's opening statement is an adaptation of his article.

The longtime CEO of the investment company, Berkshire Hathaway, Mr. Buffett is best known for his investment prowess, but he also is sought out for the life lessons he imparts. As we begin 2026, here are 10 virtues we can all learn from Warren Buffett that don't have anything to do with money:

1. **Have Integrity**. *It takes 20 years to build a reputation and five minutes to ruin it,* Buffett once said. To many, Buffett stands for Midwestern values of honesty, plainspokenness, and fairness. *Ask yourself if you would be willing to have your actions appear on the pages of a newspaper the next day.*

2. **Be Kind.** Buffett writes that *Kindness is costless but also priceless. Whether you're religious or not, it's hard to beat The Golden Rule as a guide to behavior.* In addition*, Praise by name. Criticize by category,"* he says.

3. **Practice Patience**. When asked why few copy his investment approach, Buffett answered, *Because no one wants to get rich slow.* In a world of ever-shrinking attention spans, a 24-hour news cycle, and everything one click away, it's easy to lose sight of the all-important long game. *Life is like a snowball,* Buffett once said*. The important thing is finding wet snow and a really long hill.*

4. **Use Caution**. *Margin of safety* was a concept Buffett learned early. *You absolutely never want to be in a position where tomorrow morning you have to depend on the kindness of strangers.* Preparedness is critical. *Predicting rain doesn't count,* Buffett said*. Building arks does.*

5. **Be Positive**. *Our stock price will move capriciously*, Buffett wrote in his recent shareholder letter, *occasionally falling 50% or so as has happened three times in 60 years under present management. Don't despair; America will come back and so will Berkshire shares.* Underpinning his investment success is Buffett's enduring belief in capitalism, in human ingenuity, and in America.

*6.***Think Independently**. *Be fearful when others are greedy; be greedy when others are fearful*

7. **Exhibit Humility**. Buffett writes: *Don't beat yourself up over past mistakes. Learn at least a little from them and move on.*

8. **Be Content**. *Envy is the only one of the 7 deadly sins that it's no fun to commit*, Buffett has said. Comparing yourself to others is a recipe for dissatisfaction. Especially in this age of social media, images of happiness and success are ubiquitous. *The purpose of life is to be loved by as many people as possible among those you want to have love you.*

## OPENING STATEMENT CONTINUED

9. **Value Continuity**. Buffett has put people in place to ensure Berkshire continues to thrive without him. *Ruling from the grave does not have a great record*, Buffett acknowledges. *I have never had the urge to do so.*

10. **Practice Gratitude**. *I was born in 1930, healthy, reasonably intelligent, white, male, and in America. Wow! Thank you, Lady Luck*, Buffett writes in his recent letter. It's what he has called *winning the Ovarian lottery*. Buffett's Thanksgiving letter is a testament to gratitude—for surviving childhood illness, being raised well, specifically in his beloved Omaha, and partnering with the great Munger, among many other friends and colleagues. It's a reminder to count our blessings and acknowledge our good fortune. As Buffett says: *Someone is sitting in the shade today of a tree planted a long time ago.*

## PREOPERATIVE DRUG SCREENING IN SURGICAL PATIENTS: KATIE BRIDGES, MD

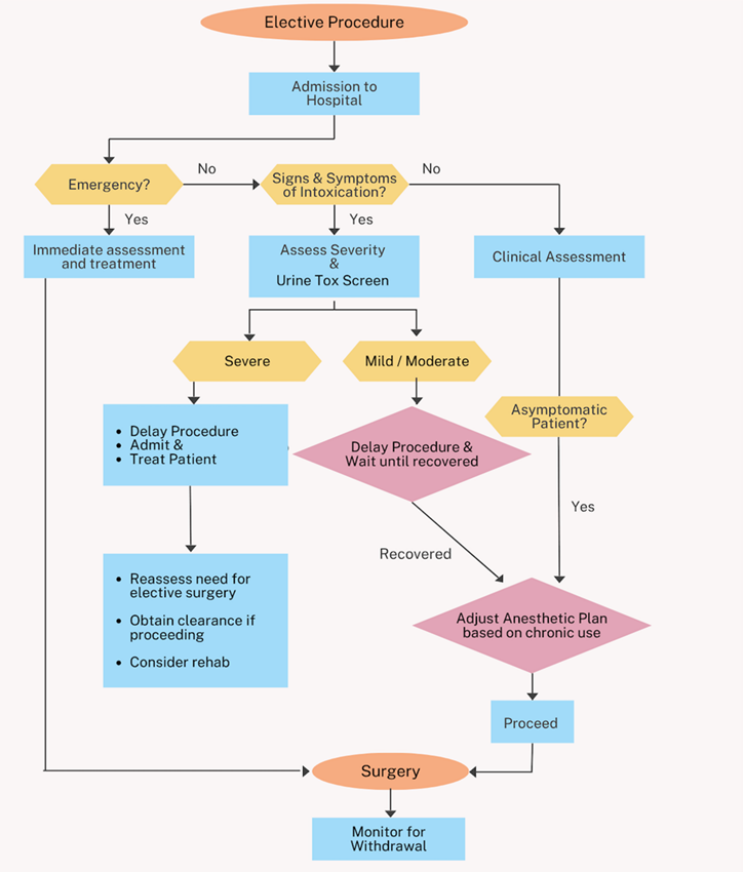
Over the past decade the approach to perioperative management of patients with substance use disorder (SUD) has evolved, supported by outcome-focused literature. Routine urine drug screening in asymptomatic preoperative patients with a history of SUD is not recommended; rather, targeted screening based on observable signs of intoxication should be performed.

Drug metabolites often outlast intoxication. For instance, THC can remain positive for weeks while impairment lasts only hours. Consequently, **clinical assessment supersedes urine results when determining surgical readiness.**

Current professional society guidance—ASA, ASRA, ASAM, and USPSTF—supports targeted screening based on signs of intoxication, not universal testing. The table below lists commonly encountered illicit substances, signs of intoxication, and an approach to surgical timing when encountering an intoxicated patient.

| Substance | Urine Detection Window | Clinical Signs of Intoxication | Recommended Delay Before Elective Surgery |
|---|---|---|---|
| **Cannabis** | 3–30 days | Euphoria, impaired coordination, tachycardia, conjunctival injection | ≥ 2 h after smoking; preferably next day if impaired |
| **Cocaine** | 5-7 days | Agitation, hypertension, tachycardia, chest pain | ≥ 8 h and clinically stable; consider EKG (QTc) |
| **Amphetamines** | 1–3 days | Agitation, hyperthermia, paranoia | Wait ≥ 24 h or until asymptomatic |
| **Opioids** | 1–3 days | Sedation, miosis, respiratory depression | Delay 8–12 h; ensure alertness |
| **Bath Salts** | 1–3 days | Agitation, psychosis, hyperthermia | Postpone until asymptomatic > 24 h and stable |

## PREOPERATIVE DRUG SCREENING IN SURGICAL PATIENTS: KATIE BRIDGES, MD




The flow diagram above demonstrates a suggested approach to the preoperative surgical patient with a history of substance use disorder. UDS should be ordered if a patient appears intoxicated. Intoxication warrants surgical delay and possible hospital admission depending on symptom severity.

Overall, this policy reduces unnecessary lab testing and case cancellations and aligns with national guidelines. The fully referenced protocol for urine drug screening will be available on the Epic Anesthesia Provider Learning Home.

## OPENING OF WEST ASHLEY OR EXPANSION BY CARLEE CLARK, MD

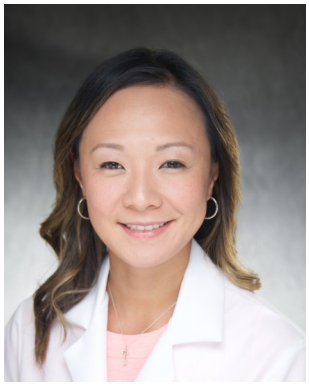
We are excited to celebrate the opening of three new ORs and one new endoscopy suite at our West Campus Ambulatory ORs—an important milestone in expanding access and enhancing care for our patients. In the upcoming weeks, we will begin easing into coverage of lower-acuity EP cases and will also open 23-hour observation for select orthopedic cases, marking another step forward in our growth. A heartfelt thank-you to Dr. Brewbaker and Amy Schmoll, CRNA, whose outstanding organization and leadership made this expansion possible. We are equally grateful to our dedicated CRNAs and anesthesiologists who continue to provide exceptional care as we navigate the inevitable growing pains of progress. Your flexibility, teamwork, and commitment are what make this next chapter achievable.

## DEPARTMENT HOLIDAY PARTY

## AAMC MIDCAREER FACULTY LEADERSHIP DEVELOPMENT SEMINAR

**Shaping the Next Chapter: Reflections from the AAMC Midcareer Faculty Seminar**

*Dionne Peacher, MD – Associate Professor, MUSC Department of Anesthesia and Perioperative Medicine*



In December, I had the privilege of attending the **AAMC Midcareer Faculty Leadership Development Seminar** in Bonita Springs, FL, generously supported by our Chair and the MUSC Dean's Office. I am especially grateful to **Dr. Reeves**, whose encouragement came at exactly the right time in my career. His support—and the institution's strong commitment to faculty development—made this opportunity possible.

I joined the cardiothoracic anesthesia division at MUSC in March 2025 after nearly nine years at my previous institution, where my focus outside of clinical anesthesia had largely turned to operational and administrative roles including **Associate Chief Health Information Officer** and **Co-Medical Director of the Main Operating Rooms.** Transitioning into a new academic environment with different roles naturally prompts reassessment, and the seminar arrived at a helpful moment to reflect on my goals and consider how I want to grow here.

The annual seminar is held the first weekend each December and is thoughtfully designed for faculty in academic medicine at the associate professor rank who are preparing for promotion or expanded responsibilities. Over three days, we gathered with approximately 150 mid-career peers from across the country and heard from experts who had risen to become leaders at the department, medical school, and health system levels. What struck me about this particular seminar is that it balanced organizational and systems leadership topics particularly well with personal and professional development topics.

We engaged in plenaries, panels, and small-group workshops focused on key leadership topics. The session titled **"Persuasive Communication: Crafting Your Message for Impact"** encouraged more intentional framing of ideas and strategies for building support. A workshop called **"Negotiation Skills for Academic Physicians"** reframed negotiation as a leadership tool for clarity and alignment, not just resource allocation.

Discussions on **"Enhancing Your Visibility and Professional Brand"** and **"Finding and Managing Sponsorship"** were especially relevant as I continue to integrate into MUSC. These sessions underscored how mid-career faculty can make sure their work is seen and connected to institutional priorities, and how cultivating sponsorship—beyond traditional mentorship—can support long-term advancement.

An especially helpful component was the **Career Planning Workshop**, where we drafted 5- to 10-year roadmaps aligning clinical work, education, and scholarship with our long-term goals. For me, this exercise clarified how my previous leadership experience can support MUSC's mission while shaping a meaningful academic trajectory.

Perhaps most valuable was the sense of community. Hearing from colleagues in various specialties—each navigating their own transitions, ambitions, and uncertainties—was a reassuring reminder that academic growth is rarely linear. The candid conversations and shared perspectives made the seminar feel less like a course and more like a collective journey.

I left the seminar with clearer priorities, practical tools, and renewed momentum to carry forward in contributing to the Department, MUSC, and the broader academic medical community.

## ADMINISTRATIVE STAFF HOLIDAY BREAKFAST

On Monday, December 15th, Dr. Reeves treated the administrative staff to a wonderful breakfast at Big Bad Breakfast. Thank you to our administrative staff for all you do!

## TOYS FOR TOTS

The holiday season is coming to an end. This year we continued our cherished tradition of supporting Toys for Tots. The department contributed 3 large boxes of toys for underprivileged children in our community. I want to thank everyone who contributed and Trey for organizing the event.

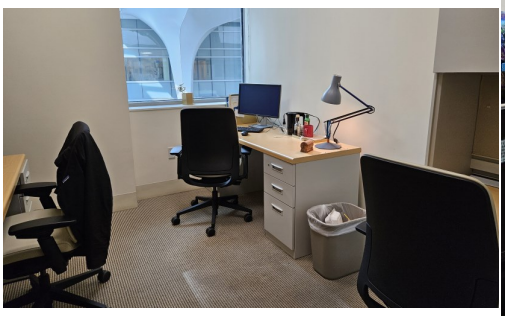
## ART RENOVATIONS BY GLENNDA ROSS

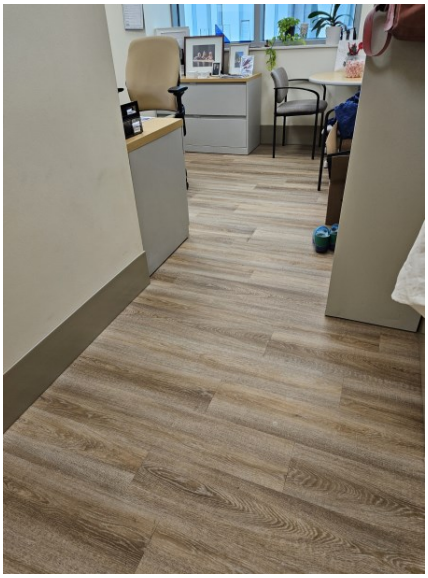
The department's faculty and fellow offices were recently renovated to maximize our existing space to accommodate additional CC/CT fellows and critical care and cardiothoracic faculty.

The fellows office was renovated to remove free-standing, separate desks for four fellows and convert the room to a work ledge configuration for six fellows.

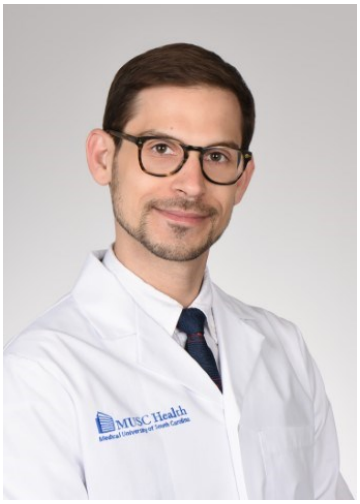
The faculty office renovation provided for the addition of eight spaces for faculty, allowing us to now accommodate all current CC and CT faculty at ART and provide for three future faculty.

In conjunction with the office renovation, the carpet in all the offices, including the admin office, was removed and flooring installed.





## WELCOME TO THE DEPARTMENT



Michael Marotta, MD

The department is pleased to welcome back Dr. Michael Marotta. Dr. Marotta is rejoining us after spending 2 years on Long Island, New York where he served as the Director of OB Anesthesia at South Shore University Hospital. His proudest accomplishments while at South Shore include improving OB OR efficiency/utilization which helped contribute to a 10% increase in delivery rate and his involvement in establishing a new anesthesia residency program and associated OB Anesthesia curriculum.

Dr. Marotta received his undergraduate degree from Georgetown University before completing medical school, residency, and OB Anesthesia Fellowship at The Mount Sinai Hospital in New York City. He then served as faculty at Mount Sinai and an attending anesthesiologist at a level 1 trauma center in Queens, New York before joining MUSC in the same roles from 2017-2023. Dr. Marotta is excited to be back at MUSC and the opportunity to reconnect with familiar faces as well as make new connections. During his free time, Dr. Marotta enjoys spending time with friends, travel, the arts, exercising, and going to Costco. He is excited to once again be exploring Charleston's culinary offerings. He is accompanied by his irresponsible collection of cars and watches.

## 2025 DOOR DECORATING CONTEST


**1st Place – UH CRNA—Merry Gas-mas**


**2nd Place – Education Team—Rock around the tree**


**3rrd Place – SJCH CRNAs—Roc'ing around the tree ft. Snoop Dogg and Martha Stewart.**






## PROGRAM COORDINATOR OF THE MONTH NOVEMBER 2025: ANGIE MAGUIRE

The Program Coordinator Executive Leadership Committee (PCELC) and the Graduate Medical Education (GME) Office as named our very own Angie Maguire as the GME Program Coordinator of the Month for November 2025.

This recognition is a testament to your exceptional dedication and the outstanding work you do in managing your residency/fellowship program. Your efforts have not gone unnoticed, and we are pleased to celebrate your well-deserved achievement.

Great Job, Angie!


## DR. ELLEN JOHNSON—FACULTY OF THE QUARTER

The Anesthesia Leadership team has named Dr. Ellen Johnson as the most recent Anesthesia Faculty of the Quarter. We wanted to share this note of appreciation to thank you for your hard work and dedication to the team.

***Dr Hay is always a pleasure to work with. She is an amazing teacher and an excellent doctor. It can be a straightforward case or extremely challenging patient, but you can be assured that she will provide excellent patient care and communicate with all members of the perioperative team.***

## GRAND ROUNDS—JANUARY 2026

**"AI in Neurosurgery: Systems of Care, Triage and Transfer"**

**Alejandro Spiotta, MD, Professor**

**January 6, 2026**

**Dept. of Neurosurgery**
**Medical University of South Carolina**

**"The Case for Full Disclosure"**

**Colleen Naglee, MD, JD, Associate Professor**

**January 13, 2026**

**Dept. of Anesthesiology**
**Cooper University Health Care**

**"State of the Department "**

**Scott Reeves, MD, Professor, Chairman**

**January 20, 2026**

**Dept. of Anesthesia & Perioperative Medicine**
**Medical University of South Carolina**

**"Total Intravenous Anesthesia: Theoretical Practical Considerations"**

**Talmage Egan, MD**

**January 27, 2026**

**Dept. of Anesthesiology**
**University of Utah Hospital**

Department of Anesthesia And Perioperative Medicine

Email: hameedi@musc.edu
Phone: 843-792-9369
Fax: 843-792-9314

Check out our website

## Future Events/Lectures

**CA 1 Lecture Series**

1/7—Anesthesia for Endocrine Surgery—Emuly Nasser

1/14—Anesthesia for Neurosurgery—Tim Ford

1/21—Anesthesia for Cardiovascular Surgery—Maxie Phillips

1/28—Anesthesia for Patients with Kidney Disease—Tara Kelly

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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**

I'd like to recognize our senior resident **Zach Lee**, who was on call for the Christmas holiday and began his first call shift with an extremely difficult case. He jumped right in, stayed in the OR for over 12 hours during hemodynamic instability, urgent mechanical circulatory support, and a massive transfusion effort - complicated by a broken OR scanner necessitating nearly 100 blood products be manually typed into the electronic medical record. He never wavered, remained calm and cheerful, and was a true asset to the OR team and to the patient.

- Dr. Loren Francis

A big thank you to **Joseph Cerini** for his assistance with the IT component of the ART CC-CT Fellows office and ART faculty offices renovations. From expert advise on equipment upgrades to take-down to installation, your expertise and assistance helped make the project manageable in each of its phases. Couldn't have done the project without you!

-Glennda Ross


**Graduation**
**June 19th at 6:00pm**
**Trinity Hall**

**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 February edition will be January 18, 2026.