

FIRST QUARTER NEWSLETTER 2026

ANESTHESIOLOGY RESIDENCY AND FELLOWSHIP



Dear Team,

As we welcome spring (hopefully it will stick around!), we are thrilled to prepare for the arrival of our new interns, R-Matches, and fellows who will be joining us in a few months. Our recruitment season was energized by attending the SPA Pediatrics Conference in March, where we had the opportunity to connect with many outstanding candidates and showcase the strength of our programs.

Looking ahead, we are excited about the opportunities on the horizon. One upcoming highlight is our international trip to Toluca, Mexico, where we will partner with colleagues to teach and learn POCUS, strengthening global relationships while advancing medical education.

In this edition, we reflect on recent accomplishments, share program updates, and spotlight the scholarship and engagement that make our department shine. Your continued commitment to education, innovation, and compassionate care drives our success and shapes the future of our programs.

Stay informed, stay engaged, and as always, thank you for your hard work!

AWARDS & SHOUT OUTS

Recognizing team members for achievements, teamwork, and outstanding contributions

Resident of the Quarter

Kirklen Petersen - First Quarter 2026

"Dr. Kirklen Petersen has been an outstanding resident throughout her anesthesiology training. She manages complex patients with confidence and sound clinical judgment, and is widely regarded as a strong team player who brings a positive, collaborative spirit to everything she does.

Dr. Petersen has also emerged as a natural leader and dedicated teacher, earning the respect of both colleagues and junior trainees. Her growth over the course of her residency has been truly impressive, and we are proud to have her as part of our program."

"Kirklen stayed well ahead when managing a busy pediatric ENT OR. Very strong planning ability. Excellent vascular access and airway management. Capable and independent management by the end of the day." - **Dr. Joseph O'Brien**



SHOUT OUTS CONTINUED ...



Jack Vogel

Jack Vogel demonstrated clinical clarity, expert judgement, and expert dexterity with a difficult airway on trauma. He took over as the bag resident when we were called for a "difficult airway" to the ED. We found a patient with significant angioedema of the tongue, difficulty managing secretions, with an AICD. He coordinated for an OR to be setup as we pushed the patient to the OR. In the room, he had command of the situation. He coordinated as the clear leader of the room as the CRNAs gathered drugs, attached monitors, and secured equipment. He asked for the anesthesia tech to bring the difficult airway cart. ENT evaluated the airway where the arytenoids were swollen and collapsed on the glottis when the patient coughed. He asked for a small nasal rae, mounted the fiberoptic, and expertly placed an airway through secretions and blood. His leadership and clinical skills were impressive, most impressive. - **Dr. Rashid Hussain**

Jack Vogel: On call, the week of March 28, the pediatric service became busy. When asked for assistance, Main OR coordinator tapped Dr. Vogel, multiple times. Jack came over, quickly, showed interest in helping out and providing care for some not straight forward cases. His assistance helped us greatly, he stayed as long as we needed, and we shared some excellent clinical discussions. Nice job. - **Dr. Joseph O'Brien**

Andreas Gregoriou, Panth Doshi, Travis Herrin: **Andreas** did an overall excellent job leading his Trauma Team as T3. He led his team through several very difficult cases, including an intraoperative death. Throughout that difficult experience and through a debrief and showed that it is not just okay, but encouraged to have feelings. He was mentioned along with **Dr. Panth Doshi** as amazing in that particular case, working seamlessly in their efforts to care for the patient. This was mentioned by one of the scrub techs to me, unsolicited. **Dr. Gregoriou and Dr. Herrin** both scrubbed in to provide cardiac massage at different points because the trauma team was so swamped. The trauma team went above and beyond for their patients. Dr. Gregoriou especially, as he also stayed present for the CA-1 POT residents when they had cases they hadn't done before. - **Dr. Michael Trostler**



Travis Herrin

Panth Doshi

Andreas Gregoriou

Andreas Gregoriou: Dr. Gregoriou is a stellar physician and a relentlessly dedicated friend and colleague. He is incredibly humble, and quietly helps his colleagues and is especially attentive to his junior residents. He will spend time in the room teaching, giving breaks, and checking in on them. I think he will soon be the type of attending residents grow up wanting to emulate. - **Dr. Ioana Rus**



Mei Mei Edwards

Mei Mei Edwards: She was a fantastic senior on a VA rotation - making sure that all of the other residents felt well supported each day in the ORs and always readily available whenever we needed help. I could always count on her! - **Dr. Rhitwika Sensharma**



Arielle Kosrowpour

Arielle Kosrowpour & Faizaan Khan: Arielle quickly identified concerning ECG changes in a patient undergoing an emergent procedure and helped implement an appropriate management plan, allowing the case to proceed safely. Faizaan promptly recognized a change in neurologic status and hypotension after a neuraxial procedure, escalated care, and facilitated rapid team involvement. Their vigilance, clinical judgment, and communication were excellent.



Faizaan Khan

Andrew McHale:

Received a letter from a veteran at the VA thanking him for his care, professionalism, and confidence during surgery.



Andrew McHale



Jonathan Greene has already been excelling at being one of our chiefs. I know there's been a lot of behind the scenes for scheduling everyone's schedule with new challenges like doubling residents on certain blocks, but being able to add a flex rotation and him finding a creative way to hopefully ensure everyone has some holiday time off really shows ways how he is trying to find ways to improve resident education and wellness.

- **Dr. Travis Herrin**



Jonathan Greene

Travis Cuddy: Clinically, he is an exemplary physician who demonstrates strong critical thinking, sound clinical judgment, and a patient-centered approach to care. He is dependable, thoughtful, and consistently performs at a level above his training, earning the respect of staff and his peers. Academically, he has been highly productive in scholarly work, including presenting posters at national conferences, representing our program and institution with professionalism and intellectual curiosity. His commitment to advancing knowledge and contributing to academic medicine reflects the highest standards of our department.



In addition, he has taken an active role in mentoring medical students, providing guidance, teaching, and support. He is approachable, generous with his time, and serves as an excellent role model for learners at all levels.

Overall, he embodies the values of our department and health system through excellence in clinical care, scholarship, teaching, and professionalism.

- **Dr. Shilen Thakrar**



Hayley Gray: Kudos from the Periop Quality and Education team, she caught a medication error before any harm could come to the patient.



Resnah Minhas: Received a letter from a patient commending her on being personable and her level of patience and honesty during a nerve block.



Submit your vote for the
Second Quarter!
bit.ly/AnesVote



A long read: Below are multiple accounts of a very busy trauma night where our teams worked together to take care of the patients and each other - a true testament to our teamwork and the bonds we share!

I want to point out the incredible work that was put on by the trauma team overnight. There were a total of 8 SN1 cases that went on overnight, and several cases from the day that went well past midnight. 4 of the SN1 cases happened almost simultaneously including an emergent cardiac takeback, a postop bleed after a thyroidectomy, an intestinal ischemia and a liver fracture. The coordination and rapid work by Dr. Maliha Nowrouz along with the overnight Main 5 charge nurse led them to calling in every available hand. I would like to recognize the dedication of the entire trauma night team, Drs. Maliha Nowrouz, Eric Morgan, **Yazdi Doshi, Tony Lam, and Elijah Weber**. I would also like to thank **Dr. Richard Young** who was here doing a liver transplant with me and stayed after to assist, and **Dr. Panth Doshi** who was on POT and stayed well past his end time to help us manage this crisis.

I am very proud of the whole crew who managed this evening with control and poise. It is due to their direct interventions that several patients are alive right now. - **Dr. Michael Trostler**

Panth Doshi: During an exceptionally demanding trauma morning, when multiple critical cases required immediate coordination across the OR and IR, Dr. Doshi remained on site well after completing his overnight shift. He stepped in without hesitation, securing additional blood products for a fourth massive transfusion protocol, assisting with patient transport to IR, and preparing the operating room for the patient's anticipated return. His efforts continued until nearly 9:00 a.m., ensuring seamless care during a high-acuity situation. Panth truly went above and beyond. We are proud to have him on our team and grateful for the dedication he shows to our patients and colleagues. Please join me in recognizing Dr. Doshi for an outstanding example of professionalism and service. - **Dr. Annalee Wittmeyer**

It must also be said that Dr. Trostler stayed with the team all night and rolled right into his day shift so as not to leave the day team short. His dedication is remarkable. He and Dr. Morgan and our residents and call teams made it happen. Thank you to Tanya Smith for coming from CHOR to pitch in and for Phillip Balzer for staying so late in IR taking care of an OB patient. Thanks to our surgical colleagues for helping us respond quickly to a surgical emergency in C hallway and to the overnight nurses there for alerting us. And to the OR nursing staff for hustling right alongside side us, as always. I'm sure there are others, for this is a team effort. Well done, everyone. - **Dr. Maliha Nowrouz**

ANNOUNCING OUR 2026-2027 CHIEF RESIDENTS

Leading the next chapter of our Residency Program



Jonathan Greene, MD

Jonathan serves as a Chief Resident overseeing the resident schedule and plays a key role in co-planning and delivering the CA-1/R-Match Bootcamp. His work helps ensure smooth daily operations and strong educational foundations for junior residents.



Jackie Szilagy, MD

Jackie is responsible for VA site coordination and is a co-leader for the CA-1/R-Match Bootcamp. She focuses on aligning clinical education across training sites while supporting residents during a pivotal year of training.



Mei Mei Edwards, MD

Mei Mei leads intern scheduling and provides guidance and support to residents as they transition into training. She also coordinates the department's lecture series, helping maintain a robust and organized didactic curriculum.



Travis Cuddy, MD

Travis oversees resident moonlighting, coordinates Grand Rounds, and serves as the QA/QI liaison and developing QIPS curriculum. His role bridges education, professional development, and quality improvement initiatives within the department.

PAST EVENTS

Updates and moments from past events and conferences

- **Society for Pediatric Anesthesia (SPA-AAP) Pediatric Anesthesiology** - March 13-15, Denver, CO
 - We met some amazing candidates! Fingers crossed, we look forward to welcoming some new Pediatric providers to our team.
- **Winter Mingle Party** - January 2026
 - We had a great time after-hours, it was nice to see so many from all of our teams!



UPCOMING EVENTS

Department meetings, educational workshops, national conferences, and social events

ASA 2026: Refresher Course Lecture planned - Clinical Controversies in Anesthesia for Craniotomy

- Speakers: Lauren Dunn, MD, PhD, University of Virginia and Rashid Hussain, MD, Virginia Commonwealth University

National Academies of Sciences, Engineering, and Medicine Forum on Medical and Public Health Preparedness for Disasters and Emergencies--Panel Webinar on Saline Shortages featuring Dr. Hussain. May 18, 2026.

Upcoming Conferences

- **Society of Cardiovascular Anesthesiologist (SCA)** - April 23-26, Nashville, TN
- **Society for Obstetric Anesthesia and Perinatology (SOAP)** - April 29-May 3, Montreal, CA
- **International Anesthesia Research Society (IARS) & Society of Critical Care Anesthesiologist (SOCCA)** - May 1-3, Montreal, CA
- **Society for Ambulatory Anesthesia (SAMBA)** - May 13-16, Washington, DC
- **AMA Annual Meeting** - June 5-10, Chicago, IL



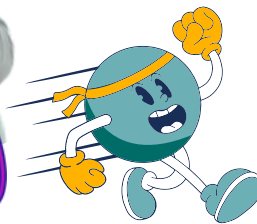
WELLNESS

Tips on managing stress, maintaining work-life balance, and available wellness resources.



2026 Spring Into Fitness Challenge

The Spring Into Fitness Challenge will run throughout the month of April and winners will be announced in early May! If you are participating, make sure to log your minutes and follow the weekly emails from Mei Mei during the month.



Our teams:

- Titanium
- Steel
- Gold
- Cobalt
- Platinum
- Iron
- Aluminum

ASA Podcast, *Residents in a Room*: Episode 84: Thriving Through Residency

Resident host, Dr. Sabrina Muhanna, and fellow resident, Dr. Spencer Bayless, discuss going beyond surviving residency in order to thrive with Dr. Christopher Fadumiye. Listen in as they consider what it means to thrive, signs that indicate struggle, tips for managing time and connections, and more. Recorded January 2026. **Visit to listen:** <https://bit.ly/3QDRkIO>

GLOBAL HEALTH UPDATE

Teaching, learning, and growing together worldwide

Global Anesthesia Trip Coming This April!

- This week, our Department of Anesthesiology is heading to Toluca, Mexico as part of an ongoing Global Anesthesia initiative. This experience brings together faculty and residents for immersive work in settings with limited resources, alongside dedicated local clinicians. The focus is on bedside teaching, collaborative problem-solving, and sharing practical approaches that support safe perioperative care.
- Through meaningful cross-cultural engagement, the team will exchange knowledge, mentor peers, and contribute to long-term capacity building. These partnerships not only enhance care delivery within the host institutions but also offer valuable insights that strengthen our own clinical practice and educational mission at home.
- Check out our recent article in the Fall 2025 VSA Update (bit.ly/496zaAk)



IMPORTANT REMINDERS

Upcoming deadlines, policy updates, credentialing requirements, or administrative notices.

Spend Authorizations & Expense Reports

- Please find time to meet with the Program Coordinators if you have any questions about the process to submit a Spend Authorization or Expense Report.
- Reminder: GME and Anesthesiology Department funds must be submitted separately, and a Spend Auth is required for any time spent in attendance of a conference away from VCU - Regardless of cost

SOCIAL MEDIA - ON PAPER

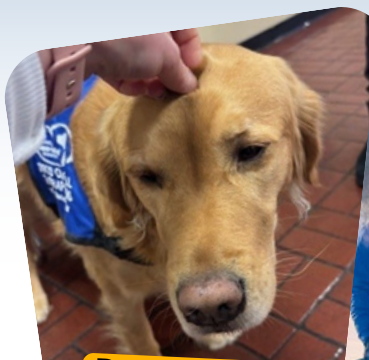
An analog collection of our online adventures



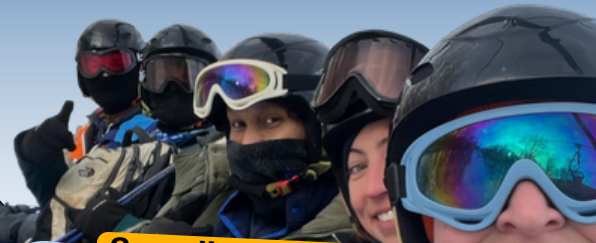
Check us out on Instagram!



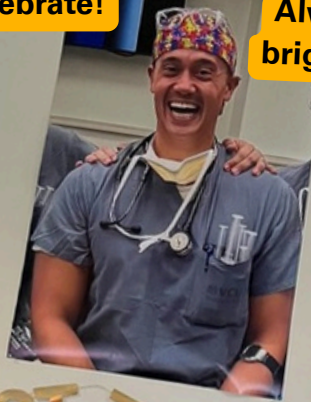
The final night of CA3 trauma is always a reason to celebrate!



Dogs On Call Always there to brighten the day!



Spending time outside of the OR calls for a weekend ski trip!



Monthly PACU presentation! PGY-2 Tony Lam and PGY-1 Kristin Olsen, talked about LAST.

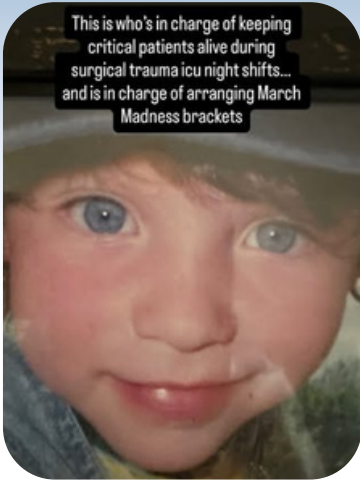


Nothing to fear with our team holding down Trauma!



Searching for Peds Fellows and Attendings at SPA '26

Guess Who!?
Check out our Instagram page for
guesses and answers



This is who's in charge of keeping critical patients alive during surgical trauma icu night shifts... and is in charge of arranging March Madness brackets



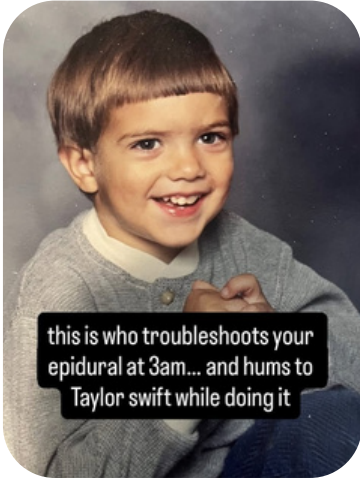
This is who holds your hand before surgery when you're scared...and then questions the CA-1's induction plan



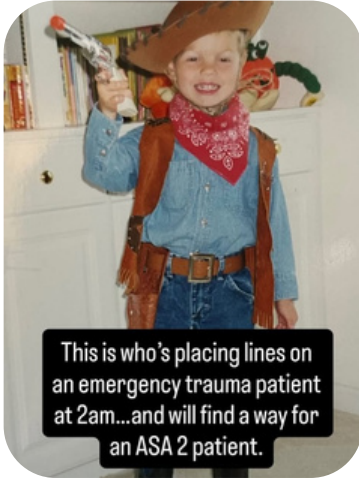
This is who's waiting for surgery to finish closing during an SN3 case overnight



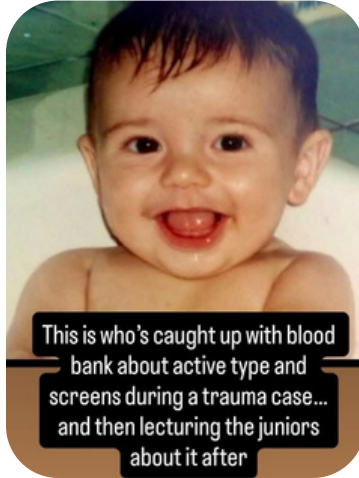
This is who travels with you from the emergency department to the OR for an SN1 case...then listens to an ACCRAC podcast right after



this is who troubleshoots your epidural at 3am... and hums to Taylor swift while doing it



This is who's placing lines on an emergency trauma patient at 2am...and will find a way for an ASA 2 patient.



This is who's caught up with blood bank about active type and screens during a trauma case... and then lecturing the juniors about it after



This is who successfully intubates you when no one else in the hospital can
This is who roasts the jr resident while placing an US guided IV but then helps them immediately after



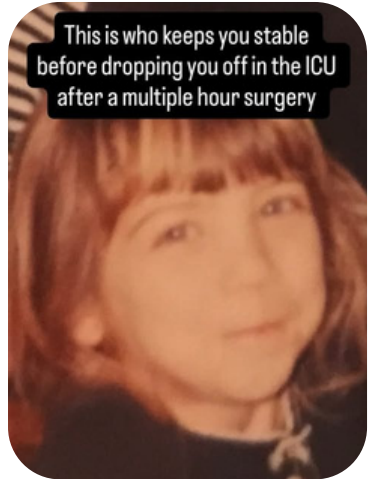
This is who you're trusting to keep your family member safe under general anesthesia



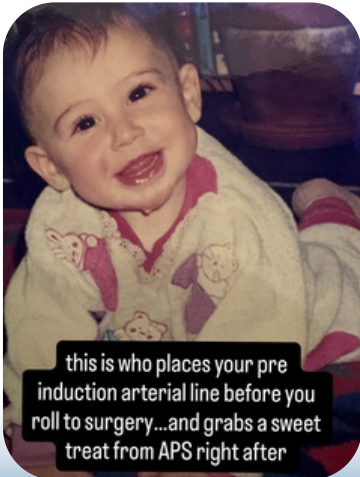
This is who stays with you before, during, and after the OR...and has a Diet Coke in his fanny pack.



This is who advocates for you when you're asleep ...and then orders ahead Starbucks to keep herself awake



This is who keeps you stable before dropping you off in the ICU after a multiple hour surgery



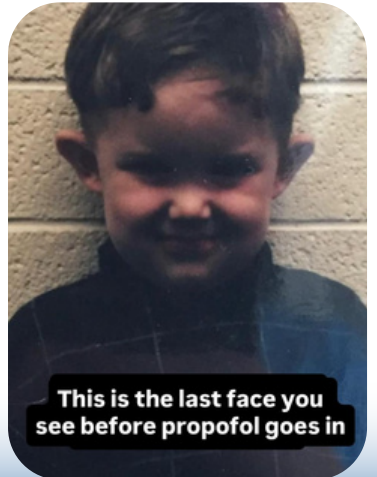
this is who places your pre induction arterial line before you roll to surgery...and grabs a sweet treat from APS right after



This is who has clevi and ultrasound gel on standby overnight...even when nothing happens.



This is who's placing another IV under the drapes during surgery



This is the last face you see before propofol goes in

ANNIVERSARY & BIRTHDAY ANNOUNCEMENTS

Celebrating our team throughout the year, acknowledging birthdays and service anniversaries

Recent and Upcoming Birthdays

April

- Dr. Andre
- Dr. Auma
- Dr. Buxhoeveden
- Dr. Clements
- Dr. Dore
- Dr. Friedman
- Dr. Hussain
- Dr. Minhas
- Dr. Pal
- Dr. Potter, J.
- Dr. Vachon

May

- Dr. Campbell
- Dr. Chapman
- Dr. Cuddy
- Dr. Dubovoy
- Dr. Ellis
- Dr. Girmai
- Dr. Lee
- Dr. Nowrouz
- Dr. Prasanna
- Dr. Reddy
- Dr. Trosler
- Dr. Tupper
- Dr. Young

June

- Dr. Engdahl
- Dr. Freeman
- Dr. Khan
- Dr. Khosrowpour
- Dr. Lim
- Dr. May
- Dr. Moffatt
- Dr. Morgan
- Dr. Rader
- Dr. Szilagyi

July

- Dr. Beltoja
- Dr. Guruju
- Dr. Hidalgo-Ahmed
- Dr. Lawson
- Dr. Lonjin
- Dr. Mason
- Dr. McHale
- Dr. Olson
- Dr. Semaan
- Dr. Webb
- Dr. Will
- Dr. Wilson



Recent and Upcoming Anniversaries

April

- Dr. Stokes, 1yrs
- Dr. Coleman, 2yrs
- Dr. Mitchell, 2yrs
- Dr. Saleeby, 18yrs

May

- None, Yet!

June

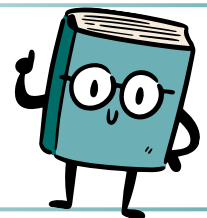
- Most Residents!

July

- R-Matches and Most Fellows
- Dr. Chiles, 1yrs
- Dr. Olomu, 1yrs
- Dr. Rus, 1yrs
- Dr. Stemland, 1yrs
- Dr. Lee, 5yrs
- Dr. Trosler, 5yrs
- Dr. Karupiah, 5yrs
- Dr. Worrall, 6yrs
- Dr. Lim, 9yrs
- Dr. Lim, 9yrs
- Dr. Chapman, 9yrs
- Dr. Fisher, 9yrs
- Dr. Pal, 11yrs
- Dr. Shah, 11yrs
- Dr. Yajnik, 12yrs
- Dr. Kim, 13yrs
- Dr. Daniel, 23yrs
- Dr. Dubovoy, 26yrs
- Dr. Shapiro, 37yrs

Library Updates

Highlighting new research, journal articles, and scholarly contributions from department members



- **Peri-Cesarean Seizure in a High-Risk Parturient: An Anesthesia Case Study, Abstract No. 2339232 Thakrar Shilen P. MD, MSHA, Andre, Benjamin MD, Johnson, Luke VCU M3/4**
 - Will be presented during the SOAP 58th Annual Meeting, April 29 - May 3
- **The Preoperative Anesthesia Visit and Referral to Smoking Cessation: A New Partnership to Safer Patient Recovery by Olga Suarez-Winowiski, MD MSc. HSA, Shilpa Jasti, Sebastian Gutierrez, and Dean Zhang**
 - VSA Winter 2026 Edition
- **Disruption of normal saline supply chain due to a disaster: an analysis of the impact of normal saline shortage on anesthesia practice in a large hospital system and models toward resiliency by Rashid Hussain, Elizabeth Pickle, Taylor Lonjin, Janine Then, Ryan Rivosecchi, Jessica Cassavaugh, Mark Fichman, Ata Murat Kaynar**
 - Front. Med., 15 January 2026, Sec. Regulatory Science, Volume 12 - 2025
 - <https://doi.org/10.3389/fmed.2025.1671978>