

# The Georgia ENTertainer

Summer 2019 Issue

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# President's Message

by: Elizabeth Shaw, MD Partner - ENT of Atlanta / ENT of Georgia

Dear Friends and Colleagues,

The GSO wrapped-up 2018 with a well-attended Fall Meeting at the Ritz Carlton Lake Oconee on December 1-2, 2018. Honored guest, Dr. Patrick Antonelli, George T. Singleton Professor and Chairman of the University of Florida Department of Otolaryngology highlighted challenges in tinnitus management and updated us on concerns of ototopical medications. Our second honored guest, Dr. Russel Kridel, former President of the American Academy of Facial and



Reconstructive Surgery, reviewed techniques of correcting the difficult nasal septum, the nasal valve and highlighted pearls of his 25 years of facial cosmetic surgery experience. A panel discussion with our state laryngology experts, great talks from our Augusta and Emory faculty, as well as residents, rounded out the academic agenda. Our golf tournament was cancelled due to rain this year but was replaced by many members and their families spending time in the covered Ritz ice skating rink as an alternative.

Remember that your GSO officers are here to help serve our own Georgia Otolaryngologists with any challenges and represent YOU. Concerns regarding inappropriate advertising or difficulties with local coding/payor issues are just a couple of the examples of areas that we have assisted with representing and advocating for you as a member.

The Spring is always a busy time of year. We encourage our Georgia ENTs to participate in the Academy National Outreach Campaigns in your own local communities. February was Kids ENT Health Month and March 10-16th was Sleep Awareness Week. In April, we had Oral, Head and Neck Cancer Awareness Week, April 16th World Voice Day and May was Better Hearing and Speech Month. Those that would like to get into the heart of Advocacy should plan on attending next year's AAO-HNS/F Leadership Forum & BOG Spring Meeting. The agenda covered during the most recent meeting on April 26-28, 2019 in Alexandria, VA is available at entnet.org and the plan

for the 2020 meeting is to be at the same location Friday, May 1 - Sunday, May 3, 2020 (Capitol

Hill Meetings May 4th by invitation).

The GSO Summer Meeting is being held at the beautiful Sonesta Beach Resort in Hilton Head, South Carolina and registration is open on the gsohns.org website. The meeting begins with a reception on Thursday evening, July 18th, 2019 and concludes with an evening beach dinner on Saturday, July 20th, 2019. The academic agenda has been changed this year, based on membership feedback, to a two-day meeting program, Friday July 19 - Saturday July 20 7:30 am -1 pm, allowing Sunday morning for travel. Friday afternoon, we hope for clear skies for our annual Summer GSO Golf Tournament. I look forward to honoring the recipients of the Brown and Gussack GSO service awards, for 10 and 20 years of remarkable commitment to our field respectively, during the Saturday business meeting. We are honored to have Neil Gross, MD who is the Director of the MD Anderson Head & Neck Research Center and Professor of Otolaryngology-Head & Neck Surgery as our keynote speaker at the summer meeting and we will have an important panel discussion regarding the epidemic of HPV-related SCCA and updated treatment paradigms for this disease. This disease impacts those who do both pediatric and adult Otolaryngology....from the early steps in prevention at the vaccine level, to early detection of the disease, new staging criteria, new treatment strategies and changing follow-up protocols. Our own state of Georgia has only 46% of persons under the age of 19 vaccinated against HPV and the vaccine is now available to persons up to 45 years of age. I encourage Georgia Otolaryngologists to help the prevention of this disease with encouragement of vaccination.

Looking forward to seeing you in Hilton Head in July!

Elizabeth Shaw, MD

# We hope to see you at the 2019 GSO/HNS ANNUAL SUMMER MEETING

Friday, July 19 - Saturday, July 20, 2019 Sonesta Resort | Hilton Head Island, SC

<<Click Here to Register>>



### Augusta University Update



Department of Otolaryngology

By: Stil Kountakis, MD, PhD
Edward S. Porubsky, MD Distinguished Chair in Otolaryngology
Professor and Chairman
Department of Otolaryngology-Head & Neck Surgery
Medical College of Georgia - Augusta University



Dear Fellow Otolaryngologists,

As another academic year is coming to a close, it is a good time to reflect on what we accomplished, celebrate those who completed their training and welcome those who, at various stages of their careers, focus their pursuits and seek to enrich their knowledge and training.

This year we grew our business on all fronts, reaching record numbers in MCG Otolaryngology history, but what we are most proud of is our residency program. Our residents excel at all measures and lead major quality projects with institution-wide impact. No surprise then that our own Dr. Luke Edelmayer, a PGY3 resident, was selected to receive the prestigious "2019 MCG Resident of the Year" award. Luke is only the second MCG Otolaryngology-Head and Neck Surgery resident to receive this honor. This was accompanied by a great otolaryngology residency match, making our program stronger and more diverse. We received residency applications from 40 different States of the Union, and all 7 MCG acting interns and 9 of 11 outside acting interns successfully matched. This success gives us strength and makes our future outlook brighter. With that kind of energizing momentum, look out "burnout", there is no room for you at MCG Otolaryngology!

I wish you a great summer with good health and time to enjoy it!

Stil Kountakis, MD, PhD

#### **Faculty Honors and Awards**



**Dr. J. Kenneth Byrd** was promoted to Associate Professor effective July 1, 2019 and was co-PI on a project entitled, "CD73 expression on cancer-associated fibroblasts of Head and Neck Cancers shapes the immune landscape", which was awarded an NIH R21 grant.



**Dr. Michael Groves** was promoted to Associate Professor effective July 1, 2019 and received the MCG-AU Exemplary Teaching Award for undergraduate medical education.

Dr. Gregory Postma



presented the Daniel C. Baker, Jr. Lectureship: Mentoring in a Changing World at the American Laryngologic Association, received the ABEA Chevalier Q. Jackson award and was named to America's Top Doctors for 2019.



**Dr. Mohammad Seyyedi** received the MCG-AU Exemplary Teaching Award for undergraduate medical education.



**Dr. David Terris** was named to America's Top Doctors and America's Top Doctors for Cancer for 2019.

#### **Dean's Leadership Academy**

Two of our Departments' division leaders have successfully completed the inaugural Dean's Physician Leadership Academy. This was a six-month program, designed to produce "home-grown" physician leaders, who would have the skills to lead our institutional efforts to improve patient safety, hospital processes, innovation and overall outcomes for our patients. Dr. Ken Byrd, Chief of the division of Head and Neck Surgery, and Dr. Drew Prosser, Chief



of the division of Pediatric Otolaryngology, were both selected to be part of the inaugural class of 10 participants.

The monthly seminars and workshops were provided by current AU leaders in partnership with faculty leaders from the Hull College of Business, the AU Medical Center, AU Medical Associates, and the Office of Learning, Leadership, & Development. The program covered topics from finance and business of medicine, to process improvement, and team building/development skills. Participants were chosen through a nomination process and were selected by AU leadership. The fact that two of our departmental faculty were selected is quite a remarkable feat for a department our size and reinforces the importance and high regard for which the institution holds our department.

We look forward to seeing these two put what they have learned into action, as our department strives to lead the Medical College of Georgia at Augusta University in quality improvement initiatives designed to better patient outcomes.

#### **Quality Improvement Symposium**

In early May, our department was proud to play a major role in Augusta University Medical Center's inaugural Quality Improvement Symposium. Through his work chairing our institution's Graduate Medical Education Subcommittee for Quality

Improvement Dr Michael Groves realized

that there were a lot of resident-driven projects that were being completed for quality improvement that no one really knew about. This inspired him to propose a hospital-wide Quality Improvement Symposium, showcasing the best quality improvement projects that had been completed at AU in the last two years. Hospital leadership was excited about the idea and jumped on board, offering prize money for the top three projects. The prize money will be used by the winning departments to pursue future quality improvement efforts, thus perpetuating the



(L to R): Daniel Sharbel (PGY3), Christopher Leto (PGY5), Phillip Coule (CMO), Thomas Holmes (PGY2), Stil Kountakis (Chair), Renee Booth (PGY2).



(L to R): Christopher Leto (PGY5), Michael Groves (Program Director), Thomas Holmes (PGY2), Daniel Sharbel (PGY3), Renee Booth (PGY2)

QI cycle. The event was a rousing success with nearly 50 project submissions, 26 of which were chosen to be highlighted in poster form at the Symposium. A great crowd of physicians, nurses, medical students, hospital staff, patients and families flowed through the poster session over two hours, asking questions and giving great feedback to the presenters. The Department of Otolaryngology - Head and Neck Surgery was well represented with 4 posters, and chief resident, Dr. Chris Leto, and his team won the 3rd Place

Prize for their project, "Eliminating Tracheostomy Tube-Related Pressure Injuries in Adults." All in all, the Symposium was a huge success and looks like it will become an annual event, proving that quality improvement is a vital part of what we do and how we here at AU strive to provide the best care possible to our patients.

# <u>Quality Project: Optimization of Discharge Times for Adult OTO-HNS</u> <u>Inpatient Service</u>



**Dr. Daniel Sharbel (PGY3)** led a quality project to optimize discharge times for our adult OTO-HNS inpatient service. He identified major causes of discharge delays and barriers, such as transportation problems, patient placement, home needed devices/services, completion of discharge workflow/medication reconciliation, and then developed protocols to resolve problems so that patient discharge orders are entered by 09:00 am on day of discharge. This involved communicating efficiently via Imprivata Cortext communications system and working with all health care workers involved in a patient's care so all are

synchronized and performing their assigned duties in a timely fashion. This effort was immensely successful so that our department is now ranked first in this benchmark at our institution!

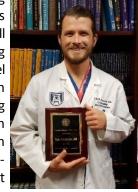
We are proud of Dr. Sharbel and all our residents as they are not just learning Otolaryngology-HNS, but they are also leading the charge in understanding and implementing health care quality improvement and reform!

#### MCG-AU Resident of the Year

**Luke Edelmayer (PGY3)** was named the 2019 MCG Resident of the Year. Luke is only the second MCG Otolaryngology-Head and Neck Surgery resident to receive this honor.

Luke has made a significant impact in our department despite only being

halfway through his training. What stands out most about Luke is his prodigious work ethic. He has a huge gamut of projects underway at all times, but miraculously, finds a way to balance it all and keep everything moving forward to completion. He is performing well above the level expected at this point in his training. Luke has several manuscripts in progress and has had at least two accepted for publication since starting residency. He is also very active in quality improvement initiatives within our department. Last year he helped design and implement a feature in PowerChart that identifies patients with difficult airways in a large onscreen alert anytime a provider opens the chart. This is an innovation that could legitimately save patient lives and could potentially be added to



Cerner PowerChart packages used throughout the country. He is currently working on a design for a cheap and reliable adaptor to connect an incentive spirometer to a tracheotomy, so our head/neck cancer patients can use them and prevent post-operative pulmonary complications.



Luke is also highly regarded by the medical students for his outstanding teaching efforts. He always receives high marks from them in terms of the quality and volume of teaching he provides.

Impressively, Luke is equally as active and hard-working outside of the hospital and clinics. He has a growing family and is a dedicated and loving father and husband.

Finally, Luke also has wonderful musical

this

talents, composing and performing songs for charity events around town, and his family regularly visits nursing homes to sing for the residents.

We are fortunate to have him as a member of our department and truly feel he is deserving of the title "MCG Resident of the Year."

#### **Welcome New Residents and Fellows**



Diana Bigler (University of Kentucky)

We are pleased to announce the results of successful residency match. **Diana Bigler** joins us from the University of Kentucky, and **Rebecca Paquin** is from our very own Medical College of Georgia. Both of these individuals will be excellent additions to our residency program and we are excited to begin working with them.

In addition to new residents, we have five individuals that will begin their fellowships with us in July. **David Temmermand** from Rowan University will be the 12th Endocrine/Head & Neck Surgery fellow, **Zao Mike Yang** 



year's very

Rebecca Paquin (MCG)

from Louisiana State University - Shreveport is the 11th Laryngology fellow,

**Chadi Makary** from West Virginia University is the 17th NeuroRhinology - Advanced Sinus Surgery fellow and **Ahmad Eltelety** from Cairo University (who just completed an endocrine-head and neck surgery fellowship with us) will stay an additional year to complete a Head and Neck Oncologic Surgery fellowship.

We look forward to working with these individuals and wish them a warm welcome to our department.

#### Doan's Summer Becearch Brogram

#### Dealt's Sulfillier Research Program

The Medical College of Georgia Medical Scholars Program offers the opportunity for 1st year medical students in good academic standing to engage in research activities in close mentorship with faculty who are nationally and internationally distinguished scientists, clinicians, and academic scholars. This year our department will host three students who will work with two of our faculty to further develop their research skills. They are: Brittany Gill (Kountakis), Brock Parman (Kountakis) and Arsh Momin (Carroll).

#### **Available Faculty Positions**

We are recruiting a full-time fellowship-trained Otologist-Neurotologist and a full-time fellowship-trained Pediatric Otolaryngologist, both at the Assistant or Associate Professor level in the Department of Otolaryngology-HNS at MCG-AU. Interested individuals are asked to send a cover letter and curriculum vitae to Dr. Stil Kountakis at <a href="mailto:skountakis@augusta.edu">skountakis@augusta.edu</a>.

#### **Upcoming Educational Events**

June 14-15, 2019

Seventeenth Annual Porubsky Symposium and Alumni Event

Augusta, Georgia

Distinguished Guest Speaker: C. Gaelyn Garrett, MD, MMHC

Fellow Alumni Speaker: Ashli K. O'Rourke, MD

Resident Alumni Speaker: Bernard Durante, MD, FACS

aoefdtn.org/Porubsky

April 29-May 2, 2020 Southern States Rhinology Symposium Kiawah Island, South Carolina southernstatesrhinology.org

June 12-13, 2020

**Eighteenth Annual Porubsky Symposium and Alumni Event** 

Augusta, Georgia

Distinguished Guest Speaker: Wendell Yarbrough, MD, Professor and Chairman, University of

North Carolina aoefdtn.org/Porubsky

## **Emory University Update**



By: Douglas E. Mattox, MD Professor and William Chester Warren Jr., M.D. Chair Department of Otolaryngology - Head & Neck Surgery

All of us in the Department of Otolaryngology - Head and Neck Surgery at

Emory University hope you are having a wonderful first half of 2019. Our department continues to deliver cutting-edge care at seven facilities throughout the Atlanta area.

Emory University Hospital Midtown Campus continues to serve as our academic and clinical centerpiece. Faculty also practice at Emory University Hospital, Children's Healthcare of Atlanta's Egleston Hospital, Grady Memorial Hospital, the Atlanta VA Medical Center, the Emory Sleep Center, and the Emory Aesthetic Center.



Please find the below updates from our department:

#### **New Faculty coming this summer**

We have been fortunate to recruit five new faculty to Emory Otolaryngology this year in a diverse set of fields and experience.



Kristan Alfonso, MD

**Kristan Alfonso, MD** is a Pediatric Otolaryngologist who joins the Emory+CHOA Pediatric Institute. She is a graduate of SUNY Upstate Medical University and was a resident at University of Kentucky. Her fellowship training was at Texas Children's Hospital in Houston.



Nandini Govil, MD, MPH

**Nandini Govil, MD, MPH** has just finished her fellowship in Pediatric Otolaryngology at Children's Hospital at University of Pittsburgh where she also did her residency. She went to medical school at NYU where she also completed a Master's in Public Health in Global Health Leadership. She is also joining the faculty at the Emory+CHOA Pediatric Institute.



Candice Hobson, MD

**Candice Hobson, MD** is the newest neurotology faculty member. Dr Hobson comes to us from University of Pittsburgh where she has been on the faculty for the past two years. She also trained at Pittsburgh for her residency and did her Neurotology Fellowship at University of San Diego.



James Hamilton, MD

James Hamilton, MD, joins the faculty to lead the Head and Neck Service at Grady Memorial Hospital. He is also from Pennsylvania, having done both his medical school and residency at Thomas Jefferson University in Philadelphia. He is finishing our own Head and Neck/Microvascular Fellowship and we are delighted he has chosen to stay in Atlanta.

**Andrew Tkaczuk, MD** comes from Maryland where he was an undergraduate, medical student and resident at University of Maryland. He is of our own Fellow in Laryngology. Dr Tkaczuk will be staying on to spearhead the multidisciplinary Dysphagia Program.



Andrew Tkaczuk, MD

#### <u>Administrator for Otolaryngology - Head and Neck Surgery</u>



Reid Willingham, MHA

We are delighted to welcome our new Departmental Administrator, **Reid Willingham**, **MHA**. Reid joins the department having served in multiple administrative roles at Emory for the past 17 years. She graduated from Davidson College and received her masters at UNC Chapel Hill.

#### Accolades!!



Charles Moore, MD

**Dr. Charles Moore**, Chief of Service at Grady Memorial Hospital, has been selected to receive one of the Atlanta Business Chronicle's 2019 Healthcare Heroes Awards. This is just one more recognition of Dr. Moore's huge commitment to the under-served of Atlanta and Georgia

### Residency and Fellowship Training

Under the guidance of Residency Director Sarah Wise, we are pleased to announce another successful residency match. Next year we will welcome four interns to our program and will maintain a full complement of 20 residents.



Samir Ballestas Naissir, MD

**Samir** was born in Barranquilla, COL. He graduated from the Universidad del Norte Programa de Medicina Columbia medical school. He is currently working as a research scholar with Dr. Goudy and participated in the ASPO research resident and fellow education day last year. He will be joining the department to begin his residency in July.



Kaitlyn Brooks

**Kaitlyn** was born in Houston, TX. She received her undergraduate degree at Texas A & M University College Station. Upon completion of college she went on to attend McGovern Medical School at the University of Texas Health Science Center at Houston. She will be joining the department to begin her residency in July.



Annie Farrell

from the College of Arts and Sciences at Emory University, then obtained her graduate degree in clinical research at Laney Graduate School, Emory University. She attended Emory University Medical School. Annie participated in the ASPO research resident and fellow day hosted by Dr. Goudy last year. She will be joining the department to begin her residency in July.

**Alexa** was born in Little Rock, AR. She received her undergraduate degree at the University of Tulsa and attended the University of Arkansas for Medical Sciences College of Medicine medical school. She will join the department to begin her residency in July.



Alexa Robbins

#### Fellows:



Emily Barrow, MD

**Emily** was born and raised in Atlanta, Georgia. She received her undergraduate degree at the University of Georgia. Following college, she graduated from Emory Medical School. She has been a resident at Emory in the Department of Otolaryngology, Head and Neck Surgery for the past 5 years, recently serving as the Administrative Chief Resident She will be joining the department as Fellow in Rhinology in July.



Samuel Helman, MD

**Samuel** was born in Cleveland, Ohio. He received his undergraduate degree at McGill University in Montreal. Following college, he graduate from Albert Einstein Medical School. He has been a resident at Icahn School of Medicine at Mount Sinai-New York Eye Infirmary Program in the Department of Otolaryngology, He currently serves as the Chief Resident and will join the department in July Fellow in Rhinology.



Avanti Verma, MD

**Avanti** was born in Patterson, New Jersey. She received her undergraduate degree at Yale University and continued her medical career, by attending New York University School of Medicine. She is currently completing her residency at New York University in the Department of Otolaryngology-Head and Neck Surgery. She will join the department in July as a Head and Neck fellow.



Alex Butskiy, MD

**Alex** was born in Kharkov, Ukraine. He received his undergraduate degree at Simon Fraser University. He attended medical school at the University of British Columbia where he also obtained his masters. He is currently the Chief Resident at UBC in the division of Otolaryngology-Head and Neck Surgery. He will join the department as a Head and Neck fellow.



Aisha Harun, MD

**Aisha** was born in Madison, Wisconsin. She received her undergraduate degree at University of Wisconsin. She then pursued her medical degree at Johns Hopkins School of Medicine and also is currently completing her residency there as well. She will join the department as the Laryngology fellow.

Marissa Schwartz, MD, is a graduate of Boston University and BU School of Medicine. She joins us as a Fellow in Pediatric Otolaryngology after completing a residency at University of Connecticut.



Marissa Schwartz MD

#### Multidisciplinary Head and Neck Clinic

We are extremely excited to announce the opening of the new 10,000-square foot Multidisciplinary Head and Neck Clinic on the 10th floor of Emory University Midtown campus. This multi-million dollar facility has 22 patient care rooms that may be used for appointments with any physician or healthcare provider at any time-so patients can stay put in one space and have multiple providers come to them during a single appointment. Doctors work from a central care station with other care team members rather than in closed-door offices. In addition to the Medical Oncology, Radiation Oncology, and Surgical Oncologists, the clinic is fully staffed with speech therapists, clinical trial researchers, advanced practice nurses, physician assistants, social workers, dietitians, nutritionists, and dentistry experts, all specializing in head and neck cancer.

"We didn't design a physician- centered clinic," says Dr. Mark El-Deiry, Chief of Head and Neck Oncology Service. "We designed a better place for patients to see physicians, not for physicians to see patients."

# Legislative Update from the AAO-HNSF

The following is the most recent legislative activity happening in our academy, summarized in the recent **ENT Advocate** newsletter.

#### The ENT Advocate



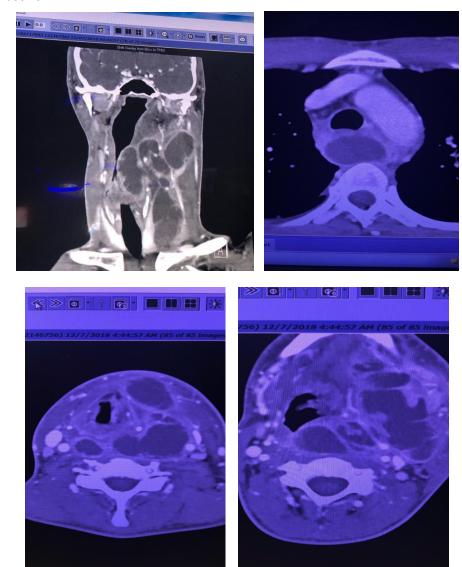
#### **Additional Headlines:**

- >> AAO-HNS Supports Introduction of Comprehensive Tobacco Control Legislation
- >> From the "ENT in the News" U.S. News article regarding E-Cigarettes

### Case Report

By: Elizabeth Shaw, MD

Retropharyngeal abcesses are not a rare diagnosis; however, a discussion of a challenging retropharyngeal abcess is beneficial because these abcesses can develop rapidly and management of the airway can be difficult. The CT neck and chest with contrast images (images 1 - 4) provided show a large left anterior, lateral and retropharyngeal neck abcess with large volume of abcess descending in the mediastinum.



A clinical suspicion for the presence of a retropharyngeal abcess must remain high. This patient was discharged afebrile from an area hospital 36 hours prior to the images shown, taking prescribed oral clindamycin liquid and steroids as directed, for a neck and dental infection after receiving 4 days of inpatient IV antibiotics and steroids. A CT neck with contrast had been obtained at the time of the initial ER presentation and hospitalization showing a phlegmon or early abcess in the left submandibular area (with no discernible abcess to drain) so medical management was instituted. The patient was afebrile for over 24 hours prior to discharge. Persistent white blood cell count elevation over 18,000 was present at time of discharge and felt secondary to a steroid effect.

Airway management was critical in this case and urgent and immediate consultation with the attending anesthesiologist, cardiothoracic surgeon and oral surgeon was sought preoperatively. A multi-disciplinary approach to review the CT scan and the bedside flexible pasolaryngoscopy assisted in discussion of airway management

options. The patient's external anatomy was distorted from volume of abcess collection in the submandibular, lateral and retropharyngeal neck making an awake tracheostomy challenging. Drainage of the chest and mediastinum component of abcess would require a large diameter double lumen endotracheal tube by the cardiothoracic service. The large diameter double lumen tube would be difficult to pass through a tracheostomy site. A transoral or transnasal approach to intubation raised concerns of airway compromise and aspiration if rupture or bleeding of the large bulge of retropharyngeal abcess collection occurred during instrumentation. Moderate trismus was present on exam and it is uncertain if additional pain management would assist in mouth opening or resist further opening due to the degree of infectious inflammation in the posterior submandibular region. Decompression of some of the volume of the abcess to attempt to improve the patient's airway could be done percutaneously but bleeding could occur or intolerance by the patient.

This patient was taken to the operating room with equipment and patient prepared for fiberoptic intubation and tracheostomy. Percutaneous aspiration of the abcess was done successfully with good patient tolerance using cutaneous local anesthesia evacuating close to 100cc. Transoral fiberoptic intubation then allowed intubation with the double lumen endotracheal tube. After drainage of the mediastinal abcess, anterior, lateral and retropharyngeal abcesses, there was placement of a chest tube, one JP and 3 Penrose drains into those locations and the patient had airway secured for postop airway protection with tracheostomy (see image 5 and 6). Cultures from surgery revealed Prevotella species, Beta Lactamase positive. The patient was successfully treated with IV Ampicillin-sulbactam for 2 weeks and subsequently oral Augmentin for one week.





This case shows the insidious behavior of large retropharyngeal abcess extending to the chest that may be present and/or develop in an immunocompetent patient despite favorable clinical features such as being afebrile. High clinical suspicion and repeat CT scan of the neck with contrast is recommended when not all clinical features or laboratory testing is consistent. Preoperative discussion of airway management and multidisciplinary consultation is recommended.



