Now I can... be a family man

“Don’t let me die. I’ve got a baby on the way.”

As rescuers rushed Frank Elam of Eupora to the hospital following a car crash, the paralyzed 22-year-old was determined not to miss his firstborn’s birth. Otts for the dad duties he now accomplishes from the seat of his custom wheelchair.

Elam and his wife, Heavenly, relied on the spinal cord injury team at Methodist Rehabilitation Center in Jackson to teach them how to adapt to their new reality. And Heavenly says MRC’s expertise helped make the most of Elam’s hard work.

“They took us in like we were kids,” she said. “People at MRC care about patients and what they are going through.”

“Now that I’m in a wheelchair, I’m going to be best man in a wheelchair I can be,” Elam said. “At the end of the day, it’s all about making the best life for our son.”

Nationally recognized for expertise in rehabilitation medicine after a stroke, spinal cord injury, brain injury or amputation.

For more information, visit methodistonline.org or call 601-364-3434 or toll-free 1-800-223-6672, ext. 3434.
Dr. Charles Robertson, assistant professor of anesthesiology, has built ventilators to use at the Medical Center in case of a shortage during the COVID-19 pandemic.
Want to look smarter than you actually are? Luckily, I’ve made a list of the must-have medical apps you need to download before starting your clinical rotations.

**Haiku ★★★★★**
Haiku is the #1 must have! This app is the mobile version of Epic, the electronic medical record at our university. Impress your attending by being the first one to find out your patient’s lab results.

**UpToDate ★★★★★**
A million of textbooks combined in one app. This is my favorite resource for coming up with a differential diagnosis. UpToDate is the leading clinical resource for practicing evidence based medicine.

**MDCalc Medical Calculator ★★★★★**
If you like statistics as much as I do, you will love MDCalc. Use this app to tell your patients anything from their BMI to their chances of having a stroke in the next ten years. You can start your favorite calculations and be ready to answer all of your attending’s questions.

**Epocrates★★★★★**
The best app for drug information. Epocrates offers dosing information, adverse interactions, and other considerations for prescriptions. Coolest part of this app is its pill identification feature. This allows you to identify and verify drugs by color, shape, and imprint code.

**GoodRx★★★★★**
I actually use this app A LOT for myself and my family. It is one of the most practical apps, allowing you to find the pharmacy with the lowest price of a prescription. Especially if you’re a frequent volunteer at the Jackson Free Clinic (if not, you should be) this app is a must.

Sara Kiparizoska, Medicine, Fourth Year
What is your favorite popsicle flavor? Banana

What is the best thing about Jackson? The community—always running into someone in town

Worst thing about Jackson? Potholes

Play any musical instruments? Piano, guitar, clarinet

Favorite food? Grits

Least favorite food? Anything fishy (but I like fish)

How do you drink your coffee? One trivia/Splenda, add half and half until it’s what I call “camel colored”

Favorite things you’ve done this week? Going to see Mac McAnally perform at Cumberland Caverns in TN

Funniest person you know? My daughter, Cille

One cause that’s dear to your heart? Cardiac mission work in Tenwek, Africa

Historical figure you’d like to have coffee with? Dorothy from Wizard of Oz

Fictional character you’d like have coffee with – Mother Teresa

Song you know every word to– Somewhere Over the Rainbow

Favorite plot twist in a movie – The Game— you’ll have to watch the end

You’re on a deserted island, what are you bringing? A fire starter

Favorite junk food – Cheez-Its and Corn Nuts

Favorite conspiracy theory– Illuminati

What is the last song you’ve listened to? – Hallelujah by Leonard Cohen

Favorite TV show of all time -- MASH

Favorite hobby– traveling

Favorite book of all time – Road Less Traveled

Special talent—singing

Most important thing you’ve learned about being a doctor— communication is basically 99% of anyone’s success

Favorite superhero – Iron Man

What made you want to be a doctor? – I like the puzzle solving aspect of medicine, figuring out how things work and applying that to helping people. And it’s definitely not boring, every day is different

Early bird or night owl? Night owl

What advice would you give your 23 yo self? Don’t take yourself too seriously

Favorite fashion trend – Comfortable, soft jeans

Least favorite fashion trend – platform sandals, they look like Herman Munster shoes

Describe yourself in 3 words – perseverant, positive, easy going

Cook or eat out? Eat out

Dress or pants? Both, I like to mix it up

Best gift you’ve ever received – piano

Best gift you’ve given – a surprise trip to France for my husband’s birthday

If you could switch lives with someone for one day who would it be? – Steve Harvey

What is the last song you’ve listened to? – Hallelujah by Leonard Cohen

Favorite TV show of all time -- MASH

Favorite hobby– traveling

Favorite book of all time – Road Less Traveled

Special talent—singing

Mary Taylor, MD
Chair, Department of Pediatrics

Most important thing you’ve learned about being a doctor— communication is basically 99% of anyone’s success

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Special talent—singing
The COVID-19 pandemic has left hospitals in short supply of personal protective equipment and medical supplies. As patients develop severe respiratory symptoms, there is another concern: if hospitals will have enough ventilators to support them all.

Dr. Charles Robertson, an assistant professor of anesthesiology at the University of Mississippi Medical Center, has built about 170 ventilators of his own design to use in the event of a shortage, doubling the Medical Center’s supply.

“I was watching the coronavirus spread in China during January, then by the time February came and cases started increasing in South Korea, Italy and Iran, I knew it was coming to the United States, and that if enough people became sick, we may not have enough ventilators,” Robertson said.

Physicians and engineers around the world have been coming up with ways to increase ventilator capacity, whether by putting multiple people on one unit or building mechanical hands to squeeze manual devices, Robertson said.

His idea: to build the “absolute simplest, cheapest functioning ventilator from widely available parts,” he said.

The Robertson Ventilators are made from garden hose sections, adapters, valves, a solenoid and a lamp timer, all of which can be bought at a hardware store or online. The parts cost less than 100 dollars per ventilator and can be assembled in less than an hour. The ventilator works when plugged into the standard oxygen line in a hospital room, meaning it can be used in more locations than a standard ventilator.

Ventilators work by pushing air into the lungs, then stopping for an exhale, then repeating as needed. Robertson’s design controls air flow using an on-off valve similar to what you’d find in a landscape water feature or lawn sprinkler controlled by the timer and the solenoid.

“We’ve been through a couple iterations of exact parts and assembly routines and have the process pretty streamlined,” Robertson said. “The goal was to create a ventilator with adequate operation and utmost simplicity in construction.”

Robertson and a team of UMMC certified registered nurse anesthetists have built about 170 ventilators to augment the Medical Center’s existing supply of 150 hospital ventilators.

“This device is for extreme use situations during a pandemic,” Robertson said. "We would only be using these ventilators if every single hospital ventilator is in use and we have patients that are about to die because of that.”

In these cases, it could be used as a “bridge therapy,” where a patient uses this ventilator for several hours while waiting on the hospital ventilator to become available.

“These ventilators have passed rigorous testing in our research laboratories under broad physiologic conditions and lung pathologies,” said Dr. Richard
Around the U

Summers, associate vice chancellor for research. “We have measured their ability to maintain clinical parameters such as oxygenation, carbon dioxide and tidal volume.”

Summers is working to get the ventilators approved for use. Sometimes referred to as compassionate use, this designation would allow the Medical Center to use them as approved medical devices if they must.

“We have filed for an Emergency Use Authorization with the U.S. Food and Drug Administration who have indicated their interest in these ventilators,” Summers said. “I think this effort represents the independent ‘can do’ attitude and ingenuity of our physicians and scientists to confront this crisis in the service of the people of Mississippi.”

Robertson tested the ventilator with the assistance of UMMC’s Simulation and Interprofessional Education Center and Center for Comparative Research. In the latter, the veterinary team used the Robertson Ventilator instead of the standard ventilator to maintain oxygen to laboratory animals for up to six hours.

Dr. John Prescott, chief academic officer of the Association of American Medical Colleges, has been in communication with Robertson about his ventilator.

“Innovation is happening at academic medical centers across the nation in response to the coronavirus pandemic,” Prescott said. “I recently had the opportunity to FaceTime with Dr. Robertson and was very impressed with his new ventilator. It’s simple, inexpensive and initial testing indicates it could be an extremely valuable asset in the coming weeks.”

The Robertson ventilator, although functional, lacks the more sophisticated features of a standard one. It lacks a bellows, which pushes air quickly into the lungs. In natural breathing, the inhale is faster than the exhale. Hospital ventilators mimic this action on their standard setting. However, Robertson said that people with depressed respiration, like those with severe COVID-19, sometimes need the opposite therapy: long inhale time, short exhale time. His design does that.

The ventilator also doesn’t have any alarm systems for malfunctions, but he is looking at ways to address that.

“I’m considering ways to attach a whistle to parts of the ventilator where we may experience malfunctions, but I’m still working on configurations for that,” he said.

While the ventilators are meant to be simple, inexpensive solutions, building hundreds of the units requires a more coordinated approach.

“We would welcome logistical assistance from Amazon and Home Depot, to help us to make more units,” Robertson said.
Pediatric surgeries from outpatient procedures to heart transplants will be performed in larger, state-of-the-art operating rooms built for children.

Under construction now as part of the seven-story Children’s of Mississippi expansion, the new surgical suites align with the University of Mississippi Medical Center’s missions of patient care and education, said Dr. Christopher Blewett, pediatric surgeon-in-chief.

“The size and technology of these new operating suites are the standard today,” Blewett said. “Our surgeons have outstanding outcomes now, but when our expansion opens, they will be operating in suites that match their skills.”

The additional space is needed due to the number of specialists collaborating to provide the best care.

“For example, in orthopaedic surgery, there might be experts in fluoroscopy and X-rays, one or more surgeons, surgical nurses, a circulating nurse who acts as a patient advocate during the procedure, scrub techs, and an anesthesiologist,” Blewett said. “Because we are training the next generation of pediatric medical professionals, we may also have residents and fellows observing. In all, we could have as many as 10 people working in a pediatric surgical procedure.

“We also need these larger ORs for the size and amount of equipment available now,” he said, “as well as for the multiple trays of sterilized instruments required for complex surgeries.”

Surgical advances have increased the need for larger operating rooms and additional space for pediatric intensive care over the years.

“The experience will be so much more comfortable and convenient for patients and their families,” said Blewett. “Our families will be able to drive up to the entrance, and let the patient and a parent enter while other family members park the car in the new garage.”

Waiting areas and conference rooms where families can talk with doctors will be larger and will offer parents a quiet space to discuss their children’s medical care.

“Complex pediatric surgeries can be performed here in Mississippi, putting care close to home for our patients and their families,” said Blewett.

The children’s hospital expansion also includes 88 private neonatal intensive care rooms, a larger pediatric intensive care area, an imaging center designed for children and an outpatient specialty clinic. Nearby will be a 517-space parking garage.

“Children’s of Mississippi expansion to include state-of-the-art surgical suites”

BY ANNIE OETH

Pediatric surgeries from outpatient procedures to heart transplants will be performed in larger, state-of-the-art operating rooms built for children.

Under construction now as part of the seven-story Children’s of Mississippi expansion, the new surgical suites align with the University of Mississippi Medical Center’s missions of patient care and education, said Dr. Christopher Blewett, pediatric surgeon-in-chief.

“Not only will there be additional ORs, but they will be larger and more advanced,” Blewett said. The new operating rooms each cover about 630 square feet, a 50 percent increase in space, said Brian Reddoch, UMMC’s project manager for the expansion.

Children’s of Mississippi’s surgical area was opened in 2004 with seven operating rooms on the top floor of the state’s only pediatric hospital. The $180 million children’s hospital expansion, set to open in fall 2020, will have 12 ORs, each of them reflecting the latest in medical technology.
The expansion is being funded in part by philanthropy. The Campaign for Children’s of Mississippi, launched in 2016 by Sanderson Farms CEO and board chairman Joe Sanderson Jr. and his wife Kathy, has reached more than 76 percent of its $100 million goal.

Dr. William Moskowitz, chief of pediatric cardiology, said the updated, larger surgical suites will build upon the success of the Children’s Heart Center, which he serves as co-director.

“This new area, where adjacencies of state-of-the-art operating rooms, catheterization suites, pediatric imaging including MR and CT, and peri- and post-operative care, will mean that our patients will be receiving the world-class care that any parent would want, without needing transport to more distant hospital locations, which enhances patient safety,” Moskowitz said. “It will also provide space for additional surgeons of all disciplines to care for patients.”

To learn more about Children’s of Mississippi’s pediatric hospital expansion, visit growchildrens.org.
Around the U

ASB HALLOWEEN PARTY

Photos courtesy of UMMC Public Affairs
Around the U

ASB HALLOWEEN PARTY

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I have an employment contract! Now what do I do?

After years of medical training, you now hold an offer for employment. Before signing on the dotted line, it would behoove you to have a healthcare attorney review your contract. Unfortunately, hiring a healthcare attorney is an expense you may not have considered. To ease that burden, Medical Assurance Company of Mississippi now has a program to provide a review of employment contracts — at no charge — for resident physicians at the University of Mississippi Medical Center. The employment contract initiative — a $500 value — is limited to one review per resident.

To qualify:
• You must be a resident/fellow of the University of Mississippi Medical Center.
• You must be seeking employment as a practicing physician in Mississippi.
• You must be one of the first 100 residents/fellows with a contract to contact MACM.

If you are seeking employment or have an employment contract in hand and would like advice from a healthcare attorney, contact MACM at the following:

Stephanie Edgar, JD
General Counsel
(601) 605-4882
sedgar@macm.net

MACM is the leading provider of medical professional liability insurance for physicians living and practicing in Mississippi.

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Issuu issue two 2019-2020 | The Murmur
The Curbside Collection

All the best places to order takeout, many of them offering curbside service. The social may be distant but the feast sure isn’t!
The best eats for your quarantine
with some quality recs and a good number for ordering

Pig and Pint
the bacon melt (omg it’s the bomb), disco fries, ribs
601 326 6070

Elvie’s
check the insta (@elviesrestaurant), food changes weekly, grab a delicious sammy
at this week’s pop-up sandwich shop
601 863 8828

Saltine
their po boys are fire, catch their monday ramen or their weekend brunch
601 982 2899

Green Ghost Tacos
tacos tacos tacos! $2 tacos on tues, (p.s. ask for verde salsa if that’s your thing)
601 487 6082

Babalu
roasted chicken tacos, the baba burger, $4 babarita mix (just add tequila)
601 366 5757

Crawdad Hole
crawfish duh
601 982 9299

Aladdin
hummus and lamb plate, aladdin sampler for 2 (or 1, no judge)
601 366 6033

Wingstop on State Street
raise your classic cajuns (with fries) in the air for no-contact delivery!
601 969 6400

Picantes
there’s a thing called “pollo carley” and it was sent from heaven, also curbside margs!
601 398 1344

Krilakis
“lamb + chicken gyro, any of the salads, burger, badass fries” - Dr. Matthew Alias
601 790 9463

Thai Tasty
“chicken pad thai (thai hot), chicken fried rice (thai hot)” - Katie Brown, MD
601 540 2534

EDO
“volcano roll is dank” - Dr. Will Dungan
601 899 8518

Apolos
“mezza sampler: try the grape leaves, cheese rolls, and cauliflower” - Dr. MM Hitt
601 514 8989

Thai Tasty
“chicken pad thai (thai hot), chicken fried rice (thai hot)” - Katie Brown, MD
601 540 2534

Apolos
“mezza sampler: try the grape leaves, cheese rolls, and cauliflower” - Dr. MM Hitt
601 514 8989

Fine & Dandy
their grandma chick sandwich made the list for best chicken sandwich in america
by the daily meal... remember when chicken sandwich wars were a pressing national
issue? [sigh]
601 977 0563

Sophomore Spanish Club
drive thru hot meal pick up with a menu that changes daily, drive thru grocery store
for all your pantry and household needs (seriously, their online grocery will blow
your mind)
601 203 3333

THE CURBSIDE COLLECTION
by John Bobo and the Group Text

Talk of the Town
Mo’s Weekly Watchlist

A selection of streaming recommendations from our most tuned in expert

NEED TO KNOW
Advice, Recs, and Fun Stuff from the Outside

WHAT?
The year is 1997; I am three years old. My dad turns the home-video camera on me, and styling a Buzz & Woody t-shirt, I proudly show off my VHS collection on their new purple shelves. Movies were love at first watch for me. Their stories have moved, inspired, educated, and entertained me. Putting that love into writing for this publication has been an honor that I won’t let the current movie theater shutdown deter. Like the rest of the world, this column will adapt. My goal is to give weekly, streaming recommendations that bring comfort to your uncertainty and entertainment to your solitude. Film has certainly always done that for me. Happy streaming, cineophiles!

MOVIES
Ferris Bueller’s Day Off (1986) - Netflix
A fact of life is I have a baseline default to John Hughes ‘80s films. Letting young Matthew Broderick live his best, carefree life as the ever-charming Ferris is not a want but a need for your mood this week.

The Princess Diaries (2001) - Disney+
As a child, I devoured this book series because Mia Thermopolis got me. Squealing as Mia transforms from quintessential, awkward teen (“I’m still waiting on normal body parts!”) into princess of Genovia is the foot-popping, spirit-lifter you seek. Plus, Dame Julie Andrews.

DOCS
Tiger King (2020) - Netflix
You’ve seen the GIFs. You’ve seen the memes. Watch this documentary and you [may?] understand why the cult of big cat owners in America and their jaw-dropping personal lives are all people can talk about.

Cheer (2020) - Netflix
If you’re late to the game, make up for lost time and transport yourself to Corsicana, TX to see who makes Monica’s elite mat for nationals. Then go watch Jerry’s off-mat, mat talk videos on youtube andinstagram to get you through this trying time.

TV
Schitt’s Creek (2015-2020) Hulu, Netflix.
YouTube TV
Well-groomed riches turned rags family finds themselves relocated to a small town called Schitt’s Creek. This show is guaranteed to make you feel better. The Rose family is too eccentric and good-humored not to. Plus I’m v emotional because series finale is this week!!

Gilmore Girls (2000-2007) - Netflix
My long time go-to comfort show. It’s gotten me through a lot, and I know it can for you too!

STRAIGHT TO ON-DEMAND
Onward (2020) – Disney+, Amazon
Pixar’s first original content since Coco in 2017 did not disappoint! Two elfen brothers on a quest that had more depth than first glance.

Emma (2020) - Amazon
Visually beautiful. Unapologetic about the character’s flaws. Probably my new favorite version. Between this and Little Women this past year we are spoiled rotten and all who think otherwise are wrong.
First and foremost, Joaquin Phoenix deserves a round of applause (and that Oscar win) for the best performance of his career.

“I was put here to spread joy and laughter.” Joy is nowhere to be found in this origin story of one of the most prominent villains in comic book history, and the abundance of unphitting laughter will frighten you. I don’t like superhero movies, but what I liked about Joker was that I could actually follow the narrative’s relevant, real-life lesson. I appreciated that the distressing, central message of the movie was never immaturely obscured or undermined by absurd, exaggerated, and corny attempts at humor, as is typically seen in most DC Comics or Marvel universe movies. Did Arthur Fleck and his mother result in their current state of life because of their mental health problems? Or did society’s selfishness, lack of concern for the welfare of the lower socioeconomic class, and blatant disregard of mental health issues and basic needs for health care for those who cannot afford it push them into delusional states? How much of what they believe is true and merely covered up by fabrications of those around them? How much of what they believe is true and merely covered up by fabrications of those around them?

Several themes went through my mind. I wondered if the vivid bloodshed was attentively limited to pivotal segments of the plot as opposed to being the majority of the plot itself. The good: Joaquin Phoenix’s stellar, unforgettable performance. The bad: The intense scenes of graphic violence.

This movie is perfectly suited for an at-home rental, so you can hide behind your pillow and your stuffed animal, but the box-office record-shattering number of moviegoers that also saw it might disagree with me.

I' saw the movie with a friend and got scared (and scared) after watching it. I'm not sure I would have made it through the movie without having my friend's arm to hold/strangle the entire film.

Several themes went through my mind. I wondered if it had to do with class and social stratification since the Tethered were “tethered” to live in a closed dungeon-like area quite literally below their human counterparts. Did this thing have to do with artificial intelligence since the clones only mirrored the humans completely and lacked the communication and emotions that made people humans? What about climate change since the alter egos were frustrated that humans were taking their earth for granted and destroying it? Or should I just have just sat back and not overthought it after reading Jordan Peele’s tweet, “Us is a horror movie.”

After talking to my brother, who has an interest in Psychology, during what was initially a simple phone call with birthday wishes, I unexpectedly received a short psycho lesson where he pointed out to me how two major Jungian archetypes were unmistakably salient throughout the movie. The Persona, Latin for “mask”, is what we choose to reveal to others about ourselves and how we conform to the norms of society, and this was demonstrated by the main protagonist family. The Shadow—which is part of the unconscious mind and encompasses repressed desires and those things that are unacceptable as according to society or personal values, was demonstrated by the protagonists’ counterparts of The Tethered. Given this new information and as with Get Out (and T-Swift’s music videos), I can’t wait to re-watch the movie and detect hidden gems and meanings that Jordan Peele brilliantly snuck into the film that are too intricate to spot with just one viewing.

Setting psyche lessons and political messages aside, Jordan Peele’s movie is further tied together with an incomparable display of her acting skills with chilling zombie-like movements and frightening inflections when she speaks, Peele’s movie is further tied together with an incomparable display of her acting skills with chilling zombie-like movements and frightening inflections when she speaks. The Tethered. Given this new information and as with

I'd love to hear any other ideas about this movie’s meaning (or any movie suggestions) at smoorthy@umc.edu. And if my movie buddy is reading this: I hope your arm feels better now. :)