



THORACIC SURGERY
RESIDENTS ASSOCIATION

TSRA newsletter

January 2023



We are excited to innovate how we share essential resources. [Share this sign-up link](#) with anyone else who may be interested in our newsletter!

Please find all works produced by the TSRA conveniently at our [WebApp](#)

Opportunities

- Apply to participate in the [AATS Member for a Day program](#). Chosen awardees will have the opportunity to participate in an interactive session with AATS leaders and be provided access to cardiothoracic surgical mentors. Applications are due **January 31, 2023**.
- **Join TSRA Events at STS 2023:**
 1. [TSRA Luncheon](#): **Sunday, January 22nd, 12:30 p.m.–1:45 p.m PST**. San Diego Convention Center | Room 29ABCD
 1. Listen to focused talks by subject matter experts and leaders in the STS. The luncheon provides further opportunity to meet residents from across the country and internationally
 2. **TSRA Social: Sunday, January 22nd, 5-7pm PST:**

You are cordially invited!

TSRA SOCIAL

*Sunday, January 22 2023
5:00pm-7:00pm PST*

Residents, fellows, and medical students:
Please join us for a casual networking
event with your peers at STS 2023

Café Sevilla
353 Fifth Avenue
San Diego, CA 92101

Short presentation followed by drinks and tapas on us!

(Prepared by Evan Rotar and Irbaz Hameed and David Blitzer)

Featured Podcast / Event

See our full list of podcasts at [the podcast main site](#). Please contact [Anna Olds](#) for new ideas and topics.

If you missed our live Atricure Webinar entitled, "[Four practice-changing papers in cardiovascular medicine](#)", a full recording is available on our [YouTube page](#). Hear our expert panel's thoughts on **ISCHEMIA, COAPT/MITRA-FR, CLASP, PROTECTED TAVR** trials, and more!

Clinical Pearl (Prepared by Laura DiChiacchio)

Deep hypothermic circulatory arrest (HCA) is commonly used to obtain a bloodless field while providing cerebral protection during proximal aortic procedures. The cerebral metabolic rate is decreased to approximately 25% of baseline by cooling to 20°C and 16% of baseline at 15°C. The table below shows the duration of HCA alone that is safe, by temperature, for cerebral protection.

Category	Temperature	Safe HCA time for cerebral protection
Profound	≤ 14°C	30–40 minutes
Deep	14.1°C–20°C	20–30 minutes
Moderate	20.1°C–28°C	10–20 minutes
Mild	28.1°C–34°C	< 10 minutes

Ongoing Opportunities & Deadlines (Prepared by S. Faaz Ashraf)

Upcoming abstract submission deadlines:

- EuroPCR [01/14/23](#)
- European Society of Thoracic Surgeons Annual Meeting [01/16/23](#)
- European lung cancer congress [01/17/23](#)
- Society for Cardiovascular Angiography and Interventions Scientific Sessions [01/23/23](#)
- AATS Mitral Conclave [01/30/23](#)
- STS Coronary conference [02/21/23](#)
- TSDA In-Training Exam (ITE) - **Saturday March 11th** (Backup date Sat March 18th)

As always, you can review other upcoming events on the [CTSNet Events Listing](#)

- **Looking for resident mentors!** The **T SMA/TSRA Joint Mentorship Collaborative** seeks to pair a CT surgery trainee at any level of training (including general surgery residents going into CT surgery) with a student mentee from TSMA. Please contact [Cynthia Rangel](#)
- Sign up to record a scripted **Clinical Scenarios podcast** with an attending to help TSRA members prep for oral boards! Email [Anna Olds](#) for details. P.S. You won't be pimped live!
- Interested in doing a **quick 1-minute video on a key CT surgery concept** which will be disseminated to thousands across all TSRA social platforms? Please contact [Irbaz Hameed](#) to contribute to [#1minCTconsult](#).



The [TSRA](#) Executive Committee at AATS 2022

Do you want to share exciting opportunities with other CT surgery enthusiasts on this newsletter? Email Jason.Han@penncare.upenn.edu

<https://www.tsranet.org/> | https://www.instagram.com/tsra_official/ | https://twitter.com/TSRA_official | <https://www.facebook.com/thoracicsurgeryresidentsassociation>

Our newsletter team:

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If you have any questions, email: Jason.Han@Penmedicine.upenn.edu

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