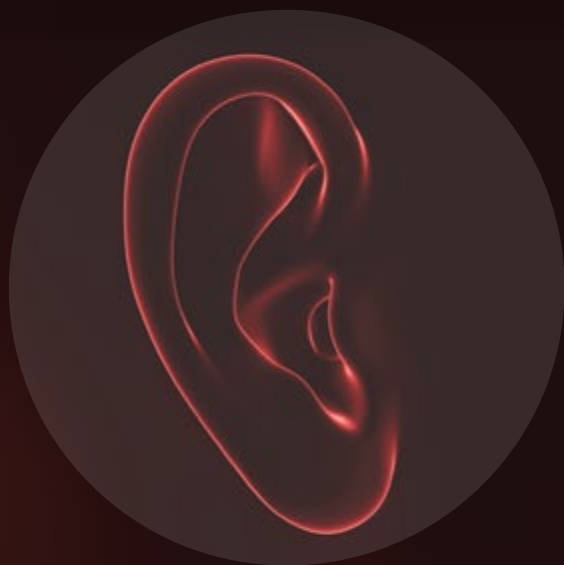


oto INSIGHT

OTOLARYNGOLOGY HEAD AND NECK SURGERY 2020



HEALTH
UNIVERSITY OF UTAH

A MESSAGE FROM THE CHIEF



Welcome to our new edition of Oto Insight from the University of Utah Otolaryngology Head and Neck Surgery.

First and foremost, I would like to congratulate our faculty, residents, and staff who have contributed to the

prestigious recognition we've received for the 10th consecutive year, the University of Utah Health has ranked in the top 10 for the 2019 Vizient Quality Leadership Award.

We are pleased to have been included in the top 5 on this list for the last five years. It is rewarding to be a part of this incredible national achievement. I take great pride in our division

and know our team is dedicated to serving our patients with professionalism and skill.



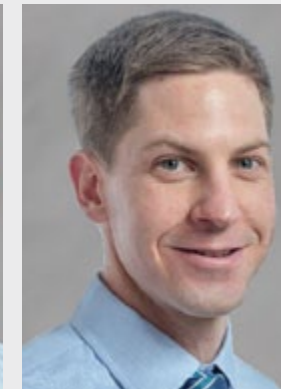
In this issue, we are excited to share more of our recent achievements and current progress across the field. I am honored to serve this division and look forward to furthering our mission of collaborating excellence, leadership, and respect. Sincerely,

Clough Shelton, MD
Professor and Chief of Otolaryngology Head and Neck Surgery
C. Charles Hetzel, Jr., MD and Alice Barker Hetzel
Presidential Endowed Chair in Otolaryngology



Otolaryngology-HNS Faculty

RESIDENTS AND FELLOWS



RESIDENTS

Patrick Carpenter, MD accepted a Head and Neck Fellowship at University of California San Francisco.

Quinn Orb, MD accepted a Pediatric Otolaryngology fellowship with The University of Utah.

Breanne Schiffer, MD, MPH accepted a Laryngology Fellowship with the University of Utah.



FELLOWS

Katherine Lees, MD took a position as an assistant professor in Rhinology and Anterior Skull Base Surgery at University of Texas Medical Branch (UTMB) in Galveston, Texas.

P. Ryan Camilon, MD will be joining the Children's Hospital of Orange County in Southern California.

Alvin T. DeTorres, MD is joining the Ear, Nose, Throat & Plastic Surgery Associates in Orlando, Florida.

WELCOME TO THE TEAM



Jessica Bailey, BS, MPAS, PA-C specializes in General Otolaryngology (Ear, Nose, and Throat) for adults and pediatrics. Jessica aspires for an in-depth understanding and care for her patients. She genuinely enjoys getting to know them as individuals while caring for their medical needs. She believes in a team based approach to treating medical conditions. She has a true passion for her career, a love for her patients, and making a difference in the lives of those she helps. With her Bachelors of Science in Exercise and Sports Science from the University of Utah, Jessica graduated from Idaho State University Masters in Physician Assistant Studies in 2012. Jessica has professional affiliations with the National Commission of Certification of Physician Assistants, Society of Physician Assistants in Otorhinolaryngology Head and Neck Surgery, Idaho Academy of Physician Assistants, and the Utah and Idaho Medical Association. Jessica is affiliate faculty at the Idaho State University department of Physician Assistant Studies Jessica practiced Otolaryngology at Pocatello Ear, Nose, and Throat from 2012-2019 prior to transitioning to the University Of Utah, Division of Otolaryngology. Jessica enjoys spending time with her husband and four children when she is not working. They are avid University of Utah fans and enjoy spending time at all of the sporting and campus events. They also enjoy outdoor summer and winter activities. She will practice at the South Jordan Health Center, Area E-11 at the University of Utah Hospital, and Redstone Health Center.



Jennifer Taylor, BS, MSNP was born and raised on the central eastern coast of Florida. She traded the warm, sunny beaches for freezing winters to attend BYU-Idaho for nursing school. After school there, she took a job offer to work in the Operating Room here at Primary Children's hospital. In surgery, her initial focus was working in Otolaryngology, Plastics, and Craniofacial surgeries. That later expanded to include a lot of General, Neurosurgery and Orthopedic specialties. She found that she loves the world of surgery and stayed in the OR for 9 years. It has provided her with many opportunities to participate in humanitarian surgery around the world. In addition to being at the bedside in the OR, she spent time as the Nurse educator for the department and worked in various leadership roles. In 2016, she decided to continue her education and graduated as a Family Nurse Practitioner from Weber State University's MSNP program in 2018 as she continued working in the OR. Outside of the hospital, she had spent 7 years volunteering as a nurse and advisory board member for a local chapter of the national non-profit group, Camp Kesem, a summer camp for kids affected by a parent's cancer diagnosis. She feels lucky to get to continue her career here in Pediatric Otolaryngology with physicians who she has known and worked closely with throughout her time here at Primary Children's Hospital. She is excited to become part of the team and provide great care to our little patients and their families in the community.

A LEGACY OF EXCELLENCE



After more than 25 years of being located in the school of medicine we are pleased to announce the opening of our new adult clinical practice in the Acute Care Center. Our modern expansive space has created a welcoming atmosphere that has been valuable for our patients, clinicians and staff as it has facilitated us to provide additional patient care in an efficient and timely manner. The new facility has truly given us the ability to continue a rich legacy of exceptional patient care. We

look forward to being the gold standard for future healthcare in the state, region and nation.

Our new location is at: 50 N. Medical Drive, Salt Lake City, UT 84108 Area E Level 1 Site 1, E11

Many services are now available through virtual care.

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U OF U HEALTH OTOLARYNGOLOGIST RESPOND TO COVID-19



Dr. Richard Orlandi serves as the Chief Medical Officer for Ambulatory Health for the University of Utah. Dr. Orlandi has been quick to respond to COVID-19 when it arrived in Utah. He rapidly worked to facilitate drive-thru test sites at the University Of Utah outpatient clinics and has supported and coordinated with health systems throughout the state in expanding COVID-19 testing. He's worked with other leaders within University of Utah Health to reduce in-

person visits and promote video visits. He also consults with health systems leaders of a hospital near the University's campus in Korea. He has been actively involved in participating in media interviews to promote safe practices and address Utahns' concerns surrounding COVID-19. Additionally, he is currently serving with other leaders in advising Utah's governmental leaders on maximizing testing and on how we can safely begin to resume more normal ambulatory care in the state. We are proud of Dr. Orlandi and all his hard work as he continues guide us through uncharted waters.

MEDICAL INNOVATION



Dr. Bryan McCrae is the executive director of the center for medical innovation. Dr. McCrae and his team at CMI have created a reusable PAPR system which is vital for our front-line medical workers but have been in very short supply. Dr. McCrae and the CMI team PAPR system design utilizes the existing 3M PAPR hoods, standard CPAP tubing, and a standard viral filter from anesthesia tubing. Every part beyond the fan is a FDA-

approved airway device. Additionally, they will be releasing design specifications for the PAPR system to healthcare groups and the public including the Indian Health Services, Navajo Nation and CMI Global Health partners in India, Kenya and Nepal. During this unprecedented time we are thankful for our providers here at the University of Utah Health stepping up in creative ways to help keep our front-line medical workers safe as they respond to COVID-19.

THYROID EYE DISEASE

The thyroid, a small, butterfly-shaped gland at the base of the neck, just below the Adam's apple, manufactures the hormones that regulate the body's metabolism. For the most part, this essential organ does its amazing job and goes unnoticed. But for millions of people in the U.S., a range of thyroid disorders can create life-changing conditions—including TED.

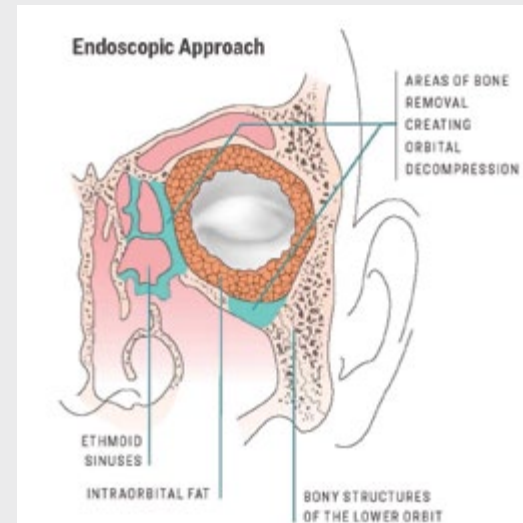
GRAVES' ORBITOPATHY: IT GETS COMPLICATED

One of the most common consequences of TED is an eye socket disorder in adults, seen mostly in patients with hyperthyroidism. Often referred to as Graves' disease, this autoimmune disorder generally causes thyroid over-activity. "About half of patients with Graves' will develop an eye disease known as Graves' orbitopathy, and some of this group will require surgery," according to Douglas Marx, MD, Moran's oculoplastic division director and co-founder of the university's TED program. "However, Graves' disease is not the only cause of orbitopathy, so diagnoses and treatments can be complex. I've seen it

in patients with low thyroid and, in a handful of cases, non-thyroid issues." When Graves' disease affects the eyes, the fat and muscles around them may enlarge. This inflammation causes the eyes to bulge, preventing the eyelids from closing completely. In turn, patients can experience extreme dryness or tearing and scrapes on the surface of the eye that may lead to infection. Also, because the eye socket stays the same, the enlarged eye muscles may not move properly, and this can cause double vision. Increased pressure in the eye socket can also damage the optic nerve, causing loss of eyesight. An innovative surgery called endonasal endoscopic orbital decompression—offered at Moran—is often the solution to relieve the pressure, all done through the nose without external incisions through the skin.

TEAM APPROACH

With advances in surgical instruments and techniques, the minimally invasive endonasal



"Our team approach is key to providing patients with the best possible outcomes for a condition that is often difficult to diagnose,"

endoscopic orbital decompression procedure has become a safe and effective option, according to Jeremiah A. Alt, MD, PhD, FACS, a sinus and skull base surgeon, and co-founder of the TED program. "Dr. Marx and I work in tandem to perform these endoscopic orbital and optic nerve decompressions—operating within the eye socket, through the sinuses," he said. For more complex cases, the two surgeons use a four-handed technique. This allows them to operate simultaneously, with the primary surgeon using both hands for the delicate removal of bone. "In addition to the skill involved just getting to the bone safely, the trick is knowing exactly how much bone to remove.

Sometimes it's just a millimeter," Marx said. "Each case is completely customized. When the surgery is complete, the eye muscles have room to fit back in the socket." While the surgery isn't without risks, it offers life-changing relief to patients. "Ultimately, the endoscopic approach to the eye or orbit is safe, can be done without external scars, and is currently the least invasive corrective option available," said Alt. The university's TED team includes fellowship-trained physicians in endocrinology, sinus and skull base surgery (endoscopic experts), oculoplastics, and neuro-ophthalmology. That's because many TED patients need a team with both medical and surgical expertise. The endocrinology team plays a pivotal role in evaluating and managing medication, helping patients get their thyroid disease under control, and then potentially starting medications that can reduce inflammation, and improve vision changes associated with the condition.



Dr. Skirko has a passion for research and helping children with craniofacial disorders. One disorder that is a particular focus is Pierre Robin Sequence or PRS. Infants born with PRS a small lower jaw, causing their tongues to be pushed back. This causes them to struggle with breathing and eating because their tongue blocks their airway. They also frequently have cleft palates, causing additional feeding problems. Many infants with PRS have complicated and tenuous early lives requiring surgeries such as tracheostomy to bypass upper airway obstruction, surgical feeding tubes for nutrition, or major surgeries to improve their craniofacial anomaly such as mandible distraction. Because PRS is a rare disorder, studies understanding how best to manage these complicated babies has been limited.

Dr. Skirko developed two extramurally funded projects that together have allowed him to build a network of centers managing these patients from around the country. One project was funded by the Patient Centered Outcomes Research Institute (PCORI) and the other was funded by the National Institute of Dental and Craniofacial Research (NIDCR).

The goal of the PCORI engagement project is to build an RS community better able to participate in Patient Centered Outcomes Research. Dr. Skirko established the Stakeholder Alliance for Children with Robin Sequence (StARS) composed of RS parents,

health systems personnel, clinicians, and researchers. He is building on his established consortium centers while also engaging parents through social media to collaboratively identify and prioritize important patient-centered outcomes for future studies.

Dr. Skirko's NIDCR project is an R21 grant funded to develop a PRS specific quality of life instrument. The current QoL instruments are too broad in scope and focused on different populations to adequately measure QoL in this population. This not only limits understanding of these patients' holistic disease burden, it constrains comparative effectiveness studies to outcomes that may be less relevant to patients and families. This project will develop and perform preliminary validation of a PRS-specific QoL instrument measuring both child symptoms and family QoL.

Together these projects will build a foundation for future extramurally funded studies such as comparative effectiveness PRS treatments.

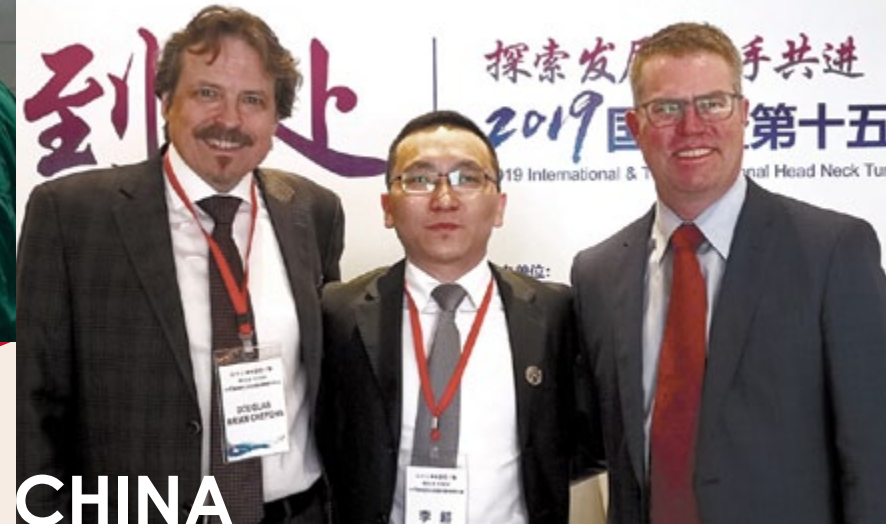
Dr Skirko will be joining the growing Department of Otolaryngology at the University of Arizona in Tucson in the summer of 2020, where he will continue to care for children with complex craniofacial disorders as well as this important research. Thank U Dr. Skirko for your years with the University of Utah Health.



GHANA



KENYA



CHINA

University of Utah Health Otolaryngology Faculty going the extra mile

Kenya Dr. Jason Hunt and his mentor Dr. Jim Netteville from Vanderbilt University Medical Center travel together to Kenya where they participate in a Head and Neck Camp that provides free care to citizens of Kenya who would otherwise not receive care. The two week surgical camp encompasses multiple U.S. Head and Neck surgeons and a diverse medical staff. Dr. Hunt finds his involvement very gratifying as treats patients, cultivates and refines otolaryngology practices in Kenya

Ghana Dr. Jeremy Meier In January 2020, Dr. Jeremy Meier traveled to Ghana and worked with Dr. Peter Appiah-Thompson and his team, marking the 5th consecutive year of our ongoing partnership with the Cape Coast Teaching Hospital. Former resident Dr. David Crockett (class of 2012) and his colleague Dr. Nathan Page assisted on the trip. A primary goal of this collaboration is training Dr. Appiah-Thompson (the only otolaryngologist

for a catchment area of over 5 million) and residents from Korle Bu Hospital, otologic surgery for chronic otitis media and surgically correctable hearing loss. Other patients successfully treated during this visit included an infant with bilateral choanal atresia and a woman with a glomus tympanicum. Future priorities include obtaining powered instrumentation for endoscopic management of severe nasal polyposis and advanced respiratory papillomatosis.

China Dr. Luke Buchmann Our Head and Neck Doctors are working to facilitate the International Relations program with a cancer hospital in Chengdu, China. Dr. Buchmann was invited late last year to visit and received an award for etc. He has been traveling to the Sichuan Cancer Hospital, in Chengdu, Sichuan Province China, at the invitation of Dr. Li Chao since 2015 yearly. This has been an outstanding relationship and allowed a collaboration of education and culture. This year

he traveled twice to Sichuan. He was an invited speaker at the largest gathering of head and neck surgeons in China in Chengdu and gave two talks. One was an introduction to the science and evidence-based medicine surrounding the use of immunotherapy in head and neck cancer treatment. The second was an update on the new staging system for oral cavity cancer. He made a second visit to Chengdu with his family where he was able to deliver four talks. Two in Chengdu and two in Xian, Xanxi Province, China. There he was able to foster a relationship with the Xian Stomatology hospital under the direction of Dr. Jianhua Wei. This hospital does approximately 1,300 oral cavity cancer cases a year which is a volume that is hard to imagine. Through these relationships Dr. Buchmann hopes to bring to the University of Utah and the Huntsman Cancer Hospital new ways of thinking about treating head and neck cancer patients.



Division of Otolaryngology
50 N. Medical Drive
Salt Lake City, UT 84132

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HONORS AND AWARDS

Our providers at the University of Utah Health are dedicated to advancing the mission of research, education, and excellence. We could not be more delighted of their successes and contributions to our field and healthcare institute.

Dr. Jon Skirkko received Award for R21 with the National Institute of Dental and Craniofacial Research entitled "Development and Validation of Pierre Robin Sequence Quality of Life Instrument." **Dr. Albert Park** was recognized by President Watkins for his research on CMV. Also, he was awarded the 2019 Ruben Scientific Achievement Award. **Dr. Jeremiah Alf and Julie Barkmeier-Kramer** were both given peer reviewed funding. Dr. Alf was awarded peer funding for "Efficacy and Safety of Intranasal Administration of 186 and 372 mg of Opi-375 Twice A Day (BID) in Subjects with Chronic Sinus. Sponsored by Optinose. **Dr. Barkmeier-Kraemer** was awarded for "Physiologic Correlates of Vocal Tremor affecting those with Essential Tremor. Sponsored by NIH/NIDCD (R01DC016838). **Dr. Bryan Mcrae** was awarded the bench to bedside ward for new mapping otoscope. **Dr. Torrecillas** was awarded "Head and neck cancer free flap rehabilitation program," has been accepted

for a poster presentation at the event on Wednesday, September 11, 2019. **Dr. Hilary McCrary** "Accelerated surgical stay program for head and neck surgical oncology patients," has been accepted for an oral presentation at the event on Wednesday, September 11, 2019. Additionally, Dr. McCrary graduated from the SERF program and has been added to the graduation list for the 2020 cohort and plans to receive her certificate during the 2021 banquet. **Dr. Luke Buchmann** was nominated for this year's Leonard Tow Humanism in Medicine Award sponsored by the Arnold P. Gold Foundation as well as the James L. Parkin, MD, Award for Outstanding Clinical Teaching, the Dr. Clark Lowe Rich Distinguished Surgeon & Mentor Award, and the Leonard Tow Humanism in Medicine Award sponsored by the Arnold P. Gold Foundation. These nominations are a distinct honor given by the graduating Medical Student Class of 2019.