

MEDICAL

January 2022

PROFESSIONALS

NASHVILLE

ASHLEY J.
GUTHRIE, MD

Ashley Guthrie, MD
Facial Plastic Surgery



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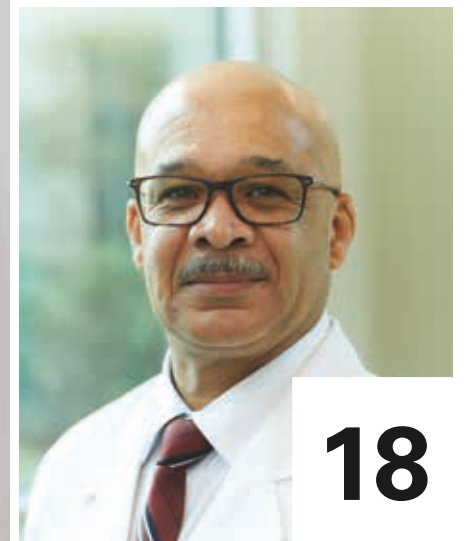
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Are you interested in submitting an article or being featured in an upcoming issue? Contact us at mark.casey@medprosmag.com.

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from the PUBLISHER

2022 – HAPPY NEW YEAR!



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I hope that you had a wonderful holiday season, and I would like to wish you the very best in the New Year.

In this month's issue, I would like to introduce you to a doctor that is new in the Nashville community. Ashley J. Guthrie, MD, comes to the area with fabulous experience in facial plastic surgery. Not only was she a member of the charter class at the Oakland University William Beaumont School of Medicine, but she trained under Dr. Daniel Rouso in Birmingham, AL. As you can see in the photo of her graduation from med school, she is much loved by her family. You will enjoy getting to know Dr. Guthrie this month.

As we start 2022, we at *Medical Professionals Nashville* look forward to growing this year. We have some fabulous events scheduled on the near horizon where we will be networking the local medical professional community together to build stronger bonds of friendship and connection.

We welcome your input, feedback and engagement at all times. Please do reach out to me with ideas or to schedule a coffee. Looking forward to a great 2022!

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ASHLEY J. GUTHRIE, MD

GUTHRIE FACIAL PLASTIC SURGERY



FUN FACTS:

Hometown: Oakland, New Jersey

College: The University of Pennsylvania (Philadelphia, PA)

Med school: The Oakland University William Beaumont School of Medicine (Rochester, MI)

Residency: Otolaryngology – Head and Neck Surgery at The New York Eye and Ear Infirmary/Icahn School of Medicine at Mount Sinai (New York, NY)

Fellowship: Facial Plastic and Reconstructive Surgery at the Roussou Facial Plastic Surgery Clinic (Birmingham, AL)

Practicing medicine: Six years

Lived in Nashville: Six months

How did you get started in Medicine?

I knew I wanted to be a doctor from the time I was in kindergarten! The field of medicine always fascinated me. My mom is a Registered Nurse, and from the time I could read, I enjoyed flipping through her medical journals and magazines. I always excelled in biology and my science coursework and chose to major in neuroscience in college. Once I got into medical school, I quickly realized that I wanted to be a surgeon. Otolaryngology, head and neck surgery, was fascinating to me for so many reasons. The anatomy of the head and neck is so complex and intricate. The region houses many of the most important structures in our bodies and all of the ones that give us our senses. The surgeries themselves are complex and require precision and attention to detail. It was the perfect fit for me. During my residency, I fell in love with facial plastic and reconstructive surgery, and decided to pursue a fellowship to get more in-depth exposure and training.

How do your life experiences make you a better physician?

I have had so many wonderful experiences in life so far that have shaped who I am as a physician. One of the things that stands out to me the most

is my unique medical school education. I was fortunate enough to be a member of the charter class at the Oakland University William Beaumont School of Medicine. As a new school, the founding administration made it their mission to change the status quo in medical education. The focus was on creating compassionate, thoughtful, engaging physicians – not just great test-takers. While most medical schools delay clinical experience until the third and fourth years, we started interacting with patients in some capacity from the very beginning. It was overall a more holistic and humanistic approach to medical education, and I know it had a big impact on my development as a physician. I am very grateful and honored to be an alumna of that school.

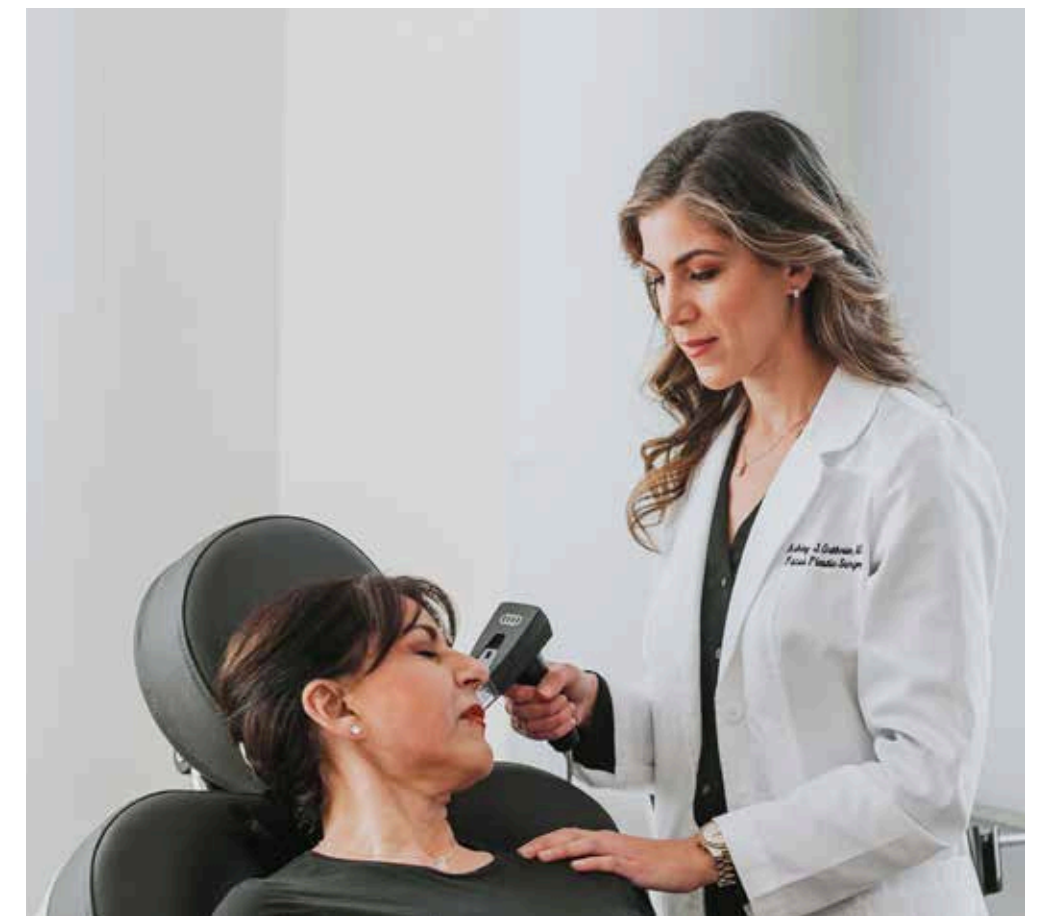
What were some key steps in your medical journey to get you to where you are today?

The biggest step beyond choosing a residency and fellowship was definitely deciding to open my own practice. As a physician, when you finish your training, you have a few seemingly simple, but actually life-changing, decisions to make in terms of your career. The first decision is whether you want to pursue a career in academic medicine, which generally involves being on staff at a teaching hospital, or a job in a private practice. If you decide you want to be in private practice, you then must choose whether to start your own practice, or join a group. In today's world, most private physicians are part

of a group, either large or small. However, facial plastic surgery is one of the few fields that still lends itself well to being in solo private practice. Choosing to open my own practice was definitely a big risk, and at times scary, but so far has been extremely rewarding.

What makes your business/practice unique in our community?

My practice is unique because I am personally 100% invested in my patients. I am the sole provider in my practice, and I spend a great deal of time with each and every patient. I make a concerted effort to get to know my patients on a personal level and make them feel completely at ease when they are in my office. Every patient is unique, and there are no one-size-fits-all treatment plans. I take the time to make customized plans and set goals with my patients so that we are both achieving the best outcomes. At Guthrie Facial Plastic Surgery, our mantra is "Look Like You," because I want my patients to feel like the best version of themselves. I want them to feel like their external appearance matches how they feel on the inside.



What are your goals for your patients and practice?

I want my patients to leave my office feeling better than when they came in, each and every time they visit. Whether it's a consultation about a surgery, an appointment for injectables, or a post-operative visit, I want to provide a safe and comfortable environment for my patients. My goal is for my practice to be a place where my patients and I can develop strong, long-term relationships. I believe the best, most consistent results are achieved when there is a mutual trust and bond between physician and patient. Those connections will be the foundation upon which the practice will continue to grow.

What keeps you engaged when things get hard in your practice?

I stay engaged by focusing on the good and reminding myself of all of the positive relationships I've built and interactions I've had with my patients. There are undoubtedly going to be stressful situations in any practice, especially with the growing pains of being new. I believe your mindset can make or break you. When difficult situations arise, I also look to my staff to keep me enthusiastic about my work. They are great at helping me refocus and get into the right frame of mind to help my patients. Even just sharing a quick snack or coffee can be enough to keep me going! It's all about human connection.

What is the culture of this practice?

The culture of my prac-

tice is centered around ensuring the best possible experience for my patients, and a big part of that is ensuring that my staff is happy and enjoying their work. I firmly believe that the energy of the staff at any business, but especially a medical practice, truly sets the tone for its success. We treat each other and all of our patients with the utmost respect and professionalism, but we also like to laugh and have fun! Delivering an amazing patient experience is a lot easier when all members of the practice feel good about their work.

How do you try and maintain a balanced life outside of work?

Work-life balance can be very challenging for any professional, but I think physicians tend to struggle with it more than others. We invest so much of our lives, both physically and emotionally, into our practice and our patients, and it can be hard to separate yourself from them. I make it a priority to spend time with my family as frequently as I can, and for family members that don't live nearby, I make time for frequent phone conversations. On a personal level, I try to set at least small amount of time for myself each day, whether it's to exercise, eat a healthy meal, or take a hot bath. I think what we need to recharge can be different from day to day, and it's healthy to be flexible with yourself on those needs.

What motivates you?

I am motivated by seeing the joy in my patients when I've done something to make them feel good

about themselves. There is no greater satisfaction than seeing patients cry tears of joy when they first see their new nose after a rhinoplasty, or looking in the mirror and actually feeling like themselves again after a rejuvenating surgery such as a facelift. It feels great to make people feel great – it's really as simple as that. It's that amazing feeling that motivates me to keep doing better for my patients.

What methods do you employ to keep improving your knowledge and experience?

It is incredible how much new information and research is produced in

the medical community on a constant basis. It can be overwhelming at times to keep up! I make sure to stay involved with both the Academy of Facial Plastic and Reconstructive Surgery and the American Academy of Otolaryngology – Head and Neck Surgery. Both of these organizations produce peer-reviewed medical journals that are distributed on a regular basis, and I do my best to keep up with them so that I am aware of the most up-to-date best practices. I also try to attend at least one national conference a year, as they are amazing opportunities to listen to talks from the leaders in the field and network with colleagues.

Who are some of your medical "heroes"?

I have had some incredible mentors or "heroes" along the way to where I am today. The first is Dr. Justin Bergman, an otolaryngologist and head and neck surgeon in Elizabeth, NJ. He was the first introduction I had to the field, and his passion for what he does is beyond inspiring. He works in an



underserved area and performs a lot of pro-bono cancer surgeries on patients who would not otherwise have access to that high of a level of care. I am in awe of his dedication to his work and his patients. Another medical "hero" of mine is my fellowship director, Dr. Daniel Rouso. He is the kindest,

most humble man you will meet, despite being one of the most renowned and well-regarded facial plastic surgeons in the world. He is an unbelievably gifted surgeon, and I was honored to have had the opportunity to spend a year learning from him. He taught me so much, not only about surgical technique but about building long-lasting, sincere relationships with patients, as well. His patients and staff truly love him because of what a genuine human being he is, and I hope I can build those types of quality relationships in my practice.



GETTING TO KNOW THE DOC:

Tell us about your family.

I am the youngest of three; I have an older brother and sister. I have two wonderful parents. I am an aunt to three nieces and two nephews.

What are some of your hobbies/interests outside of work?

I absolutely love music – both listening to it and playing it. I am a classically trained pianist, and I still play quite a lot. I like to find new artists and musical genres to explore. I also love to decorate! I definitely have an artistic side.

EVERY PATIENT IS UNIQUE, AND THERE ARE NO ONE-SIZE-FITS-ALL TREATMENT PLANS. I TAKE THE TIME TO MAKE CUSTOMIZED PLANS AND SET GOALS WITH MY PATIENTS SO THAT WE ARE BOTH ACHIEVING THE BEST OUTCOMES.



What amazing adventures have you been on?

I took an awesome trip to Arizona with a friend at the end of medical school. We hiked the Grand Canyon and Sedona – it was breathtaking.

Favorite restaurants in Nashville?

Culaccino, Coco's, Wild Ginger

Are you involved in/passionate about any charities?

I am excited to be a Provisional Member of the Junior League of Nashville. I am enjoying getting to know the women in the group, and I am looking forward to getting involved in volunteer activities with local charities to better this great community.

What is one thing about you that surprises people?

I am really strong! I actually threw shotput and discus in high school.

Among your friends, what are you best known for?

Being a great listener! ✨



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New Year's Resolutions:

- ☒ Take excellent care of my patients
- ☒ Show appreciation to my staff
- ☐ Keep my practice safe from ransomware and patient data from being stolen

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PLAN FOR A PROSPEROUS 2022 – TECH EDITION



By Adam Bell,
owner of
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As the calendar flips from one year to the next, it is a time to reflect on the past few months. A time to look ahead and set new goals. But it is also a good time to plan for any “bumps in the road” to success. These “bumps” come in many forms, known and unknown, especially when it comes to your technology. Here are some potential issues for 2022, but also the solutions, so you can plan for a prosperous and secure new year.

Supply vs. Demand – It is no secret that the global supply chain is disrupted. From groceries to band-aids to laptops, every industry has been affected. Make sure to plan ahead for any devices or equipment your practice may need as delivery may be delayed. It is also a good idea to have a spare laptop or desktop in the office. It may come in handy!

Cyber Attacks and Ransomware – Attacks from cybercriminals continue

to rise and according to the Herjavec Group, the healthcare industry is the most breached sector seeing an increase of 51% since 2019. These attacks can be costly in many ways: system downtime, financially, and patient safety as examples. Make sure devices and networks are monitored, patched, and updated regularly to protect from these attacks. A good defense is the best offense!

Compliance – This is not something unique to this year; it is ongoing. Each year a practice must do a risk analysis, remediate deficiencies, and update policies and procedures. However, with the stresses of the pandemic, this may have been overlooked or postponed. Make sure to make this a priority this year. Put it on the calendar so it is completed. Contact a third-party vendor for assistance if needed. No one wants to be audited, but it's good to be prepared just in case!

Overworked and Understaffed Departments – The pandemic has put a strain on employees everywhere and in every department. Employees are tired and stressed. This can lead to an employee unintentionally “infecting” a computer network with a virus or ransomware. Make sure to educate employees regularly on how to recognize phishing attempts or scams. Make sure they know what to do if a problem occurs. A little bit of knowledge goes a long way!

Emergency Procedure – It is inevitable that problems occur and accidents happen. Whether the emergency was natural or manmade, having a plan and procedure in place for these ensures the damage will be lessened. Make sure your data is backed up regularly and can be recovered quickly. Make sure your cyber insurance policy is current. Discuss emergency procedures with all staff members. Remember: If you fail to plan, then you plan to fail! ❗

HAPPY HOLIDAYS

Williamson Medical Center nursery wanted to send a little holiday cheer ❄️

By Kristie Lloyd Photography



2021 PHYSICIAN AWARDS FOR ASCENSION SAINT THOMAS

Ascension Saint Thomas Rutherford Hospital is pleased to recognize its 2021 honorees for outstanding accomplishments in clinical leadership.

Physician of the Year honoree Dr. Mary Jane Brown is an esteemed emergency medicine physician who has been a member of the medical staff for 32 years. She has served on the Continuing Education Committee, Quality of

Care Committee, Executive Committee and is the current Chair of the Physician Wellness Committee. Dr. Brown devotes much of her time to community service through medical missions and organizations focused on mental health and wellness.

Drs. Ray Johnson, Frank Louthan, James Poliner and Awais Javed, recipients of the Clinical Excellence Award, are dedicated leaders in the field of pulmonology and critical care. These four physicians, who make up the hospital's intensivist group, were recognized for their exceptional contributions in the care of our patients throughout the Covid pandemic and most recent Delta surge.

EXCELLENCE IN CLINICAL LEADERSHIP RUTHERFORD HOSPITAL

Honored with the Dr. Olin Williams Distinguished Service Award, a lifetime achievement award for displaying wisdom and compassion throughout his career, Dr. Mike Jordan has been a member of the medical staff since 1993 and plays a key role in caring for high school

and college athletics. He has served in various leadership capacities, including Chief of Orthopedics, Vice Chief of Staff and Chief of Staff. He currently sits on The Christy Houston Foundation board.

"I am pleased to recognize these six outstanding individuals for the consistent, exceptional, and personalized care they provide our patients," said Gordon Ferguson, president and CEO, Ascension Saint

Thomas Rutherford Hospital. "Ascension Saint Thomas Rutherford Hospital is privileged to serve our community with the clinical excellence of these servant leaders."

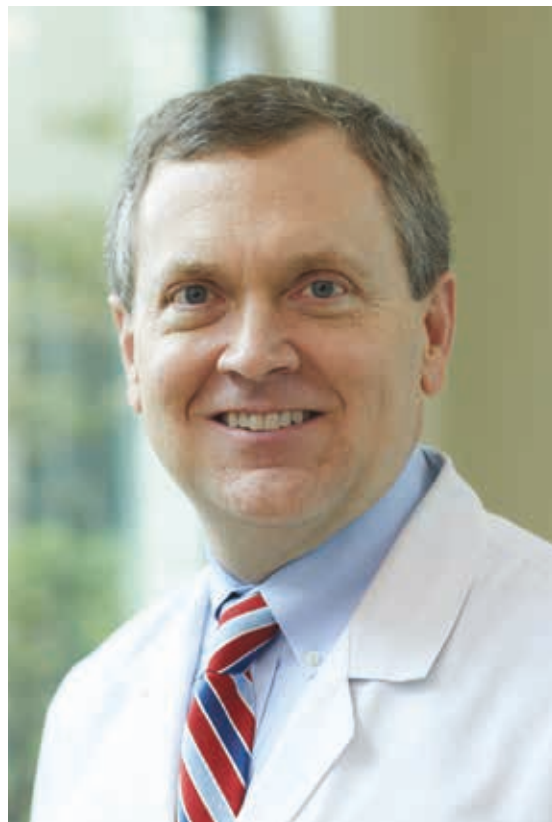
Award recipients were chosen by their medical staff peers. Areas for award consideration included: hospital tenure, leadership responsibilities, hospital board membership, and commitment to community service. ✱



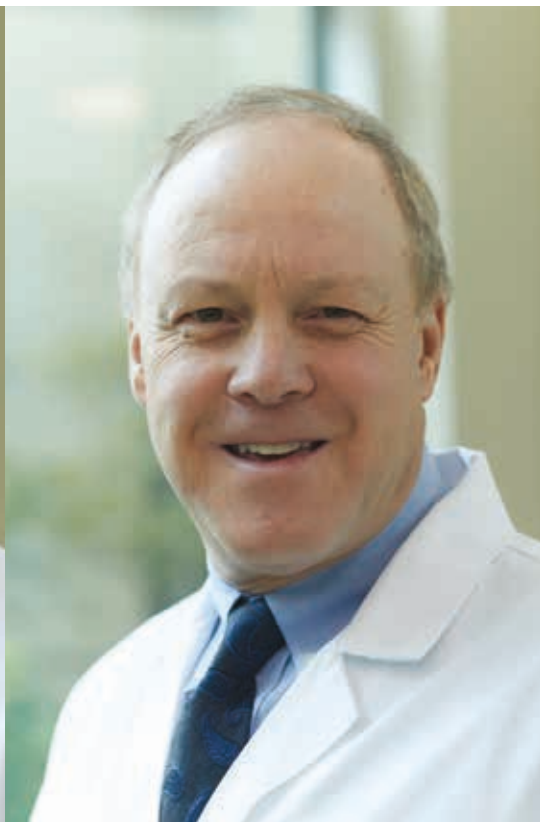
Dr. Mary Jane Brown



Dr. Ray Johnson



Dr. Frank Louthan



Dr. James Polinar



Dr. Awais Javed



Dr. Mike Jordan

CHALLENGES WHEN PROFESSIONAL AND PERSONAL LIVES COLLIDE

By Lorie Day, MSN,
RN, CPHT, LNC



New York, Georgia, Utah, California, and Louisiana:
These are all places that I personally traveled to in the fight of COVID-19, since the beginning last year.

Many of us in the medical profession ran towards the sick when others ran away, because that's what we do. We have to put on a brave face, which is easy for many of us. We are used to sacrificing for others to protect human life. We exemplified this when we were in school; we missed events and time with loved ones. We did it for the professions we chose to serve in. We knew sacrifice before, and we know it more intimately now.

I have to get vulnerable for a moment. I felt as if I was fighting someone else's battle until it hit home. My uncle recently died from Covid, and I felt like I had failed. I know I could not have made a difference, even if I had been his nurse. Yet somehow, I just felt defeated. The temptation to walk away and quit nursing was incredibly strong. I lost friends in Iraq, but the temptation to quit serving didn't surface then. The battle was within my heart, and it was not something I could partition like I do with the loss of so many patients. I almost let myself give up. ALMOST. My uncle was a Vietnam-era Navy veteran and also served 33 years with LAPD. He would have never given up, so neither will I.

In our various fields of service, we have learned how to turn our emotions off so that we can push through the shift and treat our patients, regardless of what we encounter (burned children, horrific assaults, the worst of humanity, etc.). We partition our emotions, and, sometimes, that partition is difficult to remove. It is our duty to remain resilient. We must recognize what we are experiencing, and it is essential that we go through it. We cannot let ourselves give up because we have faced difficulty. We are medical professionals, and so many rely upon us for our bravery and strength.

One of the reasons I started a consulting business is to help more patients, nurses, and clients. This has been a very rewarding and healing shift for me as I am now able to reach more people and give a positive impact with a wider range.

I still work in the ICU, as that is important to me and a part of my calling. However, seeing how much more I can help by bridging the gap between the medical and legal fields, I cannot be more grateful to have found this profession. ✱

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Biological Dentistry, also known in some circles as **holistic dentistry**, is the equivalent to functional medicine as its goal is to get to the cause of your oral health issues. It is also termed Bio-compatible or Bio-mimetic dentistry. These names are synonymous and interchangeable. As we now know, thanks to The Harvard Medical School, inflammation is **DIRECTLY -LINKED** to the condition in your mouth. This means that **ANY ORAL INFLAMMATION** begets chronic inflammatory mediator release in **ALL** of your other organ systems. This is a **VERY BIG DEAL**, and is why we are so concerned with any infections that may be present in your mouth!!

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Ambulatory Anesthesia: Patient-Centered Care



Jenny
Dhingra, MD
Scope
Anesthesia

Recent advances in both anesthesia and surgical technique have led to the growth of ambulatory surgery. Presently, around 70% of surgical procedures performed in the U.S. are on an outpatient basis. This number will continue to increase with a focus on more orthopedic, neurological, and cardiac procedures through the 2020s. This expansion will drive growth in the ambulatory perioperative space and create opportunities for associated allied healthcare providers.

A greater emphasis is now placed on making the patient part of their perioperative experience. This paradigm shift has brought our attention and focus to providing goal-oriented patient care. Part of this process involves taking into consideration the beliefs, values, and perspectives of the patient while keeping

in mind the safety and their understanding of ambulatory perioperative care.

An effective ambulatory practice is one that understands that it should provide high-quality, high-value, and highly efficient services to our patients. In contrast to inpatient care, the ambulatory setting presents a different challenge to physicians and patients. Time is of the essence as patients come in contact with several healthcare providers on the day of surgery. The ambulatory setting also encourages us to come up with an individualized thoughtful anesthesia plan, which will directly affect their recovery period. Keeping in mind the patient's rapid recovery, same-day discharge, and ensuring the patient can be safe at home are carefully thought for when patients arrive for same-day surgery.

Successful completion of a surgical procedure is a multistep process. It begins with the patient selection process and their understanding of the ambulatory experience. Having these conversations in advance provides the patient with the education, the expectations, and has been shown to reduce anxiety on the day of surgery. These preoperative assessments help identify the patient's suitability for outpatient surgery, delineates associated risks, and helps optimize risk reduction. Having this aligned has reduced the number of

same-day cancellations, "no-shows," and decrease unplanned hospital admissions.

To optimize outcomes in the ambulatory space, patients, especially with several comorbidities, would benefit from a thorough preoperative evaluation. Prehabilitation not only enhances patient outcomes but reduces the number of same-day cancellations. All patients are then reviewed by the facility's pre-operative screening team which includes anesthesia providers to ensure that they will receive the safest care.

The collaboration in the perioperative space has allowed for surgeries such as robotic procedures, total joint replacements, and spine surgeries to be done in an outpatient setting. As the list of procedures has grown, so does the expectation to perform these on patients with increasing comorbidities. Advances in surgical and anesthesia techniques have contributed to decrease opiate consumption, decrease post-operative nausea and vomiting, and decrease the length of stays.

As we look into the future, the increase in patient and procedure complexity will grow in the ambulatory setting. To optimize the patient's status, a multimodal and prophylactic approach with efforts from everyone in the patient's care will allow for the best care to be provided to them. 📧

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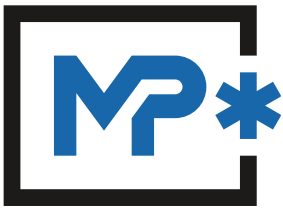
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