

API Connection

API BRG Quarterly Newsletter



October - December 2022 | Issue 10



Happy Holidays

UPCOMING EVENTS

October 20 - Diversity Week celebration (Time-TBD)

October 26 - Diwali Celebration @ CUH Pavilion 11am-2pm

October 27 - Navigating the UTSW Workplace Series Noon-1pm

November 3 - Holiday Social 5pm - 9pm

IN THIS ISSUE

- Upcoming Events
- In Focus
- Member Spotlight
- Recipe Corner
- Wellness Tips
- Membership Update

IN FOCUS



Ever wonder how a particular holiday tradition started or who started your own family's holiday tradition?

Each culture has its own holiday traditions and each family has its unique way of celebrating the holidays. This holiday season, email us your family or your favorite holiday tradition, and we will share it with API BRG members.

Email: AsianPacificIslanderBrg@utsouthwestern.edu

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Some of the best holiday traditions are the ones we have kept from our own childhood!

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Diwali is celebrated by dressing in colorful traditional clothing, lighting the inside and outside of homes with rows of lamps or other lights, and fireworks. There is also prayer service, a large traditional feast with friends and family, and a gift exchange.

SUNIL

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At each extended family Christmas party, someone (dad/uncle/cousin) was nominated to dress up as Santa, who'd duck out of the party and return in full Santa costume, ready to pass out gifts. We loved this as kids, waiting for our name to be called, especially those who believed it was the real Santa. Still a fun tradition to continue, now that we are adults and have our own kids!

CHRISTINE

MEMBER SPOTLIGHT



DHANYA RENJITH
Nurse Anesthetist

1. What do you love about working at UTSW Medical Center?

What I love about UTSW is that we have a talented team of employees that always prioritizes our patients. I work as a Nurse Anesthetist in the operating room, and I thoroughly enjoy the teamwork we share to provide the best care to our patients. I also love the vast amounts of learning opportunities that UTSW provides which helps me advance my knowledge and skills as an Anesthesia provider.

2. What is the best advice you have ever received?

Always be prepared for the worst-case scenario with plans A, B,C. An unprepared Anesthesia provider or an overly confident anesthesia provider is the most dangerous Anesthesia provider.

3. What is your career path at UTSW? How many years have you been with UTSW?

After graduating with a Bachelor's in Nursing Degree from College of Nursing, Government Medical College, Kottayam, India, I worked as a Cardiovascular ICU nurse at Escorts Heart Institute and Research center, New Delhi for 2 years. I moved to the United States in 2006 and continued to work as a Cardiac Surgical ICU nurse at Cedars Sinai Medical center, Los Angeles. I also worked as a float ICU nurse at UCLA Medical center, Los Angeles which helped me broaden my ICU skills. I graduated with a Master's in Anesthesiology from the University of Southern California in 2013 and worked as a Nurse Anesthetist at LAC+ USC Medical center, Los Angeles for almost 5 years. I started working at UTSW in 2018. I recently completed Doctorate in Nurse Anesthesia Practice from Missouri State University. I work in the main operating rooms at the Clements University building, but I am also involved in providing anesthesia at offsite locations. I primarily work with the Cardiac Anesthesia team which involves providing anesthesia for cardiac/electrophysiology/endovascular/ lung surgeries. I am also on the core team for ENT/ Head and neck surgery Anesthesia. I thoroughly enjoy precepting the resident nurse anesthetists rotating through UTSW by training them in the clinical setting, providing lectures, etc.

4. If you were in a mentor role, what advice would you give your mentee?

Always put your patients first.

Never stop learning about your ever-changing field. You hold a huge responsibility to every patient that puts their life into your hands. Learning keeps you updated and prepared.

You can never be over-prepared in Anesthesia. Hope for the best, but always be prepared for the worst. Be vigilant!!!!

Communicate with clarity and confidence.

Keep an open mind. Be open to criticisms. There is something you learn every day.

Do not hesitate to ask for help.

Stay humble.

Always be compassionate. You come across patients on one of the most vulnerable days in their lives, a little compassion goes a long way.

RECIPE CORNER

Leche Flan, a creamy smooth custard with caramel syrup, is a traditional dessert of the Philippines. This recipe prepares it in an Instant Pot and makes a sweet treat in less time so you can enjoy your holiday festivities.

Filipino Instant Pot Leche Flan

Prep Time: 10 mins

Cook Time: 55 mins

Refrigeration Time: 6-12 hours



INGREDIENTS

For the Custard:

- 8 Egg yolks
- 1 Can Evaporated milk (12 oz.)
- 1 Can Sweetened condensed milk (14 oz.)
- 1 Tsp Vanilla extract

For the Caramel Sauce:

- 1 Cup White Sugar

EQUIPMENT: Instant Pot or Electric Pressure Cooker, 6-inch aluminum cake pan, Blender or stick blender, Bowl, Fine mesh strainer, Small pan, Can Opener, Aluminum Foil, Trivet with Handles

DIRECTIONS

• STEP 1: CARAMEL SAUCE

- Put a small pan over medium-low to medium heat. Add in sugar and let it melt and liquefy. It takes about 12 minutes to caramelize, give or take. Do not stir as your utensil will become coated with hardened sugar. You can swirl the pan to promote even melting until sugar is a golden brown color.
- Set your 6-inch aluminum cake pan on top of the trivet. Pour the melted sugar into a 6-inch cake pan, and set it aside to cool while you make the custard.

• STEP 2: CUSTARD

- Separate 8 egg yolks from the whites. Put the yolks into a medium bowl.
- Add in evaporated milk, sweetened condensed milk, and vanilla extract.
- Blend using a hand blender or add all of the ingredients to a blender and blend until smooth.
- Pour the custard through a fine-mesh strainer into the cake pan with the sugar.
- Cover the cake pan with aluminum foil to protect it from the condensation coming off the lid.
- Pour 1 cup of water (2 cups if you have an 8qt Instant Pot) to the inner pot. Using the handles on the trivet, place the cake pan into the Instant Pot. Close the lid, lock, and set the toggle to "Sealing". Cook on Manual (or high pressure depending on your instant pot model) for 25 minutes.
- When the cooking time is done, do a quick release by turning the toggle to "Venting". When the pressure is released, open the lid and remove the pan.
- Cool in the refrigerator for at least 6 hours or overnight before serving.

• STEP 3: FLIP

- Remove the pan from the refrigerator, and then remove the foil. Use a plate or container larger than the pan that has a lip to contain the caramel sauce. Run a knife around the edge of the pan to help the flan release. Place the plate on top of the pan, and then hold the pan and plate together and flip it over. Pull the pan up and pour any remaining caramel sauce over the flan.
- Serve immediately and make sure you scoop up some of the caramel sauce when you get your flan.

WELLNESS TIPS



- Start taking a Vitamin D supplement to boost your mood and immune system.
- Get your flu shot and yearly check-up.
- Make some plans for the cold months to stay active.
- Moisturize to protect from dry skin and don't forget to put on sunscreen.
- Buy in-season food like beets, broccoli, cabbage, eggplant, kale, pumpkin, roasted squash, roots, and dark leafy greens.
- Prepare your body for the holiday season by taming eating habits or starting a new exercise routine.

MEMBERSHIP UPDATE

We want our members to be able to network, collaborate and learn from each other. If you are already a member of API BRG, we thank you for your support and look forward to connecting with you.

We also extend a warm welcome to the newest members of the API BRG. We are now 462 members strong!

CONNECT WITH US



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Know anyone that would like to join the API BRG?

Scan the QR Code to access and share the New Member Form to join. >>

(NOTE: Existing members do not need to complete this form.)

