

Innovations in Otolaryngology **Rady Children's** Hospital San Diego

Rady Children's - A comprehensive system focused solely on children.



PEOPLE

Dr. Bliss brings surgical expertise to vascular lesion center



Morgan Bliss, M.D., recently joined the Division of Otolaryngology at Rady Children's Hospital-San Diego. Her key role is participating in the Division of Dermatology's Vascular Lesion and Birthmark Center, alongside dermatologists, plastic surgeons, hematologists and radiologists.

As a member of this team, Dr. Bliss provides surgical treatment when needed and also works closely with interventional radiology to coordinate minimally invasive treatment of these lesions when possible. Outside of the clinic, she treats the full spectrum of pediatric otolaryngology disorders, including chronic ear infections, nasal obstruction, disorders of the throat and airway, and neck masses.

Her research focuses on complicated disorders of the head and neck. Most recently, Dr. Bliss submitted a clinical research grant for investigating lymphatic malformations. She has also received grant funding from the American Academy of Otolaryngology-Head and Neck Surgery Foundation for research on vocal cord function.

Dr. Bliss holds a Bachelor of Science in biology from Georgetown University in Washington, D.C., where she also earned her medical degree. She completed her residency in otolaryngology-head and neck surgery at the University of Utah Hospital, followed by a fellowship in pediatric otolaryngology at Lucile Packard Children's Hospital at Stanford University.



PROGRAMS

Rhinoplasty Clinic evaluates patients' quality of life

The Division's Rhinoplasty Clinic treats children and adolescents with nasal obstruction due to a deviated septum or congenital or post-traumatic nasal deformities. Surgery is performed by Shelby Leuin, M.D.

Symptoms experienced by individuals with nasal obstruction include difficulty breathing, snoring and sleep disturbances, headaches, sinus infections and exercise intolerance. In the adult population, it is well established that nasal obstruction has a significant impact on quality of life (QOL), and both septoplasty and septorhinoplasty have been shown to improve QOL in patients undergoing these procedures.

In children, however, these procedures are less commonly



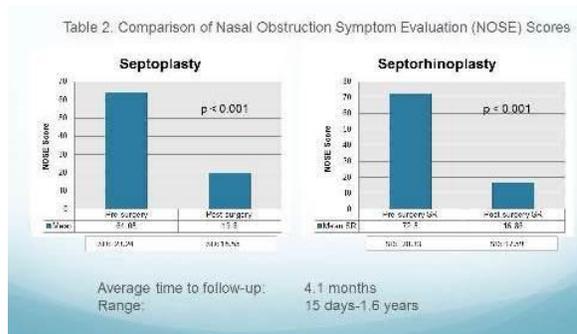
innovation
belongs in every moment



RESEARCH

performed, as they are delayed until the child has stopped growing. As a result, the effects of nasal obstruction on QOL before and after these procedures are far less known. To determine these effects, Dr. Leuin and her colleagues are conducting an ongoing study, using the largest population of pediatric patients to undergo the procedures. Patients are given a survey before surgery and at every post-op visit to rate symptoms; the scores are then used to calculate changes in QOL.

The results thus far mirror those of the adult population, showing an adverse impact of nasal obstruction on QOL as well as a significant improvement following both procedures. Dr. Leuin presented the findings at the American Society of Pediatric Otolaryngology's annual meeting last May.



RECOGNITION

Dr. Magit honored with prestigious Sylvan Stool Award

[Anthony Magit, M.D., M.P.H.](#), the Division's current fellowship director, received the 2016 Sylvan Stool Award for outstanding teaching and mentorship from the Society for Ear, Nose, and Throat Advances in Children (SENTAC). The award is named after one of the fathers of pediatric otolaryngology, Sylvan Stool, M.D.

Dr. Magit, also a clinical professor of otolaryngology at UC San Diego School of Medicine and director of UC San Diego's Human Research Protections program, was one of Dr. Stool's fellows from 1990-1992 at Children's Hospital of Pittsburgh of UPMC. This time period marked the development of clinical guidelines, and under the mentorship of Dr. Stool, Dr. Magit worked on creating a clinical guideline for otitis media.



Dr. Magit (left) receiving the award

Dr. Magit not only learned from Dr. Stool how to provide the best medical care, but how to care for patients and families with compassion. "So many times parents just want somebody to listen to them," Dr. Magit says. In teaching fellows at Rady Children's, he emphasizes the same humanistic approach to care.

Division builds research program, hires coordinator

The Division, under the leadership of [Matthew Brigger, M.D., M.P.H.](#), is conducting a wide variety of research projects and recently hired a research coordinator to consolidate the projects among various subspecialties. The coordinator is also streamlining the Institutional Review Board process.

Among the Division's planned research projects and those currently underway are:

- An investigation of the epidemiology of complex aerodigestive and sleep problems and the care associated with these conditions (Dr. Brigger)
- Outcomes for patients with complex sleep apnea, including those with Down syndrome ([Javan Nation, M.D.](#))
- Basic science research on laryngeal papilloma atosis, using cell lines to test different drugs ([Seth Pransky, M.D.](#) and Dr. Brigger)
- Clinical research on lymphatic malformations ([Morgan Bliss, M.D.](#))
- How septoplasty and septorhinoplasty in children affect their quality of life ([Shelby Leuin, M.D.](#)) See "Programs" story above.
- A cost analysis of complications for children with cochlear implants ([Daniela Carvalho, M.D.](#))
- A multi-institutional study on outcomes and surgery volume of pediatric thyroidectomy ([Wen Jiang, M.D.](#))
- Telemedicine's effects on patient outcomes ([Anthony Magit, M.D.](#))



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