

#GettingToKnowDOS—Dr. Kathleen Berfield



In this issue, *Surgery Synopsis* staff interviewed Dr. **Kathleen Berfield**, Assistant Professor, Division of Cardiothoracic Surgery.

SS: Do you have any hobbies or talents unknown to others?

KB: I have many hobbies I

aspire to do but one I actually do: puzzles—specifically 1,000 piece puzzles. **SS:** What are your favorite types of puzzles? **KB:** Anything really, but I have very specific rules when I do puzzles. For example, once I actually start the puzzle I can no longer look at the box. Another rule is the border has to be completed before starting on any inside sections. I also like to knit and am hoping to get back into winter sports and be a better snowboarder. A talent of mine that few know about is packing suitcases for trips. I'm not saying I'm an efficient packer but if you want it to fit, I'll find a way.



My two favorite things. Cats and Puzzles #livingthedream.

SS: What is your favorite book and why? **KB:** For light, entertaining reading I love the Harry Potter series. I feel like I would be very good at Harry Potter trivia! I tried reading the 8th book, “Harry Potter and the Cursed Child,” which is actually a play, but I couldn't get into it. **SS:** Do you like the movies? **KB:** Oh yes, I've seen all of the movies and really like them. I think they did a really good job translating from the books to screenplays, but obviously the books are better than their movies. I also really enjoyed “The Brothers K” by David James Duncan. It's about the dynamics of a family living in the Vancouver, Washington area.

SS: Who is your favorite author?

KB: I really like Tom Clancy. One Clancy book I read most recently was “Rainbow Six” but I've probably read more than half of his books. They're great vacation books. I enjoy them because there is always something going on, lots of pieces to the murder-mystery puzzle and it's fun to try and think ahead of the story's characters.

SS: What are the unwritten

rules of your work or life? **KB:** I value and place a lot of importance on integrity and attention to detail. I've been told I have a very high bar in terms of standards but I believe it goes hand in hand with being a good surgeon. You have to stay on top of everything.

SS: Which movie can you never tire from watching over and over? **KB:** A lot of them actually. I'm the type of person that when I work I need white noise in the background but it can't be something that would require my full attention or music so it's usually a movie. My husband would say its “Sense and Sensibility,” the version with Emma Thompson and Kate Winslet. When I'm working on a project that movie plays on repeat in the background. I will rotate through films with various projects. When I was in high school it was “Emma” and in college in was “Pride and Prejudice.” **SS:** Sounds like a Jane Austin theme. **KB:** [Laughs] Yes but also “Far From the Madding Crowd.” There's just something about those eras and the soft soundtracks that I don't find distracting.

SS: Who is your favorite musician? **KB:** I don't really have a favorite, I tend to skip around music genres. **SS:**

Which genres do you like? **KB:** I got into country in medical school, which I guess is a bit controversial as country music and Seattle don't blend well. Right now, if we're talking country music, I really like Eric Church. I also like the pianist Joep Beving. A patient recently requested Beving to be played during an awake surgery and it's very pleasant and beautiful. Generally to keep everyone happy, my O.R. playlist during surgeries plays random songs of contemporary hits, oldies, and everything in between.



Gus helping put together a puzzle from my trip to Iceland last June.

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My husband and I planned our honeymoon to Scotland around being able to take the train across the Glenfinnan Viaduct like the Hogwarts train in Harry Potter.

SS: If you were given a one-minute ad slot during the Super Bowl that you couldn't sell, what would you fill it with? **KB:** Something about animal cruelty or animal welfare. **SS:** Do you have pets? **KB:** I do, I am a total and utter cat lady which I have embraced over the past few years, especially since getting married. **SS:** Does your husband like cats? **KB:** He does now! [Laughs] Before we lived together he had never had a cat before, but they have definitely grown on him to the point where he says hello to them before he says hello to me. We had both dogs and cats when I was growing up and I would go back and forth questioning "am I a dog person or a cat person?" and I finally settled that I'm definitely a cat person who tolerates dogs. **SS:** Do you have a particular breed? **KB:** I have two, little tabby cats, well one little and one really fat one. I do have a favorite even though I know I shouldn't. His name is Gus, he's the younger of the two and he's a rambunctious orange tabby. I do love my other cat, Tilly, but I have to admit I have a soft spot in my heart for orange tabbies because we had them while I was growing up.

SS: What is your fondest childhood memory? **KB:** I don't really have a "fondest" memory. I had a really great childhood. I am very fortunate, I was adopted when I was 11 months old from South Korea. I grew up as an only child on Bainbridge and was involved in gymnastics, swimming, dance, horseback riding, so it was really a dream childhood. I'll tell you my least fondest memory: For some reason during a family vacation in Hawaii, when I was 4 or 5 years old, my two cousins who are about ten years older than I am were put in charge of me (which they absolutely shouldn't have been) and I remember I ended up stranded, alone and hysterical on a beach in Hawaii. My cousins told me they were going

to surf to Disneyland in California and taunted me by telling me they were going and I couldn't go because I didn't know how to surf. They paddled out so far that I couldn't see them on the water. I remember being absolutely devastated that I couldn't go too. I saw them at a recent family reunion and mentioned the story to them and they had no recollection whatsoever. We all had a good laugh.

SS: Tell us something about yourself that nobody knows.

KB: I actually had a pet magnet when I was little. His name was Magne. He was attached to a string and I would take him for walks and talk to him.

SS: Do you have a favorite travel destination or destination you'd like to travel to? **KB:** Italy is my favorite destination so far and I would really like to go back. I went to Italy in high school with my parents; it was a family trip so I'd like to go back as an adult. **SS:** What did you like about Italy? **KB:** The food! [Laughs]. I also like little things about the culture, like how they live in the moment, things aren't as rushed. I would also really like to travel to Norway during the winter to see the Northern Lights.

SS: What do you find inspiring? **KB:** I'm inspired by stories of selflessness. The little day-to-day things that



Tilly and Gus—one of a handful of times Gus was actually being nice to Tilly and they spontaneously cuddled.

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Enjoying our new (ugly) Christmas sweaters. Pictured with husband, Dr. Shane Morrison, (R4), Division of Plastic Surgery

people do to make other people's lives easier. When these types of stories or videos pop up in social media they make me feel good and remind me that there are good people all around us and that we all can be more thoughtful and generous.

SS: Do you have a favorite restaurant? **KB:** **Bar del Corso** on Beacon Hill. It's a really nice, neighborhood restaurant that serves delicious, rustic Italian dishes. Their wood-fire oven was featured in Food & Wine a few years ago. It's so good that it's super-packed on weekends and unfortunately they don't take reservations. It's our go-to for date night.

THIS OR THAT

- Hot or cold weather? **Cold**
- Sweet or savory? **Savory**—Crackers or chip? **Chips**
- iPhone or Android? **iPhone**
- Tablet or Desktop? **Desktop**
- Tea or coffee? **Coffee**
- Text or call? **Text**
- Cats or dogs? **Cats**
- Movie or book? **Movie**
- Mountains or beach? **Beach**
- Cardio or Weights? **Cardio**
- Big Party or Small Gathering? **Small gathering**
- Facebook or Twitter? **Facebook**
- Online Shopping or Shopping in a Store? **Online shopping**
- At a movie: Candy or Popcorn? **Candy**
- Pancake or Waffle? **Waffle**
- Movie at Home or Movie at the Theater? **Movie at home**
- City or Countryside? **Countryside**

Honors, Awards & Publications

Faculty

The UW Medicine Patients are First Reward & Recognition Committee and the UW Medicine Cares Award Committee at the University of Washington Medical Center commend and congratulate Dr. **Saurabh Khandelwal**, Associate Professor, Division of General Surgery, for being selected as one of the Spring 2018 Cares Award provider recipients. This award is based on UW Medicine's Service Culture



Khandelwal

Guidelines, which are: *respect privacy and confidentiality; communicate effectively; conduct myself professionally; be accountable; be committed to my colleagues and to UW Medicine.*

The nomination for Dr. Khandelwal reads:

"Dr. Khandelwal is a dedicated and compassionate provider whose attention to details and follow through saved my life. I work here, but I am also a patient. I had a rare complication from weight loss surgery known as a Peterson's hernia a few months ago, and if it were not for his knowledge and encouragement when it was discovered, I might have delayed treatment even further for a surgery that requires

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