

ASA-Lifebox Resident Challenge Guide and Toolkit

ASA[®]
Charitable Foundation
American Society of Anesthesiologists[®]

lifebox
Saving lives through safer surgery
Resident Challenge

Welcome to the 2026 ASA-Lifebox Resident Challenge!

Thank you for stepping forward as part of a nationwide community of anesthesiology residents working together to make surgery safer worldwide. **Through this Challenge, residency programs across the United States unite to raise awareness and funds for safer anesthesia** — helping ensure that every patient, everywhere, receives safe care.

As residents, you understand better than anyone that safe anesthesia depends on preparation, teamwork, training, and reliable monitoring. Yet millions of anesthesia providers around the world work without access to the tools considered standard of care in U.S. operating rooms, including pulse oximeters and capnographs.

Your participation directly helps change that. This year, **we are aiming to raise \$70,000**. It costs \$250 to supply a pulse oximeter, and \$1,000 to supply a capnograph. **Each device can keep over 1,000 patients safe each year.**



You do not need fundraising experience to succeed in the Resident Challenge. If you care about patient safety, you already have everything you need.

This toolkit provides:

- Messages you can copy and send
- Social media posts ready to use
- Event ideas that work
- Step-by-step guidance

Most residents spend less than 1 hour per week participating.

Together, we can close critical gaps in anesthesia safety.

The Challenge will run until October 18th at 11:59pm Pacific Time and we will celebrate together at the ASA Annual Meeting in San Diego.

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About Lifebox

Lifebox is a **global nonprofit dedicated to making surgery and anesthesia safer worldwide.**

Founded by leaders behind the WHO Surgical Safety Checklist — including Dr. Atul Gawande — Lifebox works in partnership with local healthcare organizations and providers to sustainably improve patient safety in low- and middle-income countries.

Since 2011, Lifebox has:

- Worked in **116 countries**
- Trained more than **14,000 healthcare providers**
- Distributed over **37,000 pulse oximeters**
- Supplied hundreds of capnographs worldwide
- Helped make surgery safer for **248 million patients**

Lifebox focuses on practical, high-impact solutions that save lives immediately while strengthening health systems long term.



Why This Work Matters

One third of human disease requires surgical treatment. Surgical care can treat conditions, from a lifesaving cesarean section or cancer treatment, to injury and infection.

Yet safe surgical care remains out of reach for much of the world.

Many hospitals lack basic monitoring equipment that anesthesia providers rely on every day to keep patients safe.

Lifebox works to close these gaps by providing essential equipment alongside training.



**5 OUT OF 7
PEOPLE**
LACK TRUE ACCESS
TO SAFE SURGERY

**4 MILLION DIE
ANNUALLY**
FROM COMPLICATIONS
ARISING FROM SURGERY

**HALF OF
THESE DEATHS**
ARE PREVENTABLE

The Smile Train-Lifebox Capnograph

Despite being universally mandated in high-income countries, **capnographs are nearly entirely absent from low-resources settings.**

The Smile Train-Lifebox Capnograph tackles this major gap in anesthesia safety by making available an affordable, user-friendly, high-quality device with sturdy construction and long battery life. The device meets robust specifications for the monitoring of both pediatric patients and use in low-resource settings.

Lifebox began working to close the capnography gap in 2023, and has **supplied over 520 devices across 26 countries to date.**

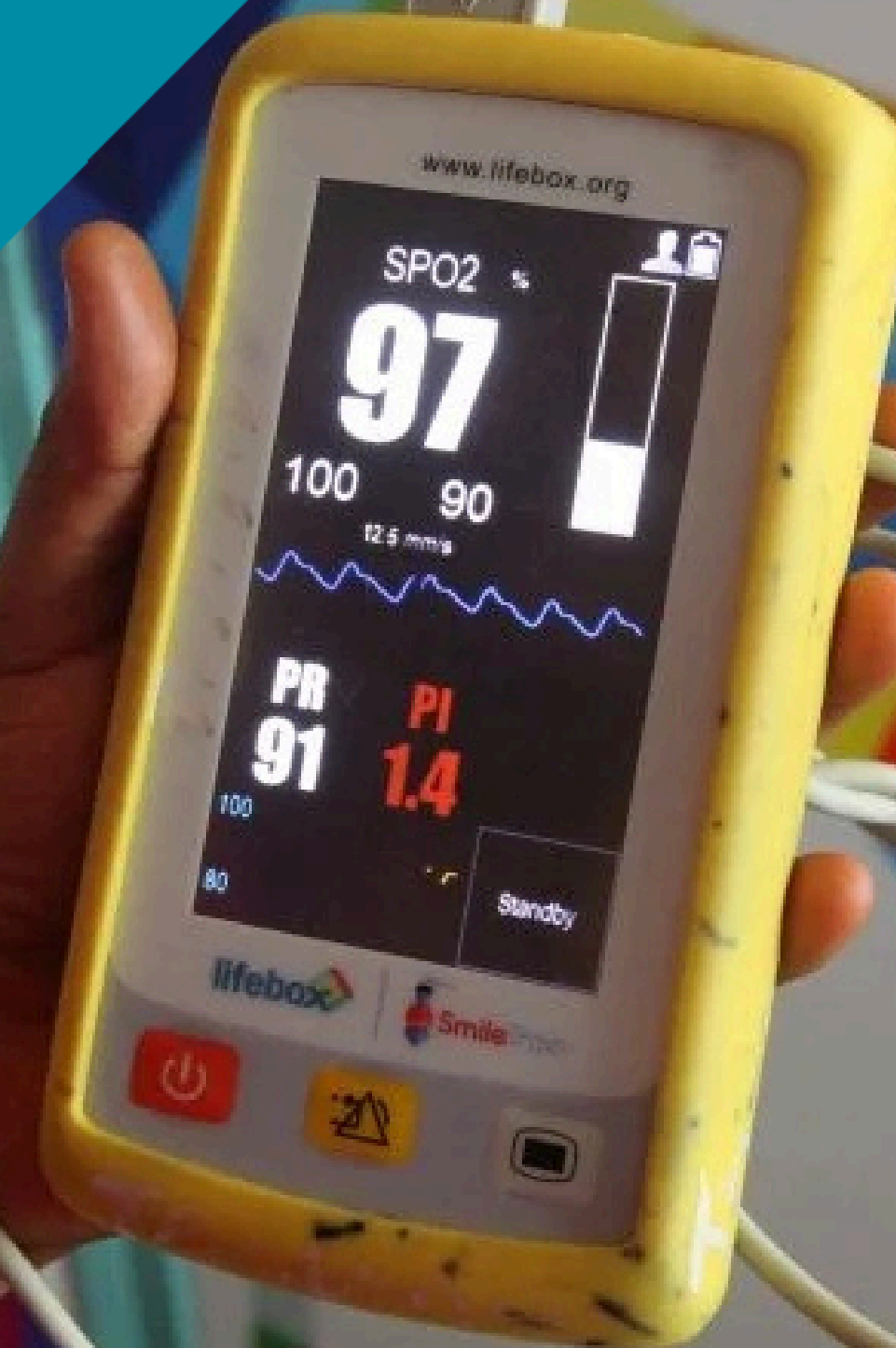


The Lifebox Pulse Oximeter

A pulse oximeter is a minimum standard for safe anesthesia.

Yet **operating rooms across the world still lack this essential device**—putting millions of lives at risk. Lifebox works to address this gap—distributing oximeters alongside training. Lifebox has **delivered over 37,000 pulse oximeters to date.**

The ASA-Lifebox Resident Challenge is one of the important ways we secure resources to help fund the provision of capnographs and pulse oximeters to the thousands of anesthesiologists in low- and middle- income countries, who lack access to these essential tools.



About the ASA-Lifebox Resident Challenge

The ASA-Lifebox Resident Challenge is a national peer-to-peer fundraising competition led by anesthesiology residency programs across the United States.

Residents work together to:

- Raise funds for Lifebox's global patient safety programs
- Increase awareness of global anesthesia safety
- Engage departments, alumni, and communities
- Build leadership and advocacy skills

Every program, regardless of size, can make a meaningful impact.

The Challenge is run in partnership with the American Society of Anesthesiologists (ASA) Charitable Foundation.

2026 Goal

Raise **\$70,000** for safer anesthesia worldwide.

Challenge Timeline

The Challenge runs through:

October 18, 2026 — 11:59 PM Pacific Time

We will recognize participating programs for their impact and leadership at the ASA Annual Meeting October 16-19, 2026.



Why Do Residency Programs Participate?

Participation in the ASA-Lifebox Resident Challenge offers:

- Recognition at the ASA Annual Meeting
- Opportunities to showcase program leadership
- Engagement in global patient safety initiatives
- Networking with anesthesiology leaders committed to safer surgery worldwide

Residents may include participation in:

- CVs
- Fellowship applications
- Academic portfolios

Participation demonstrates commitment to:

- Global health leadership
- Patient safety advocacy
- Professional development
- International collaboration



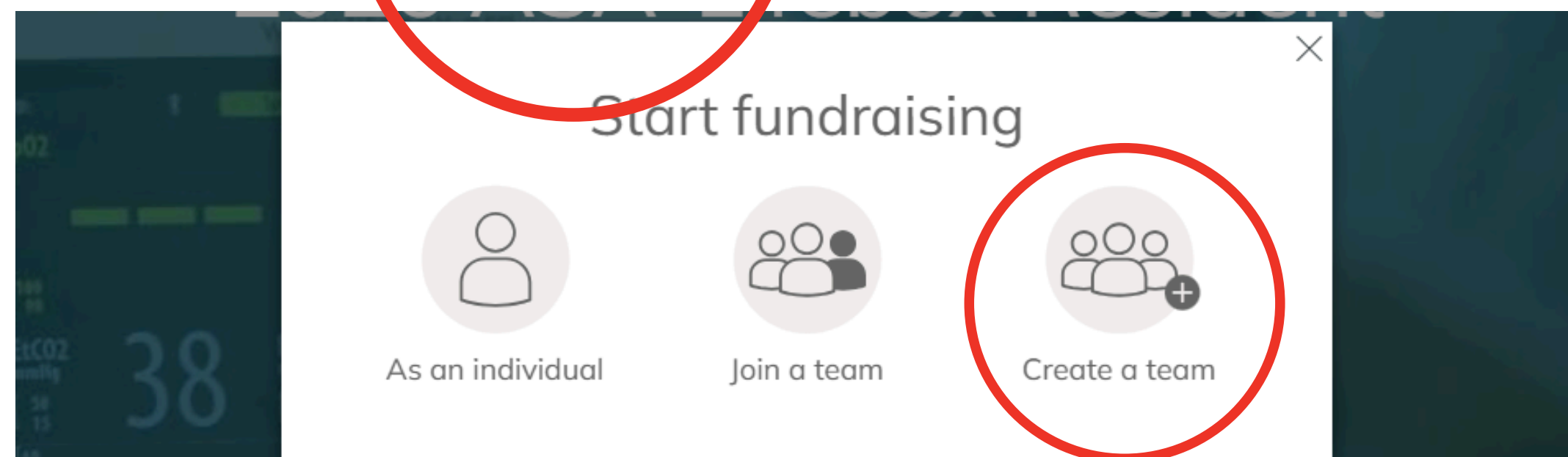
“Having such a large impact on thousands of patients worldwide as well as bringing my department together for a common cause was incredibly rewarding.”

-Dr. Brian Vaughan, Anesthesiologist and Associate Professor at the University of Cincinnati

How to Get Started in less than 10 minutes!

Step 1: Organize and Set Up

- Talk to your fellow residents, organize a team, and pick a team captain.
- Sign your team up on the [fundraising page](#)



How to Get Started in less than 10 minutes!

Step 2: Optimize your team page

Use the text provided or personalize it with this simple formula:

Why you care

“As anesthesia residents, we see every day how critical monitoring is to patient safety.”

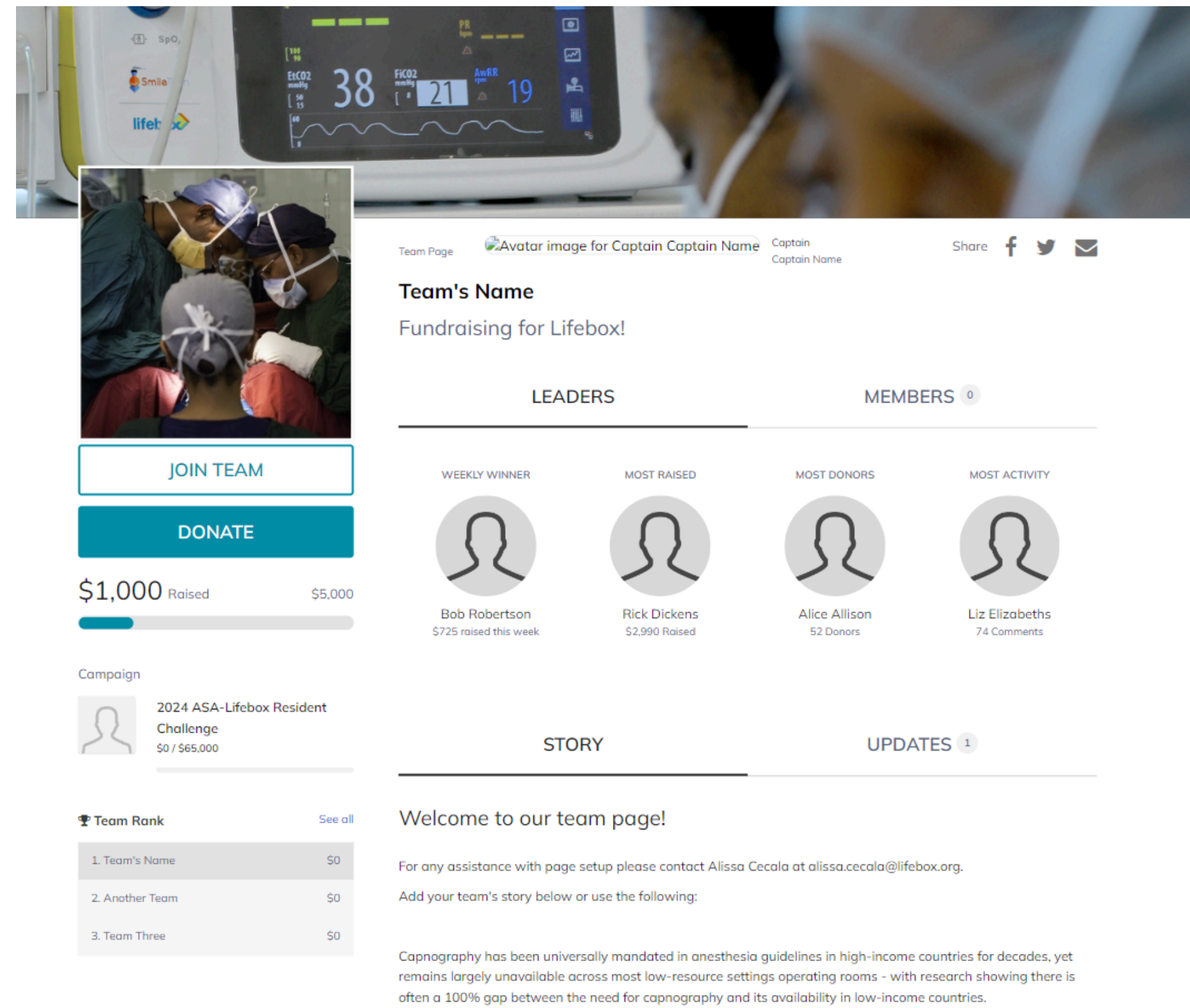
The problem





“Many providers globally lack basic tools we consider standard.”

The solution

“We’re raising funds with Lifebox to help close this gap.”
You don’t need perfection — authenticity matters most.

Tip: Add photos! Teams with photos raise significantly more than those without.




Team Page  Captain Captain Name Share   


Team's Name


Fundraising for Lifebox!


LEADERS MEMBERS 0

WEEKLY WINNER MOST RAISED MOST DONORS MOST ACTIVITY

 Bob Robertson
\$725 raised this week

 Rick Dickens
\$2,990 Raised

 Alice Allison
52 Donors

 Liz Elizabeths
74 Comments

STORY UPDATES 1

Welcome to our team page!

For any assistance with page setup please contact Alissa Cecala at alissa.cecala@lifebox.org.

Add your team's story below or use the following:


Capnography has been universally mandated in anesthesia guidelines in high-income countries for decades, yet remains largely unavailable across most low-resource settings operating rooms - with research showing there is often a 100% gap between the need for capnography and its availability in low-income countries.



JOIN TEAM

DONATE

\$1,000 Raised \$5,000

Campaign  2024 ASA-Lifebox Resident Challenge
\$0 / \$65,000

Team Rank See all

1. Team's Name	\$0
2. Another Team	\$0
3. Team Three	\$0

How to collect donations?

- Share the landing page or your team page with all potential donors.
- Supporters can click the “Donate” button and will be directed to the donation page.
- Ensure supporters insert your team on the donation page, so your team gets credit. If they forget to do so, contact [Alissa Cecala](#), and she will credit your team.
- **Supporters can also donate by check, donor-advised fund, through IRAs, and more!** Checks can be mailed to: Lifebox, 495 Henry Street #1001, Brooklyn, NY, 11231, and our EIN # is 46-2266526. Contact [Alissa](#) for more information.

Your gift helps save lives through safer anesthesia

Invest in Lifebox and contribute to saving patient lives every day. Your gift helps us deliver essential tools and training for safer anesthesia to those on the front lines of care in low resource settings across the world.

✓ One-time

Monthly

Choose a **one-time** amount

\$50

\$100

\$250

\$500

USD ▾

\$ Other

Dedicate my donation in **honor or in memory** of someone

Would you like your **employer** to match?

Would you like to credit this donation to a specific fundraiser or team (optional)?

Start typing to search fundraisers and teams

Your Information

First Name *

Last Name *

How to Fundraise Successfully

- Make a target donor list! We recommend asking anesthesia and surgical professionals at your hospital, your program staff, friends and family, and anyone else you know that cares about global health.
- Reach out to potential donors by phone, email, text, or in person. You can utilize these [email templates](#), [text templates](#), and [talking points](#).
- Share your fundraiser on social media using [these templates and graphics](#).
- Put up [flyers](#) wherever you can and set them out at your fundraising events.
- See if your department or a faculty member will support a matching gift to encourage more donations. Emails for this are included in the email templates.



Fundraising Tips

Fundraising is simply sharing something meaningful with people who trust you.

Start with people who know you

Friends, family, mentors, and colleagues are most likely to give.

Make it personal

Explain why safer anesthesia matters to you.

Ask directly

Clear asks outperform general awareness posts.

Follow up

Many donors give after the second or third reminder.

Say thank you

Gratitude builds momentum and encourages sharing.



Fundraising Events

Hosting an event is a great way to drive momentum for your fundraising.

Here are some of our favorite ideas:

- Pie in the Face Contest
- Profit sharing night with a local business
- Cook-Off
- Car wash
- Bake sale
- Walk-a-thon
- Tournament, like kickball
- Birthday fundraiser
- Dance off
- Film night
- Comedy night
- Obstacle course



Suggested Fundraising Timeline

- Week 1: Launch
 - Update team fundraising page
 - Send announcement email and social
 - Begin planning fundraising events
- Week 2-3:
 - Post educational social
 - Send out direct email and text asks
 - Ask top prospects in person
 - Secure a matching gift
- Mid-Campaign:
 - Send out follow up emails and texts
 - Post weekly or bi-weekly social
 - Promote match
 - Host any fundraising events
- Final Week
 - Countdown social posts
 - Final Push emails and texts



Templates and Tools

- [Flyer](#)
- [Email templates](#)
- [Text Message templates](#)
- [Social media templates and graphics](#)
- [Key messages/Talking Points](#)
- [Quick Start Fundraising Cheat Sheet](#)



FAQ

Are donations tax-deductible?

Yes.

What do I do with checks?

If someone wants to donate by check, that's great, we can handle checks! Please do the following:

Send Alissa (alissa.cecala@lifebox.org) a short email with Resident Program name, contact person, number of checks, name on the check, and amount. Checks can be mailed to:

Lifebox

495 Henry Street #1001

Brooklyn, NY 11231

How else can donors give?

Lifebox can accept donations for your campaign through Donor Advised Funds, retirement gifts, stock gifts, employer matching, and more. Donors may need our EIN # (46-2266526). See Lifebox's [Ways to Give page](#) for more information.

What if people give me cash?

Please convert all cash received to credit card donations, money orders, or checks. Please send the money order or check with the donor's name and donation amount to Lifebox to the address above.

If someone wants to join the Lifebox mailing list how can they?

Lifebox has a mailing list. [Here](#) is a link for signing up. Simply click "Join Our Mailing List" on Lifebox's "[Contact Us](#)" page, or if the person makes a donation online they can also select the "I'd like to receive communications from Lifebox" option.

Building a Resident Challenge Tradition

Many residency programs choose to make the ASA–Lifebox Resident Challenge an annual tradition — giving each class the opportunity to contribute to safer surgery worldwide.

Creating continuity helps your program:

- Build leadership experience across residency classes
- Strengthen community and shared purpose
- Grow fundraising success year over year
- Establish a lasting impact on global patient safety

Even small steps today can create a tradition that lasts for years.

Simple Ways to Build Continuity:

- Pass leadership to a junior resident each year
- Save event templates and email drafts
- Share results during residency orientation
- Celebrate participation publicly within your department

Suggested Timeline:

- Identify new resident captain at the end of the 2026 Challenge
- Begin early planning for the next Challenge in January



By participating in the ASA–Lifebox Resident Challenge, you are helping ensure safer anesthesia for patients around the world.

Your leadership as residents today helps shape a safer future for global surgery tomorrow.

Thank you for rising to the challenge.



Contact Information

Lifebox contact:

Alissa Cecala

Individual Giving Manager

alissa.cecala@lifebox.org