

MONITOR

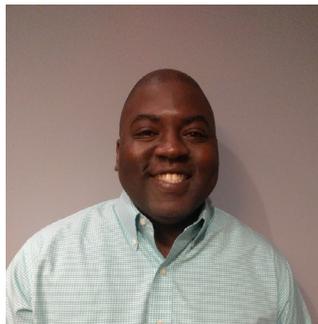


One Voice: Guiding, Protecting, & Serving Our Patients & Our Profession

SPRING 2018

MESSAGE FROM VANA PRESIDENT JERROL B. WALLACE, DNP, MSN, CRNA

The holidays are finally behind us and winter is just about over, although it continues to try and stay! With that said, it is time for us to spring into action to continue to make Virginia a great place to live and practice.



In January your President-Elect, **Myra Branch**, and I met with the rest of the leadership in Region 2 and shared ideas on the issues that affect our neighboring states and discussed ways we can partner to ensure that our practice stays strong in Virginia. Angie Mund continues to represent this region nicely and is a great resource for us to discuss our issues with the AANA.

The Legislative Summit we hosted in January during CRNA Week was an effective way to discuss how to talk to our state representatives. Ralph Kohl from the AANA came down and gave us an update from the AANA's perspective and what is on the horizon within the current government and how this will affect our practice. Michele Satterlund and Kassie Schroth gave us an update on legislation related to our practice. **Mike Black** and **Louise Hershkowitz**, both past VANA presidents, gave us great presentations on CRNA advocacy and the Joint Board of Medicine and Nursing. Both remain great assets to Virginia and our practice and continue to give back to make VANA strong.



VANA leadership gather during CRNA Week, held annually in January.

Reimbursement continues to be an issue in the Commonwealth of Virginia, specifically with Anthem. If you are not working in an independent setting, you may not realize this, but it is a problem that we have to come together and fix. If it impacts one CRNA in Virginia, then it impacts all of us. I have elicited the help of the AANA to try and resolve this issue, but we need more help. I would like to begin a task force to help solve this problem once and for all so that CRNAs in this state do not have to continue to be creative in the manner that they are getting reimbursed for the services that they are providing. For those who are willing to help, please reach out to me along with our State Reimbursement Specialist, **Stephen Blanchard**.

The District 5 Winter Workshop was a great success in Richmond with a nice turnout. There were great lectures presented by **Harold Barnwell, Laura Polliard, Coffee Bourne, Trent Walter, Corey Davis, Christian Falyar and Malcolm McConnell**. We also had the pleasure to listen to presentations from some of our SRNAs, which shows us that we will be in good hands when they graduate. Thank you all who were involved in making this workshop a success.

President's Message continued on page 2

IN THIS ISSUE

- President's Message page 1
- 2018 Virginia General Assembly: Session Recap page 3
- AANA Mid-Year Assembly page 4
- CRNA - PAC page 5
- The Disease of Addiction page 7
- Calling All Future VANA Leaders page 8
- Communications Update page 9
- Mark Your Calendar page 9

President's Message continued from page 1

Mid-Year Assembly (April 21-25) is right around the corner and we are anticipating a great turnout. This is a great meeting to let you know about the legislative process and how it affects our practice. Those who have aspirations to pursue positions at the state and/or national levels would benefit from this conference. If you are not available that weekend but want to experience the atmosphere, the Rally on the Hill will take place April 24 from 8-9 am, followed by Capitol visits that day and on April 25. Our Federal Political Director, **Amanda Hill**, has done a great job getting us ready for these visits and there is still time if you would like to join us.

I am excited to inform you that the transition to our new website has been going well and should be up and running late this spring. It is VANA's goal to give you an updated and robust website that will focus on membership and give you the resources that you have requested to make your navigation easier through the site and broaden our methods of communication. We want our website to be the premiere access point for VANA members to find information that affects your practice and offers you the support you need. Now more than ever we are looking for a Communications Chair and other volunteers to help make this website effective.

We are headed into the election cycle for VANA and I would like to make another plea for individuals interested in becoming part of the VANA board. There are hundreds of great CRNAs in this state and would be an asset to this board and our practice. Please consider contributing a few hours of your time to continue to move our organization forward.

Please enjoy the warm weather (when/if it gets here!) and please continue to send us names and pictures of those CRNAs that continue to do great things in Virginia to be recognized.



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2018 VIRGINIA GENERAL ASSEMBLY: SESSION RECAP

By *Cathy A. Harrison, DNAP, MSN, CRNA, Government Relations Committee (GRC) Chairperson*
narync1972@aol.com

The 2018 General Assembly has finally ended. VANA's government relations team, in conjunction with our lobbyists, Michele Satterlund and Kassie Schroth, were ever vigilant and closely watched all introduced legislation to ensure VANA's interests were not impacted and that VANA had a seat at the table in discussing important health care matters.

One bill of particular interest to CRNAs is House Bill 793, which can be found [here](#). House Bill 793 seeks to loosen the practice agreement and supervision requirements for nurse practitioners (other than CRNAs or CNMs) by creating a pathway towards more independent practice. Under the legislation, which as of this writing has not been signed by the Governor, the requirement for a practice agreement is eliminated for those NPs who have five years of practice, provided they obtain a physician attestation. The physician must have been a party to the NP's original practice agreement and must have routinely practiced with the patient population in which the NP is certified/licensed. This is a good step forward and VANA will continue to monitor the progress of this legislation.



Cathy Harrison, chair of GRC, talks with Governor Ralph Northam at a political action committee event on March 27.



VANA's Legislative Reception was held January 24 at the Hilton Richmond Downtown.

Legislation seeking to license CAAs was not introduced in the 2018 General Assembly. Again, we want to applaud the outstanding effort put forth by the Access to Care Team and others who participated in the open forums and letter writing campaigns to the Department of Health Professions. These efforts truly made a difference! However, our work is not done and we anticipate legislation will be introduced in the 2019 General Assembly. We will be reaching out to you to discuss what you can do between now and then on this issue.

The VANA Legislative Summit was held on January 24, 2018 with the largest attendance in five years. Senator Glenn Sturtevant and Senator Dance's Legislative Assistant, Niyah White, were speakers along with Mike Black, Cathy Harrison, Michele Satterlund, Kassie Schroth and Ralph Kohl. Thanks to all of you who participated.

The GRC along with the VANA Board of Directors will have a strategic planning meeting on April 28th to focus on the future of CRNAs in Virginia and the steps that will need to be taken in order to protect their practices. Please watch your emails for updates as we move forward – your help will be needed!



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AANA MID-YEAR ASSEMBLY

By *Amanda Fenn, VANA Federal Political Director*
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Fast approaching is the AANA's Mid-Year Assembly, scheduled for April 21-25, 2018. Held yearly in Washington D.C., this meeting is an enthusiastic gathering of CRNAs from all over the country who are committed to furthering our profession and helping our communities by communicating with our lawmakers and educating them face-to-face in our nation's capital. This is our yearly opportunity to gather together to approach our Senators and Congressmen in groups and show them our numbers, our professionalism, and our care for our communities. It's our chance to educate them about our profession. It's our chance to allow our elected officials to put a face and a name to a job title, and to let them know what we can do to help their communities, which are also our own.

This meeting is also a fantastic opportunity for networking and professional development. Whether you are a student or a seasoned CRNA, Mid-Year Assembly attracts individuals who truly care for our profession from all 50 states who are wonderful resources. It's an empowering experience to talk to our lawmakers about issues affecting nurse anesthesia and healthcare in general. You CAN make a difference! Mid-Year assembly is, in my own opinion, perhaps the most important meeting the AANA holds each year. We would love to see you there, even for a part! Feel free to contact me with any questions.

Virginia CRNAs gathered for 2017 Mid-Year Assembly in Washington, DC.



SAVE THE DATE



2018 ANNUAL FALL CONFERENCE

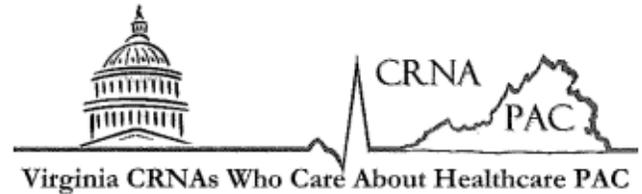
October 12 – 14, 2018

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Featuring a cruise on the Spirit of Norfolk. Join us for dinner, drinks & dancing!

CRNA-PAC, VIRGINIA CRNAs WHO CARE ABOUT HEALTHCARE: VITAL TO OUR PROFESSION! A MEMBER'S PERSPECTIVE

By Dr. Stephen J. Blanchard, DNAP, MSNA, CRNA
dreamworksinc@me.com



Arguably, CRNA-PAC, Virginia CRNAs Who Care About Healthcare is one of the MOST important entities to support our professional organization. Its only function is to advance the practice of nurse anesthesia in the Commonwealth of Virginia. You may think the money isn't well spent or maybe it's not being used for anything you personally find important. However, whether you like it or not, politics and politicians

play a major role in deciding who's going to play in the game and who's going to sit on the bench; who's at the table and who's on the outside looking in. It's the harsh reality of professional practice and one that **every** member in our association should be willing to acknowledge. Just look at the recent successes of the nurse practitioners. Do you think that success was realized because their membership didn't get involved, didn't contribute to their PAC? Absolutely not. But alas, the numbers indicate differently for CRNAs. With only 6 percent of CRNAs contributing to CRNA-PAC, it's clear that CRNAs in Virginia have not embraced the importance of being able to compete in the political arena. Did you know that VSA is trying to bring in AAs into Virginia to take your job? How do you think our association is going to challenge this unnecessary and obvious political move when only 6 percent of the membership is willing to fund the effort?

FACT: To date ~94 % of the VANA membership has chosen NOT to contribute to our state level CRNA-PAC.

Each year, I am befuddled by the shockingly LARGE percentage of members that choose NOT to contribute to our national or state level PAC funds - one of the most important gestures a member can make to ensure that we, as a professional association, are at the table and not on the menu. I like numbers because they often speak for themselves, so here's some rough estimates for you to consider....

To date **~94 percent** of the VANA membership has chosen NOT to contribute to our state level CRNA-PAC. A remarkable 94 percent believe that there is ZERO intrinsic value in positioning our

professional association as a stakeholder in the political healthcare arena; that's ~1316 NON-CONTRIBUTING members out of the 1400 CRNAs that work in Virginia. That's only 91 CRNAs out of 1400 working in the state that supported our PAC.

Obviously, not everyone is working full-time. So, based on nationwide percentages, approximately 66 percent of CRNAs work full-time. In Virginia, that number is probably low but I'll use it as a conservative approach. Using this data lets crunch the numbers and reveal what is being left on the table....

1. The average income from NON-CONTRIBUTING full-time working CRNA is roughly \$178,000 annually.
2. There are ~833 full-time CRNAs (excludes part-time employment and the 91 contributing members)
3. ~833 (FT members) x \$178,000/yr = ~\$148,274,400.00 gross income or ~ \$96,378,100.00 after taxes. That is almost \$100 MILLION dollars in after tax revenue generated by Virginia CRNAs with not a single penny invested into the future of our profession!

FACT: Only 91 CRNAs out of 1400 working in the state supported our PAC.

CRNA-PAC, a Member's perspective continued on page 6

CRNA-PAC, a Member's perspective continued from page 5

YES...that's ALMOST 100 MILLION dollars generated by NON-CONTRIBUTING full-time working CRNAs after taxes...dollars contributed to CRNA-PAC? ZERO!

A donation of a \$250 amounts to a mere ~0.0014 percent of the average income before taxes and a mere ~0.0022 percent of the average annual income AFTER taxes. I find it difficult to believe that 96 percent of CRNAs can't afford \$250 a year; an annual income that places practicing CRNAs in the top 95th percentile of income earners in this country. Clearly, \$250/annually shouldn't be a financial burden on the far majority of our membership.

So, what is the primary reason for this lack of professional engagement? Is it apathy? I find it hard to believe, and it has not been my experience, that most CRNAs just don't care; I've never spoken to a CRNA that doesn't have an opinion one way or the other about our profession; where we are or where we should be. So, if "not being interested" isn't the obvious culprit, why are so many CRNAs unwilling to back their opinions up and make an annual contribution to the CRNA-PAC?

FACTS: Contributing to CRNA-PAC arms our organization with the weapons necessary to fight those who want to hold us back. It allows us to be at the table fighting the fight, face to face, instead of via the internet, postal service or emailing our responses. Sure, people's lives are complicated and our priorities will vary in both place and time. However, the fact that ~96 percent of the membership continually fail to contribute such a MINUSCULE amount of their annual NET income raises serious questions about how we are going to keep pace with our MDA colleagues; the same colleagues who are trying to limit your training, limit your practice, or just outright replace you in "their practice" with a lesser provider - an AA. And if you're not aware, the VSA is trying to do just that - bring AAs into Virginia to replace YOU in your job! This is not speculation, this is fact. Are you going to watch idly while it happens or are you going to donate just 0.0022 percent of your income to ensure that you have a job, that those who replace you are trained adequately, and that you and your family don't have to relocate.

FACT: If every CRNA contributed \$100/annually to CRNA-PAC, we would raise \$1.4 million a year.

The intention of this article is to provoke constructive dialogue and individual introspection on what each of us can do to help our community; our anesthesia community. My hope is that this will motivate some to reconsider their position on giving to our professional PAC a small amount that won't even be missed, yet will go a long way to ensuring that our leadership has an equal seat at the table; a face to face with the policy makers, and not just become an item on the menu. GIVE at least 0.002 percent of your income to CRNA-PAC; a mere \$250 dollars a year. If you can't, then try just \$100 annually. Imagine if every CRNA contributed \$100/annually to CRNA-PAC, we would raise

\$1.4 million a year - that's a game changer folks. **Do you want to be a game changer?**

FACT: Contributing to CRNA-PAC arms our organization with the weapons necessary to fight those who want to hold us back.

BE A GAME CHANGER TWO WAYS TO DONATE TO CRNA-PAC TODAY

1. **Pay by credit card:** Visit <http://virginiacrna.org/individual-pac-contribution/>
2. **Pay by check:** Fill out a PAC donation form, available at virginiacrna.org, and mail with your check according to the instructions on the form.

THE DISEASE OF ADDICTION: AN UPDATE FROM VANA PEER ASSISTANCE

By Phillip Noel, CRNA, Peer Assistance Co-chair
phillsue03@gmail.com

In our anesthesia community and society in general, there is skepticism about addiction being a disease. An addict is sometimes viewed as a person who is weak willed, morally corrupt, spiritually bankrupt, evil or just plain stupid. And this is where the problems begin. Our society conditions us in viewing an alcoholic as a dirty overweight middle aged person that lives on the street begging for money to buy more alcohol. A drug addict is viewed as an emaciated 20 something male with long stringy hair looking to steal something to purchase their next drug. These two descriptions do exist but only represent about three percent of the addicted population. Alcoholics and addicts are not bad people – just very sick people. Addiction is an equal opportunity disease. It affects all ages, gender, economic level, race and occupations.

Several unique things must happen in order for any illness to be classified as a disease, like addiction. It is imperative that all five be there.

The illness must:

1. Have specific signs and symptoms.
2. Have a predictable progression.
3. Have certain preexisting conditions that make them susceptible to the disease.
4. Have signs and symptoms that cannot be attributed to any other disease.
5. If left untreated results in serious health consequences or death.

Addiction fits every criteria. Every major health organization in the world recognizes addiction as a disease including WHO, AMA, APA and many others. The number one symptom of addiction is denial. It's the only disease that tells you that you don't have it.

There is treatment for addiction but you must be 100 percent certain that you have it for treatment to be successful. We here in VANA Peer Assistance want to help you. We offer 100 percent confidential help 24 hours a day 7 days a week. If you think you might have a problem with drugs and/or alcohol, are a concerned coworker, friend or family member or just have some questions, please contact us anytime at peerassistance@vana.org.

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STAYING ENGAGED LOCALLY

VANA groups its membership into districts based on geography. Find out your VANA district [here](#). District directors are a great first-line contact for all VANA members. Introduce yourself and get to know your district director today!



District 1 – Josh Rieke
joshriek@gmail.com



District 2 – Carolyn Connelly
calcordo@yahoo.com



Districts 3 & 4 – Jessica Ray
rayjc1@yahoo.com



District 5 – Gretchen Ritter
gritter@socket.net

CALLING ALL FUTURE VANA LEADERS: SUBMIT YOUR NOMINATIONS TODAY!

The Nominating Committee is composed of four elected members. One member from District 1, which encompasses Tidewater and the Eastern Shore, the Peninsula and parts of Williamsburg; one member from District 2, which encompasses Northern Virginia; one member from Districts 3 & 4, which encompasses South Western Virginia; and one member from Richmond and the surrounding area.

The Nominating Committee interfaces with VANA members and recruits members who have an interest in running for open board positions.

At this time we are looking for folks interested in running for President Elect, Vice President, District 1 Director and District 5 Director, along with four Nominating Committee members. Anyone interested in running for President Elect will have had to serve on the VANA Board within the past five years. Anyone who is interested in serving in any capacity can self-nominate by contacting any member of the Nominating Committee. Anyone who would like to run must be a member of AANA.

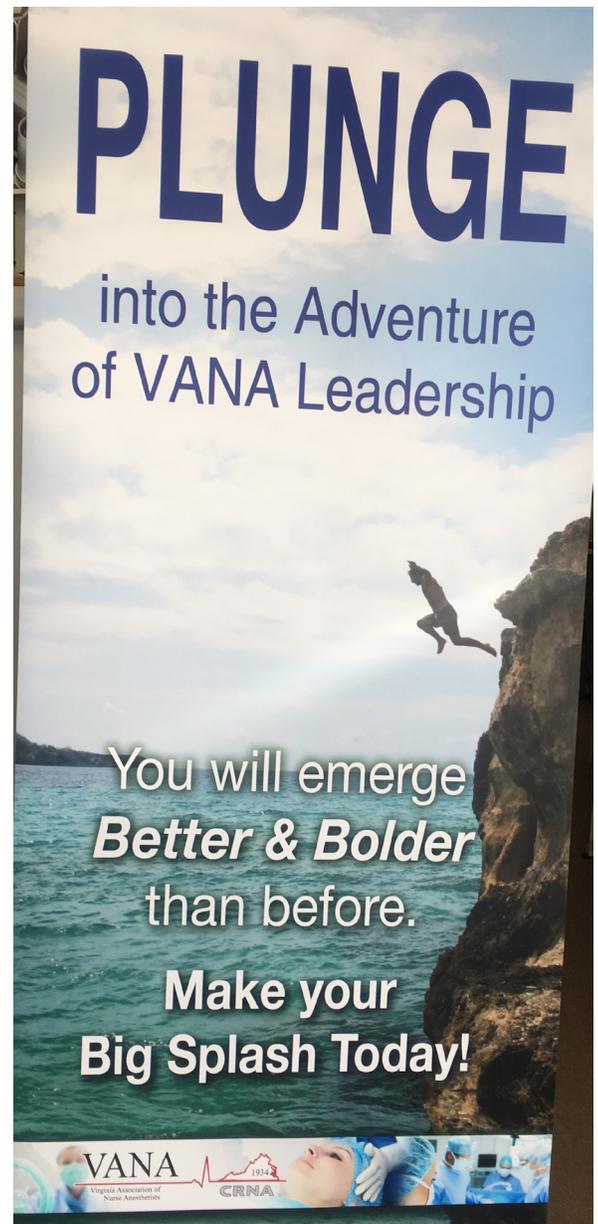
Here is your nominating committee. Contact us to get your name on the ballot.

- District 1 Linda Ferro
lindaferro@hotmail.com
- District 2 Nicole LaRocca
nlarocca@hotmail.com
- District 3 & 4 Vicky Klostermann
klostermanvc@vcu.edu
- District 5 Coffee Bourne
trinidad1112@yahoo.com

Another way to get involved is to join a VANA committee. Here is a list of committees that are looking for your involvement.

- Education and Programs
- Communications
- Government Relations
- Finance
- VANA Legislative Coalition
- AANA Foundation Advocate
- State Reimbursement Specialist
- VANA Federal Political Director
- CRNA PAC
- Peer Assistance

We look forward to hearing from you. Let's keep VANA going strong!



MEMBERS: VANA ELECTIONS WILL RUN FROM JUNE 11 TO JULY 2.

COMMUNICATIONS UPDATE

*By Patti Parolari, Vice President
crnaruns@aol.com*

Whether through email blasts, updates on our website or conversations at district meetings, VANA works hard to ensure that we stay in touch with all of our valued members. Over the next few months, our new website will be launched and we look forward to being able to provide even more opportunities for open-lines of communication with you. Another way to share information is through this newsletter – *The Monitor*. This quarterly newsletter reaches all of our members and includes important updates about our practice, including information on advocacy and legislative initiatives, as well as opportunities for you to get involved. If you're interested in contributing to our newsletter by either writing an article or submitting a photo, please contact me. We'd love to hear from you! Also, please continue to send me photos and other information to post on VANA's social media properties.



CRNAs celebrate graduation from Old Dominion University in December 2017.



The Nurse Anesthesia Class of 2017 graduates from Virginia Commonwealth University.

MARK YOUR CALENDAR

Visit the VANA and AANA websites to learn more about these upcoming events:

AANA Mid-Year Assembly

April 21-25, 2018, Washington, DC

VANA Leadership Retreat

August 4-5, 2018, Glen Allen, VA

AANA 2018 Annual Congress

September 21-25, 2018, Boston, MA

VANA 2018 Annual Fall Conference

October 12-14 2018, Virginia Beach, VA

AANA Fall Leadership Academy

November 9-11, 2018, Rosemont, IL

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