

THE OFFICIAL NEWSLETTER OF THE VIRGINIA ASSOCIATION OF NURSE ANESTHETISTS

MONITOR



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

FALL 2018

MESSAGE FROM VANA PRESIDENT MYRA K. BRANCH

Dear fellow CRNAs,

Thank you for the opportunity to serve as president. I have been a CRNA in the Commonwealth of Virginia for over 30 years. I live and practice in Northern Virginia. As CRNAs, we all know the struggles and barriers to practice. In assuming the position of president, my vision for VANA is to increase member engagement. The time has come for us to no longer simply be the “best kept secret” in the operating room and beyond.



CRNAs perform duties and responsibilities vital to the citizens of Virginia. Therefore, I challenge every CRNA in Virginia to get involved and advocate for our profession. Protect our profession by informing others who we are and what we do. CRNAs provide proven safe and cost-effective care. VANA needs **YOU** to be our “boots on the ground.” You are our best public awareness advocates. Protect our profession by being your professional best and adhering to best practices. During this election year, take the time to meet your delegate and senator ([click here](#) to find your representative), and introduce yourself as a CRNA. **Donate to Virginia CRNAs Who Care About Healthcare, or “CRNA-PAC.”** Your donations allow Virginia CRNAs to have a voice to represent you at legislative negotiations that impact your professional future.

I enjoyed getting to know and work with the 2018-2019 VANA Board of Directors, committee members, students and members who attended the VANA Leadership Retreat in August. Your enthusiasm, energy and creative ideas that resulted from the workshops have catapulted VANA forward. A heartfelt thank you to all who attended and for your willingness to serve.

The 2018 - 2019 Leadership Team includes:

President-Elect - Howard Goodwin
Vice President - Jean Snyder
Treasurer - Denise Tola
Past President - Jerrol Wallace
Director, District 1 - Josh Rieke
Director, District 2 - Carolyn Connelly
Director, Districts 3 & 4 - Jessica Ray
Director, District 5 - Tim Newell
Communications Committee Chair - Kimberley Van Alstine
Education & Programs Committee Chair - Adrienne Hartgerink
Government Relations Committee Chair – Jan Setnor
CRNA PAC Committee Chair - Diane Miller
Nominating Committee Chair - Coffee Bourne
VANA Representative Legislative Coalition of VA Nurses - Tom Watters
AANA Foundation Advocate - Cathy Harrison
State Reimbursement Specialist Co-Chairs - Robin L Fowlkes-Edmonds, Holly Price
VANA Federal Political Director - Cathy Harrison
Health and Wellness Committee - Patti Bright (chair), Phillip Noel, Michael Nosbisch (co-chairs, Peer Assistance)

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Student Representatives to the Board -

- VCU Abingdon** - Will Pierzala
- VCU Richmond** - Phillip Balzer
- VCU Roanoke** - Andrew Greene
- VCU NOVA** - Katie Freeman
- Naval Medical Center** - Alisen Rockwell
- Old Dominion University** - Jaclyn Beck

VANA'S SUCCESS DEPENDS ON YOU!

The Annual meeting is October 12 -14, 2018. This is an excellent opportunity to earn continuing education credits and network with fellow CRNAs. Come and hear AANA & VANA updates. Your support is needed - come and party with a purpose. The first "**VANTASTIC Voyage** PAC Fundraiser will set sail on Saturday night. Our lobbyists will be there to network with members. Let's make **#TEAM VANA - Virginia CRNA STRONG!!!**

Respectfully,
Myra K. Branch

COMMUNICATIONS UPDATE: STAY IN TOUCH WITH VANA

By Kimberley Van Alstine, Communications Committee Chair

Hello team VANA!

My name is Kimberley Van Alstine and I am the new board representative for communications. I am very excited about this role and the opportunity to contribute to team VANA! I have been a CRNA in the state of Virginia for seven years. I have been married over 20 years to an extremely supportive man and have three wonderful children. I live in Mechanicsville, which is right outside Richmond. I work PRN at a few area hospitals as well as practicing independently at several procedure suites and Ambulatory surgery centers.

I feel there are several key issues that need to be addressed by our profession and the best way to move forward is by joining together and presenting a unified front. So many of us face the same issues, good or bad, on a daily basis and we are bound together by our dedication and commitment to safe, quality care. In order to keep us all on the same page, we are going to be utilizing social media to get our messages and agendas out to all our members. In addition to communicating with our members, increasing our presence on social media sites like Facebook and Instagram allows us – teamVANA-- the opportunity to educate others about the importance of our profession to the medical field. There may come a time when we need the support of our friends and family to reach the goals we have set as an organization. So please --as you get invitations or links -- join and like and post and share. And encourage your colleagues, friends and family to do the same!

We are in the process of redesigning the website. As a board we recognize that the old site is not user-friendly. So that we can make this site better we have developed a survey that will be coming out via email. Please take five minutes and fill out the survey. We have tried to make it a quick and easy way for you to share what you'd like to see in the new team VANA website. As an organization we want to meet your needs -- so help us help you!

The current board has also changed the acronym for PAC. It is now Protection, Advocacy, Community. We hope that every member of VANA adopts a compulsion to help PAC funding. There are several different ways to donate to the PAC. You can visit the current website and [donate online](#), or you can come out and cruise on the Spirit of Norfolk, a grand feature at the 2018 Annual Fall Conference this Oct 12-14.

Please don't forget to mark your calendars for Lobby Day, Wednesday, January 23, 2019. This is a wonderful way to get face to face time with our state legislators!

DON'T MISS THE 2018 VANA ANNUAL FALL CONFERENCE!

By Adrienne Hartgerink, Programs & Education Committee Chair

Our VANA Fall Conference is October 12-14 at the Hilton Main in downtown Norfolk. Attendees will have an opportunity to earn up to 20 Class A continuing education credits over the two and a half day program. There are two exciting pre-conference workshops that are four Class A CEs each. Both the Epidural and Spinal workshop on Friday morning and the Difficult Airway lecture on Friday afternoon will consist of two hours of lecture and two hours of hands on practice. Saturday is a full day with eight hours of highly sought-after speakers including our AANA incoming President Garry Bridges. We will also have our VANA annual business meeting and the chance for you to meet your incoming VANA BOD. Saturday will culminate with our first ever CRNA-PAC cruise on the Spirit of Norfolk. Don't miss this time to have fun with your colleagues from across the state and also support your PAC. The conference will finish with four hours of equally excellent presentations on Sunday. In addition to the awesome line-up, we also have 21 vendors for you to visit and we could not put on this conference without their support. If you are already registered, we look forward to seeing you. If you have not registered, please consider this conference opportunity! It is going to be epic!

You can view the meeting agenda [here](#) and register [here](#).

CRUISE WITH VANA AT THE ANNUAL FALL CONFERENCE & SUPPORT THE CRNA-PAC

By Diane Miller, PAC chair

Virginia CRNAs Who Care About Healthcare, the Virginia CRNA-PAC, is hosting a fundraising cruise Saturday, October 13, 2018. It is our first venture into a fun-filled event that allows Virginia CRNAs the opportunity to network and support a worthwhile cause. Virginia CRNAs Who Care About Healthcare is a PAC that supports only Virginia CRNAs. It is not a federal PAC. It is a state PAC. Our PAC is dedicated to the non-partisan support of state legislators that support your practice rights. We welcome you on the cruise even if you are not attending the conference. Help us to help you!

Your Virginia PAC is also in the midst of a fundraising drive. We are encouraging every CRNA in Virginia to donate to our PAC. No donation is too small. You can donate by visiting our website virginiacrna.org and clicking on the PAC link. Since August 9 we have had 42 donors. 42 of your colleagues recognize the value a PAC gives – protecting your practice, denying AAs the ability to practice in Virginia, fighting efforts to diminish your income. Only 42 CRNAs out of 1400 have taken the time to say that being a CRNA is important. Please stand up and be counted.

See you on the cruise!!



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Visit our website to view our current opportunities:
www.mednax.com/careers



[Register for the Annual Fall Conference here.](#)

A NEW COMMITTEE: VANA HEALTH AND WELLNESS

By Patti (Bright) Parolari, Health and Wellness Committee Chair

With the start of our new VANA year comes a new committee. For years, the AANA recognized that CRNAs are really great at taking care of their patients but sometimes aren't so great at taking care of themselves. The AANA has challenged each state to form a Health and Wellness Committee. The VANA Board of Directors has answered this challenge.

Starting at the ground floor, this committee will work hard to provide you (our members) with information that is relevant to helping to recognize stressors that can impact your overall wellbeing. We will offer tips on how to deal with stress, offer ways to get or keep you moving, a real look at healthy eating, and healthy ways to deal with conflict. As CRNAs we are bombarded with much information and have so many distractions. It is the hope of our committee that we can deliver pertinent information in a way that you will find useful. The thought is we will provide opportunities at our state and district meetings to get us out of our seats. We want to be an active committee.

Now is a plea to consider joining us. We need members who have an interest in wellness. This is a great opportunity to contribute to our profession by using your interest to form a vital committee. The AANA has numerous resources, which we can use. We need to put our heads together to get the message out to our members that being a CRNA while very rewarding can be the stressful and to be a great provider we need to make sure we are healthy.

Interested? Please contact: Patti Parolari at crnasrun@aol.com or 757-319-2104.

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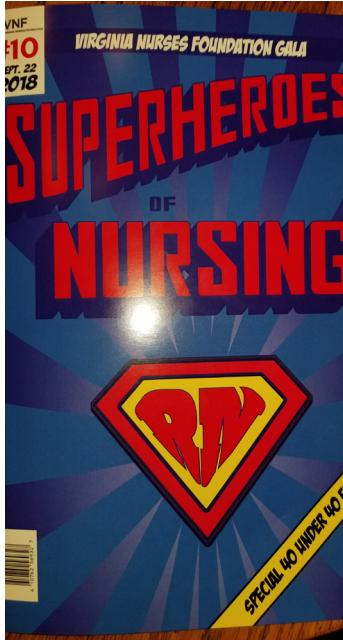


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EOE/A. Women, minorities, veterans and persons with disabilities are encouraged to apply.
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VANA MEMBER NEWS

On Saturday, September 23, 2018, Coffee Bourne, DNAP, CRNA was honored as one of the 40 Under 40 Nursing Leaders in Virginia. Friends and family members attended the event in order to celebrate the first CRNA to be selected for the award.



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A photograph showing a medical professional in blue scrubs and a surgical mask performing intubation on a patient who is lying on an operating table. The professional is holding a video laryngoscope device. In the foreground, the video laryngoscope device is shown separately on a blue surface.

**THE
RECOGNITION
CRNAs
DESERVE**

WVU
Medicine.

A photograph of a female healthcare professional wearing a white coat, glasses, and a stethoscope around her neck. She is looking down at something in her hands. To her right, there is a yellow graphic with the text "THE RECOGNITION CRNAs DESERVE" and the WVU Medicine logo.

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1. Su YC, Chen CC, Lee W, Lee JY, Lin CJ. Comparison of video laryngoscopes with direct laryngoscopy for airway management: a meta-analysis of randomized trials. *Eur J Anaesthesiol*. 2011;28(11):788-795.

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DISTRICT NEWS ROUND-UP

DISTRICT 1

Hello friends! I hope you have all enjoyed the summer and had a chance to spend time with friends and family. I certainly have, but now it's time to get back in the groove.

District 1 members will be close by the upcoming state meeting in October at the Hilton in downtown Norfolk, and I look forward to seeing you all there for a great weekend of continuing education and reconnecting with CRNA friends. Make sure you're signed up for the PAC event, sailing on the Spirit of Norfolk!

I am planning a free journal club/CE dinner event in early November, so be on the lookout for your invitation via email from VANA and flyers in your local break-rooms, as I will be sending details out very soon after the big October conference.

Save The Date: March 16th, 2019 we will hold our local District 1 Spring Meeting once again at the ODU Virginia Beach Center.

I look forward to seeing you all very soon. Please let me know if there is anything we at VANA can do for you or our local CRNA colleagues. There are always many resources available to those who



DISTRICT 1 DIRECTOR
JOSHUA D. RIEKE,
CRNA, MSN
joshrieke@gmail.com

DISTRICT 2

We have some upcoming events this fall, please put them on your calendar. We would love to see you!

- **Wednesday, October 3rd in Fairfax, VA.**

The Nurses Legislative Reception will be held in cooperation with the Virginia Council of Nurse Practitioners and other professional state nursing organizations. CRNAs will have the opportunity to meet Virginia candidates and discuss current healthcare issues. Details can be found [here](#).

- **Saturday, October 20th in Tysons Corner.**

Join us for PACtoberfest at Tysons Biergarten. \$25 for 2 drinks with each purchase \$5 goes directly to Virginia CRNAs Who Care About Healthcare, CRNA-PAC. This is a kid & dog friendly event. Bring your friends! Tickets can be purchased [here](#). VANA will have some appetizers to go along with the fun.

I hope to see you at these District Events. Please contact me at district2@virginiacrna.org with any questions.



DISTRICT 2 DIRECTOR
CAROLYN CONNELLY
district2@virginiacrna.org

STAY ENGAGED LOCALLY

VANA groups its membership into districts based on county of residence. Find out your VANA district [here](#).

DISTRICT NEWS ROUND-UP

DISTRICTS 3 & 4

This Fall will bring our annual [Districts 3 & 4 meeting](#) in Roanoke on November 10 at the Hilton Garden Inn. We will have topics of interest to everyone including pediatrics and obstetrics. It's also a great way to network and keep abreast of what is happening in the CRNA and VANA world. Come spend a day with VANA a little closer to home!



DISTRICT 5

In early August I took over the position of District 5 Director from Gretchen Ritter who has done a wonderful job. I'm looking forward to hosting events this fall. In early November we're having a family gathering at a brewery to help benefit the CRNA-PAC. It will be an opportunity to enjoy some great beer and visit with colleagues from around the district. I'm also working on getting together a Journal Club in early December. Keep an eye out for more details to come!



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MARK YOUR CALENDAR

October 12-14, 2018: VANA Annual Fall Conference – Norfolk the Main

October 12, 2018: VANA Board Meeting, 6-8 pm

October 20, 2018: District 2 PAC Mixer – Tyson's Biergarten, 2-6 pm

November 2018: District 5 PAC Fundraiser (Details TBD)

November 2018: District 1 Journal Club (Details TBD)

November 17, 2018: VANA Districts 3 & 4 Educational Meeting – Roanoke, VA

November 3-4, 2018: AANA Fall Leadership Workshop – Atlanta, GA

December 2018: District 5 Journal Club (Details TBD)

January 19, 2019: District 2 Chief CRNA & CRNAs in Leadership Luncheon, 1 pm

January 20-26, 2019: CRNA Week

January 23, 2019: Legislative Day – Richmond

February 8-9, 2019: VANA District 5 Winter Workshop – Hilton Downtown Richmond

February 8: VANA Board Meeting, 8-9:30 pm

March 16, 2019: – VANA District 1 Spring Meeting – ODU Virginia Beach Center

April 2019: AANA Mid-Year Assembly & VANA Board Meeting– Grand Hyatt Washington

April 27, 2019: District 2 Annual Cherry Blossom Meeting, 8 am-1 pm

STAY IN TOUCH WITH VANA



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Visit our website at www.virginiacrna.org to stay up-to-date with VANA announcements and events.