

# MONITOR



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

## SPRING 2019

### MESSAGE FROM VANA PRESIDENT MYRA K. BRANCH, MS, CRNA

#### What have you done for VANA and the profession lately?

As CRNAs, we are passionate advocates for patient safety, and VANA is an equally passionate advocate for issues impacting the practice of nurse anesthesia in Virginia. VANA is on the forefront advocating for patient safety, access to quality healthcare services, scope of practice, reimbursement and other legislative and regulatory issues affecting nurse anesthesia practice.



VANA needs **you** to protect and invest in our profession.

The AANA states: “State legislatures, through licensing laws, determine what is and is not the practice of medicine and what is and is not in the public’s best interest. Licensing laws, however, do not create monopolies for professions. Many professions are authorized to practice in the same, related, or similar fields and as a result have overlapping practice areas. Because of this overlap, many areas of practice are not the exclusive province of one healthcare profession or solely the practice of ‘medicine.’ For example, anesthesia administration is a series of functions through which patients are rendered insensitive to pain; these functions can and do constitute the practices of nursing, dentistry, or medicine. Courts have long recognized the administration of anesthesia by nurses as a proper nursing function. Consequently, anesthesia administration is an area that is both the practice of medicine and the practice of nursing.”

Take a moment and be proactive, on behalf of our patients, practice and profession, to inform our elected officials on issues and legislative concerns important to the nurse anesthesia profession. Building relationships with legislators helps promote awareness about the quality of care and cost effectiveness of nurse anesthesia service. Every member of VANA is empowered to advocate to ensure the safety our friends, neighbors and patients in Virginia. We are stronger together and must begin to act now.

Change is inevitable. Are you a giver to the profession or just a taker? Are we willing to support our legislative agenda with the same vim, vigor and vitality of other professions or leave it to chance and hope for the best? VANA needs your willingness, dedication and solidarity if we are to move our profession forward. I am a proponent of change and believe we hold the future in our hands.

*President’s Message continued on page 2*

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Again, I ask: **what have you done for VANA and the profession lately?** Here is a checklist of activities to help you decide: Have you:

- ✓ [Visited your legislator's office?](#) Considered donating to his or her campaign or hosting a fundraiser?
- ✓ [Donated to CRNA-PAC \(Virginia CRNAs Who Care About Healthcare\)?](#)
- ✓ Attended a state meeting?
- ✓ Done anything to move our profession forward?

Our strength lies in being proactive regarding effective advocacy and not playing defense or being reactionary. Decide today to have **“skin in the game.”** The future of our profession depends on **YOUR** answers.

**#TeamVANA-VirginiaCRNASTRONG.**

## GOVERNMENT RELATIONS COMMITTEE UPDATE

*By Jan Setnor and Cathy Harrison, Co-chairs, Government Relations Committee*

We wanted to start this article with big news. On March 12, 2019, Governor Northam signed VA H 1640 and VA S 1178, effective October 1, 2019. These bills relate to Health carriers and REQUIRE “health insurance and health service plan providers whose policies or contract services cover services that may be legally performed by licensed nurse practitioners to provide equal coverage for such services when rendered by a licensed nurse practitioner” ...which includes Certified Registered Nurse Anesthetists!

Update on the COPN bills:

After an interim committee on Certificate of Public Need (COPN), Delegate Bobby Orrock introduced a comprehensive COPN reform bill ([HB 1680](#)). The bill was tabled in the House Health Welfare and Institutions Committee. About 40 other bills, making various changes to COPN, were also introduced during this session. Most of the bills failed, but the following bills are still alive and likely to become law:

- [HB 2766](#) (Byron)-Directs the Commissioner of Health (1) to review charity care conditions on certificates of public need at least once every three years to determine whether conditions continue to be appropriate or should be revised and (2) to notify the certificate holder as to his conclusions and the process for requesting changes to conditions on an existing certificate.
- [SB 1277](#) (Barker)/[HB 1870](#) (Sickles)-Provides for a 30-day exemption from the requirement to obtain a certificate of public need for an increase in the total number of beds in existing hospitals or nursing homes if the State Health Commissioner has determined that a natural or man-made disaster has caused the evacuation of a hospital or nursing home and that a public health emergency exists due to a shortage of hospital or nursing home beds. The Board of Health shall adopt regulations for this exemption.

On January 23, the VANA GRC hosted the 2019 Legislative Summit in Richmond. We obtained 3.5 Class A credits this year. A continental breakfast and box lunch were served and there was lots and lots of networking!

This year we were honored to have several distinguished speakers. The first, was Maureen Cahill from the National Council of State Boards of Nursing (NCSBN) who discussed “Current Legislative Trends For APRNs.” She is the point person on the APRN Consensus Model (now under review) and also on aiding states in furthering legislation supporting full scope of practice for all APRNs. Jay Douglas, the current Executive Director and immediate past-president of the Virginia Board of Nursing, was also in attendance to answer questions and provide her personal perspective as related to Virginia APRNs. We also benefitted from the personal views of the current president of the Virginia Board of Nursing, immediate past chair of the Committee of the Joint Boards of Nursing and Medicine, and twice past president of the VANA, Louise Hershkowitz.

We were also addressed by Frank Purcell, president of Cardinal Waypoint, LLC. For 16 years, he was the senior director for the AANA Federal Government Affairs in Washington, D.C. His presentations included lectures which were interactive and included role-playing. Specifically, he addressed: “How To Be Heard & Get Results in Richmond: Evidence-Based Professional Advocacy” and “Effectively Communicating CRNA Issues: Questions, Answers and Time to Practice.”

Virginia Lt Governor Justin Fairfax, Senator Amanda Chase and former Speaker of the House Bill Howell honored us by stopping by to make supportive comments.

Special thanks to VANA staff and lobbyists for making this event successful and to McGuireWoods for hosting this gathering.

We continue to encourage VANA members to meet with their delegates and senators throughout this next year as we have a very aggressive legislative agenda ahead of us. Our talking points will be available on the VANA website soon. We all need to learn how to “speak CRNA” and make our grassroots efforts as effective as possible.

Next up is the AANA Mid-Year Assembly in Washington, D.C. April 6-10, 2019. This meeting is specifically designed to prepare nurse anesthetists to effectively advocate on Capitol Hill for protecting and advancing CRNA practice and reimbursement. If you cannot make the entire meeting, consider coming Tuesday, April 9, as we break up into small groups to attend personal visits with our state leaders. Each group will have an experienced VANA member, so don't hesitate to participate! For more information, contact our Federal Political Director, Amanda Fenn ([fpd@virginiaCRNA.org](mailto:fpd@virginiaCRNA.org)).



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## SPOTLIGHT: 2019 AANA MID-YEAR ASSEMBLY

*By Amanda Fenn, VANA Federal Political Director*

AANA Mid-Year Assembly in Washington D.C. is just around the corner. Beginning April 6, CRNAs will gather from all over the country to learn about advocating for our profession and patients by networking with our federal 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 organized groups and show them our numbers, our professionalism and our care for our communities. Virginia CRNAs will meet with these men and women and their staffs on Capitol Hill on April 9 to ask them to support CRNAs and our patients in the communities that we all serve.

This yearly meeting is also a great opportunity to develop professionally, whether you are a seasoned CRNA or a student. But, most importantly, it's one of our biggest chances to have our collective voice heard in Washington. If you are concerned about threats to your practice, compensation by insurance companies, rural anesthesia availability, the opioid crisis, or the general direction of healthcare in America, this is a big opportunities to have your voice heard. So, come, make a difference! Learn about what your professional organization is doing to support your profession and your patients at Mid-Year Assembly April 6-10—and meet your congressman!

If you have any questions, please contact me ([amandalhill@gmail.com](mailto:amandalhill@gmail.com)).

## VANA NEEDS YOU!

*By Coffee Bourne, Nominations Committee Chair*

VANA is looking for strong candidates for the 2019-2020 Board of Directors and committees. The Board of Directors positions for which we are recruiting include President Elect, Vice President, Treasurer and District Directors for District 2 and Districts 3 & 4. All VANA committees are also open for new members. Committees include Communications, Education and Programming, Finance, Government Relations, Nominations (elected positions), Political Action, and Wellness/Peer Assistance. Please contact [nominations@virginiacrna.org](mailto:nominations@virginiacrna.org) if you are interested or would like to nominate a fellow CRNA for a position. All nominees will be contacted in May about their intent to serve and the ballot will go out to the membership in June. Leadership weekend will be held in August or September where all new members will be oriented to their new positions and committees. All CRNAs should give back to their profession, this will be an historic year for CRNAs in Virginia and you can be a part of it.

\*\*All nominees will serve on a VANA committee for 2019-2020 in the event that they are not elected for a Board position.\*\*

### STAY IN TOUCH WITH VANA



Like [our page on Facebook](#).



Visit our website at [www.virginiacrna.org](http://www.virginiacrna.org) to stay up-to-date with VANA announcements and events.

### WHAT'S NEW ON THE VANA WEBSITE: NBCRNA RECERTIFICATION UPDATE

To help inform CRNAs about the CPC Program's 2-year Check-in requirement, the NBCRNA is sharing important resources and a state association toolkit. Check the [VANA homepage](#) for a link to access more information.

## VANA WELLNESS COMMITTEE NEEDS YOUR HELP!

*By Patti Bright Parolari, Wellness Committee Chair*

As VANA rolls out the new Wellness Committee, I need input from YOU – our members – in order to meet your needs. As CRNAs, we are all busy; all have moments of stress; some of us have experienced bullying in our workplace; and some of us are trying to figure out how to live more balanced lives. As chair of this committee, I need some direction. The AANA has a robust Wellness Committee and there is a wealth of information on their webpage. I would like to be able to focus on topics that are specific to the needs of VANA members.

VANA has decided that this committee is going to focus on our members' needs. Whether you need guidance on physical exercise, nutrition, stress reduction, bullying, burnout, or how to manage the tough times in your career, we will work hard to meet your needs. And how do you want to receive this information? Do you want to hear lectures, participate in a physical activity, have resources listed on the VANA webpage or handouts available at our exhibit at meetings?

Please respond to me with your thoughts, questions and please consider serving on this committee.

My contact information is: [crnaruns@aol.com](mailto:crnaruns@aol.com), 757-319-2104. Please feel free to text or email. We all want to live happy productive lives and VANA wants to assist in any way we can.

### MARK YOUR CALENDAR

**April 6, 2019:** VANA Board of Directors Meeting, Springfield, Va.

**April 6-10, 2019:** AANA Mid-Year Assembly, Washington, DC

**May 4, 2019:** VANA District 2 Annual Cherry Blossom Meeting, Ashburn, Va.

**August 2019:** VANA Leadership Transition Meeting, TBD

**August 9-13, 2019:** AANA Annual Congress, Chicago, Ill.

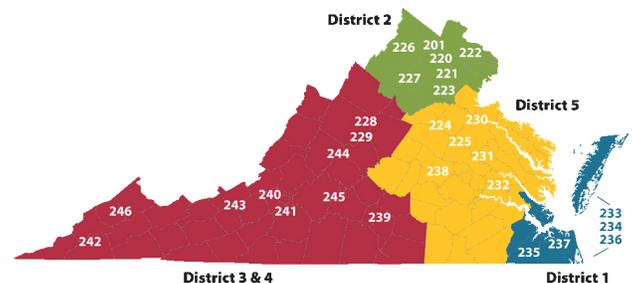
**September 27-29, 2019:** VANA Annual Meeting, Norfolk, Va.

**November 8-10, 2019:** AANA Leadership Summit, Naples, Fla.

### STAY ENGAGED LOCALLY

VANA groups its membership into districts based on county of residence.

Find your VANA district [here](#).



### SAVE THE DATE: VANA ANNUAL MEETING

September 27-29, 2019  
Norfolk, Va.  
Details to follow

## DISTRICT NEWS ROUND-UP

### DISTRICT 2

By Carolyn Connelly, [district2@virginiacrna.org](mailto:district2@virginiacrna.org)

Please join us for the Annual Cherry Blossom Conference on Saturday, May 4, 7:45am-1:45pm. For more information and to register, please click [here](#). The cost is just \$35 and we have applied for 4 Class A CEs. Breakfast provided and lunch sponsored by AcelRx.

Thanks to the CRNAs and their families that helped us celebrate CRNA Week. I hope you felt appreciated. Please keep an eye out for our next outing, hopefully to a vineyard or brewery after the Spring Meeting.

Hope to see you on May 4!



### DISTRICTS 3 & 4

By Jessica Ray, [rayjc1@yahoo.com](mailto:rayjc1@yahoo.com)

Districts 3 & 4 CRNAs are invited to join us in Roanoke on May 21 at Carlos Brazilian International Cuisine or in Abingdon on June 11 at the Peppermill for dinner and an opportunity to earn a CE. Come learn about current practice and legislative issues affecting CRNAs in Virginia. Registration and dinner are free! Email me at [rayjc1@yahoo.com](mailto:rayjc1@yahoo.com) to register; space is limited.

I would also like to recognize three incredible CRNAs who work tirelessly to improve the health of patients both local and across the world. Nancy Harrison and Virginia Johnson, both CRNAs at the University of Virginia Medical Center, recently traveled to Kenya with Kenya Relief to provide anesthesia for Kenyans in need. Shortly after arriving back in the US, Nancy volunteered with Remote Area Medical Services during their clinic in Harrisonburg, Va. Dixie Mills, also a UVA CRNA, traveled to Guatemala in early March with an endoscopy mission team to provide anesthesia for endoscopic procedures to a part of the world that would otherwise not have access to these procedures.



### DISTRICT 5

By Tim Newell, [district5@virginiacrna.org](mailto:district5@virginiacrna.org)

It's been a busy winter. On January 20, we had an event at Ardent Brewery to kick off CRNA Week. It was a great opportunity to reconnect with CRNAs from around the district. The VANA District 5 Winter Workshop on February 9 was a success with a great turn out and an engaging and entertaining line-up of speakers. The PAC Silent Auction at the Winter Workshop raised around \$4,600, which is impressive. Thank you to all of you who came out and helped make this event such a success. On March 9 we had our triple recertification class for ACLS/BLS/PALS. Aside from the recertification, the participants also earned CEs. The class was sold out. If you have six colleagues that need recertification and would like a class, then please let me know and we can help set one up for you. We have an event coming up for CRNAs in the Fredericksburg area. Come out to Highmark Brewery on April 6 (2-5pm) if you're in the Fredericksburg area for an opportunity to hang out with your colleagues and have a beer on VANA. Keep an eye on your email and the website for more events to come in District 5. If you have specific places or ideas for events please let me know.

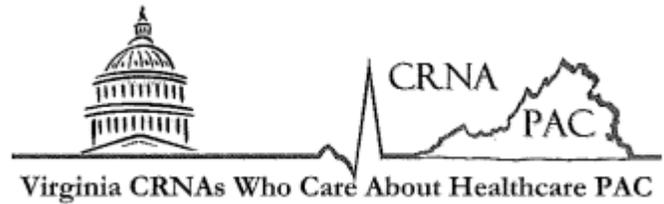


## PROTECTING OUR PROFESSION: SPOTLIGHT ON THE CRNA-PAC

*Q&A with Diane Miller, PAC chair*

### What is a PAC and how does it work?

A political action committee (PAC) is a 527 organization that pools campaign contributions and donates those funds to campaigns for or against a particular candidate or issue. From an operational perspective, a PAC raises funds, decides how to spend those funds, and then administers checks to the campaigns of their choosing.



### What is the CRNA-PAC and how does it help protect our profession?

“Virginia CRNAs Who Care About Healthcare” is the CRNA-PAC in Virginia. It serves to raise the visibility of CRNAs and the importance of the profession among candidates for office who have taken responsible positions regarding quality healthcare and other issues of importance to CRNAs. With the funds collected through donations, the CRNA-PAC provides financial support to candidates seeking election to the Virginia House of Delegates, Virginia Senate and statewide office, regardless of their political affiliation. By donating, CRNAs have the opportunity to attend candidate fundraising events and educate decision makers. CRNA-PAC strengthens our voice among this important audience. Simply put, the PAC gives us a seat at the table with decision makers who may have an impact on the future of CRNAs. I also want to point out that this is the Virginia PAC in which we donate to Virginia campaigns; there is also a federal PAC, which you may have heard of through AANA, and that deals directly with federal campaigns. In other words, the Virginia CRNA-PAC and the federal CRNA-PAC are separate yet equally important entities. If you have already donated to the federal CRNA-PAC, consider a recurring monthly donation to directly benefit your profession here in Virginia.

### How do we raise money for the CRNA-PAC?

Contributions are accepted at any time by check or by visiting the VANA website and donating online. Further, at points throughout the year, special events provide terrific opportunities to raise money for the PAC. In 2018, as part of the VANA Annual Fall Conference, we organized a cruise on the Spirit of Norfolk, in which a portion of the proceeds from each ticket sale benefitted the PAC. This February, as part of the District 5 Winter Workshop, we held a silent auction where CRNAs and others donated items and experiences, which were auctioned and all of the proceeds benefitted the PAC. Additionally, districts organize local events to raise money for the PAC. For example, District 2 held a PAC fundraiser event in the fall at a local beer garden. If you have a fun idea for hosting a PAC event in your district, please let your district director know. If you would like to donate to the CRNA-PAC Silent Auction 2020, please email me directly at [dmiller.teamvana@gmail.com](mailto:dmiller.teamvana@gmail.com).

### How does the CRNA-PAC compare to other PACs and how are we doing from a fundraising perspective?

We greatly appreciate all donations to the CRNA-PAC, no matter how big or small. That said, the CRNA-PAC trails behind other relevant PACs. For example, the Virginia Society of Anesthesiologists PAC (VaSAPAC) gave \$166,750 in political contributions between 2016 and 2017, whereas during this same time period, the CRNA-PAC gave \$9,000. We can do better than this! I’m pleased to report that we’re making significant strides. In 2017, the CRNA-PAC raised roughly \$14,000 and in 2018 the CRNA-PAC raised roughly \$24,000, an increase of \$10,000. Wow! Thank you for your generosity! But we can’t rest on our laurels, particularly when we think about potential legislation in Virginia that would have significant impact on our profession, such as the introduction of anesthesia assistants (AAs). The time is now to dig deep and contribute what you can to ensure we have a seat at the table with key decision makers.

\*Studies show a recurring monthly contribution impacts fundraising better than a one-time donation.

*Spotlight on the CRNA-PAC continued on page 8*

*Spotlight on the CRNA-PAC continued from page 7*

## **A lot has been said about PAC reporting; what does this mean and will my name be broadcast if I donate to the PAC?**

All PACs in Virginia are required to submit quarterly reports to the State Board of Elections. This is why you are asked to fill out a form every time you donate to the CRNA-PAC – we cannot simply accept donations without collecting information. These reports to the SBE include all donations, regardless of the amount, and information on who made the donation. If an individual contributes \$100 or more in total within a calendar year, then the individual's name becomes public record. I know historically that CRNAs have felt that appearing on a PAC donation list had some sort of ominous implication. But let me tell you, take pride in having your name listed as a direct financial supporter of your profession!

## **How can I donate to the PAC?**

It's easier now than ever to donate by cash, check, credit card or PayPal! Go online to [virginiacrna.org](http://virginiacrna.org) and click on the CRNA-PAC link. Since 2018, we accept recurring, monthly contributions via PayPal. This is a great way to set it and forget it! Don't forget to tell your Virginia CRNA friends and colleagues, and to keep an eye out for PAC fundraising events throughout the year. Go Team VANA!

## **MEMBER PHOTOS**

