

# MONITOR



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

## SUMMER 2019

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

Dear Fellow CRNAs,

As my tenure as VANA President 2018-2019 ends, I would like to extend a heartfelt thank you for the opportunity to serve the CRNAs of Virginia. It has been a year that has put into motion plans to ensure the future of Nurse Anesthesia in the Commonwealth of Virginia. When I assumed office last summer, I challenged the board of directors (BOD) and leadership team to increase member engagement (#TeamVANA -VirginiaCRNASTRONG) and members to “have skin in the game” by advocating for and investing in our profession.



I encouraged members to help VANA’s BOD and leadership team to protect and safeguard our profession by visiting their legislators, attend at least one VANA educational meeting and to support the Virginia CRNAs Who Care About Healthcare PAC (CRNA-PAC). On behalf of the BOD and leadership team – THANK YOU!! Your attendance has increased statewide at educational meetings and events. **Diane Miller**, CRNA-PAC chair, has led a robust and engaging PAC fundraising effort. Through her efforts, PAC donations have substantially increased over the past year, but we can do better. Our strength lies in being proactive regarding advocating for patient safety, access to quality healthcare services, the scope of practice, reimbursement, and other legislative and regulatory issues affecting nurse anesthesia practice.

During the 2018-2019 term VANA’s BOD and leadership team made strides in member engagement, legislation and infrastructure. Some of the highlights are:

1. Updates to VANA’s website – members-only section, a resource section for anesthesia-related topics and donations to PAC, including recurring monthly

donations.

2. District Directors held informal meet-and-greet events and educational meetings. Stay tuned; more exciting events are being planned for 2019-2020.
3. Education Committee proposed and coordinated a successful Annual Fall Conference, PAC cruise and Winter Workshop. These meetings were well attended. Mark your calendars for the Annual Fall Conference in Norfolk; it will be an opportunity to earn CEs, network with other professionals and party with a purpose on the Spirit of Norfolk.
4. Development and refining of job descriptions and evaluation tools.
5. Ensuring a permanent secure home for VANA documents.
6. The Government Relations Committee hosted a well-attended Legislative Summit at the offices of McGuireWoods and Mid-Year Assembly in Washington, D.C.

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7. 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!
8. Contract to update VANA's Strategic Plan.

VANA's 2019-2020 election is now complete, and I want to thank everyone who committed to serve. A special thank you to **Diane Greene** and **Adrienne Hartgerink** who answered the call to fill vacancies on the 2018 -2019 BOD.

**Howie Goodwin** will assume the presidency effective August 1, 2019, with his BOD and leadership team. He will provide the strength and vision required to lead and protect the practice of nurse anesthesia in the Commonwealth of Virginia.

In closing, thank you for this incredible opportunity to be of service. A huge THANK YOU to my BOD and leadership team for all your hard work, sacrifice, and dedication to safeguard and move forward our profession.

Warmest Regards,  
Myra K. Branch

## RESULTS OF VANA ELECTION

The 2019-2020 ballot went live on June 10 and closed on July 3. Thank you to the membership for taking the time to make your voice heard by voting in the election. Below please find the outcome of the election:

President Elect: **Jean Snyder**  
 Vice President: **Kofi Sey**  
 Treasurer: **Diane Greene**  
 District 2 Director: **Carolyn Connelly**  
 Districts 3 & 4 Director: **Jessica Ray**  
 District 1 Nominating Committee: **Tayoh Valdez**  
 District 2 Nominating Committee: **Rita Gonzalez**  
 Districts 3 & 4 Nominating Committee: **Jonathan Marshall**  
 District 5 Nominating Committee: **Anna Vest**

The membership voted to **approve** a bylaws change allowing the Nominations Committee Members to be elected to serve for two (2) year terms. Nominations Committee Members for Educational Districts I and V shall be elected in odd years. Nominations Committee Members from Educational Districts II and III/IV shall be elected in even years.

The membership voted to **approve** a bylaws change allowing the Nominations Committee to formally change its name from the Nominations Committee to the Leadership Development Committee. Moving forward, all occurrences of the name will be changed within the bylaws and all other relevant governance documents.

The membership voted to **approve** the 2019-2020 fiscal year budget.

**Howard Goodwin**, who has served as President-Elect for the 2018-2019 term, will assume the role as President effective August 1, at which point **Myra Branch** will assume the role as Immediate Past President.

Continuing their terms on the VANA board are **Adrienne Hartgerink** serving as interim District 1 Director having replaced Josh Rieke who resigned earlier this year, and Tim Newell serving as District 5 Director.

*Congratulations to the new VANA Board of Directors and your commitment to be servant leaders. Thank you to all the candidates for your willingness to serve. Your support of VANA is vital to the success of our professional association. Your participation in the election process is greatly appreciated, as we will be seeking to fill committee positions to support the mission of VANA.*

## VANA ENGAGEMENT OPPORTUNITY

*By Howie Goodwin, President-Elect*

Hello members of VANA. We are moving into a new fiscal year and the transition to a new leadership team. I invite you to embark on VANA's next chapter by serving on a committee this year. As your incoming President, I need your help. The time you volunteer will be the foundation to our success. Imagine contributing to our success in defeating AA legislation, expanding direct reimbursement, or creating conferences to meet the needs of fellow CRNAs. You will be able to do all these and more, just by volunteering for our committees. For those interested in committing to a year of service on a committee, we invite you to attend our **Annual Leadership Retreat on August 2-3**. We will cover your lodging and meals for this retreat because we value your time. Your time commitment, beyond the retreat, will average about 2 hours a month. Please contact us with any questions. We look forward to serving alongside you.

## FEATURED EVENT: VANA FALL CONFERENCE & SPIRIT OF NORFOLK DINNER CRUISE

*By Karen Gillikin, Education & Programming Committee Chair*

Registration is now open for our [VANA Annual Fall Conference](#). This year we return to the beautiful Hilton The Main in Norfolk, Va., September 27-29. The Main is located within walking distance of the Norfolk Waterside with plenty of restaurants, shopping and the Nauticus museum for your family to explore while you are at the conference.

We are excited to introduce three new preconference workshop opportunities Friday, September 27 for an additional fee. All three workshops are a hybrid of lecture and 'hands-on' experience working with an OR team in Old Dominion University's simulation lab. The Anesthesia Crisis Resource Management (ACRM) preconference workshop will be offered twice on Friday (8:00 am to noon, and 1:00 pm to 5:00 pm). The ACRM topics include amniotic embolism, local anesthetic toxicity and hemorrhage. The second and third preconference workshops include peripheral nerve blocks (8:00 am to noon) and truncal blocks (1:00 pm to 5:00 pm). Meeting planners are applying for four Class A CE credits for each workshop. The admission to these pre-conferences is limited. If interested, please [register](#) as soon as possible.

We are also hosting a very exciting line-up of excellent speakers for the main conference including AANA's Region 2 Director Angela Mund; CRNA Advocate Mike MacKinnon; and Frank Purcell, president of Cardinal Waypoint, LLC. *See the full program [agenda here](#).*

Back by popular demand is the **CRNA-PAC dinner cruise on the Spirit of Norfolk**. This event is intended for members to reconnect with old friends and colleagues, meet new friends, socialize with speakers, have a good meal, unwind, have some fun and provide meaningful funding for our legislative needs. Please plan on attending this fun event on Saturday evening. CRNAs who are not able to attend the conference can still join us for the cruise. There are discounts available for those who actively donate to the CRNA-PAC. Contact PAC Chair, Diane Miller for details ([dmiller.teamvana@gmail.com](mailto:dmiller.teamvana@gmail.com)).

New this year is a wellness activity that will take place on Sunday morning of the conference prior to breakfast. Patti Parolari, AANA and VANA chair of the Health & Wellness Committee, is planning this **"Wake Up to Wellness"** event for all to participate in. Details to follow.

Hope to see you in September!



## PAC UPDATE: WHAT IS A VANA GEM AND WHY BECOME ONE?

*By Diane Miller, PAC chair*

Most of you know that AANA released an official statement, “CRNAs: We are the Answer.” Our national leaders then asked the membership for support in the form of PAC donations. Our CRNA community responded without hesitation in record numbers. If you were one of those contributors, hats off to you! We need a healthy federal PAC to meet the challenges we face in the national arena.

We also need a strong and healthy state PAC. To keep Virginia CRNA strong, we must clear a number of upcoming hurdles, obstacles that can be turned into opportunities—if we have the same level of support from our Virginia membership as shown on the national level.

There is much at stake. Contributions to the federal PAC will not help the challenges we meet in Virginia. VANA needs a healthy PAC to meet those head on. Studies show that recurring monthly donations are the best way to keep an organization healthy.

VANA Gems belong to an elite group of Virginia CRNAs committed to protecting and advancing their careers with a recurring monthly donation to the Virginia CRNAs Who Care About Healthcare PAC, “CRNA-PAC.” Your Government Relations Committee (GRC) uses these funds to educate our state legislators on the necessity, cost-effectiveness and unique qualities of Virginia CRNAs.

Aside from allowing VANA volunteers to work for you with the legislature, our Gems also receive personal rewards. First, a monthly gift allows a CRNA to spread the financial impact across the year, lessening the acute financial impact.

Gems also receive discounts on PAC events. For instance, our Gems will receive a 10%-25% discount off the price of admission to the upcoming VANA Spirit of Norfolk Cruise during our VANA Fall Conference. Gems will eat, drink and be merry with fellow CRNAs as well as area VANA Board members and guest speakers from the conference. By the way, this year, all proceeds from the VANA Cruise will go directly to PAC—so watch your email or the Virginia CRNAs and SRNAs Facebook site for information.

When attending a VANA event, Gems receive special recognition with a personalized gemstone on their name badge. This special tag serves as an invitation to “Coffee with President,” an hour session where Gems can get speak with the VANA president, voice their questions and concerns, or just get to know each other a little better.

And MORE is coming so stay tuned and get Gemified TODAY.

To donate, visit <https://virginiacrna.org/individual-pac-contribution>

*Legislators work all year long. GRC works all year long. PAC must also work all year long.*

From your friendly Ruby-Gem PAC Chair,

Diane Miller

### Become a **VANA GEM**



Amethyst....<\$25/month



Ruby.....\$25-\$49/month



Sapphire.....\$50-\$74/month



Emerald.....\$75-\$99/month

## Ask Me How!

## DISTRICT NEWS ROUND-UP

### DISTRICT 1

By *Adrienne Hartgerink*, [hartgerink@me.com](mailto:hartgerink@me.com)

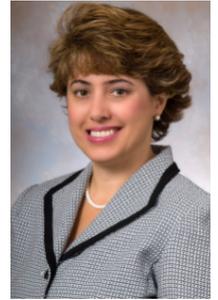
Hi from District 1! My name is Adrienne Hartgerink and I am your current acting District 1 Director. Josh Rieke who has served as District 1 Director for almost 3 years turned in his resignation to be able to focus on important family matters. I would like to thank Josh for his outstanding job as District Director.

Having served in the recent past as District Director, Vice President and Secretary of VANA as well as on numerous VANA committees over the years, it was my pleasure to step in and help Josh finish out his term. We had approximately 35 CRNAs and SRNAs attend a complimentary dinner to discuss neuromuscular blockade on Thursday, June 13th at 6:30 sponsored by Randy Capozza from drug manufacturer, Merck. The dinner was at Steinhilber's Restaurant in Virginia Beach. We all enjoyed hearing CRNA Bernadette Heinrichs tell us all about Suggamadex and had excellent food to boot.

We were not able to schedule our popular District 1 Tides game this year but I am working on a few other fun social events in the months to come.

The VANA Annual Meeting will be right here in our backyard at The Hilton Main in Norfolk September 27-29 so I hope to see a ton of District 1 CRNAs there!

I welcome your ideas and assistance to make District 1 events fun and informative. Feel free to contact me at [ahartgerink@me.com](mailto:ahartgerink@me.com) or text/call 301-356-0372.



### DISTRICT 2

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

District 2 had a successful Cherry Blossom Meeting on May 4. We partnered with the DCANA and more than 80 CRNAs and SRNA attended. We look forward to continuing that partnership at the 2020 meeting. Suggestions for topic presentations are appreciated.

For this coming fall, we plan to bring the following:

- A fall yoga event to support the CNRA-PAC is tentatively planned for September 15 in Fairfax. Keep an eye out for more information on this fun event to support your profession.
- A Legislative Reception is planned for Wednesday, October 2. This is a partnered event with our fellow Virginia APRNs and with Virginia Nurses Association. As this is an election year, it is a great opportunity to meet face to face with our legislators and educate them about CRNAs. This is a must attend event!

Stay tuned and hope to see District 2 CRNAS represented at our Fall Meeting in Norfolk. It's going to be a great meeting!



**DID YOU KNOW THERE IS A NEW  
MEMBERS-ONLY SECTION ON THE VANA WEBSITE?**

Visit <http://virginiacrna.org/membersonly/>  
Forgot the password? Email VANA at [info@virginiacrna.org](mailto:info@virginiacrna.org).

## DISTRICTS 3 & 4

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

I would like to thank everyone who attended the VANA-sponsored dinners in Roanoke and Abingdon. It was a pleasure catching up and I hope everyone enjoyed the food, company and most importantly learning about current issues affecting CRNAs in Virginia and nationwide. Be on the lookout for more dates and locations later this summer.



## DISTRICT 5

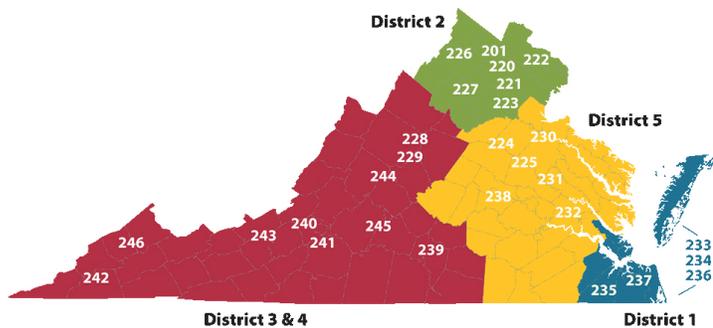
By Tim Newell, [district5@virginiacrna.org](mailto:district5@virginiacrna.org)

Spring has come and gone and summer is in full swing. To get ready for summer we had an outing at the Richmond Flying Squirrels Baseball Game on May 4. It was a lot of fun to see our colleagues relax with their families and catch a game. On June 26, many from around the district gathered at Maggiano's in Short Pump. We heard the latest from Edwards Lifesciences about the future of cardiac and fluid monitoring, including the emerging role of artificial intelligence. The lecture certainly sparked some interesting conversations about where monitoring is going. As always, check the website and your email for more events in District 5. If you have any ideas for events, or thoughts or questions, please let me know.



## STAY ENGAGED LOCALLY

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



## MARK YOUR CALENDAR

- August 2-3:** VANA Leadership Transition Meeting, Glen Allen, Va.
- August 9-13:** AANA Annual Congress, Chicago, Ill.
- September 27-29:** VANA Annual Fall Conference, Norfolk, Va.
- November 8-10:** AANA Leadership Summit, Naples, Fla.
- February 1, 2020:** VANA Winter Workshop, Richmond, Va.

## IN MEMORIAM

It is with sadness that we share Leola Aurora Glenn, 95, passed away March 12, 2019. Originally from Suffolk, Va., Leola was a VANA and AANA life member.

You can [read her obituary here](#).