

MONITOR



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

FALL 2019

MESSAGE FROM VANA PRESIDENT HOWIE GOODWIN, DNAP, CRNA, CHSE

Hello VANA...I am writing you on the tail end of Hurricane Dorian. It is hard to watch the devastation from such an event. At the same time, the power of unified people offers great hope and a sense of pride in our communities and country. We can accomplish so much more together than apart. The same is true with our profession. I challenge you to spend just 20 minutes this month giving back to a cause that goes beyond us. Challenge your colleagues to do the same. We can do great things together.

It is a pleasure to write my inaugural address to you all. I have just finished my first month as president, and we have established great momentum for the year. During the past month, I have spent time visiting with VANA leadership, AANA leadership, the National Council of State Boards of Nursing, leaders of large anesthesia groups around our state, Program Directors of our Anesthesia programs, as well as meeting with our Strategic Planning Team. We have hit the ground running.

Additionally, our board of directors and committees have been organizing one of the most active legislative campaigns in VANA's history. We are ensuring that CRNAs are well represented at each major legislative event around Virginia. Also, we are pursuing a comprehensive legislative agenda for the 2020 General Assembly Session – we will be sharing more on this in the coming weeks.

Access to care is imperative and our main focus for these initiatives. We serve a state that has restricted access to care in rural, suburban and urban areas due to supervision requirements. Additionally, Veterans and Active Duty Military are not getting comprehensive care in some cases because of the lack of CRNA prescriptive authority. I realize these items may not impact all of you in your immediate practice, but solving these obstacles ensures practice options for your entire career and for those CRNAs who practice after we retire.

We are coming up on our fall meeting and want to see you.

We have great speakers, vendors and networking opportunities available. Additionally, we are hosting our PAC fundraising cruise again this year – one of the most talked about events all year. This is a great time to reconnect with CRNAs from around the state and learn cutting-edge care for our practices.

In closing, over the next year, we need your help – 20 minutes of your time, a few times this year, will help us achieve our objectives. We will be reaching out to seek your help. The first opportunity is by spending 20 minutes this month and next month answering a few surveys that will be coming to you – please check your junk e-mail folders. The information is being obtained through Old Dominion University's DNP students per VANA's request. We need workforce data down to the facility level to provide effective data for our legislative conversations. My next ask is for PAC donations – these donations are bipartisan and are strategically used to help establish the opportunity for us to have imperative discussions and legislative ears for our initiatives. Just \$20 a month from every member will make us one of the strongest healthcare PACs in Virginia. 20 minutes and \$20 a month will transform healthcare in Virginia. See you in Norfolk at our fall meeting. Talk with you soon and thank you for the opportunity to serve you all.

Sincerely,
Howie Goodwin

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LEADERSHIP PROFILES: MEET YOUR OFFICERS

VANA's 2019-2020 leadership team is off to a busy start! From strategic planning to seeking creative avenues to engage members, VANA's officers are working hard to protect the CRNA profession in Virginia. Meet your officers!



HOWIE GOODWIN, PRESIDENT

Question: Tell us about your current practice as a CRNA.

Answer: *I am the Director of Technology and Simulation for the College of Health Sciences at Old Dominion University. Additionally, I am the co-owner of Goodwin and Snyder Anesthesia Associates PLLC.*

Question: Why did you want to become a CRNA?

Answer: *I became a CRNA to care for patients. Through becoming a CRNA, I realized the need for educators and the opportunities to educate our next generation of CRNAs.*

Question: Why did you want to become a leader of VANA?

Answer: *I became a leader in VANA to advance our professional through advocacy, innovation and professionalism.*

Question: What do you like to do in your spare time?

Answer: *My spare time is spent with my family. We often travel, spend time at the beach and just hang out enjoying each other.*



JEAN SNYDER, PRESIDENT-ELECT

Question: In your role as president-elect, what do you hope to accomplish?

Answer: *1) Build infrastructure; 2) Build grassroots; and 3) Advance and protect our profession*

Question: If you could give your younger self any career advice, what would it be?

Answer: *To become involved with my state association and take the leap into owning my own business.*

Question: If you could make one wish for the future of CRNAs in Virginia, what would it be?

Answer: *For all Virginia CRNAs to understand their value and how to run their own business.*

Question: What do you like to do in your spare time?

Answer: *What spare time? Actually, I am a serial inventor. I love solving problems and making lists, lots of lists.*



KOFI SEY, VICE PRESIDENT

Question: Why did you want to become a CRNA?

Answer: *Challenging and autonomous*

Question: Why did you want to become a leader of VANA?

Answer: *To gain knowledge from a legislative standpoint and get involved to move our profession forward*

Question: If you could make one wish for the future of CRNAs in Virginia, what would it be?

Answer: *Full scope practice and opt-out of supervision*

Question: If you could give your younger self any career advice, what would it be?

Answer: *Figure out your goals and what makes you happy, and pursue it.*

Meet Your Officers continued on page 3

Meet Your Officers continued from page 2



DIANE GREENE, TREASURER

Question: Tell us about your current practice as a CRNA.

Answer: *I presently work as a CRNA at a general medical and surgical hospital in northern Virginia. I also work as an independent contractor at various office base-practices in northern Virginia and Maryland.*

Question: Why did you want to become a leader of VANA?

Answer: *I am interested in learning from our present and past leaders in order to continue the growth of VANA.*

Question: If you could make one wish for the future of CRNAs in Virginia, what would it be?

Answer: *I wish that we had the option to practice independently and be paid accordingly without obstacles.*

Question: What do you like to do in your spare time?

Answer: *I like spending time with the people I love, slowing down to "smell the roses," and cooking for friends and family.*



MYRA BRANCH, IMMEDIATE PAST-PRESIDENT

Question: Tell us about your current practice as a CRNA.

Answer: *I work in a Level One trauma center on the overnight hours. Cases are urgent to life-threatening emergencies.*

Question: Why did you want to become a CRNA?

Answer: *I love taking care of patients, the autonomy, the prestige and the level of responsibility.*

Question: Why did you want to become a leader of VANA?

Answer: *To give back to a profession that I truly love and to pay it forward.*

Question: In your role as immediate past president, what do you hope to accomplish?

Answer: *Be an advocate and resource to improve and move forward the practice of nurse anesthesia in Virginia.*

STRATEGIC PLAN UPDATE

By Jean Snyder, VANA President-Elect

Every five years, VANA engages in developing a strategic plan that we use to guide our association actions. This year, VANA hired Frank Purcell with Cardinal Waypoint, LLC to lead our process. Many thanks to the Strategic Plan Committee who are making this prodigious process possible: Selim Kahveci, Karen Gillikin, Tim Newell, Diane Miller and Marie Wilborn.

The Strategic Plan Committee (SPC) has been meeting with Cardinal Waypoint biweekly since May 2019. After laying the groundwork, the SPC sent a survey to the Virginia CRNA membership. Mr. Purcell also solicited feedback from pertinent stakeholders. From the data collected, the SPC was able to collate the values identified. At VANAs leadership weekend in August, these values were further refined to outcomes and initiatives. SPC meetings after leadership weekend have been focused on determining the priority, sequence and the committee necessary to achieve these outcomes.

VANA leadership is now in the process of assembling our committees. The committees will then be charged with actualizing the outcomes that you, the membership and the stakeholders have identified. The SPC expects to complete the process and release the final Strategic Plan by November. We are grateful for the guidance and direction of Cardinal Waypoint, the participation of membership and stakeholders and the support of VANAs executive board as we continue to work this important document that will guide our actions in the coming years.

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

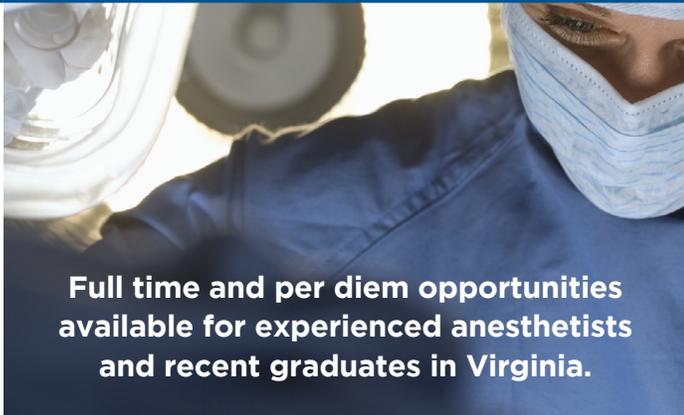
By Karen Gillikin, Education & Programming Committee Chair

We are gearing up for the [VANA Annual Fall Conference](#) at the stunning Hilton The Main in Norfolk, Va., September 27-29, 2019. We are very excited to bring national speakers to Virginia for our area CRNAs. This year we are hosting AANA's Region 2 Director, Angie Mund; CRNA Advocate, Mike McKinnon; and Frank Purcell, president of Cardinal Waypoint, LLC, previous senior director for the AANA Federal Government Affairs. See the full program agenda [here](#). In response to considerable requests, we are also offering preconference opportunities including hands-on learning Anesthesia Crisis Resource Management of amniotic embolism, local anesthetic toxicity and hemorrhage. Learn best practice responses in our state-of-the-art human simulation lab under the supportive guidance of faculty. We are also thrilled to offer both peripheral nerve block and truncal block workshops. In these workshops, you will integrate the anatomy, physiology and pharmacology with the technology of ultrasound guided blocks that enhance any anesthetic technique. Space is limited in these workshops and spots are filling up quickly, please [register](#) as soon as possible if interested.

VANA FALL CONFERENCE AND SPIRIT OF NORFOLK DINNER CRUISE

September 27-29, 2019
Hilton Norfolk the Main
100 E Main St.
Norfolk, VA 23510

We are thrilled to host the CRNA-PAC dinner cruise on the Spirit of Norfolk. This year's theme is Old Hollywood Glamour, so pull out your gowns and suits and join the fun! Dressing up is optional; fun is not! Reconnect with old friends and colleagues, meet new friends, socialize with speakers, have a good meal, unwind, enjoy the view and provide meaningful funding for our legislative needs. All proceeds go directly to the PAC. 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; details available online.



Full time and per diem opportunities available for experienced anesthesiologists and recent graduates in Virginia.

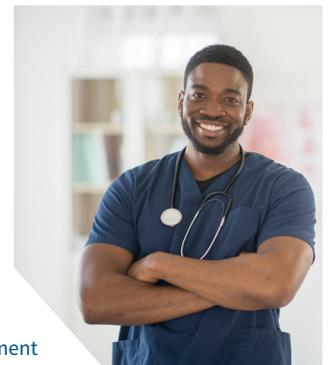
Visit us in the exhibit hall at the VANA Annual Conference and enter to win a raffle for a \$100 gift card!

Learn more: mednax.com/VANA19
800-243-3839, ext. 5330
Kathleen_Serra@mednax.com



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SAVE THE DATE: FEBRUARY 1, 2020 IS VANA WINTER WORKSHOP

By Karen Gillikin, Education & Programming Committee Chair

If the fall conference does not fit into your schedule, or you need more CEs, the [VANA Winter Workshop](#) is just around the corner. This conference will be held February 1, 2020 at the beautiful Westin on Broad Street in the heart of the West End of Richmond close to quality shopping and eclectic dining.

This year's Winter Workshop also hosts an exciting line up of speakers and clinical topics designed for CRNAs. Back by popular demand are Benjamin Hartland and Harold Barnwell. We are also thrilled to add Ladan Eshkavari, Michael Reiker, Jake Swenson and Christian Falyar to the speaker list.

Some of the lectures include Another Deep Dive, Coagulation, COPD, Five Blocks Every CRNA Should Know, Ketamine Infusion Clinics and Defensible Charting. Keep an eye out for the finalized agenda and registration.

Looking forward to seeing you!

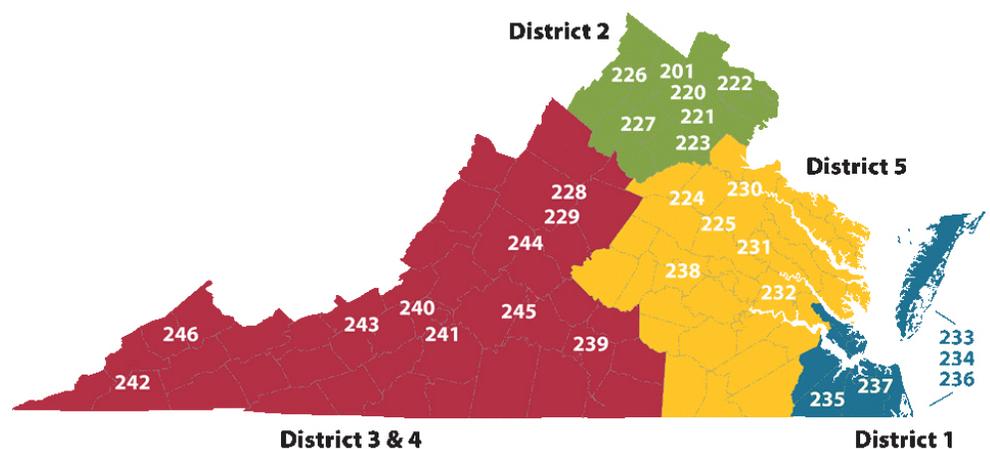
VANA WINTER WORKSHOP

February 1, 2020
The Westin Richmond
6631 W Broad Street
Richmond, VA 23230

STAY ENGAGED LOCALLY WITH VANA

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

Find your VANA district [here](#).



STAY IN TOUCH WITH VANA



Like our page on Facebook.



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

DISTRICT NEWS ROUND-UP

DISTRICT 1

By *Adrienne Hartgerink*, hartgerink@me.com

I hope everyone is having a great September. It has been pretty quiet in District 1 over the summer but we are looking forward to more events coming soon!

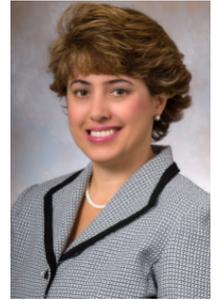
We are working on a networking event on both sides of the water and an ODU basketball event for this winter. More info on those coming soon!

The annual VANA Fall meeting is right here in District 1 September 27-29. Don't miss this great opportunity to earn CEs, network with fellow CRNAs, and support our PAC by joining us for the Saturday night cruise on the Spirit of Norfolk!

The Virginia Council of Nurse Practitioners will be hosting a Legislative Summit at the Virginia Beach Higher Education Center on October 2nd at 6pm. Come on out and network with our nurse practitioner colleagues and meet our local legislators.

Our District 1 Spring Meeting will be held at the ODU Virginia Beach Higher Education Center on Saturday March 21st. Mark your calendars now for this half day, inexpensive way to earn 4-5 CEs! The theme this year is Scholarship in Action and you will get to hear all about the great work that ODU DNP nurse anesthesia students are doing! Do you have research of your own that you would like to present in a 30-minute presentation or poster? Contact me and I will send you the application!

Looking forward to networking with you all soon! Contact me with ideas of ways we can connect as District 1 CRNAs at ahartgerink@me.com or cell 301-356-0372.



DISTRICT 2

By *Carolyn Connelly*, district2@virginiacrna.org

Several upcoming events are in store for District 2 CRNAs:

- The Nurses Legislative Reception will be Wednesday, October 2, 6:30-9pm at Stacy Sherwood Community Center in Fairfax, VA. Please join VANA, along with other APRN organizations, and meet your Virginia legislators to educate them about CRNA practice. Learn more here.
- A free educational dinner sponsored by Pacira will be Wednesday, October 16 at 2941 Restaurant in Falls Church, VA. Please email crsreservation@pvaluecomm.com to register for this event.
- Happy Hour PACtoberfest, details TBD

If you have any questions, ideas or would like to volunteer. Please contact me at district2@virginiacrna.org.



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.

DISTRICTS 3 & 4

By Jessica Ray, rayjc1@yahoo.com

Districts 3 & 4 CRNAs will have many opportunities to get involved protecting and promoting our profession this fall. A huge thank you to all of the Virginia CRNAs who have already signed up to attend one of the five [Virginia Nurses Association Legislative Receptions!](#) If you have not signed up, look for the dates in this newsletter or the VANA website to find the reception closest to you. It is an easy way to get to know and educate your legislators.

Our Districts 3 & 4 Educational Meeting will be held on November 16, 2019 in Roanoke, Va. Look for registration details soon.

There is also still time to sign up for a VANA-sponsored dinner in Martinsville, Va., on September 16. Come on out and learn about what is happening in Virginia, have a good meal and great conversation. See the [VANA website](#) for registration details.

Lastly, I want to thank Ken Gergely CRNA, a CRNA who currently practices in Bedford, Va., for taking the time to contact and speak with legislative aide of U.S. Senator Tim Kaine. It is so very important to get our story out there. I know there are other CRNAs in the district doing the same and we would love to hear about it.



DISTRICT 5

By Tim Newell, district5@virginiacrna.org

Summer is gone and fall is upon us. This summer we elected some new faces to positions in VANA. Anna Vest is succeeding Coffee Bourne as our new District 5 representative on the Leadership Development Committee and Kofi Sey is our new VANA Vice President. Congratulations to both of them and thank you to Coffee for all of her hard work over the past five years.

To celebrate her new role, Anna Vest is hosting an event on **September 15 at Steam Bell Beer Works in Midlothian from 1-3 pm**. Come out and enjoy some beers on VANA and catchup with friends and colleagues from around the district. Please see the [website for more information](#).

On October 23 and 24, VANA will be participating in the Mission Tomorrow career fair for 12,000 eighth graders. The idea for our participation in this event came from one of our own members from District 5, Nancy Harrison. This will be an amazing opportunity to showcase our profession and inspire interest in the next generation.

On November 2 there will be a whiskey tasting at Black Iris. Another of our members, Joel Gill, had this great idea and is setting this up. The tasting will be \$35 per person and there will only be 30 spots available. There will be a registration page on the VANA website in the next couple of weeks that will have more information so keep an eye out.

Holly Price and others brought us the idea of using a portable credit card reader (like the square) at events to allow people to donate to the PAC. The Board approved their purchase in August and we will start using them soon. As always, if you have any questions, comments, or concerns please let me know.



IN MEMORIAM

It is with sadness that we share VANA member Linda Wolf Robinson, ANP, CRNA, of Barboursville, Va., passed away July 23, 2019. Linda graduated with honors from the Columbia College of Nursing in 1969 and the Medical College of Virginia in 1972. She was board certified as a Nurse Anesthetist in 1973 and served on staff and faculties of the Medical College of Virginia and the University of Virginia, retiring after 38 years of clinical practice. You can read her obituary [here](#).

MARK YOUR CALENDAR

September 15, 2019: VANA District 5 Social, Midlothian, Va.

September 16, 2019: VANA Districts 3 & 4 Dinner Series, Martinsville, Va.

September 27-29, 2019: VANA Annual Fall Conference, Norfolk, Va.

November 2, 2019: VANA District 5 Whiskey Tasting, Richmond, Va.

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

November 16, 2019: VANA Districts 3 & 4 Educational Meeting, Roanoke, Va.

January 19-25, 2020: National CRNA Week

February 1, 2020: VANA Winter Workshop, Richmond, Va.

March 21, 2020: VANA District 1 Spring Meeting, Virginia Beach, Va.

April 18-22, 2020: AANA Mid-Year Assembly, Washington, DC

LEADERSHIP ROLES WITH VANA

Thinking of taking on a leadership role with VANA?

Get in touch with VANA's Leadership Development Committee by emailing nominations@virginiacrna.org

ATTEND A VNA LEGISLATIVE RECEPTION IN YOUR COMMUNITY!

The Virginia Nurses Association (VNA) is hosting a series of legislative receptions across the Commonwealth. Click on the links below to learn more about an event in your community.

[Shenandoah Valley Legislative Dinner](#)

September 25

Augusta Health Community Care Building
78 Medical Center Drive
Fishersville, VA 22939

(this event has a small fee to cover cost of the meal)

[Northern Virginia Legislative Reception](#)

October 2

Sherwood Community Center
3740 Old Lee Highway
Fairfax, VA 22030

[Tidewater Legislative Reception](#)

October 2

Old Dominion Higher Education Center
1881 University Drive
Virginia Beach, VA 23453

[Central VA Legislative Reception](#)

October 3

Bistro 27
27 W Broad St
Richmond, VA 23220

[Roanoke Legislative Reception](#)

October 15

Tanglewood Holiday Inn
4468 Starkey Rd
Roanoke, VA 24018

[Piedmont Legislative Reception](#)

October 16

Charlottesville High School
1400 Melbourne Rd
Charlottesville, VA 22901