

# MONITOR



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

## WINTER 2020

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

Greetings my fellow CRNAs.

I am approaching the halfway point of my presidency, but I am just getting warmed up. The last several months have been extremely productive. We have accomplished three significant events since the 2019-2020 Board of Directors have taken office.

First, we have successfully collected our first direct reimbursement from Anthem – this is a major win for all Advanced Practice Registered Nurses. Second, we have completed our strategic plan and are in the implementation phase of this project. I want to extend my thanks to Jean Snyder and her committee for taking on this significant task. Lastly, HB1059 (Sponsor Del. Dawn Adams) and SB264 (Sponsors Sen. John Bell & Sen. Jennifer Kiggans) have been introduced in the House and Senate. These bills target the issue of prescriptive authority. Currently, CRNAs are the only APRNs without the ability to prescribe medications. This barrier has had a significant impact on independent practice CRNAs because these practitioners cannot meet patient’s needs prior to arriving and upon discharge from facilities, as well as not having the ability to act as the medical director for facility operations. Additionally, we are experiencing impacts to our active duty, retirees and Veterans Affairs patients. With shifts in VA and military facility policy manuals, CRNAs are facing increasing restrictions when writing PACU orders because of their lack of prescriptive authority. Other CRNAs have lost prescriptive authority by moving to Virginia. We will need your help to make this legislation a success.

Our organization is experiencing one of the most exciting transitions in our history. This would not be possible without your willingness to give 20 minutes monthly and contributing \$20 per month to our CRNA-PAC. 2020 is not only the year of the Nurse, but it will be the year of the Nurse Anesthetist. The first few months you answered surveys to help us glean the information necessary to advance

legislation. The next few months I need you to write and call your legislators. We have sent you talking points and letter templates with instructions. Please take the time to fill out that information. If you no longer have those emails, then please contact our office to have the information resent to you. Through every single person, a 20 minute per month time donation, we will be a major influencer in Richmond. Additionally, your recurring donation of \$20 per month will provide us the funding necessary to advance our legislation.

I am humbled by your support to date and continue to ask that you serve alongside myself and my Board of Directors. We are working diligently to ensure patients have access to the high-quality care we provide. Please reach out with any questions.

See you all soon. Best Regards.

Howie Goodwin

### WHO IS MY LEGISLATOR?

Find your delegate and senator [here](#).



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## FEATURED EVENT: VANA WINTER WORKSHOP

*By Karen Gillikin, Education & Programming Committee Chair*

Registration is open for our [Annual VANA Winter Workshop](#). This year the conference will be held Saturday, February 1, 2020 at The Westin Richmond, 6631 W. Broad Street. This location has plenty of free parking for attendees. The 2020 Winter Workshop has an exciting line up of topics and national speakers including EKG interpretation, ketamine clinics, coagulation in clinical practice, peripheral nerve blocks, COPD, defensible care and documentation. We hope to see you there.

## SILENT AUCTION 2020!

*By Diane Miller, CRNA-PAC Chair*

Don't get left out! The VANA 2020 Silent Auction, which benefits the CRNA-PAC, will be held in conjunction with the VANA 2020 Winter Workshop. This year, it's even easier to participate. All items will be available for review and early bidding. Just log onto: <https://www.32auctions.com/vana2020silentauction>.

**Donation** to the Silent Auction is also a great way to participate:

1. Did you get a holiday present that was so RIGHT—but not for you? Re-gifting is easy at the VANA Silent Auction.
2. Are you getting rid of grandma's earrings or that china you don't ever use? Donate your "treasures" to the Auction.
3. Know a great restaurant in your area that would be willing to give a gift certificate to the VANA 501(c)(6) not-for-profit organization? Ask and donate one!
4. Other ideas:
  - a. Gifts of experience like theatre, camping trips...
  - b. Gift baskets (wine, getaways, spa treatments...)
  - c. Baked goods
  - d. Homemade creations
  - e. Anything your imagination can dream up!

Donate by emailing [dmiller.teamvana@gmail.com](mailto:dmiller.teamvana@gmail.com)

Silent Auction 2019 was a total success with 60 items available and over \$4600 raised! Let's make Silent Auction 2020 just as successful.

Together, we can accomplish anything. Learn more about the CRNA-PAC [here](#).

## MARK YOUR CALENDAR: 2020 ANNUAL FALL CONFERENCE IN NORFOLK, VA

*By Karen Gillikin, Education & Programming Committee Chair*

VANA is busy planning the [2020 Annual Fall Conference](#). This year we return to the beautiful Hilton The Main in Norfolk Virginia, October 3-4, 2020. The Norfolk 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 in the conference. This is the third and final year the VANA Fall Conference will be held in Norfolk, as we will be returning to Northern Virginia for three years. As we depart Hampton Roads, we will be highlighting our military and anesthesia in the battlefield, OB emergencies, pediatric anesthesia, contract law and cardiac pharmacology, as well as care of diverse populations. We are excited to incorporate new hands-on workshops into the conference this year at no additional cost to attendees. Workshops will be announced soon. We are looking forward to another fulfilling year of education.

## NATIONAL CRNA WEEK IS JANUARY 19-25, 2020!

[National CRNA Week](#) is the AANA's annual celebration of anesthesia patient safety and the nation's nearly 54,000 Certified Registered Nurse Anesthetists and student registered nurse anesthetists who safely and cost-effectively provide more than 49 million anesthetics each year. Known as National Nurse Anesthetists Week as recently as 2014, the updated name for this popular event helps patients, hospital administrators, healthcare professionals, policymakers, and others become more familiar with the CRNA credential and the exceptional advanced practice registered nurses who have earned it. Join VANA in celebrating National CRNA Week, January 19-25!

**CRNAs  
WE ARE  
THERE**

## GRC UPDATE & LEGISLATIVE SUMMIT PREVIEW

*By Cathy Harrison & Jan Setnor, GRC Co-chairs*

VANA's GRC has been working tirelessly since the beginning of the 2020 fiscal year to encourage member participation in the regional legislative receptions and constituent visits with their members of the General Assembly. As we are all aware of the fact that there was a big state election this year and there are many new faces in the seats of delegates and senators, it might have seemed that the GRC activities were at a standstill. Fear not, because there were many meetings with newly-elected General Assembly members, our lobbyists Michele Satterlund and Kassie Schroth, and VANA board of directors members in preparation for the prescriptive authority bill that has been put forward. Thank you to Delegate Dawn Adams and Senator John Bell for championing our bill SB264.

Jan Setnor and Jill Von Roth attended a reception for Senator Bell on Sunday, January 5 in order to thank him for his support and to provide information about CRNAs in the state. On Monday, January 6, GRC co-chairs attended the pre-session reception for the Virginia Black Caucus where we met with members of both political parties. Both events provided great opportunities for recognizing our organization and profession.

The General Assembly session began January 8. Be sure to plan to join us January 23 for the VANA Legislative Summit, which will be held at McGuireWoods in Richmond, Va. We have met on Wednesday for our summit in the past, but this year we needed to change the day to Thursday, so don't let that throw you off. There will be visits from legislators, wonderful speakers and continuing education credits, so [register now](#) for this event.



## TUSK & TRUNK DINNER WITH SENATOR JEN KIGGANS

*By Michelle Dayday*

We had the pleasure of having Senator Jen Kiggans' company at the Tusk & Trunk dinner on December 3. It was wonderful to talk to her about CRNAs, VANA, and hear about her plans for her upcoming term. The senator was grateful for our support and we are looking forward to seeing her at Lobby Day, in Richmond, on 1/23/20. If you are interested in GRC events or committee work, please contact VANA president-elect Jean Snyder at [snydjf32@cox.net](mailto:snydjf32@cox.net) or 757-876-3042.



## DAY OF CARING

*By Jean Snyder, President-Elect*

Advanced Vision Institute, the office of Dr. Glenn Campbell in Williamsburg, Va., held its annual Day of Caring on October 5, 2019. In conjunction with Goodwin and Snyder Anesthesia Associates, Dr. Campbell and staff volunteered their time and expertise to host the yearly community outreach program. This event is in conjunction with the ASCRS Foundation's national program Operation Sight. Advanced Vision Institute has sponsored this event annually since 2012 to allow patients who are in need and unable to pay to receive sight restoring surgery at no cost. More than 3 million cataract surgeries are performed annually in the United States, but unfortunately, many of those most in need are uninsured and unable to pay for the procedure. This event allows indigent patients to receive cataract surgery at no cost.



## DISTRICT NEWS ROUND-UP

### DISTRICT 1

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

Hello from District 1! Hope everyone had a happy holiday. Now that everyone is back in the swing of things, we have a couple of exciting events happening in our District.

- **CRNA WEEK & SOCIAL GATHERING:** CRNA week is January 19-25. Our annual CRNA week [VANA Legislative Summit](#) is on Thursday, January 23 in Richmond. There is still time to sign up if you would like to join us for this informative event. For CRNA week, I have ordered 200 pens and buttons as well as a few posters. If your facility does not provide those for you, please let me know. I would be happy to swing by with some goodies for your CRNAs. I will be trying to stop by to see as many of you as possible during that week. If you take any photos during CRNA week, I would love for you to send them my way! The final thing to cap off CRNA week is a social event at the ODU basketball game on Saturday, January 25 at 7pm. Tickets are \$18 which is the cost for a seat. VANA will be providing food. Please feel free to bring your family with you to this fun event. If you have infants/toddlers under 2 years old that will be on your lap, then they are free. You should be receiving an email shortly with how to buy tickets. Hope to see you there!
- **MEETINGS:** We are having our District 1 Spring Meeting on Saturday, March 21 at the Virginia Beach Higher Education Center. This year we will be focusing on Scholarship in Motion. More info is coming soon, but please mark your calendars for this easy and inexpensive way to earn four continuing education credits. Also, Mid-Year Assembly in Washington, DC is April 18-22. This is a great way for you to get your feet wet with the legislative process. We are happy to mentor you through your first time, or two or three! There are also plenty of opportunities to visit local legislators throughout the year and we would love to have you join us.

As always, if you have ideas of fun ways for us to get together, are interested in helping organize an event or are just looking for ways to get involved, please reach out to me at [ahartgerink@me.com](mailto:ahartgerink@me.com) or text/call at 301-356-0372. Cheers to 2020.



### DISTRICT 2

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

Happy New Year! I am thankful for our CRNA community and look forward to what lies ahead for us in 2020. CRNA Week is January 19-25, 2020. National CRNA Week is the AANA's annual celebration of anesthesia patient safety and the nation's nearly 54,000 Certified Registered Nurse Anesthetists and student registered nurse anesthetists who safely and cost-effectively provide more than 49 million anesthetics each year. Activities in District 2 are TBD - stay tuned! Lastly, I hope to plan a few educational dinners with AcclRx, Merck and Mallinkrodt over these next few months so please be sure to check your emails! Best wishes and hope to see some of you in 2020!



### DISTRICTS 3 & 4

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

I want to thank everyone who attended the Districts 3 & 4 Education Meeting in Roanoke on January 11. A special thank you to the CRNA speakers who put in so much time and effort to present interesting timely lectures to their colleagues. Finally be on the look out for a BLS/ACLS/PALS triple certification this March in Roanoke, finalized date coming soon.



## DISTRICT 5

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

I just wanted to tell you about some events we've recently done, and some events coming up!

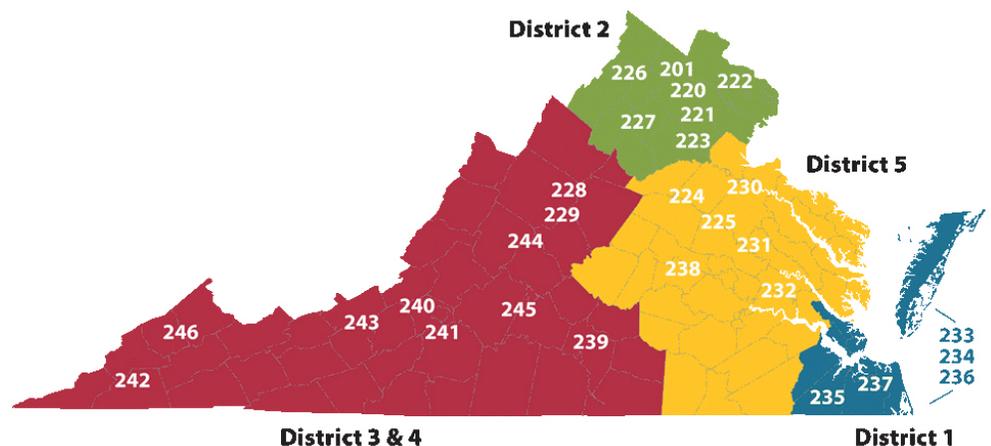
- On November 2, we had an amazing Whiskey Tasting at Black Iris Social Club. Thank you to Joel Gill for not just setting this up, but also catering it and thank you to the staff at Black Iris for your knowledge and expertise.
- Just before Thanksgiving on November 17, we convened at [solidcore] in Short Pump for an intense core workout. Thank you to Abby Grahek, SRNA for setting this up AND coaching us!
- On January 6, we partnered with the VCU Department of Nurse Anesthesia to present a Journal Club. The hope is for this to be a bi-annual event. It was held at the brand new College of Health Professions building on the MCV Campus. Scotty D. Bowie, Jr. CRNA, MSNA, spoke about the "Preoperative Assessment of a Cardiac Patient for Non-Cardiac Surgery," and Christopher Simons, SRNA, talked about "The Intrinsic Antiemetic Properties of Propofol." Around 40 people joined us! Thank you to the VCU Department of Nurse Anesthesia for their support and efforts in hosting and setting up this event.
- The VANA Legislative Summit is on January 23, 8am-2pm. Please join your CRNA peers for a FREE half-day of educational content on the advocacy and legislative process. Learn about regulations and compliance from the state of Virginia perspective, VANA issues at the General Assembly, PAC giving and why it matters and tips for talking with lawmakers. Breakfast and lunch is provided. The link to register is [HERE](#).
- VANA Winter Workshop is on Saturday, February 1. We have another great lineup of speakers this year, so grab a colleague or 10 and come check it out. The link with more information and the registration is [HERE](#).
- I am planning on setting up an ACLS/BLS/PALS recertification class in March. I will send out more information as soon as I have it.



## STAY ENGAGED LOCALLY WITH VANA

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

Find your VANA district [here](#).



## VANA EXHIBITS AT MISSION TOMORROW

*By Nancy Harrison*



Each fall, the Richmond Region Chamber of Commerce hosts a 2-day interactive career exploration event for eighth grade students called Mission Tomorrow. Eighth grade is a critical year for students as they are deciding on coursework pathways for their high school years and beyond. The 2019 event was held at the Richmond Raceway complex on October 23 and 24. Almost 13,000 students from Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent, Powhatan and Richmond public schools attended.

VANA contributed as a sponsor of the event and was represented by District 5 CRNAs and SRNAs who staffed their interactive exhibit. The MANA video, “This is Chris CRNA” ran continuously and posters depicted “The 4 Pillars of Anesthesia”, “What CRNAs Do” and “How to become a CRNA”. Students took turns at the intubation heads with multiple devices and shared their stories and questions about anesthesia and CRNAs.

Thanks to VCU’s Department of Nurse Anesthesia for lending the airway equipment – and SRNAs: Krista Howard, Caroline Topolinski, Jenna DeGrove, Staci Wilson, Eric Fries, Molly Weissert, Ashley Todd, Hannah Choi, Rachel Bowker, and Patrick Brown. Thanks, too, to the District 5 CRNAs who staffed the event: Nancy Harrison, Sharlene Mendoza, Kimberly Van Alstine, Lukeythia Bastartdi, Anna Vest and Tim Newell.



## HIGHLIGHTS OF 2019 VANA ANNUAL FALL CONFERENCE



## MARK YOUR CALENDAR

- January 19-25, 2020:** National CRNA Week
- January 23, 2020:** VANA Legislative Summit, Richmond, Va.
- January 25, 2020:** VANA District 1 Social Event, Norfolk, Va.
- February 1, 2020:** VANA Winter Workshop, Richmond, Va.
- March 21, 2020:** VANA District 1 Spring Meeting, Virginia Beach, Va.
- March 2020 (TBD):** BLS/ACLS/PALS Triple Certification Course, Multiple locations
- April 18-22, 2020:** AANA Mid-Year Assembly, Washington, DC
- August 14-18, 2020:** AANA Annual Congress, San Diego, Calif.
- October 3-4, 2020:** VANA Annual Fall Conference, Norfolk, Va.
- November 13-15, 2020:** AANA Leadership Summit, Ft. Lauderdale, Fla.

