

MONITOR



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

FALL 2020

MESSAGE FROM VANA PRESIDENT JEAN SNYDER, DNAP, CRNA

Dear friends and colleagues,

Human beings have an eight second attention span! Because we are CRNAs, we are better than the average goldfish for attention span although it is likely we don't have much more time than eight seconds to read a newsletter. I want to encourage you to get a cup of tea and sit down to read about all the things VANA is doing for you and all the ways you can get involved in VANA. It will be time well-spent, I promise.

First, thank you to the amazing VANA team that is serving the membership in 2020-2021. They are the brightest, hard-working group. If you haven't already, reach out to your district director and make a VANA-link connection; we call this "Doing Life Together." VANA is your professional family and we are a great resource as you live your best life.

I am continuing an initiative that Howie Goodwin, your immediate past-president, started last year: 20 minutes/month, \$20/month. This initiative was very successful last year in not only engaging Virginia CRNAs to be part of micro-volunteer initiatives but also we now number over 100 gems in our PAC fundraising. If you haven't already, please consider participating by signing up to be a gem and contacting any board member to be placed on the micro-volunteer list.

Let's take a minute to talk about how much VANA accomplished last year: prescriptive authority, Anthem reimbursement, as well as Medicaid reimbursement. It was because of CRNAs like you alerting us to the restriction in their practice because they didn't have prescriptive authority that we moved forward and made it a priority. Even if these wins do not impact your practice directly, we all benefit. These wins set CRNA practice apart from AA

practice. As you know, there are some that would prefer to equate CRNAs and AAs. We know the quality of our care is far better. We have come so far but we have so much to accomplish.

I am interested in hearing your thoughts and ideas. Take a minute to call or text me (757-876-3042) or email me at snydjf32@cox.net. I am very interested in hearing how Covid has impacted your profession and job, how full practice authority would help you provide care, how our colleagues in rural areas practice as well as feedback from active duty and veterans. We thank you for your service but would like to know how we can serve you better.

My goal this year is to build on our successes last year but I can't do it alone and frankly, should the 20+ CRNAs that form your committees/directorships and executive boards have to carry the load for the 1500 CRNAs in Virginia? Can you not spare 20 minutes and \$20 each month to advance your profession? We are the best and the brightest. It is our time.

Sincerely,
Jean

IN THIS ISSUE

President's Message	page 1
Get to Know Your New VANA Officers	page 2
VANA Fall Conference	page 4
VANA Winter Workshop	page 4
Calendar of Events	page 4
District News Round-Up	page 5

GET TO KNOW YOUR NEW VANA OFFICERS

Jean Snyder, DNAP, CRNA President



Q. Tell us about your current practice as a CRNA.

A. Together with Howie Goodwin, I own an anesthesia company, Goodwin and Snyder Anesthesia Associates, PLLC, that provides anesthesia services to three ambulatory surgery centers. We also own an IV ketamine and vitamin infusion clinic in Newport News, Ecstasis. I am adjunct faculty at ODU.

Q. In your role as VANA President, what do you hope to accomplish?

A. My goal has always been to empower CRNAs to be subject matter experts, business owners, and to step into leadership positions. In my leadership role with VANA, I am looking to continue the 20 minutes/month, \$20/month initiative. In addition, I am committed to fulfilling our strategic plan and making VANA stronger and more resilient in the process.

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

A. I want CRNA practice in Virginia to be known as the gold standard by patients, surgeons and hospital systems. We know it; it is time for everyone else to know it.

Q. What do you like to do in your spare time?

A. My very favorite thing is spending time with my grandchildren, Charlotte and Paul. I garden and am working with my daughter to write and illustrate a fun book about CRNAs. We are also designing CRNA-centric fabrics. Stay tuned for our OR caps and masks.

Adrienne Hartgerink, DNP, CRNA President-Elect



Q. Tell us about your current practice as a CRNA.

A. I am currently the Associate Director for the Old Dominion University Nurse Anesthesia Program. I teach three semesters of Applied Principles of Anesthesia Courses as well as Health Care Policy. I also practice clinically one day a week at the Naval Medical Center Portsmouth. I have been at ODU for 9 years.

Q. Why did you want to become a CRNA?

A. When I worked as an RN in the ICU in the Air Force, we would occasionally cover the PACU when someone was out. I was able to spend some time with CRNAs and shadow them a bit back in the OR. Until then, I had no idea that being a CRNA was even an option for nurses. I thought it looked like the coolest job ever and the rest is history. I still love being a CRNA 23 years later!

Q. Why did you want to become a leader of VANA?

A. My instructors in anesthesia school role modeled the importance of professional involvement and I try to do the same for my current students. I think it is important to give back to your profession and to champion causes that keep it strong. I have been involved and held many positions in the AANA and in my state associations since I was a student and have been on the VANA BOD in one way or another for the last 6 years. Now that my husband has retired from the military and our children are getting older, I am honored to take on the challenge of being your President-Elect.

Get to Know Your New Vana Officers continued on page 3

Get to Know Your New Vana Officers continued from page 2

Q. In your role as President-Elect, what do you hope to accomplish?

A. Well, the good news is having been on the BOD for some time I have been able to be a part of so many great accomplishments for Virginia CRNAs such as preventing AAs from coming into Virginia, prescriptive authority and reimbursement resolutions. We have a strategic plan in place for next steps that is very exciting and you all will be hearing more about that very soon. My goal this year is to assist our President, Jean Snyder, in any way I can and make sure I am up to speed on all the important issues and concerns of our members so I will be ready to take over August 1st 2021!

Meredith Joyner **Vice President**



Q. Tell us about your current practice as a CRNA.

A. I currently work as an independent CRNA and I serve as the chief CRNA with a physician-owned surgery center that utilizes an anesthesia care team.

Q. Why did you want to become a leader of VANA?

A. An effective way to lead is by example. I want to be involved in promoting the quality care and added value we bring to the health care system.

Q. In your role as Vice President, what do you hope to accomplish?

A. As VANA's Vice President, my goal is to promote, advance, and enhance not only independent CRNAs, but also CRNAs working in an anesthesia care team. I would like to work with our members to promote the quality care we provide and continue to advocate for our profession.

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

A. If I had one wish, it would be that the value of the CRNA profession would be apparent to the general public and the healthcare environment.

Selim Kahveci **Interim Treasurer**



Q. Tell us about your current practice as a CRNA.

A. I work for a large, academic center.

Q. Why did you want to become a CRNA?

A. I'm a nerd at heart; we use pharmacology to manipulate physiology. It's fun.

Q. In your role as Interim Treasurer, what do you hope to accomplish?

A. As VANA's interim treasurer, I hope to keep VANA in great financial standing while increasing revenue and decreasing expenditures.

Q. What do you like to do in your spare time?

A. Donate to the CRNA-PAC; run, cook, wine

JOIN US FOR THE ANNUAL FALL CONFERENCE – NOW VIRTUAL!

After careful review of the growing Covid-19 numbers in Tidewater, coupled with member and vendor hesitation for a face-to-face meeting, VANA's Education and Programs Committee and VANA Board of Directors made the difficult decision to move the Annual Fall Meeting to a virtual format. We hope you will join us as we are gear up for the annual VANA Fall Conference Zoom style.

We are very excited to bring national speakers to Virginia for our area CRNAs. This year we are hosting AANA's Region 2 Director Jan Setnor; lobbyist Michele Satterlund; Paul Pellini; LCDR Jon Hamrick; CDR Lauren Suszan; LCDR Michael Rucker; Jamie Furstein; Program Director at Columbia University and previous AANA Board Member Maribeth Massie; and NY/NJ Covid-19 Warriors: Katy Dean, Tenaja Lynch, and CDR Reggie Middlebrooks. See the full program agenda [here](#).

This year, we are highlighting military anesthesia, prescriptive authority for CRNAs in Virginia, pediatric updates, OB emergencies, cardiac pharmacology and Covid-19. In response to considerable requests, we are also offering an in-conference virtual ultrasound-guided vascular access workshop designed for a variety of learners. Lastly, we have a virtual wellness activity planned to help get you moving Sunday morning.

[Register today!](#)

SAVE THE DATE: FEBRUARY 6, 2021 IS THE VANA WINTER WORKSHOP

If the fall conference does not fit into your schedule, or you would like the opportunity to earn additional continuing education credits, the VANA Winter Workshop is just around the corner. This conference will be held February 6, 2021 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 Ladan Eshkevari and Christian Falyar. We are also thrilled to add Chuck Biddle the speaker list. Some of the lectures include contract law, focused cardiac ultrasound and student DNP projects. Keep an eye out for the finalized agenda and registration.

MARK YOUR CALENDAR

October 3-4, 2020: VANA Annual Fall Conference, Virtual

October 7, 2020: Northern Virginia Nurses Legislative Reception, Virtual

November 13-15, 2020: AANA Leadership Summit, Virtual

February 6, 2021: VANA Winter Workshop, Richmond, Va.

April 24-28, 2021: AANA Mid-Year Assembly, Washington, DC



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

DISTRICT NEWS ROUND-UP



Director – District 1: Kelli Kessler

district1@virginiacrna.org

Happy Fall! I hope everyone is staying safe and taking care of themselves this year. I am very excited to be joining VANA's board. Thank you all for your support as I step into the role of District 1 Director. I would like to take this time to formally introduce myself. I am an ODU graduate and have been practicing in District 1 for four years. When I am not working, I enjoy traveling, running, going on race-cations, and spending time with my fur babies at home. Please feel free to reach out to me at any time at skroberts13@gmail.com; I would love to hear any and all ideas for future events. 2020 has been a challenge, but together

I know we can continue to foster relationships and support CRNAs. Physical distancing is not social distancing—VANA is here to support you.



Director – District 2: Carolyn Connelly

district2@virginiacrna.org

District 2 CRNAs: Please mark your calendar to attend the 2020 Northern Virginia Nurses Legislative Reception on Wednesday, October 7, 2020 at 7:15pm. This is your opportunity to meet with legislators to exchange ideas and explore solutions to improve access to healthcare in the Commonwealth. The event will be virtual and is sponsored by the Virginia Nurses Association, Virginia Council of Nurse Practitioners, Virginia Association of Clinical Nurse Specialists, Virginia Affiliate of the American College of Nurse Midwives, Virginia Organization of Nurse Executives and Leaders, Virginia Association of Nurse

Anesthetists and Virginia Association of Doctors of Nursing Practice. Register [here](#).



Director – Districts 3 & 4: Jessica Ray

district34@virginiacrna.org

I want to thank all of the CRNAs who came to the August Triple Certification class in Roanoke. Be on the lookout for a date next March 2021 for an additional triple certification class.



Director – District 5: Nicole Damico

district5@virginiacrna.org

As I begin my term as District 5 Director, I would like to extend a huge thank you to Tim Newell for his exceptional service over the past two years and his tireless efforts recently to ensure a smooth role transition. Over the last several weeks, Tim and I have met regularly to discuss ongoing initiatives and ideas for the near future in our district. Plans for in-person events are, of course, on hold for the time being. So, I'd say it is time for us to get creative! I'll be reaching out soon to all District 5 CRNAs who have been involved with planning events over the past year or so to identify those we might reasonably shift to virtual offerings. I would also love to hear YOUR ideas for new virtual events to help us stay connected and keep our forward momentum going. These events can be social, business, educational, or a combination of any of the above. If you have an idea for a virtual or other offering, please share with me at district5@virginiacrna.org. I am very grateful for the opportunity to serve and hope to have the chance to see you (in-person or online) soon!