

MONITOR



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

SPRING 2022

MESSAGE FROM VANA PRESIDENT ADRIENNE HARTGERINK, DNP, CRNA

Spring is here. I love this season when things are blooming and changing. It is a time of hope, renewal, and reenergizing. I don't think it is a mistake that the Mid-Year Assembly (MYA) happens in the spring every year. Just when I feel like I can't get out of the winter blahs, this meeting comes around and never ceases to energize me. After 2 years of virtual only meetings, it was fantastic to get together with so many others from across the country to advocate for our profession. We had a great student turnout and even those who thought "they just weren't into politics" came away with a new appreciation of what it takes to move a profession forward. If you have never been to MYA, put it on your calendar for next year for sure. However, you don't need to attend the MYA to be an advocate for your profession. There are so many ways to get involved. After hearing about how every dollar helps support candidates who support us, almost all our students in attendance at the MYA became capital club members of the PAC by donating \$25. If the students can donate \$25, surely we can all donate at least \$25 a month to protect our profession. Please be aware that the federal and state PACs are not the same, and your gifts do not cross from one to the other. We are being attacked on many fronts both at the federal and state level and we need everyone's support. If even half the CRNAs in Virginia gave \$25 a month to our state PAC we would have over \$270,000 a year! Can you imagine what we could accomplish? This coming year promises to be a very active legislative session.

President-Elect Meredith Joyner and I will be meeting with our lobby and GRC team on April 18th to start solidifying our legislative plans for next year and we are having a legislative workshop with other APRN groups on April 30. We will keep you posted as things develop.

We need everyone to be involved whether that is writing a letter when asked, sending your stories to the communication team, visiting your legislator when they are back in the district or giving to the PAC. Speaking of being involved, it is almost time for elections! We have several VANA members running for national offices and committees so please make sure you vote. AANA voting starts April 19th. We of course always need help right here in Virginia. Would you like to be involved on the VANA BOD? We would love to have you serve. All nominations for our state election are due by April 24th.

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Reach out to your Leadership Development Committee member to nominate a friend or yourself. Don't have time to be on the BOD? We need members on all our committees and micro-volunteers as well. We are happy to hook you up with an area you are passionate about.

Finally, it is with a heavy heart that we say good-bye to our Executive Director Daniel Whitehead who has been with us since 2018. Daniel has been the work horse behind the scenes at VANA helping to keep us organized and on track. We are happy for him and his new adventures, but he will be missed for sure. We are already searching for Daniel's replacement. In the meantime, we are in good hands with Mark Hubbard – mhubbard@mwcllc.com – 804-775-1920 and Allison Antourakis (Gilbert) – agilbert@mwoutsource.com

Thank you for being a part of Team VANA! Feel free to reach out to me at anytime for your questions or concerns.

HUMANITARIAN CRISIS IN UKRAINE

By Noel Swenson

Many are well informed about the war in Ukraine however it is challenging to know where to start or what to do. Well established organizations identify need and organize the accrual and delivery of resources to reach humans in desperate need across the world.

Our individual life journey is fascinating. After years of waitressing, bartending, and teaching hot yoga, I found myself coming back full circle to what I intended to study at age 18...nursing. With the help of my mother, a CRNA, an opportunity presented itself that would allow me to pursue my nursing education with deeper life experience. I earned my nursing degree through I. Horbachevsky University in Ternopil, Ukraine. I lived and studied among other international students, primarily from various countries in Africa. The experience left a lasting impact and I have remained in contact with Ukrainian physicians and professors who were an integral part of my training. Nataliyah Haliyash, a past clinical instructor, point of contact, and member of the Rotary Club in Ternopil City, informs me families, exactly like you and I, have left their homes with only the clothes on their back.

Our first world problems are put into perspective when we imagine what is happening half a world away. If inclined, please consider contributing. I've created a fundraiser through Project C.U.R.E., with the intention of reaching Ternopil and Western Ukraine, where many have fled and seek refuge. Humans in Ukraine continue to be in dire need of medical supplies and humanitarian assistance.

[Project C.U.R.E. Ternopil Ukraine Donation](#)

[Noel Loves Ukraine Facebook Page](#)

Finally, a Virginia-based student registered nurse anesthetist, Dmitriy Sverdlin, is especially motivated to provide relief to Ukraine. As if being an anesthesia student isn't stressful enough, Dmitriy's Ukrainian family members are experiencing the war firsthand, while others in his family are displaced to neighboring countries.

He has been working tirelessly to outsource medical supplies and in doing so, discovered a Richmond based non-profit organization, named Lift Up Ukraine, who accepts monetary donations as well as mailed supplies. The link below demonstrates the most updated list of needs and addresses in Richmond to where supplies may be sent.

[Lift Up Ukraine Donate Supplies](#)

Dmitriy is not on Facebook, but is available for any questions and has provided his email: dsverdlin@me.com

Thank you for your time.

Sincerely,
Noel Swenson, CRNA, DNAP



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and North Carolina**

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Sentara Martha Jefferson Hospital <i>Charlottesville, VA</i>	Sentara Albemarle Medical Center <i>Elizabeth City, NC</i>	

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RECAP OF THE VIRGINIA GENERAL ASSEMBLY SESSION

By Howie Goodwin and Cathy Harrison, Co-Chairs, VANA Government Relations Committee

After a busy General Assembly session, the GRC team began planning for the AANA Mid-Year Assembly of States. Both hybrid and in person, this year's event was well attended. Bravo Zulu to Dr. Shannon Noffsinger for all of the efforts she put into visits with our representatives in DC. Due to restrictions on face-to-face visits, she was able to schedule zoom meetings, which were well attended. Unfortunately, our visit at the Capitol with Congresswoman Luria and tour was changed, due to a scheduling conflict on her part. We got some great pictures, though.

On April 18, 2022, President Adrienne Hartgerink, President-elect Meredith Joyner our lobbyists and GRC members will meet to formulate the strategic plan for FY 2023. This is the year for progress with the changes that are important to all CRNAs in Virginia! April 30, 2022 is the date chosen for a meeting with APRN leadership, our lobbyists and Delegate Dawn Adams to discuss ideas for supporting initiatives that benefit all of the groups.

Get ready for a busy late Spring, Summer and Fall; visits to your representatives are going to play a vital role in accomplishing our goals! Micro-volunteerism is easy and will certainly make a difference.



MARCH MADNESS SOCIAL MEDIA TAKEOVER

By Jean Snyder, VANA Communications Committee Chair

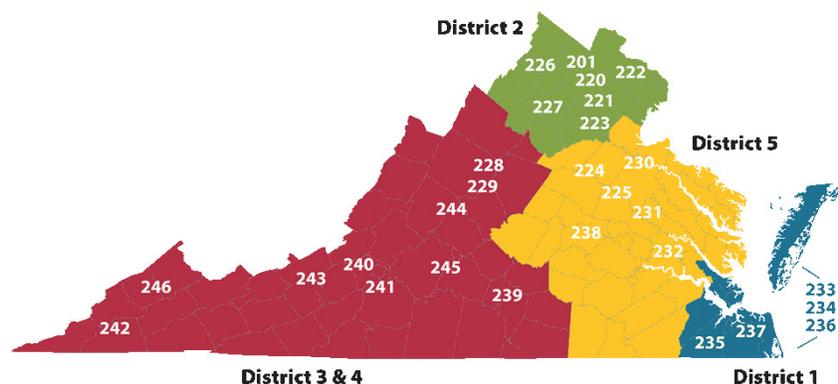
The VANA Communications Committee challenges Virginia CRNAs to give 20 minutes/month by helping us like, share and comment on our social media posts. Every click helps us drive messaging based on 3 themes: CRNAs in the military, the value of CRNAs in Virginia and good things CRNAs do. These are messages that resound with the public and legislators who determine our scope of practice in Virginia law and statute. The Communications Committee is working hard to get our messaging out, but we need you to help us reach our audience with the message that CRNAs are the best kept secret in medicine, but we aim to change that.

Please take a moment to send us your stories. Military CRNAs can send us a story about their military experience. In talking about a memorable encounter or anesthetic, the unspoken message is your unsupervised practice under difficult and challenging conditions. Our military CRNAs have given so much to us and we need to share their stories. We all know the value of CRNAs in Virginia but few outside the OR do. This broad topic includes many avenues of expression: rural CRNAs, VA CRNAs serving our veterans, and opioid-free anesthesia practices. Add your own interpretation and send your story of the value you bring to the Commonwealth. Good things CRNAs do takes your stories outside the OR. These are the items that bring our stories in the community to light. Mission trips, the Rock ‘n Roll Marathon, volunteering in any capacity are the types of stories we are looking to share. These human-interest stories are so important to share.

Our Communication Committee is amazing. We have had the addition of students from VCU, Georgetown and ODU join us this past month as they participated in our version of “March Madness” – the student takeover of our social media accounts. Next year, we will have the students from Mary Baldwin participating as well. Congratulations and welcome to Virginia Mary Baldwin. We are looking forward to the great things you will do to educate and promote CRNAs in Virginia. The committee members are: Lukeythia Bastardi, Cherry Cowan, Carol Davis, Nancy Harrison, Ramon Medina, Diane Miller with students Erin Francis, Brandi Ingram, Gloria Oakman, Chris Soto and Emily Winchester. The students have found time in their busy schedules to help us and so can you. Our request is simple: follow us on all our social media accounts, then like and share our posts. It takes very little time and effort to support us and in doing so, support yourself.

STAY ENGAGED LOCALLY

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



MARY BALDWIN UNIVERSITY – NURSE ANESTHESIOLOGY PROGRAM



Mary Baldwin University recently announced that it will admit first cohort of students to its new Nurse Anesthesiology Program (NAP) in Fall 2022. Founded in 1842, Mary Baldwin University is a small, coeducational university offering a range of degree programs (from bachelor to doctoral). It serves a diverse student population on its main campus in historic Staunton, Virginia, as well as at the Murphy Deming College of Health Sciences in Fishersville, Virginia.

The Doctor of Nursing Practice – Nurse Anesthesiology Program is a 104-credit BSN to DNP with a 36-month, full-time plan of study. The innovative program is being offered in a hybrid format using a combination of on- and off-campus content delivery. The program will train nurses to administer anesthesia as full-service providers with a focus on providing anesthesia services to the underserved and rural communities. The program's state-of-the-art simulation center is in the final phases of construction. The program will offer students the opportunity to practice many of the anesthesia skills required in the simulation center prior to the program's clinical phase start. The program will also offer students the opportunity to learn gross anatomy in the cadaver lab.

The NAP faculty are very excited to build a program that will serve Virginia residents. Dr. Johanna Newman is the Founding Program Director and moved to Virginia from Florida last summer to develop the NAP. She has taught nurse anesthesia students for the past 14 years and has practiced anesthesia in a variety of settings for the past 18 years. Dr. Newman is a passionate advocate for the nurse anesthesia profession. She served as President of the Florida Association of Nurse Anesthetists from 2018 – 2019 and has also served on various committees in the National Board on Certification and Recertification of Nurse Anesthetist. Dr. Jen McPherson serves as the NAP Assistant Program Director. Dr. McPherson is a retired U.S. Navy Commander with more than 19 years of experience as a practicing nurse anesthetist. She has extensive experience in nurse anesthesia education, having served as the clinical site director with the Uniformed Services University of Health Sciences (USUHS) School of Nursing in San Diego.

For more program information: <https://marybaldwin.edu/health-sciences/school-of-nursing/doctor-of-nursing-practice/nurse-anesthesiology/>

AANA MID-YEAR ASSEMBLY

By Shannon Noffsinger, VANA Federal Political Director

Friends and colleagues,

The AANA Mid-Year Assembly (MYA) affords the opportunity for CRNAs and SRNAs to develop strong advocacy skills for our patients and our profession at both the national and state levels. This year's MYA is offered in a hybrid format from April 2-6, allowing participants to attend the conference virtually or in-person at the JW Marriott in Washington, DC and earn up to 14.5 Class A CE. The 2022 legislative agenda focuses on permanent removal of physician supervision, reducing barriers to practice and creating cost savings, ending provider discrimination, and ensuring access to high-quality care for our nation's veterans.

MYA traditionally concludes with visits to Capitol Hill for meetings with our senators and representatives, where we put our newly gained advocacy skills and knowledge to use. Due to current security restrictions in congressional offices and buildings, nearly all legislative meetings are being held virtually this year. At the time of this writing, Virginia CRNAs and SRNAs are scheduled for virtual meetings with the offices of Rep. Abigail Spanberger, Rep. Rob Wittman, Rep. Jennifer Wexton, and Sen. Mark Warner, as well as one in-person meeting with Rep. Elaine Luria at her Capitol Hill office.

As COVID restrictions continue to ease, we are hopeful that more opportunities will arise in the near future to engage with our legislators throughout the year when they return to their districts. If you would like help engaging with your legislator, learning how to advocate effectively, or have any other advocacy needs, please reach out to me at snoffsinger@gmail.com. Thanks so much for all that you do!

With Warm Regards,

Shannon Noffsinger, DNAP, CRNA
Federal Political Director, VANA





PUBLIC RELATIONS UPDATE

By Adam Bitley, Martin Waymire

The Martin Waymire team has been busy since the start of 2022 working to ramp up VANA's social media efforts with the help of the VANA Communications Committee. During the first quarter of 2022, VANA's social media content has been viewed more than 375,000 times and VANA's accounts have picked up 375 new followers across our four public social media accounts. We are continuing to grow and reach ever more people in Virginia with VANA's message!

During the first part of 2022, we've had several columns from VANA members published in papers across the state. If you haven't already, be sure to read Jean Snyder's column on [Goldie Brangman in The Richmond Times-Dispatch](#), Cathy Harrison's column on the [importance of safe anesthesia during dental care in The Roanoke Times](#), and Adrienne Hartgerink's column on [solving the nursing shortage in the Cardinal News](#). We are continuing to work on placing even more columns in the coming days and weeks that tell the story of how CRNAs provide safe, quality care while advocating for commonsense public policy that allows CRNAs to do what they do best.

If you missed any of the recent webinars we've hosted, please be sure to check them out! In February, we hosted a [Media 101](#) webinar that discussed dealing with the media and the current media landscape. And just a couple weeks ago, Mike Tran, a CRNA from Florida, joined us to talk about [how CRNAs can effectively communicate on social media](#). We hope you can join us at our future webinars!

We hope that you were able to follow along with VANA's version of "March Madness" over the past month. CRNAs and SRNAs from Georgetown, Old Dominion University, the Uniformed Services University and Virginia Commonwealth University did social media "take-overs" of VANA's accounts to talk about the experiences students have at their institutions. It was a great success and very informative in telling their stories.

Please make sure you are following VANA's social media accounts to stay up to date on what's going on across Virginia with CRNAs. If you haven't already, make sure to like and follow these accounts:

- [Like and follow VANA's Facebook page.](#)
- [Follow VANA on Instagram.](#)
- [Connect with VANA on LinkedIn.](#)
- [Follow VANA on Twitter.](#)

If you have any questions on public relations and social media, please reach out to Adam Bitley at Martin Waymire at ABitley@MartinWaymire.com.

NOMINATIONS ARE NOW OPEN! ARE YOU WILLING TO SERVE VANA?

VANA is now accepting nominations for elected positions! See below for the open positions. If you or someone you know is interested in serving, please contact a representative from the Leadership Development Committee or email us at nominations@virginiacrna.org. Information regarding specific duties and eligibility criteria can be found in the member's section of the VANA website. **The deadline for nominations is May 13.** Elections will be held from June 8 – July 1.

Open Positions

- President-Elect
- District Director
 - District 1
 - District 5
- Leadership Development Committee Representative
 - District 2
 - Districts 3 & 4

2022 ANNUAL FALL CONFERENCE MCLEAN, VA OCTOBER 1-2, 2022

VANA is headed back to Northern Virginia this year for the 2022 Annual Fall Conference. The 2022 and 2023 Fall Meeting will be held at the Ritz-Carlton, Tysons Corner 1700 Tysons Blvd, McLean, VA. This luxury hotel is connected to exclusive shopping at Tysons Galleria and a short distance to Washington DC's landmarks.

We are also hosting a very exciting line up of excellent speakers for the main conference including AANA's Region 7 Director, Dru Riddle; AANA's Region 2 Director, Jan Setnor; founder of the Leadership Excel Achievement Program, Sonya Moore; VANA President, Adrienne Hartgerink, and Amy Wielar, CRNA, UVA and VCU Health. There will be a PAC Event Saturday evening, more information to come as details are finalized. Check your email and the VANA website for updates.

In Fall 2023, we are planning to host a Tri-State Meeting with Washington DC and Maryland, so stay tuned for more information to follow.

Also, save the date of February 4, 2023 for the VANA Winter Workshop in Richmond, VA.



DISTRICT NEWS ROUNDUP



District 1: Kelli Kessler

district1@virginiacrna.org

The VANA District 1 Workshop was held on Saturday, March 19th in conjunction with Old Dominion University in Virginia Beach. The doctoral students gave presentations on their projects and two community CRNAs gave lectures. Moving forward, District 1 will be hosting an intimate wine tasting event (shooting for a June timeline). As the event is small, I would like to invite key members who have been friends to VANA or have demonstrated interest in being involved in the past. If you have any recommendations to CRNAs we could invite to such an event, please let me know. I would like to host one more district social event before my term is up. I am not re-running for District 1 Director but am actively seeking potential CRNAs to run in my stead. Again, if you know anyone who might be interested in taking this position please reach out to me and let me know.



District 2: Kristopher Bosque

district2@virginiacrna.org

Happy Spring District 2, Looking forward to a change in weather and some events coming up in the next few months. The [VANA District 2 Cherry Blossom conference](#) is back in person for the first time in 2 years. Super excited to bring some great topics and vendors for this one day conference. The conference will be taken place in Ashburn Va at the Loudoun County School Board Building on April 23rd from 8am -2:30 pm. Please make sure to visit the VANA website for more information and registration.

I'll be working on a summertime happy hour to get everyone together outside and enjoy the weather. I'll keep everyone posted for the date and venue.

Looking forward to seeing you at the [Cherry blossom conference](#).

Kristopher Bosque



District 3 & 4: Gabriel Restrepo

district34@virginiacrna.org

I hope everyone had a good time at the Mid-Year Assembly. I am very excited to share the most current updates within Districts 3-4 to members and peers. Our districts have intensively worked to update points of contact information (POC) in all hospitals and ambulatory surgical centers within our Districts. I have reached out via email to all POCs in order to provide a bridge between our Districts and the VANA under the umbrella of Project Engage. We are calling all CRNAs to support the VANA via participation on District meetings and workshops, getting involved with the association committees and chairs, and also by being aware of the most up-to-date legislative affairs that affect our profession. Currently, I am working on Districts 3-4 meeting which will take place on the 1st or 2nd week of November. It will be a great opportunity to meet peers, present your work, obtain CMEs, and support our Districts. Lastly, I would like to request your financial support to our state association so they can continue their excellent work advancing our profession.



District 5: Nickie Damico

district5@virginiacrna.org

Happy Spring! The ‘big event’ held in District 5 during the first quarter of the year was a triple AHA recertification (BLS/ACLS/PALS) event on March 27, 2022 in Mechanicsville. This has turned out to be a popular annual offering, with solid attendance year after year. VANA District 5 was also well-represented at the AANA Mid-Year Assembly on April 2 – 6, in Washington, D.C and online in the virtual lobbying sessions. The event was an outstanding opportunity to network, find out the latest news on legislative and regulatory issues that affect us all, and to develop advocacy skills.

The next opportunity for learning and networking is the VANA District 5/VCU Journal Club on Thursday, April 21, 2022 from 6:00 – 7:00 pm. The in-person event will be held in the VCU College of Health Professions building in Richmond, VA and will be preceded by a reception from 5:30 – 6:00 pm. There is also an option for virtual attendance. The speakers are VCU faculty members Gary Hu, PhD and Jodie Carlsen, PhD, CRNA. The event is free and open to all VANA members, but you will need to register in advance using [this link](#). Meeting information will be sent to those who have registered by April 18, 2022. **This program has been prior approved by the American Association of Nurse Anesthesiology for 1.00 Class A CE credits; Code Number 1042020; Expiration Date 4/21/2022.**

Other big news for this quarter is that two District 5 CRNAs are running for AANA elected positions this year. Long-time VANA leader and CRNA business owner, Cathy Harrison, DNAP, MSN, CRNA, CAPT is running for an AANA At-Large Director position. VANA President-Elect Meredith Joyner, MSNA, CRNA is running for the AANA Bylaws and Resolutions Committee. Spread the news and don’t forget to look for your ballot in your email inbox on April 19, 2022. Voting ends at 12:00 pm CT, Tuesday, May 3, 2022. Let’s rally behind these exceptional leaders and help get them elected into these important leadership positions in the AANA!

Finally, we are seeking District 5 volunteers! Specific assistance needed at this time includes help with planning and organizing social events; and updating our District 5 directory of clinical leaders and key contacts at local facilities. If you are willing to assist (and no amount of time is too little) or you ARE that leader/local facility contact person, please contact me at district5@virginia.org. I hope to hear from or see you soon!

MARK YOUR CALENDARS

April 21, 2022: District 5 CE Event & Reception, Richmond, VA and virtually

April 23, 2022: District 2 Cherry Blossom Meeting, Loudoun, VA

June 8 – July 1, 2022: VANA Election

July 29 – July 30, 2022: VANA Leadership Retreat, Richmond, VA

August 12-16, 2022: AANA Annual Congress

October 1-2, 2022: VANA Annual Fall Conference, McLean, VA

