

EDUCATION – CLINICAL

OUR FUTURE



SRNA Sedation Sequels



**SUMMER OF 2019,
ISSUE 12**

Professor Highlight: Dr. James West



FIU welcomed Dr. West in the Spring of 2019, when he accepted the position of full-time Visiting Clinical Assistant Professor for the CRNA program. He brought with him years of practical experience and has been a valuable source of knowledge and motivation for the students.



Dr. West began his career as a nurse 24 years ago. He gained experience working in a multitude of specialties, such as Med/Surg, ICU, Cath Lab, OR, PACU, and Juvenile Detention. His time in the OR inspired him to further his education and become a CRNA. When asked about the motivation behind his career choice, Dr. West replied, “When I started working in the operating room, I saw what the CRNAs did and the knowledge and skill set that was required to perform their duties.” This appealed to him and he took the necessary steps to pursue his new goal.

Dr. West applied and was accepted into the Uniformed Services University in Bethesda, Maryland, as an active duty Air Force service member. Here he received his Master of Science in Nursing (MSN) degree and sat for his national certification exam to become a Certified Registered Nurse Anesthetist in 2009. Dr. West completed tours in Iraq, Afghanistan, Qatar, and Kyrgyzstan where he also trained foreign physicians and physician assistants on how to provide anesthesia. Stateside, Dr. West has worked in Bethesda, Maryland and at the University of Miami Hospital.

Dr. West completed his Doctorate of Nurse Anesthesia Practice degree in April 2015 at the University of Alabama at Birmingham. Before coming on as staff at FIU, he was an adjunct faculty member at the University of Miami where he worked with SRNA students in the simulation lab. He spent his time teaching and building the students’ confidence managing complex scenarios that prepared them for the real world. The obstacles he faced while teaching in Afghanistan forced him to employ more creative techniques, and the “aha” moment that he would see on his students’ faces were worth it every time. For students, his keys to success are to focus, do your reading, and ask a lot of questions. “There’s no such thing as fake it until you make it in anesthesia,” he says.

Dr. West enjoys the technical and intellectual aspects of the profession stating, “You’d be surprised at just how much you know.” In his free time, he enjoys cooking, shooting, going to the gym and even DJs at local parties. He is proud of his work assisting his niece in her non-profit organization, the Believe in Me Foundation which increases community awareness and education through football camps with an emphasis on science and math.

Chrisann Headley, SRNA C/O 2020

Message From Dr. Glymph



Academic Paradigm Shift

Nurse Anesthesia Students take part in a myriad of learning opportunities during their anesthesia training. The staples are classroom academic, clinical practice, and simulation. There is now a new approach FIU Nurse Anesthesia Program is exploring in which students travel to clinical sites to get lectures from Guest Clinical Experts. The FIU Nurse Anesthesia Program took such a trip on July 29th to North Broward Hospital for a talk on Cardiac Anesthesia and Liver Transplant Anesthesia Implications by Dr. Naveen Gandreti, Director and Chief of Anesthesia at North Broward Hospital. The trip was an excellent way for FIU Nurse Anesthesia students to engage in a learning opportunity outside the FIU campus walls.

Dr. Derrick C. Glymph, DNAP, CRNA, APRN, COL, USAR

Diversity CRNA



The Diversity in Nursing Anesthesia Program is a non-profit mentorship organization that promotes diversity. The program strives to mentor critical care nurses who want to enroll into graduate nurse anesthesia programs. Did you know that there are over 53,000 CRNAs currently practicing in the United States? Only 11% of those are considered minorities. Living in South Florida, we are exposed to diversity all around.

The Diversity CRNA held an information session and airway simulation lab workshop this past July. The University of Miami School of Nursing hosted the event at their state of the art Simulation Lab. Potential nurses came from all of the country to participate in the event. Several workstations were established to allow the nurses to experience what it is like to be both an SRNA and CRNA. Stations included anesthesia machine breakdown, endotracheal tube insertion, upper and lower extremities block, epidural and spinal insertion, LMA placement, and Q & A informational sessions. Two SRNAs From FIU had the opportunity to participate in the information session and Airway simulation. John-Mike Rujimora SRNA c/o 2020 led the LMA station, explained and demonstrated various techniques on insertion as well as trouble shooting potential problems. Ashlee Dillon SRNA c/o 2020 represent FIU on the panel where attendees were given the opportunity to question SRNA's on their personal journey as an SRNA.

The organization provides an amazing opportunity for anyone that is interested in the field of anesthesia. It gives one the glimpse of what a day and the life if of a CRNA. It was an incredible experience to be given the opportunity to participate as an SRNA.

John Mike Rugimoia, C/O 2020



The Diversity in Nurse Anesthesia Program is an organization that serves to accomplish the mission to inform, empower, and mentor the diverse population of registered nurses interested in the profession of Nurse Anesthesia. This year the annual information session and airway stimulation workshop was hosted at the University of Miami. This event provided exposure to the current racial and ethnic representation within the Nurse Anesthetist profession and encouraged diversifying the CRNA field. It provided insight on the entire process from program selection, applications, the interview process and a variety of stimulation workshops.

Representatives on the Q & A informational panel from programs in the South Florida region included Barry University, Florida International University and the University of Miami gave insight on their personal journey as an SRNA. Participants engaged in conversations and were given the opportunity to inquire about difficulties they have encountered, and offer advice on how to manage finances, family, exams, and clinical experiences as an SRNA. Attendees shared their personal experiences and fears in regards to becoming a student in this competitive program. SRNA's on the panel contributed to this open discussion and shared their experiences and how they have transitioned into the program.

Ashlee Dillon, C/O 2020

CLINICAL SPOTLIGHT: Memorial Regional- Lori Tolson



A native Floridian born at Jackson Memorial Hospital, Vice Chief Lori Tolson at Memorial Regional exemplifies the true meaning of a certified registered nurse anesthetist. Lori's journey to become a nurse anesthetist was quite remarkable. Lori originally graduated from Florida State University with a Bachelors in Sport Management. There she played tennis, went international and even semi pro. After getting injured, Lori decided to work for the United States Tennis Association.

On a search to find a great paying job, a

Lori loves working with students, enjoys watching the developmental progress of the student in clinicals. "I love watching the a-ha moment". Lori's advice to SRNAs is to never forget background training as a nurse, do not forget the value you already possess. "Your critical care experience adds on to your experience as a nurse anesthetist. Be there for your patient and prioritize your care.

Do not try to please the CRNA or the Attending; no one will fault you if you are well verse in the patient history and

friend who is a nurse anesthetist encouraged Lori to look in to nursing school or becoming a physician assistant. After much consideration, Lori decided to enroll into an Associate Nursing program at Broward College. With four years of ICU, CVICU, and open-heart recovery experience, Lori decided to pursue anesthesia.

In 2012, Lori graduated from Barry University with a master's degree in Nurse Anesthesia and worked in Kansas City temporarily, then moved back to Florida for family reasons. Since the move, Lori has been working at Memorial Regional Hospital where she mentors SRNAs and new CRNAs. With the possibility of becoming an educator in the near future, Lori will be studying for her DNP at University at North Florida.

anesthesia set up. Be honest with yourself and ask yourself why you chose this profession. Due diligence and seek out information that you may not know to better yourself. Be professional and courteous to your team members.”

Lori and her husband enjoy playing and being around their four-year-old daughter, who brings a lot of laughter and giggles to their lives. Her happiest moments are with her daughter who takes away any stress that she may be feeling at any present time. Lori's current articles of interest are those dealing with leadership and communicating with those of different personalities.

“I will never be fully competent in anesthesia and hopefully anyone will never be. There is a lot of emergence of new technology and pharmacological medicine that is changing the way we practice such as Suggamedex.”

Geraldine Sejour, SRNA C/O 2020

CLINICAL SPOTLIGHT: Mercy Hospital- Lauren Acre



Born of Cuban descent, Lauren Acre is a full-time staff member at Mercy hospital. She received her BSN at the University of Florida where she was first exposed to the Nurse Anesthetists profession as a nursing student rotating in the operating room. She then accepted a position as a staff nurse at Mount Sinai Medical Center in Blum Surgical ICU. Lauren pursued her passion for anesthesia and is now a graduate from Barry University with her master's degree as a CRNA.

She enjoys autonomy and versatility of being a CRNA and is driven by focusing on

Outside of work, Lauren enjoys traveling the world and has explored over 50 countries recently returning from Iceland. She also enjoys outdoor activities including running, cardio exercises and water sports.

Lauren enjoys being a preceptor and loves teaching by encouraging students along their journey to becoming a CRNA. She is a firm believer in education and strives on the fact that education is not an end goal it is continuous and dynamic. As a CRNA she has remained abreast with evidenced based research and techniques that has displayed benefits towards optimal patient outcomes.

the high acuity of surgical patients. Lauren is also passionate about the variety of techniques that anesthesia provides and procedures that are involved including line placements, neuraxial, and peripheral nerve blocks. She enjoys working with patients to identify goals for pain management and individualizes her plan of care based on each patient situation.

Lauren has been a part of the Mercy family for over three years and was determined to become a CRNA on staff after her enjoyable clinical experience as an SRNA. The staff at Mercy Hospital embodies the essence of a family where they spend time together at work and outside events with each other's families.

This coming fall, Lauren will share her special moment with her family and friends as she will be marrying her best friend at her destination wedding in Mexico.

Lauren also has the heart of giving back and recently attended a mission trip in Santiago de los Caballeros, Dominican Republic where she had the humbling experience to administer anesthesia to the pediatric population. She is a great mentor and an amazing representation of the staff here at Mercy Hospital where she spends her time in the main O.R. and obstetrics.

Lauren's positive attitude, patience, meticulous preparation and attention to detail are all admirable qualities that makes Lauren an asset to the Anesthesia team at Mercy Hospital.

Ashlee Dillon, SRNA C/O 2020

Social Media Launch



Get ready to “follow” one of the most sought-after social media accounts in the anesthesia community! In an effort to keep past, present, and future students up to date, the Department of Nurse Anesthetist Practice will be creating its own Facebook and Instagram page. The initiative for these pages is to inform its followers with content that will stimulate innovation. You can expect posts that will keep people up to date with events relating to the FIU’s Anesthesia Department and opportunities for fellow SRNAs and alumni alike. New additions such as facility members will be featured, along with news related to the anesthesia department and community.

Current FIU SRNAs will lead the social media accounts that are sponsored by Dr. Alfonso and Dr. Glymph. FIU’s Department of Anesthesia social media accounts will be official and verified. Students are always welcome and encouraged to join the social media team, as this is a student led project. Efforts will be made to promote FIU and showcase the culture. The initial innovators are led by Michael Drossos SRNA President of Class of 2020, John-Mike Rujimora SRNA Vice-President of Class of 2020, Dr. Derrick Glymph CRNA, and Dr. Fernando Alfonso CRNA. Search for “FIU Department Nurse Anesthesia Practice” to follow us on Facebook. An Instagram account is coming soon!

Michael Drossos & John- Mike Rujimora, SRNA C/O 2020

Senior's Advice for DNP Projects



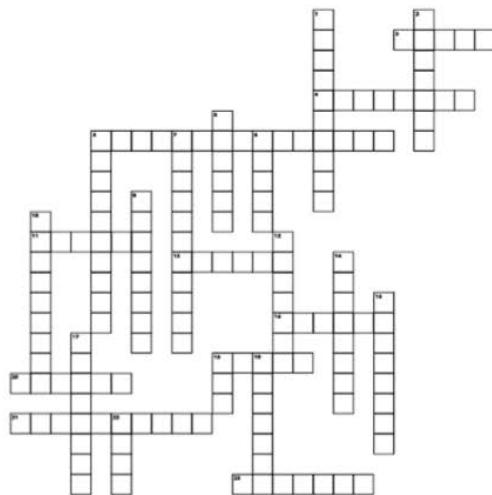
DNP Pointers

First, I want to congratulate all of the juniors for taking the mantle and becoming “Seniors.” I want to share a few pointers that I learned from previous graduating years and during my own journey. When it comes to your DNP project, do yourself a considerable favor, and take a moment to understand the endeavor is a year-long process. Now that you have realized you're stuck with your project for the next 365 to 450 days take a moment and think “Do I love my project topic?” I use the word love because that love will turn into tolerating, which will turn into disdain, then go full circle to fulfilling the DNP project. My next piece of advice, do not fall behind in the assignments. Every assignment is built upon the previous assignment, so if you turn in a mediocre assignment it will only be more work later (trust me). My final piece of advice, do not limit your project to just one faculty member i.e. your advisor. Talk to other faculty members, a fresh pair of eyes to look over your project can change the dynamic or provide new insight.

Andrew Gonzalez, SRNA C/O 2019

CROSSWORD PUZZLES

CHEMISTRY & PHYSICS



Across

- SI unit of work.
- agreement between experimental data and the "true" value.
- i. Propensity of an atom to pull electrons toward itself.
- Have a carbon-carbon double bond functional group.
- Have a carbon-carbon triple bond functional group
- Simplest of the organic compounds.
- ___ rule describes eight electrons in the valence shell
- Newton's ___ law $force = mass \times acceleration$
- the head of local anesthetics
- mass divided by volume

Down

- improve a solvent's ability to be a solvent.
- K ___ the reaction tends to favor products.
- ___ law is the relationship between volume & pressure.
- The reaction between absorbent and CO₂.
- as this decreases more gas is able to dissolve in blood.
- generic formula R-O-R'
- force divided by area.
- 2-bromo-2-chloro-1,1,1-trifluoro-ethane
- the simplest alkane
- ___ bond results from sharing one or more pairs of electrons.
- dimensionless number that describes fluid flow.
- two solutions containing equal concentration of particles.
- measurement of resistance
- binds with adenine
- desflurane in an isoflurane container causes ___ output

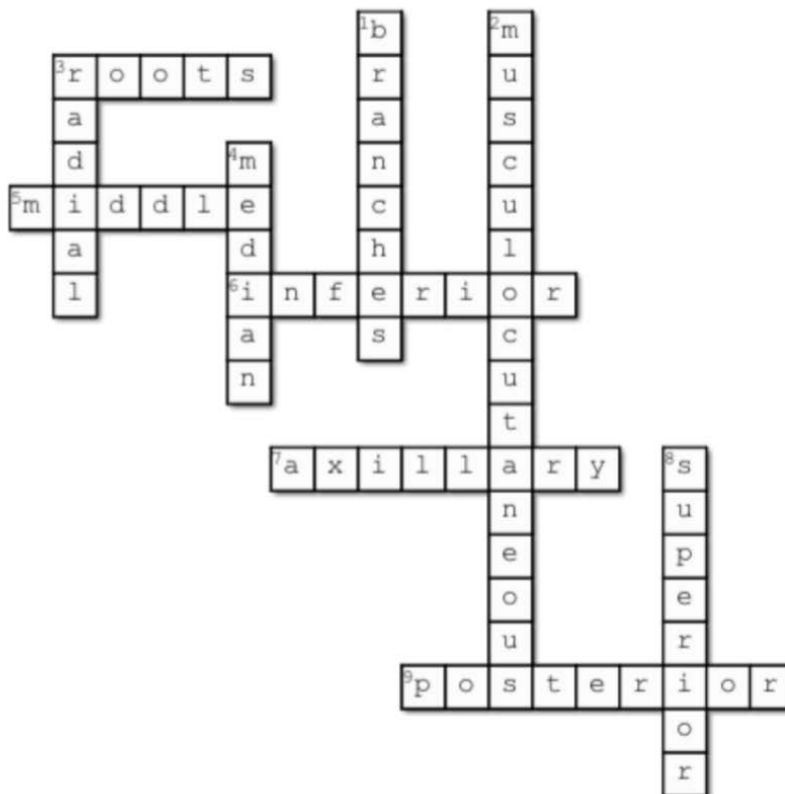
Mike Drossos, SRNA C/O 2020



Brachial Plexus

CROSSWORD FROM PREVIOUS ISSUE

Complete the crossword puzzle below



Horizontal

3. What are the most proximal portion of the Brachial Plexus? (**roots**)
5. The three trunks of the Brachial Plexus are: Superior, inferior, and (**middle**)
6. C8 and T1 form which trunk? (**inferior**)
7. The three cords in the Brachial Plexus are named according to their relationship to which artery? (**axillary**)
9. The three Brachial Plexus cords are: Lateral, Medial, and (**posterior**)

Vertical

1. What are the most distal portions of the Brachial Plexus? (**branches**)
2. You will get flexion at the elbow if you stimulate this nerve in the Brachial Plexus (**musculocutaneous**)
3. What is the terminal branch of the posterior cord in the Brachial Plexus? (**radial**)
4. The lateral and medial cords of the Brachial Plexus form what terminal branch? (**median**)
8. C5 and C6 form which trunk of the Brachial Plexus? (**superior**)

Recipe: Real Fruit Slushie



With triple digit temperatures, humidity as thick as a brick, and very little time to spare; cooling down this summer may seem near impossible! Real fruit slushies will have you chilling in no time. These fruit slushies are quick, delicious, and nutritious!

Prep time: 5-10 minutes

Serving size: 2

Ingredients

- 2 cups frozen fruit of your choice (strawberries, watermelon, peaches, pineapples,)
- 1 tablespoon honey
- 1/2 cup water

Instructions

1. Place the honey, water, and frozen fruit in a food processor or blender
2. Add additional ¼ water and blend thoroughly.
3. Let slushy rest for 5-10 minutes then enjoy

Perfect for hydrating on the go!

Nicola Petival, SRNA C/O 2020

SRNA Pets



Upcoming Dates

Conferences:

AANA 2019 Annual Congress

August 9-13, 2019

Chicago, Illinois

FANA 2019 Annual Meeting

October 4-6, 2019

Orlando, FL

AANA Leadership Summit

November 8-10, 2019

Rosemont, IL

Message From The Dean



*Fueled by intellect and driven by innovation and caring, the Nicole Wertheim College of Nursing and Health Sciences (NWCNHS) prepares culturally competent and compassionate health care professionals to serve multicultural communities throughout our region and beyond. Our **Graduate Nursing** Department offers many advanced-level education programs designed to elevate the competencies of nursing professionals as they go on to become leaders in nursing practice and management, advocates and writers of health care policy, and valued researchers seeking to improve the health and well-being of entire populations. Our Nurse Anesthetist Program is a clinical specialty track within the Doctor of Nursing Practice (DNP) program of the Graduate Nursing Department and was inaugurated in 2001 as the first nurse anesthetist program in the State of Florida University System. Completion of this program will allow graduates to take their place among the ranks of the highly respected CRNAs who mold the health care history of our next century. Despite the economic needs of students, FIU is only able to provide partial financial aid to approximately 60% of students who apply for assistance. As a result, many talented and highly motivated students with limited resources are forced to attend part-time or postpone their education altogether. Your financial gift to the Nicole Wertheim College of Nursing and Health Sciences will help us as we strive to meet the needs of our students through our scholarship program. In addition to scholarships for our students, a gift to the college may support faculty development and research programs, as well as our world-class facilities. Your gift will also enable the NWCNHS to meet the critical demand for culturally competent health care professionals to tackle the complex health care challenges of the 21st century. On behalf of the students and faculty who will continue to benefit from your generosity, I extend my sincere gratitude for your support. Please contact our Director of Development, Maia McGill at 305-348-1336 should you have questions or if you would like a tour of our college.*

*Sincerely,
Ora L. Strickland, Ph.D., DSc (Hon), RN, FAAN
Dean and Professor*

YOUR GIFT WILL MAKE A DIFFERENCE!

If you would like to support the Nicole Wertheim College of Nursing and Health Sciences and Anesthesiology, you can give one of two

ways:

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