

EDUCATION – CLINICAL

OUR FUTURE



SRNA Sedation Sequels



**SPRING OF 2019,
Issue 11**

PROFESSOR SPOTLIGHT – DR. YASMINE CAMPBELL

Dr. Yasmine Campbell, CRNA, DNP, APRN joined Florida International University's (FIU) Nurse Anesthetist Program Spring 2019 as a Full-time Clinical Assistant Professor.

Dr. Campbell was born in New York and is of Jamaican descent. As an adolescent growing up in South Florida, she was aspired to pursue a profession that would enable her to help others.

Dr. Campbell pursued her dreams by attending Broward Community College and received an Associate of Science degree in Nursing (1996). During her nursing career, Dr. Campbell was fortunate enough to gain a vast amount of experience in the Emergency Room, Operating Room, and Neonatal Intensive Care Unit (NICU); while concurrently completing her Bachelor of Science in Nursing at Florida Atlantic University (2002). Inspired by the experience of the Operating Room, she made the decision to pursue a degree in nurse anesthesia.



Dr. Campbell earned her Master of Science in Anesthesiology from Barry University in 2006 and worked as a certified registered nurse anesthetist (CRNA) at Southern Regional Medical Center, Riverdale GA, University of Miami Hospital, and Memorial Regional Hospital. Furthering her education, she completed her Doctorates in Anesthesia from Barry University in 2015.

Dr. Campbell's doctoral research manuscript titled The Jehovah's Witness Population: Considerations for Preoperative Optimization of Hemoglobin has been published in the American Association of Nurse Anesthetists Journal.

Dr. Campbell believes each day as a CRNA brings its unique set of challenges and recommends in order to be successful in CRNA school "One should read and be surrounded with positive influences, have an open mind and learn all from mentors."

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Leadership and Education has always been a passion for Dr. Campbell where she was the Vice Chief of CRNA's from 2013-2015 and received a promotion to Chief of CRNA from 2015 until January 2019 at the University of Miami Hospital. Concurrently, 2011-2019 she also serves as a clinical coordinator for SRNA'S at the Hospital. Subsequently several years of honing her abilities as a CRNA, Dr. Campbell decided to pursue her next professional challenge in academia. In 2016, Barry University was Dr. Campbell's first position as part-time Faculty. A year later she also obtained a part-time Faculty position at the University of Miami School of Medicine. Having had the opportunity to meet Dr. Glymph and Dr. Valdez at an AANA conference, she decided to pursue a Faculty position at FIU. Dr. Campbell became fulltime Faculty with FIU because she wants to be a mentor and also have time to be with her family. She genuinely loves to educate and is honored to immerse herself further into the academic world.

Dr. Campbell has obtained many accolades and achieved many accomplishments in her nursing profession, where she remains humble and attests that “The achievements that matter most combine to form a version of success that has meaning and substance for the individual.”

Dr. Campbell is married to her husband of 16 years. She also concluded that “Family is very important and valuable to me and is something that should never be taken for granted. Without my family, a large part of my life and culture would be missing.” On her days off Dr. Campbell enjoys listening to music, riding her peloton, traveling with her husband and spending time with their two children, a 21-year-old step-son and 11-year-old son.

A word of advice from Dr. Campbell to all past, present, and future SRNAs: “In times of great stress or adversity, it's always best to keep busy, to plow your anger and your energy into something positive. Always believe in yourself and take what you're given, because when you continue to work hard, you will see results.”

FANA CONFERENCE



The Sixth Annual Sand and Surf Anesthesia Symposium offered students and nurse anesthetists a relaxing view at the beach with an opportunity to learn more about anesthesia practice. FANA offered presentations on opioid sparing techniques, ultrasound techniques, fluid management, human trafficking, and independent practice.

My favorite presentation was learning about autonomous practice versus medically directed practice, and the true conditions of a non “opt-out” state. The presentations were empowering, and I was able to earn 20 CEU’s. I look forward to joining the next FANA conference.

The Semi-Annual Florida Association of Nurse Anesthetists (FANA) conference provided a valuable educational experience over the span of several days. On Saturday (March 9th), FANA hosted a guest speaker that presented forward thinking ultrasound techniques to assist CRNA/SRNA’s within their practice to facilitate improved patient outcomes as independent providers.

This granted the class of 2020 attendees to further expand their knowledge on ultrasound capabilities as they had recently covered regional anesthesia in class lectures. As students continue to advance within the anesthesia program, attending conferences will be highly beneficial to their learning experiences and future CRNA’s.

MESSAGE FROM
DR. GLYMPH*Professionalism*

“The professional has learned that success, like happiness, comes as a by-product of hard work. The professional concentrates on the work and allows rewards to come or not to come, whatever they like.” As you continue your journey in becoming a Nurse Anesthetist it is important that we always maintain our professionalism at all times. Continue to strive for higher and higher.

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

CLINICAL SPOTLIGHT

Mount Sinai Medical Center



Byron Turner

Byron was born and raised in Miami, Florida and is a proud husband and father of four loving children. He enjoys helping people and loves to face the challenges that arise in his career. It takes critical thinking skills and fast acting to handle some of the intense situations he has encountered in his role. Exercising 3 to 4 times a week is Byron's means of relieving stress. It is important to him to maintain a sound body and mind. He believes that it is essential to have an outlet in a stressful environment as anesthesia.

As a Lead Anesthesia Technician at Mount Sinai Medical Center, Byron Turner started as an Orderly about 25 years ago and gradually moved up to the position of Lead Anesthesia Technician over ambulatory surgery and gastrointestinal departments. Byron is passionate about what he does, and it is displayed in his workmanship. His position entails stocking anesthesia rooms and carts, troubleshooting anesthesia machines, and assisting with equipment setup and procedures, just to name a few.

Working with students gives him pure joy. Byron does a lot of hands-on work alongside the surgical team. He assists with difficult intubations and regional blocks. He always has great advice to give staff and students. What people love about him is that he is authentic, supportive, and has an impassioned sense of duty to his career and helping others. Byron always encourages students to work on their craft and never hesitates to give valuable recommendations and suggestions based on his past experiences. The best advice he has for student is to stay focused and head-strong. His motto in life is, "Always strive to be an honorable person and treat people like you want to be treated."

Rose Jennings, SRNA C/O 2020

ONLINE CLASSROOM EXPERIENCE



Self-reflection is so very important in all aspects of life. As a first-year student who just completed my first semester, self-reflection and patience have been fundamental in my journey thus far. Prior to classes starting I remember frantically trying to "figure everything out". How would I be able to manage work, children, life and school? I had so many unanswered questions and I was desperate for answers. What I didn't know at the time was that my balance could only be achieved through trial and error, faith and patience.

As you progress through your first two semesters of online classes, take the time to develop and perfect your studying habits. Having a well-established studying routine will serve you well once you advance to on campus course work (or so I imagine).

Online coursework does not necessarily equate to less work. During the first semester you will be challenged to improve your writing skills, examine your past and present nursing practice and consider your future work as an advanced practice nurse.

At times, the workload may seem overwhelming and this is where patience and self-reflection are key. As I reflect back on the student I was at the beginning of the semester and the student I am today, I can see growth. One step closer to your dreams. Your reflection will surely demonstrate the growth that you have achieved on a professional and personal basis.

When you are behind in your weekly readings, struggling with deadlines and potentially considering calling out on your next 12-hour shift, remember to reflect on how far you have come and use this as a source of encouragement. I assure you, by the end of your first semester, your growth will surprise, amaze and delight you! Never lose sight of your goals and dreams.

Aisha Williams-Hunte C/O 2021

ADVICE FOR CLASS OF 2022 INTERVIEWS



First, let me congratulate you for getting this far in the selection process! I was once where you are today. Remember that you are 50% closer to your dream. All you have to do is be confident and nail that interview! You got this!

To share a little about myself. I am a first-year SRNA student. I am also a mother of two young girls (6 and two years of age). I'm a Health Professionals Student Program scholarship (HPSP) recipient of the United States Army. There may be some of you that don't have everything figured out at this point, as I didn't as well.

There may be some of you who are parents with young children, and there are many of us in that same boat. Just understand that you are here for a reason! If you were selected to interview, that means that the anesthesia committee saw something in you.

Whether you are selected for this program, another program, or did not get into a program this year--- know that **YOU ARE ENOUGH!** I'm proud of you!

I will say that having a reliable support system is imperative to being successful in this program. It truly takes a village. Your village will now include your classmates, your professors, as well as the special people in your life.

The stress level in anesthesia school is like none other. Whenever you feel discouraged, I want you to think back to today. I want you to remember this very moment when you would have given your right kidney just to be selected. No matter how difficult this road may get, fight for your dream. Trust the process.

Remember, "Smooth seas do not make skillful sailors."- John P. Weiss

Kellyann Robinson, SRNA C/O 2021

CLINICAL SPOTLIGHT

Memorial Regional Hospital



Frank Massaro

Born and raised in Miami, Florida, Frank has had the pleasure of earning his role as Lead Anesthesia Tech and Coordinator at Memorial Regional Hospital. He began his journey in FIU, where he majored in criminal justice and received his bachelor's degree in Science. Originally, Frank did not realize his path would take him into his current position, but the opportunity arose when he learned how to take the anesthesia machines apart from the servicing company. One thing led to another and he began working in Aventura Hospital as an anesthesia tech for 8 years.

His experience and keen eye for detail earned him a recommendation from colleagues to work at Memorial Regional Hospital, where he has now been working for a year. He appreciates how the hospital truly looks after its patients and employees, and he enjoys fixing things under pressure with the satisfaction that it ultimately helps the patient. One of the challenging parts of his career is properly managing people, knowing that he may face the consequences of any potential mistakes.

Frank has been happily married for 10 years and has 2 boys, one aged 5 years and one recently born on Easter Sunday. When he's not at work, he enjoys home-cooked meals with his family and spending time outdoors at the park. His word of advice for student success is to keep in mind of the little things, such as ensuring appropriate machine turn-over between cases, and to lose the fear of asking questions because it leads to effective learning.

Sandra Amoretti, SRNA 2019



House Bill (HB) 821

House Bill (HB) 821 is a bill introduced to the Florida House of Representatives on February 13th, 2019.¹ The bill seeks to authorize autonomous practice for specified health care practitioners, including physician assistant and advanced practice registered nurses (APRN) who meet special criteria.¹ The bill would permit these health care practitioners to perform specified acts without physician supervision or supervisory protocol.¹

As of April 17th, 2019 HB 821 has passed the Florida house by a vote of 75 to 37.² However, the sister bill in the Florida Senate, Senate Bill (SB) 972, has yet to be heard.²

Currently the Florida Association of Nurse

Anesthetists (FANA) urges its members and any supporters of the movement to call or write to Senator Gayle Harrell, supporting the bill.²

The bill is in line with the Institute of Medicine's (IOM) "The Future of Nursing."³ In this report the IOM recommends that nurses are allowed to practice to the full extent of their education and training.³ The IOM cites "scaling up" of the advanced practice nurse's education as the key to expand their role across clinical settings.³

Opposition to the bills cite education and training as the key limitation of Nurse Practitioners. This is in spite of the growing body of evidence supporting the safe and high-quality health care provided by advanced practice nurses.⁴

When it comes to Anesthesia, the Association of Anesthesiologists (ASA) states that a nurse cannot replace a physician and it is too risky to administer anesthesia without a physician.⁴ ASA states that CRNA training involves 1,651 hours of clinical training.⁴

This differs greatly from the American Association of Nurse Anesthetists' (AANA) estimated average of 9,369 hours of clinical training for CRNAs.⁵ This compares much more favorably to the 12,000 to 16,000 hours of clinical training physicians receive, per the ASA.⁴

House Bill (HB) 821 Continued



Changes in the scope of practice and level of independence for APRNs are warranted based on the advancements in the training and education of Nurse Anesthetists. There is a demand in the United States for better access to health care providers, particularly in rural areas. Our current health care system warrants change, with roughly an 18% share of the GDP related to healthcare spending and one of the lowest life expectancies of any developed country.^{6,7} The push for independent practice is therefore justified.

How do you feel about practicing independently as a CRNA? Consider how these changes will affect the relationship between different health care providers. Also consider how those who have been CRNAs for 5 or more years may react to these changes. Will they push for independence or prefer to continue to work under the supervision of an Anesthesiologist?

References:

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CLASS OF 2019 – SENIOR PEARLS



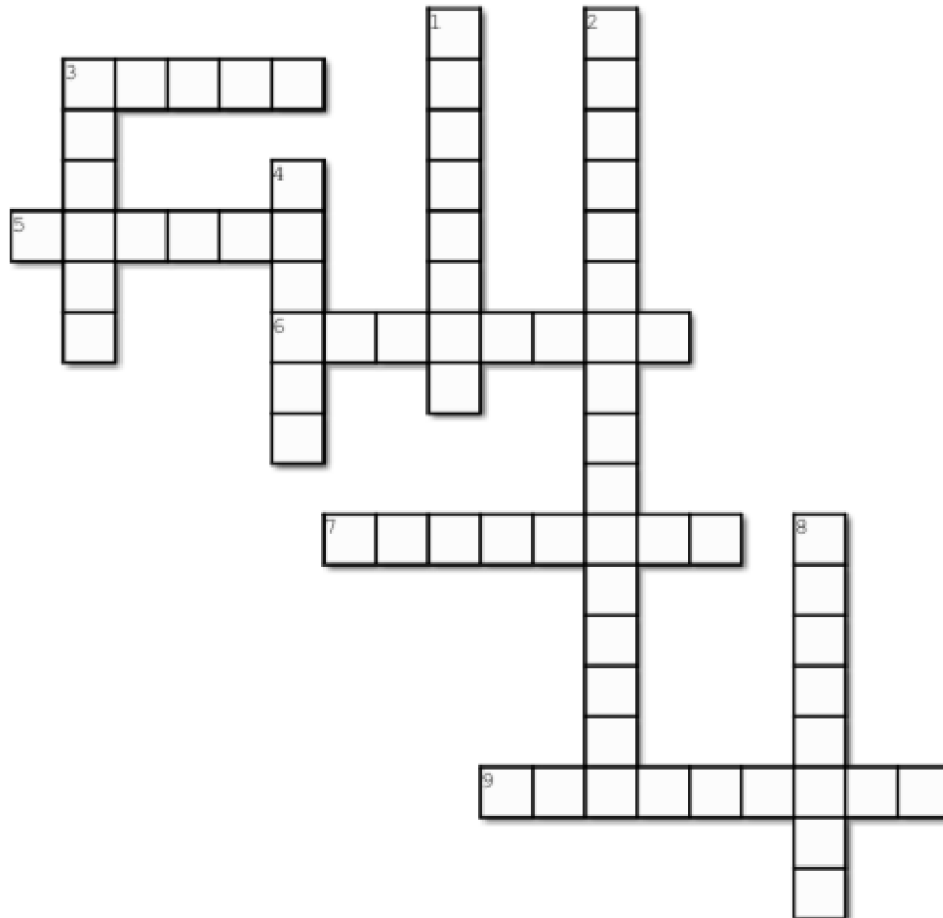
- Be organized and stay organized...don't get behind on school work it can become overwhelming
 - Don't procrastinate, do a little bit a very day.
 - Take care of yourself!!! Have fun, exercise, maintain relationships, and have a non-school life.
 - Come prepared to work hard and then work even harder.
- Take every rotation as a job interview
 - Take criticism as a learning opportunity, everyone those things differently.
 - Don't be surprised if you have a freak-out moment... you will be stressed, sometimes life will be tough, but it will pass, and you'll make it through
 - Be prepared to give back to the profession, it is not "all about you".
- Your clinical instructor cannot read your mind- if you do not communicate your preparation, plan and understanding of things- they will assume that you don't know, don't care, or don't notice.
 - Check the attitude at the door. Always stay humble.
 - You will have great days and you will have bad days but do the best you can every day and then improve on today for tomorrow.

Sandra Amoretti and Oscar Ruque,
SRNA C/O 2019

CROSSWORD –
TOPIC: Brachial Plexus

Brachial Plexus

Complete the crossword puzzle below



Horizontal

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

Vertical

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

RECIPE: VEGAN BANANA BREAD



Cooking time: 55 min Prep-time: 20 min 22 pieces

INGREDIENTS:

- 2.5 CUP OF FLOUR PREFERABLY BROWN FLOUR
- 1 SPOON BAKING POWDER
- 1.5 CUPS OF APPLE SAUCE
- 1 TEASPOON VANILLA POWDER
- 1 CUP OF SUGAR PREFERABLY BROWN
- ¾ CUP PLANT-BASED COOKING OIL
- 5 SOFT BANANAS
- ½ CUP OF WALNUTS
- A DASH OF CINNAMON

ESTIMATED NUTRITIONAL VALUE PER SERVING

250 calories
 40 mg cholesterol
 10 g fat
 30 gm carbohydrates
 5 gm protein

STEPS:

1. In one bowl mix the flour and baking powder
2. In another bowl blend the apple sauce, vanilla, and sugar for 2 mins as you pour oil slowly in the mixture
3. Add flour and baking powder mix to apple sauce, vanilla, and sugar mix, blend for 2 min
4. Manually add the bananas in and mush them to the mixture
5. Smear the baking mold with a bit of oil and bake for about 55 min
6. Voila it is done!

Serve with tea, almond milk and/or favorite jam 🍪 Enjoy



CROSSWORD PUZZLE: RENAL SYSTEM
(Previous Issue)

Renal System Answers

UPCOMING EVENTS

- 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

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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,

A handwritten signature in black ink that reads "Ora L. Strickland". The signature is written in a cursive style and is enclosed in a thin black rectangular box.

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:

ONLINE: Visit cnhs.fiu.edu > Click on "Give to NWCNHS" at top of page > Click on "Give online" at left side of page > Choose the program > Make your donation!

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