

EDUCATION – CLINICAL

OUR FUTURE



SRNA Sedation Sequels



**SPRING OF 2020,
Issue 14**

Message From The Department Chair



Hello Panthers! The whirlwind of COVID-19 has taken our state and country by storm. We are navigating in uncharted waters. The faculty and our students have been resilient. We know we are all in this together and will get through it together. The university made the decision to transition to remote learning in March. Our faculty had to adjust to this format. Fortunately at FIU, many of the faculty had taught online before. However, the synchronization of ZOOM meetings still presented a challenge to faculty and students. I would like to commend you all for your flexibility and professionalism during this

very challenging time. We have your best interest at heart and we want you all to be successful. As we conclude this unprecedented spring and enter into the summer, we will continue to operate remotely and continue to offer high quality anesthesia content. What makes FIU great is its students and its “world’s ahead” faculty. We will continue forth together as we navigate through this very challenging time. Stay Safe!

**Derrick C. Glymph, DNAP, CRNA, APRN, COL.,
USAR Chair, Department of Nurse Anesthetist
Practice**

Each year, our Nurse Anesthetist students are charged with completing a DNP project as part of their degree. These projects are very successful and give students the important experiences to produce research and scholarship during their academic career. Many of our students receive opportunities to travel to conferences to present their projects and publish articles in scholarly publications. In addition, these initiatives help increase excellence and rankings of our Nurse Anesthetist Program throughout the country. Currently, the Nurse Anesthetist Program is ranked #88 in the country by U.S. News & World Report. The College seeks philanthropic support to provide these experiences for our students as the university does not cover these costs. Please consider supporting our students with a tax deductible gift to support the Nurse Anesthetist Program.

You can make your tax deductible gift in one of two ways:

ONLINE: Use this link <https://give.fiu.edu/give-now/nicole-wertheim-college-of-nursing-health-sciences/index.html> and choose “Anesthesiology”

BY CHECK: Please make your check payable to: FIU Foundation, Inc.

On the memo line note:

NWCNHS Nurse Anesthetist Program. Your check can be mailed to:

FIU Foundation, Inc.

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YOUR GIFT WILL MAKE A DIFFERENCE!

Professor Highlight: Dr. Vincente Gonzalez

By: Michael Otte, C/O 2021

Dr. Vincente Gonzalez, CRNA, DNP, APRN is a Clinical Assistant Professor and Clinical Education Coordinator at Florida International University's (FIU) Department of Nurse Anesthetist Practice.

Dr. Gonzalez joined the FIU anesthesia faculty in 2007 and assumed the additional responsibility of Clinical Education Coordinator in 2010. Through his extensive background as a registered nurse (RN) and certified registered nurse anesthetist (CRNA), Dr. Gonzalez brings a wealth of knowledge to the FIU Anesthesia Department through previous and current diversified experiences.

Starting his nursing career in 1984, Dr. Gonzalez worked in several different RN capacities before furthering his education. Most of his hospital experience was based at Jackson Memorial Hospital, where he worked in a variety of units such as telemetry, intensive care, cardiac care, post-anesthesia care unit (PACU), and as a urology nurse specialist. Outside of the hospital, Dr. Gonzalez also worked for various staffing agencies throughout Miami-Dade County.

With more autonomy and independence as a clinical nurse specialist in the PACU, Dr. Gonzalez realized that he was seeking a more challenging role. This interest, coupled with the exposure of working closely with CRNAs, made this opportunity most appealing to him. Dr. Gonzalez pursued his master's in science and graduated from Barry University in 1998.



Since graduation, Dr. Gonzalez has worked in several dynamic CRNA roles within offices, ambulatory centers, and GI centers. He currently practices at Mount Sinai Medical Center (MSMC). After 22 years of being a CRNA, Dr. Gonzalez's passion for the profession is very evident. "Every case is different, even if it's the same procedure, you can do so many things in many different ways. I always try and do things differently from case to case, always trying to fine-tune things even after all this time."

After realizing his desire to stay in the world of academia, Dr. Gonzalez advanced his education and graduated from Barry University with a Doctor of Nursing Practice (DNP) degree in 2011. "When the FIU program first started in 2003, I was involved in clinical teaching, like many CRNAs are now, and I found that I liked that aspect of the profession. When the opportunity arose, I jumped at the chance."

Although Dr. Gonzalez has not taught at other universities, he believes "Nurse anesthesia education is fairly uniform across the nation due to the rigors of the programs. It has not changed much since I was a student, and it certainly has become more complex due to the incorporation of the DNP, but educators tend to share what we do." Dr. Gonzalez believes it's a privilege to teach the next generation of CRNAs, which has elevated his knowledge of current advancements within the profession. "I still get former students that teach newer ones, and they teach them things I taught them when they were in school. It is rewarding."

Outside of the hospital and FIU, Dr. Gonzalez stays busy at home, finding different ways to de-stress from work. “I try and go to the gym with my wife at least twice a week; I also like to tinker in my garage and do things around the house as it distracts me, and it’s something completely different.”

With his positive attitude and supportive demeanor, Dr. Gonzalez remains an important resource amongst coworkers, faculty, and students. “Vince Gonzalez is the type of CRNA you’re always happy to work with, and he’s also an outstanding human being,” says Jampierre Mato, CRNA, DNP, APRN, the CRNA Director at MSMC. Brittany Williams, SRNA Class of 2021, says “Dr. Gonzalez had a helping hand in my decision to pursue nursing anesthesia. I shadowed him in the OR before applying to school. I remember thinking how down to earth he was despite all his years of experience. He made me believe that this daunting task of becoming a CRNA was something I could do.”

Dr. Gonzalez shares his advice on how to be successful in CRNA school. “It is difficult to give one-size-fits-all advice because what works for one person may not work for someone else. The common theme is time management. It’s important to find balance when you’re juggling many things at once, and yes, it’s fine to have fun in those moments when you can, but most of all, have a sense of humor.”

Dr. Gonzalez shares one last thought to all present and future student nurse anesthetists. “I would like to say that all of you need to stick together, you are all going through a unique experience, and you need to pull together as a group. I know it’s hard with all that is going on but the only individuals that know what you are going through is you. Be kind to each other, never put anyone down to make yourself look good. That may be your future chief CRNA or the person that can help you in the future.”

Career Symposium

By: Araceli Plancarte, C/O 2021



This year our school participated in the Healthcare and Science Stars of Tomorrow Career Symposium at Inlet Grove Community High School in Riviera Beach, FL. There were over 600 middle and high school students from diverse backgrounds that participated from more than 25 schools in Palm Beach, Okeechobee, and Martin Counties. We exposed young minds to the field of nurse anesthesia as we taught them how to intubate, perform CPR, and do spinal anesthesia. It was a fulfilling experience to see many of these kids engaged and eager to learn. Attracting young people from traditionally underrepresented populations to careers in science and healthcare is crucial to closing the achievement gap and eliminating the disparity seen in these fields. FIU's nurse anesthesia program is a perfect representation of diversity in faculty and student cohorts. To inform and empower younger generations from underserved communities is consistent with our program values of diversity and inclusion. We hope to encourage greater representation in the field of nurse anesthesia as we aim to create a more culturally competent workforce.



Volunteering During the COVID-19 Pandemic: FIU Gives Back

By: Dalia Grayeb, C/O 2020

Daniel Fortich, C/O 2020

Josef Ghitis, C/O 2020



Faculty: Dr. Derrick Glymph, Dr. Jorge Valdes, Dr. Yasmine Campbell and Dr. Christian Penaranda

Students: Michael Drossos, Dalia Grayeb, Josef Ghitis, Daniel Fortich

FIU's NWCNHS impact on COVID-19: Florida International University Department of Nurse Anesthetist Practice stepped up to support the community during the COVID-19 pandemic at the Miami Beach Convention Center Field Hospital on April 18, 2020. FIU provided our front line military healthcare providers with a one-day training course on COVID 19 patient management, personal protective equipment (PPE), airway management, and COVID 19 simulated patient care. It was an honor to be part of this once in a lifetime opportunity to support both the FIU community and our nation's military healthcare workers. Delving into different environments not only improves leaderships skills, but also builds rapport, interpersonal relationship, and increases flexibility.

Daniel Fortich's SRNA perspective: Being an SRNA is a grind that can often make you lose sight of the skills you are developing as you struggle through your daily tasks and minutiae. Training with the Air and Army National Guard was an unimaginable opportunity that gave me perspective on my growth as an SRNA in an environment I would have never expected. Admittedly, when I initially volunteered, I was somewhat self-conscious and wasn't sure I would bring anything of value to the table for all of the experienced military healthcare providers. I was humbled by the professionalism of all of the military providers and their openness to learn what I had prepared in my skills station. I really obtained perspective on my growth as an advanced practice provider as I taught experienced practitioners different airway management techniques, but mostly I learned a lot more from them on how to conduct myself as a professional.

Students and Faculty working together: FIU professor Jorge Valdes DNP, CRNA and Josef Ghitis BSN, RN conducted a simulation for the decompensating patient requiring intubation. Key points included the implementation of a GlideScope to minimize intubation attempts and decrease proximity to the patient airway. Creating a barrier to protect providers from aerosolized particles is of the utmost importance with COVID-19. This can be accomplished in a variety of ways including plexiglass boxes and clear plastic drapes such as those on bair huggers. At the conclusion of the simulation a debriefing session was conducted. The military personnel found the experience to be of high value as they worked together as a team and communicated roles throughout the duration of the COVID-19 simulation.

CLINICAL SPOTLIGHT: Mount Sinai Medical Center Carmen Chan

By: Iris Molina, C/O 2021



Originally from Brooklyn, New York, Carmen Chan made her way down to Miami in 2002 when her parents purchased a restaurant. Eighteen years later, she has been married for four years and is the proud parent to three “fur-babies,” her dog Lucie, and two cats, Brickell and SoBe. Carmen likes to de-stress from work and enjoy her days off by running, swimming, biking, and taking naps. After five years of working in the Cardiac ICU at Mt. Sinai, Carmen decided to pursue a degree in anesthesia, because “she liked the autonomy, and her back was not going to last much longer from bathing patients.”

Carmen attended FIU’s Nurse Anesthesia Program and graduated in the Fall of 2018. Coincidentally, she was the editor of Sedation Sequels for her graduating class, a task she enjoyed undertaking throughout the program. Her least favorite class was technology. Although many students beg to differ, we can all agree it has been one of the most challenging courses to date.

Carmen has now been a CRNA for over a year and began working at Mt. Sinai Medical Center soon after graduation. Her favorite cases include anything that doesn’t require her to wear heavy lead for long hours. Most importantly, her favorite aspect about being a CRNA is her team of coworkers.

As she continues to develop her professional career as a CRNA, Carmen is looking forward to broadening her skillset in regional and obstetric anesthesia. Encountering many challenges throughout the program and professional career, Carmen states that the situation presented by the current pandemic has been a new and unfamiliar obstacle she and her colleagues have had to face.

As an SRNA, Carmen has many fond memories of her time in the program, including her strong bond with classmates, stating “they’re like family”. Although Carmen’s SRNA days are way behind her, she wishes she had the hindsight of knowing that the CRNA’s who were mean or unprofessional during her residency, had nothing to do with her as a student or person, but rather was a reflection of the CRNA’s themselves. Also, she wants to advise the students to stop calling the first clinical semester an “observation” semester. “Put your hands-on stuff and do it, that’s the only way you’ll learn,” she says. “Keep on swimming. Go into clinical hungry and humble, you’ll be a better student with that attitude.” Her parting words to us: “embrace the suck.”

An SRNA's Perspective: CRNA DAY & FANA, 2020

By: Michael Drossos, C/O 2020



CRNA Day 2020: A group of almost 200 Certified Registered Nurse Anesthetists (CRNA) visited Tallahassee on Tuesday, January 28, 2020 to advance the roles of Advanced Practice Registered Nurses (APRN). APRN autonomy could increase access to health care and lower health care costs while maintaining quality patient care. CRNAs were supported by House Representative and former ER physician Cary Pigman. Representative Pigman was the sponsor for House Bill 607, which would allow APRNs to practice to the full extent of their education and training without physician supervision and protocols. Although this bill and similar bills have passed the House, the discussion for independent practice no longer includes CRNAs. Discussions on the partnered Senate bill instead focuses on other APRNs and Physician Assistants.

Another key topic for this year's CRNA day involved the title used by anesthesia providers. CRNAs advocated for the use of "Nurse Anesthesiologist" and against the ability of Certified Anesthesia Assistants (CAA) to refer to themselves as "Anesthetists". This was an initiative lead by the Florida Association of Nurse Anesthetists and is kindled by Dr. John P. McDonough. Dr. McDonough was recently granted permission by the Florida Board of Nursing to refer to himself as a "Nurse Anesthesiologist." This title use is challenged by the American Society of Anesthesiologists (ASA). The ASA states that anesthesiologist is a title for physicians trained in anesthesia. CRNAs also advocated for title protection of the term anesthetist. This effort is fueled by recent campaigns by the American Academy of Anesthesiologist Assistants (AAAA). This campaign titled "Meet Your New Anesthetist" refers to Certified Anesthesiologist Assistants (CAA) as anesthetists. The website for the AAAA is also anesthetist.org.

A SRNA's perspective: CRNA day was a very eye-opening experience to say the least. CRNA day showed me the importance of being involved politically. This was an example of grassroots lobbying; we spoke directly with senators and house representatives. I had a wonderful time working with CRNAs from throughout the state of Florida. This year SRNAs made up the majority of participants of CRNA day. Without CRNAs/SRNAs advocating for themselves and donating to their political action committee (PAC) that lobbies legislators on behalf of all CRNAs everywhere, the profession would see a gradual decline in practice and potentially be replaced by other professionals. In Tallahassee I saw non-CRNA anesthesia professionals who I have worked with, advocating against CRNAs and their independent practice. This was a humbling and enlightening experience.



FANA 2020: This was another very exciting and informative Florida Association of Nurse Anesthetists (FANA) conference. This meeting focused on business management as a CRNA. Many different business aspects and types of businesses were discussed including dental, outpatient surgery, and ketamine clinics. Dr. Valdes spoke about his practice as an anesthesia provider for outpatient dental surgeries. Dr. Miller and her husband Dr. Hauglam recalled their journey as young entrepreneurs taking over an anesthesia practice as new CRNAs. Dr. Dan Brady was recognized for his excellence as a clinical preceptor and was awarded the exciting new guiding light award. This award recognizes SRNA preceptors in the state of Florida for their outstanding mentorship and clinical knowledge.

A SRNA's perspective: Overall, FANA meetings are an excellent opportunity for SRNAs to network, meet other SRNAs, and learn about job opportunities throughout the country. It is also a lot of fun. I would recommend every SRNA to attend to at least one of the FANA meetings each year throughout their CRNA program. Learn more about the FANA PAC and how to donate here: <https://fana.memberclicks.net/pac>

CRNA Week Proclamations

By: Dr. Jorge Valdes, CRNA, DNP

THE CITY OF MIAMI

Proclamation

WHEREAS, Certified Registered Nurse Anesthetists (CRNAs) are essential to America's healthcare system, providing high-quality, cost-effective anesthesia care for more than 150 years, and safely administering more than 49 million anesthetics to patients each year; and

WHEREAS, there are more than 50,000 CRNAs in the United States, and over 5,000 in Florida providing anesthesia to patients of all ages and walks of life; and

WHEREAS, CRNAs are the primary providers of anesthesia care in rural America, enabling healthcare facilities in these medically underserved areas to offer obstetrical, surgical, and trauma stabilization services, where in some states, CRNAs are the sole providers in nearly 100 percent of the rural hospitals; and

WHEREAS, CRNAs practice in every setting in which anesthesia is delivered: traditional hospital surgical suites and obstetrical delivery rooms; the offices of dentists, podiatrists, ophthalmologists, and plastic surgeons; ambulatory surgical centers; U.S. Military and Public Health Services and Veterans Administration medical facilities; and

WHEREAS, nurse anesthetists have been the main providers of anesthesia care to U.S. military personnel on the front lines since WWI, including current conflicts in the Middle East, nurses first provided anesthesia to wounded soldiers during the Civil War; and

NOW, THEREFORE, I, Francis X. Suarez, Mayor of the City of Miami, Florida, proclaim January 19-25, 2020 to commemorate the 21st annual anniversary

Certified Registered Nurse Anesthetists (CRNAs) Week

IN OBSERVANCE THEREOF, I call upon all residents of the City of Miami and the Honorable City Commission to join me in honoring and commending the Certified Registered Nurse Anesthetists (CRNAs)

IN WITNESS WHEREOF, I have hereunto set my hand and cause the seal of the City of Miami to be affixed.

DONE, in the Office of the Mayor of the City of Miami, Florida; January 19-25, 2020


Francis X. Suarez, Mayor



National Nurse Anesthetist week was held during January 20th – 24th of 2020. During this time the American Association of Nurse Anesthetists (AANA) celebrates anesthesia patient safety and the nation's nearly 54,000 Certified Registered Nurse Anesthetists (CRNA) and student registered nurse anesthetists (SRNA) who safely and cost-effectively provide more than 49 million anesthetics each year. CRNAs are encouraged to help patients, hospital administrators, healthcare professionals, policymakers, and others become more familiar with the CRNA credential. As an active former President of the Florida Association of Nurse Anesthetists (FANA) and current AANA committee member, I take pride in educating the public to our profession. I feel we should all do our part to promote our profession in a positive light.

This year as I was planning the curriculum for the course, Professional Aspects of Nurse Anesthesiology Practice, the department took a page from the FIU graduate nursing program and decided to seek out proclamations from local governments promoting CRNA week. I petitioned the Mayor of the City of Miami, Francis Suarez, and the Mayor of Miami-Dade County, Carlos Gimenez, for proclamations. The process was simple; I wrote a detailed email explaining the contributions and reasons why such a proclamation should be made and provided some documentation, which is available through the AANA website. A few weeks later, I was excited when both offices responded to my request. FANA also obtained a proclamation from Florida Governor Ron DeSantis. Proclamations are public or official announcements pertaining to a matter of great importance. Proclamations are a great way of making the public aware of what we CRNAs do.

Proclamation



The Miami-Dade County Office of the Mayor and Board of County Commissioners

Whereas: Certified Registered Nurse Anesthetists (CRNAs) are essential to America's healthcare system, providing high-quality, cost-effective anesthesia care for more than 150 years and safely administering more than 49 million anesthetics to patients each care; and

Whereas: There are more than 50,000 CRNAs in the United States, and over 5,000 in Florida providing anesthesia to patients of all ages and walks of life; and

Whereas: CRNAs are the primary providers of anesthesia care in rural America, enabling healthcare facilities in these medically underserved areas to offer obstetrical, surgical, and trauma stabilization services, as in some states, CRNAs are the sole providers in nearly 100 percent of rural hospitals; and

Whereas: CRNAs practice in every setting where anesthesia is delivered, from traditional hospital surgical suites and obstetrical delivery rooms, to the offices of dentists, podiatrists, ophthalmologists, and plastic surgeons, ambulatory surgical centers, U.S. Military and Public Health Services and Veterans Administrations medical facilities; and


Whereas: Nurse anesthetists have been the main providers of anesthesia care to U.S. military personnel on the front lines since WWI, and these nurses first provided anesthesia to wounded soldiers during the Civil War;

Now Therefore: BE IT RESOLVED, THAT I, CARLOS A. GIMENEZ, MAYOR OF MIAMI-DADE COUNTY, CHAIRWOMAN AUDREY M. EDMONSON AND THE MEMBERS OF THE BOARD OF COUNTY COMMISSIONERS, ON BEHALF OF MIAMI-DADE COUNTY AND THIS COMMUNITY, do hereby proclaim, January 19th through 25th, 2020, as

National Certified Registered Nurse Anesthetists Week

In Observance Thereof: I call upon the good people of Miami-Dade County to join me in recognizing these outstanding healthcare professionals for their contributions towards adding to the quality of life in our County.




Audrey M. Edmonson
Chairwoman


Carlos A. Gimenez
Mayor

CRNA Day at the Capital

By: Ashlee Dillon, C/O 2020



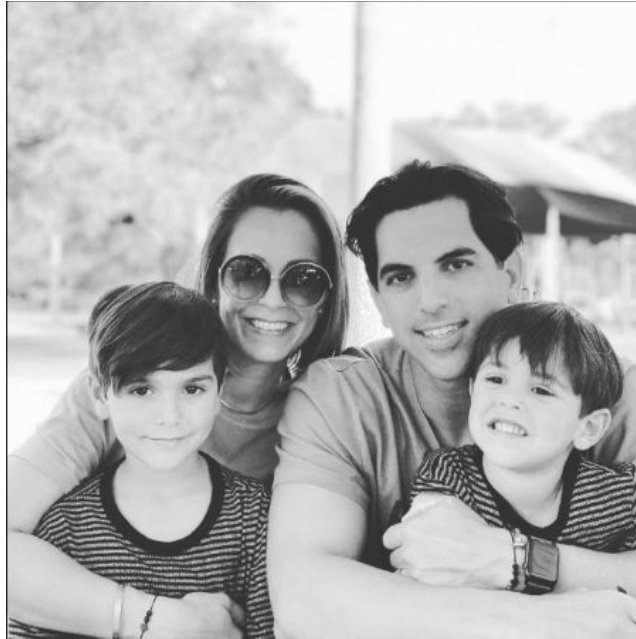
On January 28th, the Florida Association of Nurse Anesthetists (FANA) organized the 2020 CRNA Day in Tallahassee for CRNAs and SRNAs to lobby in the state Capital on behalf of the profession. Over 200 CRNAs and SRNAs joined APRN members from the Florida Coalition of Advanced Practice Nurses in support of House Bill 607 (APRN Autonomous Practice). House Representative Dr. Cary Pigman joined CRNAs on Capital Hill to urge support of HB 607 in his speech. The 2020 Legislative Session was supported by Florida House of Representative, Speaker Jose Olivia. CRNAs and SRNAs engaged in scheduled meetings throughout the day with House and Senate legislators to communicate the role and responsibilities of CRNAs while asking for their support on HB 607. This Bill would allow Advanced Practice Registered Nurses including CRNAs to practice to the full extent of their education and training without the supervision of a physicians in the state of Florida.

FIU SRNAs had the opportunity to participate in this experience and gained firsthand insight on the political influence of our practice and the value of lobbying. Students presented a unique perspective on the current educational qualifications required in CRNA programs throughout the state. Providing insight to lawmakers and lobbying on behalf of the profession was an invaluable experience that highlighted the importance of FANA membership and FANA PAC contributions.



Alumni Spotlight: Dennis Diaz

By: Irahisa Cabral, C/O 2020



A New Frontier. A Pioneer.

Venturing into new territories was not foreign to Dennis Diaz. A native of Cuba, Dennis came to the United States with his parents and older brother when he was 5 years old. He soon went on to develop an insatiable hunger for baseball, which his father nurtured by taking him to every game and tournament throughout his young life. Both a natural talent and dedicated player, his family took great pride in his academic and baseball abilities. After attending FIU on full academic and athletic scholarship, his dream of becoming a professional athlete was realized when he was drafted by the Philadelphia Phillies. Dennis played Minor League baseball for three years when he was confronted with the choice to stay in baseball; hope and wait for a “big break,” or do something else. He was good at baseball, but perhaps other horizons and adventures would be better suited for him.

"Playing major league baseball was a lifelong dream, but I didn't want to get stuck for another ten years in the Minors." After a conversation with his uncle, who was a physician in Cuba and a practicing registered nurse in Miami, he decided to become a certified registered nurse anesthetist (CRNA). Soon he would start the accelerated nursing program at Miami Dade College. While in the program he applied for the scholars program at one of the local hospitals, got accepted and was offered a job in the neonatal intensive care unit (NICU), where he took the initiative to learn ventilator management, read arterial blood gases, and manage critically ill patients with complex conditions. He felt that the NICU was a great opportunity, but he needed experience with adults to get into anesthesia school. Dennis learned of an opening in the adult cardiac intensive care unit, with full disclosure about his desire to move on to CRNA school, he approached the charge nurse and was hired. The next year would be packed with adult critical care training, working three nights, off for one day, back on for three days, and an acceptance into FIU's anesthesia program.



His grit and determination did not end with getting into CRNA school. Dennis said he would try to learn from every CRNA he was paired with, “When I was rotating, I wasn’t perfect and had my share of tough times (just like everyone else), but I worked hard and kept building my skills.” It was during one of these clinical rotations that he was offered his first position as a CRNA.

As a full time CRNA, Dennis took care of acute trauma, burn and surgical patients, but his entrepreneurial spirit nudged him towards exploring independent work in plastics. As a young CRNA, he received a call to cover for a case in a plastic surgeon’s office. He said yes to this opportunity and would continue on to start Premier Anesthesia Partners with two other CRNAs. Premier is a CRNA-only group that provides anesthesia services to top plastic surgeons in Miami-Dade.

Dennis did not stop at a successful anesthesia practice. In 2015, he came across an article about a ketamine study being done at Yale University for the treatment of depression with suicidal ideation. At that time there were four clinics in the country, none of which were in Florida. Fueled by a desire to help those fighting depression, Dennis and his partners researched and started Ketamine Health Centers, in Coral Gables. The endeavor was not an easy undertaking. Dennis recounts, “we even had problems getting a lease. Because ketamine was associated with being a party drug, a landlord refused to lease a location to us. We had to do a lot of educating.”



Ketamine is a novel treatment and is not covered by insurance. Knowledgeable about ketamine's efficacy in the operating room as an induction, sedative, and opioid sparing medication, CRNAs understand its safety index and are well positioned to administer it. Today, Ketamine Health Centers serves four communities in Central and South Florida. The center's message of "There is hope," will continue to expand to a fifth location that will be opening soon.

Dennis is not only hardworking and dedicated, he is kind, humble and has been shaped by lessons gleaned from his failures. During our short conversation, it was clear Dennis was a proud husband, father and family man. When asked of his proudest career accomplishment he warmly stated, "I am glad that I can give back to the profession. Ketamine is another viable source of income outside of the hospital setting." At the time this interview was conducted, the COVID-19 pandemic was happening, Dennis was glad he could still care for those suffering from anxiety and depression, while providing an avenue of income to his CRNAs and staff.

A Note About Handling Stress

By: Karina Grubbs, C/O 2021

Stress is a common theme encountered in CRNA school due to the long hours and large learning curve. Developing effective coping and stress relief strategies is essential to maximizing your health and happiness throughout the program. Some stress relief strategies that help me are:

1. Prioritize exercise
2. Set aside designated family/friends time
3. Make a list of things I'm thankful for.

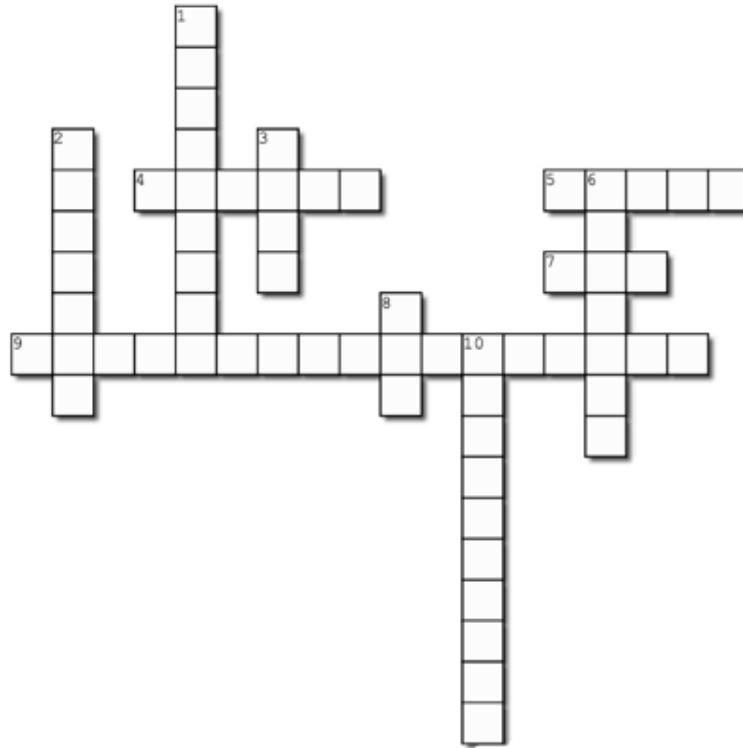
During our orientation, I remember Dr. Valdes telling us how exercise increases endorphins and reduces stress. Even if I only have 30 minutes between studying, I will stretch, bike, or jog. Movement is so important when one is sitting in front of a computer for long hours. Additionally, due to time being a constraint in this program, I schedule a block of time on the weekend for family and friends. This motivates me to complete my work early in the week so I am able both be efficient at studying and enjoy free time. Finally, I make a list of three things I am grateful for every morning to ground myself. CRNA school can be daunting and consuming at times; when I step back and look at all the things going well in my life, I am able to take a deep breath, appreciate the little things, and refocus with a clear mind. With perseverance and positivity, we can all be successful in this program. I hope my three tips have helped and good luck to everyone on this journey!

Crossword Puzzle

By: Rachel Kaplan, SRNA C/O 2021

Lumbar Plexus

Complete the crossword puzzle below all about the lumbar plexus!



Across

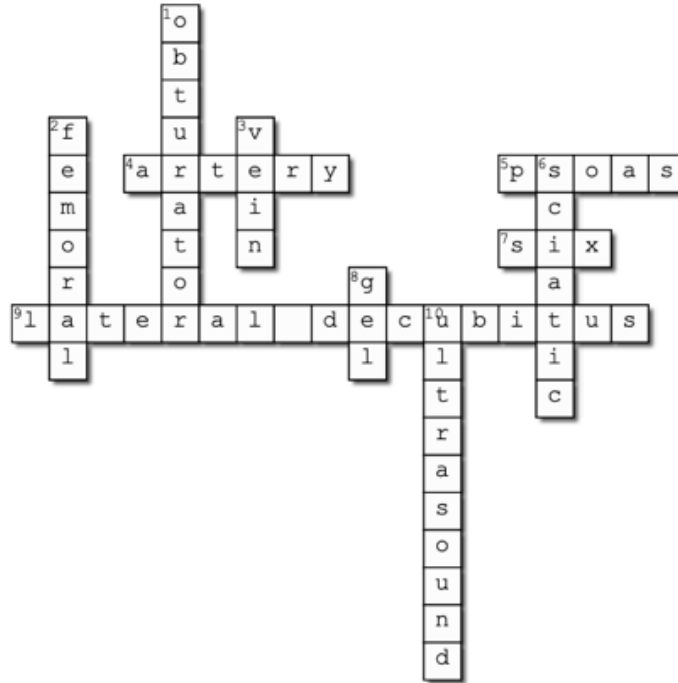
4. Anechoic, pulsatile structure on ultrasound
5. The lumbar plexus is contained within a sheath inside the _____ compartment.
7. The number of nerves that arise from the lumbar plexus.
9. Place patient in the _____ position for lumbar plexus blocks.

Down

1. Nerve that arises from the medial border of the psoas muscle; often injured in patients undergoing extensive pelvic surgery.
2. The nerve that splits into anterior and posterior branches, and gives rise to the saphenous nerve near the knee
3. Anechoic, compressible structure on ultrasound
6. The largest nerve in the body.
8. Coupling medium used between ultrasound transducer, air, and skin.
10. Mechanical energy that travels through body tissues; allows visualization of nerves.

Lumbar Plexus

Complete the crossword puzzle below all about the lumbar plexus!



Across

4. Anechoic, pulsatile structure on ultrasound (**artery**)
5. The lumbar plexus is contained within a sheath inside the _____ compartment. (**psoas**)
7. The number of nerves that arise from the lumbar plexus. (**six**)
9. Place patient in the _____ position for lumbar plexus blocks. (**lateral decubitus**)

Down

1. Nerve that arises from the medial border of the psoas muscle; often injured in patients undergoing extensive pelvic surgery. (**obturator**)
2. The nerve that splits into anterior and posterior branches, and gives rise to the saphenous nerve near the knee (**femoral**)
3. Anechoic, compressible structure on ultrasound (**vein**)
6. The largest nerve in the body. (**sciatic**)
8. Coupling medium used between ultrasound transducer, air, and skin. (**gel**)
10. Mechanical energy that travels through body tissues; allows visualization of nerves. (**ultrasound**)

Recipe: Black Bean Brownies

Courtesy of Mary Transleau, SRNA C/O 2021



INGREDIENTS

1 1/2 cups black beans (1 15-oz can, drained and rinsed very well)

2 tbsp cocoa powder

1/2 cup quick oats

1/4 tsp salt

1/3 cup pure maple syrup, honey, or agave

pinch uncut stevia OR 2 tbsp sugar

(or omit and increase maple syrup to 1/2 cup)

1/4 cup coconut or vegetable oil

2 tsp pure vanilla extract

1/2 tsp baking powder

1/2 cup to 2/3 cup chocolate chips

INSTRUCTIONS

Preheat oven to 350 F. Combine all ingredients except chocolate chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor.) Stir in the chocolate chips, then pour into a greased 8×8 pan. Optional: sprinkle extra chocolate chips over the top. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the refrigerator overnight and they will magically firm up! Makes 9-12 brownies. The trick with these: serve them first, and then reveal the secret ingredient!

Upcoming Dates

Upcoming Events:

AANA 2020 Annual Congress

August 14-18, 2020

San Diego, California

Special thanks to everyone who took time out of their already busy and stressful schedules to contribute to this edition:

David Luth, SRNA, C/O 2021, Editor

Michael Otte, SRNA, C/O 2021

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Rachel Kaplan, SRNA, C/O 2021

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Araceli Plancarte, SRNA, C/O 2021

Michael Drossos, SRNA, C/O 2020

Ashlee Dillon, SRNA, C/O 2020

Irahisa Cabral, SRNA, C/O 2020

Daniel Fortich, SRNA, C/O 2020

Dalia Grayeb, SRNA, C/O 2020

Josef Ghitis, C/O 2020

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