

EDUCATION - CLINICAL - OUR FUTURE



SRNA Sedation Sequels



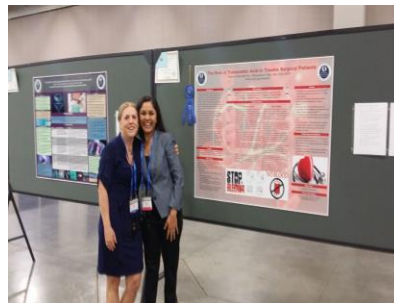
SUMMER OF 2016,
ISSUE 3

OUR NEW PROFESSOR FOR THE FIU NURSE ANESTHESIA PROGRAM

Dr. Miller proudly joined FIU on May 18th, 2016 as a Clinical Associate Professor in the Department of Nurse Anesthetist Practice. Dr. Miller has been a Registered Nurse for 23 years and a CRNA for 16 years. She earned her Doctorate of Nursing Practice at Northeastern University in Boston, MA and her MSN at University of New England in Biddeford, ME.

Dr. Miller was an Assistant Professor and Interim Program Director at Florida Gulf Coast University, Fort Myers, FL for the past four years. Dr. Miller's teaching expertise is in Advanced Principles II, Scholarly Inquiry and Evidence Based Practice.

Dr. Miller has mentored over forty Master's Capstone Thesis and brought three cohorts to the American Association of Nurse Anesthetists Annual Congress. With Dr. Miller's guidance, three students took first place



DR. ANN B. MILLER, DNP, CRNA, ARNP

for Evidence Based Practice Research at the AANA Annual Congress and the Dean's award. Dr. Miller has also mentored two cohorts for the International Student Journal of Nurse Anesthesia and the American Association of Nurse Anesthetists.

Dr. Miller is currently the Florida Association of Nurse Anesthetist Students Representative and is on the editorial board for the International Student Journal of Nurse Anesthesia. Dr. Miller's research interests are non-pharmacological interventions for pain in the perioperative period, specifically music therapy, and adverse events related to the utilization of Nitrous Oxide.

Dr. Miller's passion is seeing her students succeed and graduating as full-service providers. Dr. Miller is honored to be part of the FIU family.

Inside Issue:

- Student News
- Clinical spotlights
- Anesthesia meetings attended
- Future events



Class of 2018 Prepares for Anesthesia Classes

Fall 2016 will be the first semester of anesthesia classes for the students of the Class of 2018. Online classes in semesters one and two re-introduced us to life as a student allowing us to build strong study habits and skills. While the first semester was a bit overwhelming for most, the second semester seemed to award us with a little room to breathe. Students have debated whether this extra free time was due to taking one less class than the previous semester or finally adjusting to life as a full-time student again. Regardless of the reasons for the perceived lighter load, many students used this time to prepare for the Fall semester. Some students took this opportunity to work, some studied to strengthen their critical care knowledge or gain insight into anesthesia, and some were even able to take a vacation. As semester two comes to an end the fear of the unknown may be beginning to stir. Relax! You've made it this far. Your persistence and determination brought you here and will allow you to continue to succeed. Enjoy your summer break and do not forget to mark your calendars. Orientation will take place on Saturday, August 20, 2016.

Keshia Suarez, SRNA Class of 2018



FULL PRACTICE AUTHORITY

In the United States (US), Advanced Practice Registered Nurse (APRN) regulations are determined at the state level, through legislation and rule making, by policy makers whom have yet to make enforcements based on clinically sound data reinforcing the importance of this elite group. Subjective interpretations of the United States Institute of Medicine (IOM) 2010 report, the *Future of Nursing* has led to inconsistencies on a statewide basis. From this, some states have adopted full practice authority, but this is not enough. It is unsettling to know that a profession that is grounded in evidence-based practice and derived from genuine patient compassion has been led to resort to patchwork in their expansion across the US. Support from the legislators for this vital profession will not only allow this incredible group to practice independently within their scope, but it would also benefit millions of patients by allowing them the privilege to be cared solely by a Certified Registered Nurse Anesthetist (CRNA). Time and time again, the literature published has continued to reveal that CRNAs are crucial in improving superior cost-effective care, reaching out into rural areas where healthcare access may be limited, and ensuring that evidence

based practice continues to give their patients the opportunity for having the best outcomes (Hogan, Seifert, Moore, & Simonson, 2010).



References

Hogan, P., Seifert, R., Moore, C., & Simonson, B. (2010). Cost effectiveness analysis of anesthesia providers. *Nursing Economic*, 28(3), 159-169.

Emilio Acosta, SRNA Class of 2017



Clinical Spotlight

Memorial Regional Hospital



Christine Daneshgar has been a CRNA at Memorial Regional Hospital for six years. She is originally from Ohio. During her time in nursing school she learned about the profession of nurse anesthesia after meeting a CRNA. She knew she wanted to continue advancing her education and this encounter solidified her plan. The autonomy and level of skillset and knowledge drew her in. Christine worked two years at Jackson Memorial Hospital in the Critical Care Unit before entering the Nurse Anesthesia program at Florida International University, graduating in 2009. Throughout her time at MRH Christine had excellent guidance and noted that Ingrid Gunnlaugsson was a particularly motivating mentor due to her inspiring work ethics. She also revealed that one of the most rewarding parts of the job included waking a patient up after anesthesia and dropping them off in PACU, pain free and comfortable. "I enjoy the diversity of anesthesia I get to provide, but I specifically enjoy the neuro, bariatric, and pediatric cases because of the challenge it offers." The advice she extends to nurse anesthesia students is simple, "stay humble, keep listening and learning from mentors, and surround yourself with a great group of family and friends for support."

Kristie Schnellenberger, SRNA
Class of 2018



RECENT GRADUATES 2015

Melissa Ramos and Katherine Lavilla are both recent graduates of our FIU CRNA program, Class of 2015. I had the pleasure of interviewing them about their transition from school to the workforce. When Melissa and Katherine were in their last semester, I was just beginning my first semester. I remember thinking how knowledgeable they were and the ease at which they practiced their craft. I wanted to be like them when I grew up in this world of anesthesia.



Melissa and Katherine knew each other from the ICU they used to work on at Memorial Regional. They remained friends throughout the program and acted as each other's guardian. To this day they remain great friends. This friendship was an instrumental source of strength to their success. I asked them how they prepared for boards and Melissa proudly said, "Katherine moved into my house for a little over a month".

Their study routine was an average of 8 hours a day, 7 days a week for 4 weeks. They would take breaks throughout the day, but everyday they treated studying like a job. Katherine explained that they would read some of the same material each day and discuss it. They had a schedule and plan for each study day. Melissa said, "once we grasped the material and knew it backwards and forwards we would move on to the next topic". When it came time to sit for the exam, they both felt confident. I asked Katherine how she felt about the exam after she took it because she was a little more hesitant to take it than Melissa. Her response was "In hindsight, it seemed easy because we knew the concepts and the material". "The anxiety of taking the board exam won't go away, you just have to trust that you did the best you could in preparation to pass the exam". They utilized the Valley Review, FIU material, and Prodigy software.

Their advice to those still in the program is to stay hungry for your goals and remember that anesthesia is a continuum of learning. It is up to the practitioner on how knowledgeable they would like to be. Also to keep close relationships, "support is something we all need through the process" Melissa said.

Clifford Burdick, SRNA
Class of 2017

CLASS OF 2016 SRNA TIPS TO THE CLASS OF 2017 NEW SENIOR SRNA

- Prepare for each rotation to get the best experience.
 - Don't get frustrated! You will feel like a fish out of water for the first week of each rotation.
 - Stay humble! Please and thank you go a long way and leave your attitude at the door!
 - Go with the flow. Each anesthesia provider has their own way of doing things. Go along with it and learn as you go.
 - You will be extra tired from working nights and weekends. Sleep when you can and show up ready to work.
 - Have fun! You will learn a lot and your confidence will build throughout this year.
- Stay positive, don't take anything personally.
 - Make a point to learn one new thing everyday.
 - Pick up something from each preceptor that you're likely to incorporate into your future practice.
 - When you feel like you want to quit, remember the reason that brought you here in the first place!

-Leo Junco, SRNA
-Charles Caudill, SRNA
-Tatiana Toussaint, SRNA

-Dana Malzahn, SRNA
-Gricelle Vazquez-Navarro, SRNA
-Anu Jacob, SRNA



Clinical Spotlight

Mt Sinai Hospital



Kettyelena (Ketty) Quindemil became interested in the field of nursing after gaining first-hand experience in the Oncology unit at Miami Children's as a volunteer. She graduated from FIU in 2007 with a BSN. She then worked for four years primarily in the Neurological Surgical Intensive Care Unit but also spent time in the Cardiothoracic Post-Open Heart Unit and a Medical Surgical Unit.

Ketty continued her education through FIU and graduated with a Masters in Anesthesia in 2013. As a member of the Miami Beach Anesthesiology Associates, Ketty has found her career as a CRNA extremely rewarding. What she has most enjoyed is, being engaged in challenging situations requiring the use of her critical thinking skills and the hands-on component of clinical skills. Her ability to protect a patient's safety in moments of vulnerability have remained at the core of her nursing practice and have driven her to provide high-quality patient care.

As a mentor, Ketty recommends remaining engaged on a daily basis and being a proactive member of the anesthesia team. Ketty's advice, "be prepared for cases and show initiative." Ketty is a firm advocator of continued growth and although she states the first year after graduating remains stressful, she also reveals it is just as fruitful in personal development as a clinician as schooling was.

Frida Iturriaga, SRNA Class of 2017

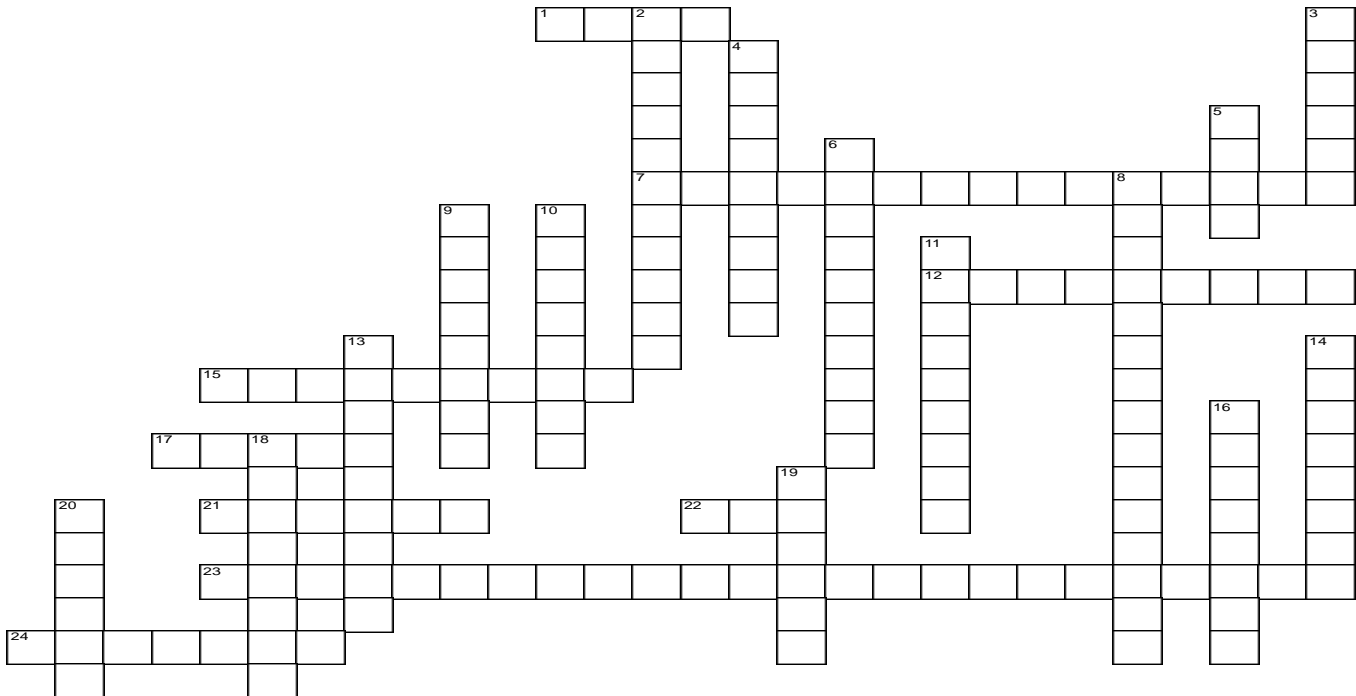
Laundering Methods for Reusable Surgical Scrubs: A Literature Review

Surgical site infection is one of the most frequent and serious postoperative complications. Surgical site infections may be precipitated by high bacterial loads introduced into the operating room setting. The most common microorganisms contributing to infections are Staphylococcus, Streptococcus, and Pseudomonas. The potential for scrub uniforms to carry bacteria has been shown in several studies. Recommendations for surgical scrubs worn by operating room personnel and specific laundering techniques remain debated in evidenced-based research. There exists a variance in perception and a lack of consensus among providers regarding the concept of where and how to launder surgical scrubs. The purpose of this literature review is to determine if facility-laundered surgical scrubs are superior in the prevention of surgical site infections for patients undergoing surgery over home-laundering methods, to evaluate the appropriateness and safety of surgical staff laundering scrub uniforms at home, and to provide recommendations for the laundering of reusable surgical scrubs.

Fisher, M., Umadhay, K., & Vera, C. (2016). Evaluation of Testing as a Method to Assess Continued Competency in Nurse Anesthesia Practice: A Systematic Review. American Association of Nurse Anesthetists, 84 (4), 239-245.

Medications

Test your knowledge on commonly used medications



ACROSS

- 1 What receptor do benzodiazepines work on
- 7 Class of antibiotics that prolong the duration of nondepolarizing muscle relaxants
- 12 Drug used as the standard for comparing LA potencies
- 15 Receptor Succinylcholine works on
- 17 Mixed agonist antagonist opioids work on what receptor
- 21 ION channel local anesthetics work on
- 22 Term used to describe the pH at which 50% of a drug is ionized and 50% of the drug is *unionized*
- 23 Metabolite of lidocaine that can cause toxicity
- 24 Name of opioid that decreases cardiac contractility and increases HR

DOWN

- 2 LA that is most cardiotoxic
- 3 Benzocaine, procaine, tetracaine and chlorprocaine are what type of LAs
- 4 Cardiac Stable induction agent
- 5 Receptors Ketamine works on
- 6 Muscle relaxant eliminated by biliary excretion
- 8 Depolarizing muscle relaxant
- 9 Drug used as the standard for comparing opioid potencies
- 10 Least potent ester LA
- 11 Alpha-2 adrenergic agonist that inhibits the release of substance P in the dorsal horn creating analgesia
- 13 Benzodiazepine antagonist
- 14 Induction agent that can increase airway secretions
- 16 Induction agent contraindicated for patients with increased ICP
- 18 IV emulsion used during MAC cases:
- 19 Opioid antagonist
- 20 Drug metabolized by Hoffman elimination

EVALUATION OF TESTING AS A METHOD TO ASSESS CONTINUED COMPETENCY IN NURSE ANESTHESIA PRACTICE: A SYSTEMATIC REVIEW

Competency in healthcare practice has become a priority for sustaining the goals of quality and safety in patient care delivery. Evaluating maintenance of competency for practitioners beyond their initial licensure and credentialing has become a topic of focus in recent years. A systematic review was conducted to evaluate testing as a method of assessing continued competency in nurse anesthesia practice. Using the Joanna Briggs Institute method for a comprehensive systematic review, a literature search followed by critical appraisal of included manuscripts was performed. Sixty-three published and unpublished manuscripts were included in this systematic review. Testing should be used solely for the purpose of assessing knowledge necessary for current practice unique to the individual test taker. Testing should reflect real life and should allow the test taker access to materials and resources normally available in the provision of patient care.

Results: Manuscripts selected for inclusion are summarized in Table 2. A total of 63 manuscripts were included in this review. Manuscripts included critical analyses, correlational studies, white papers and position statements, substantiated expert opinions, and expert opinions.

Two synthesized findings emerged:

1. Testing is a valid, reliable, and proven method of assessing the knowledge component of competency, but not competency in total.
2. Testing is not a means by which the concept of competence is directly measured.

Baker, K. R., & Sapp, A. (2016). Evaluation of Testing as a Method to Assess Continued Competency in Nurse Anesthesia Practice: A Systematic Review. *American Association of Nurse Anesthetists*, 84 (4), 239-245.



Upcoming Events:

School Schedule

- Class of 2018 Orientation - Aug 20
- Start of Fall 2016 semester - Aug 22
- Labor Day-September 5

Conferences

AANA

Nurse Anesthesia Annual Congress
Date: September 9-13, 2016
Washington, D.C.

FANA

FANA 2016 Annual Meeting/ Annual College Bowl
Date: October 14-16, 2016 Location:
Renaissance Orlando at Seaworld,
Orlando, Florida

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Stress Reduction Treat: Raspberry Crumble PIE

Angelica Arias, SRNA Class of 2016

Prep: 10 minutes Bake: 30 Minutes 8 Servings

Filling:

- | | |
|-------------------------|-------------------------|
| 2 ½ c fresh raspberries | 1 Tablespoon cornstarch |
| ½ c sugar | 1 teaspoon vanilla |

Crumble PIE Topping:

- | | | |
|-----------------------|--------------|---------------------------|
| 1 c all-purpose flour | ¼ c sugar | 6 Tablespoons cold butter |
| ¼ c brown sugar | 1/3 c oats | ¼ c chopped pecans |
| ¼ teaspoon nutmeg | Dash of salt | ½ teaspoon cinnamon |

DIRECTIONS

Preheat oven to 350F.
Combine FILLING ingredients in a medium bowl, stir and set aside.
Combine CRUMBLE PIE TOPPING ingredients in a separate bowl and cut together with a fork or pastry cutter until mixture is crumbly.
Fill pie pan with filling mixture. Then, sprinkle crumble topping all over the top.
Bake 25-30 minutes until topping is golden brown.
Cool for 10 minutes before serving. Serve with a scoop of vanilla ice cream.