



York College of Pennsylvania / WellSpan Health NURSE ANESTHETIST PROGRAM

Vigilance, Knowledge, and Compassion

NAP News

2017 Spring Edition

This Issue:

What is Wisdom:.....1

Junior Capstone..... 2

Food Drive.....3

Getting to Know Dr.
Carmel.....4

Grand Rounds Dr.
William McGuinn.....5

SOFA.....6

Rise Above & PANA
Student Update: Lindsay
Quirk.....7

Getting to know the new
DNP Class of
2020.....8

Dr. Richard Haas:
National Publication.....9

Congratulation to Class of
201710

February Grand Rounds
Minute to Win (Dani &
Michelle).....10

ACLS/PAL Course
Welcome baby Finley...11

Dr. Carmel
Deadline NAP news...12

What's happening.....13

What is Wisdom?

It is the ability to think and act using

“Knowledge, Experience, Understanding, Common sense and Insight”

A bit of Wisdom from your Faculty

Dr. Richard Haas PhD, CRNA, PHRN Asst. Program Director – Knowledge:

Knowledge is more than a compendium of facts. It is the ability to take those facts, and then combine them and use them to create some greater whole. Implicit in the acquisition of knowledge is the assumption that it will be used to some purpose, even if that purpose is living a full life or the satisfaction of scratching an intellectual itch.

"Knowledge comes, but wisdom lingers. It may not be difficult to store up in the mind a vast quantity of facts within a comparatively short time, but the ability to form judgments requires the severe discipline of hard work and the tempering heat of experience and maturity". Calvin Coolidge

Dr. Jason Lowe PhD, CRNA, PHRN Program Director – Experience:

Experience is a key contributor to education. That is why clinical experience is such a valued part of the SRNA's education. **Experience** is a complement to didactic knowledge but does not replace it. Experience is a great teacher that allows us to expand our knowledge in a way that textbooks cannot. The value of **experience** is so great; that we use it in the form of case studies and closed claims analysis to learn from others experiences.

“By three methods we may learn wisdom: First, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest.” --Confucius

Professor Amy Reed, CRNA, MS, Clinical Instructor - Understanding:

Understanding is meaningful learning. It is about embracing a subject so that the material is not only retained but built upon over a period of time. **Understanding** is not synonymous with knowing. It is not achieved through memorization, short-cuts, or cramming. In order to truly understand, one needs to be motivated and passionate to learn and most importantly, willing to put in the time.

Professor Howard Burnett, CRNA Clinical Instructor - Common Sense:

"Common sense is not so common"1 that repository of knowledge, “common” to a particular group, from which we make our decisions. As we gained knowledge from readings, our experiences and those relayed to us, we gain **"common sense"** as it pertains to the group. To foster this advancement in others, we strive to serve as an example and mentor in order to help those about to experience, first hand, a **common sense** failure. Voltaire

Dr. Rebekah Carmel, PhD, CRNA, Clinical Instructor – Insight:

As a CRNA, **insight** is the intuitive ability to accurately know your own knowledge, skills, and abilities and to deeply understand your patient's needs.

Junior Capstone Project

The NAP visited Central York High School on Friday January 20th, Led by seniors, capstone mentors the junior class re-created an actual operation room. They had 6 station including vital signs, ultrasounds and heart & lung sounds.

40 Central York students with an interest in a health care career attended the event.

Novice class was also in attendance helping out and learning how to continue this Capstone. Thank you to Dr. Duane Patterson, director of simulation center York Hospital.

Kudo's to the entire NAP Student body.





FOOD DRIVE

To benefit the York County Food Bank

To celebrate CRNA week *January 22nd – January 28th*, Our Nurse Anesthesia Students traditionally celebrates CRNA week through service to the community. This year we held a Food Drive for the York County Food Bank donating 195 pounds of Food.

The York County food bank serves all of York County, they offer food assistance to low-income families and our local senior citizens. Food for families involves the distribution of 50 pounds of free of charge to both individuals and families who come to the Food Bank each Fridays. Boxes were place in room 240 as well as at Grand Rounds on Friday January 27th, 2017. Thank you to the Novice class for presenting the food collect to the Food bank the same day. Together we made a huge impact for those in need.

“Deeds of giving are the very foundations of the world”

Thanks to
everyone
for making
this a
successful
Event.



Getting to Know Dr. Rebekah (Becky) Carmel, PhD, CRNA

1. What did you do before working for Well Span? I have worked at the University of Virginia Health Science Center in Charlottesville VA since 2001 As a CRNA and filled both clinical and administrative positions. For the past year I had become the “off-site” guru as we provide 14 anesthesia sites outside of the main OR. (Important Note: I only talk Virginia baseball and basketball... NEVER Football).

2. **What do you feel are your greatest accomplishments?**

I am genuinely proud to have a 27 year relationship and an inner circle of Friends that support me.

Family? Pets? Wife “Beth” who is hanging up nursing with the move to York (Very happy indeed) and two Black lab girls “Sudie” who is 5 and an independent thinker, and “Effie” who is 3 and is my Velcro lab with special needs.

3. **If you could only have three phrases to describe yourself, what would they be?** Even Keeled, Up Front, Non-judgmental

4. **Do you have any hobbies?** I love to be outside – hike, bike, even mowing the lawn!

5. **What is some advice you have for the NAP students?**

Well, in my anesthesia training the absolute best advice I ever received was “Suck Less Everyday” If you think about it, this includes a challenge for Continuous education, a challenge to reflect on your practice and performance On a daily basis, and challenge to be a better professional, team member and Person every day.

6. **What are some other things you would like the alumni/students to know about you?** I am open to new ideas, interested in the needs of our clinical instructors and most importantly fun when the work is done!

7. **If you could paint a picture of any scenery you’ve seen before, what would you paint?** I don’t paint or frankly draw very well, but I love photography. I am not necessarily subject driven but love the beauty of color, pattern and detail that occur in nature.

8. **Best day ever, what do you have planned?** As they say “A rainy day at the Beach is better than a good day at work!”

10. **Who or What has been an influence to your career?**

I have a passion for nurse anesthesia history and the foundational bricks and Vision that the anesthetists of the 1930’s and 1940’s provided to our profession.

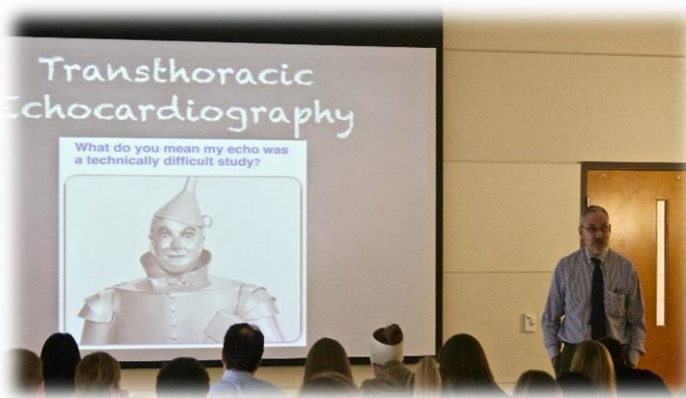


FRIDAY GRAND ROUNDS - JANUARY 27, 2017

Speaker: Dr. William McGuinn, Anesthesiologist PhyMed

Cardiac Anesthesia

Students presented Dr. McGuinn with an award for
“Commitment to Excellence in Education”



Upcoming SOFA Events Supporting Our Future Anesthetists

Please Join Us for
**The 3rd Annual
SOFA Foundation
Fundraising Gala**
Supporting Our Future Anesthetists

Saturday, April 1st, 2017

6:00-11:00pm

The Bond

134 East King Street

York, Pa 17401

See Reverse for Details!

Save the Date

SOFA Halloween 5K Run/Walk
Saturday October, 29th 2017
More information to follow.



Please join us for an incredible night of delicious food, amazing music, & a fabulous silent auction event!

Food Stations:

Fresh Herb Berry Salad

Sweet Basil, Mint & Baby Arugula with Blackberries, Strawberries, & Blueberries with Limoncello Vinaigrette

Traditional Garden Salad

Spring Mix of Lettuce Tossed with Shredded Carrots, Cherry Tomatoes, Cucumber Rounds, And Homemade Croutons Drizzled with Balsamic Vinaigrette

Suspended York City Pretzel Station

with Spinach Artichoke & Buffalo Chicken Dip

"Made to Order" Cheesesteak Station

Philly-Style chopped steak &/or chicken with your choice of Cheddar Cheese , Roasted Tomato, or Smoked Gruyere Sauce & Toppings

Street Taco Station

Served with Flour & Corn Tortillas and Assorted Authentic Hot Sauces

Your Choice of Fish &/Or Grilled Herbed Chicken & Toppings

& MORE!

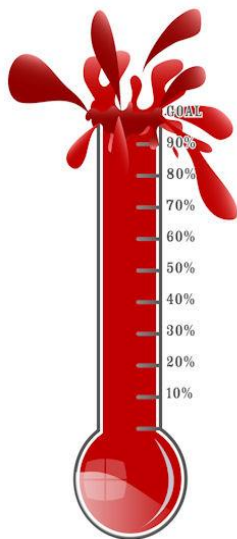
Music by Mark Bowersox

\$110 per ticket

Alcohol Included* Cocktail Attire

RSVP by March 12, 2017 to SOFAGALACRNA@gmail.com

**Checks payable to The SOFA Foundation & send to
SOFA Foundation 2 Bellwood Court Carlisle, Pa 17013**



RISE ABOVE

Thank you to each of you for your RISE ABOVE donation. Collectively as a program, we have raised close to \$700.00 in the last 5 months. This is quite an accomplishment.

As a program we have RISED ABOVE THE STATUS QUE!

RISE ABOVE supports research that highlights the value of the CRNA, research in patient safety and effectiveness, and financial scholarships. At York College of Pennsylvania, we have had several students receive an academic scholarships. Many of the anesthesia faculty have also benefited from research grant funds during the completion of their PhD. Program.

Thank you for supporting "Rising Above" Campaign and representing York College of Pennsylvania/Wellspan Health Nurse Anesthesia Program.

Lindsay Quirk, Erin Drumheller and Lindsay Sentz



PANA Student Update

Hello fellow SRNA's and Happy New Year!!!! It is this time of the year that I often find myself reflecting on the past and anticipating the new adventures and mysteries of the future. In 2016, I traveled to Zacapa, Guatemala on a medical mission trip to serve and minister to the underprivileged people of Santa Cruz and San Pablo. Our team spent five days in the villages providing specialized patient care to people of all ages. Some of my fondest memories were caring for a family who had walked over three hours in the extreme heat, just to receive medications and physical examinations, and the young gentleman who received treatment for a foot infection during his attempt to cross the border with dreams of a better life. For me, these life experiences can be summarized best by Shakespeare's famous quote, "The meaning of life is to find your gift. The purpose of life is to give it away".

As the New Year commences and my term as PANA student board representative begins, it will be my professional commitment and dedication to join forces with fellow students to breakdown bureaucratic barriers to nurse anesthesia practice. I encourage your attendance at the Mid-Year Assembly on April 5-9 in Washington, D.C., to learn and understand national policy, which relate to nurse anesthesia, and to be a heard voice in the political aspects of our profession. Lets gather together on Capital Hill to formally educate our Pennsylvania legislators on the most current and relevant literature that demonstrates why CRNA's should practice to the fullest extent of their education and training. As we unite together, let our powerful voices within the healthcare system and community be heard by the legislators that govern our practice, so that we can advance the CRNA practice in Pennsylvania and across the country.

As we embark on the new adventures of 2017, I encourage each of you to reflect on your gift. As a SRNA and future CRNA, you have a gift of safely and cost-effectively administering anesthetics to millions of surgical patients in a wide variety of healthcare settings. During the continuum of care, you are recognized as a multidisciplinary leader in which your professionalism, stewardship, and advocacy are held at the highest regard in patient care. In April, let us rise above the mediocrity of our current Pennsylvania statute to advocate for our elite profession so that we may independently administer anesthesia to people of all nations.

In closing, I wish you all a Happy New Year filled with love, prosperity, kindness, and good health. May this year be the year for positive change within your lives, as well as, our elite profession that we hold so dear to our hearts.

Sincerely,

Lindsay Quirk, BSN, CCRN, SRNA
York College of Pennsylvania/Wellspan
lquirk@ycp.edu

The York College of Pennsylvania/WellSpan Health Nurse Anesthesia Program will welcome its first BSN to DNP cohort this May of 2017. The Nurse Anesthesia Program is converting from a Master's of Science to a Doctorate of Nursing Practice curriculum. The curriculum change is necessary to meet accreditation requirements, which state that all graduates from nurse anesthesia program will be doctorally prepared by 2025. The DNP curriculum is 36 months and 102 credits.

Meet the first 12 students in the Nurse Anesthesia Program DNP cohort.

Diane Farrell: Graduated from Gettysburg College for my first bachelors, and received my BSN from the University of Pittsburgh. I am currently living in New Cumberland, PA and am working at the Pinnacle Health West Shore ICU.

Dean Mellott: I just moved to Ephrata, PA and graduated from Lancaster General College of Nursing. I currently work in the MICU at Penn State Hershey Medical Center.

Kristen Clark: Currently live in Wilmington, DE with my boyfriend. We will be moving to York in April. I graduated from the University of Delaware in 2013. I currently work in the Cardiac ICU at Christiana Care in Delaware. I am excited to start on this new adventure and can't wait to meet you in May.

Natalie Beccone: I am from Harrisburg and graduated from Penn State. However, I work in Washington, D.C. in the surgical ICU at Georgetown University Hospital. I'll be moving back to Harrisburg, though, for school.

Nicole Berstler: I am currently living in Hummelstown PA and I work at Hershey Medical Center, I received my ADN from HACC in 2008 and my BSN from Penn State in 2015.

Jessica Hammaker: I currently live in Camp Hill, PA. I graduated with my BSN from Saint Francis University in May of 2011. Following graduation I started working in the Heart and Vascular ICU at Penn State Hershey Medical Center. I am excited to begin my journey towards becoming a CRNA and honored to be part of the class of 2020!

Jonathan Humbert: I currently reside in Harrisonburg, Virginia. I graduated from Shepherd University in Shepherdstown, WV. I am currently working in the Critical Care Unit at Sentara RMH Medical Center in Harrisonburg, VA and am a flight nurse in the 167th Aeromedical Evacuation Squadron at the 130th Airlift Wing, Charleston, WV.

Amanda Fabian Hernandez: I am from Baltimore, MD. I graduated from the University of Maryland Baltimore with my BSN. I currently work for the University of Maryland's R Adams Cowley Shock Trauma Center Critical Care Unit. I am very excited to be joining York College's amazing group of students and faculty for the summer 2017 CRNA program!"

Allen Arslanian: I currently live in Lititz Pa, I work at Wellspan Ephrata Community Hospital in the ICU, and obtained my BSN from Eastern Mennonite University in Lancaster.

Elizabeth Pritchard: I am currently working in the PICU at Johns Hopkins and living in Baltimore, I am planning on commuting! I graduated from Catholic University of America in 2009.

Jessica Sadvari: I currently live in Pittsburgh, Pa. I graduated from IUP (Indiana University of Pennsylvania). I am working at UPMC Presbyterian Hospital in Pittsburgh Pa, in the Surgical Trauma ICU

Sally Wenger: I am currently live in Hummelstown, PA but will be moving to Lancaster in the next few months. I graduated from Messiah College, I current work at the Hershey Med Center in their Heart & Vascular ICU.

Our very own Dr. Richard Haas was spotlighted in the Around WellSpan February Issues.

Additional contributors include: Dr. Lowe, Prof Burtnett and Prof Reed, Dr. Birenberg M.D. & Dr. Kevin Stierer, M.D.

Team effort lands WellSpan research study on IV 'hang time' in national publication



American Journal of Infection Control recently published the study, as WellSpan sees increase in number of articles appearing in national, peer-reviewed publications

In the world of medical research, having a study published in a national, peer-reviewed publication will certainly make a researcher's day. Knowing a study could bring about change to help patients makes it even better.

The prestigious American Journal of Infection Control (AJIC) recently published a WellSpan study with findings that could effect change by saving time during emergency medical situations and reduce waste.

Richard Haas, a nurse anesthetist and assistant program director of York College and WellSpan Health's Nurse Anesthetist Program, along with other members of a WellSpan York Hospital-based team, conducted the study. It examined the shelf life - or "hang time" - of a spiked IV bag containing the common Lactated Ringer's (LR) solution.

The Joint Commission mandates that spiked bags - or bags connected to IV tubing - be used within one hour due to possible bacterial contamination.

However, the more time a spiked IV bag could be safely used, the more time staff would have to prepare for medical emergencies, when seconds may count patients and decrease medical waste.

The inquiring minds at WellSpan, after conducting research in which they spiked bags at various times and in a way that mimicked their use and conditions in clinical practice, actually found no bacterial growth in spiked intravenous fluids over an eight-hour period in their study.

"We were really excited," said Haas, the study's principal investigator. "What we were trying to do is to provide the start to the conversation for accrediting bodies. We believe the findings were important and we are thankful for some great support from WellSpan. It speaks highly of Well Span's contribution to public health and the advancement of science."

WellSpan support included a financial contribution to ensure the article can be accessed publicly.

The team effort featured a number of WellSpan York Hospital staff and leaders. It even included students with the WellSpan York Hospital Medical Laboratory Science Program, who assisted with the study's laboratory work.

"We were just thrilled to get it published," Haas said.

The publication comes on the heels of a busy year for WellSpan researchers, who had at least 48 articles published in national, peer-reviewed medical publications in 2016. That is up from 39 in 2015, and it is more than double the 19 articles published by WellSpan researchers just six years ago, according to Well Span's Emig Research Center.

"By getting publication outside the walls of WellSpan, we are demonstrating a high level of research and, in essence, the high level of medicine we provide to our patients at WellSpan," said Melissa Schlenker, corporate director of the Emig Research Center.

The center, established in 1994, is located at WellSpan York Hospital on the first floor of the Medical Education Pavilion. It provides consultation and support for WellSpan research, clinical trials, evidence-based practice and scholarly activity while promoting an environment of clinical inquiry that supports innovation, the highest standards of care and the practice of evidence-based medicine. The staff of the Emig Research Center are valuable resources available for consultation across WellSpan.

Schlenker, and others at Emig, including Ted Bell, research program manager, and Rod Grim, research scientist, noted that recent articles featured a broad range of areas and specialties, which is likely a product of WellSpan's recent growth and its system wide focus on research.

In addition, WellSpan staff conducted at least 119 internal and external medical presentations in 2016, which also shows how the organization is increasingly recognized as a cutting-edge source for medical information, Schlenker said.

The American Journal of Infection Control article "No bacterial growth found in spiked intravenous fluids over an 8-hour period" is accessible at www.ajicjournal.org.

Other study contributors include: Edwin Beitz, Amy Reed, Howard Burtnett, Jason Lowe, Arthur Crist, Kevin Stierer, M.D., and Allan Birenberg, M.D.

*Congratulation to the York College of Pennsylvania / Wellspan Health
Nurse Anesthetist Class of 2017.*

Convocation Ceremony Friday May 12, 2017 @ 4:00pm in the Waldner
Performing Arts Center with a Reception dinner at the Country Club of York @
6:30. Commencement will be held Saturday May 13, 2017



Grand Rounds February 17th / Capstone Minute to Win it – Dani Filer & Michelle



Alumni Katie Jensen opened her home to our
Current students and incoming DNP Students on Sunday March 5, 2017
She held an Advance Cardiac Life Support & Pediatric Advance Life support course

Thank you Katie for your hospitality.

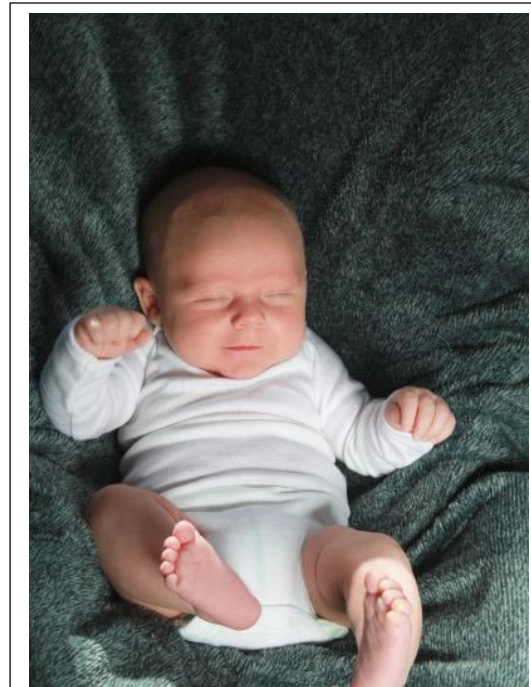


**Congratulation to
Emily & Evan Decker**
They welcome a Beautiful Baby boy

Finley Wade
January 9th, 2017
6lb 15oz – 19 inches long

Everyone is healthy and doing Great. Finley is loving the warm February weather and is enjoying his time at home with Mommy while it last!!

(Emily is the Clinical Coordinator for WS Good Samaritan)



Who needs Punxsutawney Phil?

(Predicting springs since 1887 in Pennsylvania)

When we have our very own

Dr. Becky Carmel predicting (since 2017) her own spring in February.



Deadline for next NAP News will be May 25th.

Please forward any and all information you would like to share. Take pictures where ever you go!

Did you travel somewhere? How about speaking engagement? Did you meet someone interesting?

How about attending a meeting or conference that you would like to share information.

Did you welcome a baby or get an award? I need to know all about it.

Please forward all information to Stacey Holtzman, sholtzman@ycp.edu. We can never have enough news.



Subspecialties in Nurse Anesthesia Conference – Saturday March 18th 2017 0700 - 1500
WellSpan York Hospital Glatfelter Auditorium 1001 S. George Street York, Pa. 17403
Registration Deadline is March 4th, 2017. SRNA \$10.00 / CRNA \$20.00

Thank you Lina Ramos & Erin Drumheller

GRAND ROUNDS & Fun Stuff Coming up.

Friday March 17, 2017: PANA President, Aaron Ostrowski lecture on PANA & CRNA Alumni Hall 830am

Friday April 8 – Saturday April 9, 2017 – Allegheny Anesthetists Spring Semester

Friday May 5, 2017 – Recognizing our Seniors Alumni Hall 830am

Sunday May 21, 2017 – Family Picnic – Sam Lewis Park 1300 – 1600

Friday June 30, 2017 – Summer Olympics – YCP Ball Field 0830- 1200

Thursday, August 10, 2017 – Capstone Presentation – Alumni Hall 0900 - 1500

Saturday, October 28, 2017 – SOFA 5K Run

Friday, December 1, 2017 – Guest to be announced – Alumni Hall 0830

Friday, December 1, 2017 – Junior Halfway Dinner – YCP - Yorkview

Contributors:

Class of 2017: Lindsey Sentz, Matt MacDonald

Class of 2018: Erin Drumheller, Lina Ramos, Michelle Harkanson, Dani Filer

Class of 2019: Lindsay Quirk, Seth Goldberg

Photograph: Matt MacDonald, Lindsay Quirk, Seth Goldberg, Dr. Carmel

Chief Editor: Dr. Jason Lowe Editor: Stacey Holtzman

FACEBOOK page

*** Please check out our Facebook page at: <https://www.facebook.com/yorkcrnaprogram/>

New posting every Monday. If you have an ideas or would like share something, please send it to me at sholtzman@ycp.edu. This is a great recruiting page, so send me your ideas. Thank you.