



# York College of Pennsylvania / WellSpan Health NURSE ANESTHETIST PROGRAM

*Vigilance, Knowledge, and Compassion*

## NAP News Fall 2017 Edition

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From the Program Directors desk ~ Dr. Jason Lowe.



Dr. Rich Haas officially retires from full-time employment with the Nurse Anesthesia Program today (September 29, 2017). Rich is the “founding father” of the York College / WellSpan Nurse Anesthesia Program. Rich was hired by Dr. Doug Arbittier to build this program to fulfill the mission of developing excellent, professional nurse anesthetists that would meet the staffing demand in south central Pennsylvania.

Rich started building the program in 2005 and admitted his first class in 2006. This first group of five SRNAs graduated in 2009. His 12<sup>th</sup> class was admitted this past May. Rich is also the architect of our DNP curriculum that is innovative and focused on nurse anesthesia practice.

Many milestones were achieved along the way. There was an International Award for his research abstract. Rich was the 2013 PANA Program Director of the Year. Rich also helped several students and faculty publish papers and research. Rich secured many grants to help fund the NAP growth and to provide traineeship funds to help offset student costs.

Most important has been Rich’s devotion to each and every student. Teaching students and seeing them succeed has always been his passion. I have seen many nurse anesthesia programs and I am pleased to say that Rich has set a culture here at York that is truly unique. His famous words “students are not an interruption of our time, they are the purpose of our time” are evidenced by his open door policy. Rich has dedicated himself to education. He is a teacher, mentor and friend. His daily presence will be missed but I know you will join me in wishing him all the best that retirement offers!

Thanks Rich for a job well done!

Sincerely,

All of us at the NAP

## Clinical IV Day



## Good Luck to all the Junior's

Our Juniors will be traveling to clinical sites this fall including:

WellSpan York Hospital, Summit Chambersburg Hospital, Pinnacle Harrisburg Hospital, Geisinger Holy Spirit, WellSpan Gettysburg Hospital, Penn Highlands Clearfield Hospital and Lebanon VA Medical Center.



## Advanced Airway



First day York Hospital Clinical  
Dr. Becky Carmel and Sarah Burkhardt.

EBP Consortium @ York Hospital ~  
Dr. Kimberly Fenstermacher, Seth Goldberg, SRNA & Lindsay Quirk, SRNA.



Senior Capstone Presentation  
GREAT Job by all.

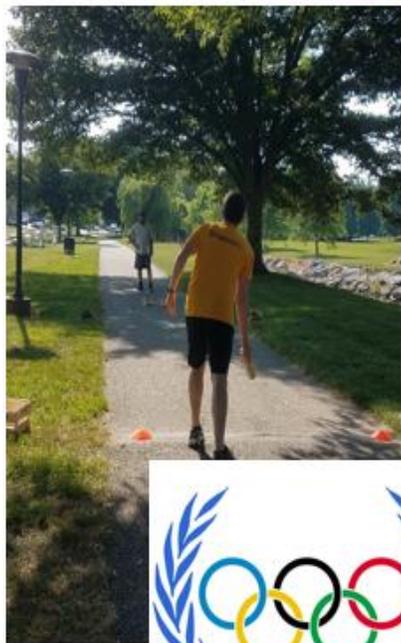


**PANA College Bowl 2017**

Our York team brought the trophy and bragging rights back to YCP / Wellspan Health!  
Congratulations to our award winning team!  
Lauren Reynolds, CRNA, Dustin Axe, CRNA, Kayla Yantis, CRNA, and Jonathan Sawers, CRNA.



2017 YCP/Wellspan Health RN Anesthetist Summer Olympics ~ this year's teams  
Propofolics ~ Ketameanies ~ Myclonic-Jerks ~ BarashBashers ~ Succs to be You ~ ETHER-nauts, went head to head.  
Events including: Human Foosball ~ Obstacle Course ~ Puddler Ball ~ Molkky





17,500 Children in York County are hungry this summer

During the school year, thousands of children in our community rely on the free and reduced-cost meals at school to get them through the day. For these children, summertime doesn't mean a fun-filled vacation but instead...**NO SCHOOL MEANS NO MEALS** Over 41% of school age children in York County are hungry

The YCP/Wellspan Health Nurse Anesthetist Program has given the gift of hope to children and their families who are facing a difficult summer without enough food to meet their needs. Providing 217 Lbs. of food this summer during our Food Drive.

Thank you to everyone that helped with the very worthy cause.

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## In the News

### **Congratulation to Joanne Nguyen, CRNA!**

**Joanne is a Class of 2017 graduate,  
YCP/Wellspan Health Nurse Anesthetist  
Program.**

Joanne's article:

"The Application of the Theory of Unpleasant  
Symptoms to the Education and Practice of  
Nurse Anesthetist"

Published in the Nursing & Healthcare  
International Journal.

Corresponding Author:

Dr. Richard Haas, York College/Wellspan  
Health Nurse Anesthetist Program.

L. Pugh University of North Carolina  
Wilmington.

Please view Joanne's article

<https://medwinpublishers.com/NHIJ/NHIJ16000120.pdf>

**Congratulation to Dr. Jason Lowe, PhD,  
CRNA - Program Director of  
YCP/Wellspan Nurse Anesthetist Program,  
&  
Beverly George-Gay, MSN, CCRN,  
Assistant Professor at Virginia  
Commonwealth University, Richmond VA.**

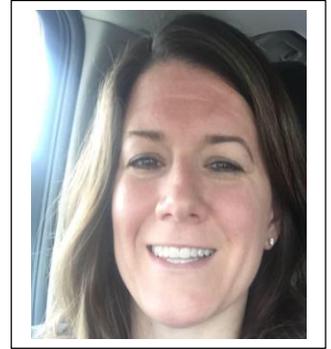
Dr. Lowe & Professor George-Gay's article  
were published in the August 2017 AANA  
Journal.

"A High-Fidelity Simulation Study of  
Intraoperative Latent Hazards and Their  
Impact on Anesthesia Care-Related Hand off  
Outcome".

Please view Dr. Lowe's article

<http://www.aana.com/newsandjournal/20102019/high-fidelity-0817-pp250-255.pdf>

**Katie Jensen, CRNA ~ President of SOFA Foundation ~  
2011 Graduate of the NAP.**



Katie is currently employed at: Pinnacle Health West Shore Hospital and was gracious enough to provide the NAP news with a **“Get to know you” Interview**.  
Thank you Katie...

**What was your most challenging and rewarding part of being a student in the NAP?**

100% my experience with Mike Wolf and all the staff in Berlin, Wisconsin. It was Fall of my Senior year. I was at the peak of my learning, peak of my clinical, and felt like I was so good at this anesthesia gig... Boy was I wrong!!! I was walking into, in my opinion, some of the smartest, talented, and best practicing CRNAs in the country. I was not only humbled, but challenged beyond my wildest dreams. I slowly chipped away at learning all they had to teach me and slowly overcoming being so homesick. And slowly overcoming the daily challenges of an adult inhalation induction, ultrasound guided regional blocks and learning how the independent CRNAs does pre-op, post-op, all aspects of anesthesia care. I admittedly struggled those 8 weeks and I admittedly grew so much during that time. I can say I still replay a lot of what Mike Wolf taught me on a daily basis... and even the part of when he says "in Mike Wolf's biased opinion..."

**What inspires you?**

On a daily basis, I strive to give each patient the best and safest care I have ever given. "You are only as good as your last case"... so I try to make every last case my best case for each patient!

**What is your greatest accomplishment?**

100% successfully completely Anesthesia school (more importantly passing boards).

**Family? Pets?**

During anesthesia I met my husband Rob. The day I passed boards I was pregnant with my daughter Joey, she is now 5 1/2. And soon after, my 4 year old son Carter came along. And as if that wasn't enough to keep me busy, Joey and Carter talked us into our new friend Chuck, a 3 month old, 4lb Shorkie puppy.

**Do you have any hobbies?**

I enjoy waking up in the morning before my husband, kids, and new puppy to run!! I am very excited to participate in my first ever 10K on October 21 at the SOFA Run! My longest run to date is 4 miles!!!

**What is some advice you have for the NAP Students?**

I have said this a million times before... as much time and effort as you took to apply to school... interview for school... the 1st day, the 1st test, the 1st semester, and the 1st day clinical. Maintain that energy throughout... on day 456, test 37, up until your last clinical day. Every day counts, every lecture matters, and you will never have as much time to learn anesthesia... give it all you got!!!! Your future patients are depending on it.

**Who do you admire the most and why?**

Interesting question. I don't know that there is one particular person. I admire my husband's ability to speak his mind to anyone and be respected (that's because he's 6'4", in my opinion). I admire both of my children for their ability to learn at an exponential rate. I admire my mother as a mother and hope to be as great as her. I admire Howard Burnett's infinite knowledge of anesthesia. Rich's infinite ability to learn and teach anesthesia. I admire Jason's ability to public speak and capture an audience. I admire Amy's energy, holy moly!!! And most of all I admire Lauren Radtka's part time position!! I hope when I grow up to be the perfect combination of all of those individuals.

The 2017 SOFA Fall Anesthesia Conference was held on Saturday September 16, 2017 at York Hospital.

**Students from the NAP program were among the presenters, including:**

Matt MacDonald: The Anesthetic Implication of Ventricular Assist Devices; Julie Yohe: Anesthetic Management of the Diabetic Patient; Sean Zajdel: CRISPR/CAS-9 and its Application to Anesthesia; Nicholas Edler: Anesthetic Consideration for the Renal Failure Patient; 2017 Alumni: Joanne Nguyen: Catatonia and its Anesthetic Considerations.



Matt MacDonald ~ Ventricular Assist Devices



Julie Yohe ~ Management of the Diabetic Patient



YCP/Wellspan Nurse Anesthetist



Joanne Nguyen ~ what is Catatonia?



Sean Zajdel ~ CRISPR Cas-9 & its Application to Anes.



Rich Amundson, DNP, CRNA



Nicholas Edler ~ Renal Failure Patient

# *In Memory*

Howard F. Armour was a great man. He was the director of the Westmoreland-Latrobe / Excelsa Health School of Anesthesia for 30 years. He loved to educate students and was respected by so many. Howard was an intricate part of the staff at Allegheny Anesthetist as the Ed Director & Placement Coordinator. He also has been a CRNA for 40+ years. In June of 1980, he became Program Director of the Westmoreland Latrobe School of Anesthesia, which was later renamed The Excelsa Health School of Anesthesia. He has been an adjunct faculty member at La Roche and St. Vincent College, and has held several PANA and AANA positions. Along with his present duties, Howard was the Co – Director of the popular review course R & R Board Reviews. In October 2009, he retired as Director of the Excelsa Health School of Anesthesia and assumed his current role with Allegheny Anesthetist.

Dr. Richard Haas shares a heartwarming message to share about Howard.

“I am sure he has never told this story as he probably didn’t see how special it was. On my second day on the job here in the CRNA program, my phone rang which was quite a surprise as we had no students and no reputation. That was 13 years ago and I remember that like it was yesterday. Howard reached out to us out of a sense of personal professionalism not to mention generosity”. Howard will be sadly missed by all of us here at York College of Pennsylvania / Wellspan Health Nurse Anesthetist Program.



## *YCP/Wellspan Health RN Anesthetist Social Media*

Please check out our new webpage @ - [yorkcrnaprogram.com](http://yorkcrnaprogram.com)

The new website is up and running and we are very exciting to share it with all of you.

We have created a webpage that is innovative, easy to use and has all the information a prospective student would need. It is easy to navigate and find information to apply.

We have created a student link page for all of you that now features videos. These videos were created by Kelli Jones and Matt MacDonald for their Capstone Project. These videos can be used by all students as an educational tool.

There are many enhanced areas; Simulation Lab, News & Resources and a great Alumni page and features some great pictures of our students and faculty.

Our [Facebook](#) page is also linked to the website making it easy for prospective Students to see what’s going on at the YCP/Wellspan Anesthetist Program, just by clicking.

# What's Happening

Saturday, October 21, 2017 ~ SOFA 5K Fun Run @ YCP

Friday, December 1, 2017 ~ Grand Rounds – Alumni Hall 0830

Friday, December 1, 2017 ~ Junior Halfway Dinner ~ 5:30pm YCP Yorkview

Tuesday, December 19, 2017 ~ Fall Semester Ends

Friday, January 12, 2017 ~ Grand Rounds – Alumni Hall 0830

Monday / Tuesday, January 15<sup>th</sup> & 16<sup>th</sup> ACLS/PALS/BLS Recertification / York College Humanities Building

(You will need to sign up by emailing Stacey ~ [sholtzman@ycp.edu](mailto:sholtzman@ycp.edu))

Wednesday January 17, 2018 ~ Spring Semester Starts

Friday February 2, 2018 ~ Grand Rounds – Alumni Hall 0830

Friday March 9, 2018 ~ Grand Rounds – Alumni Hall 0830



## Contributors:

Class of 2019 ~ Lindsay Quirk, SRNA

Faculty ~ Dr. Becky Carmel for all the great photos from the Olympics and Hospital

Alumni ~ Katie Jensen, CRNA; Sarah Rohrbaugh, CRNA; Professor Amy Reed, CRNA

Chief Editor ~ Dr. Jason Lowe

Editor & Publisher - Stacey Holtzman



## Deadline for next NAP News will be December 22nd.

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](mailto:sholtzman@ycp.edu). We can never have enough news.



~~ Thank you to everyone that has gotten their cameras out and provided pictures for me. I appreciate it very much. Keep up the great job capturing those special moments!

## 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](mailto:sholtzman@ycp.edu). This is a great recruiting page, so send me your ideas. Thank you.