



# York College of Pennsylvania / WellSpan Health NURSE ANESTHETIST PROGRAM

*Vigilance, Knowledge, and Compassion*

NAP News

Fall 2015

## In This Issue

NAP Picnic.....	1
2015 SOFA Fall Anesthesia Conference.....	2
2015 St. Luke's Trauma Conference.....	2
Technology of Anesthesia Practice Symposium.....	3
WIANA.....	3
Get To Know.....	4
Wisconsin Site Visit .....	5-6
Congratulations.....	7
Wellness.....	7
Mark Your Calendars.....	7
SOFA Upcoming Events.....	7

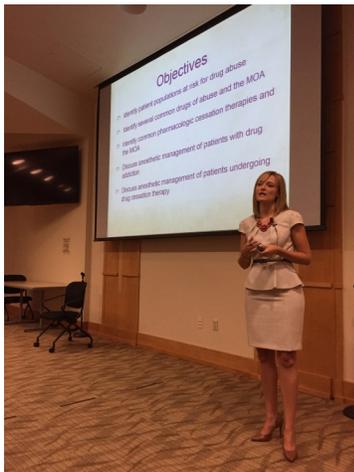


## NAP Picnic

On Saturday, September 12<sup>th</sup>, the York College of Pennsylvania/WellSpan Health Nurse Anesthetist annual picnic was held at the Canadochly Valley Ambulance Building, in East Prospect, PA. The NAP picnic is an opportunity for professors, students, and their families to get together, relax, eat food, and converse. Dr. Haas, with his infinite vocabulary, had students and their families guess the meaning to unique and often unheard of words, which proved quite challenging but fun. A special thanks to Dr. Haas, Dr. Lowe, and Professor Burnett for making this years picnic entertaining and relaxing.

# 2015 SOFA Fall Anesthesia Conference

On Saturday, September 15<sup>th</sup>, the SOFA foundation hosted their first ever, 2015 Fall Anesthesia Conference at WellSpan York Hospital. The theme this year was “Care of the Patient Across the Lifespan.” Speakers included CRNAs, SRNAs and physicians. Julie Linton (Class of 2016) provided a moving presentation on anesthesia for the current or recovering addict. A special thanks to Dr. Safwat Gassis, Medical Director at Holy Spirit Atrial Fibrillation Center, for his presentation on contemporary arrhythmia management and perioperative considerations. Another special thanks to Dr. David Turkewitz, Chairman of Pediatrics and Director of Pediatric Emergency Medicine at York Hospital, for your informative presentation on pediatric sedation and pain control.



## 2015 ANNUAL ST. LUKE'S TRAUMA CONFERENCE

In October, Dr. Haas, Dr. Lowe and Professor Burtnett, along with representatives from the junior and senior class attended the 11th Annual St. Luke's Trauma Conference in Bethlehem, PA. Not only did this conference provide exposure for potential applicants to the YCP NAP program, it also had engaging multidisciplinary presentations covering different aspects of trauma care. Topics that were covered ranged from the latest research on resuscitative endovascular occlusion of the aorta (REBOA) and utilization of hybrid operating rooms to the complexities of caring for the geriatric trauma patient. Of course no trauma conference would be complete without a “blood & guts” presentation right after lunch! Overall, it was a worthwhile experience.



## Technology of Anesthesia Practice Symposium

On August 29, 2015, Adrienne Domanico, SRNA and Jonathan Sawers, SRNA, presented the Technology of Anesthesia Practice Symposium. Conference attendees included CRNAs, SRNAs and anesthesia technologists and technicians from several area hospitals. This conference provided free continuing education credits for the anesthesia technicians and technologists that work so hard to support us in the operating rooms every day. Speakers at the event included Jonathan Sawers, Adrienne Domanico, Shelia Switzer, SRNA, and Jessica Hammond, CRNA (a 2015 graduate). Topics covered included Flo-trac and Vigileo monitors, TEE, infection control, and regional ultrasound. Conference evaluations were overwhelmingly positive; in addition to numerous personal e-mails thanking the students for the conference. The free-of-charge event, to unite two professions with a common goal of education, was generously funded by Dr. Michael Klein, Chairman, Department of Anesthesiology at WellSpan York Hospital.



## WIANA

Senior students, Lauren Tennis and Sheila Switzer attended the fall Wisconsin Association of Nurse Anesthetists (WIANA) state meeting at the Blue Harbor Resort in Sheboygan, WI. Also attending the WIANA Fall Conference was alumnus Jason Huffman, CRNA (Class of 2014). The weekend events kicked off with Wisconsin SRNA presentations. The weekend included various up-to-date and clinical topics for nurse anesthesia practice. Students were able to attend the Political Action Committee where they were fortunate to hear Frank Purcell, Senior Director of Federal Government Affairs and AANA liaison, speak about providing a strong voice for our profession. Based on the outstanding attendance, WIANA has developed a strong commitment to supporting the nurse anesthesia profession and networking amongst members. The friendships and professional relationships made will forever be cherished. What a great opportunity for our students!



# Get to Know: Ashley Witmer

Ashley Witmer is the new Administrative Assistant for the York College/WellSpan Health Nurse Anesthesia Program. Welcome to the team Ashley! We are all excited to work with you.

**1. Where are you originally from?** I was born at Andrews Air Force Base in MD but I grew up in beautiful York, PA!

**2. What did you do before coming to work with the NAP program?** I worked on 6 Main at York Hospital as a Unit Secretary and also as a Nursing Assistant.

**3. Greatest accomplishment?** My kids...hands down.

**4. Favorite places to travel?** The beach, any beach, where I can relax and get a tan!

**5. Family?** I'm married to my husband, Eric. I have a 5-year-old daughter, Henley, and 1-year-old son, Auden.

**6. Food/Television?** Favorite food, it is a toss-up between crabs or homemade mac & cheese. Favorite television, I like Hallmark movies (so predictable, yet so fulfilling) I also like 'veg out' on Bravo and HGTV shows.

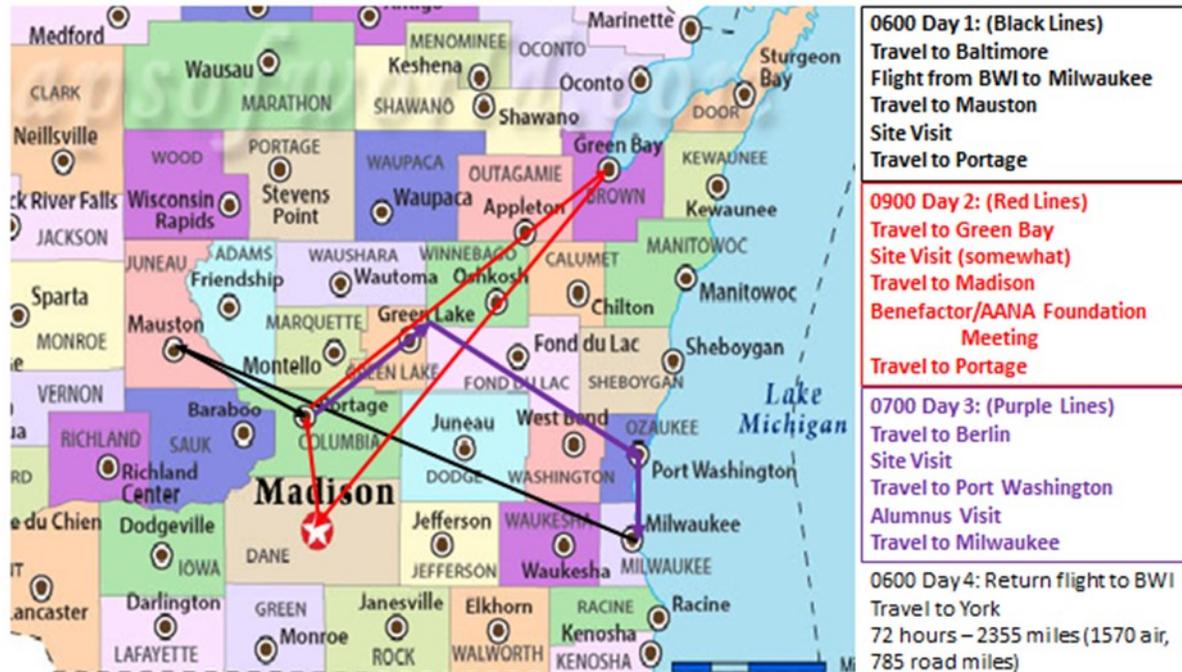
**7. If you had to provide 3 words to describe yourself, what would they be?** Dedicated, hard-working, caring.

**8. What are your hobbies?** I enjoy running and shopping.



# Miles, Memories, Friends, and Future

In fulfilling Council on Accreditation requirements, Dr. Lowe and a navigator of questionable skills attempted to set a record for miles traveled, as well as, creating long-lasting memories and renewing friendships. All the while, enhancing a portion of the NAP's future. The following is an account of their Wisconsin site-visit escapades.



Upon arrival in Milwaukee, Dale Earnhardt (Dr. Lowe) traversed the maze of big city traffic to the first stop, Mile Bluff Medical Center in Mauston, WI, the NAP's newest clinical site. Chief CRNA Mike Wolf and SRNA Sheila Switzer led a tour of the facility, where administrative and clinical faculty expressed their dedication to providing York SRNAs with comprehensive, rural, autonomous anesthesia experiences. The day ended with positive discussions about increases in the number of available clinical rotation slots for York SRNAs.



With a pending evening meeting, the morning was free of obligations and in an attempt to recover from a somewhat exhausting Day 1, the explorers headed "up north", for some invigoration at the mecca of NFL football, Lambeau Field in Green Bay. Next stop, Madison, where the barnstormers met with Nancy Daly, niece of the NAP's major benefactor, Hazel Currier; and with Wilma Gillis, long-time friend of the NAP and AANA Foundation Chair, for an enlightening evening of Hazel, "stories". The journeymen sat in amazement as Nancy related tales of Hazel Currier's 1900 upbringing in rural Montana; her educational and professional accomplishments, which include serving as the 1967 President of the AANA; and her clinical experiences that culminated in her serving as Chief CRNA at York Hospital. The evening concluded with the travelers pondering just how fortunate they are that such a most unlikely relationship among the NAP, a past AANA leader and rural clinical sites in Wisconsin has developed.

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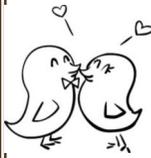


Despite the late evening, the adventurers arose early and headed to Berlin Memorial Hospital, where for the past six years York SRNAs have been afforded the opportunity to experience just what is meant by “autonomous” practice. As with the Mauston site, in Berlin the SRNAs perform comprehensive pre-anesthetic evaluations; order appropriate diagnostic studies; design and implement individualized anesthetic care covering the entire perioperative period. Of the eleven York SRNAs who have completed the “Wisconsin experience” each will attest to having their “eyes opened” to all the options available when providing individualized, patient-focused, care. The visit concluded early as both York SRNAs (Lauren Tennis and Sheila Switzer) had received all-expenses paid funding to attend the WIANA State Meeting, thanks to the generosity of their respective clinical sites.

Finding the late afternoon available, the nomads next found their way to Lake Michigan and the appropriately named, Port Washington, for a reunion dinner with former Currier Award Winner, Jason Huffman and wife, Missy.



Do you find it difficult to fathom how one of the smaller CRNA programs in the U.S. can offer such opportunities/experiences to their SRNAs, or how one of the legendary AANA leaders and a present leader of the AANA would have ties to such a program? Remember to never underestimate the power of individuals dedicated to your future; the examples of vigilance, knowledge and compassion shown by York SRNAs during these rotations; and the foresight of your Program leadership.



# CONGRATULATIONS!

A big congratulations to Senior Alyssa (Bruno) and Kyle Jensen on their marriage. Alyssa and Kyle celebrated a beautiful wedding in Havre de Grace, MD on October 11.



## WELLNESS

The practice of anesthesia requires diligence, dedication, and an ability to function in high intensity environments. Although the CRNA/SRNA understands the demands of the operating room, we often forget to take care of ourselves. Neglecting ones own needs can lead to fatigue, depression, and an overall decrease in physical and mental performance. It is my hope that by integrating a “Wellness” section into the NAP Newsletter that the little bit of information provided can lead to a healthier provider and an even better experience for our patients.

### Sleep and Fatigue:

Lack of sleep, which is defined as less than 8 hours per night, can lead to decreases in vigilance, decision-making, reaction time, and memory. As anesthesia students we rely heavily on our knowledge base in order to deliver outstanding care to our patients. Here are some tips for a goodnight sleep.

1. Stay physically fit and maintain awareness of nutrition
2. Maintain a constant schedule. Go to bed at the same time every night. Turn your electronics off, no alcohol before bed, and use room darkening curtains.
3. Even if you're unable to sleep a full 8 hours a night “cat naps” as little as 20 minutes have been shown to increase performance.
4. Relax before bed. Read something for enjoyment or take a warm bath. Aromatherapy using lavender has been shown to promote sleep.

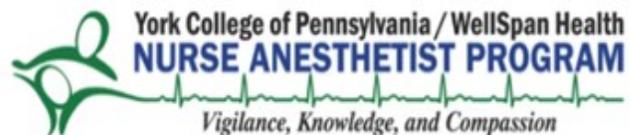


### Mark Your Calendar

- Friday Forum — December 4th, 2015
- Class of 2017 Half Way Day — December 5th, 2015
- Spring Semester Begins — January 20th, 2016
- CRNA Week Starts January 24th, 2016
- Friday Forum — February 5th, 2016
- Winter Vacation — February 28th-March 6th, 2016
- Friday Forum — March 11th, 2016
- Spring Vacation — March 24th-March 28th, 2016
- Allegheny Anesthetists — April 9th & 10th, 2016
- Friday Forum — May 6th, 2016
- Spring Commencement — May 14th, 2016

### SOFA Upcoming Events

2nd Annual Fundraising Gala — March 5th, 2016



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Questions? Comments?  
Suggestions?  
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