



York College of Pennsylvania / WellSpan Health NURSE ANESTHETIST PROGRAM

Vigilance, Knowledge, and Compassion

NAP News

Winter 2014-2015



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Class of 2016 Halfway Dinner

December. It's that time of year filled with finals and holidays... oh and wait... **HALFWAY DAY!** Congratulations to the Class of 2016 on making it halfway through the Nurse Anesthetist Program. To celebrate, the class was invited to dinner at the Country Club of York. This is a very special opportunity that is unique to the YCP/WH NAP. It provides time to relax and celebrate after the 4th semester of finals. Congratulations to the Class of 2016, keep up the hard work!





Amy, Jamie, Jason, Stacey, Trina

Emily, Ashley, Christy, and Kelly (not pictured)

Class of 2014

A Big Thank You to the Class of 2014!

The NAP would like to thank the Class of 2014 for their generous donation that went towards the purchase of anesthesia specific software.

The following were purchased on behalf of the Class of 2014 donation: Sedation Simulator 4 Software, PALS Simulator 2012 Software, Gas Man 4.2 Software, and Human Simulation Anesthesia Software.

All of these software programs are greatly utilized throughout the course of study. The program is thankful for the donation to help provide the most recent and efficient software, enhancing the educational opportunities for the students.

The Clinical Instructor of the Year

Each year the NAP students vote on the Wellspan/York Hospital Instructor of the Year. This year the award goes to York College NAP alumna, Anne Parson, MS, CRNA '12. Anne is a wonderful role model and clinician; each day is a day for learning and teaching. She really takes the time to challenge the students in their critical thinking while acting as a very valuable resource within the perioperative setting. Being a NAP graduate, she strongly represents the program philosophy and values of "knowledge, vigilance, and compassion." Congratulations Anne! Thanks for striving to provide the NAP students with a quality education. To get to know Anne Parson a little more, please see page 3 "Get to Know" section.



In the photo above, (left) Christi Catalano, CRNA ('14), (center) Kara Witmer, CRNA ('13), and (right) Anne Parson, CRNA ('12)



PANA Scholarship Recipients

Former PANA president, Joe D'Amico, CRNA, PhD, has graciously sponsored two YCP/WH NAP students to attend the spring PANA conference up in Hershey, PA. Congratulations to Senior, Colleen Amundson, and Novice, Lindsay Sentz, for being selected. This is a wonderful opportunity for NAP students to represent York College at a state wide conference. Thank you Dr. D'Amico for your generosity and support of the Nurse Anesthetist Program.

Get to Know: Anne Parson, MS, CRNA

What was your first nursing job out of college? And where?

My first job was working as an RN in the Intensive Care Unit at Lancaster Regional Medical Center in Lancaster PA. I worked there for over 4 years prior to applying to CRNA school and loved it.

What is your favorite class to teach?

My favorite class to teach probably would involve anything cardiac related. I think the heart and vascular system is fascinating. Students often hear me telling them that my favorite case is a good open AAA repair! No, I'm not insane, it's true!

Where did you grow up?

I grew up in Southern Lancaster County, where I still live with my husband.

What do you enjoy doing outside of work?

I enjoy anything outdoors! I love the beach (we just returned from Mexico!), hiking, biking and taking our Beagle, Buddy on long walks. I'm an avid reader and love going to the movies!

What is your favorite place to travel?

It's difficult to pick just one favorite place to travel....we've been to Bermuda, Mexico, Costa Rica..... And many of the US states. I'd have to say I liked Costa Rica the best though, it was absolutely beautiful!

Who is your favorite celebrity?

My Favorite celebrity is Julia Roberts!

What is your favorite food?

I can only pick one?!? I'd have to say homemade peach pie, with ice cream of course!!!

What do you consider your greatest accomplishment?

My greatest accomplishment thus far would have to be graduating from CRNA school and fostering a successful career! There are not words to describe how thankful I am to have had that opportunity and the wonderful family who supported me throughout school!

What word describes you best?

I think the word that best describes me would be dedicated or persistent. These words both describe qualities that I believe to be vital to your survival in anesthesia school!

Any words of advice for graduate students?

My only word of advice is to be an overachiever. The person that dedicates themselves to their studies, consistently prepares for clinical and puts in 120%, that stays late for those great cases, that works just a little bit harder than everyone else.....that is the student you want to strive to be. You only have 32 months to master the skills you need to safely care for patients. That is a huge undertaking and it is great honor when you can be entrusted with someone's life. Take this time, use it to become the absolute best anesthesia practitioner you can be! You will never regret putting in the extra hours.

If you weren't a nurse and/or educator, what would you be?

If I could do anything in the world and money was no issue, I'd move to Montana and run a dude ranch! I've loved horses and the great outdoors since I was a child, so this is a natural fit. There is just something magical about all that open space!



CRNA Week at a Glance!



CRNAs
The Future of Anesthesia Care Today

Each year, **Certified Registered Nurse Anesthetists (CRNAs)** provide more than 34 million anesthesiology and related services for patients during surgery and other procedures, labor and delivery, acute and chronic pain management, and trauma care. CRNAs stay with their patients throughout their procedures, monitoring their vital signs and adjusting their anesthetics to ensure the safest, most comfortable anesthesia experience possible. With a more overbooked by your side, you are in the care of a healthcare professional who is committed to watching over you from the time you go to sleep until the time you wake up.

**Celebrate
National CRNA Week
January 25-31, 2015**

www.future-of-anesthesia-care-today.com

AANA
AMERICAN ASSOCIATION OF NURSE ANESTHETISTS

A Day of Giving Back to the Community



As part of CRNA week, each year NAP students, faculty, and alumni gather together to give back to the York community in various ways. This year students and faculty collected mens, womens, and children clothing as well as non-perishable food items to be donated to homeless shelters throughout York, PA. In addition to collecting items, students are encouraged to donate time to serve others in a local soup kitchen.

During these service opportunities students are able to interact and educate others what it means to be a CRNA. Junior, Mike Sourhada, helped out at the local soup kitchen and describes his experience:

"It's both a humbling and rewarding experience helping out at the York Rescue Mission. The few hours spent serving lunch to the community pales in comparison to the countless hours spent by the staff that devote their time everyday helping those individuals that need just a little extra. I am also proud to be part of an organization that not only supports, but encourages this community outreach."



2nd Annual Volleyball Tournament Fundraiser

The 2nd annual CRNA week volleyball tournament was another huge success! Friendly competition was at its best as teams composed of students, alumni, faculty, clinical instructors, family, and friends gathered on January 31st to help raise money for the Wounded Warrior Project. The event raised an astounding \$2,155! Although the tournament did not come without a few minor bumps and bruises and a few sore egos, the whole day was filled with fun, laughter, and joy as we were able to support the Wounded Warrior Project in a profound way. Thank you all who contributed!



SOFA Foundation Gala Fundraiser

The SOFA Foundation had its first ever fundraiser on Saturday, March 7, 2015 at the Country Club of York and the kick off event was a huge success! The SOFA Foundation is the York College of Pennsylvania/WellSpan Health Nurse Anesthetist Program's very own alumni initiated and managed non-profit foundation that's sole purpose is to support the education of future nurse anesthetists in the YCP/WH NAP.

Amy Crerand Reed '14, spearheaded the Gala with ease. Thank you Amy for all your hard work and dedication, you made this fundraiser a success. The two main fundraising events were a silent auction and a lock and key event. The silent auction was managed by JJ Cards & Toys to include personal and corporate donations, as well as one of a kind sports memorabilia. Hot items included a Brooke Robinson's signed baseball bat, a Coach handbag, and a \$250 Hershey spa package. Other must haves were personal art works from our very own Jim Crowley and fellow Harrisburg Camera Club members. Now, the lock and key event was also a huge success. Thank you to students Julie Linton, Lindsay Sentz, and Adrienne Domanico for selling every last key for the surprise package of a beachfront week in Ocean City, Maryland.

We were fortunate to have many corporate sponsors to include CGA Law Firm, Karl Storz, Harrisburg Camera Club, and Keystone Eye Care. Corporate sponsors enabled us to provide great entertainment from Bobby and the Believers from Annapolis, Maryland and special packages for the silent auction. But we cannot forget all the friends, family, faculty, and fellow alumni who sponsored us and made this event happen. Several students in attendance were sponsored by faculty and alumni. Additionally, there were local representatives and staff from PinnacleHealth, York Memorial, Hershey Medical Center, Holy Spirit Hospital, York Hospital, Lebanon VA, and Gettysburg Hospital. What an amazing crowd!!

This fundraising event has enabled the SOFA Foundation to support current students in numerous ways. We are able to provide each student with turnpike tolls when traveling to and from Conemaugh Memorial Hospital in Johnstown, PA. We will be awarding the first ever SOFA scholarships this spring to junior and senior students that exemplify clinical and professional excellence. Additionally, the SOFA foundation will be supporting expenses at the annual Allegheny Anesthetist education conference, graduation dinner ,and summer orientation picnic. Thank you to our family and friends for supporting this great cause to provide educational scholarships and funding to these students. It is only with the continual support of our friends, family, and community that we will continue to support our future anesthesia providers. Look forward to seeing all of you at the next SOFA Foundation Fundraiser!

Katie Sullivan Jensen, MS, CRNA '11

SOFA Foundation Treasurer



Save the Date! Friday Forum - April 24, 2015



Robert D. Barraco, MD, MPH, FACS, FCCP

Associate Dean for Educational Affairs

USF Morsani College of Medicine – Lehigh Valley

7:00am to 8:00am "Wild Hawgs: Trauma in the Elderly"

Medical Education Auditorium, York Hospital

8:30am to 9:30am Breakfast and Networking

9:30am to 10:30am "Professionalism Lost---and Found"

York College of Pennsylvania, West Campus Community Center, Alumni Hall

RSVP to crna@ycp.edu or call 717-815-1462 no later than April 10, 2015. Space is limited. Thank you.



Elizabeth Hope Rohrer

February 13, 2015

7lbs. 15oz. 21"

Congratulations on your new addition
Dan '15, Erin, & Anna!



Tiny hands and tiny feet

There is someone new for you to meet!

Clinical Site: WellSpan Ephrata Community Hospital

This is the first semester that NAP students are doing a clinical rotation at WellSpan Ephrata Community Hospital. Ephrata has a lot of clinical opportunities with a variety of specialties such as Vascular, Thoracic, GYN, ENT, Obstetrics, Ophthalmology, Orthopedics, General, Urology, GI, Pediatric, and Bariatrics. Senior Jess Hammond was the first student to attend this site. She summarizes her positive experience below.:



“Ephrata is a great clinical site- it has a small, community feel while also performing some more advanced surgeries on patients with many coexisting diseases. I had the opportunity to do many different types of cases, including plastic surgery, ortho, vascular, thoracic, and pediatrics. Some of the methods of anesthesia are quite unique to this site, for example, carotids are done with an LMA, so keep an open mind and be willing to try new things. The preceptors are very supportive, with an appropriate balance between teaching and encouraging autonomy. Larry Cicero, the clinical coordinator, always matches you with a great preceptor in a room with many learning opportunities. Larry really enjoys peds cases, and his calm demeanor will give you the confidence to be proficient with this patient population. The surgeons and anesthesiologists are genuinely excited to have students at this hospital and if you ask questions and are prepared, they will go out of their way to teach. The staff is kind and welcoming and you instantly feel like you are part of the team.”

Mark Your Calendar

Students Only Friday Forum—March 27, 2015
Allegheny Anesthetists—March 28, 2015 to March 29, 2015
Spring Break—April 1, 2015 to April 7, 2015
Offices Closed on April 3, 2015
Fall 2015 Registration Begins—April 7, 2015
SRNA Presentation—April 10, 2015
Class of 2018 SRNA Orientation—April 24, 2015
Friday Forum—April 24, 2015
Collaborative EBP/Research Conference — April 24, 2015
PANA Spring Symposium— April 30, 2015-May 3, 2015
SRNA Presentation— May 8, 2015
Student Only Friday Forum—May 8, 2015
Class of 2015 Commencement Practice—TBA
Class of 2015 Nursing Convocation Practice—May 14, 2015
Class of 2015 Nursing Convocation—May 15, 2015
Class of 2015 Graduation Reception—May 15, 2015
Class of 2015 Commencement—May 16, 2015
Summer Semester Begins—May 19, 2015
SRNA Presentation— June 5, 2015
Student Only Friday Forum—June 26, 2015
Fall Application Deadline— July 1, 2015
JCC Meeting— July 14, 2015
Friday Forum—July 31, 2015
Fall New Student Orientation—August 18, 2015
Fall Semester Begins—September 1, 2015

SOFA Upcoming Events

Presentation of Jr Student Scholarships—May 8
Presentation of Sr Student Scholarships— May 15
SOFA/NAP Conference— September 19



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Questions? Comments?
Suggestions?
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