From the Program Directors desk - Dr. Jason Lowe.

I love giving my kids a hard time! Recently, I took the opportunity to explain to my daughter how selfish millennials are (technically she is a generation Z or post-millennial). Interestingly she agreed with me! She said, “It is all about me and I appreciate your understanding of that fact.” Ugh! But I used this “teachable moment” to spend five minutes explaining the value of sacrifice. I know she enjoyed every minute of our talk, even though she was looking at Snap chats while I lectured! This exchange led me to a quick look on the Internet so I could provide my daughter with an inspirational message (see below).

“Sacrifice is a part of life. It’s supposed to be. It’s not something to regret. It’s something to aspire to. Little sacrifices. Big sacrifices. A mother works so her son can go to school. A daughter moves home to take care of her sick father. --Mitch Albom, The Five People You Meet in Heaven

Sacrifice is what you give up to get something of value. We sacrifice for a greater good. For instance, if you want to retire and live comfortably, you will sacrifice income now so that it is available at the time you retire. Sacrifice is often viewed in a negative way but it should not be (see quote above). When you sacrifice for something that you value, it is simply a means to an end.

Our nurse anesthesia students know all too well about sacrifice. All of our students have made the decision to delay gratification in some way for a greater good in life. Some of the things that our students sacrifice include: time, personal life, sleep, money and sanity! As you look through the NAP news you will see many examples of sacrifice. You will see our students working with high school students to help them with career planning, you see them participating in fund-raising activities and you see them working hard in the classroom and in clinical rotations. It is a tremendous commitment to be a nurse anesthesia student and no one succeeds without tremendous effort and sacrifice. Keep working hard, the sacrifice pays off!
Wellspan, YCP Junior Student Capstone.
Using simulation to give students at Red Lion High School a view of a Mock OR and Anesthesia simulation

Loading up equipment at York Hospital at 05:00am.
Setting up the Mock OR and Simulation Area
Connecting with the Students.
Thanks to all the student volunteers for helping make this project a success.
Great Job: Ella, Greg & Debbie.

WellSpan, York College use simulation to give students window into nursing
Event at Red Lion focused on medical techniques

By Roger DuPuis, October 5, 2017 at 3:00 AM

As Laura Szabo held down the arm, Phillip Douglass gently inserted a needle to draw blood.

“Does it hurt?” asked Douglass, a junior at Red Lion Area Senior High School in York County.

Definitely not this time — and ideally not in real life, either.

That’s because Douglass was not practicing on a real person’s arm. He was using a medical simulation device designed to teach nursing students how to find a vein for drawing blood.

Szabo, meanwhile, was one of several students in York College’s nurse anesthetist program helping to demonstrate medical techniques for

MAKING THE NEWS!
Fox 43 covered the event & Central Penn Business Journal also printed a great article.

Helping students explore their career options was a key goal of the event, York College nurse anesthetist clinical instructor Howard Burtnett said.
SOFA FOUNDATION
Supporting Our Future Anesthetists
Saturday October 21, 2017 was the first annual SOFA 5K, 10K 1 mile fun run. Great Job Amy Reed, CRNA!
There were more than 60 participants and everyone had a great time. Thank you to all the volunteers we couldn’t have done it without you!

~ READY
~ SET
~ GO!!
Congratulations to the Juniors Halfway Dinner

Yorkview Hall ` Friday December 1, 2017

Keziah, Greg & Lindsay ~ Ella & Debbie

Seth ~ Sean ~ Nicholas ~ Julie ~ Sarah ~ Casey
Dr. Richard Haas was honored by Family, friends, students & colleagues
Happy Retirement Rich!
December 8th, 2017
Dr. Richard Haas was honored by Family, friends, students & colleagues
Happy Retirement Rich!
December 8th, 2017

Thank you to all the Family, Friends, Colleagues and Alumni,
for celebrating Rich’s retirement with us!
It was an evening filled with Laughter and Memories.
Sarah Burkhardt and Debbie Jerez
Attended this year’s MANA 2017 Fall Meeting in Severna Park Maryland Friday October 13, 2017
They attended educational seminars, legislative updates, networking, and connected with CRNA’s.

Thank you to Michele Taylor, Class of 2012 Alumni,
And Thrivent Financial for providing a lunch meeting
with the current
YCP/Wellspan Nurse Anesthetist Students on October 13th 2017.
We appreciate your time and support!

Capturing the moments

Congratulation to Alyssa Jensen, MSN, CRNA
2016 Graduate from the YCP/Wellspan Nurse Anesthetist Program & Dr. Richard Haas, Ph.D., CRNA. Their article
"Refractory Hypotension in a Patient with a history of Anabolic Steroid Abuse Taking an Angiotensin - II Receptor Blocker: A Case Report"
was published in the AANA Journal October 2017.


On September 8th 2017, Senator Ryan Aument accepted the challenge originally proposed on Lobby Day back in April and visited Wellspan York Hospital to learn more about CRNA’s and their vast role/responsibility within the healthcare system. Along with faculty and several students, including three of his constituents, Senator Aument toured the operating room and simulation center and was present at the head of the bed during a simulation performed by senior students. He also received a brief hands-on lesson with ultrasound and regional techniques. Senator Aument was very enthusiastic and receptive to the experience and our explanation about the educational and time requirements needed to earn and maintain a CRNA certification. We thank Senator Aument for taking the time to better understand the profession and the reason we lobby for legislation.

Casey Ammon ~ Class of 2019
Capturing the moments.... Cont’d

2017 PANA Fall Symposium
October 20, 2017 in Bedford Pa.
Representing the YPC/Wellspan Nurse Anesthetist Program:
Sean Zajdel BSN, RN, SRNA presented:
“The structure of Bupivacaine and its Relation to Cardiotoxicity and Lipid Rescue”.

Poster Presentation by: Lindsay Quirk & Seth Goldberg

Congratulations ~ Sean Zajdel!

**Congratulation to Junior Sean Zajdel,** Sean has been selected to represent our program in the AANA Foundation’s Student Advocate program. He is among the elite group of 18 new Student Advocates that have been selected from 18 different nurse anesthesia programs joining 24 current Student Advocates. In total we will have 42 Student Advocates from across the country.

Safety Action Series

National Improvement Challenge
Prevention of Surgical Site Infections Winning Quality Improvement Program

National Recognition for our Nurse Anesthesia Program!

**Congratulations to Keziah Summers, SRNA and Seth Goldberg, SRNA** for their work with a WellSpan interdisciplinary team, including team leader, Adriane Burgess, Ph.D., RNC-OB. They worked on a quality improvement project to prevent surgical site infections for patients having hysterectomies. Keziah presented the project to a National audience.

**Great work Keziah and Seth!**
Allegheny Anesthetists Spring Semester

The Annual Student Spring Seminar of 2018 will be held April 7th – 8th, 2018 at the Fred Rogers Center, St Vincent College in Latrobe Pa.

Registration fee includes Breakfast and Lunch on Saturday April 7, and Breakfast on Sunday April 8th.

Cost
- CRNA’s $275.00
- SRNAs $75.00

If you have any questions, please contact
- Stacey Holtzman ~ sholtzman@ycp.edu
- Tracey Kleinmeyer ~ tkleinmeyer@aanesthetists.com

YCP/Wellspan Health Nurse Anesthetist Social Media

Please check out our new webpage @ - yorkcrnaprogram.com

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.

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.
Friday February 2, 2018 ~ Grand Rounds – Alumni Hall 0830
            Mon / Fri ~ Feb 26th ~ March 2nd Winter Break
Fri/Sat ~ March 9th ~ 10th ~ Cadaver Workshop Contact Stacey for registration form
            Wed / Friday March 28th ~ March 30th Spring Break
Sat / Sun April 7th and 8th Allegheny Anesthetist Meeting Latrobe Pa.
            Thursday May 3rd ~ Celebrate Class of 2018 Alumni Hall 0830
May 3rd, 4th, 5th & 6th PANA Spring Symposium Hotel Hershey
            Friday May 11th Convocation & Graduate Dinner @ Country Club of York
            Saturday May 12th ~ Commencement Senior Class 2018
Saturday May 19th ~ Welcome Picnic Class 2021 – Sam Lewis Park 1300
            Friday June 29th ~ Olympics – YCP Ball field

Contributors: Sarah Burkhardt, Ella Kennedy, Casey Ammon, Debbie Jerez, Greg Cresswell, Lindsay Quirk, Sally Wenger, Natalie Beccone

Faculty ~ Professor Reed, Dr. Carmel
            Alumni ~ Sarah Rohrbaugh, Michele Taylor
Chief Editor ~ Dr. Jason Lowe Editor & Publisher - Stacey Holtzman

Deadline for next NAP News will be April 18th 2018.

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.

~~ Thank you to all our photographers who have provided pictures to me.
I appreciate it very much. Keep up the great job capturing those special moments!