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What you need to know (Students check your google calendar)

From the Program Director's desk ~ Dr. Lowe

It's the most wonderful time of the year!

This is a special time for the nurse anesthesia program too.

Seniors just completed their 7th of eight semesters. They are all working hard in clinical while preparing for their final semester, graduation and the National Certification Exam.

Juniors just completed the very challenging 5th semester and celebrated their halfway day. They are doing excellent work in the classroom and clinical.

And our Novices just finished their oral final exam in pharmacology with Dr. Haas. They also completed their second semester and are looking forward to starting simulation and OR observations next semester. The novices are off to a great start.

All three classes of students are looking forward to a well-deserved Christmas break. This break provides the time to reconnect with loved-ones who have been cheering you on as you work hard in the classroom and clinical. I am sure they have sacrificed a lot to help you succeed, so make the effort to be present and enjoy this precious time together. This is also a time to recharge by taking care of yourself. You might reward yourself by sleeping in, exercising or just enjoying a Hallmark movie! Finally, take some time to reflect. Remember your dreams, look at all you have accomplished, and what you still are looking forward to accomplishing.

During this most wonderful time of the year, may you all find Peace, and Joy and Love. And best wishes for a Merry Christmas and Happy New Year to you and your families.

Let's strive to make 2019 the best year ever!



SOFA Fall Conference ~ September 15th, 2018

The SOFA Foundation (Supporting Our Future Anesthetists) held their 2018 Fall Anesthesia Conference on Saturday, September 15, 2018, at the York Hospital. Speakers included Ryan Dreikorn MSN, CRNA (class of 2012) ~ Adrienne Domanico MSN, CRNA (class of 2017) ~ Elizabeth Pritchard SRNA (class of 2020) ~ Casey Ammon SRNA (class of 2019) ~ Sarah Burkhardt SRNA (class of 2019) ~ Dean Mellott SRNA (class of 2020) ~ Nicole Berstler SRNA (class of 2020) and Lindsay Quirk SRNA (class of 2019).

Great job everyone!! Congratulation to Dean Mellott for winning the poster presentation.



2018 AANA Annual Congress ~ Boston, MA

Congratulations to Sean Zajdel, Sean's presentation at AANA was:
CRISPR Cas-9 and its Application to Anesthesia.

Congratulation to Professor Amy Reed for receiving the
AANA foundation Doctoral Research Fellowship



Great things are happening at our Clinical Sites...

WVU Ruby Hospital is an academic level-one trauma center that provides tremendous clinical opportunities with complex cases and high acuity patients. Cody, on my right, and Austin, on my left, were two of the most influential preceptors that I have had to-date in my anesthesia training. They both created a clinical environment that was fun and conducive for learning while challenging me to think outside the box, encouraging me to try new techniques, and pushing me outside my comfort zone. They engaged me in many intellectual conversations, pulling in concepts and knowledge taught from the classroom and applying them to clinical applications. Cody and Austin were supportive of my professional growth and development and they role modeled the kind of preceptor that I want to be. They really helped me raise my practice to a higher level. Cody and Austin were just two WVU preceptors that I had the pleasure of working with. As a whole, WVU has some of the best preceptors and best overall clinical experiences offered by a clinical rotation.
~Lindsay Quirk, SRNA Class of 2019

WVU was an amazing clinical experience. With the variety of cases and amazing preceptors, was the perfect place to grow. ~ Sarah Burkhardt, SRNA Class of 2019



Gettysburg has been a fantastic clinical site for me to get back into the swing of things after my injury. The entire staff there have been so gracious and patient and have welcomed my peg leg with open arms. They have a great team of 6 CRNAs who are passionate about teaching and have provided me with many learning opportunities. I have thoroughly enjoyed my rotation at Gettysburg Hospital! Julie Yohe, SRNA Class of 2019

Amanda Rossman, CRNA
YCP NAP Alumni



Nancy Valente, CRNA



Great things are happening at our Clinical Sites...

WellSpan Surgery Rehabilitation Hospital ~ My clinical rotation at WellSpan Surgery and Rehabilitation Hospital afforded me the opportunity to work with patients undergoing procedures requiring regional anesthesia. I gained technical skills and built on knowledge of the various approaches to regional techniques while working with several PhyMed Anesthesiologists, Nurse Anesthetists and the wonderful Nurses at WSRH. The most rewarding part of this experience was seeing my patients in the postoperative period and asking them if they were comfortable and did they have pain. The response was often, "What pain? What surgery?" Thank you to my patients, the docs, CRNA's and the staff at WSRH who made this experience a rewarding and valuable one. ~Olivia Gore, SRNA Class of 2019



My rotation at Good Samaritan Hospital has been one of growth and immense support from the staff CRNA's there! I've experienced a variety of cases and some especially challenging MAC cases. My preceptors have been very open to discussion with my care plans. Overall, it's been a great experience with a great OR team! Pictured is the setup for the most challenging open heart case I've seen so far in clinical: a mitral AND aortic valve replacement, grafting for an aortic root aneurysm, and a 4-vessel CABG... all in one case.

~Casey Ammon, SRNA Class of 2019



Great things are happening at our Clinical Sites...

UPMC Pinnacle West Shore Hospital is a new clinical site as of October of 2018! Considering that this was the first student exposure to the site, I was uncertain how the CRNAs, as well as the anesthesiologists, surgeons, and operating room staff, were going to react to the presence of a student. However, I had no reason to worry. From day one, every single person has been welcoming, encouraging, and willing to teach! By far, the best part of the clinical experience at the West Shore is the people with whom you get to work alongside. Your two primary preceptors are alumni of York's Nurse Anesthesia program, Katie Jensen, Class of 2011, and Zahid Khan, Class of 2012. They remember and understand what it is like to be a student and focus on providing a professional and supportive environment. They both truly have your best interest at heart and want you to succeed. Not only do they seek out new experiences for you, but also continuously provide an atmosphere for you to grow as a clinician. In addition to the primary preceptors, all of the CRNAs have been equally friendly and supportive! If there is an interesting case, or an airway in the ICU, they offer to let you join them and allow you to participate in the case. One CRNA was not originally scheduled to be a preceptor, but actually requested to have a student. The Chief CRNA, Gregory Makuch, has reached out multiple times to ensure I am having a great experience. I have witnessed a respectful and cohesive anesthesia team, where the CRNAs have a great working relationship with the anesthesiologists and the anesthesia technicians. The anesthesia technicians are informative and are always willing to help set you up for success. Although the site is fairly small, there are great student opportunities. There are seven operating rooms, along with a bronchoscopy suite, endoscopy suite, and EP lab. There are many thoracic, orthopedic, and spine cases that you have the opportunity to perform, along with robotic and other general cases. From a student perspective, you could not ask for more from a clinical site! I hope you all get the opportunity to go to the West Shore so that you, too, can learn and grow from these knowledgeable and supportive anesthesia providers.

~ Diane Farrell, SRNA Class of 2020





Fall
Fun
With
The Family



FRIENDSGIVING

Class of 2021,

FRIENDSGIVING. A potluck with friends, at Moon Dancer Winery in Wrightsville.

The food was amazing the time together was priceless. It was a wonderful time shared by very special people.

*Class of 2021
Friendsgiving.*



SOFA

FALL FUN RUN / WALK WAS HELD ON SATURDAY OCTOBER 20, 2018.

GREAT CAPSTONE BY SEAN ZAJDEL CLASS OF 2019. Participants of all ages attended the run.



Bring hope to our community & our senior citizens.

York County Food Drive for Senior Citizens was a hit. Thank you to everyone that donated. Students, Staff and faculty donated 193 lbs. of food and 53 hygiene packets, with toothpaste, toothbrush, shampoo, conditioner, and soap. Great job Luck Steele and Rachel Allen for leading this very worthy event.



‘That’s What She Set’

YCP/Nurse Anesthetist Volleyball Team

Trisha Garrity, Jason Hunt, Rachel Allen, Kelsey Burkett, Alex Sullivan, Brock Kauffman, Tyler Jordan, Emily Heffleger.

Accomplishing the most impressive game winning stretch in program history, That’s What She Set went undefeated during the regular season. A Semifinal playoff loss ended the stretch with a 2-1 setback. The NAP volleyball team finished 3rd in the league with multiple players in the running’s for all-conference accolades. The team would like to thank the entire NAP for their consistent support and encouragement, on and off the court. Stay tuned to see if these players hang up their knee pads for scrubs or if they will return for a redemption season next fall!



Welcome to the newest members of the NAP

Wyatt Robert Sentz

LINDSAY & ROBERT SENTZ
CLASS OF 2017

WELCOME BABY WYATT

SEPTEMBER 7TH, 2018

6LBS 11OZ - 20.5"



Joseph Ryan Raup

COLLEEN & RYAN RAUP
CLASS OF 2015

WELCOME BABY JOSEPH

JUNE 16TH, 2018

7LBS - 19.5"



Haylee Ann Cresswell

GREG & ERIN CRESSWELL
CLASS OF 2019

WELCOME BABY HAYLEE ANN

SEPTEMBER 7TH, 2018

7LBS 6OZ - 20"



Deekyn Willow Yantis

KAYLA & DAVID YANTIS
CLASS OF 2017

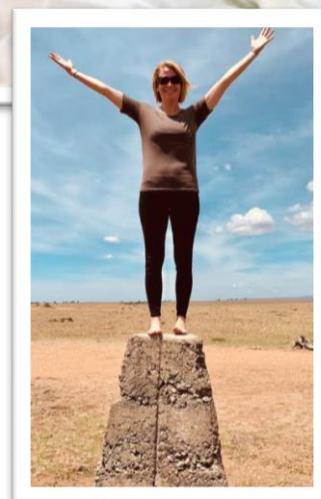
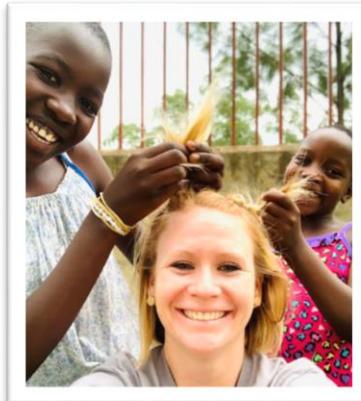
WELCOME BABY DEEKYN WILLOW

DECEMBER 6TH, 2018



On November 7-19, 2018 I traveled with Kenya Relief to Kenya, Africa as a SRNA to serve as part of their surgical and anesthesia team. Our team performed roughly 60 general and ENT surgeries with our youngest patient being 18 months old and furthest traveled was an estimated 435 miles. As a SRNA, providing anesthesia in a third world country can prove to be very challenging given the limited resources, lack of medications and necessary equipment, and environmental barriers, such as power outages, limited generator backup systems, flies in the OR, and extreme weather conditions. In addition, the SRNA learns to practice in high stress environments sometimes with complete strangers, where they learn to enhance their critical thinking and problem solving skills in an unfamiliar environment. Global surgical and anesthesia services allows the student an opportunity to gain a greater understanding of global citizenship, value systems and health care systems, including care of underserved populations. The sustainable provision of safe surgical and anesthesia care is critical and essential for integrated health care systems and will decrease mortality and morbidity from surgical disease, which are neglected in too many settings. It is my vision to create an endowment fund to financial support and sponsor future anesthesia students at York College of Pennsylvania.

~Lindsay Quirk, BSN, CCRN, SRNA



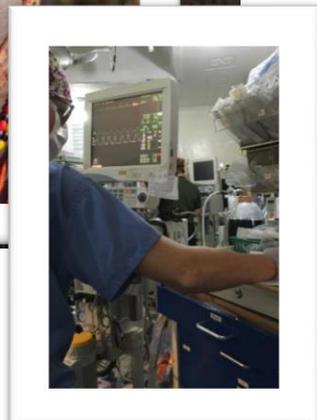
Dear Ms. Holtzman,

I just wanted to take an overdue minute to tell you how proud you and your program should be of Ms. Lindsey Quirk. I have been meaning to write this since 11-18-2018 upon our return from Kenya with KenyaRelief.Org. I had the pleasure of working with and enjoying the contagious laugh of Ms. Quirk throughout our trip. She was a polished and confident practitioner, an inquisitive student, and a spectacular representative of your program. She also was a wonderful travel partner and mentor to my 17 year old daughter, Megan. Without Lindsey I'm not sure my daughter would have had a similar experience on our trip.

I just wanted to spend a brief moment to bring this to your attention. Bravo to you and your program to help mold and polish a student that was probably well molded by the time she came to you.

Keep up the good work.

Jeff Scheidt, CRNA
(Photo provide by Jeff Scheidt)



Celebrating Junior Halfway Dinner

With the Class of 2020 ~ at the YCP Yorkview.

18 months down and just 18 more to go. Congratulations to all of you!

Big Thank you to the SOFA Foundation for your support, and for sponsoring this wonderful evening.

Jessica Sadvari, Sally Wenger, Diane Farrell, Jonathan Humbert, Elizabeth Pritchard, Dean Mellott,

Natalie Beccone, Allen Arslanian, Nikki Berstler, Kristen Clark

And Jessica Hammaker.



SAVE THE DATE!

The SOFA Foundation's 5th Annual Fundraising Gala will be taking place at Heritage Hills in York On Saturday, March 30th, 2019. Featuring a Masquerade Ball theme, it's a night of fun that you won't want to miss.

Keep watch out for further details.



Greetings to all our Alumni, Students, Faculty, Family, and Friends,

Happy Holidays from the SOFA Foundation Board of Directors!

As the holiday season rapidly approaches it signifies a cheerful time spent with family and friends. It also a time of reflection as one year is ending and another beginning. As I reflect upon 2018 I can recall the many successful events the SOFA Foundation has held throughout the year. Overall we were able to increase the support provided to the students enrolled in the York College of Pennsylvania/Wellspan Health Nurse Anesthesia Program. This would not be possible without the generous support from our alumni, family and friends! So Thank You!

In light of the upcoming New Year, I want to also take this time to remind our alumni, family and friends of our upcoming Fundraising Gala on March 30, 2019. We hope to see you there. Donations can also be made to the SOFA Foundation or in Honor of Professor Burtnett which helps support our mission to provide the APEX Review program to our students to assist them with board preparation.

Thank you again for all your support over the past year!

Sincerely, Sarah Rohrbaugh
President, SOFA Foundation
Class of 2015

Headlines ~ what you need to know?

Student updates on program google calendar

Friday January 18th 2019 ~ 2022 Orientation #1

Monday January 21st 2019 ~ Class Resumes

Saturday February 2, 2019 ~ SOFA "The Society for Opioid Free Anesthetist"

Winter Break ~ March 2nd, 2019 thru March 11th resume classes

Saturday March 30th ~ Student Case Presentations 7:30 am YH

Friday March 22, 2019 ~ Mandatory Opioid Grand Rounds - Alumni Hall

Saturday April 6th thru April 7th, 2019 - Allegheny Anesthesia Conference

Spring Break ~ April 18th thru March 22nd resume classes

Sunday April 21st, 2019 ~ Easter

Thursday May 2nd thru May 5th, 2019 ~ PANA (Hershey Pa.)

CRAP EXAM ~ May 13th & 14th 2019 - Novice

Friday May 10th, 2019 ~ 2022 Orientation #2 - am

Thursday May 2nd 2019 ~ Senior Grand Rounds Alumni Hall - pm

Friday May 10th, 2019 ~ Senior Grand Rounds - Yorkview YCP

Monday May 6th thru May 10th - NAP Finals

Friday May 17th, 2019 ~ Senior Convocation - YCP

Friday May 17th, 2019 ~ 2019 Graduation Dinner Country Club

Monday May 27th ~ Memorial Day Holiday

Tuesday May 21th ~ Class starts

Saturday June 1st, 2019 ~ Welcome Picnic/Games - John Rudy Park

Saturday June 15th, 2019 ~ Student Case Presentation

Monday / Tuesday June 17th & 18th ~ Class of 2023 Student Interviews

Thursday July 4th ~ Happy 4th of July

Faculty:
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Dr. Rebekah Carmel

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NEWSLETTER

Chief Editor:

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Stacey Holtzman

Deadline for next NAP News will be April 1st 2019.

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.

