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## From the Program Director's desk ~ Dr. Lowe

### Interesting Times

A lot has happened since our last NAP newsletter. I never imagined that our lives would be turned upside down like they have been. In March, our NAP came to a screeching halt as coronavirus ended clinical rotations and anesthesia simulations for our students. With that sudden change and challenge, the program and our students were forced to quickly adjust.

And some extraordinary things happened as our students met this challenge head on:

Our then-senior cohort (now alumni), completed their board prep at home rather than in the classroom due to social distancing. They were focused and hugely successful. And as a class, they earned a 100% first-time board pass rate and hold the highest-class average score on the board exam. Congratulations to our class of 2020!

Our current senior cohort was out of clinical for nearly three months. They did strong work to complete their scholarly projects during this time. Since returning to clinical, our seniors have been focused on meeting their case requirements. It is not an easy task to make up this missed time. However, this cohort has been extraordinary and are back on track to meeting their graduation requirements.

Our junior cohort recently started clinical rotations and are off to a great start. They are working hard and are excited about clinical practice. They also worked ahead to jump-start their scholarly projects and their board prep (thanks to SOFA).

Our novice cohort is the first (and hopefully only) to start the NAP online. They have jumped right in and are off to a strong start.

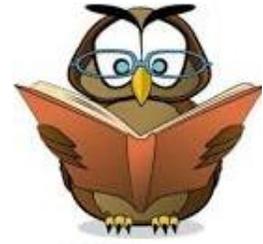
We also did our first Zoom interviews and hired NAP faculty Lindsay Quinlan, CRNA. Professor Quinlan recently started with the NAP and is co-teaching the pharmacology course with Dr. Haas. Please welcome Professor Quinlan when you see her at the school or in clinical at York Hospital. We are very excited to have Professor Quinlan join our faculty team!

We could have never overcome this adversity without you! Thanks to our students for their tremendous work during these interesting times. I am amazed at the resilience and determination that they have demonstrated. In addition, thanks to our leaders at York College, WellSpan Health and our clinical site partners for navigating this changing landscape and keeping our students on the path to becoming a CRNA.

Take care and be well!

Dr Lowe

Words from the *WISE* Dr. Amy Reed  
Assistant Program Director



The year of 2020 has certainly thrown everyone a few curveballs...well, except for the MLB! Thanks to our incredible students, the NAP has been able to continue to progress each cohort through the didactic and clinical curriculum. Each cohort has, and continues to face unique challenges; however, they have all risen to the task. If it was not already the unofficial motto of the program, Semper Gumby is the new normal for the students in 2020.



How have the cohorts been spending their time during a global pandemic?

**Class of 2021:** Our seniors completed their APEX board prep modules and presented their scholarly projects during the height of the pandemic. In the beginning of August, they were able to resume clinical rotations at many of our loyal clinical sites. A big “thank you” to all the clinical site coordinators who are working incredibly hard to not only allow the students to return to clinical, but also striving to find specific opportunities to complete their case requirements. This fall, the seniors will take the Self-Evaluation Exam (SEE) from the National Board of Certification and Recertification for Nurse Anesthetists (NBCRNA), which will help in their preparation to take the National Certification Exam (NCE) upon graduation in May 2021.

**Class of 2022:** Our junior cohort finished the spring semester via Zoom and had to postpone simulation time, ultimately delaying their entry into the clinical arena. Did they hang their heads? No! They put their noses to the grindstone and forged ahead on scholarly projects as well as board preparations. That is not all. They requested to continue the infamous Morning Report through the summer. When they asked to continue Morning Report, we had no choice but to elicit the assistance of the Kings of Morning Report, the notorious Professor Burtnett & Dr. Haas. It was a great summer with lots of learning and critical thinking, which was certainly exhibited during the Comprehensive Review of Anesthesia Practice (CRAP) exam. All 16 members of the cohort successfully passed the CRAP exam and are heading to the operating room this August, and we could not be more excited for them!

**Class of 2023:** The novices are certainly the Zoom experts. No one ever expects to start a rigorous anesthesia program during a global pandemic but they have been nothing but successful! This class has somehow managed to learn physical assessment virtually (shout out to Dr. Carmel for her creativity!). They have navigated Anatomy & Physiology I as well as Chemistry & Physics via Zoom all while tackling Dr. Greisler’s papers. They have formed study groups and have stayed motivated throughout the entire semester, which is no easy feat. This fall will be much of the same except for Pharmacology where the students will have to switch out their pajama pants for real pants! Dr. Rich Hass and Professor Lindsay Quinlan will be teaching in-person on Thursdays in Diehl Hall.

This year has certainly been different and perhaps not what we wanted or expected, however, it is important to look at the positives: every student has remained healthy and every student has been able to continue to work towards their goals!

Stay healthy!

Dr. Reed

“Congratulations to our 2020 Nurse Anesthetist graduates. They are the first DNP (Doctorate of Nursing Practice) graduates for our York NAP. In addition, they are all now CRNAs!

100% 1st-time board pass! Excellent job and they have set the bar high for our DNP cohorts.

Jessica Sadvari, Dean Mellott, Natalie Beccone, Elizabeth Pritchard, Diane Farrell, Sally Wenger, Nicole Berstler, Allen Arslanian, Jessica Hammaker & Jonathan Humbert.



On March 17, 2020, things changed for the York College of Pennsylvania/WellSpan Health Nurse Anesthetist Program, class of 2020. Dr. Lowe announced that we would be off campus for 2 weeks and there would be no classes at YCP Due to a virus called COVID 19.

April 10, 2020 Dr. Lowe and faculty met with the seniors via zoom and had to share, that they would not be returning to campus or clinical. They would not be studying on campus with their cohort for boards, YCP convocation & graduation was being canceled and we would need to postpone NAP's graduation dinner celebration.

Wednesday April 29, 2020 the first NAP DNP class of 2020 graduated early with a toast via zoom with faculty & staff. Within the next three week, all ten seniors passed their boards (first time) and became DNP, CRNA's and they all had new jobs to go too! NAP Strong.

**Overcoming adversity:** Being successful despite difficulties or challenges. We are so proud of each of you!



## See what our Alumni is up to!

Look who is back at YCP! A big shout out to Sean Zajdel (Class of 2019) who offered his expertise and suggestions for HFNC use in the GI Suite during the presentation of Trish Garrity's and Jason Hunt's Terminal Scholarly Project. We always love hearing from our Alumni. Thank you Sean.

### BARRIERS

- HFNC
  - How to measure ETCO<sub>2</sub>
  - Clutter → GI room Small, Set Up
  - Cost
- DNP Project
  - COVID-19



COVID has changed the venue but not the drive for alumni Adrienne Domanico (class of 2017) to share her expertise in Pediatric Anesthesia with junior SRNAs, in Principles 2 this morning. Thank you, Adrienne.

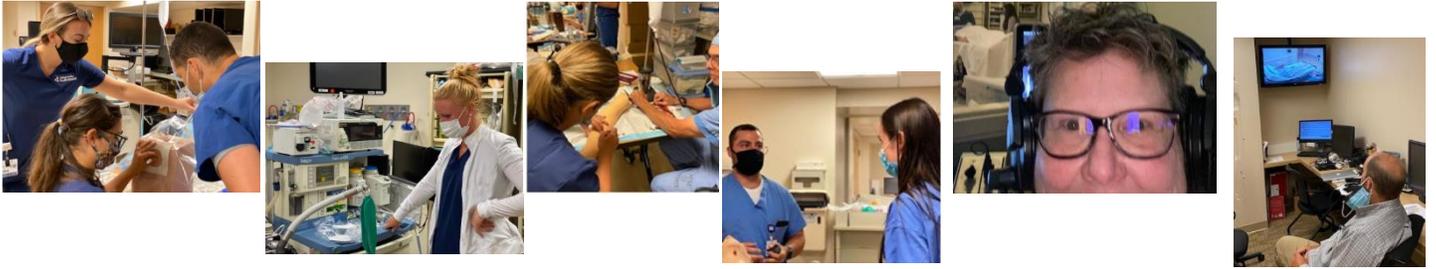
### T and A

Postop complications

- Bleeding
  - Frequent swallowing, restless, pale, tachycardia, hypotension
  - If reoperation is needed
    - Rehydrate
    - RSI, Have suction ready
    - Empty stomach with OG after intubation



It is that time of year again the CRAP (Comprehensive Review of Anesthesia Practice) Exam! Class of 2022 are practicing for their CRAP exam with the expert help of Dr. Tom Bride and Senior students Jason Hunt and Trisha Garrity. Welcome to the OR!



## Great things are happening at our Clinical Sites...

June 8, 2020 our senior class was able to return to a few of our clinical sites, and we are thankful.

I was extremely excited and thankful to be back in clinical, especially at UPMC Pinnacle Memorial Hospital. The entire staff – from the women at the front desk to the PACU nurses – were beyond welcoming to SRNAs and made me feel like I was a valuable part of their team approach to patient care. The anesthesiologists were extremely patient and would often go out of their way to find you for regional anesthesia experiences. The nurse anesthetists would consistently seek out learning opportunities for you as well as share their wealth of anesthesia knowledge and tips/tricks. The anesthesia tech, Derek, could not have been a better resource for us SRNAs and helped make the transition to a new site as smooth as possible! I am going to miss this rotation!

Trisha G.

It has been great to be back to clinical after having 3 months off! I was fortunate to be able to start back at a clinical site that I was familiar with. The staff at West Shore Hospital were happy to have me back and were very welcoming! They were also great with allowing me to get back into a good routine after being away from the clinical setting for so long! I am looking forward to the rest of my clinical experiences in my senior year!

Kelsey B.

After a 90-day hiatus from the OR due to COVID-19 restrictions, it has been great to get back to work. Being back at UPMC Pinnacle Harrisburg has been even better as a senior. I have been able to work in on some very interesting cases particularly in cardiac, neuro, and pediatrics. The anesthesia team makes it easy to jump in anywhere I want and they know how to push me toward that oh-so-close change from S to C-RNA. Though the name of the game for the remainder of clinical rotations is “flexibility,” this was a perfect place to start things off. I am looking forward to returning to York Hospital as well as visiting some of the other sites for the first time.

Jerry G.

In early summer, I restarted clinical at WVU Ruby Memorial Hospital. I was excited to finally get back into the OR after a three-month corona-cation, but definitely nervous when I saw my first day's assignment: an eight-hour Whipple procedure (welcome to senior year!). I set my bar low – all I really wanted was to not miss that darn intubation. In fact, I was so focused on that goal and got so incredibly excited when I saw those vocal cords (yes – three months out ain't got nothing on me!) that I quickly hooked up my ETT and started bagging away. But... no end tidal CO<sub>2</sub>. What is going on? I saw it go through the cords... I swear I did. Ok, yeah, here is the MAC blade – you can check. Yes, see it is through the cords, I knew it! So what is going on... oh wait? No, no I did not blow up the cuff. Whoops. Ok, problem solved. Gas on. Flows down. Proceed and pretend that did not just happen. So... that first week back was full of tiny bumps in the road and dusting off cobwebs. But it did not last long, and I had an incredible experience working out at WVU Ruby. They threw me into the deep end on day one and supported me there throughout the entire rotation in craniotomy cases, big multi-level spines, fiber optic intubations, more Whipples, and tons of pediatrics. It was the perfect rotation to kick off senior year!

Lindsay H.

Returning to clinical has been different, especially doing so in Wisconsin. It is great to be back in the OR, but the first week or two back felt like my first clinical rotation again after the hiatus. However, things came together again quickly, and I am enjoying it. The OR is different now with things like double gloving, N95 under the surgical mask, eye-pro with all intubations, etc. Things have changed since COVID, but it is nice to be practicing anesthesia again. I am excited to see my numbers coming together and getting closer to graduation!

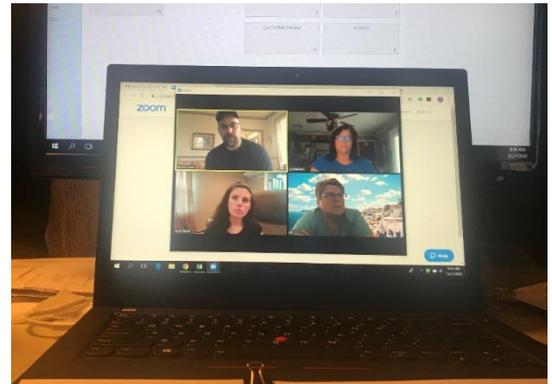
Jared T.

# Things look quite different this year. However, we are NAP Strong!

## 2020 Graduations: First DNP Class



## Faculty Meetings

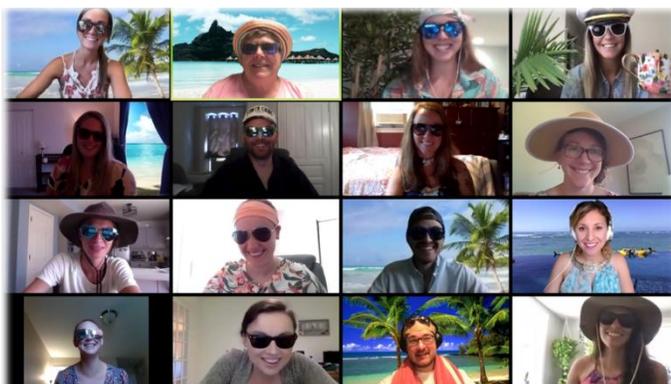


## New student Orientation



One of our own Alumni Liv Gore (2019)  
Quarantine with Covid (visit  
from Debbie Jerez (2019)

Incoming Novice starting NAP with on line zoom classes  
Dr. Carmel's Physical Assessment class ended the semester at the BEACH!



# Welcome to the NAP Family Little Ones!

## It's a Girl....



Trevor & Casey Ammon (2019)  
Welcomed a baby girl  
Rowen Leigh Ammon ~ May 16, 2020



Kelly (2011) & Dani (2017) Martin  
Welcomed a baby girl  
Ayla Rose Martin ~ July 14, 2020



& Sweet Bailey

Nick (2019) & Rachel Edler  
Welcome a baby girl  
Madeline Louise Edler ~ August 8, 2020



Getting to know, Lindsay Quinlan  
Lindsay Quinlan, MSN, CRNA ~ NAP Faculty & Clinical Instructor  
NUR621 Pharm Anes. Agent



**What inspired you to teach?** *I have always wanted to teach. As a little girl, I would play school in my basement every day. I have been inspired by all the amazing teachers I have had along the way.*

**What are your greatest accomplishments?** *My two children and my anesthesia degree.*

**Where is your favorite place to travel and Why?** *Anywhere outside the US. I just love being immersed in different cultures.*

**Family?** *My husband and two children, ages 5 & 3.*

**What is some advice you would give the NAP Students?** *The days are long and seem never ending, but every day that goes by means you are 1 day closer.*

**Who do you admire most and why?** *I admire hardworking females and really anyone who is pursuing their passion.*

**What do you enjoy doing on a day off?** *I enjoy spending time outdoors when the weather is nice. I love exercising and going for walks. I also enjoy spending time with my family.*

Welcome the Incoming NAP cohort. Congratulation to the  
Class of 2024

Joyce Abraham



Victoria Albert



Erin Alford



Joshua Brandt



Matthew Hatch



Abigail Holden



Lauren Huber



Anna Loffreda



LeeAnn Loreto



Grey Obregon



Megan Peters



Jocelyn Rutter



Mary Sayers



Peter Seliga



Elyse Smith



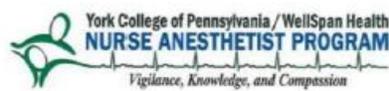
Paul Swift



Slade Thickey



Derek Weit



Class of 2024

## *Update from SOFA Foundation?*

The SOFA Foundation would like to thank all our alumni, students, faculty, family, and friends for their support thus far this year. 2020 has presented many challenges for us each individually, professionally, and as a foundation aimed at supporting the students currently enrolled in the Nurse Anesthesia Program. We have faced difficult decisions to postpone or cancel several of our fundraising events planned for the year, and modify the vision for the events we hold in order to ensure the health and safety of our family, friends, students, and faculty. Despite the challenges faced with the COVID-19 pandemic, the SOFA Foundation remains committed to providing support for the students through the purchase of the APEX Board Review Program for students entering their junior year in the program, supporting travel expenses for clinical, and other academic needs of the students associated with the DNP degree requirements, as well as celebrating milestone accomplishments.

In order to maintain our commitment to support the students enrolled in the York College of Pennsylvania/Wellspan Health Nurse Anesthesia Program, we need your continued support.

The SOFA Foundation remains very appreciative of the continued financial support offered by each of our alumni, faculty, family, and friends and we continue to need your financial support to uphold our mission to support the students enrolled in the program. Upcoming fundraising events include our virtual Fundraising Gala as well as our annual "One Day of Pay" campaign occurring this fall. Donations may also be made to support the Professor Howard Burtnett Board Review Initiative aimed at supporting the purchase of a two-year subscription to the APEX Board Review Program for each junior student enrolled in the program.

However, despite our financial needs, we also find ourselves in need of your donation of time and talents. The SOFA Foundation was formed as a non-profit foundation in 2014 and remains a unique attribute of the York College of Pennsylvania/Wellspan Health Nurse Anesthesia Program. Since then the foundation has seen a rapid growth permitting us to provide over \$18,000 in financial support to the students enrolled in the program in 2019. We have incorporated several events aimed at fundraising, promoting wellness and networking, as well as, supporting and recognizing the students' academic achievements. We need your donation of your time, talents, and leadership to serve on our event planning committees and Board of Directors. Please consider serving in one of these roles and ensuring the continuity of the unique culture of the York College of Pennsylvania/Wellspan Health Nurse Anesthesia Program.

American Poet Mattie Stepanek stated, "Unity is strength. When there is teamwork and collaboration, wonderful things can be achieved." With you on the SOFA Foundation team, we will continue to accomplish wonderful things.

Please stay tuned to our website or like us on Facebook at SOFA Foundation. Alumni please help us stay in touch by updating your contact information as you move. Updated contact information can be sent to [president@sofafoundation.org](mailto:president@sofafoundation.org). Want to be placed on our mailing list for upcoming events? E-mail your contact information to [president@sofafoundation.org](mailto:president@sofafoundation.org).

In closing, thank you for all of your support and we look forward to your continued

financial support, as well as your donation of your time, talent, and leadership. We hope to see each of you at our upcoming First Annual Case Study Series Virtual Conference September 19-20, 2020. If interested in attending, please register at [www.sofafoundation.org](http://www.sofafoundation.org).

Sarah Rohrbaugh  
President, SOFA Foundation



## 2020 Case Study Series

**Registration Information**  
Registration is available online at  
<https://www.sofafoundation.org>

All registrants must register online.  
Online Registration will close Saturday  
September 12, 2020.

### Registration Fees

- Two-Day Attendance \$250.00
- One-Day Attendance \$150.00
- Students \$75.00

Within 48 hours following successful registration, a confirmation email will be sent. One week prior to the conference, a link to the conference will be sent via e-mail. Access to a computer or electronic device with audio is required to participate.

Upon completion of an evaluation, Class A CE credits will be submitted for the sessions attended.

This program is pending prior approval by the American Association of Nurse Anesthetists for 13.00 Class A CE credits.



## Schedule

### Saturday, September 19, 2020

0715-0730 Sign On To Virtual Conference

0730-0745 Welcome Remarks  
Sarah Rohrbaugh MS, CRNA – President SOFA Foundation

0745-0845 Case Study on Surgical Correction of a Tethered Cord  
Kelsey Burkett BSN, RN, SRNA – York College of Pennsylvania/Wellspan Health Nurse Anesthetist Program

0845-0945 Emergent Cesarean Section in a Non-English Speaking Parturient with Placental Abruption  
Jason Hunt BSN, RN, SRNA – York College of Pennsylvania/Wellspan Health Nurse Anesthetist Program

0945-1000 Break

1000-1100 Retained Placenta and Postpartum Hemorrhage: Anesthetic Case Management  
Lindsay Holdren BSN, RN, SRNA – York College of Pennsylvania/Wellspan Health Nurse Anesthetist Program

1100-1200 Total Laryngectomy  
Jared Tormala BSN, RN, SRNA – York College of Pennsylvania/Wellspan Health Nurse Anesthetist Program

1200-1245 Break



## Questions?

Please Contact:  
Sarah Rohrbaugh  
4175 Robin Hood Drive  
York, PA 17408

Mobile: (717)578-2483  
E-mail: [sarohrbaugh@gmail.com](mailto:sarohrbaugh@gmail.com)

### Cancellation Policy

Cancellations received later than:  
September 5, 2020 will incur a \$25.00  
processing fee.

No Refunds:  
After September 10, 2020



1245-1345 The Role of TIVA in Pediatric Patients with Cancer  
Rachel Allen BSN, RN, SRNA – York College of Pennsylvania/Wellspan Health Nurse Anesthetist Program

1345-1445 Continuous Lidocaine Infusions into the Post-Op Area  
Charles Clark BSN, RN, SRNA – York College of Pennsylvania/Wellspan Health Nurse Anesthetist Program

1445-1500 Break

1500-1600 Bone Cement Implantation Syndrome  
Alex Sullivan BSN, RN, SRNA – York College of Pennsylvania/Wellspan Health Nurse Anesthetist Program

1600-1700 Anesthetic Implications of Marijuana Use  
Christopher Cox BSN, RN, SRNA – York College of Pennsylvania/Wellspan Health Nurse Anesthetist Program



### Sunday September 20, 2020

0715-0730 Sign On To Virtual Conference

0730-0745 Welcome Remarks  
Sarah Rohrbaugh MS, CRNA – President SOFA Foundation



## First Annual Case Study Series Conference September 19-20, 2020 Virtual Conference

## Anesthesia Practice: A Case Study Series

Sponsored By:



0745-0845 The Difficult Airway in a Robotic Assisted Pericardial Window: Better Lucky than Good?  
Jerry Gargiulo BSN, RN, SRNA – York College of Pennsylvania/Wellspan Health Nurse Anesthetist Program

0845-0945 Anesthesia Implications for Cardiac Tamponade During Cryoablation  
Trisha Garrity BSN, RN, SRNA – York College of Pennsylvania/Wellspan Health Nurse Anesthetist Program

0945-1000 Break

1000-1100 Venous Gas Embolism Leading to PEA Arrest  
Brock Kauffman BSN, RN, SRNA – York College of Pennsylvania/Wellspan Health Nurse Anesthetist Program

1100-1200 Pseudocholinesterase Deficiency and General Anesthesia  
Kristen Schweiger BSN, RN, SRNA – York College of Pennsylvania/Wellspan Health Nurse Anesthetist Program

1200-1300 Sugammadex Induced Bradycardia and Asystole  
Luck Steele BSN, RN, SRNA – York College of Pennsylvania/Wellspan Health Nurse Anesthetist Program





Faculty:  
Dr. Jason Lowe  
Dr. Amy Reed  
Dr. Rebekah Carmel  
Professor Lindsay Quinlan

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NEWSLETTER  
Chief Editor:  
Dr. Jason Lowe  
Editor/Publisher:  
Stacey Holtzman



Student updates on program google calendar

First Annual SOFA Case Study series Virtual Conference  
September 19 & 20, 2020

Registration is available online at:  
<https://www.sofafoundation.org>

**August 25, 2020: First day of Fall Classes**

September 3 & 4, 2020: Junior TSP Proposal

**November 24, 2020: Thanksgiving Vacation starts**

November 24, 2020: Last day of all on-campus classes,  
Remainder of the semester online - Semester ends 12/5/2

**February 5, 2021 Spring Semester starts**

May 8 - 13, 2021 Final Examination

**May 15, 2021 Spring Commencement**

**May 16, 2021 Spring Graduation**

**\*\* Check the program google calendar & your YCP Email for  
important program information!**

*Deadline for next NAP News will be November 1, 2020.*

**PLEASE TAKE PICTURES, SEND ME ARTICLES, AND UPDATE ME ON WHAT IS HAPPENING!**

Please forward all information you would like to share. Take pictures wherever you go!

Did you travel somewhere? 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, if it is important to you, it is important to us!