



York College of Pennsylvania / WellSpan Health NURSE ANESTHETIST PROGRAM

Vigilance, Knowledge, and Compassion

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York NAP Faculty Update

There is a lot of excitement here at the York Nurse Anesthetist Program (NAP). Last month, Dr. Amy Reed, Assistant Program Director, was named the Pennsylvania Association of Nurse Anesthetists (PANA) Didactic Instructor of the Year. This award is especially meaningful as Dr. Reed was nominated by our students and she was awarded by the state with the most nurse anesthetists programs! We all know how truly special Dr. Reed is and I am very thankful for all she does for our NAP and our students.

The York NAP is also fortunate to have Professor Lindsay Quinlan. Professor Quinlan joined the NAP just over one year ago. She has done a great job coordinating our pharmacology courses. Professor Quinlan works hard to provide a rigorous and comprehensive pharmacology course that prepares our students for success in clinical practice. Professor Quinlan is also instrumental in working with our students clinically at York Hospital.

The York NAP is also excited to introduce Professor Stephen Okoth (class of 2017) as our newest faculty team member. He brings the perspective of a York NAP alumnus and the experience of a strong clinical background, through his clinical experiences at WellSpan York Hospital and WellSpan Chambersburg Hospital. Professor Okoth is working hard to complete his Doctor of Nursing Practice (DNP) degree at Old Dominion University. He coordinates our physical assessment courses and instructs in anesthesia principles and anesthesia simulation courses.

And of course, coordinating our efforts is Stacey Holtzman, NAP administrative assistant. Stacey continues to be instrumental in working with prospective students to help us recruit the most talented students to our York NAP. Stacey also works with our students and clinical sites to coordinate clinical site rotations.

Together, we have a great team that is working hard to develop excellent, professional nurse anesthetists. I am thankful for our hard-working, dedicated faculty team! And I am thankful for all you do to support our students and our NAP! Have a blessed Thanksgiving!

Dr. Jason Lowe



Words from the *WISE*
Amy Reed, PhD, CRNA
Assistant Program Director



Gratitude.

What does it mean to have gratitude? After giving it some thought, I concluded that gratitude is not just about being thankful for goodness in your life but recognizing that the source of that goodness came from someone or something other than yourself. Which begs the question... What good is gratitude if you do not share your appreciation with those who gave goodness to you? Therefore, I am going to share my gratitude with those who give me goodness at the NAP.

Thank you to the heart and soul of this program, the students. Your willingness to learn and work hard makes me look forward to teaching every week. It brings me great happiness when I get to spend time with you and I am thankful for the many discussions about concepts, cases, and even non-anesthesia related topics!

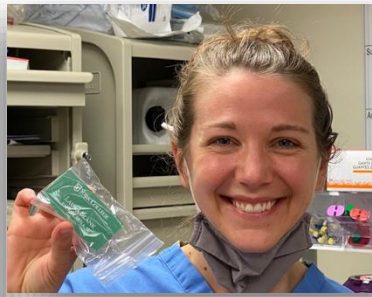
Thank you to Dr. Lowe, Professor Quinlan, Professor Okoth, and Stacey as well as our emeriti, Dr. Haas and Professor Burtnett. I am forever thankful to be surrounded by such incredible individuals. You make me a better educator, anesthetists, and person. Thank you for letting me be part of the team.

Thank you to our outstanding alumni. Your commitment to the program and the current students just adds to the list of reasons why I am so proud to be a "Yorkie." Thank you for all you do through the SOFA foundation, in the clinical setting and in the classroom for our students.

As 2021 comes to a close, I think about all the good things this year has brought the program. We graduated 13 brilliant CRNAs who are now enjoying the benefits of all their hard work. We welcomed an incredibly talented novice cohort into the program along with two superb faculty members, Professor Quinlan and Professor Okoth. Our Alumni Association, SOFA, continues to be instrumental in the success of our students and our clinical facilities and preceptors continue to provide invaluable learning opportunities despite all the challenges they face in the midst of a pandemic. Although 2021 still looks very different from 2019, it certainly was an improvement from 2020 and for that, I am grateful.

Happy Thanksgiving!

Dr. Reed



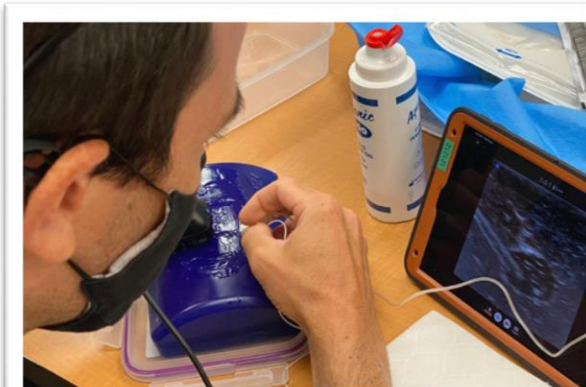
JUNIOR COMPREHENSIVE REVIEW OF ANESTHESIA PRINCIPLES EXAM CONGRATULATION CLASS OF 2023

What a fantastic opportunity! NAP seniors SRNA's Hannah Park and, Stephen Cattalo, and junior SRNAs Dena Hildebrand, Olivia Esbenshade, Paige Klein, and Quan Lu participated in a peripheral nerve block session that was offered to OSS CRNAs by Twin Oaks Anesthesia with Jonathan Klein. The SRNAs participated as models for ultrasound-guided adductor canal block, popliteal block, genicular block, interscalene block, and supraclavicular block. It was a valuable experience for the students as they learned about anatomical landmarks for each block as well as some scanning and needling techniques.



Junior class of 2023 Peripheral nerve block class. Thank you to our [upper classmates](#).

Special Thanks to Nicholas Edler class of 2019 for your support & expertise.



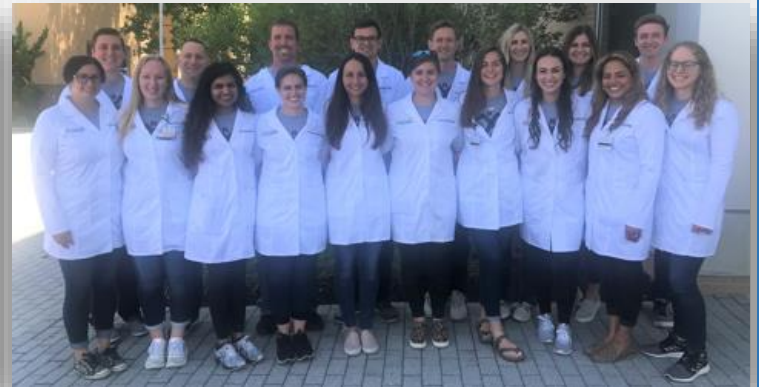
In October, our NAP junior and novice students participated in a 3-day IPE simulation with the York College of Pennsylvania undergraduate nursing junior and senior students. The simulation helped educate the nursing students on how to respond when a patient is decompensating on the floor or in an intensive care unit. The nursing students used critical thinking to determine when to call anesthesia for intubation. Our SRNAs taught the nursing students how to determine when to call anesthesia and what to do in the room to help facilitate intubation and resuscitation.



Welcome to the class of 2024

You survived your 1st NAP semester!

Physical Assessment - A & P I - Chem & Phys – Ethical/Theory



PA Association of Nurse Anesthetists (PANA)

2021 Didactic Instructor of the Year
Dr. Amy Reed, Ph.D., CRNA, Assistant Program Director
For the York College of Pennsylvania/WellSpan Nurse Anesthesia Program
Congratulation Amy, Job well done!



Mile Bluff Medical Center - Mauston, WI

I had an eight-week clinical rotation at Mile Bluff Medical Center in Mauston, Wisconsin. It was a positive eight weeks full of unique clinical experiences and learning opportunities. Mile Bluff is a rural level 3 trauma center with 3 operating rooms managed by four CRNAs. The CRNAs practice independently to their full scope of practice. As an SRNA with experience only in medically directed practices, I quickly learned that I had unique autonomy with patient care. The CRNAs were fantastic teachers and challenged me to develop the mindset of an independent CRNA. The operating room staff was great to work with and helpful when I needed an extra hand or had a question about the facility. I had the opportunity to do a few things that I have not been able to do at any previous site, including pre-anesthetic clinic evaluations, Bier blocks, clearing patients post-op, and post-op rescue blocks. I also had the opportunity to facilitate an in-service on local anesthetic systemic toxicity for the Pre-op, PACU, and OR nursing staff. Surgeons at this facility have respect for the CRNAs and trust their patient care plan. Overall, I am thankful for my time at Mile Bluff Medical Center and I am confident this experience will make me a better CRNA.

Sincerely, Riley Andridge Senior Class of 2022

TheDACare - Berlin Wisconsin

For those of you who have the opportunity to come to Berlin, Wisconsin, I hope you take it. The way I see it, the providers here bring the future of anesthesia to their patients - Neuraxial, peripheral regional, and opioids sparing techniques are a part of daily practice. It is a challenging environment, but one in which there is immense potential to learn and grow. During the day, the anesthesia team will show you what it feels like to deliver some of the most fulfilling anesthetics as an independent practitioner, and in the evening, they just might treat you to an old fashioned. If you are fortunate enough to go, you will see what an admirable culture of safety the staff has developed and how incredible strong teamwork can be. Whether you are trying out a new block technique, improving your CSE skills, or throwing tires on the orthopedic surgeon's farm, you are sure to have an unforgettable experience.

Regards, Jenna Jakielaszek Senior Class of 2022



NAP THROUGH THE YEARS....



HERE
comes
THE
Bride And Groom

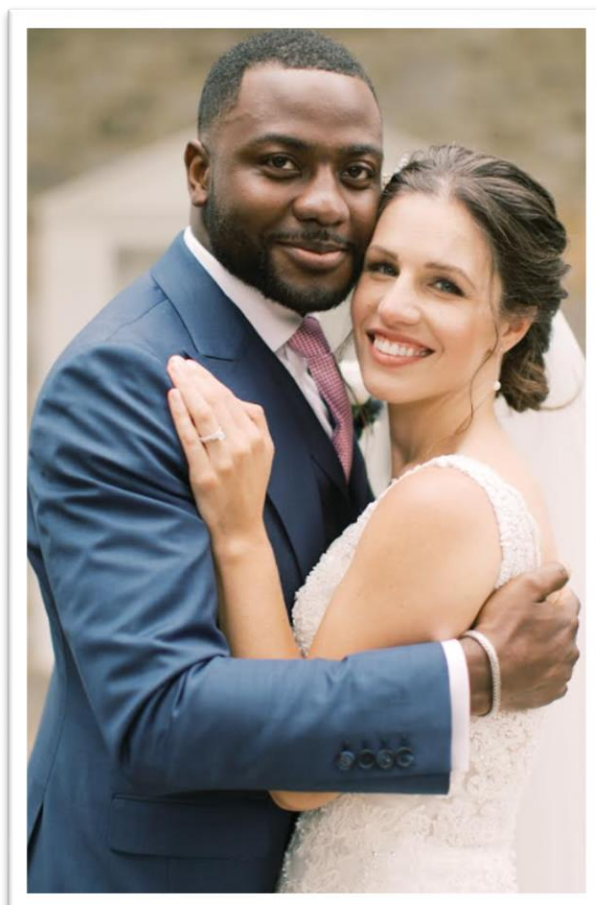


Kelsey (Burkett Class of 2021) & Joel Kulick

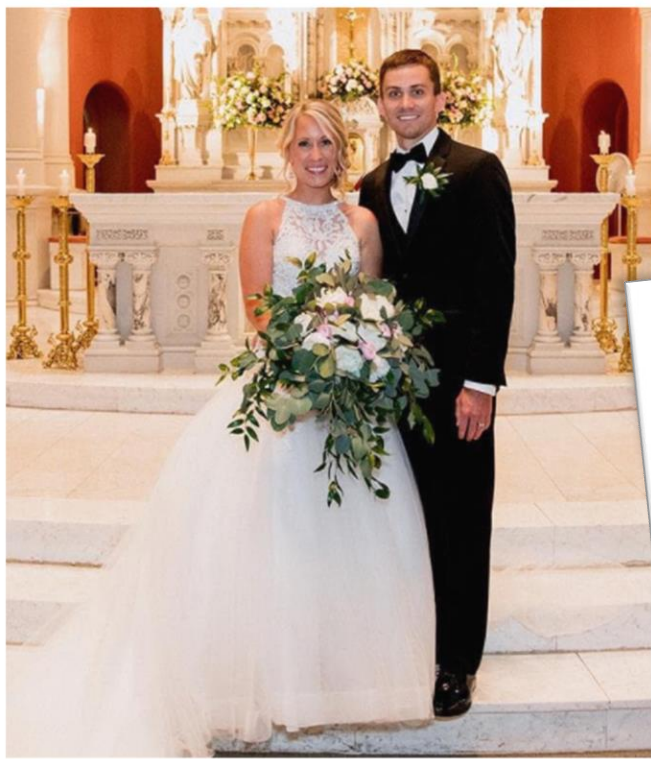
Said I do ~ September 18, 2021

Diane (Farrell Class of 2020) & Sam Alo

Said I do ~ September 20, 2021



HERE
comes
THE
Bride And Groom



Alex (Class of 2021) & Megan Sullivan

Said I do ~ July 19, 2021

Best man Crosby



Jessica (Hammaker Class of 2020) & Justin

Said I do! September 18, 2021

Welcome to the NAP Family Little Ones!

Anne (Class of 2012) and her husband John Parson welcomed their son, Hunter Gebhart Parson on February 20, 2021. Big sister Abby is all smiles.



Dr. Amy Reed (Class of 2014) and her husband Chris welcomed their son, Henry (Hank) Reed on July 7, 2021. Big Brother Chip loves his Little brother.



IT'S A
boy

Olivia Gore (Class of 2019) and husband Josh, welcomed a baby boy Zev Oliver Weintraub on October 17, 2021. Siblings Ben, Zach, Scarlett, Layla and Jordana just can get enough of Zev.



Welcome to the NAP Family Little Ones!

Professor Lindsay Quinlan and husband Brian
Welcome a daughter Gemma Claire Quinlan born July 2, 2021
Big Sister Georgia & Big Brother James are thrilled.



Adrienne (Domanico) Chakot (Class of 2017)
her husband Marcus welcome a daughter
Madeline Jane Chakot born October 11, 2021



Lindsay Sentz (Class of 2017) and her
Husband Robert welcome a son Jaxon Steven Sentz.
Born February 21, 2021, Big Brother Wyatt is thrilled!



IT'S A
boy

Cara Butler (Class of 2017) and her
Husband Jimmy welcome a son Conner James Butler
Born February 22, 2021. Big Sister Addison is in love!



Getting to know
Professor Stephen Okoth, MSN, CRNA
New Faculty member for the NAP



What inspired you to teach?

As a CRNA, I have always enjoyed working with students in the clinical setting. I love watching the growth of the students and seeing their excitement when things start coming together. I also understand how daunting and challenging the journey towards being a CRNA is and like to be a supporter of the students to ensure that they can remain successful despite the challenges they may face.

What are your greatest accomplishments?

I feel like my journey professionally is just beginning and I have so much left to accomplish, so answering this question may be premature. However, if I were to give an answer up to this point, I would say my family is my greatest accomplishment. My wife and kids inspire me to be better every day.

Where is your favorite place to travel and why?

I am an avid traveler and enjoy meeting new people and experiencing new cultures. The travel restrictions brought about by Covid have really hampered my ability to travel. I was fortunate enough to travel to Turks and Caicos this year and thought that was by far the best beach I have been to.

Family?

I am the 4th of 5 children and come from a family of healthcare workers. My mother is a nurse practitioner and midwife. My younger sister is a physician in Germany, my wife is a nurse executive and our oldest daughter just graduated nursing school and is now working at Hershey Medical Center. I also have two sons, one is a senior in college at Penn State and our youngest is a fifth grader.

What is some advice you would give the NAP Students?

Do not be too hard on yourself, especially in the clinical setting. Every day is a learning opportunity particularly on the days when things do not go too well.

Who do you admire most and why?

I am inspired and admire a myriad of individuals. My mom who has given herself tirelessly to help the people in her community by running a medical clinic in one of the largest slums in Africa and my wife whose thirst for knowledge and excellence has seen her rise the ranks to be a sought-after nurse executive top my list.

What do you enjoy doing on a day off?

My youngest son is an avid sportsman and nothing gives me more joy than watching him taking part in different sporting activities.

Update from SOFA Foundation?

President Dustin Axe, CRNA



Hello fellow Alumni,

Happy Fall to all of you from the SOFA Foundation! It is hard to believe that 2021 is coming to an end in two short months. With the end of the year comes a time to introduce three new board members to our foundation. Roman Supan has stepped into the Vice President role. He is currently practicing at UPMC Harrisburg hospital and was a graduate of the class of 2017. Kelsey Burkett has taken on the role of Treasurer; Kelsey is currently practicing at York Hospital and is a recent graduate from the class of 2021. Last but certainly not least is Matt MacDonald. Matt graduated from YCP in 2018 and has been practicing at York Hospital since graduation. Matt will serve as the Liaison for SOFA. We are so thankful to see these graduates volunteer their time and expertise to support the current anesthesia students.

I would also like to thank our outgoing board members. Nick Edler, Melissa Dean, and Sean Zajdel have served as board members for two years. They have selflessly donated both financially and physically to the SOFA Foundation.

Lastly, I would like to thank Sarah Rohrbaugh for coordinating and hosting our Case Study Conference Series. Sarah has been a supporter of SOFA since its inception and we are all very grateful for the work that she continues to do for all of us. Your donations have recently afforded SOFA the ability to reimburse the NAP seniors for their SEE exams. As you may remember this cost of \$250 came at a point in the program that many of us were strapped for cash. Fortunately, we are also able to give a financial contribution to the juniors for Half-Way Dinner. These funds are given as a gift to offset the costs associated with clinical travel, lodging, and food. We are fortunate that we are able to provide these gifts to our NAP students; it does however come at a large cost.

Our annual Day of Pay flyers will be heading to a mailbox near you and we appreciate your contributions.

Take care.

Dustin Axe CRNA

President, SOFA Foundation



SOFA Foundation
Supporting Our Future Anesthetists

ONE DAY OF PAY

Day of Pay is an opportunity for new CRNAs to donate to current students in YCP's Nurse Anesthetist Program. While I was in school, SOFA was able to support my class in multiple ways throughout the program, including being able to fund APEX for board prep, gift cards for travel, & graduation dinner. We were all very grateful for the support from YCP alumni. I think it is very important that we continue the trend & support the SRNAs that will become our colleagues in the near future, no matter how small or large of a donation that you are able to make. As a CRNA, I am looking forward to donating to YCP's Nurse Anesthetist Program & I think it would be awesome if the rest of my classmates would consider doing so as well! I hope all of my classmates are doing well and enjoying their first job as a CRNA!

All my best,
Kelsey Burkett, Class of 2021



DONATIONS

MAIL

Make checks payable to: SOFA Foundation c/o Dustin Axe
Address: Dustin Axe 1320 Valley View Road York, PA 17403

ONLINE

sofafoundation.org/donate.html
(PayPal, Credit, and Debit cards are accepted)

We sincerely thank you for your donation and for supporting the Nurse Anesthesia students at York College of Pennsylvania's Nurse Anesthetist Program!

Tara Shipe (junior), first day of her UPMC West Shore Rotation
Joey from Aldinger Farms in Halifax PA paid a visit to UPMC West Shore employees as a measure
of comfort to health care heroes.
CRNA Katie Jensen (Class of 2011) & Tara Shipe SRNA are holding
Dunkin & Pearl.



The NAP had a few special alumnus stop by the office today,
Katie Jensen (Class of 2011) & Zahid Khan (Class of 2012) join Dr. Lowe,
Professor Okoth (Class of 2017) & Professor Burtnett.
Katie & Zahid are both currently working at UPMC West Shore.



Derek Weit (2024) & Timber stopped by the
NAP office to say hello.

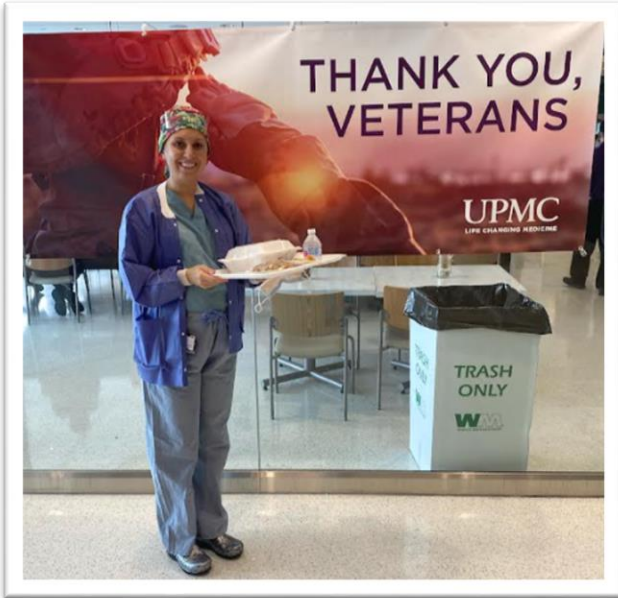


Alex (Class 2021) & Megan Sullivan
hosted Friendsgiving at their new home.
What a crew!



THANK YOU TO OUR YCP STUDENT VETERANS
AND ALUMNI VETERANS,
WE APPRECIATE AND THANK YOU FOR THEIR SERVICE.

MAJOR EMILY GIRROIR, SRNA, (ARMY)
CLASS OF 2022



MAJOR STEPHEN CATTALO, SRNA, (ARMY)
CLASS OF 2022



MAJOR, CHARLES WILLIAMS, SRNA, (ARMY)
CLASS OF 2022





Student updates on program google calendar

November 13, 2021 – SOFA Case Studies
November 24 – 28, 2021 – Thanksgiving Break
December 4, 2021 – Junior Halfway Dinner
January 17th, 18th – ACLS, BLS, PALS Recertification
December – 17 – January 26, 2022 – Winter Break
January 27, 2022 – Spring Semester starts

Office Hours:

7:00am ~ 3:30pm

Phone ~ 717-815-6550

Fax ~ 717-849-1651

E-mail ~ crna@ycp.edu

Faculty:

Dr. Jason Lowe

Dr. Amy Reed

Professor Lindsay Quinlan

Professor Stephen Okoth

Program Website

www.yorkcrnaprogram.com

Facebook ~

facebook.com/yorkcrnaprogram

NEWSLETTER

Chief Editor:

Dr. Jason Lowe

Editor/Publisher:

Stacey Holtzman

Deadline for next NAP News will be March 11 2022.

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?
- Did you attending a meeting or conference that you would like to share info on?
- Did you welcome a baby or get an award?
- Did you really enjoy a clinical site and want to share a blub & a picture?
- Hang out with your classmates or Alumni?



I would love to know all about it. Please forward all information to Stacey Holtzman, sholtzman@ycp.edu.
We can never have enough news, if it is important to you, it is important to us!