



York College of Pennsylvania / WellSpan Health **NURSE ANESTHETIST PROGRAM**

Vigilance, Knowledge, and Compassion

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The New Normal

It has been a long time since we have gathered together as a program. We have had to cancel some of our favorite get-togethers such as grand rounds, picnics, halfway day and the famous Olympics due to Covid precautions. In addition to cancelling some events, we were forced to put others, like our case conferences, on zoom. We have missed this time together and I am excited to say that we are slowly returning to normal or, the new normal!

This Saturday, March 5th, is our SOFA / York NAP case conference from 0730 to 1215. Four outstanding York student nurse anesthetists (SRNAs) will be presenting their case studies. This conference marks a return to in-person attendance, as students and faculty will be meeting at the Glatfelter auditorium for this conference. You are welcomed to join us in-person (with masks on) or via the zoom option for clinical faculty. This will be a great opportunity for learning and for Continuing Education credits!

The students work hard on these presentations and the presentations provide an excellent review of physiology, pathophysiology and anesthesia principles. We hope that you are able to join us for this conference, either in-person or via zoom. Special thanks to Dustin Axe, SOFA president and Sarah Rohrbaugh, SOFA past-president and all of you with SOFA, for supporting our SOFA Case Conference!

We also hope to see you in-person at the PANA Spring Conference April 28th through May 1st, where your York NAP will be well represented! Senior SRNA Beth Terry will be presenting an excellent case study on hypertrophic obstructive cardiomyopathy; Professor Stephen Okoth will be presenting on his doctoral work with CRNA deployment during the Covid crisis; and our seniors will be competing in the College Bowl!

We appreciate all you do for our York NAP and our students!

Sincerely,

Dr. Jason Lowe

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



SPRING. Spring can be a verb or a noun. The verb means to move rapidly forward and the noun means a season of growth and bloom. Given these simple definitions, it is very appropriate that our spring semester at the program is a time of forward movement and growth resulting in incredible successes and achievements by our students.

For our seniors, their time with us is ending but the hard work is anything but over. As they grow excited for graduation, the “little quiz” that they have spent, years preparing for is quickly approaching. As faculty, we have faith in every one of you because we have seen your work ethic and your dedication to the program and profession. The light is very bright at the end of the tunnel; just give board prep all you got for two more months and you will be very happy you did.

Our juniors become seniors and that title carries a tremendous amount of responsibility and heightened expectations. Our juniors ramp up board prep, focus on obtaining all the required case numbers, and begin to think about potential job opportunities. We know you will all settle into your new roles seamlessly as you grow in the operating room each day.

Our novices become juniors, which means that our dedicated clinical sites welcome them into the operating room with open arms for the very first time. This is incredibly stressful but very exciting! It is absolutely a time in your life you will never forget. The amount of growth in knowledge and skill this semester will be exponential!

Lastly, as the faculty says “good-bye” to our beloved seniors we, not only get to say “hello” to the Class of 2025, but also spend many hours reviewing extraordinary applications and interviewing highly motivated prospective students for the Class of 2026! The future is BRIGHT!

Spring is quite the semester here at the Program but I think it is appropriate that all of these milestone events take place during a season that represents happiness and new beginnings!

Wishing all of you a spring full of growth and success!

Dr. Reed

Megan Peters and Grey Obregon (class of 2024) attended the Pennsylvania Association of Nurse Anesthetists (PANA) board meeting the weekend of 12/3 & 12/4/21 at The Hotel Hershey. It was a great opportunity for them both to meet other SRNAs and CRNAs while learning and advocating for the profession.

In addition to Grey being chosen as the York College Student Trustee, Megan Peters was chosen for the PANA State Government Relations Committee. Megan applied for this committee and was chosen (with three other students) to help Jess Poole with state legislature issues. Their goal is to learn, guide, and lead Pennsylvania's CRNAs and SRNAs through the advocacy and professional development of the field. Their three biggest missions right now are to facilitate the state board of nursing's title designation to us as CRNAs thanks to the passing of Act 60, arrange future meetings to address the scope of practice by wanting to be recognized advanced practiced nurses, and determine the state's stance on a name change to 'nurse anesthesiologist'.

Grey and Megan intend to volunteer with the PANA communications committee and the engagement committee. Their hope is to increase PANA's presence on social media to engage SRNAs and CRNAs about what is happening in the community, while also educating the public about our profession. Join us in congratulations and thank you, to both Megan & Grey for their efforts with PANA.



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Thank you, Riley and Shelbi (Class of 2022), for leading the first cardiac rotation orientation for the class of 2023. The students started the day in the cardiac operating room reviewing medications, operating room setup, and SRNA expectations. After the OR, the students went to the simulation lab where they practiced placing arterial lines, center lines, and suturing. Thank you again, Riley & Shelbi, for all your hard work and dedication to teaching the future seniors.



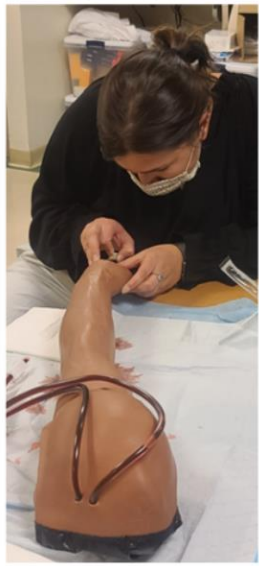
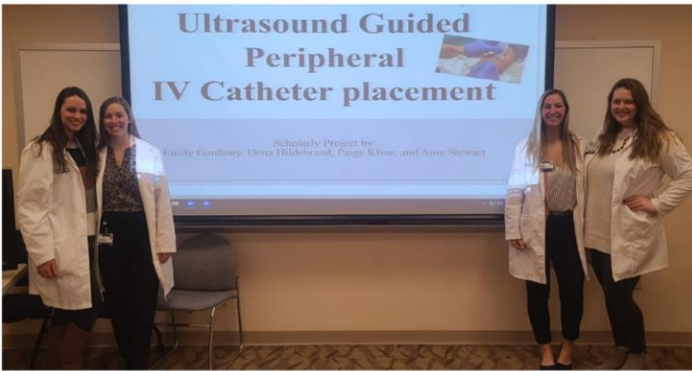


Congratulations to Olivia Esbenshade, SRNA, Monika Harold, SRNA, Tara Shipe, SRNA, & Hali Soloski, SRNA for completing their implementation of their Quality Improvement Scholarly Project, Point-Of-Care Gastric Ultrasound, at Apple Hill Surgical Center this morning. Thank you for all your hard work and for advancing the profession! We cannot wait to see what you do in the future! What a great way to celebrate CRNA week!



A job well done to another group of our outstanding juniors! Congratulations to Emily Gaultney, SRNA, Dena Hildebrand, SRNA, Paige Kline, SRNA, and Amy Stewart, SRNA for implementing their Quality Improvement Scholarly Project, Ultrasound Guided Peripheral IV Catheter Placement. Today, the juniors taught our novice cohort in the WellSpan Health Simulation Lab how to place IVs traditionally as well as with ultrasonography.

Thank you for all your hard work and dedication to educating the next generation of CRNAs!





Advanced Airway Day with the Novice Cohort, Class of 2024! The students learned direct laryngoscopy, video laryngoscopy, fiber optic intubation, and various airway equipment.

They are working hard to prepare for the operating room!



"GRADUATE; PASS BOARDS, LIVE A HAPPY LIFE" DR. RICHARD HAAS



# HERE Comes THE Bride And Groom

Sally (Wenger Class of 2020) & Brock Martin

Said I do ~ August 21, 2021



## Welcome to the NAP Family Little Ones!



Erin (Class of 2018) & Andrew Foreman  
Welcome their second child November 11, 2021  
Miriam Louise Foreman  
Big Brother Walter and pup Teddy love Miriam





# Welcome to the NAP Family Little Ones!



Matthew (Class of 2018) & Paula MacDonald  
Welcoming their first child November 4, 2021  
Landon George MacDonald



Kelly (Class of 2014) & Dani Martin (Class of 2018)  
Welcome their second child  
Kade Michael Martin on February 5, 2022  
Big sister Ayla loves her baby brother.



Emily (class of 2023) & Raymond Girroir  
welcomed their third child  
Jack Anthony Girroir on January 08, 2021  
Look at all the love from  
Big Brothers Forrest & Ethan

Getting to know  
Matthew MacDonald, MS, CRNA  
Class of 2018 & Liaison for  
SOFA Foundation



**What inspired you to work with NAP students after graduating from the Program? (Class Lectures)**

- While it took a few years to overcome the angst of sitting in the classroom as a student, the return was inspiring. For one, the lecture preparation forced me to comb through the fine details of the presented material, which in turn improved my practice. To be around you all, the students, in the academic setting reminded me how hard working, receptive, and intuitive you all are.

My mom is a Principal and my sister is a Professor, education is in my family and it was a great experience for me personally to see if I had the same talents to offer.

**What are your greatest accomplishments?**

- I would have to say that my biggest overall accomplishment in my life thus far is providing for my family. I have heard that having children changes your life forever and I have come to experience firsthand.

I reflect more on all of the hard work that it has taken to get to this point in my career. For me it was always looking for and conquering the next challenge. To see all of that hard work now allowing myself and my wife to provide for our new family is amazing. They were always personal accomplishments for me; to see them now pay off for the benefit of those you love is unreal.

**Why did you choose to be the Liaison for SOFA and the NAP Students?**

- I felt that it is my turn to give back, to do more, and to be more instrumental in the organization that does so much in support of the NAP student body. As you get into various clinical sites and speak with students from other programs, you will quickly realize that out YCP NAP has unique features that empower and support you, the students, while offering unique experiences that train you to be a well-rounded practitioner. To have the ability to play a part in the SOFA foundation is exciting, it is about giving back time, talents, whatever is needed.

**Your Family?**

- My wife Paula and I welcomed our first child on 11-4-22, li'l Landon. He is a total game-changer for the best. We are overjoyed taking in the day-to-day experiences while dreaming about what is to come.

**What is some advice you would give the NAP Students?**

- Work hard! When you think you are doing enough, do one more thing to prepare yourself for whatever lies in front of you tomorrow! I remember Professor B saying, 'these exams aren't the real tests...the real tests come every day you enter the OR now and especially after you graduate.' While that was paraphrased, the idea is poignant. Yes, school is stressful, exams are hard, clinical can be ridden with anxiety. Never lose sight of why you wanted to go back to school, why you wanted to become an anesthetist. Never lose site of the patient, the human being who has their own problems, joys, and stressors; one of which is the procedure you are about to guide them through. Do not forget to connect with each one of your patients on that level that will show them you truly care.

**Who do you admire most and why?**


















- Wow, I could go on for a while with this question. My wife Paula for sure, I have still yet to meet anyone who is as genuinely happy and joyous as she is. She reminds me every day not to sweat the small stuff and to find joy in the little things. I would not be who I am today, personally or professionally, without her.

**What do you enjoy doing on a day off?**

- In my free time I endlessly listen to music, there is rarely a time when some type of music is not playing in the background. I enjoy running the trails at Lake Redman/Williams, reading dumbed-down books on physics and philosophy, playing and laughing with Landon, and enjoying time with friends and family.



## Welcome our Newest NAP Cohort ~ the Class of 2025

|                                                                                                          |                                                                                                                 |                                                                                                       |                                                                                                                |
|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| Ashley Arena<br>        | Khislal Azizov<br>             | Sarah Colwell<br>   | Katherine Frances<br>       |
| Mordechai Kiewe<br>     | Mamawa Knouwa<br>              | Eileen Kuester<br>  | Ronald Liao<br>             |
| Josianna MacDonald<br> | Nina Marino<br>               | Laura Postles<br>  | Julia Rodriguez<br>        |
| Laura Schwartzer<br>  | Alexandria Siebecker<br>     | Claudia Theis<br> | Joseph Walker<br>         |
| Elizabeth Wiseley<br> | <br><div>Class of 2025</div> |                                                                                                       | Christopher Wolverton<br> |

## In the Spotlight

Senior student Chuck Williams preparing to give Junior student Emily Girroir an epidural before The birth of her son Jack.



Congratulations Senior, Beth Terry, SRNA, for being Selected to speak at The Pennsylvania Nurse Anesthetist (PANA) Spring Symposium in Hershey, PA this year. Beth will be presenting her case study focused on Hypertrophic Obstructive Cardiomyopathy. We hope to see you there! Well done, Beth!

Congratulations to our very own Professor Stephen Okoth who will be presenting his DNP project, "Burn out & Intent to Leave amongst CRNAs Redeployment during the COVID-19 Pandemic," at the Pennsylvania Association of Nurse Anesthetists (PANA) Conference in Hershey, Pa this spring! We hope to see you all there!





## Update from SOFA Foundation?

President Dustin Axe, CRNA

Greetings Alumni and current YCP NAP students! The SOFA Foundation has been working hard behind the scenes to support our current students. Our new board members are transitioning into their new roles and bringing fresh ideas to the foundation. Roman Supan graduated in 2017 and, is working at UPMC Pinnacle Harrisburg Hospital. He is serving as the Vice President for a two-year term. Kelsey Kulick is our new treasurer for the foundation and recently graduated in 2021. She is working at York Hospital. Matthew MacDonald is a graduate from the class of 2018 and works at York Hospital. Matt has stepped into the role of Liaison for SOFA. Thank you so much to our outgoing board members. Nick Edler, Melissa Dean, and Sean Zajdel did so much for our foundation during their time serving on the board of directors. We all wish them well and look forward to seeing them at future SOFA gatherings.

Megan Peters and Grey Obregon have been selected as our new Student Liaisons for the class of 2024 as outgoing members Stephen Cattalo and Hannah Park prepare for graduation. They will be joining Dena Hildebrand and Tara Shipe who are representing the Class of 2023. Thank you so much to all of the past and current Student Liaisons for volunteering your time to help SOFA stay in touch with the needs of our students!

Stay tuned for information regarding a first annual SOFA alumni vs current student's summer softball game! In addition, the Gala is back on for 2022 on October 15. We hope to see you there! As always, please follow SOFA on Instagram and Facebook for updates about our conference series, happy hour events, and fundraising opportunities! The future success of SOFA relies on support from our alumni. Please consider becoming involved with SOFA and serving on our board of directors. Our President and Treasurer positions will be up for election at the end of 2022!

Dustin Axe CRNA

President, SOFA Foundation

### **Donations for SOFA**

#### **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](https://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 Nurse Anesthesia Program.

## 2022 Case Study Series

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

All registrants must register online.

### Registration Fees

- Attendance at all sessions (March 5, 2022; April 2, 2022; September 10, 2022; and November 5, 2022) - \$125.00
- Individual sessions - \$50.00 per session
- Students free

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.

Face-to-Face sessions will be held at Wellspan Health York Hospital Gladfelter Auditorium located at 1001 S. George Street, York, PA 17403

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

This program has been prior approved by the American Association of Nurse Anesthesiology for 16.00 Class A CE credits; Code Number 1041825; Expiration Date 11/5/2022. AANA is an approved provider by the California Board of Registered Nursing, Provider #10862.



## Questions?

Please Contact:  
Sarah Rohrbaugh  
2247 Slater Hill Lane West  
York, PA 17406

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

### Cancellation Policy

Cancellations received later than seven days prior to each session will incur a \$10.00 processing fee.



## Second Annual Case Study Series Conference

March 5, 2022

April 2, 2022

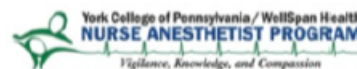
September 10, 2022

November 5, 2022

Face-to-Face and Virtual  
Conference Options

## Anesthesia Practice: A Case Study Series

Sponsored By:



**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](https://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!





### **Mark your Calendar**

SOFA Case Study ~ March 5, 2022 ~ Glatfelter Lecture Hall YH  
SOFA Case Study ~ April 2, 2022 ~ Glatfelter Lecture Hall YH  
2022 Graduation Dinner ~ May 6, 2022 ~ Heritage Hills  
Orientation 2025 class ~ May 13, 2022 ~ YCP  
Grand Rounds ~ May 13, 2022 ~ Glatfelter Lecture Hall YH  
Student / Alumni picnic ~ May 21, 2022 ~  
Tentative Grand Rounds ~ June 10, 2022 ~ YCP Alumni Hall  
Tentative Grand Rounds ~ August 26, 2022 ~ YCP Alumni Hall  
SOFA Case Study ~ September 10, 2022 ~ Glatfelter Lecture Hall YH  
SOFA Case Study ~ November 18, 2022 ~ Glatfelter Lecture Hall YH  
Tentative Grand Rounds ~ November 18, 2022 ~ YCP Alumni Hall  
Junior Halfway Dinner 2024 ~ December 2, 2022 ~ Yorkview YCP

#### **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

#### **NEWSLETTER**

Chief Editor:

Dr. Jason Lowe

Editor/Publisher:

Stacey Holtzman

#### **Program Website**

[www.yorkcrnaprogram.com](http://www.yorkcrnaprogram.com)

**Facebook ~**

[facebook.com/yorkcrnaprogram](https://facebook.com/yorkcrnaprogram)

**[Deadline for next NAP News will be June 1 2022.](#)**

**Looking for NEWS for the Next NAP NEWSLETTER, I need your HELP!**

**We can never have enough news, if it is important to you, it is important to us!**

- Did you travel somewhere?
- Did you meet someone interesting?
- Did you attending a meeting or conference that you would like to share information?
- Did you welcome a baby? Did you get married or engaged?
- **Students:** Did you really enjoy a clinical site or have a great preceptor want to share a blub & a picture?
- Did you hang out with your cohort or Alumni?



I would love to know all about it. Please forward all information to Stacey Holtzman, [sholtzman@ycp.edu](mailto:sholtzman@ycp.edu).