



To & Fro

A Publication of the Georgia Association of Nurse Anesthetists • Volume 64 • Fall 2010

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Mission Statement

The Georgia Association of Nurse Anesthetists is a non-profit organization committed to advancing patient safety by supporting and furthering the practice of nurse anesthesia in Georgia.

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What's in Your Tackle Box

Barry Cranfill, CRNA, MHS, MBA, FAAPM • GANA President



"Hey Dad, I need some help here...I caught the alligator!" My son's rather calm statement of fact was met with a parent's typical tone of skepticism. But when I got to the dock, there he was! A six foot

South Carolina gator floating quietly in the lagoon, hooked to my six year old boy's Superman fishing pole! Thankfully, my pint-sized angler was separated from the restless reptile by a well built dock railing. The kids wondered how we were going to reel him in so I had to explain that we were ill-prepared for such an adventure. We just didn't have the proper equipment or skill! So, we snapped the line off at the hook and our unwilling and unwanted quarry disappeared beneath the dark water with a snap and a roll.

Is your tackle box ready for gator? As CRNAs we have an obligation to our patients, surgeons, facilities and payers to be properly prepared for any and every eventuality. Sure, we can handle the anesthesia care for our patients...we do our best for the folks that entrust us with their care. But are you prepared to provide the full array of services expected of a CRNA practitioner? Does your tackle box include all the skills and knowledge you may need? Here is my list of "must have" items that I believe needs to be in every CRNA's armamentarium:

- A complete skill set for full service CRNA practice for all cases and all populations, to include independent practice, advanced airway management, regional anesthesia, central line placement, critical care and pain management
- Current knowledge of recent research and

best practices as it relates to anesthesia and perioperative services

- A working knowledge and understanding of current regulatory compliance issues
- A complete understanding of anesthesia billing and compliance requirements for professional anesthesia services
- An understanding of the various anesthesia practice and staffing models
- The business savvy required to discuss and market your services to facility administrators, surgeons and payers
- The leadership and management skills required to lead your facility to excellence
- The willingness and aptitude to teach others how to best care for our patients
- A continuous legislative awareness (both State and Federal) of healthcare issues

If your tackle box is bare or lacking in some of these compartments, it may be advisable to stock up so that you will be prepared for whatever happens to wiggle your line as you cast it into the ever-changing waters of the anesthesia industry.

Bold new evidence has recently been published in two highly regarded, peer-reviewed publications regarding our practice as CRNAs. The evidence based message is clear...CRNA practice is safe, efficient and economically superior. Now it is our responsibility to ensure that we can live up to these expectations with renewed energy and continued excellence in all that we do. We must not rest on our laurels, we must not tarry at the brink of opportunity. Embrace the challenge and seek to be the best CRNA you can be.

Regardless of your practice setting or employment arrangement, you need to have your tackle box full. Additionally, we need to ensure that our educational programs graduate CRNAs that have tackle boxes that are brimming with all the accoutrements needed to meet the challenges to come. We are only as good as our weakest member, so it is vital that we set the bar high and strive for continued excellence and advancement.

Filling your tackle box has never been easier. The AANA, the GANA and various other resources have numerous educational offerings that will get you up to speed in any area that you may be lacking. Take the plunge and continue your lifelong learning for the benefit of our patients.

So Long!

This will be my last To & Fro article as President of the GANA. I am certain that many of you are breathing a huge sigh of relief as you anticipate the removal of my ugly mug and hapless verbal ramblings from the front page of our wonderful publication! But I must take a moment to express my gratitude for the honor of serving our membership for the past year. It has been a humbling and rewarding experience. Additionally, I must thank the many folks (The GANA Executive Director, current and past Board members, association members, students, faculty, etc.) that provided me with wise and capable counsel over the year. Any successes are owed entirely to their contributions, dedication and efforts. It is an honor to be associated with the best of the best.

*In your service,
Barry Cranfill*



and



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More details on tuition costs and CE credits will be available soon

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Message from the Executive Director

Christy A. Dunkelberger, Esq.

GANA 2010 Annual Fall Meeting

It is hard to believe that summer 2010 is behind us. Labor Day is upon us and football season has begun. The end of summer and the beginning of Fall means that the GANA Fall Meeting is right around the corner. This year we are meeting at the Cobb Galleria Centre located at Two Galleria Parkway Atlanta, Georgia 30339, October 1-3. The entire focus of the meeting will be geared to airway management. Also, as part of this year's meeting, President Elect Rose Synsmir has included some activities to promote wellness. There will be yoga and dance classes for everyone's enjoyment and to promote wellness. During the Annual Business Meeting members will vote on the previously distributed proposed bylaws amendments to the GANA Bylaws. GANA officers will update you on this year's events and we will announce the winners of the Rosalie McDonald Award and the Outstanding Student Nurse Anesthetist Award. Please register for the meeting to gain your continuing education credits - to participate in the organization's business - and to enjoy the festivities. We hope to see you there.

Legislative Update

Please keep in mind that this is election season. Election day is Tuesday November 2nd. Please take some time to get to know the candidates and participate in the process. Do some research on where the candidates from your district stand on the issues. Find out if they are supportive of CRNA interests, and if not, take the time to educate them on what CRNAs do and how CRNAs are unique anesthesia providers. There are many ways in which you can participate. You can volunteer to help a candidate during his or her campaign, you can contribute financially to a candidate; and most importantly, you can and should vote. The GANA-PAC makes contributions to state candidates

and in order to do so, we need financial contributions from our members. The GANA-PAC supports state legislators who understand and support CRNA issues. In order for GANA to have a voice in Atlanta we need a strong PAC fund. During the election season our funds are diminished and we need to replenish them through your donations. Please donate now. January 10, 2011, is the opening day of the next legislative session.

Congratulations Are In Order

Congratulations to Georgia CRNA Janice Izlar on her win in the AANA elections. As I am sure you all know by now, Janice was elected as the AANA Vice President. Janice has an extensive history of involvement with the GANA, serving on the Board of Directors and as its President. She also served as the AANA Region 2 Director for the past two years. Congratulations also go out to GANA President Barry Cranfill on his appointment to the Georgia Board of Nursing. Barry recently began his term and he is the only CRNA currently serving on the Board of Nursing.

What Lies Ahead In 2011

The GANA Board of Directors will be holding a leadership retreat at Callaway Gardens on November 6th. This retreat provides an opportunity for the old and new Board members to gain some leadership training and to establish a focus and direction for the work it faces in 2011.

GANA has also decided to hold a Spring Meeting in 2011. Plans are currently underway with IPGE to arrange for a meeting focused on Practice Management. It will focus on the business side of anesthesia. Details of this meeting will be provided in the near future, but hold the dates of May 14 and 15, 2011.

With Gratitude For Your Support

Janice J. Izlar, CRNA, DNAP / AANA Vice President



It has been my honor to serve as your Region 2 Director over the past two years. Being your Region Director was the fulfillment of a long-time professional goal and I greatly appreciate the privilege you, the members, gave me. Working with the leaders from the seven Region 2 States was a high spot of the job since each state is fortunate to have extremely strong leadership and are well positioned in the health care community and legislative arena. As a Board member, decisions are sometimes difficult. I sought wisdom from past leaders and your voice for the future as I made decisions considering the interest and needs of all CRNAs. Your communications during my tenure helped in that goal.

Now, as I continue with Board service as Vice President, I seek your continued input. To enhance member ease of communication, Board members have an AANA email address using our first initial, last name, @aanabod.com, for example, jizlar@aanabod.com. Please contact me with any thought, idea, or concern you have about our organization or profession.

I appreciate the support the GANA provided me on the way to the successful

Vice Presidential election. The elegant reception during Mid-year Assembly in DC was well attended by members from across the US. The "Get Out the Vote" phone calls made to all GANA members made a difference in voter turn out. Thank you for taking your time to make the calls, receive the calls, and submit a completed ballot in this year's election. Tears came to my eyes when I read in the last To & Fro that I would be the second GANA member to serve on the AANA Executive Committee. Thank you, more than words could ever express, for this extraordinary opportunity.

Some would say we are facing immense threats, but I envision opportunity. The recently published articles in Nursing Economics, "Cost Effectiveness Analysis of Anesthesia Providers," and Health Affairs, "No Harm Found When Nurse Anesthetists Work Without Supervision By Physicians" are examples of the public recognizing the valuable service we provide patients every day. Thank you for sharing my passion for our profession and live with expectation of the abundant possibilities for CRNAs. Together we will surmount professional challenges and create profuse opportunities. Today is a great day to be a CRNA!

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Region 2 Director Sharon Pearce, CRNA, MSN



"Perseverance is not a long race: it is many short races, one after another."
- Walter Elliott

The races are on! Being on the Board of Directors is indeed an undertaking of perseverance and I want to thank you for giving me this opportunity. Region 2 has a multitude of talented individuals in it and I am humbled by the vote of confidence to serve you. I will work hard and "persevere" to make sure that we are not THE BEST KEPT SECRET IN HEALTHCARE.

It was an amazing time in Seattle. I thought of myself as a pretty savvy member and someone who has been around for a long time and served in many capacities over the last 18 years. I have always thought we had an awesome organization but believe me, it is even MORE awesome than you can imagine. The AANA staff takes their jobs personally and does remarkable things for us, the members. As Jim

Walker once said, "Staffers care more for our organization than some of our members do". No truer words have been uttered.

To prepare for the board, I have received nearly a hundred documents, had to go through personality testing, had to read books on "Crucial Conversations", be Media Trained, and go thru numerous orientations and more. No stone is left unturned! It is surely like drinking water from a fire hose! But, I love it. I am in school again and it is exhilarating.

We have big threats and opportunities in front of us. Healthcare Reform is going to be a challenge. CRNAs are a solution to Healthcare Reform! I will work diligently to represent us in these uncertain and changing times.

Feel free to contact me with any questions or concerns. My email is spearce@aanabod.com. I look forward to persevering through this journey for you and with you.

News Update from the Mercer University/MCCG program in Nurse Anesthesia.

The Mercer University/MCCG Program in Nurse Anesthesia is proud to announce the start of construction on a new patient simulator lab that is intended to be a regional center for education for health care professionals in the southeast.

The Nurse Anesthesia Students will receive their clinical simulation experience at an off-site location until the new simulator lab is complete. Also, the new incoming class has arrived and their academics are in full throttle. The new class has 19 students, the largest class to date for the program.

Federal Political Report (FPD) Report



I am pleased to announce we had a record turnout from Georgia at the AANA Mid-Year Assembly that took place in April of this year in Washington DC.

There were a total of 35 attendees from Georgia with 24 of those SRNAs and 11 CRNAs. A total of more than 700 AANA members and SRNAs attended the meeting which was a new record. We learned about federal policy issues affecting CRNA practice and then went to Capitol Hill to educate members of the US House and Senate about the quality and value of CRNA care. Each year we make a special effort to visit all 13 Congressmen and 2 US Senators from Georgia.

While in Washington DC several of the CRNAs and SRNAs attended a fundraising reception that was held to benefit the CRNA-PAC. MCG student Maegan Brass and Mercer student Katie Truitt shadowed AANA Committee members during the meeting. We all got the opportunity to listen and visit with the AANA candidates running for the 2010-2011 AANA board. The GANA hosted a reception for Janice Izlar running for AANA Vice President. As you all know Janice just finished a successful 2 years as our Region 2 Director and was elected AANA Vice President for 2010-2011. Congratulations Janice!

The nurse anesthesia issues we took to our legislators this year and which are currently on going include **Restoring Funding for Medicare CRNA Rural ON-Call Hospital Services, Strengthen Nurse Educational Funding, Reverse Medicare Anesthesia Cuts, and Implement Medicare Anesthesia Payment Teaching Rules Equally.**

In updating the above issues, on June 18, 2010 AANA President Jim Walker sent a letter urging Medicare to restore payments to qualify rural

hospitals for CRNA on-call services. 2010 legislation has provided \$200 million over four years for a Graduate Nursing Education initiative and by reauthorizing funding for Title 8 nursing programs. The AANA continues to request educational funding from Congress through the appropriations process. The proposed 21.2% Medicare Part B payment cuts have been replaced with a 2.2% boost until November 30, 2010. Congressional help is ongoing to encourage the Administration to implement new anesthesia payment teaching rules that are consistent for both CRNAs and anesthesiologist. For further details of all these issues please access www.aana.com > Government Relations > Federal Issues.

As you are all aware this is a big election year here in Georgia with Senator Johnny Isakson and all 13 Representatives up for re-election. There is one open seat race in District 7 replacing the retiring John Linder. I encourage all of you to get out and vote. Consider voting for any candidates that you think might be friendly to our cause, regardless of their political party. If there is a candidate out there you feel is worthy of our support and a possible contribution from the CRNA-PAC please contact me.

If you have not yet given to the CRNA-PAC for this year consider donating a generous contribution to be used at the federal level to help keep those legislators in office that are friendly to our cause. Donations can be made online at www.aana.com > Advocacy > CRNA-PAC. Please feel free to contact me with any questions related to federal government issues.

Steve Smith CRNA, MA
Georgia Federal Political Director
slltdt@comcast.net

2010 AANA Mid-Year Assembly Meeting



Martha Kral, Congressman Jack Kingston, Ashli Bartlett, Emily Dollar, Marni Daniel, Debbie Garth, Karl Spens, Chris Wolbert, and Janice Izlar



Legislative assistant, Carla Farrell, Mary Clare, Melanie Marshall, Congressman Hank Johnson, Martha Kral, Mary Ellen McMellion, Emily Dollar, and Maegan Brass



Melanie Marshall, Martha Kral, Congressman Jim Marshall, Amy Murdock, Chris Wolbert, Mary Ellen McMellion, and Bill Agudelo



Group picture at Mid-Year Assembly in Washington DC, April 2010



Korie Agudelo, AANA President Jim Walker, Maegan Brass, and Katie Truitt



Rebecca Reese, GANA President Barry Cranfill, Ashli Bartlett, Deanna Anselmo, AANA President Jim Walker, Marni Daniel, Vivian Fontenot, and Jennifer Perry



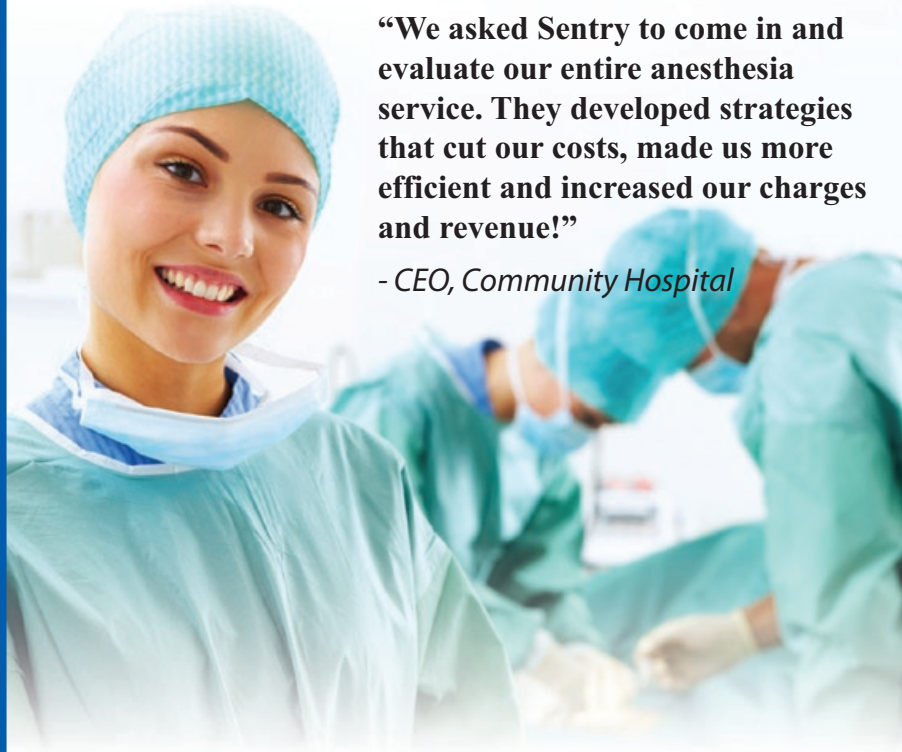
Janice Izlar and Jim Walker with MCG and Mercer SRNAs



Rose Shysmir, Steve Smith, LA Lauren Lattany for Congressman David Scott, Ann Patel and Brady Banares

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Winner of the AANA Foundation's GANA Scholarship



Deanna M. Anselmo is a senior student in the Medical College of Georgia, CRNA program. She received a BBA from the University of Georgia in 2000 and a BSN from Kennesaw State University in 2005. Deanna began her nursing career in the Cardiac ICU at Saint Joseph's Hospital in Atlanta, and continued to practice as an ICU travel nurse in California. She worked at Kaiser San Jose and Kaiser Sacramento before entering anesthesia school. Deanna has been serving as the 2009-2010 GANA Student Association secretary. Upon graduation, she will begin her career as a CRNA at Piedmont Hospital in Atlanta. She would like to thank the members of the GANA and the AANA Foundation for this scholarship. The generosity of the GANA and the AANA Foundation has truly felt like a blessing during this last semester of school. In addition, she would like to thank her husband John, her family, professors, preceptors, and classmates, for the love and support during this journey through the master's program at Medical College of Georgia.



☒ **Yes!**

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Interests – Check all that apply:

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| <input type="checkbox"/> Bylaws | <input type="checkbox"/> Communications |
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☐ Obtain a seat on the Board of Directors

I'd like to become a legislative contact for my legislative district:

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☐ I can participate in GANA Lobby Day

☐ I will participate in any area needed

☐ Other: _____

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Helping One Another: Our Trip to Haiti

By Rose M. Synsmir, CRNA, ANP, MA, BSN - GANA President Elect



Physician for Humanity- Haiti has been volunteering in Haiti, the poorest country in the Western hemisphere for approximately Sixteen years. A physician named Dr. Renoir Eugene started this mission in 1996. His dream was to help his native country, allow others to experience Haiti's culture and beauty and to

give the Haitian people access to surgical care. Dr. Eugene gave many people the opportunity to travel to this small island. Before his life was abbreviated by lung cancer at the age of forty, he put together a team of doctors and nurses to continue his mission. The team consisted of Dr. Mojabe Gasti, Vascular/ General Surgeon, Dr. James Fortson, ENT Surgeon, Nyrvia Cadet, CRNA, Marilyn Cook, RN, BSN, Maureen Watts, LPN, Lucille Hill, Surgical Tech and myself. To honor his memory, we decided to call the team The Dr. Eugene's Team. We have been continuing Dr. Eugene's legacy since his death in 2005. We travel to Milot, Haiti and give our services to Crudeum at the hospital of Sacre Coeur (Sacred Heart). We are only there for one week but many lives are impacted. We perform surgical procedures that may otherwise be unavailable. This in turn improves the quality of life for Haitians. The team not only provides the people of Haiti access to surgical care; there are also several other initiatives. We have recently sponsored a small orphanage in Port- Au- Prince and we also give financial assistance to patients and families in the hospital.

The hospital staff also benefit from our visits. Aside from being an extra pair of hands, the Haitian surgeons get to perform surgery with our physicians. They look forward to sharing new surgical skills and techniques that can enhance their respective practices. In addition, the operating room staff receives educational support from our nursing team. For instance, an educational session regarding the importance of counting lap pads and surgical instruments was conducted. Shortly after, an incident occurred that helped underscore the significance of such a basic practice. A sixty-nine year old woman scheduled for an exploratory laparotomy for abdominal mass was found to have lap pads left in her abdomen after an abdominal hysterectomy which was done three years prior. The Haitian nurses and doctors were left speechless.

It is now standard, before and after each surgical case for a count to be performed. The Haitian and American teams of Certified Registered Nurse Anesthetists (CRNA's) also receive many opportunities to learn from each other. The CRNA's view our visits as somewhat of a treat because we share and discuss cases which help them gain a fresh perspective. The team also benefit from our time in Haiti. Since this is a third world setting, we are compelled to work with the bare minimum in supplies and resources. The experience is also a lesson in conservation and helps to decrease waste. We augment The Nurse Anesthesia Program as well by helping to train the student nurses. One student shared that it is a privilege to learn from our vast experience and we consider it an honor to teach such willing and dedicated pupils. This also helps to perpetuate the nursing profession.

Although the hospital was not the primary site of the recent earthquake in Haiti, it was greatly impacted. The hospital census practically tripled in size because of the overflow of patients from Port Au Prince. Prior to the earthquake, the use of spinal anesthesia was commonplace in this facility. Therefore, the Haitian CRNA's did not routinely perform epidurals. However, the needs for post operative management and prolonged surgical time have increased the demand for the Haitian CRNA's to place epidurals. This proved to be a challenge as many of them had not performed this skill recently. After several demonstrations by Nyrvia Cadet, CRNA and myself this task was accomplished quickly and easily. They were grateful and appreciated our assistance.

Helping others is mutually rewarding and beneficial to all parties. Volunteering serves a dual function by helping to discover one's true purpose while shifting the focus from oneself onto others. It is the essence of giving back to a community that desperately needs it. Lastly it helps one appreciate the small comforts in life and learn not to take too much for granted. As CRNA's we are in a position to effect change. It is not necessary to go to a foreign country. This can be accomplished easily and locally. It is our obligation to be active and volunteer in our professional associations. We can join committees, donate to the GANA Political Action Committee (PAC) and even run for an office.

GANA Archives Activity Fall 2010

By Mary P. Flister, CRNA,
GANA Archivist

Again and again during the development of the Rosalie McDonald lecture, information and pictures from the GANA archives added great substance and depth to Ms. McDonald's history. The GANA is so fortunate to have had farsighted founders, including Ms. McDonald, who saw the importance of archiving.

The most recent activity for the archives is making GANA members' ability to access the archives relevant and available. A portable laptop computer has been purchased that is assigned solely to GANA information. Minutes of GANA board meetings, copies of GANA bylaws, and To & Fro editions are among the archived documents being scanned into searchable software in order to make this information immediately available at all GANA meetings.

The GANA archives have been moved to climate controlled storage also making them available to GANA members interested in accessing them. There is nothing "stuffy" or "arcane" about archive work. The past informs the present so that time spent inventing the future doesn't involve too many "do-overs."



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National Presentation of GANA Founder's History

After nearly two years of searching, calling, and cajoling, Leslie Jeter, CRNA and Mary Flister, CRNA finally had the information they needed to make a comprehensive presentation of the history and life's work of Rosalie McDonald, CRNA - GANA's first president and AANA's sixth president.

Leslie and Mary were invited to share Ms. McDonald's story with the AANA History & Archives Society during the 77th AANA Annual meeting in Seattle, Washington on Saturday, August 7, 2010. Mr. Patrick Downey, CRNA and past president of the AANA introduced this Anesthetists of Distinction as one in a series detailing the lives and work of the ladies who founded the AANA. "We know their names, but not a lot about them. There wasn't a thing they didn't do including excellent, excellent anesthesia!"

The presentation begins with a video introduction by Nell Livengood, CRNA, the first recipient of the annual GANA Rosalie McDonald award 'given to an outstanding CRNA practitioner in Georgia, recognizing sustained support of the GANA, and a contribution of excellence to the practice of nurse anesthesia ... and that this award be named after the first President of the GANA, Rosalie McDonald.' Nell was recruited to become active in GANA by Ms. McDonald. Additional videos of Ms. McDonald's Emory CRNA colleagues were included. These clips were taken from the 1998 film of "The Way It Was" - a roundtable discussion video found in the GANA Archives. Each of the videos interspersed with the historical facts of Rosalie's life and career as a mentor, activist, researcher, and pioneer served to bring Rosalie to life.

The program was well received. Mr Downey's concluding remarks emphasized the remarkable contributions of AANA's founding members. "We have to delve into those pioneer early years of the formation of AANA. What was presented today is so typical of those women who worked day and night. They didn't have iPhone, YourPhone, Old Face, Some Face, Skype Me, Skype You. They had communication by pen and pencil and they did it so well." Mr. Downey was awarded the Rita L. LeBlanc Philanthropist of the Year award at the 2010 AANA Annual Meeting opening ceremonies in Seattle.

A DVD containing both the slide show and the presentation filmed at the Seattle meeting is available if requested for a \$100 GANA-PAC contribution. It will also be available during the GANA Annual meeting at the Cobb Galleria Center Oct 1 through 3, 2010.

2010 AANA Annual Meeting in Seattle



Pictured L to R: Amy Murdock, SRNA Mercer University; Katie Truitt, SRNA Mercer University; Kori Agudelo, SRNA Mercer University; Tonya Millions, SRNA Mercer University; Davida Hilton, SRNA Mercer University; William Parham, SRNA Mercer University; Tracie Abplanalp, SRNA Mercer University. Kori Agudelo was a participant in the AANA College Bowl 2010.



Pictured L to R: Tonya Millions, SRNA Mercer University; Rose Synsmir, GANA President-Elect; William Parham, SRNA Mercer University; , Davida Hilton, SRNA Mercer University; Tracie Abplanalp, SRNA Mercer University; Janice Izlar, AANA Vice President



Mary Flister, GANA Archivist and Historian, Patrick Downy, Leslie Jeter, and Kathy Koch of the AANA Archives staff during the Rosalie McDonald presentation at the 2010 AANA Annual Meeting



Bill Agudelo, Marleah Oliver, Janice Izlar, Stacia Cranfill, Ann Thompson, Barry Cranfill, Leslie Jeter, Rose Synsmir, Sheree Wolfenden, and Charles Izlar at the 2010 AANA Annual Banquet in Seattle, WA

MCG Nurse Anesthesia School Report

By James Masiongale, CRNA, MHS



Summer came fast and furious this year. Things seem to have calmed somewhat after the potential closure scare, this does not mean that the students and faculty get to slow down. The summer is one of the busiest times for our program.

The students of the Class of 2010 are rapidly approaching meeting all the case requirements for taking the certification examination, and are anxiously awaiting the arrival of December and graduation. Several have jobs lined up already and several still looking. The job market nationwide for CRNAs has slowed considerably as of late. Let's all hope that when the economy recovers, jobs will again be plentiful. If you have positions available that you would like me to pass on, please email me and I can get the information to the class.

The Class of 2011 started clinical on August 17, 2010. They have spent the last year setting in classrooms eagerly awaiting the opportunity to put this new knowledge to work in the clinical setting. They all excelled in their didactic portion and the faculty are confident that with the help of all the wonderful people that volunteer their time to teach them in the clinical arena, we will again produce outstanding CRNAs for the state of Georgia and beyond. We have increased the amount of time each student spends on the high fidelity patient simulators. This makes the transition from didactic to clinical somewhat less stressful, but if you see someone in the OR with the "Deer in the headlights" look, chances are they are SRNAs young in their clinical training.

Welcome Class 2012! MCG's Nursing Anesthesia Program welcomed 20 individuals into the Class of 2012 on

Friday August 13, 2010. This marks the 16th class to begin their journey to becoming CRNAs at MCG. The transition from ICU nurse to SRNA has begun. We start at a sprinters pace and then the speed increases. It takes some time to get back into the student frame of mind, but we are fortunate to have 20 highly qualified individuals.

Maegan Brass SRNA Class 2010 chose as her Capstone project to design and distribute an MCG Nursing Anesthesia Newsletter. She is in the process of putting the finishing touches on it and should be completed soon. She started collecting alumni emails via facebook sometime back. If you are an MCG Alumni or would just like to receive the newsletter, contact her via facebook and get on the list. Maggie Williams SRNA, Class 2011 has agreed to continue this endeavor once Maegan graduates.

As always I want to thank all of the clinical instructors. You are the heart and backbone of our program and without you we could not exist. Taking the time to share your knowledge, experience, and skills is one of the greatest gifts you can give back to this wonderful profession. You are true Heros in the eyes of the students and didactic faculty, and we are forever grateful to you.

If you have any questions or comments, please do not hesitate to send me an email or give me a call.

Sincerely,
James Masiongale
Director & Clinical Coordinator
Nursing Anesthesia Program
Medical college of Georgia
(706)721-8215
jmasiong@mcb.edu

Message from the Government Relations Committee

By James Masiongale, CRNA, MHS

Summer has come and gone and before we know it the legislators will be in session again. The legislative break has allowed the GRC to relax and gear up for the coming year. I am sure that you are aware of the two articles that were released this summer, "No Harm Found When Nurse Anesthetist Work Without Supervision" and "Cost Effectiveness Analysis of Anesthesia Providers". It is impossible to know what if any impact these articles may have on this legislative session, but GANA, and the GRC will monitor this closely.

Several important dates to mark on your calendar:

AANA Fall Assembly of States, The Broadmoor,
Colorado Springs, CO. November 12-14, 2010

Nation Nurse Anesthetist Week January 23-29, 2011

Capitol Day
Georgia State Capitol, Atlanta, GA - January 28th, 2011

AANA Mid-Year Assembly, Crystal Gateway Marriott, Arlington, VA
April 10-13, 2011

If you have every attended one of these events, you know how educating and joyful they are, if you have not attend then I encourage you to try and attend at least one. Last year thanks in large part to Mercer and MCG anesthesia students; we had the largest turnout ever for Capitol Day. It would be wonderful if you could join us this year.

CRNA's Son Running for State Senate

Kathy Mann is a CRNA who has been practicing in Georgia since 1977. She has had an all CRNA practice in North Georgia since 1980. Kathy's son, Joseph Mann is running for the Georgia State Senate for District 51. This district includes all or parts of 8 counties including Fannin, Gilmer, Pickens, Dawson, Lumpkin, White and Forsyth. Candidate Mann will be present at the

2010 GANA Fall Meeting at the Cobb Energy Center. Please stop by and visit with him during the Opening Reception on Friday evening October 1st and let him know your concerns as a Georgia CRNA. You can visit his website at <http://mannforstatesenate.com> and consider giving him your support.

“Somewhere in the Middle”

By Kevin Roark, SRNA

Mercer University/MCCG Nurse Anesthesia Program, Class of 2011

As I finish my first year as a SRNA in Mercer’s didactically integrated CRNA program, I know that I have further to go than I have come. I find it helpful to look back at how much I have learned and accomplished over the past year. It also amazes me to think I will learn and grow even more in the next 15 months as a SRNA.

A CRNA I was shadowing once told me, “The hardest thing about anesthesia school is getting in.” Well, 13 months into a 28-month program, I couldn’t disagree more. However, I am glad that piece of advice was relayed to me before I started the program. If instead I had been reminded that I would be responsible for learning, remembering, and processing seemingly impossible amounts of information while performing in a high stress environment, it would have only added unnecessary and counterproductive anxiety.

One of the toughest adjustments for me was being new and awkward at something again. After being a critical care RN for 7 years, I was comfortable and competent in my professional role. However, things that I used to do effortlessly suddenly became cumbersome in the OR those first few weeks as I struggled to put on blood pressure cuffs, pulse-ox probes and EKG leads with the new added pressure.

After several weeks of fumbling around the OR, trying to pull off coolness in my

OR ‘man hat’, and trying not to look like a complete newbie, I finally had my moment. I remember it clearly. I brought my patient to the OR and the next thing I knew I had performed my entire induction routine in a smooth, fluid manner without a hitch. It was a landmark. My patient was asleep without incident! While this may be the expected outcome for a seasoned anesthetist, this was a HUGE victory for me. I felt less like a bumbling student and more like an actual CRNA. Don’t get me wrong, I am still humbled daily and have a long way to go, but this experience was an early transition in my training that helped me see my own progress. The growth of a SRNA is slow and can be obscured by the daily grind, but much like a child’s height, one day you look up and say, “Wow, you look taller today!”

In a profession with as many methods and techniques as there are “soul food” restaurants in middle GA, it can be challenging for a student to learn which of the many methods is most successful for them. This variety within the practice of anesthesia is perhaps one of the most alluring and challenging attributes of the field and something that I personally look forward to fine tuning in my future as a CRNA. As a student in my middle 30s, in the middle of my CRNA training here in middle Georgia, maybe being in the middle isn’t so bad after all.

A Senior’s Perspective

Deanna M. Anselmo, SRNA / Medical College of Georgia

I was in the OR the other day, two days into a new rotation and three months from graduation, and the CRNA I was working with asked me what might have seemed like an innocent, make some chit chat, type question: “So, are you ready to graduate?”

What might have seemed like a simple question actually had my mind racing a mile a minute. First I thought, “What an annoying question, of course I’m ready to graduate!” Followed quickly by my second thought, “Holy cow, am I ready to do this by myself? Oh God, I feel sick.”

My racing thoughts had me quickly reminiscing to my first day off of orientation as an ICU nurse, and I shuttered to think that I might have that very same terrible first day again (of no fault of my own, it was not a good day for the patient, and I barely survived the night). Very quickly, my mind has imagined myself in the corner of my bedroom, with my sweaty hands under my armpits, rocking myself like a baby. God

help me, I’m about to graduate! Can I really do this?

I take a deep breath, and I proceed to give myself a little pep talk. Deanna, remember the first time Professor Peterson stood in front of our class and gave us the odds of being in the class: 150 applicants, 60 interviews, 20 accepted? I, along with my classmates, are a part of that twenty. I DESERVE to be here, and it is up to me to take the reigns and survive the ride. I’m here. I have put in the work, I am on track to graduate, I will pass boards, I will be a CRNA. I will survive my first case, my first day, my first week, my first year, etc. Just breathe, it will be ok.

A split second after the CRNA asked me if I was ready to graduate, I answered frankly, “Yes, I’m ready. I’m ready to make my own mistakes, and I’m sick of people telling me that I have to use silk tape, and that I have to wrap from right to left. I prefer the darn pink tape and I prefer to wrap from left to right.”

Shadow a CRNA

Contact the GANA Office at 770-487-3900
or email ganaoffice@bellsouth.net

GANAS Report

submitted by Meagan Brass, SRNA, MCG



Well my senior cohorts, the end is near! What an exciting time for our 2 Georgia CRNA programs. While welcoming a new class of eager and wide-eyed students and introducing the junior students to clinical rotations, they are also preparing us seniors for our graduation. I honestly cannot believe it has been two years since I was one of those overwhelmed new faces! I can still remember sitting in on my first GANA meeting at MCG in August of 2008. I sat there and patiently listened to people discuss topics I hadn't the slightest concept of! I remember thinking, "CRNA governing laws?! I just want to pass my first test!" I will tell you, once the shock of adjusting to graduate school passes you will have an interest in what happens during these meetings and the impact these topics have on our practice. As a new graduate student it's okay to take time to focus on your studies, take "baby-steps"

to introduce your self to the topics at hand and the politics that are to be played. Use these GANA meetings as a way to expose yourself to our GANA Board of Directors. They love nothing more than to have an enthusiastic student come talk to them and ask questions. In my last column to you as a SRNA, I want to express my deepest and truest gratitude to the GANA Board. I also want to especially thank Barry Cranfill, Steve Smith, Jim and Amy Masiongale, Christy Dunkelberger, and Janice Izlar for their support, listening ears, leadership, and guidance they have provided not only to myself, but the other SRNAs across the state.

Lastly CONGRATULATIONS to Brady Bañares, Senior Nurse Anesthesia student at MCG. At the AANA National Convention in Seattle, his College Bowl team beat out 5 other teams to become COLLEGE BOWL CHAMPIONS!! Way to make MCG proud!

Maegan Brass SRNA
GANAS President



**CRNA/SRNA attendees
at the GANA Board Meeting
at MCGG in Macon**

FITNESS ACTIVITIES AT GANA FALL MEETING

Plan to attend the free drop-in wellness opportunities during The Fall Meeting at the Cobb Galleria.

Come join us and focus on your fitness. No pre registration necessary:

Costumes Latin Dance Show and Dance Lessons

PasoFino Dance Company • Friday, October 1, 2010, Time 1830-1930

Mambos, cha-chas, waltzes, tangos, sambas, foxtrots and now salsas are spinning across America's TV screens on the popular dance show, Dancing with the Stars. Not only is dancing an exceptional way to let loose and have fun, is a great source of stress relief, cultural enlightenment and another way to stay healthy.

Basic Yoga with Mark from Nchanting Yoga, East Cobb, Georgia

Saturday, October 2, 2010, Time 1830-1915

Marc has been practicing yoga since 2002. Having experienced many of the benefits of yoga himself, Marc started teaching yoga in March 2004 so that others could experience and appreciate this ancient practice. He received his Yoga Teacher Certification in February 2005 from Peachtree Yoga Center under the guidance of Graham Fowler and Ursula Nix.

Oct 1-3, 2010 Georgia ANA Meeting in Atlanta



Invites you to attend the

Georgia ANA 2010 Fall Meeting in Atlanta

**at the
Renaissance Atlanta Waverly Hotel
and
Cobb Galleria Convention Center
Atlanta, Georgia**

Study in Health Affairs Confirms Quality, Safety of Nurse Anesthetist Care

Authors Recommend that Medicare Repeal Physician Supervision Requirement for CRNAs

Park Ridge, Ill.— There are no differences in patient outcomes when anesthesia services are provided by Certified Registered Nurse Anesthetists (CRNAs), physician anesthesiologists, or CRNAs supervised by physicians, according to the results of a new national study conducted by RTI International. The study, titled “No Harm Found When Nurse Anesthetists Work Without Supervision by Physicians,” appears in the August issue of Health Affairs.

The RTI study examined nearly 500,000 individual cases and confirms what previous studies have shown: CRNAs provide safe, high-quality care. The study also shows the quality of care administered is equal regardless of supervision. Currently, the Centers for Medicare & Medicaid Services (CMS) prohibits Medicare payments to hospitals and ambulatory surgery centers when CRNAs provide anesthesia care in the absence of physician supervision. However, starting in 2001 CMS began allowing states to “opt out” of the Medicare physician supervision requirement for CRNAs. Since then 15 states—most recently California in 2009—have opted out.

The RTI findings demonstrate that the Medicare physician supervision rule for CRNAs is obsolete and unnecessary. The study compared patient outcomes in states where the supervision requirement is in place with patient outcomes in the 14 states that had opted out of the requirement between 2001 and 2005, and found that patient outcomes did not differ. “We find no evidence that opting out of the oversight requirement harms patients in any way,” said study author Jerry Cromwell, PhD. “Based on these findings we recommend that CMS repeal the supervision rule.”

“This study speaks volumes about our

profession, our commitment to quality care and the proven track record Certified Registered Nurse Anesthetists have with patients across the country,” said Paul Santoro, CRNA, MS, president of the American Association of Nurse Anesthetists (AANA). “As we have seen in opt-out states, CRNAs are highly qualified to practice in a wide variety of settings and circumstances. Whether in the operating room or in the delivery room, the data prove that CRNAs provide safe, high-quality anesthesia care.

“Motivated by the safe, excellent care that nurse anesthetists provide, 15 governors have decided to opt out of the Medicare payment rule, choosing instead to allow hospitals to make their own decisions on anesthesia staffing. This growing trend continues as states recognize the excellent skills and high-quality care of nurse anesthetists,” continued Santoro. “This study should encourage other states to think critically about their healthcare needs and how nurse anesthetists can expand access to anesthesia services.”

Other research and data support the RTI finding that there are no differences in quality of anesthesia services delivered by CRNAs and anesthesiologists. Most recently, a study about the cost effectiveness of nurse anesthetists released in May included a comprehensive review of published studies. The review found no measurable differences in the care provided by CRNAs and anesthesiologists. Equally important, the study showed CRNA-only anesthesia care to be the most cost-effective anesthesia-delivery model.

Go to www.aana.com for Abstract / Reprint / Full Text

Study Shows CRNA-Only Anesthesia Delivery Most Cost Effective

Data Show No Difference in Quality or Safety by Anesthesia Provider or Delivery Model

Park Ridge, Ill.— A Certified Registered Nurse Anesthetist (CRNA) acting as the sole anesthesia provider is the most cost effective model of anesthesia delivery, according to a new study conducted by Virginia-based The Lewin Group and published in the May/June 2010 issue of the Journal of Nursing Economics.

The study, titled “Cost Effectiveness Analysis of Anesthesia Providers,” considered the different anesthesia delivery models in use in the United States today, including CRNAs acting solo, physician anesthesiologists acting solo, and various models in which a single anesthesiologist directs or supervises one to six CRNAs. The results show that CRNAs acting as the sole anesthesia provider cost 25 percent less than the second lowest cost model. On the other end of the cost scale, the model in which one anesthesiologist supervises one CRNA is the least cost efficient model.

The study’s authors also completed a thorough review of the literature that compares the quality of anesthesia service by provider type or delivery model. This review of published studies shows that there are no measurable differences in quality of care between CRNAs and anesthesiologists or by delivery model. “The data confirm that CRNAs deliver anesthesia safely and cost-effectively,” said AANA President James Walker, CRNA, DNP. “With growing demands on the healthcare system nationwide, we must do all we can to make sure the

nation’s healthcare professionals are used as effectively and efficiently as possible. CRNAs, who administer approximately 32 million anesthetics to patients in the United States each year, stand ready to do our part.”

The results of the Lewin study were particularly compelling for people living in rural and other areas of the United States where anesthesiologists often choose not to practice for economic reasons. The safe, cost-effective anesthesia care provided by nurse anesthetists has been a mainstay in these areas for more than 100 years, ensuring millions of patients access to surgical, obstetrical, trauma stabilization, and diagnostic procedures.

Method

In order to define the most cost-effective anesthesia delivery model, the study’s authors conducted simulation modeling and claims analysis using the Ingenix national claims database of integrated medical and financial data from commercial payers for 2008, which included 52,636 anesthesia deliveries, and the 2006 National Survey of Ambulatory Surgery (NSAS) which contains 52,223 visits. Findings regarding the quality of anesthesia care were based on a comprehensive review of nine published studies.

Go to www.aana.com for full text



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GANA Calendar of Events

GANA Board Meetings:

(Begin at 10:00 a.m. unless otherwise noted)

October 2, 2010 at 6:00 p.m. at
the GANA Fall Meeting

November 6, 2010 at the
GANA Retreat in Callaway Gardens

February 12, 2011 at
MCCG/Mercer in Macon

May 14, 2011 at the GANA Spring
Meeting in Atlanta

August 27, 2011 at MCG in Augusta

GANA Events

Georgia Association of Nursing Students (GANS)
Convention
October 15-16, 2010 in Columbus, (exhibitor)

Board of Director Retreat
November 6, 2010 at Callaway Gardens

Capitol Day and Proclamation
Signing with the Governor
January 28, 2011 at the State Capitol in Atlanta

GANA Spring Meeting
May 14-15, 2011 in Atlanta

Georgia Public Broadcasting – TV Telethon
Spring of 2011 – TBA

GANA Annual Fall Meeting
September 30-October 2, 2011 in Atlanta

AANA EVENTS

Fall Assembly of States
November 12-14, 2010 in
Colorado Springs, CO

AANA National Nurse Anesthetist Week
January 23-29, 2011

Assembly of School Faculty
February 24-26, 2011 in Orlando, FL

Mid-Year Assembly
April 10-13, 2011 in Arlington, VA

AANA Annual Meeting
August 6-10, 2011 in Boston, MA

www.gana.org

If you haven't been to www.gana.org lately please take time to check it out. There you will find up to date invaluable information for all CRNAs in Georgia. At the site you can access information about the calendar of GANA and AANA events for the coming year, state and federal issues, current events affecting CRNAs, student news, current articles pertaining to nurse anesthesia, contact information and resources related to anesthesia.

If you have not yet signed up for the "members only" site please take a few minutes to do so. We currently have 170 members. Once you are signed on this will allow you to access sites the general public cannot including online voting. Also on this site at the bottom of the page you will find the "Mailing List". If you are not receiving blast emails from the GANA you can

subscribe from our secure mailing list and also unsubscribe if you wish.

There is a lot of effort put forth to keep the GANA website current and full of valuable information to all CRNAs in Georgia. We welcome all comments, positive and negative, concerning the web site. We would also appreciate any input for changes concerning the website and also the GANA newsletter, To and Fro. These two forms of communication are for all of us. Please help make it the best we can.

Steve Smith CRNA, MA
GANA Communications Chair
slltd@comcast.net

Georgia Association of Nurse Anesthetists PAC

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