



**SOUTH DAKOTA
ASSOCIATION
OF NURSE
ANESTHETISTS**

SDANA Monitor

AUGUST 2019

President's Address

It was the summer of '83', heat sweltered all around me....I know....the lyrics say it was the summer of '69' (I was there also). But August of '83', 36 years ago I spent 6 fantastic days in New Orleans, yes Louisiana! It was the beginning of my second year of my anesthesia program (some of you may not have been born yet). This was the beginning of my future career, my profession in life. I was attending my first AANA National Convention. An eye opener to WHAT and WHO keeps our profession strong and ticking. It was the turning point for me that I made the right choice in life! I was not training for a job, I was preparing for a profession.

The heat and humidity were not a problem. We were surrounded by friends, fellow colleagues, comradery. We talked shop, new ideas, what works for them, their state, what needs to change, and what we have to do to make OUR profession the best for our patients and communities. I couldn't believe we had such a fantastic organization working for the better of our profession. This was my first, but not my last national meeting!

I talk about professionalism. This is what make nurse anesthesia so great. This pride I have providing a service to people in need. My favorite little story is starting labor epidurals and giving a test dose, and the mom says she is already starting to feel better. It truly warms my heart and puts a smile under my mask, even at 3 am. I know I am not the best anesthesia provider there is, but I always give my best in every anesthetic I provide. I consider every patient my mother, brother or child, and give the service I would want my mother, brother or child to have. That is the professional part. We all need to do the best to our ability on every anesthetic, to be a professional.

The American Association of Nurse Anesthetists was founded in 1931, and today represents over 53,000 CRNAs nationwide. Our nation organization has a number of hardworking people pushing for excellence in our profession. From our CEO Randall Moore, Stacy Meinert Chief of Staff, Lorraine Jordan Chief Advocacy Office and Foundation, Chris Benton, John fetcho (insurance), Ralph Kohl (Federal Government Affairs), Anna Polyak (State Government Affairs), Luis Rivera (state management affairs) and may more of a fantastic crew. So many people, watching and working on different aspects of OUR profession on a daily basis. Our DC office is on the Hill weekly working on legislative issues important to our patients

and nursed anesthesia. Peer assistance, insurance services, federal government affairs issues, state government issues, education for OUR profession, among many other services, all for the membership fee of \$645. A couple of star bucks coffees a week, one stop at McDonalds a week, less than 0.004 percent of your yearly salary.....I think you get the drift.

Friends, although the AANA represents over 53,000 CRNAs, only about 90% are members and our membership are dropping about a half percent a year, most whom are out 7 or less years. All this, working hard for your profession and your future for \$645 per year. My employer reimburses me. If you have never been to an AANA Annual Congress (nation meeting) or more so, my favorite meeting of all time, the AANA Midyear Assembly in Washington DC, you may not have been inspired as I have. Please trust me when I say, we have a great organization watching over us!

Back to 1983, the year I first attended an AANA meeting. Our leaders had the foresight to work harder in the political arena to strengthen or profession. The beginning of the AANA Political Action Committee (PAC). I could write hours on this alone, but here is the short story. Funded by voluntary contributions from CRNAs (not from dues), these funds are disbursed to legislators whom are friendly to CRNAs or supporters of issues important to us, lawmakers! The AANA PAC is one of the top medical PACs in the nation, and the largest nursing PAC. Believe me when I say, our voice is heard in Washington DC. Did I say Midyear is my favorite meeting of all time? I have been on the Hill. My first meeting was in 1984 (last year of my program). I have missed only 4 Midyears since. If you have never been, or you still wonder what \$645 a year does for your profession, I challenge you to come and tell me different. And don't forget your State organization, the South Dakota Association of Nurse Anesthetists, we also have a state CRNA PAC. We have legislation we work on yearly in Pierre.

The AANA Foundation, a TAX DEDUCTABLE contribution helps fund research on our profession, giving the needed information to support issues close to us. There are many ways to give. At the time of renewing your membership, separate donations, giving an endowment or gift.

It's funny, I type with 2 or 3 fingers, but sometimes I find myself chatting a long time. The story is this my friends. You are a professional. Do the best anesthetic you can, every time, every day. Every patient should receive the same you would want a family member to receive. Support your profession and the hundreds of people that keep your profession strong. Be a member of AANA (did I tell you my employer reimburses me?). a few hundred dollars of your dues comes back to South Dakota for your state organization, the SDANA. Support those people who are on your state board working to keep your profession strong in South Dakota. If asked to help on a committee, give a few hours of your time if you are able. Support you national and state PACs. It assures you voice is heard. Give to the AANA Foundation, even a little is a help. But most of all my friends, have pride in your profession! It's a great day to be a CRNA.

Respectfully submitted
Donald Roesler, MS, CRNA
SDANA President
SD State Peer Advisor

John Fernau
CRNA

Treasurer's Report

Hello again from your SDANA Treasurer. Hope you are all having a wonderful summer. It has been anything but summer vacation with the SDANA. We have been busy working towards advancing our practice as CRNAs in South Dakota now more than ever!

We have been busy with our multiple lobbyists, legislators, the SD Board of Nursing, and multiple health professional organizations forming coalitions and strategizing our plan of action to attain our goals. This all takes close money management.

We, as a board, are grateful to serve the membership as best we can. From the Treasurer's perspective, that means using all means to complete our objectives as fiscally responsible as possible. We have multiple board members using their own professional continuing education funds to lower the travel cost for the SDANA. We constantly use personal supplies, computers, etc. to save money for the SDANA. Thanks to Taylor and Don, we have obtained Strategic Reserve Funding from the AANA for the upcoming legislative venture that will pay for half of our efforts. The remaining funds will come from our endowment fund. Speaking of our endowment fund, we switched financial advisors to Fidelity in April and since then it has been growing very rapidly. We surpassed our average annual investment return in only 3 months! Also, the service we have received from Fidelity has been phenomenal.

We are still awaiting notice from the AANA on the Borderline States Funding Grant that I applied for this spring. We have been awarded this Grant the last two years and are hoping to receive it again this year.

We continue to use Quickbooks for financial software, utilize electronic bill payment, and maintain complete electronic financial records. We are also proposing a fiscal year date change from August 1 to October 1, which would enable us to track annual travel expenses closer and coincide with the AANA fiscal year.

The SDANA Board of Directors are doing all we can so the future of our profession in South Dakota is better than today.

CPT Teri Schlunsen
CRNA

Trained to Save, Honored to Serve...

...is what you will hear echoing in the drill hall when the 452nd Combat Support Hospital is called to attention. I have been part of the 452 CSH or “cash” as we call it, since January of 2014. A CSH includes all staff and departments required to operate a hospital with surgical capabilities, including ancillary departments such as radiology, pharmacy, and lab. The 452 was deployed to Kuwait for 9 months. Since a new group of providers rotates through every 90 days, it takes many providers to cover a deployment. Many of the providers on deployment belong to other units. After their period of active duty, they are released back to their home unit. I was fortunate that I was able to deploy and serve our country alongside my home unit.



After spending a week in El Paso for pre-deployment, we were off to Kuwait. It was about 23 hours travel time to our final destination, which included approximately eighteen hours of flight time and two lay-overs. We were stationed at the United States Military Hospital in Kuwait (USMH-K), at Camp Arifjan. Arifjan is considered the “stepping stone” to the Middle East and a vast number of soldiers come and go daily. We were given a few days to flip our sleep schedule, get oriented then hit the ground running.

Six anesthesia providers came on our rotation. Four of us were stationed at Arifjan and two were pushed forward to two different sites. As chance would have it, one of the

CRNA's stationed at Arifjan was a fellow classmate from the MMC anesthesia program. What a welcome surprise! It was great to see an old classmate and friend. She was an awesome battle buddy and we look forward to future military adventures. USMH-K had two OR's and four surgeons. Appy's, chole's, hernia repairs, knee scopes, I&D of various abscesses, finger pinnings and lipoma removals were the majority of our cases. We did see an occasional trauma but not the combat kind. We did 24 hour in house call and 24 hour backup call shifts. Combat areas are covered by the FST's or Forward Surgical Teams. FST's are mobile units deployed to areas out in Iraq, Afghanistan, Syria, etc.

When we were not at work, Arifjan offered many activities to keep us busy. And honestly, keeping busy is what helped pass the time! Three gyms, a lap pool, movie theater, woodshop, and some small shopping areas were available daily. A large variety of religious services were available on the weekend with several services organized and put on by soldiers themselves. The USO offered a variety of activities on base. You could do anything from painting to human foosball depending on the day. MWR (Morale, Welfare & Recreation) also offered many on



base activities which included 5k's, triathlons, body building competitions, weekly bingo and poker tournaments to name a few. In addition, MWR offered opportunities to explore the culture off base. After taking a training course on cultural awareness you were able to sign up for these day trips. I was able to visit the Grand Mosque, Kuwait Towers, The Old Souk, several malls, local cuisine and camel races in the desert. The exchange rate for currency was 1 U.S. dollar to 0.29 Kuwaiti Dinar (KD). Most people would take at least 30 KD (\$100) along for trips off base.

Our living quarters were based on rank. I shared a small room with two other people. Latrine, shower and laundry facilities were located in separate trailers. The military provided three dining facilities or "chow hall's" which were no expense to us. There was also a variety of fast food restaurants, including Burger King, Taco Bell and Subway, and two coffee shops. Of course, Starbucks had its footprint there as well. There were two local restaurants to break up the monotony of cafeteria food. One was a small wood-fired pizza place with outdoor picnic tables, in the sand. As luck would have it, my last week in Kuwait I was able to enjoy some wood-fired pizza with one of my fellow board of directors, Tom Larson, as he was on his way in, awaiting details for his final destination. Funny how you can go halfway around the world and still find a familiar face! Tom is making his way back home as I write this article. Safe travels Tom and thank-you for your service!



As CRNA's, we have an awesome opportunity to serve our great nation! The people, places and experiences you will have are like none other.

Student Representative Report

My time as the student representative for the class of 2020 for the SDANA Board of Directors has been many things for me – challenging, enlightening, rewarding, eye-opening, and influential.

The SDANA Board of Directors has done an excellent job of including me into Board meetings and conference calls, as well as state and national educational meetings. I have learned more about our profession and the politics and “background work” that it takes to make our profession successful. Although I am unable to officially vote in any Board meetings, I feel as if my voice was heard on any concerns or

input that I had. I feel very privileged to have been chosen to represent Mount Marty Class of 2020 for the SDANA Board of Directors. In April, I was lucky enough to travel to Washington, DC with the SDANA Board of Directors to take in the Mid-Year Assembly meeting. While there, my eyes were opened widely at just how political our profession is. I learned just how many proactive and involved CRNAs there are worldwide making our profession succeed. I also was given some insight into what anesthesia practice looks like in different

states for both CRNAs and SRNAs. Being able to advocate for our profession on Capitol Hill and speaking with our local South Dakota legislators on behalf of our profession is not an experience I will ever forget. Washington, DC was truly an incredible learning experience for me and I am very grateful to the SDANA Board of Directors for allowing me to join them.

Danielle Hart
SDANA Class of
2020 Representative

A note from Brian Kvamme

Hello SDANA members! 2019 has been a busy year for the SDANA. Don, Taylor, and the board have been working on legislative issues, attending conferences, and having meetings with legislators and lobbyists to stay ahead of any issues that may arise during the 2020 legislative session. Personally, I've been busy with the member spotlights that have been published every month during the year. I hope you have been able to read a few and have enjoyed them. It

has been interesting to learn all of the wonderful things CRNA's are doing around the state of South Dakota and the world! If you haven't been able to see them, we put them on our Facebook website, send them out through email, and the most recent one can be found on our website at SDANA.com. Another project I've been working on is the SDANA website. Currently, some members are having issues logging in and seeing information. Our website managers will hopefully

have this issue resolved by the Fall 2019 meeting. Please reach out to me if you are having any problems. I will also be updating the website with pictures and information once the fall elections are completed. If you see Pete Glassbrenner, please thank him for all of his hard work as he has been a big help with the website. Hope to see you all in Sioux Falls in September at the education conference and PAC event!

SOUTH DAKOTA ASSOCIATION OF NURSE ANESTHETISTS

**Register
now!**

2019 Annual Fall Education Conference

SEPTEMBER 27-29, 2019

Best Western PLUS Ramkota Hotel &
Conference Center - Sioux Falls, SD

About AANA Peer Assistance

Don Roesler, MS, CRNA—SDANA State Peer Assistance Advisor

AANA Peer Assistance is support for CRNAs and student registered nurse anesthetists for all aspects related to drugs/alcohol impairment, suspicion of drug diversion, substance use disorder (SUD), adverse event support, and questions related to fitness for duty.

What is the AANA Peer Assistance Helpline number?

800-654-5167

When can I call for help?

When it is needed; the Helpline provides 24/7 confidential live support and resources.

IMPORTANT: For a crisis with potential immediate risk for harm to self or others, call 911 or the American Foundation for Suicide Prevention (AFSP) suicide hotline, 800-273-TALK.

Once the situation is safe, call the AANA Peer Assistance Helpline.

What is AANA Peer Assistance?

The AANA has offered substance use disorder (SUD) related support since 1983. This program has grown into a robust network of State Peer Advisors (SPAs) facilitated by the Peer Assistance Advisors Committee (PAAC) and AANA staff. Features of this support include:

- AANA Peer Assistance Helpline (800-654-5167) for confidential assistance, informational support, and referral resources to nurse anesthesia professionals and the public on issues regarding well-being as it pertains to risk for substance use disorder and other issues such as experiencing adverse events and fitness for duty.
- Commitment to address the occupational risk for substance use disorder through educational endeavors for prevention and early recognition of substance use disorder and drug diversion.
- Formulation of guidelines, workplace resources, and policy considerations for safe intervention, reporting, treatment specific to anesthesia professionals, long-term recovery, and appropriate re-entry.

**South Dakota Association
of Nurse Anesthetists**



The SDANA Mission is to:

- To unite all South Dakota CRNAs in oneness of purpose.
- To be recognized as the official professional organization of South Dakota CRNAs.
- To comply and cooperate with the directives as dictated by the AANA
- To cultivate among its members a desire and need to provide high quality anesthesia services.
- To keep its' members abreast of current developments in the science of anesthesia through continued education.
- To encourage mutual understanding and cooperation between CRNAs and Anesthesiologists.
- To assist and inform members of developments in government relations.