

THE monitor

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President's Address

by Donald Roesler, CRNA, MS

It is mid-summer at the time of writing this, 88 degrees, humid and sunny. Yet 3 days ago windy and low 70's. This summer we have seen monsoon rains, gale force winds, cold and hot. I seem to always start my reports as a weather man. There is a reason to my scattered thoughts. I always look at my weather apps to see what the future holds for me and yet I know it can change daily! We can look at our professional future somewhat the same; however, unlike the weather, WE can change our stormy outlooks.

There is a great deal of change in our future and new terminology over the last decade. NBCRNA, CPC, Anesthesiologist Assistants, Opt Out, collaboration, to name a few. There is "stormy" talk of our National Organization, our Board of Directors, and our future as a profession. We ARE, my friends, as strong as we have ever been. Our AANA Board of directors, elected by you (pending you voted), are devoted CRNAs that believe in our future, believe we are a cost effective, valuable asset to the medical field. The AANA is 48,000 plus strong in membership. The AANA PAC is the number one nursing PAC in the nation and among the top 10 medical PACs in the nation. Our voice IS heard in Washington, DC, and when we visit the "hill" in DC, Congress knows who we are. With that being said, I'll give you my short version of the future of CRNAs.

We need, to be a strong profession, an entity to prove we know our business. The NBCRNA is our direction to assure we are up to date in standards and education. Like it or not, this is the path chosen. We will have a new way of continuing education, a new

way of "proving ourselves", a new certification process. We can do it!

Anesthesiologist Assistants is not all that new but it is in the Midwest! They are coming and they are coming to take YOUR position as a professional. But here is the "we can change the weather" part. We stand as a great, well-respected profession and provide SAFE, quality and cost effective anesthesia with every patient we care for. We show our MDA friends we are a trusted care provider for every patient we encounter. We provide evidence we are professionals in and out of the medical arena.

The long and short of our professional future is up to US, not the NBCRNA, not the ASA, not Obama Care. We need to continue to provide the quality of care that CRNAs have provided for over 100 years. We have to remember every day that we are professionals and not technicians. We need to stay united and strong as a national organization. If we fail in any part of this, we can NOT control our weather, or our future. It is up to us and only us.

Stay a good standing member of the AANA. We are 48,000 strong however we are losing nearly 3% of our members yearly. The average member that does not rejoin is the CRNA practicing less than 6 years. People, I have 7 good years left in my practice, those out less than 6 years have 35 years or more in their practice. If you don't care for yourself ... we are in the medical profession. We all know how that sentence ends.

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Public Relations Committee

by Jim Barnett, CRNA

Public Relations is a true building process of developing relationships with the public and our organization that are mutually beneficial. All CRNAs have the opportunity to participate in this process and should take advantage of those opportunities. Every day we go to work we are forming a relationship with the patients, family and coworkers who we communicate with. The professionalism and personnel attitude we bring with us will have lasting effects on the public. It is our job to make sure we always remember that our actions and words affect not just one CRNAs relationship with the public, but it affects all CRNAs relationship with the public. There is no better way of developing relationships with the public than in person, no billboard can compare to the real thing.

The importance of developing mutually beneficial relationships is great. This can provide long lasting benefits for our association and at the same time improve care to the public. We live in a state that stretches wide in land but is small in numbers. It is really just a big neighborhood of 853,175 people and almost everyone has some type of connection with each other. This should be a great advantage for CRNAs to promote our profession as dedicated healthcare providers. We should always go to work with the mindset of providing safe, effective and confident anesthesia services to all patients. Relationships with the public will develop through our professionalism.

One of the venues to provide PR is through the SDANA website. The website is in need of some updating and your board and I are working on this. We have received a proposal from the current website design team for the expense to make the updates. The proposal is being reviewed by our management team Midwest Solutions and we will work together to find the best plan that will fit SDANA's needs.

Keep up the great work.

Federal Political Director's Report

by Al Schmitt, CRNA

This will be my last report as FPD. I would like to thank the membership for your support this past year.

In Washington the AANA continues to support the implementation of the VA Handbook.

Also the AANA is watching two bills in Congress. The first is Senate bill S297. This bill would allow Full Practice Authority to APRNs except for CRNAs. The second bill is HR1247. This bill will provide Full Practice Authority to all APRNs including CRNAs. Both bills will be heard in the Veteran's Affairs Committee of both Houses. In the Senate, Senator Rounds is a member of the Committee on Veteran's Affairs. The Board has sent letters of support to him. Please take a few minutes and contact his office.

President's Address

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Believe in and trust your AANA Board of Directors. These dedicated CRNAs put endless hours into your future as a profession. Also remember you voted these members into office. If you didn't vote, you should have little to say one way or the other. Read the AANA newsletter monthly and stay up on current affairs for your profession.

Give to your professional PAC yearly. PAC (Political Action Committee) is funded by voluntary contributions by CRNAs and SRNAs, governed by a CRNA-PAC Committee comprised of CRNAs. The CRNA-PAC make contributions to the federal (AANA CRNA-PAC) and State (SD CRNA-PAC) political campaigns of CRNA-friendly candidates for the House and Senate, and to legislators particularly influential on healthcare issues important to CRNAs and their patients. A strong PAC ensures your voice is heard in both the Federal and State arenas. I urge you to make a contribution to the AANA CRNA-PAC and the SD CRNA-PAC yearly to keep your profession strong. This year the SDANA PAC joined the Ambassador Club of the AANA CRNA PAC to strengthen our efforts building a stronger state and national PAC. More information will come. Also watch for "PAC events" at our coming state meetings, the next being in Sioux Falls October 2nd to the 4th.

A final note, I am privileged to work with such devoted and enthusiastic CRNAs and SRNAs on the SDANA board of directors as well as committee members. These people have put numerous personal hours and efforts to keep your profession strong both in South Dakota and nationally. It is an honor to work with these highly motivated CRNAs and SRNAs in our state!! It is a great day to be a CRNA in South Dakota. Thank you for your support.

SDANA Spring Meeting Recap

by Kara McMachen, CRNA, MS, APRN

The SDANA Annual Spring Conference was held at The Lodge at Deadwood May 1-3, 2015. We had a great turnout of 83 CRNAs and SRNAs from the Midwest. We are grateful for the 2 sponsors: West River Anesthesiology Consultants and Recruiting Resources. We had seven exhibitors: Mylan Inc.; Hospira Worldwide, Inc.; Verathon-Glidescope; Karl Storz Endoscopy – America, Inc.; Mallinckrodt Pharmaceuticals; Mindray; and PharMEDium Services, LLC.

Three fantastic Pharmacists (John Kappes, William Hayes, and Joe Strain) spoke on blood thinners, herbals, and a general pharmacology update. Our upcoming AANA Region 4 Director Mark Haffey spoke on Airway management of the ENT Patient as well as Remifentanyl. Mark Odden, our current AANA Region 4 Director, gave a great update on the current AANA issues. Being a business owner of an anesthesia group he provided great information on the Business of Anesthesia as well as how healthcare reform will continue to impact CRNAs. We had two Senior SRNAs from Mount Marty, Becky Edwards and Deena Davis, speak on anesthesia implications for a gas embolism. Lisa Badenhoff gave an in-depth talk on Edwards Lifescience Clear Sight, stroke volume variation, and fluid management. We concluded our meeting with Legislators Sen. Billie Sutton and Rep. Jacqueline Sly providing Legislative updates.

SDANA State Reimbursement Specialist Report

by Curt Pudwill, CRNA

Things have been quiet in terms of factors affecting reimbursement of CRNA anesthesia services in South Dakota. Hopefully it will stay that way for the long term. One thing that we are seeing as a challenge with our staff here at Rapid City is getting the documentation correct for screening colonoscopies. As a reminder, Medicare has made the move to reimburse for anesthesia services for "screening colonoscopies." As such, if we code things appropriately the patient will see out of pocket savings.

- Screening colonoscopy – Modifier (33) - Pts. Co-payment and Deductible waived
- Screening colonoscopy – Modifier (PT) - Pts. Co-payment applies but Deductible waived
- Diagnostic or Therapeutic Colonoscopy (e.g., with planned polyp removal) Co-payment and Deductible Apply

The main key to determining if a procedure is a screening is what is contained in the pre-diagnosis. If there are pre-conditions that the patient has relating to the need for a colonoscopy then it is not a screening. If the plan is just for a screening and they find a polyp for example and treat it, the procedure is still defined as a screening. Hope this is helpful for you.

The new conversion factor information has just come out. Overall the Anesthesia Conversion factor is at \$22.6083/unit. This provides an increase of 0.5% and \$2,000 extra revenue production per CRNA for the next year. Unfortunately South Dakota saw a decrease of 0.51% in its conversion factor - \$20.57 down to \$20.46.

While not everyone is going to view the Supreme Court's ruling concerning Obama Care as a positive thing it is good news to facilities. Having more individuals with a means to pay for their services should be a good thing, especially for the community health care facilities which have to take all comers.

Hope you are all having a great summer – see you at the Fall Meeting in Sioux Falls.

Bylaws Update: Fall 2015

by Donald Roesler, CRNA, MS, SDANA President

The SDANA Board of Directors are currently reviewing the Bylaws and Standing Rules as current and printed. At this time there are no changes for discussion at the next business meeting on October 3rd, 2015.

SDANA Peer Assistance: Professional Burnout

by Donald Roesler, CRNA, MS

All CRNAs live a fast-paced, non-stop, 24-7 professional life. We all cope with this lifestyle in different manners. Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed and unable to meet constant demands. As the stress continues, you may lose the interest or motivation that leads you on a certain role in the first place.

Burnout reduces your productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give.

Most of us have days when we feel bored, overloaded, or unappreciated; when the dozen balls we keep in the air aren't noticed, let alone rewarded; when dragging ourselves out of bed requires the determination of Hercules. If you feel like this most of the time, however, you may have burnout.

In many cases, burnout stems from your job. But anyone who feels overworked and undervalued is at risk for burnout – from the hardworking office worker who hasn't had a vacation or raise in two years to the frazzled stay at home mom struggling with heavy responsibilities of taking care of three children, the housework, and an aging father.

Burnout is not caused solely by stressful work or too many responsibilities. Other factors contribute to burnout, including your lifestyle and certain personality traits. What you do in your downtime and how you look at the world can play just as big a role in causing burnout as work and home demands.

Burnout is a gradual process that occurs over an extended period of time. It doesn't happen overnight, but it can creep up on you if you are not paying attention to the warning signals. The signs and symptoms of burnout are subtle at first, but they get worse and worse as time goes on.

Physical Signs of Burnout:

- Feeling tired and drained most of the time
- Lowered immunity, feeling sick a lot
- Frequent headaches, back pain, muscle aches
- Change in appetite or sleep habits

Emotional Signs and Symptoms of Burnout:

- Sense of failure and self doubt
- Feeling helpless, trapped, and defeated
- Detachment, feeling alone in the world
- Loss of motivation
- Increasingly cynical and negative outlook
- Decreased satisfaction and sense of accomplishment

Behavioral Signs and Symptoms of Burnout:

- Withdrawing from responsibilities
- Isolating yourself from others
- Procrastinating
- Using food, drugs, or alcohol to cope
- Taking out your frustrations on others
- Skipping work or coming in late and leaving early

If you recognize the warning signs of impending burnout in yourself, remember you will only get worse if you leave it alone. But if you take steps to get your life back into balance, you can prevent burnout from becoming full-blown breakdown.

Burnout Prevention Tips:

- Start the day with a relaxing ritual. Rather than jumping out of bed as soon as you wake up, spend 15 minutes meditating, writing in your journal, stretching, or reading.
- Adopt healthy eating, exercising, and sleep habits
- Set boundaries. Don't overextend yourself. Learn to say "no" on requests of your time.
- Take a daily break from technology. Set a time each day when you can completely disconnect.
- Nourish your creative side. Creativity is a powerful antidote to burnout. Try something new, start a fun project, or resume a favorite hobby. Choose activities that have nothing to do with work.
- Learn how to manage stress. You have more control over stress than you think.

Sometimes it's too late to prevent burnout – you're already past the breaking point. If that's the case, it's important to take your burnout very seriously. Trying to push through the exhaustion and continue as you have been will only cause further emotional and physical damage.

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Student News

by Mitchell Kuper, SRNA, SDANA Student Representative

The Mount Marty Nurse Anesthesia class of 2017 is nearing the end of the didactic phase of the program. They will be starting clinical in mid-August after a two-week break. The main clinical sites stretch across South Dakota from Aberdeen in the north, to Rapid City in the west, to Sioux Falls in the south. There are also sites in Sioux City and Omaha. Here is a little bit of information about the class that you might not know.

The class of 2017 has 32 members. The majority of the students have roots here in the Midwest. Ten students hail from South Dakota, the next closest states are North Dakota with three and Idaho with three. Students also come from Arizona, Colorado, Iowa, Kansas, Minnesota, Michigan, Montana, Texas, and Wyoming. We have two students that were born outside of the U.S. and moved here afterwards. One is from Calgary, Alberta and the other from Zimbabwe. The average age of the class is 29.8 years old, with the eldest being 40 and youngest 26. As you can imagine the diversity in age comes with diversity in interests. Many of the students are married with children and the majority of time they are not in school is spent with family. Other interests of the class include, camping, shopping, going to concerts, hiking, fishing, hunting, cooking and smoking food. The class is excited to transition into the clinical phase and learn more about this great profession!

SDANA Peer Assistance: Professional Burnout

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Burnout Recovery Strategies:

- SLOW DOWN
- GET SUPPORT
- REEVALUTE YOUR GOALS AND PRIORITIES

Adverse medical as well as personal events can be devastating. Be aware of the impact on you or a colleague's well-being. Know that it's typical. There are resources for coping and recovering. You are not alone!

SUPPORT RESOURCES

Your Hospital EAP - Employee Assistance Program

SDANA

Don Roesler - East River
605-212-0893
donrcrna@gmail.com

Kara McMachen - West River
605-484-4368
karamcmachen@gmail.com

AANA Peer Assistance Hotline

800-654-5167

American Foundation for Suicide Prevention Hotline

800-273-TALK

There is help. You are not alone.

2014-2015 SDANA Officers

Many thanks to the following SDANA members who serve as officers and committee members for the 2014-2015 year.

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