



Fall Edition 2015

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AANA National Congress

This year, our National Congress was held in Salt Lake City, Utah. This was the first time Utah was chosen as the host state.

MEANA was well represented by members and students. The University of New England hosted a dinner on Saturday evening to recognize and thank the attending CRNAs for their involvement in SRNA education.

Saturday started off early with a wellness walk organized by the Wellness/Peer Support Committee. There were numerous interesting speakers on Saturday including Juan Quintana, who is now President of our AANA. The MEANA business meeting was held during the regional breakout session on Saturday afternoon.

The Public Relations Committee organized a Casino Night event Saturday night that included food, dancing, music, casino games and more. The DJ was our own Luc Corriveau who is also the chair of our PAC. This event was a fundraiser to benefit Family Crisis Services and Spruce Run Womenscare Alliance. These two agencies run shelters and advocate for victims of domestic violence.

On Monday November 30, Kristie Hoch presented a check for \$2000 to representatives of Spruce Run in Bangor, while at the same time, Tom Nolan and Maureen McMackin presented a check for \$2000 to a representative of Family Crisis Services in Portland.



MEANA Participates in VA Stand Down Day

I never thought about the military meaning of a stand down until I participated in one at the VA Medical Center - Togus. A stand down for military personnel means a break, a safe respite where one may hope for some rest and recuperation from their military duty. I'm not a veteran, so I hope my description is satisfactory.

Stand Down Day is a day that VA hospitals across the nation devote to providing services exclusively to homeless veterans. States observe this event at different times of the year; Maine's was held in October. Veterans may come on their own or be transported to the facility where they will undergo medical examinations, receive healthcare

consultations and are offered a variety of services - from haircuts, hot food and showers to legal and tax assistance. They receive winter clothing, food and toiletries to take home. Volunteers, who may or may not be veterans or VA employees, provide all the assistance and services. The event is a full day for the veterans and the volunteers.

In September, while attending the AANA National Congress, your past president Kristie Hoch, Tom Albee, CRNA, who is a veteran and Togus employee, and I had a mutual moment of clarity. We recognized that volunteering for Stand Down Day would be a wonderful way for members of MEANA to show gratitude and devotion to care for veterans. I immediately set about getting more information and making arrangements for MEANA members to participate.

So, on Saturday, October 17, Tom, Kristie, Erin Foley, CRNA, Stacey Whittington, CRNA, and I volunteered, what some would say is our most valuable asset - our time. We acted as “tour guides” and assisted veterans by guiding them from one point of service to another within the Togus complex. While we were there we talked to many veterans who expressed their gratitude for our help. We figured it was the least we could do for those who've done so much for all of us.



AANA Fall Leadership Academy 2015

The Fall Leadership Academy is an annual event planned and sponsored by the AANA. The FLA provides AANA members the knowledge and skills required to serve as leaders at all levels, in all practice settings. CRNAs who attend may be state leaders, federal political directors, state reimbursement specialists, grassroots advocates or workplace leaders.

Traditionally, FLA is a 2½-day event held in Chicago. The program offers general presentations by nationally known authors and speakers as well as break out sessions. Recently an optional day long session on spokesperson training was added. This session combines discussion, exercises, role play, and lecture to deliver and reinforce the skills needed to be an effective spokesperson. The program teaches life skills that work in any setting, from media interviews to testifying, negotiations to difficult conversations.

This year, a new session was added: AANA Campaign School. This session is designed to leave CRNAs with a new understanding of how campaigns are run and the skills needed to win an election at any level. Attendees learn about creating and executing a strategic campaign plan, fundraising, and effective communication techniques. MEANA members Jon Bradstreet and Dianna Gibbs joined MEANA board members Seth Rabinowitz, Erin Foley, Kristin Clark and Tom Nolan at the Fall Leadership Academy. The program included presentations by several nationally known authors and experts on the subject of leadership. Board members attended breakout sessions for the President – Elect, Federal Political Directors, State Government Relations, and State Reimbursement Specialists. Friday night the AANA hosted a reception and tour of the AANA national headquarters in Park Ridge, IL. The AANA PAC held a fundraiser Saturday night that featured the food and music of Chicago. Seth stayed on an extra day for the speaker training course.



Maine Hospital Association: Small or Rural Hospital Conference

Over the course of the next year, MEANA hopes to build relationships with key organizations that have an impact on our practice. One of those groups is the Maine Hospital Association (MHA). Much like our own group, the MHA is primarily involved in advocating for the legislative causes that are of interest to the practice of the thirty-six hospitals they represent. They also have divisions that monitor quality, financial, and education data for the membership. Like our own AANA, they are the trade association for Maine hospitals.

In February of 2016 the MHA will be hosting a conference focusing on rural and small hospitals. MEANA will be sending a representative to this conference. Our hope is to network and raise our profile among some of the administrators that have a direct impact on our places of practice. By doing this, we hope to build some key relationships that may be of mutual benefit over time.

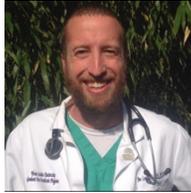
Thoughts from a New CRNA at Maine Medical Center

My name is Nicole Reil and I was asked to share some thoughts on life as a new CRNA. I've been practicing at Maine Medical Center since February, (of this year). I thought that I had succeeded when I passed my boards, only to realize how overwhelming my first few weeks of this profession would be. When I was a nursing student, I dreamt about being an SRNA. When I was an SRNA, I dreamt about being a CRNA. However, never did I dream that being a CRNA could be this rewarding. As we all know, the rewards don't come without hard work and dedication. Now that I am a new graduate, and have entered this new profession, I wake up each morning and I'm immediately aware of the responsibility (which I take VERY seriously) for myself, my profession, and most importantly, my patients. Countless clinical time, books, classroom time, and research helped provide the knowledge I use in providing and maintaining a safe patient environment. What I didn't realize and am very aware of now, is the endless support my coworkers provide as they help me to grow daily in both my knowledge and skill. The knowledge and skill that experienced CRNA's hold is both humbling and inspiring. The passion and enjoyment in the care that they provide continues to be my inspiration as a new graduate. As much as I feel I've learned in nine months, I realize that this is only the "tip of the iceberg". The idea that as a new CRNA so much lies ahead for me to learn is very exciting. I've learned in a very short time that the responsibility is great but the reward is even greater. I feel very lucky, and thankful, to be a part of this amazing profession.

Sincerely,
Nicole Reil, CRNA

"Who We Are"

By Jon Lowrance, CRNA



Thanks for the opportunity to write a bit about my journey in healthcare and education! I'm a new Certified Registered Nurse Anesthetist (CRNA) and new to the Great State of Maine! My wife, Kristin Andrejco, and I met in anesthesia school (Western Carolina University, Asheville, North Carolina) and started working with a wonderful team of CRNAs at Maine Medical Center in June 2015. We're excited to be in Portland and part of the Maine Association of Nurse Anesthetists' community!

My start in healthcare began with a deep desire to be able to provide definitive care for anyone. My journey began in an Advanced First Aid course in the 11th Grade and has taken me through working as an outdoor guide, Emergency Medical Technician, Critical Care Registered Nurse and now as a CRNA. Since prior to nursing school, I've served as faculty with Landmark Learning and the National Outdoor Leadership School (NOLS). At NOLS I teach wilderness emergency medicine courses and at Landmark Learning I instruct a range of risk management courses for outdoor guides and enthusiasts. I'm really an educator at heart and find myself pursuing the realms of anesthesia and wilderness emergency medicine as my areas of expertise.

At NOLS Wilderness Medicine Institute, we teach courses all over the world ranging from 2-days to a full 90-day semester program. Our mission is to "provide the highest quality education and information for the recognition, treatment, and prevention of wilderness emergencies." When you can't call 911, or when access to EMS is significantly delayed, the kind of care and thought processes you must bring to bear on a medical emergency change. Improvisation of resources, decision-making and managing others and the environment all become crucial leadership skills for the wilderness medicine provider. At NOLS, we teach these skills and thought processes through engaging, hands-on courses.

If I were to recommend a course for CRNAs, it would be our flagship healthcare provider course: the 5-day Wilderness Upgrade for Medical Professionals (WUMP) or the condensed 2-day version: Wilderness Medicine for the Professional Practitioner (WMPP). If one of MeANA's CRNAs has a friend or family member interested in learning wilderness first aid, I would recommend the 2-day course, Wilderness First Aid, or the 9-day course, Wilderness First Responder, for more serious outdoor enthusiasts. In fact, I'll be taking a week in May 2016 to teach a Wilderness First Responder course in Portland, Maine, so come join me or send your friends and family! If you're interested in hosting a course for your anesthesia team/healthcare colleagues or community outdoor program (i.e. Scouts, hiking club, university, etc), NOLS can make that happen! More information can be found at our websites: www.nols.edu/wmi and www.landmarklearning.edu

I'm excited to continue on this journey of learning how to provide definitive care for anyone. I believe my experience as a CRNA, coupled with my wilderness emergency medicine experience, allows me to do just that: to be able to respond and provide expert care from the backcountry to the operating room. In the realm of anesthesia education, I'm very excited to be producing one of the only anesthesia podcasts currently available: *From the Head of the Bed... a podcast for the anesthesia community* (www.FromtheHeadoftheBed.com). I'm hoping to develop this podcast into a leading resource for the anesthesia community.

As our AANA President and recent podcast guest, Dr. Juan Quintana, has said, "The future of CRNA practice is brilliant!" Thank you for the invitation to share my story here and thank you to MeANA for all of the hard work that has been done by members over the years to advance CRNA practice in the State of Maine!

STATE GOVERNMENT RELATIONS REPORT

Submitted by **Kristie Hoch**



The legislative fund raising events have begun! With the help of our lobbyist Chris Jackson, we have been able to attend key events. One of the events was for Senator Andre Cushing. As you remember he was the key sponsor of our legislation last year. President Nolan did some skeet shooting at a private event on November 18th with him and some others. We then met up for an event at Easy Day bowling in South Portland. Many Senators and representatives were on hand. Tom is pictured with Senator Cushing and Kristie is with Senate majority leader Garrett Mason, That evening we joined Erin Foley, Kristin Clark and Anne Karczewski at Zapoteca restaurant in Portland for the Mahoney Jackson Democratic caucus fundraiser. We were able to speak with many key legislators including; Senator Justin Alfond, Representative Mark Eaves, Representative Hinkley, Senator Anne Haskell and others.



Wednesday morning a Republican caucus breakfast, hosted by Mahoney Jackson was held at the Senator Inn in Augusta. MeANA leadership including, Past President Stacey Whittington, President-elect Seth Rabinowitz and Secretary Julia Deason were on hand to speak with leaders.

