

# TASNA NEWSLETTER



April, 2021

## TANA Planning Retreat Recap

The TASNA board members (president, president-elect, and student representatives) met virtually with the TANA board for a weekend in January for the annual TANA Planning Retreat. The retreat is typically done in-person but as we all know, this past year has been quite the challenge for doing anything face-to-face. Each year, the retreat allows for the board members to focus our efforts on how we can best serve TANA in the coming year and beyond. Despite being virtual, it was still a



productive retreat and provided direction for the remainder of the year. For the students, this was a great opportunity and experience to participate in board meetings, learn the manners and expectations of being a board member and leader. The TASNA board members also planned for the remainder of the year and came up with solutions to expand incoming students' knowledge of TANA and TASNA by creating presentations for each CRNA school in Tennessee. The presentations will be presented by the school's TASNA representative as well as their respective TANA District Director. We also found ways to improve student involvement and participation in TANA via the committees.

### A Look Ahead in 2021:

#### **AANA Mid-Year Assembly Virtual Experience**

April 23-25, 2021

To register, visit:

<https://nurseanesthesiology.aana.com/aana-2021-mya-registration>

#### **TANA's 84th Annual Meeting (In Person)**

October 15-17, 2021

Embassy Suites Hotel & Conference Center, Murfreesboro, TN

More information will be sent to you via email & will be posted on the TANA website. Students will have the opportunity to do poster presentations this year!

In February, we received news that the 2020 TANA Virtual Conference won a statewide award given by the Tennessee Association of Association Executives - the 2020 TNSAE Award of Excellence in the Special Event Category for "TANA's 83rd Annual Meeting - Heroes of Hope". We would like to thank you for your feedback and input for the previous TANA Conference; it helped make the student events memorable and exciting for all of the participants!

## What does working as a CRNA during a global pandemic look like?



*During the winter storm in February, TASNA President-Elect Tiffani Tran spent some time interviewing Jason Bolt, CRNA to gain perspective on the differences of working as a CRNA before and during a pandemic. TASNA is quite familiar with Jason Bolt as he was actually a former member just a few years ago. He is currently living and working in the San Francisco Bay Area. He works in a collaborative team model with other CRNAs and physicians at the top of their license and training. You might already know him from his Instagram (@bolt\_crna) and YouTube accounts. He creates content for people who are interested in learning more about becoming a CRNA and provides mentorship for hopeful students who are in the process of applying to CRNA school. Here's what he had to say about working as a CRNA this past year.*

### **How has your job as a CRNA changed over the last year during the COVID-19 pandemic? Were you utilized elsewhere in the hospital? Did your scope of practice change and if so, how? Did you develop any new skills to adapt to those changes?**

“During the initial hit of COVID, all elective surgeries were cancelled. This means that full-time staff were asked to take vacations and reduce their hours to take turns covering OB, urgent and emergent surgeries, and overnight call. I was per diem at two locations at the time so I had no guarantee of work or PTO to use. I was lucky enough that one of my per diem sites was very large and continued to need 40+ hours/week of help. Later on during the third surge, the anesthesia department was called upon to help in more creative ways like COVID intubation teams, arterial line placement, ventilator management, ABGs, and various line placements. We coordinated with the respiratory therapist to identify ways to offload some of their needs as the pulmonary needs within the hospital spiked well beyond their capacity. We have now returned back to a full schedule of elective cases and are back in our typical workflow.”

### **Has the way you interact with your patients changed?**

“Well considering I’m wearing a face shield, N95, and sometimes a contact gown, I would say my communication and interactions with patients has become impaired. Many times they can’t hear me clearly through all of the PPE or I’m attempting to keep a 6-foot distance for safety. Beyond that, I haven’t allowed COVID to change my bedside manner or how I approach my anesthetic for each patient.”

### **What are you doing to look after your mental health outside of work?**

“I try to run. I bought a candle. Learned to take a bath. Meditation music. Don’t get a mental image of this.”

**What are some recommendations you have for future pandemic responses from an anesthesia standpoint?**

“I would say continue building on the great efforts made this past year by CRNAs to understand your worth and market it. We are much more than elective surgery stool sitters. We are trained in many different things with lots of strengths. Our skills and knowledge are vital for things like pandemics and critical care support. We are not ICU nurses who learned to intubate, never forget that.”

**What are you looking forward to when this is all over?**

“Being able to travel, visit museums, gather at community events, sit in a restaurant, and talk to people casually.”

**Are there any positive things that have come out of the experience of working as a CRNA in a pandemic?**

“I believe it has given the general public a better look at our profession. We stepped up and helped in a time that was critical. The public was tuned in and listening to what we had to say this past year. Other healthcare workers saw us too. For the first time in a long time, we stepped out from behind the closed doors of surgery and networked within the hospital with all types of team members.”

**Do you have any advice for new CRNAs or current SRNAs in regard to changes in anesthesia due to the pandemic?**

“As the vaccine rolls out and COVID numbers rapidly decline, it appears that this chapter of our lives is coming to a close. Now we will enter into a new phase; one where people will probably get annual COVID vaccines. I believe we will all be more careful about wearing masks around people and practicing hand hygiene. Outside of that, I suspect many things will return to the ebb and flow of what we did in 2019.”

**Do you have any general advice or words of wisdom for SRNAs?**

“I remember how it feels to be in the phase of life you’re in right now. Don’t allow yourself to stay discouraged though; it is just a season of life. You will get through it. You’ll pass boards and go on to be a CRNA. You’ll get that first check and look at the taxes taken out and think someone shot you. You’ve got things to look forward to so keep your chin up!”

**Do you have an anesthesia fun fact or clinical pearl you think is interesting and would like to share?**

“In the beginning, and maybe always, if the airway doesn’t look like a chip shot, just have the glidescope in the room with a stylet beside it. You’ll thank me when you get surprised by a sudden difficult intubation and now you can easily grab it.”



## Stay Informed!

Visit the TANA website at <https://www.tncrna.com/> to keep up with what's going within our community at the state level.

Visit the AANA Member Connect website at <https://connect.aana.com/home> to connect with other CRNAs and SRNAs via the discussion forum.

---

### *Anesthesia Fun Fact:*

*Some studies suggest that using aromatherapy, specifically a blend of ginger and spearmint oils, can limit the impact of nausea after a procedure.*

---

## Get Involved with TANA!

- **Join a TANA Committee!**

Students make up a large percentage of TANA and our voices are vital for the advocacy of SRNAs in Tennessee. Consider joining a committee to increase your networking, participate in the anesthesia community, and make your voice heard. There is a committee for every interest and you can view a list of them as well as their descriptions here: <https://www.tncrna.com/committees/>  
For more committee information or sign up, visit: <https://form.jotform.com/203024948397159>

- **Apply for the TANA Mentorship Program!**

The TANA Mentorship Program was designed and created with the purpose of *guiding, protecting, and supporting SRNAs*. It is available to all Tennessee SRNAs who are currently in clinical, regardless of how far along you are in your program. The program will handpick a CRNA for you according to your needs. You can be partnered with a CRNA who is currently in your district or outside of your district. If you have plans to move out of state or have an interest in working at a specific location after graduation, you can be partnered with a CRNA who works and lives there. This is another great networking tool and the mentor/mentee relationship is what you make of it. The frequency and content of communication is completely up to you. This is an excellent way to gain insight into the life of a CRNA, job experiences, interview questions, work/life balance, work culture and environment, and is an opportunity for employment after graduating.

To apply, visit: <https://form.jotform.com/62036173131141>

## Buy a TANA Mask!

100% of the proceeds directly benefits the TANA Political Action Committee (PAC). The TANA-PAC protects the CRNA profession in TN and allows for active engagement in politics.

To purchase a mask, visit:

<https://form.jotform.com/202106368639154>



## A Message From Your TASNA President & President-Elect

To say this past year was tough would be an understatement. Despite the obstacles, we have managed to accomplish many things. We are so proud of everything the TASNA board has done in the past year, as well as all the hurdles the SRNAs of Tennessee have overcome. TASNA has been no stranger to the hard hit COVID-19 took on our community, but even during a global pandemic, our SRNAs rose to the occasion, fought for their safety, and thrived.

Your TASNA representatives have been facing the ongoing struggle of advocating for SRNA safety in the clinical and campus setting while also balancing the need to obtain our required clinical hours and case numbers. We have also been working closely with the TANA board to keep SRNAs from being unnecessarily exposed to COVID-19. The TASNA board members attended the annual virtual TANA Planning Retreat this past January to collaborate with the TANA board to find safe ways to get students more involved in TASNA. TASNA has also aided TANA in creating positions for students to join TANA committees, reestablished the TASNA newsletter, extended the TANA mentorship program to any SRNA currently in clinical, and created new roles for SRNAs in TANA's PR committee. We hope to continue to encourage all SRNAs to support and participate in TANA, as the organization has so many opportunities for SRNAs to network, advocate for their career, engage in legislative work, attend conferences, and grow as a person.

Continue to advocate and fight for your profession. Join a committee if you haven't already. Apply to the TANA Mentorship Program--having a mentor can prepare you for your professional career and help with your own personal development. You will be tapped into a wealth of knowledge as mentors have the ability to see where we need to improve where we often cannot. They offer encouragement to help keep us going and act as sounding boards for us to bounce ideas off them for an unfiltered opinion. We hope that you see the value in developing a relationship with a mentor.

Thank you to each and every one of you. It is your hard work, dedication, and diligence that keep TASNA alive and thriving.

Mila & Tiffani

**TASNA President**  
Mila Devineni



**TASNA President-Elect &  
Student Liaison to the TANA Board**  
Tiffani Tran



# 2021 Student Representatives

Lincoln Memorial University  
Ryan Bradley      Matthew McGuire



The University of Tennessee  
Health Science Center Memphis  
Chase Holt      Heidi Higginbotham



Middle Tennessee School of Anesthesia  
Whitnie Petzholdt



Union University  
Becky Omiyuri      Garrett Rhodes



The University of Tennessee  
Chattanooga/Erlanger Health System  
Sarah Moore      Morgan Eddy



Virginia Commonwealth University  
Jessica Smith      Gabe Perry



The University of Tennessee Knoxville  
Brittany Luebben

