

TASNA NEWSLETTER

December, 2021



TANA's 84th Annual Meeting Recap

The weekend of October 15, TANA hosted CRNAs and SRNAs from around the state of Tennessee to attend the 84th annual business meeting. It was a great weekend of continuing education, exhibits, presentations, and opportunities! As SRNA's attending the conference, we were given the chance to share research projects, participate in school spirit skits, test our knowledge in the college bowl, browse booths to learn about



opportunities, attend the TANA business meeting, and mingle and meet fellow SRNAs. After coming off a long year of COVID-19 precautions, it was such a great opportunity to be able to get out there and socialize with the other CRNA students across the state and even place some faces with names. Union University came in strong with a victory skit titled "Let's Make a Match", matching "personalities" with drugs such as Ketamine, Propofol, Versed, and Sevoflurane. Union University also were first place finishers in the College Bowl thanks to senior student Carey Grace Peebles!! Great job, Union University. Lincoln Memorial University took the first-place prize in the poster presentations. The weekend ended with an incredible "Vegas Night" within the hotel itself where more fun was to be had. The students have expressed nothing but gratitude for inclusion in such an overwhelmingly amazing event hosted by the TANA board. Embassy Suites in Murfreesboro also did such a wonderful job in accommodating so many of us with welcoming staff and delicious food. It was inspiring to hear from practicing CRNAs as well as AANA President Dina Velocci. We will continue to aim to grow and develop into the type of admirable practitioners that we encountered and appreciate the guidance and leadership!

Anesthesia Fun Fact:

Studies show that people who are active cigarette smokers need 33% more anesthetic than those who are not. If you are regularly exposed to secondhand smoke, you too will need at least 20% more anesthetic.

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A Look Ahead in 2021/2022:

Holiday Breaks!!!

December-January

We hope everyone enjoys their holiday breaks! Stay safe and happy!

TANA Leadership Summit

January, 28-30

National CRNA Week

January 23-29, 2022



AN INTERVIEW WITH BOARD MEMBER JIM ALBERDING



TASNA Representative Anna Wong spent some time interviewing Jim Alberding, CRNA, TANA president-elect, and associate program director at University of Tennessee Knoxville. Jim also serves on the Government/Legislative Committee, and the TANA-PAC committee within TANA.

Tell me a little about yourself. What has your background been as a CRNA?

I trained at UTHSC in Memphis. I began working with a large medical anesthesia group called MAG in Memphis. Afterwards I did 1099 work at a surgery center and then transitioned to working with the VA. Through the VA, I was affiliated with the USAGPAN program, which used the VA as their primary clinical site.

This allowed me to teach and precept the SRNAs training in the program. After five years with the VA, I moved to Knoxville to work as UTK's associate program director.

What were the highlights of the TANA conference for you?

It was nice seeing everyone in person and reconnecting with old friends. The conference was a fun and safe way to connect with people you haven't seen in a long time. It also gave me the opportunity to connect with students outside the clinical setting and get to know them better.

The college bowl was also a great time. The songs and spirit give off so much energy, it makes us get pumped and reenergized.

What inspired you to become a board member of TANA?

When I was a student, I was encouraged to become a teller for the TANA committee. That led to me attending the TANA planning meetings as a student. The PAC committee was my first committee as a CRNA.

Being able to see behind the curtain of these organizations was eye opening. You realize that these are people like you who are brainstorming solutions and trying to find the best way to get by.

During a panel discussion, you talked about how current SRNAs should prepare to be good CRNA preceptors. How does “controlling your inner A.P.E” help with that?

I find that students often put a lot of pressure on themselves to have everything together and be perfect. But that is often not a realistic expectation. Conquering your inner A.P.E. (attitude, preparation, effort) are building blocks you can use to grow. Preparation helps your attitude and mindset allows you to take advantage of opportunities that present themselves to you.

How has covid affected the teaching and practicing of anesthesia?

Covid-19 has made some things easier and other things harder. Covid has allowed us to explore and incorporate technology that wasn't used in our program before, such as simulation technology and distance learning opportunities. It also has allowed us to accommodate the needs of our students better. The challenge has been not losing the message we are trying to convey and cultivating the bonds that you gain when you are in a cohesive group. Sometimes it's easier to meet in person after class than exchange 14 emails. The balance between technology and bonding is key to meeting the real needs of our students.



Do you have a clinical pearl you would like to share?

Be humble, be open-minded, and give yourself the grace to make mistakes.

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>



Unite and Protect | Our profession, our patients

A Message From Your TASNA President & President-Elect

Here's to another successful year for TASNA! 2021 has been a wild ride with so many bumps and unexpected difficulties but Tennessee SRNAs rose to the occasion and took each challenge in stride, showing adaptability and the strength needed to overcome adversity. TASNA has continued to maintain communication with the TANA board and all TN SRNAs despite the need for our meetings and communication to remain virtual. SRNAs were invited to the AANA Annual Conference in Austin, TX—a very gracious opportunity that has not always existed for students, and one we're grateful for. Although the conference was converted to a virtual event due to the Covid-19 Delta variant, students were still able to attend the conference free of charge. Stephen Finder was gracious enough to invite us to the AANA Paint it Red Gala Fundraiser—another live event converted to a virtual one—where two SRNAs were given the opportunity to mingle among the AANA Foundation, virtually meet Kenan Thompson and engage in a silent auction to raise money for the AANA.



The 2021 TANA Conference was the first time in nearly two years that the TASNA board was able to meet in person as well as meet with all the TN SRNAs and to say it was a success is an understatement. We had a wonderful turnout for the TASNA Student Meeting, elected our new President Elect, Anna McCleskey, and were able to discuss the student mentorship program, the newsletter, the Patty Cornwell Advocacy Scholarship, and many other important student opportunities with TASNA.

Our goals for 2022 include representing TASNA on state and national levels, hopefully at in-person meetings such as the TANA Planning Retreat and the Mid-Year Assembly. We will continue to publish our newsletter, maintain student involvement in committees, and improve student involvement in TANA.

As we continue to face new challenges every day, with the global pandemic changing our lives on a day-to-day basis, the continued stresses of school, and the constant changes to our profession, we thank you all for your continued support of TASNA and TANA; we thank the TASNA student reps for their years of dedication and diligence. Rest assured we will continue to fight to give SRNAs a voice on a state and national level, regardless of what the future holds for our community.

TASNA President, Mila Devineni & TASNA President-Elect, Anna McCleskey

⇒ W E L L N E S S ⇐

2021 has been a year full of mental health awareness. As the COVID-19 pandemic continues to make waves through the world for the last 2 years, we as healthcare professionals and students are not immune to the potential lasting mental health effects. If you or someone you know is struggling with a mental health condition, diagnosed or not, please reach out to them or someone who can help. As healthcare professionals, we must first care for ourselves in order to care for others. As SRNAs in the state of Tennessee, we have a unique network of individuals who we can relate to better than most. **Do not hesitate to reach out to a fellow SRNA or TASNA member if you have questions or need resources.** After all, *we are all in this together!*

24/7 AANA confidential Live Support Helpline 800-654-5167

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2021 Student Representatives

Lincoln Memorial University
Ryan Bradley Matthew McGuire



The University of Tennessee
Health Science Center Memphis
Oran Tubre Abbie Banko



Middle Tennessee School of Anesthesia
Whitnie Petzholdt Shelby Biggs



Union University
Garrett Rhodes Derel Clayton



The University of Tennessee Chattanooga/Erlanger
Health System

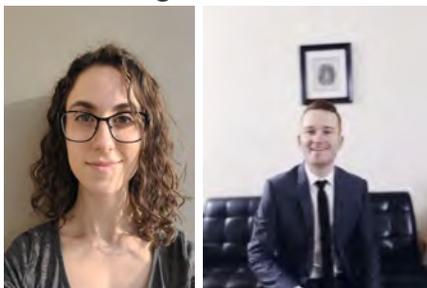
Kelly Lau Rachel Firestone



Virginia Commonwealth University
Jessica Smith Gabe Perry



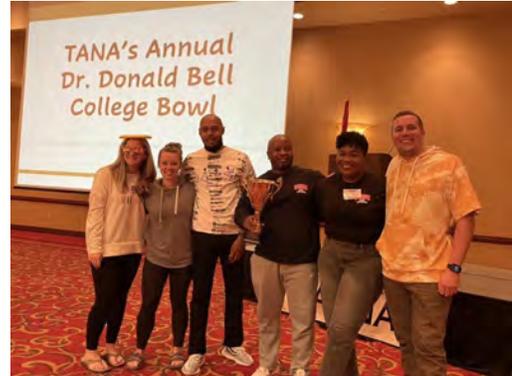
The University of Tennessee Knoxville
Anna Wong Walker Colorless



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.



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>