

## In This Issue

- US News Ranking 2
- Alumni Giving
- Alumni Association
  
- Vote for your fellow alumnus 3
  
- Guest Editorial– Lifelong Education 4
  
- 10-year Accreditation 5
- Leadership Changes
- Student Publications
  
- Facility Upgrade 6
- CPC Program
  
- Student Wellness 7

## Contact Us

**Ph:** (336) 716-1411

**Fax:** (336) 716-1412

**Email:** [napinfo@wakehealth.edu](mailto:napinfo@wakehealth.edu)

**Web:** [www.wakehealth.edu/Nurse-Anesthesia-Program](http://www.wakehealth.edu/Nurse-Anesthesia-Program)

## Support Your Nurse Anesthesia Program

[www.wakehealth.edu/OnlineGift](http://www.wakehealth.edu/OnlineGift)

## Director's Message



Another academic semester winds up, and our senior students have only a few months left to perfect their clinical skills and prepare for certification. It's been an incredibly busy year for us. The first year of our full Wake Forest integration has gone well. However, juggling two curricula, establishing new processes and policies, and establishing new committee memberships and partnerships with the School of Medicine has been a handful for us. We implemented a new learning management system and a separate computer examination system, as we are transitioning away from Blackboard. Oh, and did I mention that we also had to compile evidence from the past 10 years which demonstrates in fine detail how the program ensures that we are meeting standards for our accreditation board? That was another "little project" on our plate. And then there was the move. This past 6 months has seen the busiest portion of our move project, with innumerable meetings with engineers, architects, interior designers, and others, as we took our concept of an ideal nurse anesthesia education facility and put it into a real, working project plan. We had hoped to have the move completed already before this year, so that it would not coincide with these other events, but the great budget crunch of 2014 changed that plan. To paraphrase from Robert Burns' 1785 poem, *the best laid plans of mice and men often go awry*. Nonetheless, our new class is up and running and doing very well. Our accreditation process is over, and now we only have to wait until October to hear the final decision. Best of all, our construction documents are now complete, and we will eagerly be watching as the construction of our new space begins this spring. It has been the busiest year I have ever had as program director, and I cannot give enough thanks to the faculty and staff who all pulled their weight, supported each other, covered for each other, and ensured that we continued to provide a high quality experience for all of our students. We are also excited to have a program alumnus running for the AANA board again. Please see his information inside the next page and give Mark Haffey your vote.

## US News Changes Ranking Process

For a number of years, the nurse anesthesia program was recognized by *US News and World Report* among the top of their ranking of anesthesia programs nationally. We most recently held the ranking of #7 on that list of the 113 programs in the country. This year, *US News* changed their methodology to consider nurse anesthesia only as a subset of programs under schools of nursing. Therefore, the 42% of nurse anesthesia programs in the country which are housed in allied health or schools of medicine (such as ours) were excluded from the rankings. It is widely recognized among professional circles that the *US News* methodology

is far from scientific. However, the magazine and online edition have a wide readership, and therefore the rankings serve as a common referral point for prospective students to a number of disciplines. For those who have followed the rankings for the past year or more, it would appear that our status has declined to a lower ranking, as we are now absent from the top 10 list. Even for those looking at the rankings for the first time, *US News* is doing a disservice by not reporting high-quality programs such as ours and others which were previously recognized by the magazine. Even beyond the top 10 programs, almost 50 anesthesia

programs which are not in nursing schools are not even noted as degree-offerings by those universities, on the *US News* website. We have taken a leadership role and addressed this issue with the chief data strategist at *US News*, who has agreed to revise the process. Unfortunately, this may still not indicate a change until the next ranking of programs. Choosing to recognize only one-half of the programs which are accredited to lead to a particular certification is not responsible journalism, and we are hoping that the news magazine rectifies the error sooner, rather than later.

## Alumni Giving

Alumni giving has been a godsend for us in recent years, helping us to establish a number of new endowments which will support our students in perpetuity. As we are looking back at the past 10 years for our accreditation review, we also note that we have established nine perpetual endowments in that time. These endowments have been established by, or in the name of, Lillian Stansfield Smith, Helen Vos, Sandy Ouellette, Betty Petree, Frances Frey, Ruth Holleman, Dawn Wallen-

haupt, The Class of 2014, and JoAnn Foster. We have also had five alumni join the Coy Carpenter Society. This honor recognizes individuals who have included the medical center in their estate plans. These individuals are: Jeffrey N. Caudle CRNA ('94) and Michelle Caudle, Frances A. Frey CRNA ('60) John C. Faris MD '67 and Ann Faris, Stephen L. Wallenhaupt MD '78 and Dawn B. Wallenhaupt CRNA('81), and JoAnn Foster (In Memoriam). Many of these funds are in

the fledgling stage, and will take some time until they are fully endowed, but the commitment of our alumni and supporters to our students is phenomenal. We and the students are extremely appreciative of all who make donations to support their education. We are looking forward to the full endowment in the next year of the Class of 2014 International Mission Fund, which will support students' involvement on global health experiences.

## Alumni Association

The alumni association held the biennial alumni meeting on March 7 at Biotech Place in the new Wake Forest Innovation Quarter downtown. Speakers included AANA President, Sharon Pearce (Class of '92), Angela Quader, Paul Packard, Rodney Nash, Courtney Brown, and Michael Rieker and a panel discussion of doctoral degree pathways in nurse anesthesia. Attendees were given a taste of the environment

in the Innovation Quarter, and a brief tour was provided of our new home in the adjacent building, 525@Vine. Congratulations and thanks to those who were elected to alumni board positions for 2015-2017: Elena Meadows, Chair; Kelly Tonkin, Chair-Elect; Denise Clark, Secretary; Lacey Witt and Julie Whittington, Trustees; Heather Goodwyn and Ashlee Zackeru Chafin, Nominating Committee.



Sharon Pearce provides an AANA update at the alumni meeting.



# Vote

## Mark J. Haffey CRNA, MSN, APN for AANA Region 4 Director

Healthcare as we know it is changing every day. Changes in reimbursement, practice, and education are the wave of the future.

- **Where does nurse anesthesia then stand, and what will our practice look like in the future?** It is essential that CRNAs are participants in this process, and engaged with federal, state, insurance, and medical coalition groups.
- **What will the future of recertification, education, and credentialing look like in the future?** The AANA needs leaders who will advance the practice of nurse anesthesia, serve the interest of hard-working CRNAs, and strengthen our state associations.

*I am that leader... with over 12 years of leadership experience*, including TN Association of Nurse Anesthetists Board positions including twice as President, and AANA level experience with Nominating, Public Relations, and CRNA-PAC Committee appointments. I am ready to make a difference, and ready to lead during the current climate of change and unrest.

*Many thanks....to the CRNAs of South Dakota and Minnesota for nominating me to represent you as Region 4 Director.* I vow to listen and make decisions that will represent your current needs. Thank you to those that taught me the importance of being involved: Sandra Ouellette and Sherry Owens at Wake Forest Baptist Medical Center Nurse Anesthesia Program for instilling the importance of being an informed member, and to not forget that the path has not always been easy for nurse anesthetists. Thank you to the CRNAs of Tennessee for allowing me to grow as a leader, and to lead TN into being one of the strongest state associations.

It will be my honor **to be accessible**, to gather information, and to do my best to represent the CRNAs of our great association. With over 42,000 dedicated CRNAs that provide over 32 million anesthetics a year, it is critical that CRNAs have a voice, and **I hope to be an advocate for you.**

On May 4, 2015 you will have an opportunity to cast a vote in the AANA election. I urge you to **Make a Difference**, encourage your colleagues to make a difference, and to:

**VOTE for Mark J. Haffey as AANA REGION 4 DIRECTOR**

Mark J. Haffey, a CRNA dedicated to **SERVING** the interest of hard working CRNAs!

# Program Sets Stage for Lifelong Education

One truism about graduating from anesthesia school is that it does not represent the end of a journey, but rather, just the beginning. The national certification examination is calibrated to assess *entry level* competency, with the understanding that the professional will continue to learn and grow throughout their career. In keeping with this tenet, our program has always lauded the spirit of the lifelong learner. In fact, part of our interview process seeks to identify traits of lifelong learning which would bode well for the success of a prospective student of this profession. For this newsletter edition, we highlight one of our alumni who exemplifies the spirit of lifelong learner, Carolyn Ferrari, of the class of 1985. Carolyn had her first taste of healthcare as a candy-striper in 1970. She took extra science courses in the hospital during her high school years, as she developed her interest in nursing. After high school, she became a Licensed Vocational Nurse and quickly continued on to her BSN education at the University of Texas. In 1982, she went to work as an ICU nurse in South Carolina, where she continued her education with graduate coursework in health sciences. She enrolled in our nurse anesthesia program from 1983-1985, but even as a CRNA, she had not satiated her quest for knowledge. She returned to medical school, and ultimately completed a residency in internal medicine, where she focused her energy as a M.D. Below, Dr. Ferrari reflects on the spirit of lifelong learning.

## Guest Editorial Carolyn J. Ferrari, M.D.



### Never Underestimate Your Potential

Imagine if you will, that you are a beagle. You are driven by your sense of smell. Your single-mindedness makes you good at what you were born to do, but that same characteristic can keep you out of the

obedience winner's circle if the trait is not tempered with listening to and responding appropriately to your trainer. Miss P, a 15-inch beagle is only the 2<sup>nd</sup> beagle ever to win the Best in Show award – which she did this year at the 139<sup>th</sup> annual Westminster Kennel Club Dog Show. In her case, persistence of the trainer worked with the innate qualities of the dog to produce a winner. Miss P must have shown eagerness and “trainability” as a pup that was recognized by a breeder or trainer. A parallel can be drawn here with education in humans. The recognition of ability/potential in a student is a responsibility of the educator. Actual learning is the responsibility of the student, and is greatly enhanced by the innate qualities of that person. Drive, determination, persistence, and “single-mindedness” or focus is paramount if the goal is to be achieved. Miss P is a special inspiration as she represents a breed of dog that, for all intents and purposes, should not have succeeded in the task set before her, certainly not to the point of winning “best in show.”

For me, the quest for learning has been a life-time-event, a goal that was set in motion early on. It is the ‘scent’ that drives me every day to understand more about the world

around me. My educational and professional paths can be likened to that beagle following its nose this way and that across the ground and at times lifting its head into the air to get a better whiff. The path may have taken a circuitous route through the variety of roles, but every step along the way has contributed to the next step in the assimilation of a total body of knowledge. Participation in the Nurse Anesthesia Program at Wake Forest Baptist was part of that path and added greatly to the attainment of goals that followed. No single event could have been omitted in this path without deleting a valuable learning experience along the way. Nurse Anesthesia sat squarely in the middle of my path and served as a challenge to attain, and a springboard to propel me forward.

The didactic and clinical experiences in the Nurse Anesthesia Program were a “nose to the air” experience for me. Finally, I could anticipate lifting my head up above the groundwork (undergraduate degrees, initial licensing as an RN, completing the requirements for entrance into the program, etc.) and search for new information. It was not just the acquisition of the knowledge that was exciting, but the application in “real time.” Human lives were touched and an impact was made in the delivery of health care to those people. I give thanks to every single instructor who imparted information to me during this experience; every single nurse, doctor, provider, and patient who crossed my path and passed beneath my hands taught me something. The option for additional training in regional anesthesia through a joint effort with the U. S. Navy was the beginning of another phase in my continued education and professional life.

Becoming a Certified Registered Nurse Anesthetist (CRNA) allowed me to enter a profession that was stimulating and challenging. It also was the door to a world beyond the classroom. In my case however, the classroom would return over

## Program's 10-year Check-up

Regular check-ups are a common occurrence, right? Have a physical every year, see your dentist every 6 months... and the better your health is, hopefully, the less frequent the check-ups are required. The program has been in very good health; in fact when our accreditation council last visited us in 2005, we were in such good shape that they did not feel the need to return for 10 years. That 10 years came to an end this spring, and we had the pleasure to host two reviewers from the Council on Accreditation of Nurse Anesthesia Educational Programs for a re-accreditation visit in April. The immense preparation included surveys of current students, compilation of three years of survey data from graduates and their employers, review and organization of program policies and procedures, and the assembly of a self-study document. The term, *self-study document* is misleading because it conjures the image of a report on paper. The complete self-study was comprised of a 138-page report, and 247 additional files attached to it for reference. Overseeing the accreditation process and compiling the self-study was accomplished by Dr. Courtney Brown. Being at the end of a 10-year accreditation period means that it has been a long time since our program has had to go through this process. We did have one advantage in that it was only three years ago that Dr. Brown led the application process for our accreditation by the International Federation of Nurse Anesthetists

(we received that accreditation, making us the first program in the country to ever achieve that highest level of recognition by IF-NA). The faculty has been preparing for this review for the past 12 months, and the efforts culminat-



Clinical faculty members meet with our accreditation reviewers.

ed in a two-day on-site review which included meetings with all the key stakeholders in the program, and visits to 6 of our clinical sites. At the conclusion of the review, our evaluators were very complimentary of the program, with only one suggestion related to a need to make our student self-evaluation process more formal. We would like to thank our students, faculty, staff, and alumni who are performing at exemplary levels of achievement and maintaining our program at an extremely high level of performance. We will look forward to the Council's final decision in October, when we will learn the duration of our next accreditation period. We are keeping our fingers crossed to receive another 10-year accreditation.

## Medical Center Leadership Change

In the fall newsletter, we reported on a significant number of changes in the medical center leadership. We bid farewell to Betty Petree as she retired, and welcomed the return of Erwin Stainback to our institution as Vice President of Surgical Services. As the medical center is weathering the weighty changes occurring around us in healthcare, we have continued to see significant transitions within our institution. Dr. Joseph Tobin left his post as Chair of Anesthesiology, and Dr. Ray Roy held the position of interim Chair for 6 months, completing that term in March. In April, we welcomed Dr. Scott Segal as the new Chair of anesthesiology. Dr. Segal was previously the Chair of anesthesiology at Tufts University School of Medicine in Boston, and his clinical and research interests have focused on obstetric anesthesia. We look forward to working with Dr. Segal and to continuing the effective, collaborative relationship that we have enjoyed with our colleague department of anesthesiology.

## Student Publications

Congratulations to Chris Beck and Jon Faigle (class of '14) who both had articles published in the International Student Journal of Nurse Anesthesia this past fall. Thanks to Dr. Courtney Brown who served as the writing mentor for both of these authors. With the Spring, 2015 edition, we see five new published authors, representing the classes of 2014 and

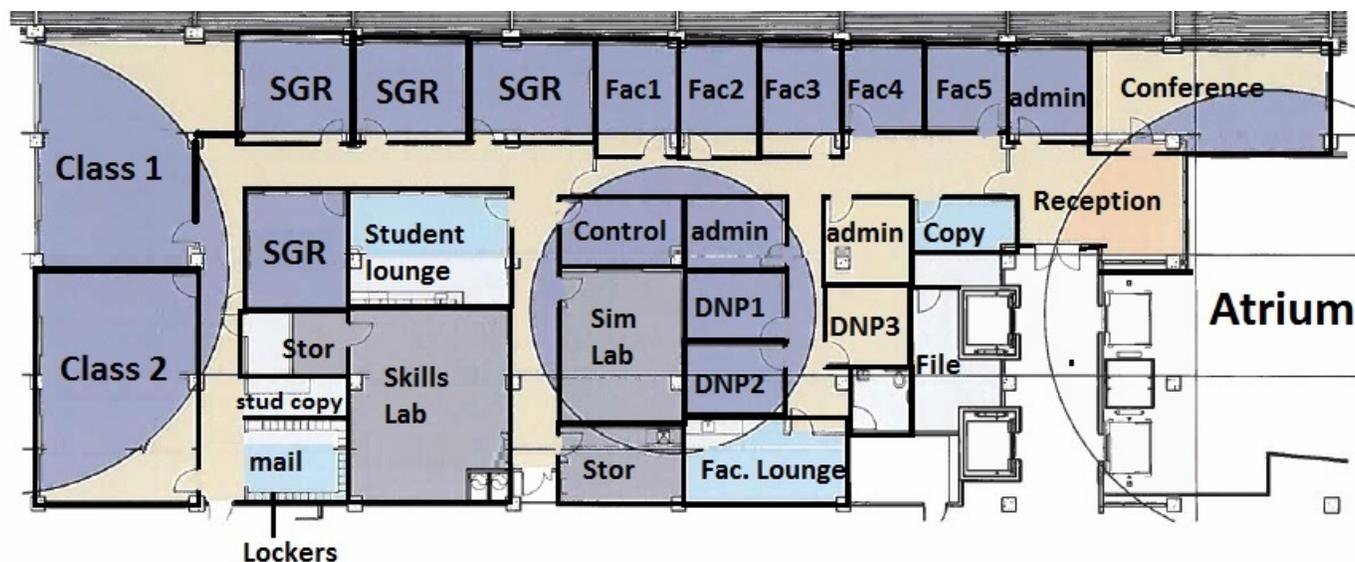
2015- Darren Aiken, Jessica (Savidge) Rose, Kellar Lambert, Kristen Bettis, and Kate Saftner. We are appreciative of the faculty mentors and reviewers who have facilitated these articles: Cheryl Johnson, Courtney Brown, Nancy Curll (Baptist Outpatient), Joe Joyce (Wesley Long), and Barb Brown (CMC Northeast).

## Facility Upgrade Underway

One of the most exciting aspects of our new home in the School of Medicine is that it has given us the opportunity to upgrade our physical *home*. There has been lots of behind-the-scenes work on the financing, space allocation, schematic plans, and other logistics of planning the largest physical expansion in the program's history. Over the past few months, we have been working with architects, engineers, and interior designers to

formulate our ideal nurse anesthesia program layout. We are excited to see the move beginning to take shape in the 525@Vine building in the Wake Forest Innovation Quarter. Construction plans were finalized in April, and construction is planned to occur in May, June, and July. Our goal will be to start the fall semester in the new facility in August. The facility will provide our students with state-of-the-art classrooms, small group teaching

rooms, and dedicated nurse anesthesia skills lab, and simulation lab. However, a major advantage of the new facility will be to have our students situated in the midst of the Innovation Quarter, where they will interact more regularly with students of Medicine, Physician Assistant Studies, and other biomedical sciences in a modern, collaborative, and progressive academic milieu.



Floor plan for the new nurse anesthesia facility in the Wake Forest Innovation Quarter. The new facility will have two classrooms, with one of them designed specifically for collaborative, large group learning, while the other will be a traditional classroom with distance education facilities. There will be small group rooms (SGR) for case-based discussions, a new simulation lab, and new space to house our future faculty for a doctoral program (DNP). The exterior wall (top of drawing) maintains the "glass wall" from the building's days as a tobacco factory, providing ample natural light.

## Continued Professional Certification Program

The CPC program is an updated set of requirements for CRNA certification which will begin after CRNAs recertify in 2016 or 2017. The program was devised to improve upon the quality of continuing education by incorporating new technology and professional development in new ways. One of the largest benefits is that CRNAs will be able to earn CE credit for professional development activities which they can do (or are already

doing) in the course of their regular employment. The recertification period will extend to 4 years instead of 2, providing additional flexibility. The basic program requirements will be to accumulate 100 CE credits over the 4-year span. At least 60 of those credits must have an associated "assessment" which could be a post-test, demonstration of a new skill, or some other type of participant feedback. CRNAs can accrue all 100 credits in tradition-

al learning, or optionally accumulate up to 40 of those credits through professional development activities, such as precepting students or serving on a state nurse anesthetist association or as a chief CRNA. Self-paced computer learning modules will be optional at first, but may become a required component of the program, based upon continuing discussion between the AANA and NBCRNA.

## Activity Supports Student Wellness

Carolyn Hartle serves not only as the 2015 Class Representative but also as the student representative to the AA-NA Wellness Committee. A fitness enthusiast, Carolyn has taken that role to heart and showed great achievement in establishing a health and wellness website focused on the needs of SRNAs. This spring, Carolyn also accomplished another achievement by coordinating a wellness dinner program focused on the issue of substance abuse in the nurse anesthesia profession.



Students attended the wellness dinner along with family members or significant others.

Students attended the event, accompanied by spouses, significant others, or family members. At the program, they enjoyed a fine dinner and heard from experts in the field discuss the biology of addiction as well as hearing a personal account from a CRNA in

recovery. When teaching about such an important topic that students will encounter so infrequently, it is important to hold the discussion around a more memorable event than just a classroom session. That is why we hold the program at the Hawthorne Inn, couched in a dinner program. Hopefully, if students or their loved ones need to recall crucial points about dealing with an impaired provider, we will have presented it to them in an event which will be memorable, even if that need arises only years from now. Carolyn recruited fellow students to help with program coordination, and she secured gifts for attendees, which included a one-month free gym membership. Students enjoyed the program as well as the opportunity for a nice social gathering and opportunity to meet or socialize with student family members.

## Lifelong Education (continued from p.4)

and over again, in the forms of medical school, internship, residency, and eventually as a staff physician. As a physician in the Navy, I had the pleasure and privilege working and being stationed with the Navy, Air Force, Army, and Marine Corps, with travel overseas. My educational and professional pursuits extended to both the military and civilian sectors. At no time was learning more reinforced than when I was the instructor. Every single learning experience in the past provided the foundation on which I could move forward. From being a volunteer in a hospital as a 16 year-old, to LVN, to RN, to CRNA, to MD, to service in the military, an Instructor at The Uniformed Services University of Health Scienc-

es (USUHS) in Bethesda, MD, to Medical Director of several departments in multiple medical facilities; each step was built on the previous body of knowledge. Once again, I must thank all the instructors of the Nurse Anesthesia Program at Wake Forest School of Medicine for facilitating my search for knowledge and seeing potential in the rough form I presented to them. I am forever grateful...and still being driven forward by these experiences.

I am not unique when it comes to challenges in my professional career. Age, gender, race, marriage, kids, finances, health, and external responsibilities all have at one time or the other deflected my path and changed its

course. The grand challenge, of course is how does one deal with obstacles in the path to their desired destination? Both internal and external resources come into play. My advice to students is the following: Don't be afraid to take a chance. Never underestimate your potential or let anyone else underestimate it for you. Every person has their own path to follow. Follow yours and not someone else's. Draw on your unique talents. Learn from your weaknesses. Failure is sometimes part of the path to success. Single-mindedness combined with persistence and personal drive can help you accomplish your goals. If need be, emulate a dog and keep your nose to the path. Good luck!

Nurse Anesthesia Program  
Wake Forest Baptist Medical Center  
Medical Center Boulevard  
Winston-Salem, NC 27157

Non-Profit Org.  
U.S. Postage PAID  
Permit No. 154  
Winston-Salem, NC



Expect to see the new Wake Forest "W" logo replacing our traditional alumni association logo in many program publications.



Dr. Brown was honored by being named the medical center's March employee of the month.



Students and faculty attend the global health symposium .



Faculty members enjoyed some social time at the Winston-Salem Dash game.



Students participated in the policy-making process at the AANA Mid-Year assembly.



Carolyn Hartle as the AANA student wellness representative.