



JESSICA L. APPEL, CRNA, MSNA

How long have you been a CRNA? Do you specialize? Do you have a favorite type of anesthesia/surgeries? Describe your practice?

When I was sixteen, I somehow got roped into volunteering at a horse show with my dad. I ended up taking vitals for the horses competing in an Olympic qualifying round of combined driving. That experience made me realize I found the body systems so very fascinating! Fast-forward ten years, I started CRNA school at Texas Christian University (Go Frogs!) and completed my clinical residency in the Rio Grande Valley in South Texas. I was exposed to thorough hands-on experiences and multiple specialty rotations, including PNBs, with President-elect Juan Quintana! Now almost four years later as an active CRNA, I practice in Fort Worth, TX at a large hospital doing a variety of cases. I also work independently with a small CRNA group at various doctor's offices in the area. Working as an independent practitioner is my true enthusiasm and I am excited to see my community opening up to CRNA practices which keep anesthesia services affordable and maintain high quality outcomes.

Why do you support the Foundation?

Donating to the Foundation is a priority for me as I see it as an opportunity to tangibly support the research endeavors of CRNAs and SRNAs. It is unfortunate that so much of the federal grant dollars are distributed to the medical community and leave the nursing community to support itself. We, as CRNAs, must be involved in, or support, new and current research projects if we are going to maintain our seat at this crowded table.

Highlight your career, what is your proudest accomplishment?

One of my proudest moments as a CRNA was during a flight from Los Angeles back to Fort Worth. A passenger had a cardiac arrest on board and among the dim lights and small quarters of my Virgin Atlantic flight; I did my best to resuscitate him with the basic equipment available on board. I was able to start an IV while bracing myself against the beverage cart as the pilot did an emergency landing in Albuquerque. Sadly, the passenger didn't make it, but on my way back to my seat they called the "physician" back to the front of the plane. I calmly turned around and announced to the entire flight, "I am a certified registered nurse anesthetist! I'm an advanced practice nurse educated to administer anesthesia!" I got a lot of blank stares, but 300 more people know who we are!

What does being professionally involved mean to you?

I am involved professionally with the AANA by serving as Texas' Federal Political Director. I work at the federal level by organizing appointments for our Texas constituents and lobbyists during the Mid Year Assembly. Following congressional elections and supporting grassroots efforts of CRNA-friendly candidates is how I stay connected locally. I recently joined our TEXAS CRNA-PAC committee and am excited to see my fellow Texas CRNAs get involved in protecting our profession during this pivotal legislative session.

What are your future goals?

In the future I hope to help expand independent work for nurse anesthetists in the urban setting by networking and educating surgeons on the full scope of their anesthesia provider options. I want to educate the public and providers about the multiple advantages to procedural work outside of the mainstream hospital system and the solutions to our current health care crisis.

How do you spend your free time? What are your hobbies and interests?

In my free time I love to travel, ride my bike, work on my turn-of-the-century urban bungalow, and dabble in real estate with my family's business.