

# AANA 2019

Annual Congress ■ August 9-13, 2019 ■ Chicago, IL



## Take It To Your State

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# Disclosure Statement

- I have no financial relationships with any commercial interest related to the content of this lecture.

# Learner Outcomes

- Recognize how the personal and professional well-being message can increase awareness of substance use disorder (SUD) in your state.
- Demonstrate the role of outreach to provide education and share resources at state association meetings and nurse anesthesia educational programs.
- Discuss the role of State Peer Advisors (SPA) in support of the CRNA as well as their workplace upon return to practice after treatment for SUD.

# What we have in Arizona ...

- 900 CRNAs
- Vocal leadership / Board
- 2 state meetings per year
- Sentinel Publication
- [www.AZCRNA.com](http://www.AZCRNA.com)
- 2 CRNA Schools
- Peer Assistance Support



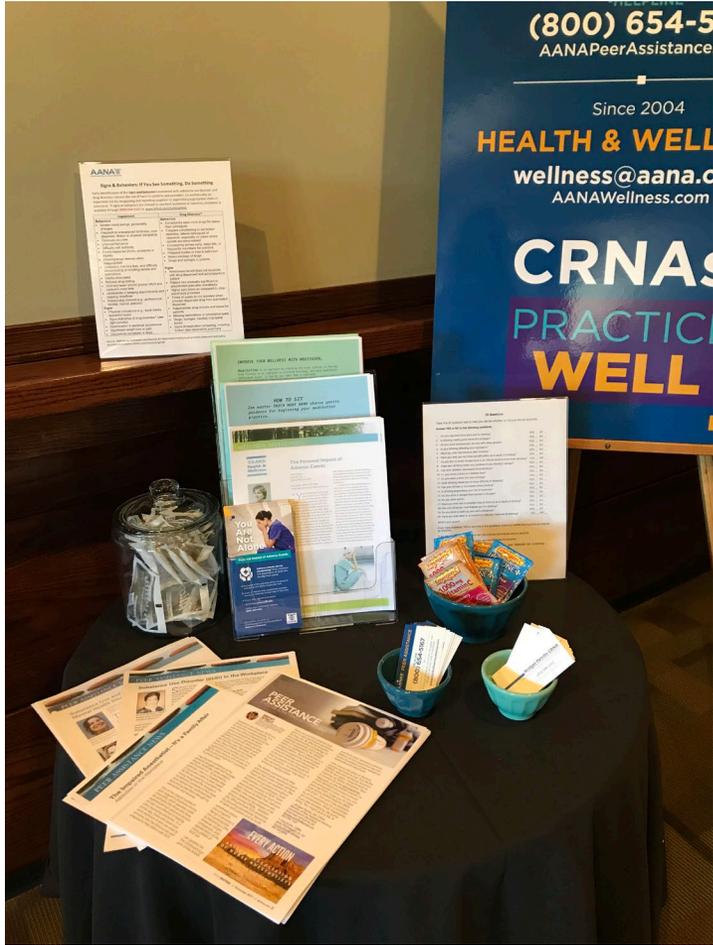


- Putting patients first
- Assuring patient safety
- Educating members
- Advancing the clinical practice of nurse anesthetists

# First things first...know your state president & board of directors



# State Meetings / Wellness Booth



# [www.AANA.com/AboutPeerAssistance](http://www.AANA.com/AboutPeerAssistance)



**AANA**  
AMERICAN ASSOCIATION OF NURSE ANESTHETISTS

Since 1983  
**PEER ASSISTANCE**  
-HELPLINE-  
**(800) 654-5167**  
AANAPeerAssistance.com

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Since 2004  
**HEALTH & WELLNESS**  
wellness@aana.com  
AANAWellness.com

**CRNAs**  
**PRACTICE**  
**WELL**



# Wellness Event at State Meetings



AZANA Wellness Committee  
presents:

# YOGA

Saturday, March 16, 2019  
3 - 4 pm  
The Scottsdale Resort  
at McCormick Ranch

## HIGHLIGHTS: THE WELLNESS COMMITTEE



In March of 2018, the AZANA Board of Directors voted unanimously to create a state-level Wellness Committee for the first time in our association's history. The committee was tasked with promoting mental and physical health for all CRNAs in Arizona and partnering with our AANA State Peer Advisor to provide support as needed. After I was appointed chair of this new committee, AANA State Peer Advisor for Arizona Bridget Petrillo, CRNA and Marnie Kulbeth, CRNA joined me in working toward achieving our mission.

Our vision is to bring CRNAs together through activities that promote health and fitness, to provide education about issues specifically affecting CRNA wellness, and to provide support for CRNAs who are fighting addiction. In our first nine months, we hosted three fitness events and supported Bridget Petrillo in two Anesthetists in Recovery (AIR) meetings. At the upcoming AZANA Sun & Fun 2019 Conference, we will host a free yoga class for AANA members and their guests. We will also be speaking at the conference about partner programs offered through the AANA for anesthetists in recovery. Additionally, we will be sharing information about critical incident stress debriefing

for medical professionals who have experienced traumatic patient events. We want to address the real-life challenges CRNAs face every day. We believe we can accomplish this by helping CRNAs to develop better tools and skills for facing such challenges.

This year has been incredibly uplifting as I have seen CRNAs from around the state join us to promote fitness, health, and wellness. We appreciate each person who has participated in our events and has come forward with suggestions and encouragement as we further develop this committee. Our passion is to facilitate a CRNA community in Arizona that is deeply connected and supportive of one another. Thank you to everyone who has supported this passion. ***We are excited to be serving YOU, the CRNAs of Arizona.***

**Blaire Zamboni, MNA, CRNA**  
*AZANA Wellness Committee Chair*

- Spin class & brief info session
- Wellness hike in Sedona
- Yoga & Juice Bar
- Night hike & happy hour in Phoenix
- Recruit sponsorship
- AIR meeting – well advertised

# www.AANA.com/StateWellness

CRNA Careers Governance  Donate Patients Contact Us CRNA-PAC Store About Us

**AANA**  *Safe and effective anesthesia care for every patient*  
AMERICAN ASSOCIATION OF NURSE ANESTHETISTS

Enter Keyword

CE & Education Advocacy & Policy Member Resources Meetings Practice Publications AANA Insurance States

Home > State Health and Wellness Resources 

In This Section:  
[State Health and Wellness Resources](#)

State Health and Wellness Exhibit Toolkit  
CRNA Wellness and Substance Use Disorder Speakers

## State Health and Wellness

### Ideas for State Association Meetings

There are many health and wellness ideas to support the personal well-being of CRNAs and student nurse anesthetists close to where they live and work.

Benefits to promoting health and wellness:

- Adds variety and networking opportunities
- Helps encourage healthy behaviors
- Provides awareness of the occupational risk of substance use disorder (SUD)
- Informs members of available AANA resources for assisting colleagues with SUD

Ideas and resources:

- Involve your state's [State Peer Advisor](#) (SPA) volunteer. All SPAs have

Advertisement



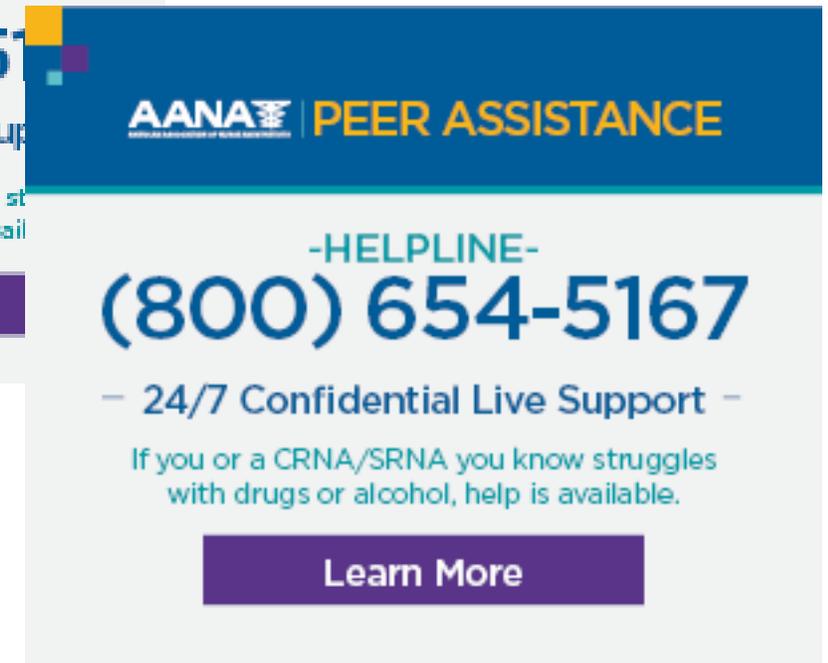
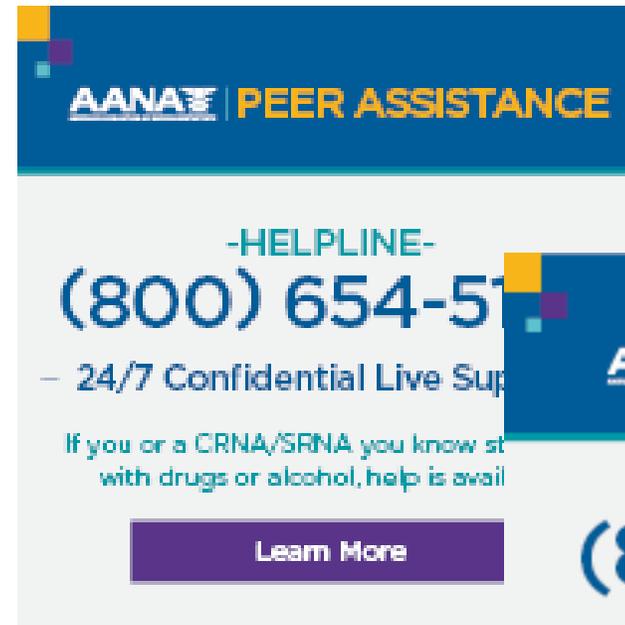
# www.AANA.com/WellnessExhibitToolkit

The screenshot shows the AANA website interface. At the top, there is a navigation bar with links for CRNA Careers, Governance, Donate, Patients, Contact Us, CRNA-PAC, Store, About Us, Login, and Join / Renew. The AANA logo and tagline "Safe and effective anesthesia care for every patient" are on the left. A search bar is on the right. Below the navigation bar, there is a secondary menu with links for CE & Education, Advocacy & Policy, Member Resources, Meetings, Practice, Publications, AANA Insurance, and States. The main content area features a breadcrumb trail: Home > State Health and Wellness Resources > State Health and Wellness Exhibit Toolkit. On the left, there is a sidebar with "In This Section:" containing links for "State Health and Wellness Resources" and "State Health and Wellness Exhibit Toolkit". Below this, there is a list of resources, including "CRNA Wellness and Substance Use Disorder Speakers". The main content area has a large heading "State Health and Wellness Exhibit Toolkit" and a list of resources with expandable options: "Create a Health and Wellness Exhibit!" and "Health and Wellness Exhibit Handouts and Ideas". To the right, there is an advertisement for Envision Physician Services, promoting their booth at the AANA 2019 Annual Congress. At the bottom left, there is a small link to "aana.com/membership".

# New state resource – to follow

Variety of jpeg sizes to feature on:

- State association homepages
- Newsletters
- Etc.



# Wellness Events



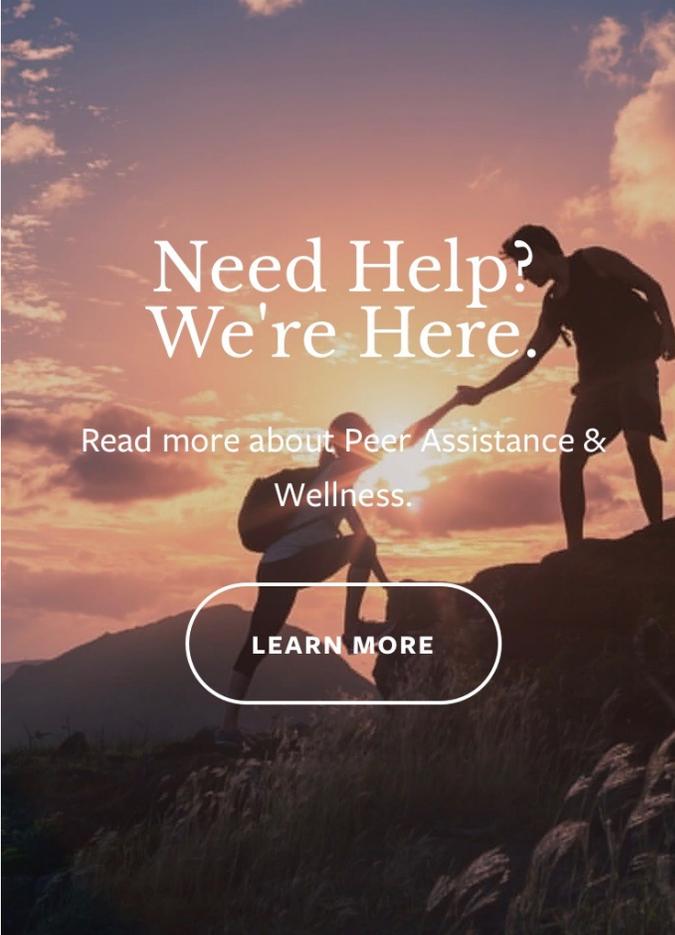
# CRNA State Website: [www.AZCRNA.com](http://www.AZCRNA.com)



Putting Patients  
First

For CRNAs, our patients  
are always the first priority.

That's why the Arizona Association of  
Nurse Anesthetists (AZANA) is  
focused on developing teams that  
make the **highest quality of  
anesthesia** care **cost-effective** and  
**accessible**.



Need Help?  
We're Here.

Read more about Peer Assistance &  
Wellness.

[LEARN MORE](#)

# Alternative to Discipline Programs in your State

- “Hows and Whats” of ATD in your state
- Eligibility
- Monitoring Contracts
- Local license lawyers
- Resources online
- Point person on staff
- Board of Nursing



bergen.com

# CRNA Schools in Your State



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# Return to work



- Know your human resources
- Allow CRNA to be accountable
- Discuss plan of action
- Relapse prevention tools
- Be available to talk about concerns, fears, stigma, stresses
- Connect them to another sober CRNA / AIR / Facebook Group

# 12 Step meetings for medical professionals



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# Mindfulness of Breathing Exercise

## Find a comfortable place to sit



# References

[www.AANA.com](http://www.AANA.com)

[www.AZCRNA.com](http://www.AZCRNA.com)

[www.AZBN.gov](http://www.AZBN.gov)

AANA Position Statement and Policy Guidelines: Addressing Substance Use Disorder in Anesthesia Professionals, 2016 ([www.aana.com/addressingSUD](http://www.aana.com/addressingSUD))