

2021 Virtual Spring Conference



Saturday, May 8, 2021

**Webinar
7:45 a.m. – 2:30 p.m.**

AGENDA-AT-A-GLANCE

SATURDAY, MAY 8, 2021

Time	Session	Speaker
7:45 – 7:55 a.m.	Opening Remarks	Jacqueline M. Mainwaring, DNP, MS, CRNA, APRN Barbara Bradbury, CRNA
7:55 – 8:00 a.m.	Anesthesia Services, P.A. Sponsor Remarks	
8:00 – 9:00 a.m.	“PTSD and How it Affects Us as Healthcare Providers”	Matthew Zinder, MS, CH, CRNA
9:00 – 9:30 a.m.	“Optimization of the DANA-PAC: Implementation of Regular Recurring Monthly Contributions”	Carrie E. Kenney, MSN, CRNA, FNP-BC, APRN, CPAN
9:30 – 10:00 a.m.	“Board of Nursing & APRN Independent Practice Update”	Ronald R. Castaldo, PhD, MBA, MS, CRNA, APRN
10:00 – 10:05 a.m.	Diamond State Financial Group Sponsor Remarks	
10:05 – 10:15 a.m.	Break	
10:15 – 11:15 a.m.	“COVID-19: Lessons Learned in Reaction, Response and Recovery”	Frederick Giberson, MD, MACM
11:15 – 12:15 p.m.	“Compassion Fatigue: The Cost of Caring?”	Cheryl Gamble, MSN, CRNA, APN Jenna Zaldonis, BSN, RN, CCRN
12:15 – 12:20 p.m.	UltraCare Sponsor Remarks	
12:20 – 12:30 p.m.	Break	
12:30 – 1:30 p.m.	“Crisis Within Crisis: COVID-19 and the Opioid Epidemic”	Lisa Wallace MSN, APRN, FNP-BC
1:30 – 2:30 p.m.	“Continued Professional Certification Update”	Terry Wicks, DNP, CRNA
2:30 – 2:35 p.m.	Closing Remarks	Barbara Bradbury, CRNA
2:35 p.m.	Adjourn Program Evaluations will be emailed immediately following the program. Please allow 1-2 weeks to receive your certificate of attendance. This program is approved for 6.0 Class A CE Credits by the AANA.	

Thank You to Our Sponsors

The Delaware Association of Nurse Anesthetists is pleased to recognize the following corporate supporters for their exceptional level of support of the DANA 2021 Virtual Spring Conference.



AGENDA & PROGRAM OBJECTIVES

7:45 – 7:55 a.m. **Opening Remarks**

7:55 – 8:00 a.m. **Sponsor Remarks – Anesthesia Services, P.A.**

8:00 – 9:00 a.m. **PTSD and How it Affects Us as Healthcare Providers**

Matthew Zinder, MS, CH, CRNA has worked in some level of healthcare for 25 years, starting as an EMT in a volunteer fire station. Matthew owns and operates a Maryland-based mobile anesthesia practice that has been in business since 1984. It consists of 20 practitioners and covers 50 locations throughout the state of Maryland.

Matthew speaks at many professional conferences, both nationally and internationally, involving topics such as stress management, wellness, business of anesthesia, and the practice of anesthesia. He is the producer and host of The Going Viral Podcast where he has discussions with guests pertaining to health, wellness, and science. He is the cofounder of The Provider Wellness Symposium, a national conference and wellness expo geared toward promoting healthcare provider health and wellness. Matthew is currently the District IV director for the Maryland Association of Nurse Anesthetists and an elected member of the AANA Leadership Identification Committee. He is adjunct faculty at Georgetown University School of Nurse Anesthesia.

SESSION DESCRIPTION: Post-Traumatic Stress Disorder affects many individuals following a sentinel event in their lives. However, many don't realize that a criteria for diagnosis can be chronic exposure to long-term stress. Healthcare providers are at risk for this diagnosis for both reasons. Anesthesia providers are especially vulnerable as we engage in a difficult and stressful job and are at risk of experiencing a critical incident at any time. This talk will go over definitions, symptoms, diagnosis, and treatment of PTSD in our professional population.

At the conclusion, the participants will be able to:

1. Learn the criteria for Diagnosis of PTSD.
2. Understand the difference between Acute Stress Disorder and PTSD.
3. Learn the different treatment options for PTSD.

9:00 – 9:30 a.m. **Optimization of the DANA-PAC: Implementation of Regular Recurring Monthly Contributions**

Carrie E. Kenney, MSN, CRNA, FNP-BC, APRN, CPAN is a staff nurse anesthetist with Anesthesia Services, P.A. since graduating from Drexel University, Nurse Anesthesia Program in 2009. She is the Clinical Coordinator for the Bear Glasgow Dental Center. Ms. Kenney is also a Family Nurse Practitioner who has worked at multiple Urgent Care Centers throughout Delaware since graduating from Wilmington University with her MSN, Family Nurse Practitioner in 2001. Ms. Kenney has served as the President-Elect, Vice President (twice) and the Upstate Director of the Delaware Association of Nurse Anesthetists. She is currently the DANA-PAC Chair. Ms. Kenney has served on the Delaware Association of Nurse Anesthetists Professional Development Committee, Political Action Committee, Government Relations Committee, and Public Relations Committee. Ms. Kenney is currently a Doctor of Nursing Practice candidate at Villanova University.

At the conclusion, the participants will be able to:

1. Identify the purpose, function, and importance of the DANA-PAC.
2. Acknowledge the comparison of state PAC contributions in the tri-state area of DE, NJ, and PA.
3. Discuss the foundation created for the DANA-PAC.
4. Discuss the implementation of the DANA-PAC regular recurring monthly contributions.
5. Acknowledge how to navigate the DANA-PAC webpage to launch and contribute to the regular recurring monthly contributions.

9:30 – 10:00 a.m.

Board of Nursing & APRN Independent Practice Update

Ronald R. Castaldo, PhD, MBA, MS, CRNA, APRN is a staff nurse anesthetist with Anesthesia Services P.A. in Newark, Delaware. In addition to serving three terms as the President of the Delaware Association of Nurse Anesthetists (DANA), Dr. Castaldo also served as AANA Region 6 Director from 2008 to 2010, and served on several AANA Committees, including State Organizational Development, Bylaws, and Nominating Committees. He is the current Chair of the AANA Foundation Board of Trustees, and the Delaware State Advocate for the AANA Foundation. Dr. Castaldo is also the current President of the Delaware Board of Nursing. He received his Master of Science degree from Columbia University, and his Bachelor of Science in Nursing and Doctor of Philosophy degrees from the University of Delaware.

At the conclusion, the participants will be able to:

1. Articulate the various nursing regulatory resources available to CRNAs to assist in the licensure and recertification processes.
2. Describe and assess the general functions of the State Board of Nursing, including the Board's mission and the APRN Committee's current role in granting Independent Practice to APRNs.

10:00 - 10:05 a.m.

Sponsor Remarks – Diamond State Financial Group

10:05 – 10:15 a.m.

Break

10:15 – 11:15 a.m.

COVID-19: Lessons Learned in Reaction, Response and Recovery

Frederick Giberson, MD, MACM, is a senior general surgeon, traumatologist and surgical and neurological critical care specialist at the Christiana Care Health System. His clinical practice includes the care of severely ill and injured patients, emergency surgical patients and complex reoperative general surgery. He is the author of a number of peer-reviewed publications and textbook chapters and has presented regionally and nationally on a variety of healthcare topics, with a focus on graduate medical education, acute respiratory failure, pancreatitis and traumatic brain injury. In addition to his clinical practice, he currently serves as the Vice Chair for Surgical Education and Director of Emergency General Surgery at Christiana Care.

SESSION DESCRIPTION: This presentation will place the COVID-19 pandemic in historical perspective and describe the challenges in response and recovery within a healthcare context at the level of the healthcare worker and care system. Through

review of the challenges encountered, the lessons learned will be discussed in a context of the current and future pandemics.

At the conclusion, participants will be able to:

1. Express understanding of the historical context of the COVID-19 pandemic.
2. Demonstrate physical and psychological self-protection when caring for COVID-19 infected patients.
3. Understand treatment of severe COVID-19 disease sufficiently to discuss a basic outline of treatment.
4. Discuss lessons learned from the COVID-19 pandemic regarding healthcare planning and readiness.

11:15 – 12:15 p.m.

Compassion Fatigue: The Cost of Caring?

***Cheryl Gamble, MSN, CRNA, APN** will celebrate 31 years of nursing with last 18 years as CRNA. She is one of the founding partners of UltraCare Anesthesia Partners, LLC, established in 2014 and proudly serves as its Chief Operations Office, while still clinically practicing 1-2 days/week, as the solo practitioner in 3 free standing ASCs. When covid hit in 2020, and all other anesthesia groups were forced to reduce their labor workforce as the world shut down, she created the Covid Response Team and her company placed CRNA Intensivists in 3 of the hardest hit hospitals in NJ, with a team of 25 CRNAs from across the country, all with 2 simple FB posts and by word of mouth. This outside the box thinking has set a precedence in the state of NJ, and UCare's CRT is still ongoing presently. UltraCare also has been a strong force in the vaccination effort, with their Covid Vaccine Team as part of Operation Warp Speed through contracts with pharmacies and states. With over 300 providers, UltraCare's workforce has vaccinated over 200,000 American Citizens in 8 states and is still going strong. She has been past president of the DANA as well as Upstate Director and is currently on their PAC committee. She has been the AANA State Peer Advisor for DE for the last 10 years and is now the SPA for Arkansas. As a strong advocate for CRNA practice especially independent practice, she credits this to the mentorship received by the experienced and knowledgeable Delaware CRNAs she has been fortunate to know and who have guided her throughout her CRNA career.*

***Jenna Zaldonis, BSN, RN, CCRN** is a 2nd year student at Thomas Jefferson University in their Doctorate of Nursing Practice Nurse Anesthesia Program. She currently does her nurse anesthesia clinical at Christiana Care in Delaware. Jenna is currently a class representative for her Thomas Jefferson Cohort class of 2022, the student liaison for the Delaware Association of Nurse Anesthetists and is the national student representative for the American Association of Nurse Anesthetist's Health and Wellness committee. For the AANA, she has spearheaded a national student wellness campaign that is currently ongoing, which she will speak about today. She has previously been published in the academic journal Progress in Transplantation on self-efficacy and its effects on health care quality of life, is passionate about wellness and hopes to encourage others to find that school, life and work balance.*

At the conclusion, participants will be able to:

1. Define Compassion Fatigue.
2. Describe the differences between fatigue vs burnout.
3. Determine which healthcare providers are at highest risk.
4. Identify the risk factors associated with fatigue.
5. Learn the steps to prevent compassion fatigue.

6. Recognize signs of compassion fatigue including physical, psychological and behavioral changes.
7. Identify maladaptive coping behaviors from stress and compassion fatigue, including occupational hazards that are associated with the anesthesia profession such as substance abuse disorder and suicide.
8. Recall and search for health and wellness resources from the American Association of Nurse Anesthetist's website for both certified registered nurse anesthetists and student registered nurse anesthetists.
9. Discuss their feelings of compassion fatigue, how to overcome the feelings of stress from the anesthesia profession and evaluate ways to flourish and prevent compassion fatigue in the future.

12:15 - 12:20 p.m. Sponsor Remarks – UltraCare

12:20 – 12:30 p.m. Break

12:30 – 1:30 p.m. Crisis Within Crisis: COVID-19 and the Opioid Epidemic

Lisa Wallace MSN, APRN, FNP-BC completed her undergraduate work at Villanova University and then embarked on a twenty- year career in critical care nursing, including ten years as a critical care educator. During this time Lisa was a member of several organization-wide committees at Christiana Care and participated in various performance improvement projects. She was an integral member of the Magnet Education Team that prepared all Christiana Care staff for the organization's first successful Magnet Survey. As a facilitator of Christiana Care Health System's Nurse Retention Committee, she paved a path for the future nursing council system.

Lisa earned her master's degree in the family nurse practitioner tract at University of Delaware. For the next nine years, Lisa worked as a primary care nurse practitioner for two of Christiana Care Health System's internal medicine offices, serving primarily low-income patients. During this time, she assisted with developing and implementing Christiana Care Health System's Nurse Practitioner Fellowship.

Lisa's work as a nurse practitioner has called her to be the current chair of the APRN Council and a member of Christiana Care Health System's Substance Abuse Steer. She also serves on the board of trustees for Ingleside Retirement Community which provides housing for low income seniors in our community and on the American College of Physicians Advisory Group for their Pain Management Learning Series, designed to assist primary care practitioners with management of acute and chronic pain in an era of opioid de-escalation.

Lisa has been the recipient of Christiana Care's Nurse Ambassador Award four times. She has also been honored with Christiana Care's Nursing Excellence award, twice: once for her work in staff development and once for her work as an advanced practice nurse. She has been twice acknowledged by Delaware Today magazine as one of Delaware's top nurses.

At the conclusion, participants will be able to:

1. Provide at least one statistic that describes the breadth of the opioid crisis.
2. Recognize the DSM V criteria for opioid use disorder.
3. Demonstrate an awareness of the evolution of the opioid crisis.
4. Name at least one serious medical condition associated with injection opioid use.

5. Name the three medication assisted treatments available for the treatment of opioid use disorder.
6. Name at least three local resources for the treatment of opioid use disorder.

1:30 – 2:30 p.m.

Continued Professional Certification Update

Terry Wicks, DNP, CRNA is a 1981 graduate of the University of Iowa, College of Nursing and received his anesthesia education while on active duty in the U.S. Army Nurse Corps. Dr. Wicks graduated from the Anesthesiology for Nurse Corps Officers Course in 1986 and received a Master of Health Science degree from Texas Wesleyan University. In May of 2018, Terry graduated from the Masters to Doctor of Nursing Practice program at the University of Iowa.

During his career, Dr. Wicks has served on numerous North Carolina Association of Nurse Anesthetists and American Association of Nurse Anesthetists committees and task forces. Terry was elected to the AANA Board of Directors in 2002 and served as AANA President in 2006-07. Terry is currently serving as an elected member of the NBCRNA Board of Directors, sitting on the Evaluation and Research Advisory Committee, and has chaired the Communications Committee. Previously Dr. Wicks served as NBCRNA liaison to the AANA Board of Directors and currently serves as NBCRNA liaison to the AANA Continuing Education Committee. In the fall of 2019, he began a one-year term as NBCRNA President, completing his NBCRNA Presidential term in August of 2020.

After completing his DNP curriculum in 2018, Terry accepted a faculty appointment as an Assistant Clinical Professor of Nursing at the University of North Carolina Greensboro, Nurse Anesthesia Concentration. His lecture focus is pharmacology, pulmonary pathophysiology, and cell biology and pathophysiology.

SESSION DESCRIPTION: This presentation will provide the learner with a review of the required elements of the Continued Professional Certification program. The discussion will include the relevant timelines, requirements, and the estimated costs of the program. Additionally, information will be provided describing resources and support available from the NBCRNA.

At the conclusion, participants will be able to:

1. List the requirements and timelines CRNAs must meet to successfully sustain continued certification by the NBCRNA.
2. Discuss the four general content areas of the CPC Assessment and the CPC Core Modules.
3. Compare and contrast Class A and Class B continuing education credits and identify the number of each required in each CPC four-year cycle.

2:30 – 2:35 p.m.

Closing Remarks/Adjournment

JOIN OUR TEAM!



Achieving Clinical Excellence

Transforming Perioperative Care

Improving Patient Outcomes

ANESTHESIA SERVICES, PA

SPECIALISTS IN QUALITY ANESTHESIA AND PERIOPERATIVE CARE

ASPA is looking for Certified Registered Nurse Anesthetists that share our vision, have a passion for achieving clinical excellence, and will be instrumental in the administration of anesthesia to patients undergoing a wide-breadth of surgical procedures

Proud to be the exclusive anesthesia provider at the following facilities:

- *Bear-Glasgow Dental*
- *Christiana Hospital*
- *Christiana Surgery Center*
- *Delaware Surgery Center*
- *DOCS Surgery Center*
- *Wilmington Hospital*
- *Nanticoke Memorial Hospital*
- *The Women's Building at Christiana Hospital*

ASPA offers a competitive compensation and benefits plan

Sign On Bonus
Paid Time Off
401K with profit sharing
Flexible Schedule

Well established team and excellent work life balance



Contact Us Today!

Amy Windfelder, Director of Human Resources
awindfelder@aspa-de.com | www.aspa-de.com

ANESTHESIA SERVICES, PA.

CELEBRATING **31** YEARS

strength

in

balance



CELEBRATING 31 YEARS OF A ROCK SOLID FOUNDATION



**DIAMOND STATE
FINANCIAL GROUP**

Diamond State Financial Group provides objective customized solutions to assist individuals, professionals and business owners in reaching their financial goals.

We offer a comprehensive line of products and services, as well as diverse financial expertise and responsive service. From insurance needs to college funding, retirement or estate planning, we're committed to helping you accomplish your long-term financial objectives.

Current Financial Position ♦ Investment Strategies ♦ Tax Strategies ♦ Retirement Strategies ♦ Protection Strategies ♦ Estate Planning

Andrew Baker, CFP®, ChFC®, Wealth Manager, and Matthew Evans, Financial Advisor

Call 302-366-0366 or visit www.dsfg.com to get on the path to achieve your financial goals.

121 Continental Drive, Suite 110, Newark, DE 19713

Securities and Investment Advisory Services offered through Securian Financial Services, Inc., Member FINRA/SIPC.

Diamond State Financial Group is independently owned and operated.

3237356 09.2020



**More than 90,000 hours (about 1/3) of your life will be spent working.
Don't you want to work for the best?**

UltraCare offers health care professionals like you more than a job -- we give you the opportunity to control your own future.

In addition to a variety of employment opportunities we promote professional growth and encourage advancement, whether you choose a clinical or leadership path.

We are looking for physician anesthesiologists, pharmacists, CRNA/APN-As, and RNs to join our UltraCare team.

Why should you join the UltraCare team?

- Job and career opportunities in multiple states.
- Commitment to individuals practicing to the full level and scope of their licensure and training.
- Variety of clinical settings (office-based, surgical center, rehab centers, hospitals, etc.)
- Customized schedule/times and settings to meet your professional and personal needs
- Leadership opportunities
- Advancement opportunities within UltraCare

Additional benefits:

- Competitive pay rates
- 401K, health and dental plans
- Employment travel/logistics assistance
- Full and Part-time positions
 - W-2 Employee opportunities
 - 1099 Independent Contractor opportunities

For more information about joining the UltraCare team please visit the careers section of our website

<https://ultracareanesthesia.com/careers/>

Or, call 1.844.448.5872

and speak to one our UltraCare team employment specialists.

223 Summit Ave, Fort Washington, PA 19034

DANA SHIRTS FOR SALE

Show off your DANA pride by wearing one of our new t-shirts! Shirts are offered in both men's and women's styles.



\$25 each

Order Online at

www.delawareana.org/Store

DANA ANNUAL CONFERENCE

SAVE THE DATE!

OCTOBER 16-17, 2021

**HYATT PLACE
DEWEY BEACH**

