
EDUCATION – CLINICAL

OUR FUTURE



SRNA Sedation Sequels



**SPRING 2021
Issue 17**

The Semesterly Newsletter Produced by Florida International
University's Student Registered Nurse Anesthetists



Each year, our Nurse Anesthetist students are charged with completing a DNP project as part of their degree. These projects are very successful and give students the important experiences to produce research and scholarship during their academic career. Many of our students receive opportunities to travel to conferences to present their projects and publish articles in scholarly publications. In addition, these initiatives help increase excellence and rankings of our Nurse Anesthetist Program throughout the country. Currently, the Nurse Anesthetist Program is ranked #88 in the country by U.S. News & World Report. The College seeks philanthropic support to provide these experiences for our students as the

university does not cover these costs. Please consider supporting our students with a tax deductible gift to support the Nurse Anesthetist Program.

You can make your tax deductible gift in one of two ways:

ONLINE: Click **DONATE** and choose "Anesthesiology"

BY CHECK: Please make your check payable to: **FIU Foundation, Inc.**

On the memo line note: **NWCNHS Nurse Anesthetist Program.**

Your check can be mailed to:

FIU Foundation, Inc.
Florida International University
MARC Building 5th Floor
11200 SW 8th Street
Miami, FL 33199

Message From the Department's Interim Chair



I would like to congratulate all of our clinical partners and faculty in helping our DNAP students on completing another successful semester. The faculty and I are very proud of our students and their commitment to the FIU Doctor of Nursing Practice Anesthesiology Nursing Program.

The department would like to introduce our 2021-2022, 100% goal. Our goal is to have 100% faculty satisfaction, 100% student satisfaction and 100% NCE pass rate. Achieving this goal will require students and faculty to actively engage with the curriculum working together to make positive strides. In May, the department conducted interviews for the class of 2024. We received over 200 applications to the program to fill 45 slots.

Please remember that vaccinated or not, we must continue to adhere to the CDC guidelines. In addition, before arriving on campus each day, every member of the

university community must complete the P3 app questionnaire. Together, we can ensure everyone's well-being as we bring more of the university community back to campus. Remember we are all in this together and stronger as a result.

Thank you for all your hard work in making the FIU Doctor of Nursing Practice Anesthesiology Nursing Program a success.

Jorge A. Valdes, DNP, CRNA, APRN
Interim Chair, Department of Nurse Anesthetist Practice

Assessment on the First Clinical Experience from the Class of 2022

By: Jonathan Morris, C/O 2022



How was your first day in the clinical setting?

Bilal: The closest thing I can compare to my first day in clinical would be my first day as a new nurse on the floor. The day can be described by one word, "BUSY!" On your first day, you learn an immense amount of new information, try not to miss anything in your airway setup, meet an abundance of new healthcare professionals, and try to figure out where all the supplies and equipment are stored.

Veronica: I was nervous to say the least, but my preceptor explained to me that this feeling was normal. My preceptor and all of the other team members were patient with me and answered all my questions.

Rachel: At first, I felt intimidated, nervous and in over my head. The moment I was introduced to my CRNA for the day that butterfly feeling went away, and I felt safe for the rest of the day. I was guided and educated for the 10 hours I shadowed but was also challenged in applying my knowledge in practice.

How did your first-time intubating go?

Bilal: I had heard from our faculty and the seniors that you never forget your first time intubating a patient. As you decide to pursue the field of anesthesia, the one thing that stands out is our ability to intubate patients. Naturally, everyone is excited to finally have the opportunity to do so in the clinical setting. The first time I was intubating a patient, I missed or, as they call “goosed,” the tube. A million thoughts ran through my head, and the feeling of self-doubt crept up. Luckily, I had my great preceptor, who realized the look in my eye and said, “Hey, it’s okay, you will get it next time.” Sure enough the next opportunity resulted in a successful intubation. The key is that it is okay to miss, and it doesn’t mean you will be a bad CRNA; take every missed opportunity as a lesson on perfecting your art of anesthesia.

Veronica: It was exciting, and it helped that I discussed everything I would do with my preceptor when discussing the plan. You’ll realize preceptors will be your assurance throughout the entire process.

Rachel: I’ll never forget being in the OR with Dr. Wittels directly in front of me telling me to grab the Miller blade and begin direct laryngoscopy. I felt secure knowing I was never alone. I was successful on my first intubation and was ecstatic for the rest of the day. It’s a feeling I’ll never forget!

What was your biggest challenge this semester with starting clinical?

Bilal: Even though waking up early for clinical can be personally challenging to me because I always worked the night shift as a bedside RN, I would have to say time management. I believe it can be challenging to manage time when clinical starts because it cuts down on your study time for didactic. Time management is instrumental to your success in CRNA school, especially as you start clinical. Establishing a routine is essential to balancing your school and personal life. Something else that I found helpful was to buy an agenda and divide up your days to study for different classes. Additionally, setting personal deadlines for assignments can also help you stay ahead of your assignments and give you additional time to study for tests.

Veronica: Time management!!! Learning it early on will be a fundamental aspect in being successful and less stressed during the program.

Rachel: I would say the biggest challenge was performing, not only in the classroom, but in the clinical setting as the expectations are high in both. Starting from zero clinical exposure due to COVID-19 and then going to two clinical days a week was startling but doable with the support of the faculty, staff, and my classmates.

Do you have any advice for the class of 2023 to prepare them for their first day in the clinical setting?

Bilal: My advice to the class of 2023 to prepare them for their first day in the clinical setting is do not be afraid to ask questions. It goes without saying that read up on your commonly used medications, take adequate rest the day before, eat a good breakfast the day, and stay hydrated throughout the day. I can personally say that to get the most out of your clinical experience it is vital to ask questions with a positive attitude.

Ask your attendings, ask your CRNAs, ask your seniors you come across. One last thing, be nice to everyone regardless of their role in the hospital and especially your anesthesia techs; trust me on this one! Good luck to the Class of 2023; a brighter future awaits!

Veronica: Having nerves is understandable, even your preceptors were new at one point. Don't be afraid to ask questions, it's all part of the learning experience. Establishing a good routine is vital, whether airway setup, machine check, medication preparations, this all minimizes mistakes.

Rachel: Review your medications! Every time I draw a medication, I label the syringe, and remind myself what receptor it works on, what response we want, when we use it and what adverse effects to expect.

Clinical Spotlight: Jodi-Ann Elliston Broward Health Medical Center

By: Jonathan Morris, C/O 2022

Jodi is a compassionate, dedicated and hard working CRNA who is a graduate from the anesthesia program at FIU!



Jodi and her fiancé on a safari in South Africa

Tell me about your background. Where are you from originally? How did you get into nursing?

I was born in Kingston, Jamaica and moved to Miami at the age of 10. I grew up in South Florida. My interest in nursing started the summer before I started college. I got the opportunity to shadow my uncle's friend who was a nurse manager on an oncology unit at a hospital in Atlanta. I really fell in love with the caring aspect of nursing. I remember it being an emotional day, as you can imagine an oncology floor, but it showed me that I had a calling to service people in need. Since then, I decided I

would be a nurse and never looked back.

Where did you go to school for college and how long have you been a CRNA?

I went to Barry University for my undergraduate nursing. I am a FIU Alumni Class of 2018. The best class ever! :)

What made you pursue anesthesia?

After nursing school, I worked at Baptist Hospital. My interest in Nurse Anesthesia really took off around my second year in the ICU. I always knew I wanted to further my education but was introduced to what being a CRNA is by my ICU preceptor who at the time left to attend CRNA school at FIU. I loved the way she spoke about the profession and then I got the opportunity to shadow a CRNA and loved it.

What do you enjoy about working as a CRNA?

I enjoy helping/caring for people. This is at the core of my practice, the whole reason I became a nurse to begin with. I also love the technical aspect of the field and the fact that I am NEVER bored. I am biased but I think I have the coolest career.

What hobbies do you like to do to de-stress from work or enjoy doing on your days off?

I love a good Netflix show, a good comedic relief. I love working out on my Peloton and spending quality time with my family. I also love to travel. One of my favorite trips was when I visited South Africa in 2019, looking forward to traveling more when the world re-opens.



This is a shot of a Leopard I took as it was coming down the tree post kill (I love taking pictures).

Any recommendations on how to be successful in CRNA school? Any experiences or additional thoughts you would like to share?

CRNA school is a tough time but it is also a privilege. I think one of the major keys to being successful in CRNA school is having a great attitude, besides living in a library, and giving 100% at clinicals. That was my strategy. There will be a lot of obstacles on the road to CRNAhood but it is so worth it in the end. Stay focused and give yourself the opportunity to grow. When times get a little tough always remember if doesn't challenge you it doesn't change you.



One of my favorite shots of this elephant.

Balancing Anesthesia School

By: Willie Espinosa, C/O 2022

Being a first-year SRNA has been one of the most challenging yet best tasks I've ever been faced with in my life. The art and science of anesthesia is something that is new for all of us and it's as if information is coming at us a million miles a second.

Unfortunately, when anesthesia school starts, life doesn't stop, and prior responsibilities continue. Finding a balance between personal life and anesthesia school does not come easy and is a continuous stress that requires work every day. I can wholeheartedly say though, the overwhelming stress of finding this balance is softened by the support of friends, our teaching faculty, and preceptors at our clinical sites.

As we face a new semester in just a couple of days, I am excited yet very nervous for what is to come. The summer semester is notoriously a harder semester in any program as the material must be condensed into a shorter amount of time. Even with less time, the ability to recall information while translating it to practice in the clinical setting is still required for the safety of our patients. I am certain though, that with hard work and continued support from professors and preceptors we will succeed!

Recipe: Egg White Muffins

Courtesy of Jonathan Morris, C/O 2022



I make them every Sunday so that I have a quick yet healthy breakfast every morning throughout the week. I have made egg white muffins for years with my meal prep for the week even when I was working as a bedside nurse.

Ingredients:

1. 32 oz liquid egg whites
2. ¼ cup of diced pepper (they can be either red, green or yellow peppers, whichever you prefer).
3. ¼ cup of diced onion
4. ¼ cup of diced tomato
5. 1 cup of chopped fresh spinach

Instructions:

1. Preheat oven to 425 degrees
2. Coat a non-stick cupcake pan with cooking spray (I use a silicone cupcake pan that I purchased on amazon for \$10 and it works perfect).
3. Mix diced pepper, onion, tomato, and spinach together in a bowl.
4. Place a spoonful of mixture from step 3 in each cupcake slot (I just eyeball this step).
5. Fill remainder of cupcake pan with egg whites.
6. Bake at 425 degrees for 20-24 minutes until golden brown on top.
7. Side note: I place three egg white muffins and three turkey sausages into containers to have for breakfast.



Produced by:

Jonathan Morris, Editor, C/O 2022

Bilal Mohammad, C/O 2022

Veronica Fernandez, C/O 2022

Rachel Felipe, C/O 2022

Willie Espinosa, C/O 2022

Fernando Alfonso DNP, CRNA, APRN

Jorge A. Valdes, DNP, CRNA, APRN

Mairelys DeLaGuardia, MBA