
EDUCATION – CLINICAL

OUR FUTURE



SRNA Sedation Sequels



**Fall 2023
Issue 21**

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 Our Director!



"Dr. Miller's Statement"

FIU DEPARTMENT OF NURSE ANESTHESIOLOGY

Gratitude to the faculty, staff, clinical coordinators, clinical sites, and students....

As 2023 ends, and seven months of being interim chair of the Nurse Anesthesiology program, I can't believe 2023 and the good fortunes FIU has incurred of being "Unstoppable". Receiving 10-year accreditation, student podium and poster presentations at the national and regional level, faculty achievements in publications, certifications and service, new clinical sites to the FIU family and endless dedication of the clinical coordinators. Lastly, the appointment of Dr. Jorge Valdes, as Acting Dean of the Nicole Wertheim College of Nursing and Health Sciences and his unwavering support of the program

My heart is full of gratitude, and I appreciate all the hard work everyone gives to the FIU Nurse Anesthesiology Program. Congratulations to the class of 2023 and the time they have sacrificed from their families, now they are free to have the life they aspired to achieve. Class of 2024 achieved outstanding SEE scores and although class of 2024 is in clinical daily, we know how hard they are working and will be graduating in less than a year. Class of 2025 is in the trenches of didactic education, in navigating their studies and beginning their clinical education, they will persevere.

I am amazed daily of the steadfast support of the clinical sites and everything the clinical coordinators do for our program; the program is so grateful. The achievements of the faculty and staff over the last year in scholarship, teaching and service is admirable and a testament to their dedication in transforming FIU.

With the utmost gratitude and wishing everyone a wonderful holiday season and all the best in 2024!

Kind regards,
Ann B. Miller, DNP, CRNA, APRN, FAANA

New Faculty



Please welcome New Faculty Dr. Christina Vera!

Dr. Christina Vera is a Florida native and second-generation Cuban registered nurse who has been practicing for nearly 20 years. Dr. Vera is a Certified Registered Nurse Anesthetist and graduate of the University of Miami where she completed her Bachelor in Nursing Science and Master in Nursing Science degree with a specialty in Anesthesia. Her clinical career is marked by thirteen years of practice in a variety of settings including a university teaching hospital and south Florida facilities servicing urban and underserved populations and outpatient surgical populations. Dr. Vera graduated with her Doctor of Nursing Practice (DNP) degree in 2015 from Barry University and continued her education at Vanderbilt University where she completed her Doctor of Philosophy in Nursing degree in with a focus on the Health Services Research track in 2020. Dr. Vera has published on both clinical issues and the utility high-fidelity simulation in nurse anesthesia training. She has presented topics such as the delivery of anesthesia, novel anesthesia technology, and office-based anesthesia considerations. In 2021, Dr. Vera completed additional coursework at Vanderbilt to obtain her title as Certified Nursing Educator. Dr. Vera has been part of academia at the nurse anesthesia graduate program level for four years and has enjoyed a learning environment comprised of complex and unique individuals who can think rationally and intentionally to achieve goals as they find personal meanings while acquiring knowledge. At Barry University, Dr. Vera has acted as Lead Chair for DNP scholarly projects. Dr. Vera has also served as Co-Chair and Chair on a university Institutional Review Board committee where she has gained experience overseeing and

reviewing submissions to ensure research ethics and integrity, regulatory compliance, observance of state laws, and conformity with university policies. Additionally, Dr. Vera recently served as the Project Director for Health Resources and Services Administration grant Nurse Anesthesia Traineeship grant after obtaining this award. Dr. Vera looks forward to continuing to educate the new nursing workforce and advance research in the realm of safety and policy. Warm Welcomes Dr. Vera!

NEW STORY!



- The Council on Accreditation of Nurse Anesthesia Educational Programs (COA) informed the Florida International University Nicole Wertheim College of Nursing and Health Sciences Anesthesiology Nursing Program that continued accreditation has been granted for the maximum of 10 years.
- The American Association of Nurse Anesthesiology (AANA) has awarded Certified Registered Nurse Anesthetist (CRNA) Dr. Ann Miller the designation of Fellow of the AANA (FAANA) – a recognized hallmark of leadership and outstanding achievements in the profession and science of Nurse Anesthesiology

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- Since Dr. Valerie Diaz, Assistant Professor for the Department of Nurse Anesthesiology, was last featured in the Sedation Sequel, she has been quite busy. Dr. Diaz was hand-selected as a panelist for the Florida Association of Nurse Anesthesiologists Black History Month Webinar, to discuss community engagement, cultural sensitivity, and leadership opportunities within the nurse anesthesia profession.
 - Dr. Diaz and Dr. Campbell were accepted for podium and poster presentation for the Sigma Theta Tau 34th International Nursing Research Congress in Dubai, titled “Enhanced Teaching Strategies for Graduate Nurse Anesthesia Students”.
 - The FIU Department of Nurse Anesthesiology was well represented at the AANA Annual Meeting in Seattle, held in August 2023, as 27 SRNA students traveled to participate in the meeting and compete in the college bowl.
 - The Class of 2025 held their White Coat Ceremony in September prior to the commencement of their clinical experiences, as they began their third semester.
 - The Department of Nurse Anesthesiology will welcome 45 students from the Class of 2026 in the Spring semester. Students were selected from a very competitive applicant pool. I am grateful for the department’s success.
 - FIU Anesthesia Faculty hosted the first "wellness event" for its students, to help aid students to decompress and understand the importance of mental health breaks.





FLORIDA INTERNATIONAL UNIVERSITY'S FIRST RECRUITER DAY!
By: Lindsey Bell and Brent Pendergast



Florida International University's First Annual Nurse Anesthesiology Recruiter Day was hosted this year. This event's vision was to bring recruiters and organizations to the Resident Registered Nurse Anesthetists of South Florida. For the students participating, this is an opportunity to network with potential employers, learn about various job opportunities, and gain insight into the professional world. The recruiters were be able to interact with some of the world's brightest minds and potentially recruit some of them into their hospitals and organizations. Additionally, by charging fees and encouraging donations for this event, the

money earned will support the professional development of students in the Nurse Anesthesiology Program.

FIU's First Annual Recruiter Day was a testament to the power of collaboration and the importance of bridging the gap between academia and the professional world, one of the difficult transitions RRNAs experience upon graduation. Our passion for bringing this event to FIU has been fueled by our eagerness to create opportunities for our fellow cohorts, and an opportunity like this event has the potential to open the door to future careers and provide additional financial support for the students in our program. It will be exciting to see so many students and recruiters come together with a shared goal of creating a better future for themselves and the potential communities we will one day serve as CRNAs. Events like this showcase the spirit of FIU and its commitment to providing students and the CRNA profession with the best opportunities possible. We hope this event will inspire future cohorts after the Class of 2024 to continue creating similar opportunities for students and professionals to work together to create a brighter future for all.

SPRING 2023 SAND AND SURF FANA

By: Leidy Escobar C/O 2023



Leidy Escobar is a Florida International University's Department of Nurse Anesthesiology Class of 2023 student. She has been a registered nurse for 12 years. Her research interest lies in cardiovascular-compromised patients and hemodynamic stabilization during the intraoperative period.

FANA Presentation:

Remimazolam as an Alternative Induction Agent in Monitored Anesthesia Care with Cardiac Interventional Patients.

"Propofol is a favored intravenous anesthetic for its quick onset of action and short half-life. However, propofol substantially reduces systolic, diastolic, and mean arterial (MAP) pressures. Clinically, a decline in arterial pressure reduces cardiac output, which may cause myocardial ischemia, postoperative organ failure, and even death. Hemodynamic stability is particularly critical during cardiac interventional procedures for cardiac patients have poor cardiovascular reserve function, rendering it demanding to tolerate the effects of anesthetics on their circulatory function. Despite its potential for severe adverse hemodynamic effects, propofol remains the leading intravenous anesthetic agent for the induction of transesophageal echocardiography, endocardial cardioversion, transthoracic electrical cardioversion, and other various cardiac procedures. With cardiac procedures being related to high incidences of postoperative complications and patient mortality, anesthesia providers must be well-versed regarding the effects of anesthetic drugs on intraprocedural hypotension and its implications for postoperative mortality. The evidence-based research sought to compare the effectiveness and hemodynamic profile of remimazolam versus propofol for the induction of anesthesia with the purpose to provide an alternative induction agent for monitored anesthesia care (MAC)."

AANA Annual Congress: Student Perspectives

By: Alejandra Morato, C/O 2024 and Jessica Mullet, C/O 2024

Alejandra Morato:

"In August, several FIU Nurse Anesthesiology students attended the American Association of Nurse Anesthesiologists (AANA) Annual Congress conference in Seattle, Washington. CRNAs and students from across the country attend the yearly conference, which is a huge educational event. It is critical for trustworthy specialists in the fields of anesthesia and patient care to attend conferences like these to obtain the most up-to-date evidence-based clinical information and put what they learn into practice. The AANA Annual Congress offers seminars, exposure to cutting-edge technology, and opportunities for social networking.

Attending the conference not only promotes education within the CRNA profession, but it also fosters teamwork, community, and strengthens the profession.

Perhaps the most noteworthy part of the week was that Dr. Ann Miller earned the designation, Fellow of the AANA (FAANA), a significant achievement for CRNAs as practitioners, educators, and advocates for the profession of Nurse Anesthesia. The FAANA title recognizes a dedicated professional who is committed to the growth and advancement of CRNAs. This further demonstrates her ability to lead FIU in the improvement of the Department of Nurse Anesthesiology.

As a student, I thought the conference was a great experience. I was able to meet other SRNAs throughout the country and discuss our experiences and network with other CRNAs. I attended several lectures varying from intraoperative hypotensive issues and how to prevent, to a hands-on ultrasound workshop. Overall, it was an inspirational and enjoyable event that I will continue to attend throughout my career as a CRNA.

Jessica Mullet:

"The AANA conference was an incredible experience. The conference includes a number of courses that enhance and solidify student learning, from attending scenarios for difficult airway management to practicing hands-on skills using point-of-care ultrasound. The AANA conference provided an excellent opportunity for business networking while also experiencing Chicago with peers. It was fantastic to see all of the Nurse Anesthetists come together at the conference. I hope to participate again next year!"



AANA Annual Congress FIU Posters

Presented by:

Samantha Hermida C/O 2023

David Perez C/O 2023

Brent Pendergrast, C/O 2023

Camilla Marcos, C/O 2023

Gabriel Pagan, C/O 2023

Mikke-An Tracey, C/O 2023

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A Quality Improvement Project on the Utilization of Ultrasound Guided Regional Anesthesia Integrating Artificial Intelligence to Increase Provider Success

ESTUARDO PEREZ, DPT, PhD, CNA, E-KARU, CUP, CMAA, APRN
NICOLE WERTHMAN, College of Nursing & Health Sciences
FLORIDA INTERNATIONAL UNIVERSITY



Introduction
Regional anesthesia (RA) is a common technique used for pain management in various surgical and medical procedures. However, the success of RA is often dependent on the provider's skill and experience. The integration of artificial intelligence (AI) into RA can potentially improve success rates and reduce complications.

Purpose
The purpose of this project was to evaluate the effectiveness of an AI-guided RA system in increasing provider success rates.

Methods
A retrospective analysis was conducted on 100 cases of RA performed using the AI-guided system. The success rate was compared to a control group of 100 cases performed using traditional methods.

Results
The success rate for the AI-guided system was significantly higher (85%) compared to the control group (65%).

Conclusion
The integration of AI into RA significantly improves provider success rates.

References
1. Smith, J. (2020). Artificial intelligence in medicine: A review. *Journal of Medical Research*, 10(1), 1-10.

FIU **FIU** **FIU**

Assessment & Anesthetic Management of Patients with Vaping History: An Evidence-Based Educational Module

BRANT PEREZ, MD, PhD, CCFP, CCFP (P), CCFP (S), CCFP (E), CCFP (A), CCFP (C), CCFP (G), CCFP (I), CCFP (N), CCFP (O), CCFP (P), CCFP (R), CCFP (S), CCFP (T), CCFP (U), CCFP (V), CCFP (W), CCFP (X), CCFP (Y), CCFP (Z)



Introduction
Vaping has become a prevalent habit among young adults, and its impact on respiratory health is a growing concern. This educational module aims to provide healthcare providers with the knowledge and skills necessary to assess and manage patients with a history of vaping.

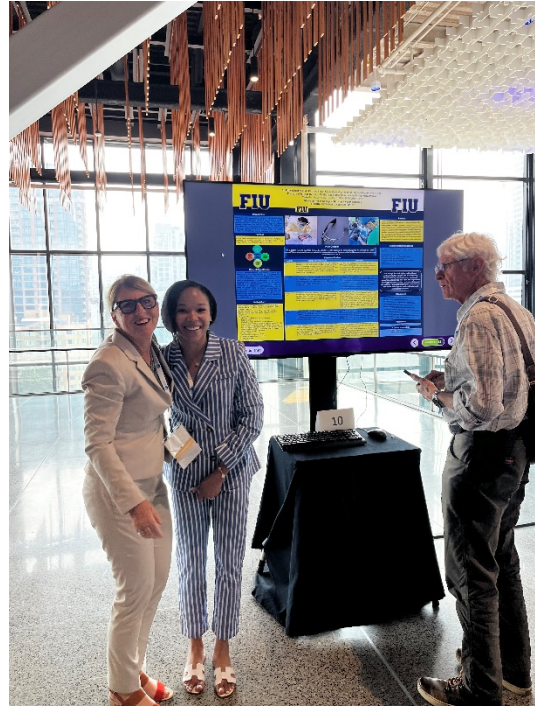
Purpose
The purpose of this module is to educate healthcare providers on the assessment and management of patients with a history of vaping.

Methods
This module consists of a series of evidence-based educational materials, including a video, a quiz, and a case study.

Results
The module was evaluated using a pre-test and post-test design. The results showed a significant increase in knowledge and skills among participants.

Conclusion
This educational module is an effective tool for educating healthcare providers on the assessment and management of patients with a history of vaping.

References
1. Smith, J. (2020). Vaping and respiratory health: A review. *Journal of Medical Research*, 10(1), 1-10.



Brent Pendergast Awarded Class of 2023 "Outstanding Student Graduate"



Mr. Brent Pendergast class of 2023 was awarded “Outstanding Student Graduate”.

Continuing The FIU Graduate Journey!
By: Peter Hernandez, C/O 2024

Hi! My name is Peter Hernandez and I am a second-year CRNA student at Florida International University (FIU). Previously, I have worked in ICU's at the University of Florida Shand's Teaching Hospital, Jackson Memorial Hospital, and Cleveland Clinic. Having said that, returning to FIU for graduate school was an easy decision considering this is not my first-time being an FIU student as I am a proud member of the 2019 BSN graduating class.

Going to the same university for both my undergraduate and graduate degrees has been an incredible experience. As I walked through the familiar halls and pathways on my first day of graduate school, I felt a sense of comfort and familiarity that I knew would help me to hit the ground running. Being back on campus brought back a flood of memories of the countless hours spent studying, the friendships made, and the personal growth achieved during my undergraduate years.

Having spent four years as a very involved undergraduate student, I was already well-acquainted with the campus layout, the academic resources available, and the expectations of FIU. As a result, this allowed me to bypass much of the stress and confusion that many graduate students experience during their first few weeks of school. While, still having a sense of excitement and anticipation for what is to come throughout my graduate program.

Beyond the nostalgia, returning to my alma mater for graduate school has given me the opportunity to continue to build on the relationships I had already established with faculty members, staff, and fellow students. In addition, being a graduate student at my undergraduate institution has also allowed me to give back to the community that has provided so much to me during my undergraduate years. As a graduate student, I have been able to serve as a mentor to undergraduate students and provide guidance and support to them as they navigate their own academic and personal journeys. Furthermore, my time as a current FIU graduate student has granted me the ability to challenge myself academically, clinically, professionally, and personally.

Overall, the experience of going to the same university for both my undergraduate and graduate degrees has been truly amazing. I feel deeply connected to the institution and its community, and I am grateful for the opportunity to continue to grow and learn within this familiar and supportive environment. One day, I hope to pay it forward as a double FIU alumnus of 2019 and (soon) December 2024! As always, Go Panthers!



Entering The Final Year

By: Elliot Ortiz, C/O 2024

As I embark on the final year of my DNP program at Florida International University, I can't help but reflect on the incredible journey that has brought me to this point. The challenges were daunting, the nights were long, but every lesson learned and every skill honed has been a stepping stone toward my ultimate goal of becoming a skilled SRNA. FIU has not only provided me with a world-class education but also a supportive community that has fueled my passion for nurse anesthesia. As I stand on the threshold of my last year, I am filled with gratitude for the experiences that have shaped me and excitement for the opportunities that lie ahead. The knowledge gained and the friendships forged will undoubtedly be the foundation of a fulfilling and impactful career in nurse anesthesia.

To the future SRNA students about to embark on this transformative journey at Florida International University, let me share a piece of advice that has guided me through the ups and downs of this demanding program: Embrace the challenges as opportunities for growth.

Each late night studying, every clinical rotation, and every hurdle you face is a chance to become a better, more resilient practitioner.

Stay curious and never underestimate the power of collaboration. Your peers, professors, and clinical preceptors are invaluable resources. Lean on each other for support, share your knowledge, and approach every clinical experience with an open mind. The learning doesn't stop in the classroom; it extends into the operating room, the recovery room, and beyond.

Seize every chance to absorb knowledge from seasoned professionals and make the most of your clinical rotations.

Balancing the demands of academics, clinicals, and personal life can be challenging, but it's crucial to prioritize self-care. Take breaks when needed, maintain a healthy work-life balance, and remember that it's okay to ask for help when things get overwhelming.

Lastly, trust in your abilities and believe in the journey you've chosen. You are not just completing a program; you are crafting a foundation for a fulfilling and impactful career. Celebrate your successes, learn from your setbacks, and keep your eyes on the ultimate goal of making a positive difference in the lives of your future patients.



A Wordsearch For Your Favorite Drugs

Find Your Favorite Drugs

MUQXLCEJLPXZFULNGTYHSTIWD
QMHYRHNVVZNGISIFGLJTOVUE
TPUAMHPLLWFDSFRCEQJKFGZEQ
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Succinylcholine	Phenylephrine	Glycopyrolate
Remifentanyl	Epinephrine	Vecuronium
Nicardipine	Ephedrine	Propofol
Rocuronium	Precedex	Etomidate
Fentanyl	Atropine	Ketamine



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