



CRNA ALUMNI Update

volume 15 | 2015



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EDITOR'S NOTE



William, Kelly, Lucas, Adam Jacob

In late 2014, I transitioned into the role of Mayo Nurse Anesthesia Alumni Committee chairperson with excitement and purpose. As my predecessors before me, I am focused on continuing the important tradition of maintaining relationships with past, present, and future nurse anesthetists. I have been a Mayo Rochester employee for 15 years this month! My BSN is from Winona State University, and I received my master's degree from Mayo's Nurse Anesthesia Program in 2007. After spending almost 4 years in neurosurgery at Saint Marys Hospital, I am now part of the Gonda core group, delivering outpatient anesthesia. I met and married my husband, Adam, during my nurse anesthesia training. We have two little boys, William and Lucas, ages 6 and 4 respectively.



Reese, Lucyna, Jace, Kennedy Aho

The many duties of the alumni committee are shared by a great team in addition to co-chair Lucyna Aho. Lucy received her BA in Biology in 2002 from the University of Colorado, Boulder and her Bachelor of Science in Nursing degree from Regis University in Denver. She completed the Mayo School of Health Sciences Nurse Anesthesia Program in 2010. She currently has a joint appointment providing anesthesia in outpatient surgery as well as at Rochester Methodist Hospital. She married her husband, Jace, in 2008 and now has a three year old son, Reese, and a daughter Kennedy, who is one.

As graduates of Mayo Clinic's Nurse Anesthesia Program, we wanted to inform you of an educational product we hope to purchase that will further strengthen the training of current and future nurse anesthetists. The role of ultrasound-guided regional anesthesia has rapidly expanded. We hope to add a regional simulation trainer for our students to utilize during their education. We appreciate the time and effort you have already given to Mayo Clinic. We hope that you might consider donating to Mayo Clinic's Nurse Anesthesia Alumni Fund to support the program's ongoing educational needs.

We would love to hear from you! The biographical sketches continue to be a great way for us to connect with you. If you have any thoughts on how we might better serve you as your alumni association, please let us know. Feel free to contact me at genrich.kelly@mayo.edu or on the Facebook site. The page can be found by searching Mayo Clinic Nurse Anesthesia-CRNA/Alumni/SRNA.

Thank you for your time, interest, and support. We look forward to hearing from you this year!

Sincerely,
Kelly Jacob, APRN, CRNA, MNA
Mayo Nurse Anesthesia Alumni Chairperson

125TH GALA EVENT

This past October marked the 125th anniversary of Nurse Anesthesia education at Mayo Clinic, the oldest continuously operating nurse anesthesia program in the United States. A variety of daytime activities and an evening reception were organized to celebrate this momentous occasion. Mayo Clinic Nurse Anesthesia Program Alumni, current Mayo Clinic Rochester Nurse Anesthesia staff and students had the opportunity to participate in a variety of activities including touring the Mayo Clinic Multidisciplinary Simulation Center and Plummer Building Mayo Historical Suite, walking through Heritage Hall, seeing the carillon bells and listening to presentations on historic Rochester. The evening gala featured guest speaker James Kiffmeyer, CRNA, MNA. James is a 2004 Mayo Clinic graduate who discussed his mission experience in Haiti after the devastating 2010 earthquake. Past, present, and future nurse anesthetists enjoyed a lovely selection of appetizers and desserts while sharing in this very special event.

ATTENTION ALUMNI...

The Mayo Clinic Nurse Anesthesia Alumni in conjunction with the greater Alumni Group will be sponsoring an Alumni Room at the 2015 Nurse Anesthesia Annual Congress in Salt Lake City, Utah. The evening reception will take place on August 29 at the Salt Lake City Marriott City Center in downtown Salt Lake City. The city is world-renowned for its wealth of outdoor recreation opportunities. We hope to see you there!



Pictured: Nurse Anesthesia Program faculty (left to right): Tammy Neis, Amy Gnagey, Erin Martin, Jenna Steege, LaChelle Wieme, Robyn Finney

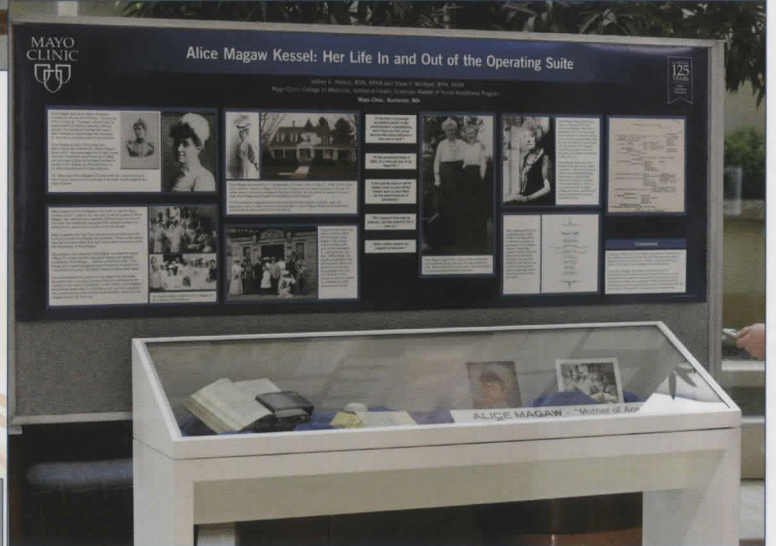
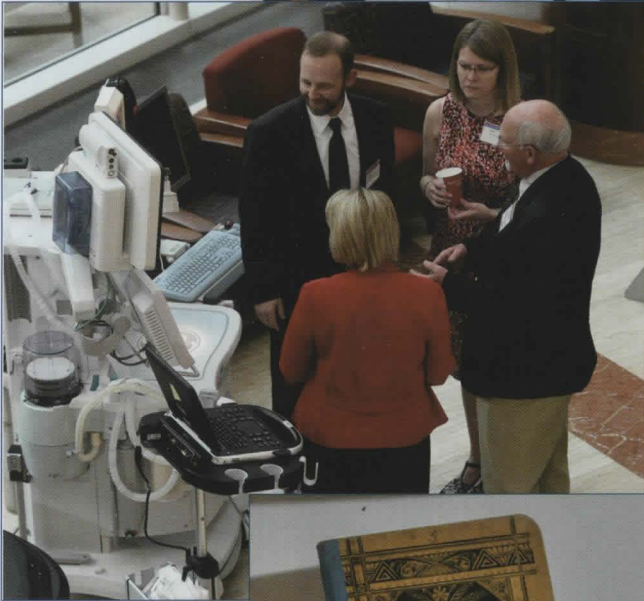
125TH GALA EVENT

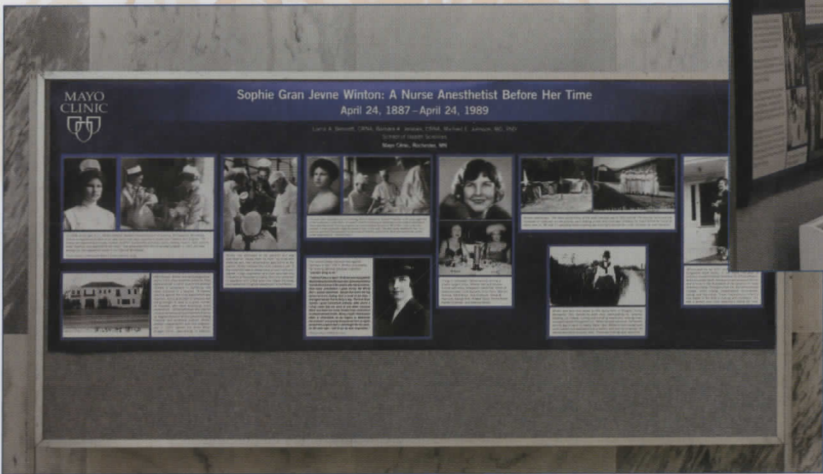
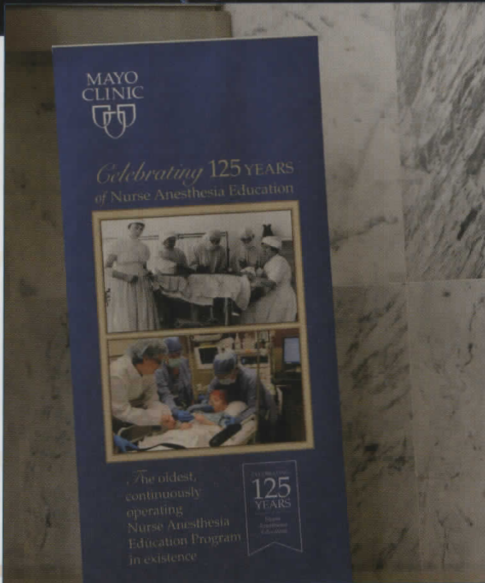


Ed Thompson, Mary Shirk Marienau, Bob Johnson



James Kiffmeyer







Janyce Otto, Doreen Gudlin, Lisa Dearborn, Tammy Buchanan



Dr. Beth Elliott, Sheila & Ed Thompson, Tammy Neis



Eric & Jane Peterson, Tim & Sharon Brandt



Richard Pressnall, Darrel Simon, Tom Stelmak, Janie Pressnall, Karen Stelmak, Patricia Simon



Deb & Nolan Denny, Sandi Beier, Felisa Lee



John & Pat Yeoman, Ethel & John Marshall



Merry Milverstadt, Dr Ron & Nancy MacKenzie, Jennifer Dickman



Justin Marks, Laurie Trudell, Kristen & Matt Dyer



Barb & Chris Nord, Ray & Tess Herli



James & Jodi Kiffmeyer, Senator Mary & Ralph Kiffmeyer



Jenna Steege, Meredith & Travis O'Brien

PROGRAM UPDATE

Mayo Clinic College of Medicine, School of Health Sciences
Nurse Anesthesia Graduate Programs- MNA and DNAP

This is an exciting year! We have a new official program name (see above) and throughout this year we are celebrating 125 years of nurse anesthesia education at the Mayo Clinic. We have a wide variety of events that have been or will be celebrated between October 2014 and October 2015. We hope you were able to attend the daylong gala celebration of our milestone anniversary in May. A variety of daytime activities and an evening reception were organized to celebrate this momentous occasion. The most important of all the year's events is the graduation of the Class of 2015. This class again provides evidence of Mayo Clinic's on-going commitment to educating excellent CRNAs. The 25 members of the Class of 2015 graduated on March 14 in Phillips Hall with over 400 guests and faculty in attendance. The students provided supervised anesthesia care to hundreds of patients during their training. Mayo Clinic's core value, "the needs of the patient come first," resonated with all the graduates. They can take pride in what they have contributed to the care and safety of their patients. I am confident that the commitment instilled into our students, to provide excellent, safe anesthesia care and case management, will become more engrained in their professional thoughts and actions as they progress throughout their careers. This commitment was imparted into each student by over 260 Rochester CRNAs, Off-Campus instructors, and hundreds of other didactic and clinical instructors they came in contact with throughout their educational journey.

Students in the Class of 2015 have continued the tradition of submitting their master research projects to peer reviewed journals for publication. All students presented their research results via poster presentations at one or more of the following venues: The 2014 Annual AANA Congress, the Fall MANA Meeting, and the 40th Annual Mayo Clinic Seminar for Nurse Anesthetists. Oral presentations by the graduates were provided at the AANA Congress, an especially impressive venue, along with the important MANA and Mayo meetings.

Last year, Mayo's Nurse Anesthesia Alumni fund purchased a Blue Phantom Regional Anesthesia Ultrasound Training Block Model. Within a week of its arrival, it was put to use during our Regional Workshop. Thank you to the Alumni Association! The program and our students very much appreciate your contributions, which help to fund important educational tools and recognitions. The Alumni Awards presented at graduation and the Alumni Poster Awards given out during the Annual Mayo Seminar for Nurse Anesthetists help to encourage students to reach for higher professional and research aspirations. With those awards in mind, I would like to take this opportunity to remind Mayo Alumni who do not work at Mayo Rochester, but plan on attending the fall conference, that you may be invited to be a poster judge for the Annual Mayo Seminar (October 14-17, 2015). If asked, please say, "Yes!" It is a great way to give back to our program and profession.

This year we admitted our first DNAP class (25 students) in mid-July and our last master level class (23 students) in early September. The 48 new students all have spent some time on campus. The MNA students continued with the prior on-campus education schedule, while contact was maintained with the DNAP students via hybrid distance education. Keeping everything organized in our minds has been a challenge. Fortunately, the two new classes have very different activities, assignments, and goals in their first year, so the faculty is doing a great job keeping track of everything. Now that the program's numbers have increased (we may have as many as 104 students enrolled), the core faculty numbers have expanded (10 faculty = 5.2 FTE). The program faculty is now made up of the following individuals:

- Mary Shirk Marienau, CRNA, APRN, PhD- University of Minnesota- Program Director
- Erin Martin, CRNA, APRN, DNP- Winona State University- Associate Program Director (0.8 FTE)
- Robyn Finney, CRNA, APRN, MNA- Core faculty (0.5 FTE) - Enrolled in Mayo Clinic CRNA DNAP Postgraduate Program
- Amy Gnagey, CRNA, APRN, MNA- Core faculty (0.4 FTE) - Enrolled in University of Michigan-Flint DrAP Program
- Cory Groves, CRNA, APRN, MNA- Core faculty (0.4 FTE) - Doctorate program enrollment in progress
- Dana Hertzfeldt, CRNA, APRN, MNA- Core faculty (0.4 FTE) - Doctorate program enrollment in progress
- David Moses, CRNA, APRN, MNA- Core faculty (0.4 FTE) and technology support - Doctorate program enrollment in progress
- Jeff Oberhansley, CRNA, APRN, MNA- Core faculty (0.4 FTE) - Enrolled in University of Michigan-Flint DrAP Program
- Jenna Steege, CRNA, APRN, MNA- Core Faculty (0.5 FTE) - Enrolled in Chamberlain College of Nursing DNP Program
- Lachelle Wieme, CRNA, APRN, MNA- Core faculty (0.4 FTE) - Enrolled in University of Michigan-Flint DrAP Program
- Program Administrative Assistants: Tammy Neis, Julie Predmore and Michelle Rahman

Mayo's Off Campus Rotation (OCR) sites continue to provide students with an understanding of anesthesia practice outside of our large academic center. These sites are also where students obtain needed regional anesthesia experience. We added two new sites this past year. In September 2014, students started rotating to Red Wing, MN-Mayo. In June, we plan to resume sending students to our Albert Lea, MN-Mayo site. As the program continues to look for ways to enhance our students' clinical experiences, alumni who work in a practice that could provide our students with great experience in general and regional anesthesia are invited to contact marienau.mary@mayo.edu or 507-284-8331. The program may be interested in using your practice as a Mayo OCR site. Each student's OCR lasts 8 weeks. We work very closely with each site to ensure strong support for both the students and faculty.

This past year has been amazing and I see the months ahead bringing more excitement for the Mayo Clinic Nurse Anesthesia Graduate Program and alumni. We will culminate our year-long celebration of 125 years of Mayo Clinic educating nurse anesthetists at the 41st Annual Mayo Clinic Seminar for Nurse Anesthetists, which will be held October 14-17, 2015.

The nurse anesthesia program continues to exist and flourish because of the terrific CRNA and anesthesiologist didactic and clinical instructors who participate in the students' educational and research journeys. Motivated, hardworking students are following in each of your footsteps and continue to show your passion for the nurse anesthesia profession and your commitment to a high standard of anesthesia care. Congratulations to all of the wonderful instructors that retired this year. You are greatly missed. Hundreds of years of knowledge and experience left our corridors, but I am confident that those who remain will continue to impart high standards of anesthesia care to future Mayo SRNAs/CRNAs.

I hope all alumni who are reading this continue to feel pride in being a "Mayo Alumni." Please plan to visit the program during the fall seminar or ...anytime!

Best wishes,
 Mary Shirk Marienau, CRNA, PhD
 Program Director



Mayo Clinic College of Medicine, School of Health Sciences, Master of Nurse Anesthesia Program 2015 Graduation Ceremony

Row 1: Shejan Ansar, Heather Wagner, Heather Brandt, Sarah Voogd, Sarah LoBue
Row 2: Christina Hoeft, Willow Rao, Katherine Ojalvo, Liana Madsen
Row 3: Lisa Johnson, Sabrina Duda, Natasha Hawkins, Jennifer Cooley, Andrea Berube
Row 4: Matthew Earl, Diana Koepp, Alliene Olson, Jennifer Dickman, Klinton Stephens, Karin Langford
Row 5: Bryce Richter, Jackie Materi, Lauren DeLuca, Craig Ailts, Tiffany Thornton

**MAYO SCHOOL OF HEALTH
 SCIENCES MASTER OF NURSE
 ANESTHESIA PROGRAM
 CLASS OF 2015
 GRADUATES – EMPLOYERS:**

Craig T Ailts, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Shejan Ansar, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Andrea N Berube, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Heather A Brandt, BSN
 Future Employer: Memorial Health University
 Medical Center, Savannah, GA

Jennifer A Cooley, BSN
 Future Employer: North Iowa Anesthesia
 Associates, Mason City, IA

Lauren E DeLuca, BSN
 Future Employer: Froedtert Hospital,
 Milwaukee, WI

Jennifer E Dickman, BSN
 Future Employer: University of Minnesota
 Masonic Children's Hospital, Minneapolis, MN

Sabrina L Duda, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Matthew D Earl, BSN
 Future Employer: St. Anthony's Hospital,
 Carroll, IA

Natasha M Hawkins, BSN
 Future Employer: St. Cloud Hospital, St.
 Cloud, MN

Christina C Hoeft, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Lisa M Johnson, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Diana J Koepp, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Karin M Langford, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Sarah M LoBue, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Liana R Madsen, BSN
 Future Employer: Delnor Hospital, Geneva, IL

Jacqueline M. Materi, BSN
 Future Employer: Undecided

Katherine J Ojalvo, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Alliene Olson, BSN
 Future Employer: Mayo Clinic, Scottsdale, AZ

Willow Rao, BSN
 Future Employer: Winona Health, Winona, MN

Bryce D. Richter, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Klinton R Stephens, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Tiffany M. Thornton, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Sarah C Voogd, BSN
 Future Employer: Mayo Clinic, Rochester, MN

Heather M. Wagner, BSN
 Future Employer: Mayo Clinic, Rochester, MN

**WITH DISTINCTIONS
CLASS OF 2015**

FACULTY AWARDS

SMH CRNA Instructor of the Year:
Jay Bergner, APRN, CRNA, MNA

RMH CRNA Instructor of the Year:
Lisa Dearborn, APRN, CRNA, MNA

Physician Educator of the Year:
Hans Sviggum, M.D.

Special Recognition:
Christopher Dietz, APRN, CRNA, DNP

Invited Graduation Speaker:
Matthew Earl, SRNA, BSN

STUDENT AWARDS

Robert R. Johnson Achievement Award:
Craig Ailts

Gilles, Nelson, Torrance Alumni Award:
Tiffany Thornton

Rebecca S. Finley Alumni Award:
Katherine Ojalvo

Virginia B. Hartridge Achievement Award:
Karin Langford

Robert A. E. Devloo Book Award:
Craig Ailts

**STUDENT POSTER AWARDS – MAYO
CRNA ALUMNI ASSOCIATION**

1ST PLACE AWARD - \$300.00

Does Low-Dose Ondansetron Increase the
Risk of Perioperative Polymorphic Ventricular
Tachycardia or Death? ***

Sarah C. Voogd, BSN, SRNA
Heather M. Wagner, BSN, SRNA

Advisors: Gregory A. Nuttall, M.D.
Mary Shirk Marienau, CRNA, Ph.D.
William C. Oliver, M.D.
Michael J. Ackerman, M. D., Ph.D.

2ND PLACE AWARD - \$250.00

Changes in Red Blood Cell Transfusion
Practice During the Past Two Decades: A
Retrospective Analysis of Adult Patients
Undergoing Hip Fracture Open Reduction
Internal Fixation Using the Mayo Database ***

Craig T. Ailts, RN, BSN, SRNA
Andrea N. Berube, RN, BSN, SRNA
Jacqueline M. Materi, RN, BSN, SRNA
Tiffany M. Thornton, RN, BSN, SRNA

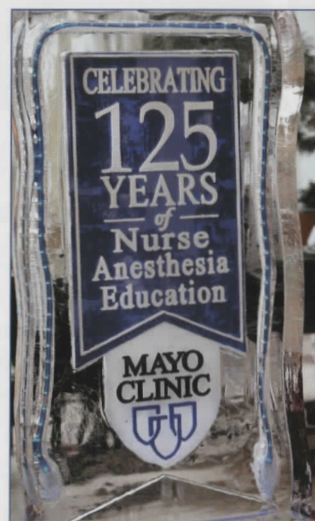
Advisors: C. Thomas Wass, M.D.
Mary Shirk Marienau, CRNA Ph.D.

3RD PLACE AWARD - \$200.00

Ultrasound Guided Central Line Placement
Reduces Adverse Events

Jennifer Cooley, SRNA
Karin Langford, SRNA
Katherine Ojalvo, SRNA

Advisors: Gregory Nuttall, M.D.
Daniel Brown, MD Ph.D.
Daryl Kor, M.D.
Jeff Mueller
Mary Shirk Marienau, CRNA, Ph.D.



BOOK AWARDS

An Investigative Survey of the Use of Single Syringe Ketamine and Propofol Admixture ("Ketofol") as an Induction Agent in the Operating Room ***

Alliene N. Olson, RN, BSN, SRNA

Willow R. Rao, RN, BSN, SRNA

Advisors: Nathan Smischney, M.D.

Mary Shirk Marienau, CRNA Ph.D.

Assessment of Peri-Induction Factors Leading to Hemodynamic Instability During Urgent/ Emergent Intubations in the Critically Ill

Shejan Ansar, SRNA

Christina Hoef, SRNA

Lisa Johnson, SRNA

Bryce Richter, SRNA

Advisors: Brian Pickering, M.D.

Daniel Brown, M.D. Ph.D.

James Onigkeit, M.D.

Nathan Smischney, M.D.

Daryl Kor, M.D.

Kelly Cawcutt

Vitaly Herasevich

Rahul Kashyap

Compliance of Safety IV Catheter Usage Among Anesthesia Providers for Venous Cannulation Following Didactic and Hands-On

Experience: A Comparative Study

Lauren E. DeLuca, RN, BSN, SRNA

Sabrina L. Duda, RN, BSN, SRNA

Klinton R. Stephens, RN, BSN, SRNA

Advisors: Marlea A Judd, CRNA, DNP

Mary Shirk Marienau, CRNA, Ph.D.

Incidence and Implications of Respiratory Specific Events in Bariatric Patients During Phase I Recovery from Anesthesia

Heather A Brandt, RN, BSN, SRNA

Natasha M Hawkins, RN, BSN, SRNA

Diana J Koepp, RN, BSN, SRNA

Advisors: Toby N Weingarten, M.D.

W Brian Beam, M.D.

Todd A Kellogg, M.D.

Juraj Sprung, M.D., Ph.D.

Pulmonary Hypertension and Non-Cardiac Surgical Outcomes ***

Heather A Brandt, RN, BSN, SRNA

Natasha M Hawkins, RN, BSN, SRNA

Diana J Koepp, RN, BSN, SRNA

Advisors: Toby N Weingarten, M.D.

W Brian Beam, M.D.

Todd A Kellogg, M.D.

Juraj Sprung, M.D., Ph.D.

Operating Room Noise Levels during Induction and Emergence of Anesthesia: Education's Impact

Liana Madsen, BSN, SRNA

Sarah LoBue, BSN, SRNA

Advisors: Marlea Judd, CRNA, DNP

Mary Shirk Marienau, CRNA, Ph.D.

***Denotes students who gave presentations at the seminar*

MILESTONE ANNIVERSARIES

35 years - Christie Steckelberg

30 years - Laura Richardson, Shirley Wienk

25 years- Rebecca King, Michael Hanson
Lyle Coleman, Tamera Haight
Catherine Cook, Darcy Wilde
Teresa Herrli, Jeanne Howell
Susan Quering, Connie Meiners

20 years- Tia Stringer, Kathryn Miller
Kathy Gorman, George Budihis,
Kirsten Walter, Robyn Finney
Treva Miller, Biswajit Paul
Katy Ebert, Kathleen Mitchell
Lisa Dearborn, Joan Njus

15 years- Daniel Laurila, James Rosane
Frank Hall, Elizabeth Lee
Amber Ackley, Christine Duncan
Kelly Jacob, Brian Ogren
Wesley Robinson, Shannon Benson
Karen Eckerman, Jean Guyer
Amy Torbenson

10 years- Marian Kwansa, Katherine Jacobsen
Holly Tempel, Katie Lindahl
Tanya Pool, LeAnn Thisius
Cadmar Araka

5 years- Cori Arce



HIGHLIGHTED ALUMNI

1966

Samuel C. Daines lives with his wife, Mary, in West Des Moines, IA. Samuel is retired after 42 years, including 35 years in the USAR, and says he "had a great trip!" One thing he remembers about his time at Mayo is that between 1964 and 1966 there were no anesthesia residents at Mayo. Samuel can be reached at halothane100@gmail.com

1967



Judy N. Johnson

Judy N. Johnson lives in Cape Girardeau, MO. Judy is now retired after working for 28 years as a CRNA in 7 different states. Judy was in a car accident in October of 2013 and suffered a bleeding episode in her pons, an area of the brain that controls muscle

coordination. She is still recuperating from that accident. The thing she remembers most about Mayo is the "hard work!"

1970

Richard Pressnall and his wife, Janie, live in Pine Island, MN. Richard started his anesthesia career on July 1, 1968 and retired on July 1, 2014 after 46 years! He says "I enjoyed it very much and miss the patients and the people I worked with. I wouldn't change anything." His advice to future graduates is to "Enjoy your work!" Richard can be reached at greenbriarvalley@bevcomm.net.

Choonja Lee came to Rochester, MN from Korea in 1968 to go to anesthesia school. Choonja says "That was the best thing that happened to me, next to my two children. I enjoyed my anesthesia career the most in spite of all the things I tried throughout my life." Choonja has been retired since 2006. She lives in Maple Grove, MN, and spends a few winter months in Florida. Choonja tries to stay in the "know-zone" of the anesthesia world through a son who is a practicing Pediatric Anesthesiologist in St. Paul, MN. What Choonja remembers most about Mayo is Dr. Virginia Hartridge. "She was our program director, strong and most supportive to nurse anesthesia. She was kind and helpful to foreign students like myself and others." Choonja can be reached at Lee.CJ9165@gmail.com.

1972

Darrel L. Simon and his wife, Patricia, live in Madison, SD where he is employed by Madison Community Hospital. Daryl was included in the Volume 14 – 2014 Alumni Update. He says it is great to see the updates on so many friends from his time at Mayo and he hopes to get back to visit soon.

1974

Charles J. Przymus and his wife, Fidelia, live in Wheaton, MN. After graduating in 1974, Charles worked at Olmsted Hospital for one year and has been in private practice ever since. He says "I do not plan to retire as I love what I do and cannot imagine not going to work." What he remembers most about Mayo is "the number of professors all teaching the same things in their separate ways." Charles has done 32 medical missions to Tanzania in East Africa where he taught local anesthesiologists how to do spinals, epidurals and endotracheal anesthesia. He also headed a medical team of 40 health care professionals to Haiti after the earthquake where the team did surgery on victims for 3 weeks. Charles can be reached at crmatz@yahoo.com.

1979



Luther Peterson, Bonnie Peterson, Joey Monjure, daughter Elise Peterson, son Andrew, daughter-in-law Elizabeth Peterson

Bonnie Peterson and her husband, Luther, live in Northfield, MN where she works at Northfield Hospital. Bonnie has worked part-time or full-time for 35 years and

currently serves as the clinical coordinator for St. Mary's University Nurse Anesthesia students. Bonnie says "I am still learning." What she remembers most about Mayo is the work, education and mentors. Her advice to future graduates is to "do your best at all times, prepare, prepare!" Bonnie can be reached at bonniegpeterson@gmail.com.

1993

Leon S. Brook and his wife, Susan, have been married for 28 wonderful years and live in Pocatello, Idaho. They have six children ages 16 to 27. Leon worked at Mayo Clinic Jacksonville after graduation. Later, he moved to Austin, Texas to practice with Capital Anesthesia. In 1999 Leon took the family to the mountains

of Idaho where they have remained with him working for South East Idaho Anesthesia. Leon served a LDS Mission to Vienna, Austria. He returned to Austria/Germany in 2001 and was in Vienna during 9/11 having had flown out of JFK Airport on 9/9. He will be returning to Germany this year to see his wife, Susan, run the Berlin Marathon. Leon says he cannot run anymore due to bad knees so he spends his time on an ElliptiGo. What Leon remembers most about Mayo is "the fantastic clinical experience." The variety of surgery available makes Mayo a top clinical experience." He says that he has told this to every ICU nurse who has approached him considering anesthesia. He says to future graduates, "Do not shy away from intense or difficult cases while you are in training. The more you see and experience while in school, the more comfortable and confident you will be in your individual CRNA practice later on." Leon can be reached at leonsbrook@yahoo.com.

2005

Erin Martin and her husband, Dan, live in Rochester, MN, where Erin works both as a faculty member in the Nurse Anesthesia Program and as a clinical CRNA. She says that she is fortunate to be able to blend both her love for clinical practice and education in these two roles. In 2007, Erin received the CRNA Educator of the Year Award from the graduating senior students. That same year she went on a medical mission trip to Acapulco, Mexico with Smile Network International. Erin completed her Doctorate of Nursing Practice from Winona State University in 2013. Erin states, "The opportunity to care for patients and eager young minds is amazing. I couldn't ask for a better career! Nurse Anesthesia has a long history and a bright future, and I am honored to be a part of the profession!" She states that at Mayo, she feels that she is "part of both history and the future." Erin's advice to

future graduates is to "Take any opportunity that comes your way! Volunteer to take the tough case, join the committee, you never know when you'll learn something new!" Erin can be reached at martin.erin17@mayo.edu.

2006

Eric T. Riley is working in an all CRNA practice called River City Anesthesia in Post Falls, Idaho. He works independently with five partners, doing a variety of cases. Eric attributes much of his success to the foundational learning that he received during his training at Mayo Clinic. He says he can't think of anything he would rather do for a living. What he remembers about Mayo is "the professional caring staff, instructors and faculty that took the time to teach me and help me perform safely, efficiently, and truly love my work." His advice to future graduates is to "Take time out to be with your family. They are what's most important." Eric can be reached at ericriley3@hotmail.com.

2012

DeForest Roche' Brown and his wife, Jackie, live in Columbus, Ohio where he works as a staff CRNA at Licking Memorial Hospital. Roche' says that the knowledge, professionalism and comradery he experienced at Mayo will follow him the rest of his career. He says that he tries daily to bring honor to all before him who built this great institution. "While not perfect, Mayo strives to be better, as I do. I am always proud to say I am a Mayo graduate." He remembers Mayo as a large team of professionals with a common goal to care for patients and families. The "oneness" he felt was special. Roche's advice to future graduates is "While learning your new profession, think about how you can contribute to the knowledge, reputation, and care at Mayo. You can contribute whilst a student." Roche' can be reached at roche8@hotmail.com.

TRIVIA

Q: Which American actor and comedian featured on Saturday Night Live has a mother who practices as a CRNA?

A: Keenan Thompson. Keenan's mother, Elizabeth Ann Thompson, is a two time president of the Georgia Association for Nurse Anesthetists and has been involved with the AANA Resolutions Committee. <http://www.gana.org/documents/1241559948.pdf>

Retrieved from: Keenan Thompson. (2014). *The Biography.com website*. Retrieved 09:07, Jun 16, 2014, from <http://www.biography.com/people/keenan-thompson-21129991>.

FALL SEMINAR 2014



Hunter Schulz & Eric DeGraff



Judy Stensrud & Marlys Smelter



Sue Wigersma & Cathy Cook



Terry Egbers & Joannie Njus



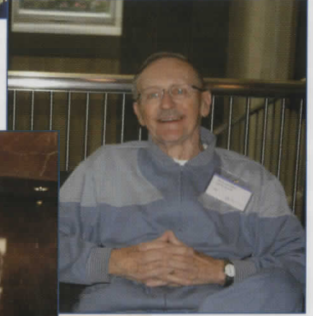
Sue Wigersma & Amber Ackley



Sara Tricarico, Judy Stensrud & Marcia Belau



Jill Knutson & Jane Deering



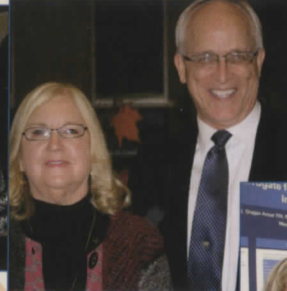
Jack Gruzca



Mark Solomonson & Ben Giesen



Brooke Bailey, Jana McNeil & Sou Lehnhoff



Barbara Bawek & Chris Dietz



Stephen Jewell & John Harmon



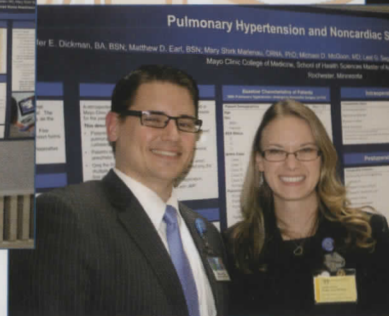
Lisa Johnson, Christina Hoeft, Avi Ansar & Bryce Richter



Tom & Marty Wills



Karin Langford, Jen Cooley & Kat Ojalvo



Matt Earl & Jen Dickman

MAKING A DIFFERENCE

Jane Peterson, CRNA, APRN, MNA



Providing anesthesia care through mission work was an idea that I entertained but didn't think would be logistically possible. Mission work can be time consuming and expensive. I was worried that it would need to wait until I was retired and/or a lottery winner with grown children. My family understood my strong desire to help and made accommodations to their plans which allowed me to travel with Dr. Nassr and his team to the Middle East.



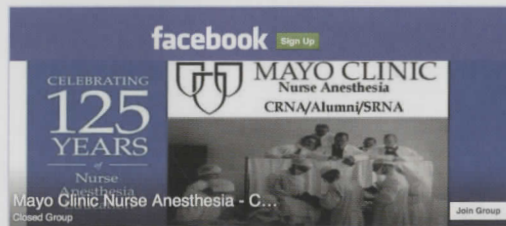
In December of 2011, I traveled to the Gaza Strip and in November of 2012, I was able to travel to the West Bank. The organization that I traveled with is Palestinian Children's Relief Fund (PCRF). This was the first time anyone from our group had worked with them. I provided anesthesia for corrective spine surgeries. Preparing for the first trip was a little crazy as I had never left the country and didn't even have a passport. The staff members at both hospitals were great about telling me what supplies they had and what we needed to bring. I spent some time sifting through the mission box at work, but found the hospitals to be fairly well equipped. The biggest stressor was learning to use the older anesthesia machines with Halothane gas vaporizers. It was an amazing experience and I encourage anyone that is interested in mission work to start now!



FACEBOOK

Mayo Clinic Nurse Anesthesia is on Facebook!

The Facebook page was created to provide information and interaction between Mayo Clinic's current CRNAs, Alumni, and SRNAs. It is a closed group that requires permission to join, and currently has over 200 members. Please join and feel free to post to the webpage. The page can be found by searching Mayo Clinic Nurse Anesthesia-CRNA/Alumni/SRNA



DEPARTMENT OF ANESTHESIOLOGY MIDWEST INTEGRATION UPDATE



The trail to integrating the Department of Anesthesiology across the Mayo Clinic Health System (MCHS) continues to be blazed as we turn into the New Year. For those who are unfamiliar with this endeavor, this article will hopefully help shed some light on the vision and goals of the midwest integration, frequently referred to as the “community anesthesia” program.

Guided by Dr. James Hebl and Marlea Judd, CRNA, APRN, DNP, a great deal of legwork has gone into the culmination of the anesthesiology integration. Over the course of the last year, a remarkable amount of time and effort has been spent defining the current state of anesthesia across the health system. The essential components to correctly define the current state of anesthesia throughout the health system consisted of developing and administering an anesthesia practice survey, completing site visits to each of the 17 Mayo affiliated hospitals, meeting with the various anesthesia providers (46 anesthesiologists and 113 nurse anesthetists), as well as hospital leadership, stakeholders, and nursing leadership. Once the current state was defined, goals were developed.

The four goals developed by Mayo leadership answer many of the questions surrounding the midwest integration initiative. The first goal was to provide a single standard for quality, patient safety, and patient experience. This included having consistent standards for metrics with local site management and accountability, high quality clinical outcomes, and standardized care delivery. The second goal was to have Mayo knowledge and expertise readily available at anytime, anywhere. This expertise should be guided by approved protocols and processes that are consistently implemented, creating a seamless care model across the entire Mayo healthcare system. The third goal was to make Mayo care easily accessible and coordinated. This goal encompassed the premise of providing the right care, at the right time, in the right place; striving to give the maximum

amount of care as close to home as possible. The fourth and final goal was to ensure the Mayo Clinic model of care in the destination and community practices is understood by all. Further tailoring a system where cares provided at each site are complementary and interdependent was the cornerstone of this integration and will help achieve our ultimate vision: to provide the best patient care in the world.

A small group of Mayo Clinic Rochester nurse anesthetists have stepped forward to take part in this unique opportunity. These anesthetists have been broken into two separate groups: phase one and phase two. The individuals in the phase one group have been trained to work in one or more of the 17 MCHS sites. This includes small community hospitals as well as the larger regional hubs. These anesthetists will provide support to the various health system sites on an as needed basis in response to surgical volumes, staff shortages, etc. They are preparing for this challenge by taking part in several regional anesthesia focused workshops and lectures, including a specialized regional conference in late January.

The phase one CRNA group consists of: Darlene Bannon, Ben Riley, A.J. Sterry, Kitty Mosher, Andrey Borkovskiy, Katie Jacobson, and Matt Dyer. Other CRNA's who have had the opportunity to support the MCHS sites include Rosalie Ivers, Katie Lindahl, Matt Mogensen, Donna Sheets, and Shellie Thompson. Thank you for stepping forward to help pave the way! Also, thank you to the MCHS CRNAs for your support and assistance in this new endeavor.



FAMILY AFFAIR

Nurse Anesthesia: A practice and passion shared amongst mother and daughter Laura Richardson and her daughter Heather Larsen



Heather Larsen &
Laura Richardson

Laura Richardson was first intrigued by the nurse anesthesia profession during her intensive care nursing career at the Mayo Clinic. She made the decision to pursue nurse anesthesia in 1999 when the youngest of her four children began school. She graduated from Mayo School of Health Sciences in 2002 with a Masters in Nurse Anesthesia, and accepted a position at Mayo as a Certified Registered Nurse Anesthetist. Laura finds the nurse anesthesia profession to be both challenging and rewarding. Her true enjoyment is providing care and comfort during the patient's surgical experience. Her colleagues and patients appreciate her caring demeanor and her wealth of knowledge. One of Laura's treasured memories was seeing her daughter enter the profession that she truly enjoys.

At an early age, Heather Larsen had a dream to pursue nurse anesthesia. Her first experience came in high school during an observational encounter with CRNAs. It was then that she fully understood the role of a nurse anesthetist, and the important role they have in caring for patients during their most vulnerable times. Heather obtained her Bachelor of Science in Nursing from Winona State University, her mother's alma-mater. She began her nursing career at Mayo Clinic on 5 Francis and then transferred to the thoracic/vascular ICU. She started the Mayo School of Health Sciences, Master of Nurse Anesthesia Program in the fall of 2013 with an expected graduation date of March 2016. Each day she enjoys the challenges and gratifications, as well as the critical thinking and looks forward to the lifelong learning that the nurse anesthesia profession provides.

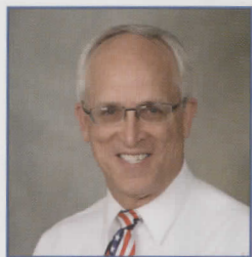
Laura has continually supported Heather's dream by offering encouragement and guidance. Heather cites her mother as her biggest inspiration and mentor, and hopes to one day achieve the same excellence as her mother. Caring for patients in this wonderful profession has brought this mother and daughter team closer together. They look forward to many more years of anesthesia practice and career growth.

CRNA SPOTLIGHT

Chris Dietz, CRNA, APRN, DNP

In November 2014, Christopher Dietz, CRNA, DNP, retired from a 32 year career at the Mayo Clinic. Chris earned his BSN from the University of Minnesota in 1982, and his certificate in Nurse Anesthesia in 1987. He began his anesthesia career at Mayo in 1987 as a staff CRNA, and in 1997, he assumed the role of Associate Program Director of the Nurse Anesthesia Program. Chris's dedication to learning was evidenced by his pursuit of higher education. He earned his MNA in 1993, and in 2010 he became the first Nurse Anesthetist in Mayo Clinic's Department of Anesthesia to earn the Doctor of Nursing Practice Degree.

During his 17 year tenure with the Nurse Anesthesia Program, Chris taught approximately 675 students. Those students were fortunate to have studied under Chris, who had the unique ability to present complex information in an easy-to-understand, exciting manner. Not everyone can make Physics an exciting course, but Chris was able to do so. Chris always made time to chat with a student, offer encouragement and support in his blue office, or share an interesting piece of Pine Island, MN history!

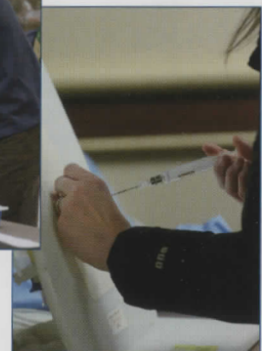


Chris Dietz

HOILDAY PARTY 2015



SRNA REGIONAL WORKSHOP



OBITUARIES

Bettylou C. Ahlman, age 74, of Faribault, died on Sunday, October 5, 2014 at St. Marys Hospital, Rochester, Minnesota.



Bettylou Ahlman

Bettylou C., the daughter of Martin "Cap" and Betty (Pooch) Ahlman, was born on May 5, 1940 in Morristown, Minnesota. She graduated from Morristown High School in 1958. Bettylou married Erling R. Thorson on November 1, 1958. She received her RN from Hibbing Community College, her BS in Nursing from St. Mary's University and her Masters in Anesthesia from the University of Minnesota. Bettylou had a lifelong career in nursing and anesthesia with her final 18 years of work spent at Mayo Clinic in Rochester. After retirement in 2006, she continued to be active in the "Vapor Chicks," a group of retired CRNAs from Mayo. She was very active at Our Savior's Lutheran Church, was a Master Gardener with Rice County Master Gardeners and was a member of the local chapter of P.E.O. Her lifelong interests were gardening, playing piano, tai chi, and entertaining family and friends at home, which included music and bonfires.

She is survived by five children; Jay (Beth) Thorson of Milwaukee, Tamara (Kim) Bredeson of Alexandria, Scot (and Jill) Thorson of Columbia Heights, Michelle Rieb of Santa Barbara, California and Renee Thorson of Albert Lea; 15 grandchildren, two great grandchildren and three brothers, Frank (Joyce) of Faribault, Larry and Martin, both of Morristown.

She was preceded in death by her parents and a daughter, Dawn Thorson.

Michael L. Dashnaw was born August 22, 1929 in Ogdensburg, New York to Julius and Nellie (McKee) Dashnaw. He graduated from the St. Lawrence School of Nursing in Ogdensburg, NY and the School of Anesthesia at the Mayo Clinic in Rochester, Minnesota. He was a US Army Veteran of the Korean War. He retired from the Daviess Community Hospital as a nurse anesthetist. He was a member of Our Lady of Hope Catholic Church, Knights of Columbus 4th Degree, Michigan Trail Finders, and Kiwanis Club. He volunteered for Feed My Sheep Program, St. Vincent De Paul and Habitat for Humanity. He was an avid woodworker, bicyclist, canoeist, and outdoorsman.

He is survived by his wife Helen (Cave) Dashnaw, married December 29, 1956; two sons, Michael Dashnaw of Greenfield, Indiana; Tim Dashnaw, of Chicago, Illinois; four daughters, Kathleen (Alan) Herbach of Wheaton, Illinois; Carol (Michael) Pelz of Ionia, Michigan; Wendy (Carl) Rogers of Grand Rapids, Michigan; and Molly Lazaric, of Maui, Hawaii; one surviving brother, Francis Joseph Dashnaw of Cape Cod, Massachusetts; eight grandchildren, Laura (Nick) Tenney; Colleen Pelz; Eric Herbach; Christopher Pelz; Erin Dashnaw; Danna Herbach; Ethan Dashnaw; Matthew Lazaric; and great grandson, Alexander. Other family members include Tatsuya, Hiroko, Mariya, Erika and Arisa Ozaki.

Kevin John Francis, 54 of Dubuque, Iowa passed away suddenly on Sunday, January 18, 2015 at Mercy Medical Center.

He was born on August 9, 1960 in Dubuque, Iowa the son of Lee and Mary (Nugent) Francis. He graduated from Wahlert High School in 1978. He attended NICC and graduated from Clarke College with a BSN and attended Mayo Clinic in Rochester, MN where he received his Masters of Anesthesia. He worked for many years at Mercy Medical Center and currently was employed by Dubuque Anesthesia Services.

He married Connie Robinson on September 14, 1985 at St. Columbkille Church in Dubuque.

Kevin's greatest love was his wife and his family. He lived life to the fullest. He especially enjoyed spending time at the cottage and on the river, attending his sons' sporting events, traveling and playing pool. He was proud to have his daughter receive her nursing degree and join him at Mercy. Kevin was a life-long Oakland Raiders Fan. Kevin touched the lives of so many people in his short life. He loved lending a helping hand to his many friends. He will be sadly missed by all.

He is survived by his wife Connie, three children; Emily Francis, Michael Francis, and Christopher Francis, all of Dubuque. His mother Mary Francis, siblings, Gary (Elizabeth) Francis, of Palatine, IL, Steve Francis, of Huntley, IL, Roger (Julie) Francis, of Davenport, IA, Kathy (Dennis) Bruck, Kimberly Tully, both of Dubuque, Rob (Natalie) Francis, of Ankeny, IA, and Laura Francis, of Davenport. Many nieces and nephews. His brother and sisters-in-law, Jackie (John) Sheriff of South Lyon, MI, Barbara (Mike) Ross, Frank Robinson both of Dubuque and Lynn (Clay) Carney of Cedar Rapids, IA.

He was preceded in death by his son Eric on July 11, 1991, his father Lee on May 24, 2012, brother-in-law Dennis Tully and his mother and father-in-law Frank and Janice Robinson.



Jake Jacobson

In lieu of flowers a Kevin J. Francis memorial fund has been established.

The family wishes to thank the Key West Fire & EMS, and Mercy Emergency Department especially Katie for all the wonderful care and kindness they gave

Jake Jacobson, age 69, of Gillette, Wyoming passed away on Saturday, September 8, 2012 at his home due to cancer.

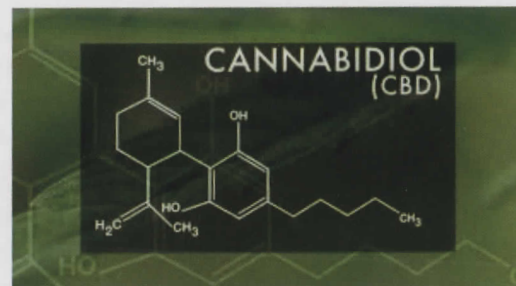
Jake was born on December 24, 1942 in Kansas City, Missouri, the son of Harold and Marianne (Slobodney) Jacobson. He graduated from Lexington High School in Lexington, Nebraska in 1961. Jake attended college at Kearney State College in Nebraska. He graduated from Alexian Brothers School of Nursing in Chicago, Illinois in 1966. Jake married the love of his life on September 17, 1966. He joined the US Navy in 1966, receiving his honorable discharge as a Lieutenant in 1970. They moved to Rochester, Minnesota where he attended Mayo Clinic School of Anesthesia from 1970 to 1972. He moved with his family to Marshfield, Wisconsin where he worked for the Marshfield Clinic from 1972 until 1982. Jake moved to Texas and worked for Nausau St. Johns Hospital for a year before moving to Gillette, Wyoming in 1983, where he worked for North Plains Anesthesia from 1983 until 1996. He was a traveling nurse anesthetist when he retired. In his retirement, Jake was a substitute bus driver for Campbell County School District. Jake was a member of the Knights of Columbus and St. Matthew's Catholic Church. He enjoyed spending time with his grandchildren, knitting, cross stich, woodworking, computers, motorcycles, auto mechanics and recently went zip lining.

Jake is survived by his wife, Mary Ellen (Beaudoin) Jacobson of Gillette, Wyoming; sons: Joseph Jacobson of Gillette, Wyoming and Steven (Amy) Jacobson of Tehachapi, California; daughters: Kathleen "Katie" Jacobson of Gillette, Wyoming and Shawn (Jay) Hasquet of Sheridan, Wyoming; mother, Marianne Fagot of Lexington, Nebraska; sister, LaDonna Beiker of Pahrump, Nevada and eight grandchildren.

He was preceded in death by his father, Harold Jacobson, step-father, Joseph Fagot and step-brother, Raymond Fagot.

TRIVIA

Q: Marijuana has received much attention as of late as a result of several states legalizing its use. Since patients may be presenting to Mayo Clinic with prescription marijuana on their medication list, can you explain the mechanism of action of marijuana?



A: Marijuana contains 60 cannabinoids of which Δ -9-THC (tetrahydrocannabinol) is the most potent. Cannabinoids bind to cannabinoid receptors CB1 and CB2. Anandamide is an endogenous ligand for CB receptors. Activation of CB receptors leads to anxiolysis, analgesia, appetite stimulation, and euphoria.

[Goodman & Gilman, *Pharmacological Basis of Therapeutics*, 12th ed., 2011, pp663-664; Chestnut, *Obstetric Anesthesia*, 4th ed., 2009, p1133-1134]

VAPOR CHIX

In 2001 a group of retired CRNAs decided to meet on a regular basis for lunch. The "charter members" were Betty Fahrenz, Judy Johnson, Ione Styve, Barb Bawek, Chris Hendricks, Sandy Moore, Elizabeth Thomson, and Jerri Allen. They agreed to meet monthly and called themselves the Vapor Chix. Over the years, others have joined the group and a few have attended even before retirement.

Although they meet at different locations every month, one of their traditions has been the Tea House in Plainview, MN for their December gathering. Despite the name Vapor Chix, retired male CRNAs are always welcome! They do not meet on a regular day of the month, so members are updated by an email notification and RSVP's are then generated. For more information or to be added to the mailing list, contact Betty Fahrenz at bfahrenz@gmail.com.



RETIREMENTS - 2014



Malcolm Bastron
1/14/14



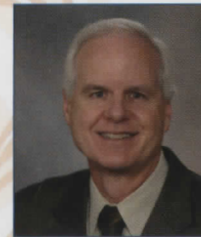
Rachel Dunn
3/18/14



Cindy Ryan
4/11/14



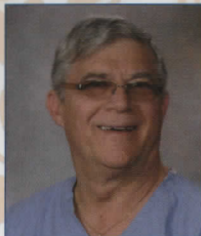
Cindy Sill
6/27/14



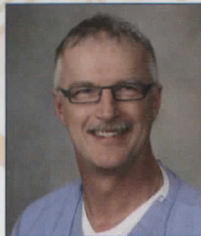
David Rettler
8/21/14



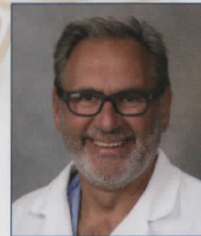
Craig Woxland
10/10/14



Stan Bargfrede
10/13/14



Joe Stumvoll
11/14/14



Jerry Kvasnicka
11/18/14



Chris Dietz
11/19/14

Thank you for your dedication through many years of service. Enjoy your retirement!

Alumni Mission Statement: Mayo nurse anesthesia alumni will promote professional and personal relationships on local, national, and international levels. The Mayo Nurse Anesthesia Alumni Association will support nurse anesthesia students, educators, and alumni in their pursuit of excellence in education, research, and patient care.

COMMITTEE MEMBERS



Lucyna E. (Lucy)
Aho



Linda K.
Anderson



Lori K. Brundige



Tammy G.
Buchanan



Julie S. Castagno



Joan M.
Hunziker-Dean



Chelsey Aubart



Karissa Goodrich



Kelly A. Jacob



Marlea A. Judd



Debra A. King



Rebecca F. King



Kathleen L.
Latcham



Mary Shirk
Marienau



Deborah R.
Maiers



Matt Mogensen



Tanya M. Pool



Ericka J. Slivinski