



Mayo Clinic CRNA Alumni Update

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.

Mayo Clinic CRNA Alumni Committee

Chairperson

Lori Brundige

CRNAs

Lorrie Bennett

Joan Hunziker-Dean

Marlea Judd

Deb King

Craig Kluck

Kathy Latcham

Mary Shirk Marienau

Todd Meyer

Shannon Monosmith

Mavis Ward

Alumni Support

Dr. Beth Elliott

Terry Brandt

Betsy Smith

Greetings Mayo Alumni

It is an honor to bring you the tenth edition of the alumni newsletter. It is amazing how quickly each year melds into the next. Since it has now been two years since the last newsletter we have even more catching up to do. I am thankful to my predecessors that started this newsletter, as it enables us as alumni to stay connected. As many of you reminisce in your biographical sketch updates you remark on where you may or may not be without each other. So thank you to Marlea Judd and the initial Alumni Newsletter Committee for your foresight and fortitude to bring us together through our newsletter.

In November of 2009 we shared another wonderful evening at the Mayo CRNA Alumni Dinner and Reception in the Gonda Atrium. This event occurred on the last day of the Mayo CRNA Seminar and was enjoyed by about 100 guests. The food was delicious, the music relaxing and the company superb. I would like to take this opportunity to thank the committee members who worked so hard to plan this event. It takes months of time and energy and your successful efforts are greatly appreciated. I would also like to thank Deborah Oscarson and the Mayo Alumni Association for once again contributing time and money toward this event. Your on going support is a valued asset. Please enjoy the many photos we have in the newsletter from this event and join us in 2012 for the next dinner and reception.

Once again, over the last two years, we have had many people donate financially to the Mayo CRNA Alumni Association- thank you! Your generosity and dedication to our association is treasured. As an association, each fall at the CRNA Seminar we present cash awards to the nurse anesthesia student groups who place in the top three positions for their poster presentations. In 2006 a fiberoptic scope was purchased for educational purposes and is kept at the school. We are currently looking for a mobile display case to house our many artifacts for alumni to admire. We have purchased digital photo frames to use in the Alumni room at the annual CRNA Seminar in Rochester to promote your enjoyment of days gone by. As you can see, we are actively looking for ways to enhance education and bring our rich heritage to life. Thank you again for your gracious donations.

I would like to sincerely thank Deb Oscarson for her years of support to our alumni association and welcome Betsy Smith as our new representative from the Mayo Alumni Center. We have worked with Betsy in the past and look forward to our future with her support.

We hope you enjoy this tenth anniversary edition of the CRNA Alumni Newsletter and wish you good health and happiness in the year ahead.

Sincerely,
Lori Brundige, CRNA, MNA
Mayo CRNA Alumni Chairperson

Updated Mission Statement

The Mayo Nurse Anesthesia Alumni Association updated the mission statement and added goals to define its purpose and provide direction. The new version of the mission statement asserts that:

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.

Goals for the Mayo Nurse Anesthesia Alumni Association include:

- 1. Support education by providing recognition of nurse anesthesia research, assisting with funding specific educational endeavors and promoting mentoring relationships.*
- 2. Build cohesiveness by providing opportunities for nurse anesthetists and nurse anesthesia students to meet, network, and foster collegial interactions.*
- 3. Preserve Mayo nurse anesthesia history by collecting and maintaining artifacts, photographs, and interviews related to anesthesia practice.*

Please feel free to provide feedback or join us at our bimonthly meetings to add your contributions. We would love to hear how we can make our Alumni Association work better for you!

Musings of a Past MSHSAA President

My name is Lorrie, and I am a graduate of the class of 1991 and am now a past president ... It all started as part of my annual evaluation when my supervisor stated, "I have a goal for you ..." I was currently a part of the Mayo Nurse Anesthesia Alumni Committee and she believed that I would be a good representative on the Mayo School of Health Sciences Alumni Association (MSHSAA) Board. I agreed that this would be a worthwhile goal to strive for, one that would allow me to become more involved in promoting and giving back to my profession. I sent an application to the MSHSAA expressing my interest to serve in this capacity. Much to my surprise, they wanted me to consider the vice-presidency position (which ultimately led to becoming president of the MSHSAA Board). I spent four years on the board, and found it to be a very rewarding and fulfilling experience.

The mission statement of the Mayo School of Health Sciences Alumni Association states that "the organization exists to build collegial relationships, improve life-long learning, enhance communication, and recognize excellence, to benefit alumni and support the Mayo School of Health Sciences." I felt this was reflected during my tenure and truly sums up the experience I had serving on the Board. Not only did I learn more about the Mayo School of Health Science Alumni Association, but I discovered untapped strengths within myself as well. As my leadership skills emerged, so did self confidence in my abilities to take on more active roles in the future. I was able to represent our profession and also had the opportunity to establish friendships with graduates of other programs.



Lorrie Bennett



2010 Anesthesia Board Members
Front row: Lorrie Benett, Todd Meyer, Joan Hunziker-Dean
Back row: Kathy Latham, Jill Knutson, Elwood Wilkins

The MSHSAA was established in 1998 to preserve excellence in the field of health sciences and to connect alumni from the Mayo School of Health Sciences and Mayo Clinic in meaningful ways. Two nurse anesthetists, Marlea Judd (1988) and Lori Brundige (1999), were among the initial members of the board. All graduates of the different MSHS programs are included as members of the Mayo School of Health Sciences Alumni upon completion of their program. Currently, there are no membership dues. Throughout the years, more than 9,000 Mayo health sciences professionals have graduated from the more than 40 MSHS programs.

Being a part of the Mayo School of Health Sciences Alumni Association has several advantages, including:

- Developing a voice in allied health professional education
- Maintaining connections to Mayo Clinic
- Learning about social and political aspects of healthcare delivery
- Learning about healthcare delivery from the Mayo perspective
- Keeping abreast of news about the specific allied health program and other programs of Mayo School of Health Sciences
- Having the opportunity for continuing professional education

The MSHS Alumni Association has played a vital role to the nurse anesthesia alumni group with support and funding for the Fall meeting receptions and Gala dinners, previous alumni rooms at the annual AANA meetings, the annual spring CRNA breakfasts, just to mention a few. The recently developed website also provides a chance for alumni to stay linked with classmates and mentors from our program throughout the country and to see what is currently happening at the school. The “Mayo Connections” which is mailed out to members twice a year and is another source of information. (Spring 2011 featured one of our CRNA’s.)

Involvement with the MSHS Association is important to keep our profession visible. This might involve taking an active role by accepting a position on the board, either as an officer on the executive committee or as a member at large. The members at large meet once a year at the annual meeting, whereas the executive committee meets several times a year to discuss various items of business and plan the program for the following year.

If serving on the board does not appeal to you, another opportunity would be to nominate a colleague for the “Recognition of Outstanding Contribution” award given each year by the MSHSAA. This award acknowledges exceptional contributions in one or more of the following areas: clinical care of patients, research, mentoring and education, or humanitarian endeavors. Each spring the association also hosts an educational meeting and/ or dinner allowing another chance to represent our profession by attending these events.

Our nurse anesthesia alumni have a strong heritage and connection with the Mayo School of Health Sciences. The very first allied health professional was a nurse anesthetist, Edith Graham Mayo, who was trained as a nurse anesthetist in 1889. Our active involvement reflects pride in our program, a desire to remain connected, and ensures similar opportunities for the next generation of nurse anesthetists.

The Rochester Plastic Needle

Todd A. Meyer, CRNA, MNA, BS, BBA

The earliest recorded history of intravenous therapy was in 1492 in an attempt to provide Pope Innocent VIII a blood transfusion. The procedure, which ultimately resulted in the death of the Pontiff and donor, was actually performed by a physician surgically forming an anastomosis of veins from the donor to recipient. Although ultimately a failure, the search for practical intravenous access had begun. (1)

It wasn’t until 1658 that Christopher Wren (1632-1723), noted physiologist and later renowned architect, successfully infused a mixture of wine, ale, opium and liver antimony into a dog’s vein using the hollow shaft of a quill feather and a pig’s bladder. Wren continued his experiments but ultimately resigned himself to the fact that quill feathers were not durable enough for prolonged access. Furthermore, he concluded that venous access was complicated by blood clotting. As he turned his focus to architecture he suggested that “piping” made of silver may be an acceptable alternative to the quill feather. (2)

It is here that Richard Lower (1632-1691), anatomist and physiologist, took over. Lower, a colleague of Wren’s at the University of Oxford, first fashioned intravenous catheters from silver as Wren



2011 Anesthesia Board Members
Joan Hunziker-Dean,
Jill Knutson, Kathy Latcham,
Todd Meyer



2010 MSHA Dinner



Figure 1. The Rochester Plastic Needle assembly (4)

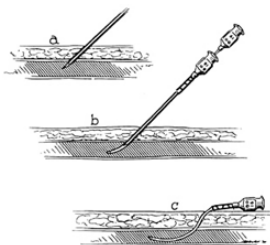


Figure 2. Insertion technique of the Rochester Plastic Needle (4)



Figure 3. The packaged Rochester Plastic Needle

suggested. He used them to perform the first successful animal transfusion between two dogs in 1665 (3). Experimentation with silver and quills continued until 1845 when Irish physician Dr. Francis Rynd (1801-1861) perfected the hollow needle and syringe, which he used successfully to inject morphine directly into nerves to treat trigeminal neuralgia.

Up until the 1950's, intravenous therapy required either a cutdown on a vein and the subsequent insertion of a rubber tube, or the insertion of a hollow steel needle into the vein. Intravenous catheter kits consisted mainly of reusable steel needles (with a stylet inside to keep the lumen patent) and rubber tubing. These steel needles caused considerable discomfort upon insertion and often became dislodged from the vein. The discomfort and dislodging required use of sutures to secure the needle, the avoidance of veins near joints, and the use of immobilization devices such as arm boards.

The giant leap forward in intravenous therapy began in 1950 at the Mayo Clinic. An anesthesia resident by the name of Dr. David Massa (1923-1990) developed what came to be known as the "Rochester Plastic Needle." Massa began by shortening a 16 gauge needle to be used as the catheter hub and inserting a smaller 19 gauge needle through the 16 gauge needle to serve as the stylet. Over the top of the 19 gauge needle was fitted a hollow cannula made of polyvinyl chloride (PVC). The catheter was then attached to the 16 gauge hub by a crimping band (later the hub was modified by creating notches in it to more securely fasten the plastic catheter). The entire unit measured 5mm (Figure 1). Later the device was further modified by beveling the plastic catheter to coincide with the bevel of the 19 gauge stylet needle. This prevented the plastic catheter from getting caught on the skin or vessel wall as it was being introduced.

Intravenous access was obtained by first introducing the stylet needle into the vein. Once blood was detected from the open end of the hub/stylet assembly, the plastic catheter, attached to the 16 gauge hub, was slowly inserted into the vein (Figure 2). The catheter was then secured and connected to rubber tubing containing the infusate.

The Rochester Plastic Needle was made available in individually wrapped, unsterilized packs of twelve and was only available in

the 16 gauge size (Figure 3). At last a catheter, which could be directly threaded into a vein after venipuncture with a steel needle, had been developed for practical use. The new plastic catheter/needle combination was first used clinically in the hospital wards at the Mayo Clinic; use in surgery eventually followed. The Rochester Plastic Needle brought about an instant revolution in medicine, which echoes in the present-day use of countless venous access devices.

References

1. Mainardi, Griolamo., "Bullarium Romanum", III, iii (Rome, 1743), 190-225, 1743
2. Felts J.H., Richard Lower: anatomist and physiologist, *Ann. Int. Med.*, 420-423, 2000.
3. Lower, R., *Tracus de Corde: Item de Motu & Colore Sanguinis*. London: Dawson of Pall Mall, 1968
4. Mass D.J., Lundy J.S. Faulconer A. Jr., Ridley R.W., A Plastic Needle, *Proc. Staff Meet. Mayo Clin.*, 25:413-415, 1950

Doctorate of Nursing Practice Update

Plans are in motion to provide nurse anesthetists an opportunity to complete their Doctorate of Nurse Anesthesia Practice (DNAP) degree in Rochester. This degree will require higher levels of nursing and anesthesia knowledge than the current Master's degree program and may influence one's ability to obtain supervisory and educational positions as well as licensure when moving from state to state.

Mayo's first Doctorate of Nurse Anesthesia Practice class will start concurrently with the last Master of Nurse Anesthesia class in 2013 or 2014. The traditional DNAP program will last approximately three and a half years and will be designed similarly to the current program in a structured, lockstep fashion. The Doctorate of Nurse Anesthesia Practice CRNA Degree Completion Program for nurse anesthetists having already earned their Master's degree in nurse anesthesia is anticipated to start in 2016 or 2017 and can be completed in two to seven years depending on the pace at which the CRNA wishes to complete coursework and capstone projects.

The first year of the DNAP program is projected to be mainly on-line hybrid classes with the hopes that the traditional student will still be able to work in his or her current intensive care position to some degree while completing coursework. Several of the required "Essentials" courses will be contracted with local universities and tailored to apply to anesthesia practice, where possible. The research and statistics course will be taught

in-house with an operating room observation component in which the student will identify a process or system which could potentially be improved. Additional Doctoral coursework will include an epidemiology course taught by Mayo faculty, and a physical assessment course. Many of the core anesthesia courses will be elevated to the doctorate level to demonstrate a higher level of knowledge and skill. Major projects will include an independently-completed capstone project similar in scope to the research project completed for the Master of Nurse Anesthesia program. Many of the new courses are anticipated to be taught by Mayo nurse anesthetists who have completed their DNP/DNAP/PhD degrees, but instructors for the team-taught courses and the clinical instructors will not be restricted to only doctoral-prepared instructors. Classes taught by anesthesia faculty will continue to be held in the Siebens Building classrooms.

The application and admissions process for the traditional DNAP program is anticipated to be similar to the current admissions process for the Master of Nurse Anesthesia Program with class sizes remaining the same, determined year-to-year. Admission requirements for the DNAP/CRNA completion course are still being discussed. Tuition for the first year of contracted coursework is anticipated to be similar to other Minnesota state doctoral programs. Clinical credits and core anesthesia curriculum course tuition have yet to be decided.

Mayo Clinic is continuing to strive for educational advancement and excellence by offering nurse anesthetists another option for career enhancement. More details will be conveyed as the anticipated program plans are finalized.

Congratulations to the following CRNA's who have already taken the initiative to complete their doctorate degrees:

Chris Dietz, May 8, 2010

Doctor of Nursing Practice (DNP)
Minnesota State University, Mankato

Marlea Judd, May 3, 2011

Doctorate of Nursing Practice (DNP)
Metropolitan State University, St. Paul

Sharon Brandt, September 2011

Doctor of Nursing Practice (DNP)
University of Minnesota

Mayo School of Health Sciences Master of Nurse Anesthesia Program Class of 2010

Lucyna E. Aho

Mayo Clinic, Rochester, MN

Christina M. Bahls

Mayo Clinic, Rochester, MN

Jasmine E. C. Beale

Rex Med Hospital, Raleigh, NC

Luke J. Bootz

Mayo Clinic, Rochester, MN

Emily J. Botten

Mayo Clinic, Rochester, MN

Jennifer E. Braaten

Mayo Clinic, Rochester, MN

Robert J. Buckingham

Flagstaff Medical Center, Flagstaff, AZ

Michelle L. Cardon

Flagstaff Medical Center, Flagstaff, AZ

Tera A. Cox

Mayo Clinic, Rochester, MN

Nathan J. Davis

Grand Itasca Clinic & Hospital, Grand Rapids, MN

Katy J. Ebert

Mayo Clinic, Rochester, MN

Karissa A. Goodrich

Mayo Clinic, Rochester, MN

Jacob R. Heesch

Trinity Regional Hospital, Ft. Dodge, IA

Sayea M. Jenabzadeh

Kaiser Permanente, Walnut Creek, CA

Cassie J. Johanns

Mayo Clinic, Rochester, MN

Tara M. Kinney

Mayo Clinic, Rochester, MN

Kimberly K. Koch

Mayo Clinic, Rochester, MN

Michelle L. Kool

Grant Medical Center, Columbus, OH

Paul R. Moore

Four Corners Anesthesia, NM

Karen E. Nase
Mayo Clinic, Rochester, MN
 Cameron R. Oliver
Mayo Clinic, Rochester, MN
 Tanya M. Poole (Dierksheide)
Mayo Clinic, Rochester, MN
 Wesley B. Robinson
Mayo Clinic, Rochester, MN
 Broc T. Siems
Mayo Clinic, Rochester, MN
 Peter J. Wenzel
Mayo Clinic, Rochester, MN

John C. Fernau
Memorial Hospital, Springfield, IL
 Amy S. Gnagey
Mayo Clinic, Rochester, MN
 Emily K. Goerke
Mayo Clinic, Rochester, MN
 Ellen M. Hambel
Mayo Clinic, Rochester, MN
 Marvin J. Hobbs
Mayo Clinic, Rochester, MN
 Melinda A. Howe
Trinity Health System, Minot, ND
 Bryan T. Jones
Mayo Clinic, Rochester, MN
 Kimberly A. Kerber
Undecided, New York City
 Melissa K. Klein
Mayo Clinic, Rochester, MN
 Brian D. Klocke
Essentia Health, Duluth, MN
 Amy J. Neveau
Mayo Clinic, Rochester, MN
 Lacey A. Nicol
Regional Anesthesia Group, Terre Haute, IN
 Jenna M. Palzkill
Dean Care, Madison, WI
 Kari K. W. Peterson
Mayo Clinic, Rochester, MN
 Roger D. Pula
Mayo Clinic, Rochester, MN
 Devin S. Spence
Anesthesia Associates of Boise, Boise, ID
 Marites G. Villarama
Mayo Clinic, Rochester, MN



Class of 2110
 Row 1: Katy Ebert, Lucyna Aho, Julia Nelson, Cameron Oliver, Tara Kinney, Jacob Heesch, Jennifer Braaten, Sayea Jenabzadeh
 Row 2: Emily Botten, Broc Siems, Cassie Johanns, Michelle Kool, Robert Buckingham, Jasmine Beale, Tera Cox
 Row 3: Paul Moore, Christina Bahls, Tanya Dierksheide, Peter Wenzel, Wesley Robinson, Karissa Goodrich
 Row 4: Nathan Davis, Kimberly Koch, Karen Nase, Luke Bootz, Michelle Cardon

Mayo School of Health Sciences Master of Nurse Anesthesia Program Class of 2011

Jonathan D. Alleckson
Mayo Clinic, Rochester, MN
 Charles W. Beinborn
Mayo Clinic, Rochester, MN
 Andrey Bobrovnikov
Abbott-Northwestern, Minneapolis, MN
 Jared P. Brickson
Anesthesia Associates of Boise, Boise, ID
 Joseph M. Carlson
Mayo Clinic, Rochester, MN
 Julie A. Castagno
Mayo Clinic, Rochester, MN
 Cari A. Clapper
Mayo Clinic, Rochester, MN
 Kelly E. Decker
Mayo Clinic, Jacksonville, FL
 Matthew W. Dyer
Mayo Clinic, Rochester, MN



Class of 2011
 Row 1: Sitting: Marvin Hobbs, Ellen Hambel, Melissa Klein, Brian Klocke, Amy Neveau, Jenna Palzkill, Marites Villarama
 Row 2: Melinda Howe, Kelly Decker, Charles Beinborn, John Fernau, Jared Brickson, Emily Goerke, Lacey Nicol, Cari Clapper
 Row 3: Kimberly Kerber, Roger Pula, Devin Spence, Bryan Jones, Joseph Carlson, Kari Peterson
 Row 4: Amy Gnagey, Jonathan Alleckson, Matthew Dyer, Andrey Bobrovnikov, Julie Castagno

Class of 2010 Faculty Awards

Nurse Anesthetist Educator Award:

James J. Muggli, CRNA, MNA
 St. Marys Hospital Anesthesiology
LaChelle J. Wieme, CRNA, MNA
 Rochester Methodist Hospital Anesthesiology

Physician Educator Award:

James R. Munis, M.D., Ph.D.
 Assistant Professor of Anesthesiology and
 Physiology Mayo Clinic College of Medicine

Special Recognition Award:

Irvin P. Plitzuweit, Ph.D.
 Chemistry Instructor Master of Nurse
 Anesthesia Program

Student Awards

Robert R. Johnson Achievement Award:

Karissa A. Goodrich, RN, BSN

Gilles, Nelson, Torrance Alumni Award:

Karissa A. Goodrich, RN, BSN

Rebecca S. Finley Alumni Award:

Tanya M. Dierksheide, RN, BSN

Virginia B. Hartridge Achievement Award:

Christina M. Bahls, RN, BSN

Robert A. E. Devloo Book Award:

Lucyna E. Aho, RN, BSN

Class of 2011 Faculty Awards

Nurse Anesthetist Educator Award:

Julie M. Johnson, CRNA MS
 St Mary's Hospital Anesthesiology
Cory J. Groves, CRNA MNA
 Rochester Methodist Hospital Anesthesiology

Physician Educator:

Katherine W. Arendt, M.D.
 Assistant Professor of Anesthesiology,
 Mayo College of Medicine

Special Recognition Awards:

Tanya L. Hoskins, MS
 Biomedical Statistics and Informatics
Shonie L. Buenvenida, BSN
 Clinical Specialist, Respiratory Research

Student Awards

Robert R. Johnson Achievement Award

Amy Gnagey, RN, BSN

Gilles Nelson Mayo Torrance Alumni Award

Cari Clapper, RN, BSN

Rebecca S. Finley Alumni Award

Melissa Klein, RN, BSN

Virginia B. Hartridge Achievement Award

Jonathan Alleckson, RN, BSN

Robert A. E. Devloo Award

Amy Gnagey, RN, BSN

Class of 2010 Research Projects 1st Place Award

A Prospective Study of Education on Low Flow Anesthesia to Reduce Costs Associated with Inhalation Agents

Michelle Cardon, RN, BSN
Nathan Davis, RN, BSN
Katy Ebert, RN, BSN

2nd Place Award

A Two Decade Analysis Evaluating the Effects of Preoperative Hemoglobin Concentration on 30 Day Mortality Rate or Myocardial Infarction Following Reconstructive Hip or Knee Surgery: A Case-Controlled Study Using the Mayo Foundation Total Joint Registry

Karissa Goodrich, RN, BSN
Cassie Johanns, RN, BSN
Michelle Kool, RN, BSN

3rd Place Award - Tie

Correlation of VeinViewer and Ultrasound for Peripheral Vein Width

Christina Bahls, RN, BSN
Tanya Poole (Dierksheide), RN, BSN
Jacob Heesch, RN, BSN

Cryoablation versus Radiofrequency Ablation of Renal Tumors

Luke Bootz, RN, BSN,
Robert Buckingham, RN, BSN
Kimberly Koch, RN, BSN
Paul Moore, RN, BSN

Book Awards

Incidence of Perioperative Seizures in Patients with a Documented Seizure Disorder

Lucyna Aho, RN, BSN , Emily Botten, RN, BSN
Karen Nase, RN, BSN , Julia Nelson, RN, BSN

Obstructive Sleep Apnea and Postoperative Complications in Patients Undergoing Gastric Bypass Surgery

Tara Kinney, RN, BSN,
Wesley Robinson, RN, BSN
Broc Siems, RN, BSN,
Peter Wenzel, RN, BSN

Survey of the Practice and Education of Non-physicians Who Provide Anesthesia in Member Countries of the International Federation of Nurse Anesthetists (IFNA).

Cameron R. Oliver, RN, BSN

Class of 2011 Research Projects 1st Place Award-Tie

Anesthetic Management of Patients with Thyroid-Stimulating Hormone Secreting Pituitary Adenomas

Matthew W. Dyer, RN, BSN, CCRN

Amy S. Gnagey, RN, BSN, CCRN

Bryan T. Jones, RN, BSN, CCRN

Roger D. Pula, RN, BSN

Labor Epidural Analgesia for Vaginal Delivery and Childhood Learning Disabilities

Charles W. Beinborn, RN, BSN

Ellen Hambel, RN, BSN

Melissa Klein, RN, BSN

2nd Place Award

A Comparison of Pain Thresholds and Pain Tolerance Before and After Electroconvulsive Therapy

Jonathan D. Alleckson, RN, BSN

Cari A. Clapper, RN, BSN

Emily K. Goerke, RN, BSN

Kelly E. Kunkel, RN, BSN

3rd Place Award

Effect of General Anesthesia in Cerebral Palsy Patients at the Turn of the New Millennium:

A Population-based Study Evaluating Perioperative Outcome

Jenna M Palzkill RN, BSN

Melinda A Howe RN, BSN

Julie M Castagno, RN, BSN

Kimberly A Kerber RN, BSN

Book Awards

A Historical Account of Nurse Anesthesia Education and Practice During World War II

Brian D. Klocke, RN, BSN

Joseph M. Carlson, RN, BSN

Surgical Staging of Complex Spinal Fusions: A Retrospective Review of Patient Outcomes and Institutional Resource Utilization

Amy J. Neveau, RN, BSN

Lacey A. Nicol, RN, BSN

Kari K. Peterson, RN, BSN

Marites G. Villarama, RN, BSN

Incidence of In-Patient Seizures in Patients with a Documented Seizure Disorder

Marvin J. Hobbs, RN, BSN

Jared P. Brickson, RN, BSN

Devin S. Spence, RN, BSN

John C. Fernau, RN, BSN

Wegener Disease Manifestations and Anesthetic Implications—A Case Study.

Bobrovnikov Andrey, RN, BSN

Biographical Sketch Updates Class of 1953

Gillian Montford Richards is retired and resides in Petaluma, CA. She and her husband, Altonso (a retired urologist) have two sons and two daughters, and six grandchildren. She enjoys horseback riding around the beautiful lakes and parks of northern California. What she remembers most about Mayo Clinic is “the great teaching staff, great friends, and working for Dr. Charles Mayo.”

gillianRichards1@mac.com.

Class of 1959

James Fullerton resides in Barron, WI. He enjoyed working for the same hospital for 48 years. He is a widower.

Class of 1960

Jack Hostak retired from anesthesia in 2000. His current “employer” is his spouse Gloria. Jack enjoys hiking and camping in the deserts and mountains of Arizona, and at the Grand Canyon. When spending summertime in Minnesota, Wisconsin and the UP of Michigan, he continues to enjoy hiking, camping, and canoeing on or near Lakes Superior and Michigan. One piece of advice he has for graduates is, “Every patient you commit to is the equivalent of the 7th game of the World Series or the Super Bowl. There is nothing more important.”

Class of 1965

Charles Odom is a self-employed free lance CRNA. He enjoys hunting and fishing around the world, including Africa. His wife, Chrystal, is an RN at S. GA Medical Center. They reside in Lake Park, Ga.

Class of 1964



James and Jessie Leidholt family

James Leidholt lives in Miles City, MT and is retired. After graduation, he went to a small rural hospital (Forsyth, MT) where he was the sole anesthetist (an adjustment after

leaving Mayo Clinic). He remained in this practice for 11 years before moving to the V.A. hospital in Miles City where he remained until

retirement in 1993. After his grandchild was born, he did return to work for awhile. He will celebrate his 54th wedding anniversary this year. He enjoys hunting, fishing and gardening. leidholt@midrivers.com

Class of 1968

Jerome Lee Lorbiecki is now retired. His career included working on staff at Mayo Clinic before moving to Northeastern Minnesota. He retired from Virginia Regional Medical Center (Virginia, MN) in 1999, then continued to do locum tenem work for another 5 years. He makes his home in Grand Rapids, MN. jlorbiecki@hotmail.com

Class of 1970

Richard A. Pressnal lives in Pine Island, MN. He keeps active as a farmer, rancher, and anesthetist. He bought a mountain top ranch in north central Arkansas. He states, "I will never forget my favorite instructor, Mabel Tow." greenbriarvalley@pitel.net

Class of 1974

Robert J. Thompson resides in Rhinelander, WI. After a very satisfying career, he retired in January 2011. He is married to Barbara. His advice to graduates, "Never lose focus of the #1 reason you are in anesthesia ... your patient and his/her family." He said that this was stressed during his training at Mayo and became his philosophy throughout his practice. rjtbat@gmail.com



Robert J. Thompson

Class of 1976

Dan Randall is currently a CRNA with Sweet Dreams Anesthesia. He resides in Mesa, AZ, is married to Julia, and is "living the dream!" His advice to future graduates is, "Don't retire your books. Keep hungry to learn new things." lafngas@cox.net

Class of 1977

Wilson (Wes) Wessells Jr. writes from Ft. Collins, CO. He has been living and working in the Rocky Mountains area since leaving Mayo. Married for over 40 years, he and his wife have two daughters. wessann@comcast.net

Class of 1980

Gloria Davis continues to do occasional contract anesthesia, although she is "winding down." In the spring of 2011, after 16 years of single life,

she was married at the Tetons. She resides in Rochester, MN. theglowingheart@yahoo.com

Class of 1984

Michael Geisler currently resides in Ponte Verde Beach, FL. He is vice-president of Stage II Anesthesiology, Inc. (his wife, Deborah, is the president). Along with 3 other nurse anesthetists, the group provides anesthesia coverage to a plastic surgery center and two oral surgeons. Mike and Deb are active also with AANA and lecture around the country. He advises the new graduates, "The door is wide open. Taste a little of the 'real world' along with the 'Mayo world' before you settle down." ZEK7717@gmail.com

Class of 1986

Sally Goodpasture Duke Schroeder resides in Verona, WI. She has been employed at UW Medical School for 16 years. Currently she works in outpatient anesthesia. She and Brian have been married for 29 years, and they have three children – Ben, 23 (PhD student in chemical engineering at the University of Utah), Mari, 15 (high school freshman), and Zach, 20 (plebe at West Point). sgschroe@wisc.edu

Class of 1988

Marlea Judd is supervisor of the Gonda Anesthesia Outpatient/Outfield practice. She completed her DNP from Metropolitan State University (St. Paul, MN) in May 2011. Marlea was chosen as the Metropolitan State outstanding student for the Spring 2011 semester. judd.marlea@mayo.edu

Class of 1991



Kelly, Mary, Pete, Paul Fecht

Peter Fecht is currently the chief CRNA at St. Marys Medical Center in Galesburg, IL. His spouse, Mary, works for the school system. They have two children, Kelly (a sophomore nursing student at St. Ambrose University) and Paul (high

school sophomore). Pete reflects on his time at Mayo, "I am very thankful to Mayo Clinic's staff for teaching me the art and science of nurse anesthesia. It has helped me become a successful CRNA and a productive member of my community." He enjoys woodworking in his spare time.

Sara Tricarico resides in Rochester, MN. She works supplemental at St. Marys Hospital (Mayo) in multispecialty and sometimes central, as well as supplemental at Olmsted Medical Center in all areas except hearts and neuro. She is married to Joseph, an anesthesiologist at Olmsted Medical Center. They keep busy with their two children, Andrew (12) and Natalie (9), remodeling their cabin in WI, and traveling with the family. She very much enjoys her career in anesthesia and hopes to work more as her kids get older. tricarico.sara@mayo.edu

Chris Hein is the lead CRNA at the Marshfield, WI Clinic. She is married to Mike (CRNA, 1978 Mayo alumni). She enjoys her children and grandchildren. Her daughter, Katie (Jacobsen) is a member of our class of 2012.

Class of 1996

Rebecca (Greene) Belthoff is currently a full time CRNA with Presbyterian Hospital Matthews in North Carolina. She loves being at a small community hospital doing a variety of cases. "As much as I enjoyed my days at Mayo, especially in neurosurgery, I think the best thing I ever did was go to a smaller institution. It tests your skills and challenges you in many different ways." She feels very fortunate to have received her education at Mayo. Becky is married to Rich (a senior legal council for Wells Fargo). Her two sons, Brett (12) and Blake (7) are busy with sports. rlb1010@gmail.com

Class of 1998

Ben Giesen and his wife Kim live in New Ulm, MN. Ben is employed by Hutchinson Health Care. bkmagiesen@comcast.net

Sara Theoharris is employed by Hastings Anesthesiology Assoc., Hastings, NE. She and her husband of 15 years have three children. Sara also serves on the board of NANA and enjoys the challenges. stheoharris@charter.net

Class of 2000

Kevin Hair is a self employed CRNA in Provo, UT. (He works with Dave Farnworth and Jay Gassman, also Mayo alumni.) About his work, he states, "I can't see myself ever doing anything else for work except maybe a bobcat operator – kidding!" He and his wife, Crystal, are proud parents of 5 daughters. kevinhair@juno.com

Class of 2001

Amy (Thoeming) Tax resides in Naperville, IL. She is currently a CRNA with Guardian Anesthesia in Aurora. She is married to Michael, who works for DuPage Valley Anesthesia. They have two children, Vera Grace and Evan Michael. Her advice to future graduates, "Choose a job based on people and work environment – it's important to love your job!" amykaytax@yahoo.com

Class of 2004

Dan Langan is employed by Divine Savior in Portage, WI. His wife, Andrea, is a nurse practitioner. langandan@hotmail.com

Class of 2005

Shannon Monosmith, her husband, Rob, and children live in Rochester. She is dedicated to her profession at the Mayo Medical Center and is humbled and intrigued by the ever changing career and work environment. monosmith.shannon@mayo.edu

Connie Njus loves her work and flexible schedule at Mayo Rochester. She and her husband Dennis live in New Hampton, IA. njus.connie@mayo.edu

Karla Peterson Mueller and her husband Thomas live in Chatfield, MN. She is a staff CRNA at St. Marys Hospital in Rochester, MN. mueller.karla@mayo.edu

Brooke Klein works at the Baycare Clinic in Green Bay, WI. brooke_lee73@yahoo.com

Deb Thomford is a staff CRNA at Rochester Methodist Hospital in Rochester, MN. She and her husband Paul live in Zumbrota, MN. As a student Deb remembers the preceptors who displayed positive attitudes and lots of energy that helped get her through the day. Deb's advice to future graduates is to embrace challenges and continue learning everyday. Outside work Deb enjoys running, gardening, traveling and quilting. thomford.debra@mayo.edu

Class of 2006

Tara Hilscher Decker graduated in 2006 and is a CRNA for Meritcare Health System in Fargo, ND. She and her family live in West Fargo, ND. What Tara remembers most about Mayo Clinic is her wonderful classmates who became lifelong friends. tarahilscher@hotmail.com

In The Life of a Program Director



Mary Shirk Marienau (1979) has been the program director at the Mayo School of Health Sciences for 14 years after accepting the position in February 1997. She has been instrumental in the evolution of the program from its final stages as a certificate program to the Masters degree to the current development stage of the doctorate of nurse anesthesia practice curriculum. She is also the current Chair of the Council of Accreditation, a position that has kept her even busier than ever this past year. Watching Mary in her role, it is evident that she loves both her students and her profession, and strives for excellence with both.

Any regrets in becoming a full time educator?

“Sometimes ... I do miss the immediate gratification, satisfaction and joy you get when a case goes well or when you walk into an operating room to help or do a case and someone says, ‘I am so glad to see you!’ The gratification maybe is not as instantaneous now but it does come from watching a class graduate, or receiving a note that a current or former student is doing well in the OR’s, seeing students complete their research and become published, or learn that a graduate is now a program director or has taken on leadership roles within our profession.”

What prompted you to become a program director?

“At the time, I had been the assistant program director for several years and the previous director left unexpectedly. I agonized over the pro’s and con’s of taking on the role (actually sitting down with a trusted colleague after cases were finished one night and listing them out on a white board). I loved being in the operating rooms, but I also felt strongly that it was important to do this [full time educator] because if we didn’t have a good strong program and continue to have excellent students, my profession would die. My first thought was that I would just fill the position until someone else was identified as my replacement, but I was finally convinced by others, that if I took this responsibility on, I needed to commit to it for at least 5 years. Of course, after 5 years, I found that I had goals and things that I wanted to accomplish for the program. After taking the program director position, I continued to do the pediatric liver transplants, but finally, after several years of 24/7 transplant call, I concluded that the unpredictability of transplants made it difficult to also keep up with program responsibilities.”

What has been the most difficult part of your role as program director?

“It was hard to give up something I really, really, really loved – being in the operating rooms each day. It was the toughest decision of my career. For 20 years, while in the OR’s five days per week, I felt as if I was a good CRNA, but there have been many changes since I started as program director: laparoscopic surgeries, routine use of propofol, Des and Sevo, changes in muscle relaxants and narcotics, computer charting, and anesthesia machines two models out. I know that my clinical knowledge and skill levels are not what they used to be. But because of all my years of clinical anesthesia experiences and on-going learning I experience with students every day, I hope my students feel that I still have clinical validity.”

And the best part of being a program director?

“Seeing the students succeed ... watching them become really good nurse anesthetists in the clinical setting and then in turn start educating new students as well as seeing graduates who are making a difference for their patients and our profession. That is where I get my ‘positives.’ Also, it has been rewarding to see a renewal of collegiality between our nurse anesthetists, students, anesthesiologists, residents, and surgeons. At my institution we have seen an enhanced commitment to mutual respect and appreciation of what each group brings to our patients.”

When and why did you choose the field of Nurse Anesthesia?

“When I was a nursing student, I had a classmate who knew she wanted to be a nurse anesthetist (her father was a surgeon). I could not figure out why she would want to be a nurse anesthetist. It seemed like all they did was just sit during the surgeries I had seen, which did not seem very exciting at all. After we graduated, we stayed in touch and I went to visit her after she began working as a CRNA. I was able to go into the operating rooms with her, and instantly I was hooked. As an ICU nurse, I thought this is the ‘ICU of ICU care!’ – I KNEW this was what I wanted to do! I applied to three programs, and when I received a letter from the program of my choice (Mayo), I was so excited – even though I had been working a 3 to 11 shift when the letter came, I immediately picked up the phone to call people with my news. On New Year’s Eve day in 1976, I moved to Rochester, with my kindergarten age daughter. Two days later, I began my nurse anesthesia

training. The weather had been fairly mild over the holidays, but that day the temperatures plummeted to 20 degrees below zero and stayed there for the entire month of January. My pipes froze twice. I didn't know anyone or how to get around town. I began to wonder what I had done, convinced that I had ruined my life, a feeling that ultimately took a couple months to go away. Now I have the best profession in the world!"

Do you have any plans to retire and what will you do after you fully retire from the formal education of CRNAs?

"I think about retirement, especially as I watch my colleagues, some who are even younger than me, retire. Yes – someday, but there are things I'd like to accomplish before then (getting the doctorate program up and running for one) so it is hard to think about retiring as it seems like a long way off. The program is such a big part of my life, so it will be a whole new adjustment when that time comes. I enjoy reading and I will look forward to being able to read novels! A very dear friend gave me a Kindle as a gift and I think I have been able to read one book on it in the last 6 months. I use to love to travel, but since I have had to travel so much for the Council on Accreditation, it doesn't sound that intriguing right now – maybe that will change if I can do it at my leisure. I have friends in Florida and a sister in Texas so it would be nice to see them while also getting away from the cold. My daughter, granddaughter, and son-in-law are in Rochester – so it would be hard to leave, but who knows what will happen in the years to come."

What has been the best part of your clinical career as a nurse anesthetist?

"I have been very fortunate to have had a lot of wonderful clinical moments. I would probably have to say a highlight was being invited to help define the pediatric anesthesia program at Mayo – being involved from the beginning of the identification of the pediatric group, which has evolved into its own section. It was especially gratifying to have had a part in developing and providing the anesthesia management for the pediatric liver transplant program.

As a nurse anesthesia supervisor it was great fun to leapfrog from case to case putting on cases and supporting cases while helping with the flow of the day. We worked hard and had long hours, but it was also fun.

We had a wonderful group of CRNAs and anesthesiologists in the clinical area where I worked. We had the goal of efficiently and safely starting cases and supporting case management while continuing to keep education in the forefront."

What is your most significant contribution to the education of CRNAs?

"I would feel it has been raising the anesthesia department members' awareness of the importance of students being viewed as students and that the students receive a great education both in the ORs and the classroom. It is not just trying to get them through the program, but to give them a quality experience. I am really just the person who facilitates those things for the students. I want to make sure we are a DYNAMIC program – what we did 5 years ago shouldn't be the same thing we are doing today. I don't want us to be static but always moving forward, continually asking what we can do better?"

During exit interviews prior to graduation, Mary asks each of her students "What do you see yourself doing in five years to give back to your profession?" She is an advocate not only for her students, but her profession as well.

(Reprinted with permission from the Minnesota Association of Nurse Anesthetists)

Mary was also highlighted in the Alumni Spotlight in the Allen College of Nursing (Waterloo, IA) newsletter in 2010.

CONGRATULATIONS to Dr. Mary Shirk Marienau, who completed her Ph.D. in Adult Education from the University of Minnesota College of Education and Human Development on May 12, 2011. She successfully defended her dissertation in May.

Featured Photo



The Spring 2011 Quarterly featured a photo by Joan Hunziker- Dean (Class of 1995) . "Garden Scene" was photographed in July 2009 while visiting historic Dubuque, Iowa. She enjoys walking about older cities, viewing architectural details and photographing flowers. Joan currently works in the Outpatient

Surgery Department on Gonda 15, at Mayo Clinic Rochester.

Mayo School of Health Sciences Award 2011 Presented to CRNA



Ronald F. Caulk

Ronald F. Caulk CRNA, FAAN (Nurse Anesthesia '62) received the Mayo School of Health Sciences Alumni Association Recognition of Outstanding Contribution Award April 29, 2011 at the annual alumni dinner in Rochester. He was honored for his many national and international contributions made to the nurse anesthesia profession and his work as a practitioner, educator and leader. Originally from Des Moines, IA, Caulk entered the 24 month long CRNA program at Mayo Clinic, in 1960. His favorite physician instructor was Dr. Virginia Hartridge. The words "Mayo Clinic," according to Caulk, "is like two magic words known all over the world. This program will continue to be a leader in nurse anesthesia."

Caulk combined his career as a nurse anesthetist with many years of service on various AANA committees since 1969. In 1974 he served as the Chair for the Ad Hoc Bylaws Committee whose special assignment revised the structure of the AANA, forming the separate councils: Certification, Public Interest and Accreditation. Caulk was elected Vice President of the AANA in 1975, and in 1976 became the AANA president-elect. As AANA president (1977-78) Caulk emphasized the importance of unity and accountability within the nurse anesthesia profession.

Caulk helped establish the International Federation of Nurse Anesthetists (IFNA) and advanced quality anesthesia care worldwide. Spanning two decades of involvement, Caulk was IFNA's first elected vice president, president from 1990-1995 and first Executive Director (1995-2004). He traveled extensively to promote formal education for nurse anesthetists. He distributed used textbooks and journals to Kumasi, Ghana in 1993 where a nurse anesthesia school had previously been sharing one textbook amongst 18 students. IFNA's Educational exchange programs took Caulk to Croatia, Thailand, Slovenia and many other countries. Seeking his expertise in nurse anesthesia education, Caulk was consulted on the development of nurse anesthesia programs in New Zealand and Australia.

Under Caulk's leadership the IFNA flourished. The IFNA vision moved a diverse group of people into one common goal: Improving anesthesia care worldwide. He has received numerous professional awards for his years of service including AANA's Agatha Hodgins award in 1992 for outstanding accomplishment.

Caulk is now retired and living in Cave Creek, AZ. He enjoys volunteering at the Heard Museum of Native American History and Culture in Phoenix. www.heard.org

The next World Congress for Nurse Anesthetists is in Slovenia May 26-29, 2012. www.ifna-int.org

submitted by
Joan Hunziker-Dean CRNA, MNA



Susan and Ronald F. Caulk



Marian Kwansa and
Ronald F. Caulk



Joan Hunziker-Dean, Ronald F. Caulk
and Marian Kwansa

Alumni Gala



Steve and Deb King



Jane Goergen and Rob Brundige



Marlea and Joe Judd



Pete and Janna Smith



Kyle and Robyn Finney, Barb and Chris Nord



Janie and Dick Pressnall



Craig and Marcia Kluck



Jim and Sandi Beier



Kathy and John Latcham



Felissa and Steve Lee



Becky and Ron Fahrenz



Barbara and Robert Thompson, Elwood and Cheryl Wilkins



Courtney and Jason Brian



Robert Thompson and Elwood Wilkins



Marilyn Crawford, Dr. Roger White and Lone Styve



Erin Finnes, Jane Goergen and Jhoel Peterson



Jane and Mark Arvold



Cindy Smith and Dave Rettler



Lorrie Bennett and Joe Weger

Mark your calendar for our next *Gala Event!*
October 12, 2012

Retirements

Congratulations to our recent retirees.



John Ahle-
12/31/2010
28 years of
service.



Pat Buck-
11/23/2010
23 years of
service.



John Carter-
1/13/2010
27 years of
service.



Bob Conway-
12/31/2010
40 years of
service.



Marilyn Crawford-
09/2009
27 years of
service.



Jean Kerrigan-
12/08/2010
27 years of
service.



Louie Letts-
3/30/2010
31 years of
service.



Jerry Porter-
12/07/2010
27 years of
service.



Mike Quinn-
12/20/2010
28 years of
service.



**Terese
Ratchford-**
12/21/2010
26 years of
service.



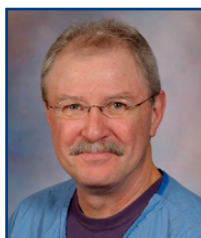
Don Smelter-
12/21/2010
23 years of
service.



Marlys Smelter-
12/21/2010
23 years of
service.



Rae Ann Vigen-
11/23/2010.
27 years of
service.



Brian Wilson-
6/29/2010
34 years of
service.

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

Obituaries



Bernadine McGovern Comstock (February 25, 1912 - February 20, 2010)

Born Bernadine Sophie Fendrich in Salem, SD, February 25, 1912, Bernie grew up on her family farm, the youngest of 5 children. She loved the prairie and frequently recalled her fond memories of childhood, including walking to school after her mother’s hearty German style breakfasts of pancakes and whipped cream.

In 1931, at the age of 18, Bernie moved to Rochester, MN to attend nurses training at St. Mary’s Hospital. It was the start of a life-long love of nursing and dedication to St. Mary’s Hospital, the Sisters of St. Francis, and the Mayo Clinic.

Bernie graduated from nurse’s training in 1934 and was then asked to train with Dr. John Lundy of the Mayo Clinic to become a nurse anesthetist. She worked in neuro surgery with many pioneers of early brain surgery including Dr. Adson Sr. of the Mayo Clinic. Bernie was relied upon for her skill in the administration

of ether and was later among the first nurse anesthetists to use sodium pentothal. She was on duty for several surgical procedures involving the famous and the infamous. She met Helen Keller when Ms. Keller visited St. Marys Hospital to learn about medical achievements.

Bernie worked for Rochester’s St. Marys Hospital and the Mayo Clinic until her retirement in 1975.

She is survived by her child Nancy Jo McGovern Gilliland of Rochester, her granddaughter Laura Marie Gilliland, her grandson Brent Robert Gilliland and his son, her great grandson Parker Joseph Gilliland. She is also survived by two step children William and Jack Comstock from her second marriage.