

# MONITOR



Virginia Association of Nurse Anesthetists

www.virginiacrnas.com

December 2006

*"Nurse Anesthetists: Providing quality Anesthesia to Virginians for over 100 years."*

## VANA Nurse Anesthetist Lobby Day - Wednesday, January 24

*By Patti Bright CRNA FPD*

One of the highlights of Nurse Anesthetist week is always our visit to the State leaders. This is a fun filled and important event each January. Sunday, January 21st kicks off National Nurse Anesthetist Week. I am hoping that each CRNA in Virginia is planning a special event this week in your work place.

On Wednesday, January 24th, the VANA CRNAS are heading to Richmond. This is a few hours of PR, letting the General Assembly members know who we are and what we do. It is traditional that we distribute personally to each of the legislative offices: a bagel box, an editorial, and the nurse anesthetist week pin.

This event is always a big success. I do need your help. Please consider blocking off January 24th to help your State. It is a fun and very easy commitment. We gather in the lobby of the General Assembly office building at 9:00 a.m. and split into groups. You will not be alone; you will be with fellow CRNAS and SRNAS. Please plan to attend.

If I have sparked just a bit of interest, please contact me personally. I can be reached via e-mail at [crnaruns@aol.com](mailto:crnaruns@aol.com) or feel free to call me at 757-319-2104. See you January 24th!

## VANA Updates

*By Diane Howell*

The Virginia Association of Nurse Anesthetists has had a busy start to the 2006-2007 year. Thank you to Cathy Harrison, CRNA, our immediate past president, for assisting the new BOD in transitioning to their new positions.

Each year, VANA holds a **Leadership Weekend Retreat**. In September, VANA hosted a Leadership Development and Team Building seminar in Williamsburg, Virginia. The seminar was free to the first 25 members who signed up, and we had a great turnout! Friday night was a meet and greet dinner, with wonderful food and wine selections, to give members the opportunity to socialize before the seminar. On Saturday, the presentation by Skillpath Seminars on Leadership Development and Team Building Skills was fun, interactive, and gave pertinent information to help us deal with the difficulties we face each day in our profession. We ended with a brainstorming session and a great dinner, and new members to positions available within the organization! The response to this weekend was so positive that VANA is already making preparations for next year's Leadership weekend to be bigger and better. Watch your Monitor for details!

Our **Annual Fall Conference** was held at the beautiful Wintergreen Resort. It was the "changing of the leaves" weekend, and the colors were fantastic to witness. Our speakers included Julie Lowery, CRNA, from UNC Hospital in Chapel Hill, N.C; Steve DiChiara, CRNA, CDR, USN (Ret), from Sentara Careplex Hospital in Hampton, VA; Dean Mazurek, CRNA, from Mazurek Anesthesia Services, LLC, in Voorhees Township, N.J.; Gregory Nezat, CRNA, LCDR, USN, Research Coordinator at Georgetown University; and Bruce Spiess, M.D., Professor of Anesthesiology and Director of Research at Virginia Commonwealth University. Topics included "Elective Maxillofacial Reconstructive Surgery in the Pediatric Patient" and "Anesthesia in General – New Angle – Same Ending: The Use of Precedex" (Lowery); "Update on Blood



*Cathy Harrison, VANA President 2005*

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**ADVERTISING IN THE  
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The *MONITOR* is the official newsletter of the Virginia Association of Nurse Anesthetists (VANA) mailed to over 800 VANA members residing in Virginia. Quarterly issues of the *MONITOR* are planned for the next VANA fiscal year.

**GET THE SURE SELL:**  
Advertising in the *MONITOR* will cost only: Full page \$200, Half page \$100, 1/4 page \$50, 1/8 page \$25.

**Classified ads** in the *MONITOR* will cost only \$1.00 per line (approximately 36 spaces) with a minimum charge of \$5.00.

**GOLD PLAN:** Full page ad in the next 4 issues \$700 (12% discount!) paid in advance -- guaranteed!

**DEADLINES:** Please send advance payments with your camera-ready artwork/classified to the VANA office:

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**February 1, 2006**



**2005 - 2006 VANA Board of Directors**

**PRESIDENT**

Diane Howell, CRNA  
8930 Hollow Oak Drive  
Midlothian, VA 23112  
Home (804) 639-4763  
Cell (804) 839-3064  
[cdhowell@comcast.net](mailto:cdhowell@comcast.net)

**PRESIDENT ELECT**

Paul Werbin, MS, CRNA  
3884 Jefferson Boulevard  
Virginia Beach, VA 23455-1606  
Phone (757) 460-0249  
[npopmn@aol.com](mailto:npopmn@aol.com)

**SECRETARY**

Karin Lundgren, CRNA  
5070 Lauderdale Avenue  
Virginia Beach, VA 23455  
Home (757) 222-0391  
Work (757) 953-3241  
[k2lulpugs@cox.net](mailto:k2lulpugs@cox.net)

**TREASURER**

Star Marie Anderson, CRNA  
12420 Hogans Place  
Chester, VA 23826  
Home (804) 530-1883  
[Kuklamou2@msn.com](mailto:Kuklamou2@msn.com)

**PAST PRESIDENT**

Cathy Harrison, CRNA  
3401 Fox Hurst Drive  
Midlothian, VA 23113-6340  
Home (804) 379-9369  
Fax (804) 379-6626  
[navync1972@aol.com](mailto:navync1972@aol.com)

**DIRECTOR, DISTRICT 1**

Linda Ferro, CRNA  
1206 Captain Adams Court  
Virginia Beach, VA 23455  
Home (757) 464-1496  
Pager (757) 885-0266  
[lindaferro@hotmail.com](mailto:lindaferro@hotmail.com)

**DIRECTOR, DISTRICT 2**

Michelle Yelverton, CRNA  
19769 Estancia Terr  
Ashburn, VA 20147  
Home (571) 223-2584  
Work (703) 664-7277  
[VANADistrict2@yahoo.com](mailto:VANADistrict2@yahoo.com)

**DIRECTOR, DISTRICT 3 & 4**

Bonnie Bowman, CRNA  
736 Marshall Avenue  
South Boston, VA 24592  
Home (434) 517-0712  
[themorrigan@earthlink.net](mailto:themorrigan@earthlink.net)

**DIRECTOR, DISTRICT 5**

Stephan Blanchard, CRNA, MSNA  
11950 Silbyrd Drive  
Midlothian, VA 23113-2139  
Phone (804) 794-0604  
[sjblanchard@comcast.net](mailto:sjblanchard@comcast.net)

**LOBBYIST**

Leslie Herdegen  
Macaulay & Burtch, PC  
1015 E. Main Street, 4th Floor  
Richmond, VA 23219  
Work (804) 649-1053  
Fax (804) 649-3854  
[lherdegen@direcway.com](mailto:lherdegen@direcway.com)

**AANA REGION 2 DIRECTOR**

Debra Pecka Malina, CRNA, MS,  
MBA, APN  
[dmalina@midsouth.rr.com](mailto:dmalina@midsouth.rr.com)

**VANA OFFICE**

2231 Oak Bay Lane  
Richmond, VA 23233  
Office (804) 754-4122  
Fax (804) 754-0801  
[VANACRNA@comcast.net](mailto:VANACRNA@comcast.net)  
[www.virginiacrnas.com](http://www.virginiacrnas.com)

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Substitutes” and “Heparin Induced Thrombocytopenia” (spies); “Common Problems and Concerns in Obstetrical Anesthesia” and “A Review of the Anesthetic Implications of Obesity and Obstructive Sleep Apnea” (Nezat); “Lower Extremity Nerve Blocks” (DiChiara); “Cognitive Dysfunction and general Anesthesia” and “Beta Blockade and Non-Cardiac Surgery of the cardiac Patient” (Mazurek). A HUGE thank you to Steven Wereszynski, who gathered these wonderful and diverse speakers for our annual meeting, and made all the Wintergreen arrangements. It was a great conference, Steve!

There is an upcoming event that VANA could use your help with. **Lobby Day** is on **January 24th, 2006**, and members of VANA will meet at the General Assembly building in downtown Richmond. This is a perfect opportunity for the CRNAs of Virginia to unite and visit their representatives to Washington. We deliver bagel boxes to all representatives, answer questions about our profession and have the opportunity



Greg Nezet, Conference Speaker



to discuss our concerns with our representatives. The general Assembly looks forward to this visit each year, as they remember the bagel boxes and the friendly professionals who are handing them out! We also encourage and welcome **students** from across the state to participate, as it is a perfect introduction to Lobbying for your profession.

Please check the VANA website regularly for updated information on this and other events.

**Attention: VANA CRNAS / SRNAS Plan to attend the midyear assembly and lobby Capitol Hill. April 22-25, 2007**

Have you ever sat down and pondered your career as a nurse anesthetist? Have you ever wondered what it has taken to keep our organization as strong and viable as it has been for the last 75 years? Sure there have been many bumps in the road and we still have a long way to go to have the perfect profession, but you have to admit we have a great career. In the past CRNAs, just like yourself, have stepped up and volunteered time and energy to make this happen.

My first day of anesthesia school seems just like yesterday. My director Anne Newton stood up and welcomed my classmates and myself to the great world of Nurse Anesthesia. Then she went on to say that, if we thought we had come just to learn, graduate, then go about our career never participating in the function of the VANA or the AANA we were wrong. She informed us stary eyed student that it is the duty and responsibility of each of us to become involved and stay involved. Her words still ring in my ears and I have to say, that she grounded me to the fact that our organization remains strong because of our involvement.

Mid year assembly is a very intense fact finding adventure that culminates with CRNAs from all over the country lobbying Capitol Hill. If this sounds overwhelming and not for you; let me tell you a little secret. It's not. This is one of the most empowering and rewarding experiences that you can have as a CRNA. The AANA team in Washington works all year to promote our profession and let Congress know where we stand on our issues. But it is up to us – the CRNAS to educate our legislators as to what we do and what we are. Remember our legislators work for us. They want to know our concerns.

If this has sparked any interest please consider attending the mid year assembly. The meetings educate you on our issues, trains you to lobby, and provide you with everything you need to go to the hill. If you can't make the meeting you can still participate. The VANA will be going to Capitol Hill on Tuesday afternoon April 24th and all day on Wednesday April 25th.

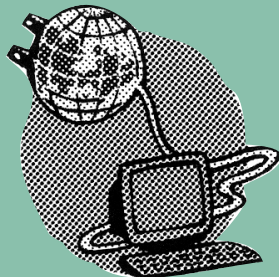
You will not be alone; you will be partnered up with other CRNAs that feel comfortable with lobbying. Each year students join us on the hill and by the 3rd office visit they are pros. I know April is a long way off, but as CRNAS we need to plan ahead to get time off from our work place. Please plan on helping with this endeavor, after all we are in Virginia, and are within driving distance to Washington D.C. I challenge each and every CRNA and SRNA to try and participate this April. I promise you will not be disappointed. You will come home feeling empowered and energized. Feel free to contact Patti Bright or the VANA office by e-mail or phone. I look forward to having the largest lobby delegation on the hill this April.

## What's New On the Web

[www.virginiacrnas.com](http://www.virginiacrnas.com)

Visit our website,  
where you will find  
the following information:

- ▶ Latest News
- ▶ Calendar of Events
- ▶ Contacts for  
Board of Directors
- ▶ Legislative Information  
and Contacts
- ▶ Important Links
- ▶ VANA CE Sponsored  
Events
- ▶ Members Only Section
- ▶ And more!



## President's Message

by Diane Howell

Greetings to my friends and colleagues across Virginia. With the holiday season upon us, we have time to reflect on the important people and parts of our life. I am grateful for my family, my children and my husband, every day. I am also grateful for the opportunity to work each day as a CRNA.

I work in a Specialty Pediatric Dental Clinic, in which we provide all forms of sedation, up to general anesthesia, to children who require full mouth dental rehabilitation. I am humbled each day that a parent allows me the opportunity to put their child to sleep. It is an almost unspeakable degree of trust that I am proud I can live up to. In return, I feel it is incumbent upon me to maintain an up to date knowledge base and keep up with the most recent research.

I have one built in way to keep up with new knowledge and research – being a clinical instructor. As an instructor, I not only teach, but am taught by those I work with each day. The excitement a student demonstrates when a concept is understood or a technique is performed smoothly is contagious, as contagious as their thirst for more information. If I don't know the answer, we both hit the resources to find it. The students of nurse anesthesia today are the leaders of nurse anesthesia tomorrow, and I try to be a good role model of both a teacher and leader. Being a clinical instructor takes the doldrums out of everyday clinical practice, even though there are times it's more frustrating than rewarding. Dealing with the frustration in a way that is beneficial and not harmful to the sprouting career of the student is equally as important as teaching them clinical anesthesia. Problem solving, communication, social skills, constructive criticism – all more of a challenge at times than how to put a breathing tube in. It's working on these skills within our profession, and building professional relationships, that will help guide us through the coming years, as politics potentially work against us again.

As we build upon our professional relationships, I hope you will join the Board of Directors at our next Executive Meeting, January 6, 2006. (See the Monitor or our website for more details.) I wish you, your family, friends and loved ones a happy, healthy and safe holiday season.

### District 5 of the Virginia Association of Nurse Anesthetists

*invites you to our*  
**2007 Winter Workshop**  
February 17, 2007  
7:15a.m. – 5:30 p.m.

Holiday Inn Select Richmond - Koger Center South  
10800 Midlothian Turnpike, Richmond, VA

\$100 Members  
\$130 non-members

Call or email the VANA office for more info:  
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**VANA  
Districts:**

If your zip code begins with: 233,  
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You live in District I

Director: Linda Ferro, CRNA  
lindaferro@hotmail.com

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222, 223, 220, 221, 226, 227

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Director: Michelle Yelverton, CRNA  
vanadistrict2@yahoo.com

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themorrigan@earthlink.net

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Director: Stephan Blanchard, CRNA  
SJBlanchard@comcast.net



## District Reports

### District I Report

by Linda Ferro, CRNA District Director

On Thursday August 31st, District 1 crnas attended a presentation at Fusion 440, in Portsmouth.

Mike Jopling, MD, Anesthesia chairman, at St Anne's Hospital, Westerville, Ohio gave an informative presentation on "using low flow anesthesia technique."

A very special thank you goes out to Traci Olsen from Baxter for her generosity.

Plans are in the making for another educational evening sometime after the New Year.

It is with great sadness that I must inform you that District 1 has recently lost a very kind and talented CRNA.

Charles J Heavner, CRNA passed away October 23, 2006 after a long illness. Chuck graduated from the De Paul Hospital School of Nurse Anesthesia in 1984 and received his BS from Old Dominion University. Upon his graduation, Chuck was employed at Whitaker Memorial Hospital but soon returned to his beloved De Paul, where he was employed until the time of his death. Chuck began his career at De Paul as an orderly almost 30 years ago and then became a respiratory therapist, where he was first introduced to nurse anesthesia. Through hard work and his love of education, Chuck became an RN and then fulfilled his dream of becoming a nurse anesthetist.

Many students at the De Paul and Old Dominion programs benefited from his instruction and mentoring and his contribution to our profession will be missed. A memorial service was held for Chuck on Wednesday, November 29th at 7pm in the Price Auditorium at De Paul Medical Center Hospital.

### District II Report

by Michelle Yelverton, CRNA, MSN District Director

Happy Holidays from VANA District 2. Our holiday gathering this year was at the Palm Restaurant in Tyson's Corner on November 30th. Pfizer generously provided dinner & a speaker. Thank you to those who came out! Baxter will host our spring meeting, tentatively in March. Stay tuned for more information regarding this meeting. Our CEUs have fallen through in the past for our meetings, but I plan to be more diligent in persuing approval prior to each upcoming meeting...it truly has been a learning experience for your director this year! I want share my sincere gratitude to those of you who have attended the meetings for your patience and your interest in meeting with your district colleagues. I hope that I have revived an interest in our district...we have a great number of colleagues here. My hope is to meet on a regular basis to socialize and learn from each other. We have the potential for a strong professional network. This is my vision for District 2. Again, I wish you and your families a very happy holiday season! Looking forward to a wonderful 2007 in Northern Virginia!

### District III/IV Report

by Bonnie Bowman, CRNA District Director

I attended the state meeting in Wintergreen this past October arriving early enough to take advantage of the beautiful view in back of the hotel but not nearly early enough to get in a walk like some of the other attendees. I love fall. I can finally open windows again and see my electric bill drop by half. But I guess I have also reached the time in my life where a hotel with stars before its name must have elevators and the bed and bath on the same level. I think the view I had from my third level room and the spectacular weather made up for this, though. Or as another guest said as I grumbled about my one suitcase, "You should try this in ski boots." I thought about it and mentally crossed off walking up three flights of stairs in any kind of heavy boots!

Did not cross off the pleasure I felt when I was able to announce that I was going to attempt to arrange three District 3/4, 4 CEU meetings over the next year. I have tentative cities and dates as follows: Charlottesville in March, Abingdon in May, and Roanoke in the fall. I am asking for help to get speakers for these meetings and if possible a company to help defray the cost of the food. Don't be shy. These are your meetings in your district. Last year I was a committee of one. This can grow and become something big that can happen every year in Western VA. Help me bring meetings to all areas of the district. It is too large geographically to have one meeting place that would keep travel distances within reason for everyone, so help me to vary the areas for meetings to truly make this district wide.



# CRNAS ROCK!

NURSE ANESTHETISTS RUNNING  
TO FEED HUNGRY PEOPLE



Mark Your Calendar for the  
**2007**

## Rock 'N' Roll Half Marathon!

Virginia Beach, VA • Sunday, September 2nd

Plan to join your fellow CRNA's to  
benefit **People In Need (P.I.N.)**



**Volunteers and Runners are needed.**

Contact person:

Patti Bright

[crnaruns@aol.com](mailto:crnaruns@aol.com)

757-319-2104 or the

VANA office 804-754-4122



## VANA Fall Conference Major Success

The VANA Fall Conference was held Oct 21-22, 2006 at the Wintergreen Resort with over 115 CRNAs and Students attending. Evaluations from our attendees were overwhelmingly very positive. The conference, approved for 12 CEUs, included topics on Precedex, Cognitive Dysfunction Following General Anesthesia, New Thoughts on Blood Transfusions, Anesthesia For Pediatric maxilo-Facial Reconstruction, and Lower Extremity Peripheral Nerve Blocks. A significant portion of our success is due to the support of our exhibitors. This year's exhibitors included: Abbott Laboratories, Armstrong Medical Industries, Aspect Medical Systems, Baxter Healthcare, Draeger Medical, Health Savings Administrators, King Systems Corporation, LMA North America, Mary Washington Hospital, Organon USA, Inc., Staff Care, Mary "The Hat Lady" Crenshaw, Total Anesthesia, Valley Health, Verathon Medical, Wake Forest University – Baptist Medical Center, KOL Bio-Medical Instruments, Inc..



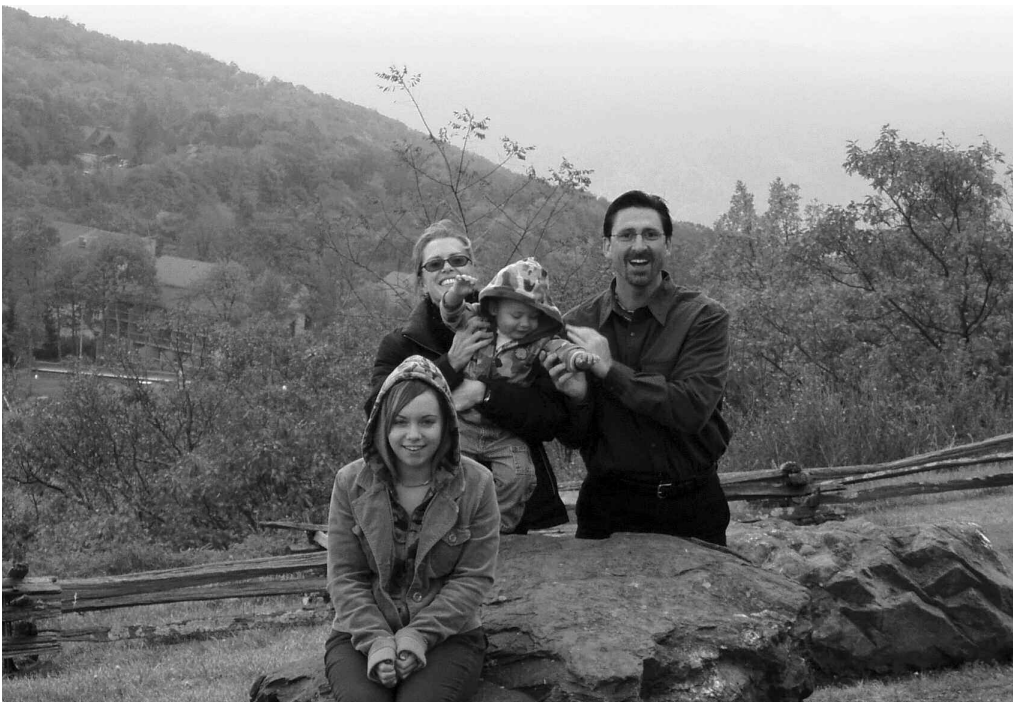
*President presenting Cathy Harrison  
with a token of appreciation*

Additionally, special thanks are given to Valley Medical for sponsoring our Sat breakfast, and to Aspect Medical for sponsoring one of our presentations. Based on numerous comments from our attendees, we will return to Wintergreen Resort in the near future.

Plans for the 2007 Fall Conference are in full swing. The 2007 Fall Conference will be held 6-7 Oct at the Reston, VA Hyatt. Based on several requests, we are including an airway workshop the first day.. The schedule of events and registration information will be posted on our website at [www.virginiacrnas.com](http://www.virginiacrnas.com) in February, after the redesign is completed.

A final thanks to the VANA Board of Directors and to Robin Morrison for their guidance and support in making our plans a reality.

*Stephen Wereszynski, CRNAQ  
VANA Programs Chair*



*Stephan and Robin Blanchard  
enjoying the beautiful views  
at Wintergreen.*

# Legislative Coalition of Virginia Nurses 2007 Legislative Agenda

*Priorities for Action: Increase and retain the nursing workforce to ensure access to quality patient care.*

- Support a statewide nursing workforce center.
- Increase funding of nursing education; remove barriers to recruitment and retention of nursing faculty; and promote the successful completion of nursing programs by enrolled students.
- Promote a safe and healthy work environment.
- Advocate for increased Medicaid reimbursement to increase the statewide availability of Medicaid providers and care that is timely, effective, safe, patient-centered, efficient, and equitable.

*In keeping with the goals of the Coalition, the following issues also are important to nurses:*

## **Quality and Safety of Health Care**

- Support legislation and policies for safety measures to promote positive patient outcomes.
- Oppose legislation designed to restrict the scope of practice of nurses or advanced practice nurses.
- Monitor the use of unlicensed personnel.
- Support Reasonable and feasible quality care in all levels of long-term care.

## **Access to Care**

- Support an increase in Medicaid funding for pregnant women, the elderly, and disabled by increasing the eligibility requirements beyond the current federal poverty levels established for each category of patients.
- Oppose any legislation that would reduce access to care by including more restrictive insurance coverage.
- Support initiatives that would increase K-12 students' access to Registered Nurses.
- Support statutory amendments to make the laws governing the practice of nurse practitioners consistent with current practice and need.

## **Promotion of the public's health and safety**

- Support increased funding for trauma centers.
- Support child safety issues, including those related to vehicle safety.
- Support highway safety including opposition of the repeal of motorcycle helmet laws and support for primary seat belt legislation.
- Oppose the use of necessary health and education general funds for transportation projects.
- Support coalitions for smoking cessation and clean air.



## Ever thought of getting involved in **YOUR** state organization?

Volunteering on a VANA committee can be very rewarding and FUN!

The board has many opportunities for you to get involved from helping to organize the annual conference to helping with the PR effort to spread the word about your profession. We welcome any time you can offer!

Interested? Curious?

Please contact the VANA office at [vanacna@comcast.net](mailto:vanacna@comcast.net) for more information. Or call 804-754-4122.

Remember - the VANA Board is working for YOU. Why not get involved?

## Important Dates to Remember

During the past several weeks, I have spoken to CRNAs and SRNAs about upcoming events (both state and national) that they might be interested in attending. The one thing that each group has had in common is that they were unaware of the dates, so I thought that putting them in the Monitor would be a good way to remind our members.

Please update your calendars for these events in 2007.

1. January 6, 2007 Board of Director's Meeting - Crowne Plaza, Richmond
2. January 21 – 27, 2007 Nurse Anesthetist Week
3. January 24, 2007 Lobby Day – Richmond (General Assembly)
4. February 16, 2007 Board of Director's Meeting – Richmond
5. February 17, 2007 District 5 Winter Workshop - Richmond
6. April 21, 2007 Board of Director's Meeting – Washington, DC
7. April 22 – 25, 2007 Mid-Year Assembly – Washington, DC
8. July 21, 2007 Board of Director's Meeting – TBA
9. August 4 – 8, 2007 AANA Annual Meeting – Denver, CO
10. September 14-16, 2007, VANA Leadership Weekend, Wintergreen Resort.
11. October 6-7, 2007, VANA Fall Conference, Hyatt Regency Reston Town Center, Reston, VA

Obviously, we will have our leadership weekend in September and Fall Meeting in October, so look for further updates as the year goes on. All VANA members are welcome to attend the scheduled events including the BOD meetings. We encourage all that are available to come to the General Assembly on January 24th to meet with our state representatives. It is a great way to let them know about the “best kept secret in health care”. VANA sponsors students from each program to attend the Mid-Year Assembly in April. We believe that they are our future and want to get them exposed to the politics of anesthesia early in their careers. Remember that this is your professional organization and your involvement is important in order to keep it strong both clinically and politically.

*Cathy A. Harrison, CRNA  
Past President, VANA*

# DISCLOSURE OF UNANTICIPATED ERRORS RELATED TO ANESTHESIA CARE

When unanticipated errors occur when CRNAs deliver anesthesia care to their patients a cascade of events and emotions occur. We are all human, and errors occur. Trying to hide them promotes an appearance that we do not care about our patients. Additionally, when harm comes to our patient the current medical legal system seems to create a two sided rift between our patient and the hospital. Important information about what went wrong is often buried in legality. This leads us to the question: How can we promote our national safety goals as long as the legal system incentivizes hiding, tolerates dishonesty and fosters a barrier between patients and their providers, each seeing the other as “the enemy”?

Communication is a fundamental component of a caregiver to patient relationship. Patient safety is every patient’s right and every clinician’s responsibility. Patients understand that medical errors are inevitable, but they want to know that healthcare providers and the institution they work for regret what has happened, and they also want to know that lessons have been learned.

Providing information about what happened should reduce patient uncertainty and increase their ability to act in his or her own interest. It also enhances the patient-provider relationship. Disclosure is a process; a beginning not an end, not a single event.

But what about perceptions? 98% of patients desire information of even minor errors. 92% of patients believe they should always be told about complications. 81% of patients believe they should be advised of potential adverse outcomes of complications. On the other side of the coin 60% of physicians believe that patients should always be told about complications and 33% of them believe patients should be advised of potential adverse outcomes of complications. So then why the rift?

Actually, regulatory requirements demand disclosure. Per the JCAHO Standard R1 2.90, patients and when appropriate, their families are informed about the outcomes of care, treatment, and services, including unanticipated outcomes. At a minimum the patient, and when appropriate, his or her family, is informed about the following:

- Outcomes of cares, treatment, and services that have been provided that the patient (or family) must be knowledgeable about to participate in current and future decisions affecting the patient’s care, treatment, and services.
- Unanticipated outcomes of care, treatment and services that relate to sentinel events considered reviewable by Joint Commission.
- The responsible licensed independent practitioner or his or her designee informs the patient (and when appropriate, his or her family) about those unanticipated outcomes of care, treatment, and services.

Unanticipated outcomes or adverse events can be defined as negative or unexpected result from diagnostic tests, treatment or surgical intervention that may or may not be due to medical error; caused by medical management not by disease. An error is an act of omission or commission that would have been judged deficient by peers; failure of planned action to be completed and intended or use of wrong plan to achieve a goal. A preventable adverse event is an injury or complication from error of systems failure. And finally, an unpreventable adverse event is an injury not due to systems failure; rare but known risks of ordinary treatment.

Guidelines regarding disclosure include addressing the patient’s health care needs immediately. Communicate in a compassionate, honest, and timely manner. Follow through on commitments made to patients. Avoid casting blame. Encourage an environment where lessons learned and improved reporting yield better care. Lastly, create or sustain trust by providing truthful, understandable explanations of the even, and how future occurrences will be prevented or minimized.

*(continued on page 11)*

In reality, disclosing mistakes may reduce the risk of litigation. Serious mistakes may come to light even if they are not disclosed. Any perception of a cover-up may make patients angrier and possibly litigious. Disclosure mitigates emotional distress associated with unanticipated outcomes for patients and healthcare providers and has NOT been shown to increase liability claims.

Timing of disclosure should occur as soon as practical after the patient's immediate health care needs have been addressed. It should be timed when the patient is physically and emotionally stable. Ask the patient's permission to discuss care with their family. Always preserve their privacy, and never jeopardize their health care needs.

When you meet with the patient or family for a disclosure interaction, the licensed independent practitioner, the provider involved in the unanticipated outcome, or responsible for ongoing care as well as the one who will be accepting responsibility and answer clinical questions, should all be present. Additionally, many health care organizations have a health care mediator on staff to assist. The patient is primarily interested in three things: 1. Honest communication: what happened, how consequences will be mitigated (i.e. follow-up care, impact of event); 2. Expression of sympathy/empathy/acknowledgement; and 3. Understanding of what is being done to prevent recurrence in the future. Do NOT share inaccurate information, conjectures, beliefs, opinions or subjective information. Don't assign blame to other providers or respond demands for immediate answers. Don't disclose peer review results, names or any disciplinary action. Never offer advice or information regarding compensation. Additionally do not lie, or guarantee what cannot be delivered. Remember that there is not requirement to admit liability. Statements of fault are admissible in court. Patients can forgive a lack of information, but not a lie. Let them know when the information will be available to them.

Some cautions about apologies. Protected apologies are benevolent expression of sympathy "I am sorry that you have been through so much pain". Admissible (in court) apologies suggest responsibility: "I am sorry I did not have the student nurse anesthetist bring the lab results to me immediately, so I could have treated the underlying problem". Helpful phrase include ones stating that you are sorry, that you apologize, that you feel terrible. Avoid phrases that state "it's my fault; it's her/his fault; we caused this; this shouldn't have happened; I wish that I had..."

In sum apologizing is very difficult. Shame and fear maintain providers as the second victim. Providers fear peer review, loss of reputation, career impact and legal implications. The bottom line is, as providers we are often devastated. Bear in mind however, the benefits to the patient and their family may outweigh these barriers. They want the truth, and want the organization to take responsibility. Communicating may actually mitigate their anger and sense of betrayal especially if they felt like there is a cover-up or find information later that was not disclosed. It also may ease their sadness, anxiety and depression. Finally, we as providers may need some form of emotional support. Don't be afraid to get the help you may need to assist you through this challenging experience.

## **MONITOR**

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## **Congratulations Virginia CRNA's!**



The 2006 Rock N Roll Marathon was a Huge Success!  
We raised over \$3000 for P.I.N (People in Need) and helped a lot of hungry people.

Thank you to the 50 CRNA's who manned the VANA water stop and helped out in the Medical Tents.  
Congrats to the 20 CRNA's that ran the ? marathon!

We want to be a bigger event in 2007 – make it your new years' resolution to get in shape and feel great.  
To sign up, go to [www.rnrhalf.com](http://www.rnrhalf.com)

If you sign up by 12/31/2006 you can save \$15 on the entrance fee to the race. Use code VB2007.

Check back soon on the VANA website at [www.virginiacrnas.com](http://www.virginiacrnas.com) for training plans and tips  
on getting started. To date we have 3 runners and 1 volunteer signed up.

The cost to join the VANA team is \$60, students are free. Volunteers will receive a CRNA's Rock hat  
and runners will receive a CRNA's Rock Singlet. Runners and volunteer alike will be included in the  
hospitality suite, pasta dinner and everyone get a ticket to the after race concert on the beach!

If you have questions please contact Patti Bright at [crnaruns@aol.com](mailto:crnaruns@aol.com) or 757-319-2104.