



# ANESTHESIA CIRCUIT

**cir-cuit** (sər-kət) *n.* a two-way communication path between points.



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## FROM THE DIRECTOR'S DESK

The spring 2014 semester is always busy in our department, but this semester may have been the busiest we've seen in a while! So many exciting events occurred and we're thrilled to share them with you in this summer edition of the *Anesthesia Circuit*.

To start off our semester, the Barry University Anesthesiology Program held Student Orientation Week for our Class of 2016. We welcomed 71 new students who are eager to learn! Also in January, the program celebrated Nurse Anesthetists Week by offering several information sessions on our DNP and Masters programs.

February held the FANA Assembly of Faculty and Winter Meetings, and in March we completed our 10-year accreditation review by the Southern Association of Colleges and Schools (SACS). I am pleased to announce that Barry University completed the review with flying colors! We could not have done this without the dedication and enthusiasm of our valuable team members. The SACS review board congratulated our University community for "all the wonderful things going on at Barry," and commended our innovation and use of distance technology.

Additionally, we celebrated our Class of 2014 Graduation on Saturday, May 3, 2014. We are so proud to have 60 highly-trained students embark on their professional journey. Though our parting is bitter-sweet, I am confident they will carry the Barry mission throughout their careers.

As we move into the summer, we have begun accepting new students for our next Masters Class of 2017 and DNP Class of 2016 and look forward to the new possibilities ahead! We encourage you to share your stories with us; we love to hear from our alumni and colleagues!

Wishing you a safe and happy summer!

Sincerely,

*Tony Umadhay, PhD, CRNA*  
Program Director



**Alumni Newsletter of the  
Anesthesiology Program  
at Barry University  
May 2014  
Volume 4, Issue 1**

# GRADUATION FUN!

## CLASS OF 2014 GRADUATION PARTY

We had a fantastic time at the Miami Marriott Biscayne Bay celebrating the graduation of our Class of 2014! Below are just a few pictures from the evening, but more will be posted in our next issue. We are pleased to announce that 60 student nurse anesthetists graduated on Saturday, May 3<sup>rd</sup> and will enter the workforce as competent, highly-trained CRNAs.



*(From Left) Danelle Galt-McBean, Dr. John McFadden, Dr. Rosann Spiegel, Dr. Debbie Malina*



*Ms. Mercedes Diaz-Rodriguez and Dr. Rebecca Lee sharing a laugh outside the photo booth!*



*More photo booth fun!*



*Table 2 Group!*



*Dr. Jorge Valdez and Steve Clarke*



*Dr. Rebecca Lee, Steve Clarke, Mercedes Diaz-Rodriguez*



*Dr. Rebecca Lee and Dr. John McFadden*



# ALUMNI SPOTLIGHT



## MARIYA KOGAN-NASTROM, MS, CRNA

*Mariya Kogan-Nasstrom, MS, CRNA, is a Barry University alumna from the Class of 2012. Born in Moscow, Russia, she currently resides in rural Ohio and works at an all-CRNA practice. Her cases comprise mostly of general surgery, GU and GYN procedures. Her facility also handles orthopedics with total joint replacements. She has been practicing for almost two years.*

**Q: Are you actively involved in the AANA or a state association of nurse anesthesia?**

**A:** I follow political developments closely and regularly contribute to the AANA Political Action Committee. I also try to be abreast with opinions, efforts and publications of ASA. I think it is important to know how the opposing party perceives you. Albeit, it may be painful to read some of the disparaging material originating from physician anesthesiologists, our intimate knowledge of the tools they use to limit our practice is the only way to arm ourselves properly to defend our livelihood and craft.

**Q: What is your favorite part of your job?**

**A:** My growing skills and knowledge. I get to practice regional anesthesia almost daily. Obstetric epidurals, spinals in OB and orthopedic procedures, peripheral blocks, utilizing nerve stimulator and ultrasound, are among the skills we try hard to improve. Also, at risk of seeming immodest, it is very gratifying to work autonomously and at the top of your license. Patients often call you “doctor” in the middle of the night, and you have to correct them by saying it is a nurse anesthetist who is delivering their complex and life-saving care. Knowing that you are indispensable, despite what anesthesiologists want the public to believe, gives me an important purpose at work.

**Q: What particular trait or habit makes you an excellent CRNA?**

**A:** My desire to be the best anesthesia provider I can possibly be. I think it is lacking nowadays in some CRNAs and SRNAs. Over and over again, I hear complacency expressed by anesthetists in sayings like: “I just want to get paid,” or “If I wanted to be a doctor, I would have gone to medical school.” Perhaps, some of us have forgotten that anesthesia was started by nurses, and was initially a nursing specialty. I believe we are up for the challenge. Standards of education cannot be lowered! In my opinion, educational programs and AANA COA and NBCRNA carry a tremendous responsibility of accepting and preparing for practice only those who are ready for a lifetime commitment to excellence. We are facing a challenge not only in those who want to make the public believe that we are incapable of doing our jobs, but in the complexity of our jobs alone. Becoming

prepared to be an independent, resourceful, knowledgeable, and skillful practitioner is not a “couple of semesters” kind of task. At the time, I entered my last schooling endeavor in Barry University; it was the last step in a long process of striving for education. At this time, I don’t have a doctorate degree but I firmly intend on obtaining it. Despite the fact that I am practicing now without it, I believe a doctoral education should be made a requirement for entry to practice.

**Q: What is your most memorable moment as a CRNA?**

**A:** I don’t think I have one moment that stands out right now. My job is full of memorable moments. Challenging patients that make your heart race and call for all your abilities and skills are memorable until the next one comes along. Keeping in mind that being prepared, having a humble approach, and always trying your best, will help the memorable moments to be full of joy.

**Q: What do you enjoy doing during your time off?**

**A:** My time off is scarce. I try to satisfy many demands of a modern woman or a modern person in general. Balancing family and work is the biggest challenge of our time, in my opinion. My parents thankfully have retired, after having worked their whole lives, and are adjusting to their new roles. I visit them as often as I can. My husband is currently in residency and is very busy. I try to help him with various chores the best I can. Often, we study together. I do a lot of driving. To keep my job in a rural part of Ohio, I have to keep two residencies and commute for hours on end. While driving, I listen to books on tape. So, if anyone hears of a great novel, please let me know. I also play chess a lot. Playing remotely with my dad helps us to stay in touch and keeps his mind sharp. Recently, I won my first game with him ever. Many decades ago my uncle was somewhat of a local celebrity and a chess champion. I believe he attended a Moscow chess school organized by Mikhail Botvinnik in 1950s. He trained my dad. So when I won for the first time, it was a family celebration of sorts.

**Q: Do you have any advice for other CRNAs or prospective SRNAs?**

**A:** When I am faced with nurses, nursing students, scrub techs and various observers expressing their intent to become CRNAs, I have only one message for them: prepare to dedicate your life to the achievement nothing short of life changing and to put your education first for years, in some cases for over a decade. Becoming a CRNA is not an easy way out, or at least it should not be.

## A LETTER FROM A CONCERNED CRNA

*Mariya Kogan, Barry University alumni, recently wrote a letter to Florida State Representative Mr. Cary Pigman addressing her concerns about nurse anesthesia practice in her area. Her letter is below:*



Good Sunday dear Dr. Pigman,

This is a copy of the letter originally addressed to Mr. Oliva. My apologies for a possible redundancy.

This weekend, I am on anesthesia call in the little town of Hillsboro, OH. My three partners and myself cover all anesthesia needs for a small hospital that provides sole obstetric needs in a large radius. We cover a territory that spreads for miles almost from one large city to another, surrounding us. If it wasn't for our obstetric services, many laboring women would have to travel for over an hour to get the care they need. Our patients are challenging. They are often ridden with multiple health issues and complications of pregnancies. Last Friday (when my call began), I placed an epidural and safely managed a comfortable delivery of a baby at 35 weeks gestation with a mother who had PIH (pregnancy induced hypertension). She and her family were very grateful for the pain relief I provided. We take care of approximately 400 deliveries per year. Some are delivered via Caesarian sections. In addition, our main operating room offers state of the art anesthesia and surgery options. Many orthopedic, general surgery, and gynecological procedures are done right here, close to home, for so many people. The locals are often elderly and sick. Our jobs are hard! My partners and I strive every day to meet their anesthesia needs. We manage pain every day, but especially on Tuesdays. Tuesdays are the orthopedic days. Among the surgeries done, are knee and shoulder joints replacements. We do nerve blocks for post-operative pain control. In 2013, we've acquired an ultrasound machine and are becoming more comfortable with it every passing month. Ultrasound is a gold standard nowadays for many procedures, and we

are working hard to become proficient in its use. At this time, however, to aid the safety and efficiency of our nerve blocks, we secure our success by utilizing the old fashioned nerve stimulator technique, simultaneously. It is such a pleasure to provide our patients with safe care they deserve! We take pride in our practice and love our patients and community. We practice without anesthesiologists, and from what I hear, get paid less than 50% of anesthesiologists' salary. Our practice is more complex than some of those employing anesthesiologists nationwide, and is certainly as challenging as many. Our success rate is close to 100% and our patients are safe and happy. If CRNA's weren't able to practice independently in this area, thousands of people would have to commute long distances to get sometimes life saving care everyone deserves.

Thank you for your attention.

Truly yours,

Mariya Kogan, APRN, MS, CRNA, APRN

Below is the reply she received from Mr. Cary Pigman:



Ma'am,

Thank you for your note. I am the presenter of this bill and will remain its ardent supporter. I am responding because back in 1976 I worked briefly as an emergency department orderly at the Hillsboro Hospital in Ohio. I grew up in Leesburg.

It made my morning to see your note from my childhood home!

Cary Pigman, MD  
Florida State Representative  
District 55



## TRIVIA

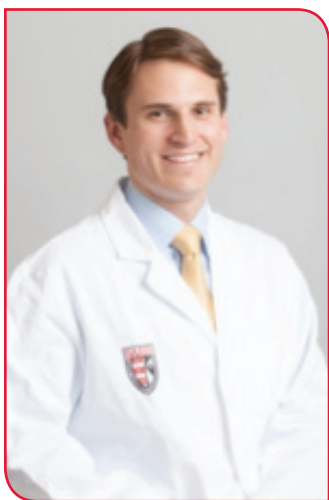
**Barry University is committed to high passing rates on the NCE exam for new graduates. For our Graduating Class of 2013, what was their passing rate on the NCE exam?**

a. 20%   b. 50%   c. 90%   d. 100%



## BARRY SRNAs TRAVEL TO TALLAHASSEE FOR BARRY DAYS

Two Barry SRNAs, Mitchell Reynolds and Lewis Sharp, accompanied members of the Barry University Anesthesiology team to Tallahassee for Barry Days to meet our state representatives. Below are two excerpts of their experiences:



**MITCHELL REYNOLDS, CLASS OF 2015:** "Recently I had the opportunity to travel to Tallahassee along with fellow Barry students, alumni, and faculty for Barry Days and CRNA Days. During our two-day visit to the capital, we met with members of the Florida House of Representatives and Senate. On the first day of our trip, we met with elected officials to discuss Barry University. The purposes of our visits were to inform the senators and representatives about the university and to discuss university needs for

various undergraduate and graduate programs including nursing, podiatry, and social work. We also had the chance to meet with Representative Daphne Campbell to discuss House Bill 37. The aim of this bill is to allow nurse practitioners and physician's assistants to initiate involuntary examination of persons believed to have a mental illness under the Baker Act. The time spent in Tallahassee was very educational and demonstrated the value of maintaining relationships with policy makers. Maintaining these relationships can be as easy as writing letters, emails, or personal visits. These types of communication are important tools for ensuring that elected officials are aware of the challenges we face every day and how the decisions they make influence our practice."

**LEWIS SHARP, CLASS OF 2015:** "During CRNA Day, Mitch and I worked with Dr. McFadden and Dr. Umadhay to express the importance of the Proposed Committee Bill 14-01. There are many components to this bill. The main purpose of this bill is to allow Advanced Registered Nurse Practitioners, including CRNAs, to work independently. It was amazing to see the support being brought forth by CRNAs and SRNAs this day. The president of FANA, Dr.



Jorge Valdes, worked throughout the day going to as many meetings and sessions as possible to express the support of this bill. It was uplifting to meet with so many people in support of independent practice for nurse practitioners, including Representative Cary Pigman. Representative Pigman is not only one of the main sponsors of this bill, but also an Emergency Room Physician. During a meeting with him, he presented us with a statistical analysis of the already "opted-out" states showing that the independent practice of CRNAs is more affordable than and just as safe as the current physician/CRNA models in place. This was an exciting and educational trip. I am very fortunate to have been a part of this process and look forward to attending future meetings to come."



## MEGAN DENNIS, SRNA CLASS OF 2015, SELECTED FOR STUDENT MENTORING PROGRAM AT FANA ASSEMBLY OF FACULTY

Megan Dennis, Orlando Class of 2015, was selected by the American Association of Nurse Anesthetists (AANA) to participate in the Education Committee's Student Mentoring Program at the AANA Assembly of School Faculty. The purpose of the Mentoring Program is to provide a positive, welcoming, motivational and educational experience to student leaders, as identified by their program administrators, through mentoring by experienced CRNA educators. The meeting was held in San Diego, CA on February 17-20, 2014. Congratulations, Megan!

Save the Date for the  
**“Back in Black”  
Annual Alumni Reunion**

Orlando World Center Marriott  
8701 World Center Drive  
Orlando, FL 32821

**Saturday, September 13<sup>th</sup>**  
7:00pm—9:00pm

*RSVP and registration  
coming soon!*

*For more information,  
please contact the Anesthesiology  
Program Office at 305-899-3230.*



**Barry University**

**Anesthesiology Program**

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For more information, contact Carolyn Kaercher at 305-899-3246 or [ckaercher@barry.edu](mailto:ckaercher@barry.edu).

Visit us at **[www.barry.edu/anesthesiology/dnp](http://www.barry.edu/anesthesiology/dnp)**



## FANA WINTER MEETING 2014 IN MARCO ISLAND, FL

The Barry Anesthesiology Team traveled to beautiful Marco Island, FL, for the Florida Association of Nurse Anesthetists (FANA) Winter Meeting in February 2014. We invited our Class of 2016 students from the *Professional Aspects of Anesthesia* course to participate, as well as students from Classes 2014 and 2015. Barry's DNP students from Classes 2014 and 2015 also attended! Here are some photos from our week!



1. A group of Barry SRNAs from Classes 2015 and 2016 with Carolyn Kaercher (right) External Relations Coordinator

2. Barry DNP student Alex Beceiro checking out some of the exhibits

3. The Barry University booth

4. Barry MS Class of 2015 students Georgios Lemonakis (left) and Brian Bearden (center) discussing with fellow anesthesia providers



### ANSWER TO TRIVIA: D.



**Barry University graduates have had a 100% pass rate since 2004, with the exception of 2007 where the pass rate was 98%.**



### ANESTHESIA CIRCUIT

Alumni Newsletter of the Anesthesiology Program at Barry University

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## SUPPORT NURSE ANESTHESIA EDUCATION!

## DONATE TO THE ANESTHESIOLOGY ALUMNI FUND



**421 North 21st Avenue  
Hollywood, FL 33020**



### DR. TONY UMADHAY NAMED ASSOCIATE DEAN OF ACADEMIC AFFAIRS FOR THE COLLEGE OF HEALTH SCIENCES

Our very own, Dr. Tony Umadhay has been appointed Associate Dean of Academic Affairs for the College of Health Sciences (CHS) at Barry University. In this new role, he will be supporting CHS educational programs promote the university's institutional mission. Dr. Umadhay will also be assisting programs integrate academic best-practices, improve resource flow and develop consistent procedures and initiatives that meet the college's strategic goals. Dr. Umadhay will oversee administrative operations of the Anesthesiology programs, Cardiovascular Perfusion program, Health Services Administration and Dual Degree programs, Occupational Therapy programs and Nursing programs.

Originally from the Philippines, Dr. Umadhay completed his undergraduate nursing degree at the University of Santo Tomas in Manila. He obtained his Master of Science in Nursing degree from Florida International University and his Doctorate in Philosophy from Barry University. In 2009, Dr. Umadhay was the recipient of the New York Life Doctoral Fellowship Award presented by the American Association of Nurse Anesthetists Foundation for his work on HIV and African American Women.

Dr. Umadhay was past president of the Florida Association of Nurse Anesthetists and served on the National Board on Certification and Recertification of Nurse Anesthetists. In 2013, Dr. Umadhay received the Outstanding Alumnus Award from Florida International University's Nicole Wertheim College of Nursing and Health Sciences for his leadership in nursing education and exceptional professional achievements.

His community service activities include working as a Workforce Development Volunteer at the Broward Partnership for the Homeless. Dr. Umadhay also serves as a video mentor for Infinite Family, a non-profit organization that connects HIV/AIDS orphans & vulnerable children from South Africa with mentors to promote education, self-reliance and confidence in the post-apartheid era.

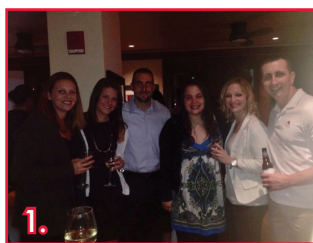
Congratulations, Dr. Umadhay. We are proud of you!

## CLASS OF 2016 NEW STUDENT ORIENTATION

In the week of January 13-17, we welcomed 71 new student nurse anesthetists at our site in Hollywood, FL. Students attended their first week of classes, were greeted by guest speakers from university departments and met the program faculty and staff. To our Barry alumni who receive this newsletter, we're sure you all remember your Orientation week! It was a lot of information to digest,

but our students were well-prepared.

Our Meet & Greet Social was held on Wednesday evening to meet the parents, families and loved ones who will be supporting our students through the program. Their support is vital to the success of each of our students and we appreciate their dedication and sacrifice. Below are some pictures from the week.



1. Students at our Meet & Greet Social

2. Dr. Rebecca Lee giving some wise advice on success

3. Orlando cohort group photo

4. New student Enrique Ramirez getting his ear mold

5. Wait, this goes in my ear?! Why, yes!

6. Students listening closely to Dr. Umadhay, our Program Director