Welcome to Columbia University
What is a CRNA?
Front Loaded Program
Benefits of Simulation

• Provides real time feedback allowing participants to assess current skills, analyze options for moving forward and measure results of past decisions and actions

• Interactive, dynamic, engaging and fun through design elements such as graphics, video, audio, storytelling, grounded learning and recognizable environments

• Provides a flexible user driven experience that provides motivation
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Brooklyn VA</td>
<td>Brix-VA</td>
<td>Jacob Ob</td>
<td>JMC-Ob</td>
<td>Methodist Ob</td>
<td>Met-H-G</td>
<td>South Nassau</td>
<td>South ways</td>
<td>STF-Ob</td>
<td>Stonybrook G</td>
<td>STO</td>
<td>Vassar Bros Ob/H</td>
<td>VAS</td>
<td>WCMP</td>
<td>WCMP</td>
<td>Off</td>
</tr>
<tr>
<td>Childrens-Philly</td>
<td>CHIP</td>
<td>Jacobi Ob</td>
<td>JMC-TR</td>
<td>Methodist Ob</td>
<td>Met-H-G</td>
<td>St Francis Ob</td>
<td>STF-Ob</td>
<td>Stonybrook G</td>
<td>STO</td>
<td>Winthrop Ob/Peds</td>
<td>WINT-Ob/Peds</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Cumc-Adams</td>
<td>CHOP</td>
<td>Jacobi Ob</td>
<td>JMC-TR</td>
<td>Methodist Ob</td>
<td>Met-H-G</td>
<td>St Francis Ob</td>
<td>STF-Ob</td>
<td>Stonybrook G</td>
<td>STO</td>
<td>Winthrop Ob/Peds</td>
<td>WINT-Ob/Peds</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Cumc-Mitchell</td>
<td>CHOP</td>
<td>Jacobi Ob</td>
<td>JMC-TR</td>
<td>Methodist Ob</td>
<td>Met-H-G</td>
<td>St Francis Ob</td>
<td>STF-Ob</td>
<td>Stonybrook G</td>
<td>STO</td>
<td>Winthrop Ob/Peds</td>
<td>WINT-Ob/Peds</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Danbury</td>
<td>Danbury</td>
<td>Jericho</td>
<td>Ll</td>
<td>Montefiore Ob</td>
<td>WEILER-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Englewood</td>
<td>Englewood</td>
<td>Long Island Jewish</td>
<td>Ll</td>
<td>Montefiore Ob</td>
<td>WEILER-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Good Samaritan</td>
<td>Good Samaritan</td>
<td>Bascom</td>
<td>Ll</td>
<td>Montefiore Ob</td>
<td>WEILER-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Weiler-Ob</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Harlem General</td>
<td>Harlem</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Harlem Ob</td>
<td>Harlem</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Harlem Peds</td>
<td>Harlem Peds</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Manhattan Va</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Staten Island Umc</td>
<td>Staten Island Umc</td>
<td>Staten Island Umc</td>
<td>Staten Island Umc</td>
<td>Staten Island Umc</td>
<td>Staten Island Umc</td>
<td>Staten Island Umc</td>
<td>Staten Island Umc</td>
<td>Staten Island Umc</td>
<td>Staten Island Umc</td>
<td>Staten Island Umc</td>
<td>Staten Island Umc</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Westchester G/Peds</td>
<td>Westchester G/Peds</td>
<td>Westchester G/Peds</td>
<td>Westchester G/Peds</td>
<td>Westchester G/Peds</td>
<td>Westchester G/Peds</td>
<td>Westchester G/Peds</td>
<td>Westchester G/Peds</td>
<td>Westchester G/Peds</td>
<td>Westchester G/Peds</td>
<td>Westchester G/Peds</td>
<td>Westchester G/Peds</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Greenwich</td>
<td>Greenwich</td>
<td>Greenwich</td>
<td>Greenwich</td>
<td>Greenwich</td>
<td>Greenwich</td>
<td>Greenwich</td>
<td>Greenwich</td>
<td>Greenwich</td>
<td>Greenwich</td>
<td>Greenwich</td>
<td>Greenwich</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
</tbody>
</table>

**Clinical Rotations**

- **Residency 1**

  - **Rotation Blocks** (Clinical Tuesdays-Fridays; off shifts per individual site Clinical Coordinator)

  - **Allowed Time Off During Clinical:**
    - Inter-Semester Break- Dec 20, 2015 - Jan 3, 2016
    - Spring Break- March 12 - 20, 2016
    - Commencement Week- May 16-26, 2016
    - Last Day of Clinical- August 19, 2016

  - **2015 AANA Annual Meeting-August 28-September 1, 2015**

- **Clinical Rotations**

  - **Residency 1**
    - **Rotation Blocks** (Clinical Tuesdays-Fridays; off shifts per individual site Clinical Coordinator)
    - **Allowed Time Off During Clinical:**
      - Inter-Semester Break- Dec 20, 2015 - Jan 3, 2016
      - Spring Break- March 12 - 20, 2016
      - Commencement Week- May 16-26, 2016
      - Last Day of Clinical- August 19, 2016

  - **2015 AANA Annual Meeting-August 28-September 1, 2015**
Variety of Clinical Sites:

New York Presbyterian - Cornell Campus

Johns Hopkins, Baltimore
NYU Medical Center

Mount Sinai
Memorial Sloan Kettering
Long Island Jewish (LIJ)
Manhattan VA

New York Presbyterian –Columbia Campus
## Average Number of Cases

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th></th>
<th>2015</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Average</td>
<td>Low/High</td>
<td>Average</td>
<td>Low/High</td>
</tr>
<tr>
<td>Cases</td>
<td>684</td>
<td>543/890</td>
<td>634</td>
<td>585/909</td>
</tr>
<tr>
<td>Clinical Hours</td>
<td>1951</td>
<td>319/2382</td>
<td>2021</td>
<td>1794/2384</td>
</tr>
<tr>
<td>Total Anes Time</td>
<td>1499</td>
<td>235/2041</td>
<td>1383</td>
<td>1189/1689</td>
</tr>
<tr>
<td>Spinal/Epidural</td>
<td>39</td>
<td>Spinal 03/108 Epidural 37/115</td>
<td>46</td>
<td>Spinal 19/111 Epidural 13/82</td>
</tr>
<tr>
<td>CVP Placement</td>
<td>26</td>
<td>6/72</td>
<td>25</td>
<td>9/60</td>
</tr>
<tr>
<td>Fiberoptic</td>
<td>12</td>
<td>3/27</td>
<td>15</td>
<td>6/62</td>
</tr>
</tbody>
</table>
Worth IT!

- Best investment you’ll ever make!
- Great name and great reputation
- Compensated well
- Only one patient @ a time!
- Clock ticks quickly
- Come hungry – Leave Happy!!
How Can I Prepare For A Graduate Nurse Anesthesia Program?
Graduate Nurse Anesthesia Programs build on...

– Undergraduate preparation in
  • nursing
  • basic sciences

– Critical Care Nursing Experience
  • Understanding of all content on the Adult CCRN Exam Blueprint is expected.
Critical Care Nursing Requirement

• Why?
  – Specialized Knowledge
  – Clinical Reasoning Skills
  – Technical Skills
  – Professionalism
  – Communication / Interpersonal Skills
More Similarities Than Differences…

• Administration Of Medications
• Monitoring Effects & Making Adjustments
• Concurrent Documentation
• Focus On Prevention & Safety

Except…

• You Will Make The Treatment Decisions / Plan
• You Will Initiate Techniques
• You Will Be Held Accountable

Nurses:
Diagnose
Intervene
Evaluate
So What Can You Do To Prepare?
Manage The Care Of:

- Complex
- Critically Ill Patients
  - Within Your Capability

...Who Require:

- Mechanical Ventilation
- Vasoactive Infusions
- Invasive Monitoring Modalities
Review...

- Critical Care Nursing Essentials
  - I.e., Content Covered In The CCRN Exam (Adult)
    - Cardiac Rhythm Interpretation
    - Interpret Arterial Blood Gases / Hemodynamic Indices
    - Recognize & Treat Emergencies
  - A Review Book Is Recommended!
    - Full Adult CCRN Test Plan In Packet

http://www.aacn.org/wd/certifications/content/newccrntestplans.pcms?menu=certification
Observe / Participate In:
• Arterial Line Placement
• Central Line Placement
• Intubation / Extubation
• Pain Management
• Patient Rounds

Become the IV Team Captain
• Place As Many IVs As You Can!
Practice At The Highest Level

– Critically Evaluate Published Research

– Use Research To Support Your Interventions

– Understand How Nursing & Medical Interventions Affect Patient Outcomes
Read:

What does Columbia University look for in their applicants?
<table>
<thead>
<tr>
<th>Desired Attributes of Applicants</th>
<th>Attributes of Graduates</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Professional</td>
<td>• Professional</td>
</tr>
<tr>
<td>• Knowledgeable</td>
<td>• Knowledgeable</td>
</tr>
<tr>
<td>• Motivated</td>
<td>• Skillful</td>
</tr>
<tr>
<td>• Skillful</td>
<td>• Self-Aware</td>
</tr>
<tr>
<td>• Self-Aware</td>
<td>• Articulate</td>
</tr>
<tr>
<td>• Articulate</td>
<td>• Flexible</td>
</tr>
<tr>
<td>• Flexible</td>
<td>• Confident</td>
</tr>
<tr>
<td>• Confident</td>
<td>• Humble</td>
</tr>
<tr>
<td>• Humble</td>
<td>• Leader</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Begin Anesthesia Education With A Strong Foundation…
...So You Can Focus On Learning Advanced Concepts.
Remember....... 

Nothing good in life comes easy.........

Becoming a CRNA requires:

Dedication
Hard work
Commitment
Professionalism
Commitment to life long learning
Also Remember......

Nothing in life is impossible!!
Current profile pictures can be seen by everyone so it's easier for friends to connect.

Type any name

Type any name to tag:

Current profile pictures can be seen by everyone so it's easier for friends to connect.

<table>
<thead>
<tr>
<th>Study</th>
<th>Method</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dosage 1</td>
<td>% of patients</td>
<td>Percentage reduction in cough intensity</td>
</tr>
<tr>
<td>Dosage 2</td>
<td>% of patients</td>
<td>Percentage reduction in cough intensity</td>
</tr>
</tbody>
</table>

**Background:**
- Intracuff lidocaine can safely and effectively be used in clinical practice to reduce emergence cough.
- Intracuff lidocaine, 2% vs. placebo, should be used for patients in whom emergence cough could result in deleterious side effects.
- Further research is warranted to determine the role of procedure length on effectiveness of intracuff lidocaine.

**Conclusions:**
- Intracuff lidocaine can safely and effectively be used in clinical practice to reduce emergence cough.
- Intracuff lidocaine, 2% vs. placebo, should be used for patients in whom emergence cough could result in deleterious side effects.
- Further research is warranted to determine the role of procedure length on effectiveness of intracuff lidocaine.
Columbia University School of Nursing- Anesthesia
Thank You!
QUESTIONS