



## NEWSLETTER: May, 2022

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*Here's What We've Been up to:*

### TANA Day on the Hill

TANA Day on the Hill takes place once a year in Nashville, TN at the state Capitol, and serves as a time for SRNAs and CRNAs alike to advocate for our profession with Tennessee legislators. Alongside AANA Mid-Year Assembly, Day on the Hill is vital towards protecting our practice at both the state and local level. This year students from each of the seven CRNA programs in Tennessee attended. These students met with their Tennessee state representatives and senators and educated them on the CRNA profession. As a testament to TANA and TASNA's turnout, the Tennessee state health committee honored our attendance at the day's conclusion, commending our dedication to advocacy. As students, it is imperative that we are engaged in the future of our profession and continue to succeed in making our voices heard at both the state and local level. We look forward to continued success at Day on the Hill next year!



### TASNA takes on Washington DC!

Mid-Year Assembly (MYA) takes place in D.C. annually and is an excellent opportunity for CRNAs and SRNAs all over the country to advocate for the CRNA profession. The first few days of the conference focused on the current federal landscape for the profession and what issues CRNAs are currently advocating for. The sessions included mock interviews with actual congressional aides and provided information on how to engage with your congressperson to make an impact. MYA ended with the TANA leadership TASNA representatives attending "Tennessee Tuesday" with our TN Senators, followed by meetings with Representatives from our respective districts. Attending Mid-Year is an excellent way to get involved, network with fellow CRNAs/SRNAs, and champion the excellent profession of Nurse Anesthesia!



A Look Ahead in 2022:  
AANA's 2022 Annual Congress  
August 12-16  
Hyatt Regency in Chicago, IL

TANA's 85th Annual Convention  
October 21-23  
Embassy Suites in Murfreesboro, TN



## AN INTERVIEW WITH BOARD MEMBER HOPE FERGUSON

*Hope Ferguson, DNP, APRN, CRNA, is the current TANA District I Director and took some time to answer some questions to help inform and guide us as SRNAs. Dr. Ferguson graduated from the University of West Alabama in 2008, and from University of Southern Mississippi in 2010. During her undergraduate education, Dr. Ferguson received the Montage Leadership Award, was inducted into Tau Sigma Honor Society, Phi Kappa Phi Honor Society, and Sigma Theta Tau International Nursing Society, while also graduating with highest honors. Dr. Ferguson served on the Quality Care Council while working in a Surgical Intensive Care Unit, after working in pediatrics prior. Dr. Ferguson also serves on the TANA-PAC committee within TANA as well as her service within the U.S. Navy. Dr. Ferguson continued her educational journey by completing a Nurse Executive Master Program at the University of Southern Mississippi. Dr. Ferguson went on to further complete a degree in Nurse Anesthesia from the University of Tennessee Health and Science Center, graduating in 2015. Dr. Ferguson has since been awarded the Patty Cornwell Practitioner of the Year Award, is an active board member of Memphis Student Nurse Anesthetist Foundation, serves as a clinical site coordinator for SRNAs, and serves as an adjunct professor for the United States Army Program in Anesthesia Nursing. As a United States Navy Reservist, she has also received medals such as the Navy and Marine Corp Achievement Medal, Navy and Marine Corp Commendation Medal, Humanitarian Award, Armed Forces Reserve Medal (Mobilized), and the National Defense Service Medal, and was mobilized on the USNS Mercy in 2020 during the COVID-19 Pandemic as a CRNA.*



*We are honored to share about Dr. Ferguson's experiences!*

### **What was your first experience with TANA?**

"My first experience with TANA was while I was a student and became a student member of the TANA PAC committee."

### **What's your favorite part about being involved with TANA?**

"My favorite part about being involved with TANA includes meeting with new people and also being able to advocate for our professionals and also be a face of change for the organization."

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### What's one of your proudest moments as a nurse/CRNA/CRNA advocate?

“My proudest moments as a CRNA advocate was during my time at TANA Day on the Hill, which allowed me the opportunity to speak with SRNAs and CRNAs about the great work we do during TANA Day on the Hill.”

### If you could go back and tell your student-self one thing, what would it be?

“If I could go back and tell myself one thing, it would be to

continue to grow in your profession and to never forget where you come from. Everyone may not like you but having the respect of others is the biggest prize.”

### Outside of nursing and advocating for CRNAs, what are some of your favorite hobbies?

“NPC Bodybuilding has now become a hobby as I just competed in my first competition placing in two categories. I also enjoy fitness and dance fitness, called Mlxxedfit. I enjoy seeing the newest releases in theaters, and I really love to travel the world.”



*Thank you so much for your time, Dr. Ferguson!*

### Buy a TANA Mask!

100% of the proceeds directly benefits the TANA Political Action Committee (PAC). The TANA-PAC protects the CRNA profession in TN and allows for active engagement in politics.

To purchase a mask, visit: <https://form.jotform.com/202106368639154>



## ⇒ W E L L N E S S ⇐

SRNAs are under a tremendous amount of stress for the duration of their rigorous programs, and students must put their health first in order to persevere to the end. Wellness encompasses more than just eating right and exercising. It includes a wide variety of ways to improve your overall mental, physical, spiritual health. **This is your sign to do something for yourself!** Amid exams, simulations, and hundreds of clinical hours, do not forget to make time for yourself! It is also essential to be consistent with your wellness goals, so do what you love at least three times a week! This might sound difficult to achieve with a full schedule but planning ahead and staying organized with your studies and assignments can help to ensure you have time left in the day for YOU!

*If you need ideas on how to improve your wellness, visit the Student Wellness section on TNCRNA.com. The AANA has done a fantastic job compiling responses from SRNAs across the country pertaining to how they relieve stress and improve their wellness while in anesthesia school!*

## A Message from Your TASNA President & President-Elect

These first few months of 2022 have been eventful ones for the students in TASNA! Representatives met in January at the Planning Retreat in Franklin, experienced Day on the Hill in Nashville, and attended Mid Year Assembly in D.C.! Each of these experiences has proved exceedingly educational and beneficial for us as students to be a part of. Between the fantastic events and having the ability to step away from behind the screen and meet face to face, some for the first time, 2022 has already been extremely productive for TASNA. Not only has it aided in continuing to build relationships with each other, but with the TANA board members as well. Throughout these experiences, engagement has continued to increase within the TASNA organization.



TASNA goals include continuing to represent TASNA on the state and national levels. The newsletter will continue throughout the year, and we hope to have more of a presence on social media. These goals are aimed to increase involvement, engagement, and awareness within and for the CRNA profession. Ideas for the TASNA student event for TANA's 85th Annual Convention in October have also begun to take form. Representatives have begun pursuing high school visits to help inform junior and senior students about the profession and the important roles CRNAs play in their own communities. Representatives also continue to show their ambition and dedication through committee participation, growing student involvement in TANA, and building relationships with their fellow SRNAs in Tennessee. Not only does it allow us as SRNAs to expand our support system but allow more unity as we pursue our CRNA education. Involvement and engagement are key factors in advocating for not only the CRNA profession, but also the patients we serve.

As Mila prepares for her upcoming graduation this month (go Mila!), I (Anna) have begun to help take on more of the responsibility as the TASNA president-elect. Mila has done a great job serving as the TASNA president and I couldn't be more honored to have had a mentor like her in this transition. Through her guidance, the incredible TASNA reps, and the inspiring TANA board members, I hope to help TASNA continue its growth and blossom within its role in the CRNA community.

As always, we thank you all for your continued support of TASNA and TANA; we thank the TASNA student reps for their years of dedication and diligence. Rest assured we will continue to fight to give SRNAs a voice on a state and national level.

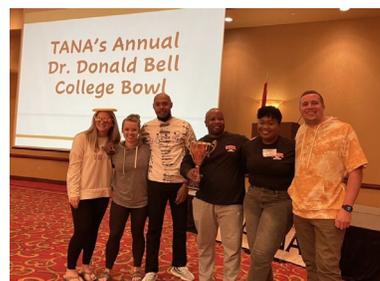
*TASNA President, Mila Devineni & TASNA President-Elect, Anna McCleskey*

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## Stay Informed!

Visit the TANA website at <https://www.tncrna.com/> to keep up with what's going within our community at the state level.

Visit the AANA Member Connect website at <https://connect.aana.com/home> to connect with other CRNAs and SRNAs via the discussion forum.



Deliciousness with Derel: *Ramen Recipe for SRNAs on the Go*

**Ingredients:**

1 tsp sesame oil  
1tsp grape seed oil (or oil of your choice)  
1-2 tsp minced garlic (does not matter who minced it)  
2 tsp grated ginger  
½ cup shredded carrots  
½ cup shiitake mushrooms (fungus lovers only)  
4 cups chicken broth  
1 tsp rice vinegar/white vinegar  
3 tbsp soy sauce  
2-3 ounce ramen packs (discard seasoning packets)

**Toppings:**

Grilled chicken  
Scallions  
Soft-boiled egg  
Sweet peppers



**Instructions:**

1. Heat sesame oil and olive oil in a medium-large saucepan over moderate heat (see notes). Add garlic and ginger, and simmer until fragrant, about 2-3 minutes. Do not brown the garlic, or else you'll get a bitter flavor.
2. Add the carrots and mushrooms if you're using them, and simmer until they soften, about a minute, stirring frequently.
3. Add the broth, rice vinegar, and soy sauce. Stir and bring to a simmer; let it go for about five minutes. Taste, and adjust heat and taste to your liking by adding more soy sauce if needed.
4. While the broth simmers, cook the Ramen noodles in a separate pot as per the package's instructions. (My preference is cooking the noodles in the broth directly for added flavor.) Once the noodles are tender, drain and rinse under cool water, place into a soup bowl, and set aside.
5. When the soup is ready, spoon the hot broth over the noodles. At this point, make your soft-boiled egg. Garnish with grilled chicken, soft-boiled egg, scallions, and sweet peppers.

● **Join a TANA Committee!**

Students make up a large percentage of TANA and our voices are vital for the advocacy of SRNAs in Tennessee. Consider joining a committee to increase your networking, participate in the anesthesia community, and make your voice heard. Visit <https://www.tncrna.com/committees/> to learn more!

● **Apply for the TANA Mentorship Program!**

The TANA Mentorship Program was designed and created with the purpose of *guiding, protecting, and supporting SRNAs*. It is available to all Tennessee SRNAs who are currently in clinical. You can be partnered with a CRNA who is currently in your district or outside of your district. This is an excellent way to gain insight into the life of a CRNA, job experiences, interview questions, work/life balance, work culture and environment, and is an opportunity for employment after graduating.

To apply, visit: <https://form.jotform.com/62036173131141>

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## STUDENT REPRESENTATIVES

Lincoln Memorial University  
Ryan Bradley Matthew McGuire



Middle Tennessee School of Anesthesia  
Whitnie Petzholdt Shelby Biggs



The University of Tennessee Chattanooga/Erlanger  
Health System

Kelly Lau Rachel Firestone



The University of Tennessee Knoxville  
Anna Wong Walker Corless



The University of Tennessee  
Health Science Center Memphis  
Chase Holt Heidi Higginbotham



Oran Tubre Abbie Banko



Union University

Garrett Rhodes Derel Clayton



Virginia Commonwealth University  
Jessica Smith Gabe Perry

