

# The Alabama Association of Nurse Anesthetists



**New Member Welcome  
Information Packet**

**2017**

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## Introduction

This Welcome Packet was developed by the 2008 ALANA Board of Directors to serve as a resource for both new graduates and experienced CRNAs who have relocated to Alabama. It is a lengthy and thorough document that will inform you about the opportunities and obligations of practicing nurse anesthesia in Alabama. We urge you to read it from cover-to-cover once, then use the document as a resource going forward. We will keep this document up-to-date when changes occur and will host it on our website for easy access. If you have suggestions for improvement or have questions, please contact us.

Without further introduction, welcome to our new members of the Alabama Association of Nurse Anesthetists! If there is anything we can do for you, our newest members, do not hesitate to ask.

Wendy Lemoine, CRNA  
Chairman, ALANA Welcoming Committee

## **Brief History of the ALANA**

Established in 1931, the Alabama Association of Nurse Anesthetists was one of the first nursing organizations in Alabama and was one of the first three state nurse anesthesia organizations to sign the charter that established the national organization that would become the American Association of Nurse Anesthetists. Throughout our history, the ALANA has been the clear voice of the nurse anesthesia profession in Alabama and has produced numerous leaders who have served to advance the profession on the national level at the AANA. As the 14<sup>th</sup> largest state with regard to number of CRNAs, the ALANA is well respected within the national nurse anesthesia community.

# **Our Mission and Vision**

## **Our Mission:**

- Advancing quality anesthesia care**
- Serving our members**
- Promoting the nurse anesthesia profession**

## **Our Vision:**

### **To be recognized leaders in anesthesia care, who:**

- Are known for their commitment to patient safety**
- Practice at the fullest extent of their scope of practice**
- Have 100% of Alabama CRNAs as members**
- Are fully reimbursed for their services**

## **Membership in the ALANA**

When a CRNA is a member of the American Association of Nurse Anesthetists (AANA) with an Alabama address, they are automatically added to the membership roster of the ALANA. For those CRNAs who reside outside of Alabama but wish to have their “state” membership in Alabama, they can contact the AANA Membership Department and make their wishes known. In addition, there is a place on the AANA Membership Renewal form to allow this change in state affiliation.

Membership dues in the ALANA are included in the fee paid to the AANA. The AANA returns a substantial portion of the annual dues back to the state association, so there are no additional fees associated with state membership.

## Organization of the ALANA

### Bylaws

The Alabama Association of Nurse Anesthetists was established by charter. It is incorporated according to the laws of Alabama and organized according to its Bylaws that were voted upon and approved by its members. The ALANA Bylaws were last amended at the 2015 Annual Business Meeting and are available for download on the ALANA's web site at [www.alabamacrna.org](http://www.alabamacrna.org)

### ALANA Board of Directors

As mandated by the ALANA Bylaws, the ALANA is governed by an eleven member Board of Directors. The President-elect serves a two-year term, assuming the role of President at the beginning of the second year. Vice-President/Secretary and Treasurer each serve two-year terms. The President, President-Elect, VP-Secretary, and Treasurer comprise the executives of the association. There are seven directors: four are elected "at large" and three are elected from the three districts of the state. These eleven members are the



“voting” members. In addition, the Nominating Committee Chairman is elected by the members, serves a one-year term, and is included as a non-voting member of the board. Finally, two Student Representatives, one from each School of Nurse Anesthesia in Alabama, are appointed by their respective Program Director to serve a one-year term and are non-voting members of the Board.

### **Appointed Members**

In addition to the elected members of the ALANA Board of Directors, there are a number of positions that are appointed by the Board. These include the ALANA Federal Political Director, the ALANA State Peer Advisor, and the ALANA State Reimbursement Specialist.

Refer to our website ([alabamacrna.org](http://alabamacrna.org)) for present list of Board of Directors and Committee Chairs.

## **Agents/Staff**

Presently, the ALANA Board of Directors may contract with or employ agents to assist with accomplishing our goals. At present, the ALANA has a contract with the Franklin Resources Group to provide Government Relations Support, with T. Joe Knight, JD, as ALANA General Counsel and with Larry Vinson, CRNA, to provide Support Services.

## **Committees**

The majority of the work of the ALANA Board of Directors is accomplished within its Standing Committee structure. These standing committees include: Bylaws, Finance, Welcoming, Government Relations Committee (GRC), Wellness, Professional Development (Meetings), Communications (PR), Publications, Nominating, Reimbursement, Federal Government Affairs (FGA), ALA-CRNA PAC Committee, and Social Media. In addition, the ALANA Board of Directors can add any number of Task Forces or Ad Hoc Committees as needed to assist in accomplishing its goals.

## Meetings

The ALANA holds two Regular Business Meetings: one at the ALANA Spring Meeting in Destin, FL, and the other at the ALANA Fall Meeting in Birmingham, AL. The Fall Meeting is the Annual Business Meeting. During this Annual Meeting, election results are announced and new Board members are installed.

- ALANA Spring Meeting – Destin, FL
- ALANA Fall Meeting/Annual Business Meeting – Birmingham, AL
  - Followed by meeting with new Board of Directors

In addition to these scheduled meetings, the ALANA Board of Directors may hold as many formal meetings throughout the year as needed to accomplish its goals. Members are invited to attend any meeting of the ALANA Board of Directors.

## Benefits and Rewards of Serving on the ALANA Board of Directors

The rewards of serving on the ALANA Board of Directors are mostly intangible, derived from the sense of satisfaction and accomplishment that comes from

dedication and service to an extraordinary organization. Through the work you do on the ALANA Board of Directors, you will have a greater understanding and appreciation of the issues, challenges, and opportunities that impact our profession. You will have an opportunity to expand and hone your leadership skills and abilities to work effectively in a collaborative team. You will have opportunities to meet the state and national leaders in nurse anesthesia and you will greatly expand your circle of influence. You will have the opportunity to make a difference in shaping the future of our association and our profession.

There are a few tangible benefits to being elected to the ALANA Board of Directors.

- ☐ Complimentary registration fee to all ALANA Educational Meetings
- ☐ Reimbursement of travel and lodging expenses at all ALANA Sponsored Meetings, including meetings and functions of the Board of Directors
- ☐ Reimbursement of registration, travel and lodging expenses at AANA Meetings when representing the ALANA (requires prior approval).

## **Expectations for Elected Members**

Since the work of the association is critical to the future of the profession in Alabama, there are certain expectations of all Board members.

### **Attendance at Meetings of the Board of Directors**

The date and time of most meetings of the ALANA Board of Directors are scheduled well in advance. Therefore, it is expected that members attend all meetings. Should a conflict arise, the President should be notified immediately.

### **Attendance at ALANA Educational Programs and Functions**

The date and time of all ALANA Educational Programs and Functions are scheduled well in advance and posted on the Calendar of Events on the [alabamacrna.org](http://alabamacrna.org) web site. Therefore, it is expected that members make necessary arrangements to attend all Educational Programs and Functions. When attending ALANA programs and functions, business dress is the appropriate attire.

## 📅 **Scheduled ALANA Programs and Functions**

Programs and functions of ALANA are scheduled annually as follows:

- ALANA Annual Student Welcome Reception: Birmingham, AL
  - During ALANA Fall Meeting
- ALANA Annual Fall Meeting: Birmingham, AL
  - Any weekend in October (Friday, Saturday, & Sunday)
- ALANA Board of Director's Retreat: Any location
  - Any weekend in November
- ALANA Legislative Reception: Montgomery, AL
  - Late winter or early Spring
  - One day (usually Tuesday) 10AM – 8PM
- ALANA Annual Spring Meeting: Destin, FL
  - Last weekend in April or first weekend in May
  - Board of Directors (BOD) Meeting Thursday night
  - Friday, Saturday, Sunday

## **Time Commitment**

The amount of time you will need to commit to ALANA activities depends largely on what committees you are involved with and what position you hold. Certainly the time demands on the President are greater than on Junior Directors. Also, since the work demands are dynamic and unpredictable, time demands may vary considerably from one year to the next. The leadership of the ALANA is sensitive to everyone's time demands imposed by family, friends, employer, and other civic duties. When you have time to volunteer for a project, take it on. When you find yourself in a time squeeze, pass your project on to someone who has the time to devote to it.

## **Calendar of Events**

The ALANA Calendar of Events is posted on the [alabamacrna.org](http://alabamacrna.org) web site.

## **Communication with Members**

The leadership of the ALANA communicates with members in a number of ways. We email a quarterly ALANA NewsBulletin, maintain a vast web site, send blast e-mail messages, and maintain a texting system (SMS).

### **The ALANA NewsBulletin**

The ALANA NewsBulletin is a quarterly publication that is emailed to every ALANA Member and Student Associate Member in March, June, September, and December. The ALANA NewsBulletin is our primary means of keeping members informed on the activities, issues, and events that impact the nurse anesthesia profession in Alabama. We encourage every member to read the NewsBulletin to stay informed. Each issue of the ALANA NewsBulletin includes the contact information for each member of the ALANA Board of Directors,



as well as the Editor-in-Chief. An Issue Archive is maintained on our web site for easy access to information.

### **The [alabamacrna.org](http://www.alabamacrna.org) Website**

The ALANA's official website is located at [www.alabamacrna.org](http://www.alabamacrna.org). The website contains a vast amount of information for our members. From the home page, the links along the left-hand side will direct you to items of a timed or urgent nature. For example, we always put a link to our upcoming meetings in this section. We also recently used this area to announce changes in the procedure for notifying the Alabama Board of Nursing of recertification status.

The "ABOUT US" tab contains information about the ALANA, including the following: composition of the ALANA Board of Directors and contact information, composition of the Standing and Ad Hoc Committees and contact information, ALANA Bylaws, ALANA NewsBulletin, Calendar of Events with links to our meetings, ALA-CRNA PAC, Chemical Dependency section and resources, Speaker's Bureau, and ALANA Meeting Archive.

For our Annual Spring and Fall Meetings, we reserve a special place on the website for detailed information and downloadable registration forms. You may register for the meetings on-line using a credit card for payment.

The website also includes a section for prospective students and a section for patients.

Finally, we have a “LINKS” section containing links of interest to our members including the Alabama Board of Nursing, AANA, National Guidelines Clearinghouse, PubMed, etc.

The ALANA website is available to provide you crucial information when you need it.

### **Blast e-mail Service**

From time to time, the Leadership of the ALANA needs to communicate with members about matters of importance or urgency. We use a Blast Email Service to accomplish this. We promise to keep these email messages to a minimum and use our other methods of communication for routine matters.

Our email list is obtained from the AANA, so please make sure you give the AANA a current e-mail address when you renew your membership or when you change email addresses. We never share or sell this list to anyone under any circumstance. When you receive a Blast email from the ALANA, it will be from the mailbox [advocacy@alabamacrna.org](mailto:advocacy@alabamacrna.org).

#### SMS, or Text Messaging

On average, only about 30% of emails are opened by the receiver. The most effective way to reach our members is through SMS, or text messaging. In 2017 the Board instituted this system as a means of quickly reaching any or all of our members in the event we needed to rapidly communicate with them regarding an issue of importance. The ALANA has pledged to its membership that this will only be used when absolutely necessary. Please provide your cell phone number to the ALANA if you wish to receive these messages.

## **Maintaining Licensure with the Alabama Board of Nursing**

As stipulated in the Alabama Administrative Code, the Nurse Practice Act authorizes the Alabama Board of Nursing (ABN) to regulate nursing practice and advanced nursing practice. In Alabama, CRNAs are required to maintain a current Alabama RN Nursing License and maintain a current Alabama Authorization for Advanced Practice Nursing, both of which are issued by the ABN.

### **RN Licensure**

AL RN Licensure is on a biennial schedule, with the new licensing period beginning on January 1 of odd numbered years. The current licensing period is January 1, 2017 through December 31, 2018. RN License renewal begins on September 1. All renewal applications are accessed and processed on the ABN website and payment is made by credit card. Alabama RN License cards are

issued by the ABN on-line and continuing education cards are mailed to the address on file with the ABN.

### **Authorization for Advanced Practice Nursing**

Authorization for Advanced Practice Nursing is on the same schedule as the RN license and can be renewed at the same time. A separate card is issued by the ABN, called the Authorization for Advanced Practice Nursing as a CRNA.

The ABN recognizes the National Board for Certification and Recertification of Nurse Anesthetists (NBCRNA) as the sole agency to determine the competency of an individual CRNA. Therefore, the ABN will issue an Authorization for Advanced Practice Nursing as a CRNA only if the individual maintains current certification or recertification status from the NBCRNA. Since the certification and recertification expiration dates do not coincide with the Alabama RN Licensure cycle, the ABN will use the expiration date of the NBCRNA Certification or Recertification as the expiration date for the Authorization for

Advanced Practice Nursing as a CRNA. As a result, in the course of two years, each CRNA will receive two Authorization for Advanced Practice Nursing as a CRNA cards from the ABN. The first will be from the renewal date for the RN Renewal to the expiration date of the recertification. The second will be from the date of the new recertification to the expiration of the RN License.

The ABN requires that CRNAs must have 24 CEUs, six of which are designated pharmacology hours, earned during the previous biennium. As of January 2009, the earning period and the license period are the same.

The AANA does not automatically report continuing education activities to the ABN. Therefore, it is incumbent upon each CRNA to maintain their own CEU record with the ABN. This can easily be accomplished using the ABN website, where each CRNA enters their own CEU credits.

Finally, the ABN requires primary notification of the certification and recertification status of each CRNA directly from the NBCRNA. This

primary notification is accomplished with an electronic transmission from the NBCRNA to the ABN for all CRNAs who have an Alabama address. CRNAs with Alabama Licensure who reside outside of Alabama must request that the NBCRNA send a notification to the ABN.

## **Maintaining Recertification with the National Board on Certification and Recertification of Nurse Anesthetists**

The National Board on Certification and Recertification of Nurse Anesthetists (NBCRNA) is an autonomous body, with multidisciplinary and public representation, that is responsible for the certification and recertification of CRNAs. The Council's purposes are to: (1) recertify qualified CRNAs on quadrennial basis; (2) formulate, adopt, and continuously evaluate the criteria for recertification of CRNAs; (3) formulate, adopt, and continuously evaluate the criteria for approval of continuing education (CE) activities; (4) develop and maintain appellate mechanisms for CRNAs who have been denied recertification; and (5) develop and maintain a mechanism for the investigation and final resolution of charges or other allegations against CRNAs who are currently recertified.



In 2016, CRNAs began recertifying under a new process developed by the National Board of Certification and Recertification for Nurse Anesthetists (NBCRNA). The AANA Continuing Education Committee (CEC) has developed all of the resources CRNAs need to understand and meet the requirements of the NBCRNAs new program. Key elements of the new CPC program are as follows:

- Class A credits (assessed CE): 60 credits every four year cycle
- Class B credits (professional development): 40 credits every four year cycle (CRNA enters this information online at AANA website)
- Core Modules: every four years; however, optional for first four years
- CPC Examination: every eight years; does not affect certification status until 2032/2033

The CPC cycle begins August 1, 2016 - July 31, 2020.

Renewal applications are mailed to the last known address between 120 and 90 days before the expiration date. It is of utmost importance that the AANA and NBCRNA are notified when a CRNA has a change of address.

We urge every ALANA member to complete and submit the Recertification Application as soon as possible. Recertification is easy to complete online.

Since the ABN-issued Authorization for Advanced Practice Nursing as a CRNA card expires on July 31, Alabama members must return their completed application for recertification well in advance of this deadline to allow sufficient time for the NBCRNA to process the recertification application AND send notification for the ABN. Waiting until the deadline of July 31 to return the recertification application will result in a lapse in the ability to practice as a CRNA in Alabama.

## **Words to the Wise on Licensure and Recertification**

Plan your continuing education activities well in advance of the recertification deadline. You will need 100 total hours in each four-year recertification cycle.

The AANA maintains the CTACs system on the AANA website for members to check their CEU transcript. Check this about six weeks following the attendance at an AANA-approved educational meeting to make sure your CE activity was correctly reported.

When you receive a Certificate of Attendance from an educational meeting, go to the ABN website and enter this CE activity on your CE transcript.

The AANA maintains an on-line tool for verification of recertification on their website under the “AFFILIATES” tab → “RECERTIFICATION VERIFICATION”.

The ABN maintains an on-line tool for verification of licensure and advanced practice status under the “LICENSE LOOKUP” tab.

## Peer Assistance

The AANA and ALANA recognize that anesthesia providers, because of their exposure and the nature of their work, may be at high risk for substance misuse. Assistance for CRNAs and student nurse anesthetists for chemical dependency, substance misuse, and other work-related issues like harassment, violence, and fitness for duty is available.

### AANA

The AANA maintains a section of their website for resources on Wellness and chemical dependency. The content is located under the “RESOURCES” tab → “Health & Wellness and Peer Assistance”. The AANA Peer Assistance Helpline phone number is 800-654-5167 and is available 24/7.

### ALANA

The ALANA also maintains a section of our website for resources on Wellness and chemical dependency. The link to our Peer Assistance Section is from the

home page under the “LINKS” tab. Our AL State Peer Adviser is , Dr. Laura Wright, CRNA, PhD, MNA. Her contact information is on the website.

## **Member Involvement**

Like the AANA, the ALANA has a long history of successful advocacy for our profession due to the dedication and loyalty of our members. This is YOUR state association and YOUR membership is vital to our future success. The following are a number of ways that you can contribute to the success of this organization.

### **Maintain your Membership in the AANA**

If you do nothing else your entire career, maintaining your membership in the AANA is essential. Your membership dues continue the fine work done for you and your profession on the national level and fund our many initiatives on the state level. When the leadership of the AANA and ALANA lobby for your interest on the national and state level, being able to tell our elected representatives that we represent more than 90% of the practicing CRNAs always gets their attention. No other voluntary healthcare organization has

this level of participation. Do your part to continue this proud tradition and keep your state and national associations strong.

### **Remain Informed**

In addition to maintaining your clinical excellence, please remain informed on the issues affecting your profession. The AANA publishes the AANA NewsBulletin on a monthly schedule, requiring less than 15 minutes to read icover-to-cover. Likewise, the ALANA publishes the ALANA NewsBulletin on a quarterly schedule. Periodically, the AANA and the ALANA will email members usually about a matter of urgency. Please read these and take action when requested. Make sure the AANA has your current email address.

### **Attend an AANA and ALANA Educational Meeting**

Nothing renews your passion for your profession and pride in membership like attending an educational meeting sponsored by your state or national association. When you participate in an ALANA educational meeting, you not



only get excellent educational sessions, receive information on the issues that affecting our profession in Alabama. You get an opportunity to participate and vote at your business meeting.

The ALANA Spring Meeting in Destin, FL, is one of the nation's largest gatherings of CRNAs and one of the top ten nurse anesthesia meetings in the US. We usually have the AANA President or President-elect as one of our speakers. The ALANA Fall Meeting is our Annual Business Meeting held in Birmingham, AL. Make it a point to attend at least one ALANA meeting each year!

The proceeds from these ALANA Educational Meetings assist the ALANA in funding our many initiatives.

### **Support the CRNA-PAC**

The AANA has established the CRNA Political Action Committee (CRNA-PAC) to strengthen the profession's voice in Washington, DC. Funded by the voluntary contributions of CRNAs and governed by a CRNA-PAC Committee comprised of CRNAs, the CRNA-PAC makes contributions to the federal political campaigns of CRNA-friendly candidates in the US House and Senate, and to federal legislators particularly influential on healthcare issues important to CRNAs and their patients. Neither a Republican nor a Democratic PAC, the CRNA-PAC is the only PAC in the United States focused solely on advancing the interests of nurse anesthesia in Washington, DC, and regularly ranks among the top 10 healthcare-related PACs nationally.

### **Support the ALA-CRNA PAC**

The future of the nurse anesthesia profession is being constantly challenged. Overcoming these challenges opens opportunities for advancement. Keeping our ALA-CRNA PAC strong is one of our best ways to make sure that we are able to overcome challenges and seize opportunities in Alabama.

The funds raised during the election cycle for the ALA- CRNA PAC are all used to fund the campaigns of your elected officials in Montgomery. Due to these contributions, your elected officials know who CRNAs are and what CRNAs do. They know our issues and are willing to act in our time of need. To continue to meet our goals, we need your assistance.

- At the \$360.00 per year level, your “Buck-a-Day” will be a great start.
- At the \$720.00 per year level, your “Two Bucks a Day” will ensure that we meet our goals.
- At the \$1,000 per year level, you truly recognize the importance of our mission and are seriously committed to reaching our goal.
- Students may participate in the “Dime-a-Day” program for \$36.50 per year.

Any amount that you can contribute is greatly appreciated. To make contributing to your ALA-CRNA PAC easy and convenient, we offer a number of payment options, including payment in full by check or credit card or monthly installments by credit card. PAC contributions are never tax deductible.

If paying by check, send to the following address:

ALA-CRNA PAC  
4120 Wall Street  
Montgomery, Alabama 36106

Alternatively, you can download our ALA-CRNA PAC Enrollment Form from our web site, print this form, complete, and mail; or you may click on the “PAC button” on our website, where you can contribute with ease via PayPal, a secure form of transition.

<http://www.alabamacrna.org/ALA-crna-pac>

**Thank You for Supporting Your PAC**

## **Volunteer to Serve on an ALANA Committee or Board of Directors**

The future success of the ALANA depends on the voluntary service of members like you. The ALANA has many ways for you to serve, from those who take very little time or effort, to much greater levels of involvement. Consider starting by speaking to a current member of the ALANA Board of Directors about serving. Any member can tell you about opportunities to serve on committees, help out at a meeting, attend a legislative reception, write a letter, or run for an elected position. Who knows, you just may be the next president of the ALANA!

