AANA Health & Wellness Program
The American Association of Nurse Anesthetists (AANA) established the Wellness Program in 2004 with the objective of developing and implementing functional strategies encompassing health promotion and the elements of wellness, balance, and self-care. Focus is on the development of an agenda offering access to an array of resources that encourage AANA members to seek an active, lifelong process of making choices and decisions that promote a more balanced and fulfilling lifestyle.

The AANA Health & Wellness Program is committed to enhancing the skills, knowledge and attitudes of CRNAs and students in the development and integration of all aspects of healthy choices—physical, social, spiritual, emotional, occupational, and intellectual—to maintain long-term healthy lifestyles. For more information visit [www.aanawellness.com](http://www.aanawellness.com).

AANA’s Peer Assistance Program
The AANA recognizes that anesthesia professionals, because of their exposure to and the nature of their work, appear to be at a high risk for substance abuse. To address these concerns within the profession, the AANA established the Peer Assistance Advisors as an Ad Hoc Committee on Chemical Dependency in 1983 to serve as a resource and support mechanism for nurse anesthesia practitioners and students. Today the Peer Assistance Advisors Committee continues this work by providing assistance to CRNAs and student registered nurse anesthetists through a helpline (800-654-5167), education, advocacy, and policy recommendations. For more information visit [www.aanapeerassistance.com](http://www.aanapeerassistance.com) or [www.aana.com/studentwellness](http://www.aana.com/studentwellness)

The mission of AANA Peer Assistance includes:

- Assessing the nature and impact of the disease of addiction on nurse anesthesia practice.
- Educating nurse anesthetists, students, employers, and the public about addiction.
- Investigating the availability and effectiveness of treatment modalities.
- Advocating research on the education, prevention, intervention, treatment and recovery of addiction.
- Assisting individuals or organizations in the formulation of guidelines regarding intervention, treatment, aftercare, and reentry into the workplace of addicted nurse anesthetists.

Peer Assistance Helpline: 800-654-5167
Anesthetists in Recovery (AIR): 713-201-3948