HEALTH & WELLNESS COMMITTEE – Position Description

(Note: Members on this committee are APPOINTED by the President Elect and approved by the AANA Board of Directors for the upcoming fiscal year)

AANA Vision: AANA is the transformative leader driving innovation and patient-centered excellence in anesthesia and healthcare.

AANA Mission: The AANA advances patient safety and our profession through excellence in practice and service to members.

AANA Member Value Proposition: The AANA is dedicated to advancing its members’ profession and anesthesia patient safety through advocacy, evidence-based practice standards, professional development, and commitment to innovation, collaboration, diverse ideas, experiences, and beliefs.

AANA Core Values: Member Service, Compassion, Professionalism, Advocacy, Innovative Solutions and Diversity and Inclusion

AANA Motto: Safe and effective anesthesia CARE for every patient.

Committee Description:

The Ad Hoc Health & Wellness Committee (H&W) designs, implements, and monitors programs that foster lifelong healthy behavior decisions for AANA members. The work of the committee stems from yearly charges proposed by the President-Elect and approved by the AANA Board of Directors. The committee’s mission recognizes personal and professional risk factors (such as workplace and personal stress as well as other physical and mental disorders) and strives to address these in a manner that promotes a balanced and fulfilling personal and professional life. H&W works in solidarity and collaboration with the Practice and Peer Assistance Advisors Committees.

Term of Office: Begins at the conclusion of the AANA Annual Congress through the following Annual Congress.

CRNA Membership Criteria:
The up to five-member committee shall consist of active CRNAs and one student registered nurse anesthetist member.

1. Members shall be appointed by their expertise or interest in the areas within the spectrum of health & wellness: workplace wellness, physical and/or mental well-being, and health and wellness education or research.

2. The Chair must be a CRNA with a graduate degree; it is preferred that the Chair serve at least one committee term as a member before assuming a term as Chair; this is for the purpose of assuring continuity and consistency in regard to achieving the Committee purpose and all responsibilities.

3. Members must be active-certified/recertified members of the AANA and be knowledgeable of the Association’s philosophy, purpose, and goals for practitioner wellness.

Meetings/Expected time commitment:

- Participation in committee meetings: one face-to-face and conference calls to be scheduled to meet planning needs (min. 4/year). Readiness for each meeting is required via prior review of all related documents and materials on the committee platform (e.g., BoardEffect).

- AANA meeting attendance as individually assigned: One individual to represent both H&W and Peer Assistance will be assigned and funded to attend AANA meetings – Leadership Summit, Assembly of Didactic and Clinical Educators (ADCE) and Mid-Year Assembly. The chair and the student representative are funded to attend the Annual Congress.
• Any committee member attending an AANA meeting during their term acts as a representative of the committee and, if at all feasible, is expected to assist the assigned/funded committee member.

**Responsibilities:**
- Report to the chair;
- Review the components of the AANA H&W Program and provide strategic direction;
- Collaborate with other AANA Committees, Councils, and AANA Foundation regarding wellness evidence based research, educational projects, and promoting healthy life-styles;
- Provide input for and feedback from wellness activities at AANA Meetings;
- Recommend ideas to build member awareness of the program and its resources, along with the underlying message that AANA leadership encourages and supports each member’s well-being;
- Be involved in state associations’ wellness initiatives as well as promote AANA wellness resources (e.g., developing state-specific resources, presenting at state meetings);
- Provide expert content review and feedback on health and wellness topics, including abstracts submitted to Professional Development for Annual Congress, topics for the *AANA NewsBulletin* Wellness Milestone articles, and collaboration on AANA documents with the Practice and Peer Assistance Advisors Committees.

**Duties of Chair:**
Assign, oversee, and direct committee work to achieve charges each year. This includes:
- Collaborate with staff in the preparation of the agenda and conduct committee meetings;
- Committee assignments;
- Report on committee work;
- Coordinate with staff any committee recommendations (i.e., Decision memorandum to the AANA Board of Directors, recommendations or collaboration with other AANA committees, etc.)
- Submit report of activities for the Annual Report development.

**Expense Reimbursement:** Expenses related to H&W Committee’s travel and meetings are reimbursed in accordance with the AANA Business Travel and Reimbursement Policy.

**ADDITIONAL INFORMATION FOR STUDENTS**

**Student Committee Membership Criteria**
To be considered for service on the AANA Health & Wellness Committee, a student registered nurse anesthetist must be:
1. Associate member of the AANA in good standing,
2. Enrolled in a nurse anesthesia educational program for at least nine months during their year of service on the committee.

**Student Member Committee Responsibilities:**
A student member of H&W participates in the following activities:
- Bring the student voice and concerns to the committee both at meetings and throughout the year of the term.
- Network with fellow students within their program and student members of other AANA committees.
- Assist staff in planning and implementing wellness activities at the Annual Congress.
- Assist staff in building and updating student wellness content on the web pages.
- Network within their state association to understand the role of the State Peer Advisor (SPA) and state wellness committee (if applicable).

**Student Member Time Commitment:**
A student member of H&W is expected to:
- Attend one face to face committee meeting each year in Chicago area.
- Assist at the Annual Congress wellness activities/events such as staffing exhibit, attending H&W learner track lectures, etc. (5 days)
- Participate on conference calls to be scheduled to meet planning needs (min. 4/year) and respond to email correspondence from chair, committee members, and staff.
Application Process for Students:
Student interested in serving on the Health & Wellness Committee must:

1) Submit a Committee Request Submission Form found on the AANA website (members’ side) by the deadline shown
2) Include documentation as indicated on the submission form.

Student Member Expense Reimbursement: Expenses related to H&W Committee’s travel and meetings are reimbursed in accordance with the AANA Business Travel and Reimbursement Policy.

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