Author Guidelines for Health & Wellness and Peer Assistance Articles

The Health & Wellness and Peer Assistance Advisor Committees welcome article submissions from CRNAs and SRNAs for the Wellness Milestones or Peer Assistance News columns in the AANA NewsBulletin. Review the following author guidelines or contact wellness@aana.com for more details.

Identify a Topic

- Review the previously published articles:
  - www.AANA.com/WellnessMilestones
  - www.AANA.com/PAN
- The article topic should have a primary focus on health and wellness or substance use disorder and be written for the CRNA/SRNA audience.
  - Example topics include, but are not limited to, fatigue, depression, resilience, suicide intervention, mental health resources, stress coping mechanisms, early identification/healthy coping mechanisms for substance use disorder, leadership and practice management elements of substance use disorder, or related topics that support CRNA and SRNA well-being.
- The article can be a new topic or build upon a previously published topic through new resources or a different angle.

Topic Selection

- Write a brief abstract of your article and submit it to wellness@aana.com for Committee review.
- The applicable Committee will review and provide feedback.
- Once your topic is approved, begin writing the article.
- Staff will inform you of upcoming editorial deadlines to help with planning your submission timeline.

Article Guidelines

- All submissions should be original content.
- Maximum of 1,400 words.
- Data, quotes, and references should be cited in AMA style.
- The article should feature relevant AANA resources and highlight their availability. Research and review AANA resources for applicable content to include and/or reference.
  - www.AANA.com/GettingHelp
  - www.AANA.com/MentalWellBeing
  - www.AANA.com/Physical
  - www.AANA.com/StudentWellness
  - www.AANA.com/SUDWorkplaceResources
  - www.AANA.com/WorkplaceWellness
  - www.AANAPeerAssistance.com
  - www.AANA.com/PracticeManagement
  - www.AANA.com/PracticeManual
- Share any new resources from your research with staff to help build on AANA resources.

Submission

- Submit your completed article to wellness@aana.com.
- Staff will review and submit your article to the AANA NewsBulletin and alert you when it is scheduled to be published.