Reflections on Health and Wellness

Strong History of Wellness and Peer Support
Since 2004, AANA’s Health & Wellness (H & W) initiative (originally Wellness) has provided support for the personal and professional well-being of nurse anesthetists and student nurse anesthetists—caring for self and others. Sweeping strides have and continue to be made by the AANA to encourage positive well-being.

The H&W program works in concert with the long-standing AANA Peer Assistance program, established in 1983. The AANA charges two committees, Health & Wellness and the Peer Assistance Advisors (PAAC), to maintain and grow these programs through design and implementation of education, activities, articles, and online resources that endorse achieving life balance and happiness. They work to promote healthy balanced lifestyles with the goal to also prevent unhealthy behaviors, which can contribute to mental and physical diseases, such as depression, substance use disorder (SUD), and chronic illnesses.

For more on the history, visit www.AANA.com/WellnessMilestones to find the July 2014 article by Sandy Tunajek, CRNA, DNP, “Moving Forward by Looking Back.” For more information on AANA committees, see www.AANA.com and follow links to ABOUT US and COMMITTEES.

Caring for Others Begins with Caring for Self
The H&W Committee focus areas include emotional, mental, and physical well-being, student wellness, and workplace wellness as well as substance use disorder (SUD)/chemical dependency.

Peer Support for SUD
PAAC members also participate in the broader aspects of wellness with a specific focus on SUD. They provide advocacy and advice to CRNAs and SRNAs and the public on issues regarding practitioner well-being as it pertains to nurse anesthetists’ and students’ risk for SUD. Additionally they respond to helpline calls (800-654-5167) and lead the nationwide network of State Peer Advisors (SPA) providing support and information to the CRNA/SRNA in need of assistance for SUD—www.AANA.com/SPA.

How Do We Bring H&W to You?
We strive to lead our colleagues in the success of fulfilling their personal and professional journey with a positive mind, vigorous spirit, and an abundance of adaptation, resilience, and coping mechanisms. Following is a listing of the many resources we’ve been building and a summary and some great photos of education and activities at the 2015 Annual Congress. We hope that you find these helpful, encouraging, or motivating. We look forward to hearing how we can help improve your quality of life. Contact us at wellness@aana.com.

Online: There are so many pages, so we’ve created a series of short URLs for quick access:

• www.AANAWellness.com (main page, quick links to topics)
  - www.AANA.com/Physical
  - www.AANA.com/MentalWellbeing
  - www.AANA.com/WorkplaceWellness
  - www.AANA.com/Stress
  - www.AANA.com/AdverseEvents
  - www.AANA.com/DisruptiveBehavior

• www.AANAPeerAssistance.com (main page, quick links to topics)
  - www.AANA.com/SignsandBehaviors
  - www.AANA.com/GettingHelp
  - www.AANA.com/SUD
  - www.AANA.com/Intervention
  - www.AANA.com/Treatment
  - www.AANA.com/Reentry
  - www.AANA.com/AIR (Anesthetists in Recovery online support group)

Education:
• Lectures at AANA meetings
  - Jan Stewart Memorial Wellness Lecture Series www.AANA.com/JanStewart
  - Health & Wellness track at Annual Congress
• AANA|Learn modules in the Wellness catalog - www.AANA.com/WellnessCurriculum includes ideas and resources for educators and others
• Online videos:
WELLNESS MILESTONES

- www.AANA.com/WearingMasks—Wearing Masks film segments
- www.AANA.com/MakingLemonade—One CRNA's Story of Addiction and Recovery
- Promoting lectures at state association meetings—www.AANA.com/StateWellness
- H&W and PAAC members and State Peer Advisors (SPAs) outreach and lecture at nurse anesthesia educational programs.

Articles:
- www.AANA.com/WellnessMilestones
- Research articles and book reviews in the AANA Journal
- Compilation of published research and articles related to anesthesia professionals wellness and SUD, some authored by committee members—www.AANA.com/HWarticles

Activities:
- Annual Fun 5K Walk/run www.AANA.com/Walkrun
- Activities at AANA meetings, such as informal walk/runs and drop-in Yoga classes www.AANA.com/MeetingWellness
- Promoting activities at state association meetings—www.AANA.com/StateWellness

H&W Highlights from the 2015 Annual Congress in Salt Lake City:

- Jan Stewart Speaker: William B. Baun, EPD, CWP, FAWHP, presented a lively and emotional Empowering Calm through Engaged Resilience to provide tips on how to build personal resilience and reduce occupational stress. This filmed lecture will be developed into an AANALearn module available in the wellness catalog. For more on Baun and resilience, see July 2015 Wellness Milestones, “Occupational Stress and the Resilience to Overcome.”

- Health & Wellness Track—two-hour lectures
  - Mastering Peer Support: Debriefing Teams and Individuals after Adverse Events interactive lecture and breakout training for handling adverse events. This session included a relaxing stretch led by Imagining Salt Lake City touring.
  - How to Save a Life: Substance Use Disorder (SUD) in the Workplace presentation and role play scenarios by PAAC members along with a film by Kevin McCauley, MD, on understanding the neurobiology of addiction.

- Full day Pre-Congress Peer Assistance Volunteer Training Workshop for SPAs and other interested individuals and presented by PAAC.

- The Fun 5K walk/run with over 220 participants and three free drop-in early morning Yoga classes. Net proceeds from the Walk/Run are $9,320, which have been allocated to the AANA Foundation’s Jan Stewart fund to help support future speakers in the series. See www.aana.com/JanStewart.

Pictured from left to right are: Linda Stone, CRNA, DNP, chair, AANA Peer Assistance Advisors Committee; speaker William B. Baun, EPD, CWP, FAWHP; and LCDR Tiffany Uranga, CRNA, DNP, NC, USN, chair, AANA Health and Wellness Committee.