

SPRING 2023

IMPORTANT DATES

May 22, 2023

CBN Exam Early
Registration Deadline

June 25 - 29, 2023

ASMBS 2023 Annual
Meeting, Las Vegas, NV

July 7 – August 28, 2023

CBN Exam Window

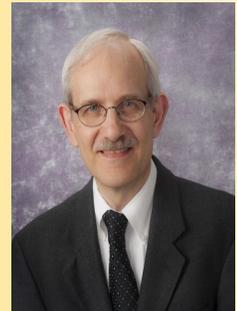
October 5-7, 2023

ASMBS Weekend 2023
New Orleans, Louisiana

LETTER FROM THE CHAIRS

Dear CBN's,

Spring is very different in various portions of our large country. However, we would like to think that all can relate that it is a time of change and wonder. Many of us have been working with the CBN for many years, and yet as winter has ended, there is a special energy that is exciting as we move toward summer and the annual meeting of the ASMBS. Currently, the many subcommittees and the Leadership Council of the CBN we are working on several initiatives to increase the quality of the CBN program and broaden our scope of services to CBNs which downstream will enrich the outcomes of our patients.



William Gourash, PhD CRNP RN



Jessie Moore, FNP-BC MSN

1. The Practice Analysis (PA) Subcommittee has completed the practice analysis. The official report was released on 12-28-2022. The Practice Analysis Survey results will be presented in the Master Course in Metabolic and Bariatric Nursing at the ASMBS Annual meeting and subsequently a manuscript will be submitted to SOARD. We thank all of those who completed the survey, participated on the CBN Practice Analysis Task Force, the members of the CBN Practice Analysis Subcommittee, and Melissa Rowan who led the Practice Analysis efforts. Examinations beginning with the Jan/Feb 2024 will be based on this practice analysis.
2. The 8th “Distinguished CBN Award” will be presented at the 2023 ASMBS Annual Meeting. We have received 7 outstanding candidates.
3. A reminder, the CBN Marketing subcommittee has launched a CBN Facebook page. Please LIKE us on Facebook! <https://www.facebook.com/CBNCertification>
4. June 1, 2023 will be the launch date for the CBN Retired Status. Please see page 2 for the details.
5. The CBN Examination Development subcommittee is beginning to assemble a new “Item writing” group and is looking for volunteers (page 2).
6. The CBN Examination Preparation subcommittee is preparing for the 2023 annual meeting review course and will be updating the CBN online course for release in the Fall.
7. The Masters Nursing Course in Metabolic and Bariatric Nursing will be offered at the June ASMBS Annual Meeting. The focus is to go beyond the basics in Metabolic and Bariatric Nursing. See page 4 for details.
8. We continue to work diligently toward accreditation of the CBN Certification by the Accreditation Board for Specialty Nursing Certification (ABSNC). However, we do not have a solid timeline as of yet. We will be re-consulting SeaCrest, a certification program accreditation consultant. Some of you may have heard that the ANCC Magnet Program has made a policy change to no longer recognize nursing certification who are not accredited. On page 3, we present a thorough evaluation of our situation.

Lastly ... Again, we would like to thank you – all CBNs – for your support, belief in, and daily implementation of best practice bariatric/metabolic surgical nursing care.

CBN Retired, is being launched 6-1-2023.

We had a several requests for this and it has now come to fruition!!!!

The CBN Certification Program is providing a Retired Status. Retirement from clinical practice can take place for many reasons: illness, disability, or career change or choice.

The Retired Status provides recognition of the certified nurse's commitment in providing excellence and quality care to metabolic bariatric surgical patients. Retired Status is a designation that allows a nurse to document their professional value.

To qualify ...

1. You must currently be certified as a CBN or up until 12-31-2023, you had been certified as a CBN and retired after 6-10-2007.
2. You must be retired from nursing practice, and this includes formal teaching positions (e.g. teaching positions that require holding an active RN license), with no plans to return or renew certification.
3. You must submit the Retired Status application online via your CBN LearningBuilder account at least 30 days prior to one year after expiration of your current certification or as noted above in

#2. <https://cbn.learningbuilder.com/Account/Login>

Retired nurses must use the designation (Ret) suffix, and may not portray themselves as a current CBN credential holder. (i.e. C. Bauer MSN, RN, CBN (Ret)). This status may not be used in a patient chart or document that might indicate active practice. Should the retired nurse return to nursing practice including teaching, the retired status will be forfeited. The Retired Status nurse must inform the CBN Administrative Manager of change in employment circumstances that would render the individual ineligible of Retired Status. If you should wish to re-certify after obtaining retired status, you must meet all current certification eligibility requirements at that time.

There is a onetime fee of \$100 (\$75 if an ASMBS active associate member at the time of application) and is valid as long as you are retired.

If you have any questions, please email Nikki at cbn@asmbs.org.

CALLING FOR CBN ITEM WRITERS!!

As a CBN, you have felt the pride of having this acknowledgement of your expertise in this field.

The CBN Exam Development committee is offering the opportunity of becoming an Item Writer. We are continually updating our item bank and are looking for writers from across the nation that are providing direct bariatric care in office settings, the hospital, or serving as bariatric coordinators or MBSCRs to participate in our next writing drive.

Experienced CBN item writers or new CBNs are welcome to participate! Once item writers are selected, we will schedule a training session and mentoring along the way by experienced item writers and members of our committee.

Please indicate your interest by emailing Ruth Davis at RuthDavisRN@gmail.com. Prior to launching our next item writing task force, you will be sent more information along with an application.

Ruth Davis, RN, BSN, MBA, CBN
Leader, CBN Exam Development Subcommittee



Update Regarding the Recent ANCC Magnet Program policy change ...

Recently, we became aware that the CBN Certification Program which had been accepted as a qualifying nursing certification by the ANCC Magnet Program, would not be accepted. They had made a policy change in identifying certifications that Magnet-recognized and Magnet-applicant organizations may report in the Demographic Data Collection Tool (DDCT). As stated on their website, the “ANCC Magnet will limit inclusion only to board certifications that are accredited by the Accreditation Board for Specialty Nursing Certification (ABSNC), the National Commission Certifying Agencies (NCCA), or another recognized accreditor.”

They report their motivation for this is to “raise the bar” for nursing excellence. However, sometimes well-intended initiatives can have negative unintended consequences to patient care for special populations of patients (e.g., metabolic and bariatric surgical patients) as well as certification programs which are relatively small or new. Additionally, it is questionable if this decision is evidence-based as claimed.

From our beginnings, the CBN has had our focus on accreditation and have collaborated and been guided by top certification consultants, now PSI, to work with us on examination construction, all psychometric aspects, item banking, practice analysis (initial and updates), and examination delivery. We collaborate with Heuristic Solutions, utilizing the LearningBuilder platform for our recertification activities. Recently, near the end of 2019, we consulted with the SeaCrest Company for a “gap analysis” to identify the challenges within our program in meeting the accreditation standards of the ABSNC and the NCCA. Subsequently, we have been working vigorously to fill in the “gaps” especially in generating the required policies. However, our certification administration is composed of a volunteer staff of 26 bariatric nurses who have been working diligently, continually meeting the daily challenges required to offer our certificants quality and efficient examination, recertification, and advocacy services in addition to working toward accreditation.

We have made significant progress, but it will take time to achieve our goal. Many of the larger certifications, as those managed by the ANCC, have ample funds and administrative staff to sort through the intricacies of the accreditation process and make their submissions.

On another level, we question whether there is a significant “evidence base” that supports their decision. Is there significant evidence that patient care is of a higher quality by accredited nursing certification practitioners than non-accredited. To my knowledge, little if any significant evidence exists. This should be in place before decisions of this magnitude and that can negatively impact patients, nurses, and nursing certification programs. However, I want to be especially clear on the point that we (the CBN) think that the promise or the idea that accreditation increases the quality of a nursing certification program is probably true and that all nursing certification programs should strive toward accreditation. The CBN will continue to implement to the best of our ability our efforts toward accreditation.

We have stated our concerns in a letter to the ANCC Magnet Program and offered possible solutions. My request would be that the directors of the Magnet Program re-evaluate their decision to allow Magnet-recognized and Magnet-applicant organizations to only report in the Demographic Data Collection Tool (DDCT) nursing certifications from only accredited nursing Certifications. The Magnet Program might offer some type of status and acceptance for certification programs with demonstrated efforts to be working toward certification program accreditation. Further, the Magnet program might work with the ABSNC to support and encourage efforts to establish some type of official recognition for certification programs that have demonstrated efforts in working toward accreditation and accept these (e.g., possibly a modular approach to accreditation).

Additionally, the CBN has sought support in our accreditation efforts by being a long-time member of the American Board of Nursing Specialties (ABNS), the professional organization for nursing certifications. At a recent meeting in March 2023, I discussed our situation with the leadership of the ABNS, the ABSNC, one of the major accrediting organizations for nursing certification programs, and other national nursing certification leaders, as well as credentialing industry leaders. We have received much support.

We will keep you abreast of further developments as they unfold.

Finally, and again, we will continue to work diligently in our efforts toward accreditation as quickly as possible and will be re-consulting our accreditation consultant to help guide our efforts.

Masters in Metabolic & Bariatric Nursing Course, at the ASMBS Annual Meeting in Vegas June 25th, 2023; 8am – 12noon

The CBN committee developed a robust course for CBNs and any experienced nurse wanting to deepen their metabolic & bariatric surgery knowledge base.

The Topics that will be covered in the Masters in bariatric nursing course are:

- I. Definition of Metabolic Bariatric Nursing: Practice Analysis
- II. The Practice of patient education in Metabolic Bariatric Surgery: A national survey
- III. Innovations in patient education w/ breakout session
- IV. Strategies for challenging Bariatric patients who struggle with mental health
- V. Deeper look into current nutritional trends and useful apps
- VI. Topics in Pharmaceutical management: Diabetic and Anti-obesity GLP agonists



Welcome Class of July 2022

Our Newest Certified Bariatric Nurses!

L. ABSTON	L. FONTANA	K. LEE SALERNO	M. MILES	C. RICE
C. ANDERSON	M. FORD	Z. LEHMAN	Y. MITCHELL	C. RIOS
K. ANDERSON	J. GALLARDO	E. LENNOX	K. MUTTER	M. SABIN
G. BARDELOZA	T. GEHLMANN	N. LINEBERRY-CHILDS	R. OHMART	K. SATER
K. BARNES	L. GRIEGER	A. LOWERY	C. OKWUFULUEZE	C. SAYERS
D. CANTIELLO	K. HANZO	J. LUCCA	J. PENA	G. SMITH
E. CATES	W. HEIDEL	M. MASSALSKI	J. PEREGRINO	M. SOMMERS
G. CHANDLER	L. HENDERSON	J. MASTON	A. PETERS	A. TETREULT
A. DE LA PAZ	J. HEYOB	B. MCCUMBER	K. PETERSON	L. THOMPSON
M. EDWARDS	C. HORN	B. MCINTYRE	T. PRATER	J. UNRUH
C. FANTUCCI	B. HUENINK	V. MCINTYRE	J. PROPERT	A. WILSON
E. FILIPPI	C. JASSEN	A. MCKNIGHT	K. QUINN	F. WOODRUFF
J. FOLEY	S. JONES	A. MENDOZA	L. RAY	K. WUERTH

OBSESITY IN THE NEWS

The Whale, a major motion picture, is rapidly gaining widespread attention in the movie and media outlets. Originally a play written by Sam Hunter, it was adapted to a screenplay and released to large movie markets December 2022. The story portrays a reclusive 600-Lb. English teacher who is struggling to reconnect with his estranged daughter. The movie abounds in obesity related topics, such as health care avoidance, self-shame, eating disorders, and enabling.

Starring Brendan Fraser, he is well known for his roles in popular movies including The Mummy, Encino Man, and School Ties. He donned a 300 pound prosthetic suit for the role, and has won Academy Award for Best Actor. Best Makeup was awarded to the team behind the extensive makeup and prosthetics created specifically for Brendan and his role.

Although only available in theaters in some markets, it is available through multiple movie streaming services.

You can also view the short interview video with OAC president and volunteers, playwright, and Fraser, provided by OAC.

<https://youtu.be/-Ka4jLFrWVc>



Book Review- Extreme Weight Loss: Life Before and After Bariatric Surgery

Three women embarked on a journey to take a deep dive into patients' perspectives and issues surrounding bariatric surgery. The trio of women, Trainer, Brewis, & Wutich, consists of a research coordinator, and two anthropologists. This is not the first book the anthropologists have written, and these women are experienced in the realm of health management.

The book explores the many facets of obesity, weight loss surgery, and patients' challenges and triumphs. This includes the complex struggles of weight stigma, societal norms, and psychosocial implications. The book offers many patient interview excerpts, a wide range of references for further research, and they provide all their research survey and interview tools used as well.

To be fair- the average lay person (or even someone considering weight loss surgery) may find some topics perplexing and eye opening. For those of us involved in this realm, some of these issues and obstacles are well known to us. We can appreciate the patient accounts, as they provide a thorough glimpse into their daily struggles, such as disordered eating, burdens on their loved ones, and even fat shaming.

I was impressed by the authors expertise and ability to offer insight without judgement. For those caring for bariatric patients- I would recommend this book as it helped widen my compassion and understanding of the patients' woes. For referring a patient considering weight loss surgery- tread lightly and use your judgement, as they will realize they have to face their own struggles and coping mechanisms to succeed.

Veronica Gardner, RN, BSN, MSN, CBN
CBN Marketing Team Member & Newsletter Coordinator

**EXTREME
WEIGHT
LOSS**

**Life Before
and After
Bariatric
Surgery**

SARAH TRAINER, ALEXANDRA BREWIS, AMBER WUTICH

**“Igniting Changes in Care for People with Obesity: Let's Connect and Learn.”
October 24 – 26, 2023, Glendale AZ.**

Weight management is important, but hospitals and healthcare professionals are increasingly aware of the need to better understand the *experience* of obesity and tailor healthcare delivery accordingly. This all-new conference uses an *interprofessional case-based interactive* approach to rethinking care that is designed to promote patient and worker safety in today’s healthcare environment. Attendees will leave with tools and resources to evaluate their own practice settings, provide training, and understand how to preplan and execute care for those individuals whose weight ranges 300 to 1200 pounds. Skin injury, critical care, early mobility, “hands-on” safe physical transfers, and the latest in weight management are topics. Please direct any inquiries to info@barisolutions.com.

CBN SWAG ALERT!

We will have these fantastic bags available to purchase or pre-order to pick up at the CBN Booth during the 2023 ASMBS Annual Meeting in Vegas. This bag is suitable for your everyday style. At \$25, It’s the right price and perfect size to fit all your essentials and still have room to carry a few more things. If you would like to pre-order a bag, please email cbn@asmbs.org



GLP-1

**Agonist Receptors:
Diabetes/Weight Loss
Injection Drug Update**

The controversy and popularity over injection drugs for diabetes and weight loss is flooding mainstream media, especially since celebrities such as Sharon Osborn revealed success stories for weight loss using one of them. See the last page article section for recent articles and a literature review. Check them out for current information on these drugs!



CBN SPOTLIGHT

For each newsletter, the marketing committee will spotlight a CBN. This newsletter spotlight goes to Melissa Rowan! Melissa's career in bariatric nursing began in 2009 as a post-surgical nurse. In 2016, she transitioned to bariatric program coordinator at Asante Rogue Regional Medical Center in Medford, OR. She currently works with Southern Oregon Bariatric Center as a clinical support nurse. She holds a B.S. in Nutritional Sciences from Penn State University and B.S.N. from Oregon Health and Sciences University.

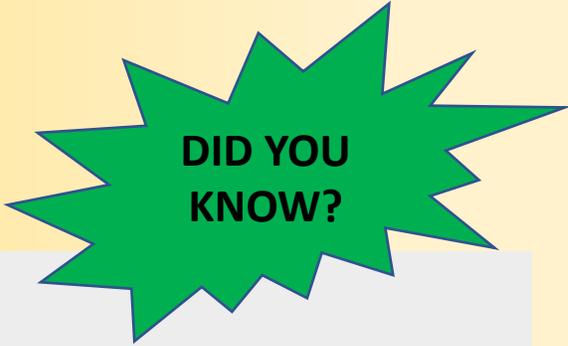
Melissa achieved her CBN in 2017. She enjoys being able to serve as a mentor to other nurses and to encourage/support them in their professional growth. She serves as the leader for the CBN Practice Analysis Subcommittee.

Melissa's passion is both preventative and disease-specific nursing care related to obesity and Type 2 diabetes across the lifespan. In the future, Melissa hopes to work more with pediatric/adolescent patients, and population-based healthcare.

In addition to caring for her two boys, Melissa volunteers time at a local elementary school as the lead organizer for a school-wide running club that aims to promote healthy lifestyles for both students and staff.

**Nominate a fellow CBN for the CBN spotlight to be highlighted in the Fall 2023 Newsletter! Send your nomination to CBN@ASMBS.ORG

Melissa Rowan & Family



**DID YOU
KNOW?**

Interested in Becoming a CBN?

Important Testing Dates

- Registration Window Opened: March 20, 2023
- CBN Exam Registration Deadline: June 30, 2023
- CBN Exam Window: July 7 – August 28, 2023

Please check the CBN Exam Section of the ASMBS website:

<https://asmbs.org/professional-education/cbn>

- ❖ Upcoming CBN Exam Review Course: Sunday, June 25th, 2023 @ ASMBS conference in Vegas.
- ❖ We are growing our social media presence! Please log into Facebook and 'like' our CBN page at: <https://www.facebook.com/CBNCertification>



Patients' experiences of telenursing follow-up care after bariatric surgery. *Journal of Clinical Nursing*, 2022 Apr;31(7-8):985-994. doi: 10.1111/jocn.15955. Epub: 2021 Jul 9. <https://doi.org/10.1111/jocn.15955>

GLP-1 Agonist Receptors/Diabetes & Weight Loss Injection Drug Articles:

[Literature review on antiobesity medication use for metabolic and bariatric surgery patients from the American Society for Metabolic and Bariatric Surgery Clinical Issues Committee.](#)

Vosburg RW, El Chaar M, El Djouzi S, Docimo S Jr, Choi D, LaMasters T, Srivastava G, Shukla AP, ...Clinical Issues Committee of the American Society for Metabolic and Bariatric Surgery. *Surg Obes Relat Dis*. 2022 Sep;18(9):1109-1119. doi: 10.1016/j.soard.2022.07.002. Epub:2022 Jul 14. PMID: 36028428 [https://www.soard.org/article/S1550-7289\(22\)00575-5/fulltext](https://www.soard.org/article/S1550-7289(22)00575-5/fulltext)

<https://www.nbcnews.com/health/health-news/ozempic-wegovy-quick-weight-loss-safety-rcna78153>

<https://www.health.harvard.edu/heart-health/the-new-diabetes-drugs-your-best-shot-for-weight-loss>

Certified Bariatric Nurse Certification Committee

CHAIR

William F. Gourash

CO-CHAIR

Jessie M. Moore

IHEC LIAISON

Kellie Armstrong

ACCREDITATION

Sharon Hillgartner (leader)*

Carah Horn

Karen Groller

PRACTICE ANALYSIS

Melissa Rowan (leader)*

Teresa Fraker

Linda Neumann-Potash

Susan Dugan

MARKETING

Shirley Bearden*

Veronica Gardner (Newsletter)

EXAMINATION DEVELOPMENT

Ruth Davis (leader)*

Cheryl Holsworth

Mara Berman

Carmela Pontillo

Heidi Bednarchuk

EXAMINATION PREPARATION

Bobbie Lou Price (Co-leader)

Karen Flanders (Co-leader)*

Barbara Lawrence

Laura Boyer

Karen Schulz

RECERTIFICATION

Ron Permenter (leader)*

Nicole Forryan

Marcela Montemayor

Mary Ellen Sparks

FINANCE

William Gourash (leader)

Tracy Martinez

Bobbie Lou Price

Jessie Moore

OTHER DISCIPLINE

CREDENTIALING

William Gourash

Jessie Moore

INTERNATIONAL (new)

* Members of the Leadership Council

This Newsletter was developed by the CBN Committee and produced by the CBN Manager and the CBN Newsletter Coordinator

