

Volume 2, 2014

-IMPORTANT DATES -

-Nov 2 thru 7, 2014-

Obesity Week
Boston, MA

-Nov 3, 2014-

Online Registration Opens for
February CBN Exam

-Dec 15, 2014-

Early Registration Deadline for
February CBN Exam

-Jan 15, 2015-

Registration Deadline for
February CBN Exam

-Jan 31 through

Feb 15 2015-

CBN Exam

-Mar 30-

Online Registration Opens for
July CBN Exam

Letter from the CBN Chair

I have the pleasure of welcoming you to our 2nd CBN newsletter. There are many short essays that I hope you find interesting and useful. My first order of business is to thank those who sent in responses to our “newsletter naming” contest. We received 85 entries. It was overwhelming to try to choose just one. However, one did leap ahead and gain the consensus of the Marketing Subcommittee, CBN C.A.R.E.. C.A.R.E. signifies the four pillars of CBN practice” Compassion, Advocacy, Research and Education. I would like to thank all of you who submitted entries and a special thank you to the winners. In this case there are four people who submitted entries that included C.A.R.E.: Debra Hische, Deborah Gross, Susan Brandano and Katherine Jewell. We did not expect 4 winners. We decided instead of one examination/recertification fee, we would give 2 so each of the winners will receive ½.



You will be receiving a survey by email over the next few weeks. It is a validated survey with the focus of exploring your perceptions of the value of nursing certification in bariatric surgery. We will use this to help direct our decision-making and will publish the results in the nursing literature. Please complete it when it comes to you. If you do not get one sent to you, please notify Christine at

christine@asmbs.com and we will get one out to you.

Lastly, as of the 2015 testing cycle, which begins in January 2015, **the CBN examination will be available to international nurses in test centers all over the world.** As of 2008, international nurses were able to sit for the examination but they had to come to the US or Canada to sit for the examination. It will be given in English and is based on U.S. practice. Any international nurse who is interested can check our website <http://asmbs.org/professional-education/cbn> to obtain a copy of the CBN Handbook with a “new” international section and/or email Christine for further information.

Thank you,

Bill

William Gourash, CRNP, MSN

Recertification Simplified—A Closer Look at Presentations

Congratulations, you passed the CBN exam! While you are celebrating (and you should) it is important to begin planning for recertification, which comes around in four years.

There are several options to meet the recertification ongoing professional development requirements such as continuing education, academic credit, publishing, and presentations. Two presentations (or more) totaling at least 2 clock hours of time can be combined with 40 hours of continuing education to attain the required professional development option. Additional guidelines are included on page 16 of the 2015 CBN Handbook located on the CBN website.

I know what you are thinking, “I hate public speaking”. This may be true, so I want you to think about the knowledge and experience you have in caring for the bariatric patient. Once you are willing to give it a try, the next question is, “How do I get started?” Make your desires known by talking with your bariatric program coordinator, unit/hospital educators, nurse manager, professional development staff, bariatric surgeons, nursing clinical instructors, and others to find your opportunity. The next step is to prepare and practice. You do not need to conquer the world with your first presentation. Start with the basics and build from there. A basic presentation can incorporate supporting materials such as PowerPoint, handouts, videos, pictures, and others related to your topic. The goal of supporting documents is to give the learner a content guide, key points, and references for future inquiry.

Next comes practice. Have your presentation including a content outline and notes prepared in advance and practice with a dummy audience for feedback. Pick a few folks you trust to be honest and kind and include at least one person who has experience with presentations. The key to practicing is to get comfortable with the content, timing, and managing your vocal quirks. This means avoiding common terms presenters often use when nervous such as, “you know”, “ok”, “you see”, and others. These are just nervous habits and can take some practice to undo.

So, the day comes. Stand proud and confident, remembering you are the expert and have experience with the information and content you are presenting. Remember to always leave plenty of time for questions. Think of questions as part of the learning. Also, remember to plan for the unexpected. I encourage all presenters to be ready to provide the lecture without any AV equipment. That means you need to have your notes with you. Congratulations again. You completed your first presentation. Remember to smile and enjoy your new found talent. Take the positive and build on it.

-Sally Strange PhDc RN CBN, Connecticut

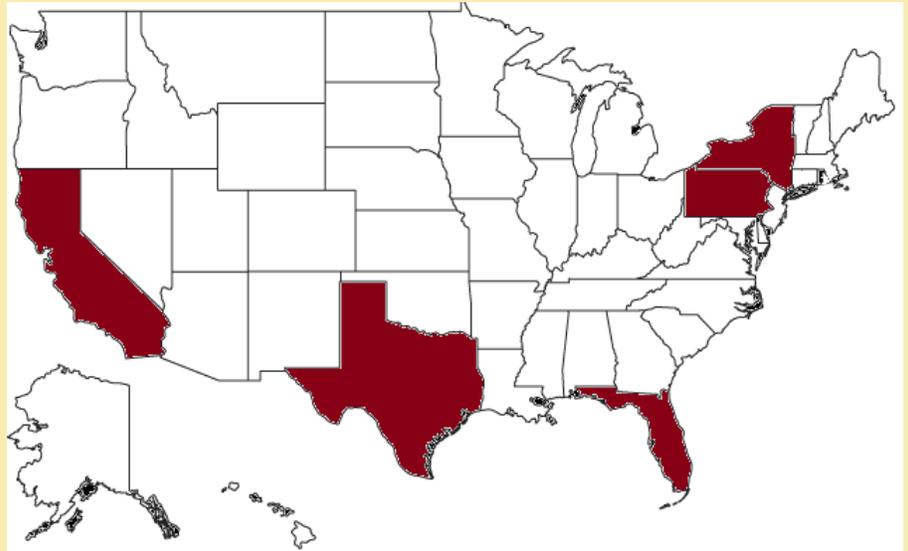
CBNs Across the Country and Worldwide

Have you ever felt like you were part of a bigger movement made up of CBNs spread not only across the country but around the world? Well, rest assured your intuition is correct. Today, CBNs are practicing their compassionate care in all 50 states. A breakdown of CBNs by state is listed below. California leads the country with 132 CBNs followed by Texas, Florida, New York, and Pennsylvania.

Additionally, the CBN program has 11 international CBNs from places including Canada, Taiwan, Australia and Mexico. The CBN program will be expanding in 2015 to include testing sites all around the world. This program thrives on the dedication and diversity of passionate nurses worldwide.

Current CBNs by State

AL—12	IL—20	NC—40	RI—3
AK—3	IN—33	ND—1	SC—23
AR—7	KS—6	NE—14	SD—4
AZ—11	KY—13	NH—4	TN—16
CA—132	LA—12	NJ—34	TX—97
CO—19	MA—33	NM—2	UT—2
CT—18	MD—19	NV—2	VA—35
DE—9	ME—6	NY—58	VT—1
FL—73	MI—29	OH—52	WA—19
GA—22	MN—17	OK—6	WI—11
HI—2	MO—12	OR—15	WV—3
IA—7	MS—5	PA—55	WY—1
ID—13	MT—3		



Behind the Scenes on a CBN Committee

I began my involvement with the CBN Committee in 2005 as one of the original members of the CBN “Task Force” to develop the domains and knowledge statements for the framework of the CBN exam. I remember being sequestered in a cold, seminar room in Atlanta, Georgia. I spent endless hours that weekend with one of the greatest group of RN’s I have ever known. We were committed to the cause, the process and no matter how tired and cold we got, we pressed on and accomplished our task at hand that weekend and left with the framework that would eventually create the CBN Certification Exam. It was a great weekend and we left Atlanta with a sense of excitement and accomplishment knowing that we were able to assist with the greater cause...the CBN exam and the certification of bariatric nurses across the globe.

I was also privileged to be a contributing author of the SOARD Journal article published in December of 2010: “Path to Bariatric Nurse Certification: The Practice Analysis with another great group of bariatric nurse thought leaders. We spent many hours writing, editing and supporting each other for this great project.

I have since worked on the CBN faculty since 2007 and the Lead for the CBN Marketing Sub-Committee since 2009. The other members of the team have been influential in my career and I have made many lifetime friends.

The CBN Marketing subcommittee is very busy and we have many projects that we hope to complete this year. We are proud of our accomplishments to date and are excited about what is to come in the future.

Being a committee member is very rewarding. Learning, supporting, creating and working with such a committed group of nurses has been and continues to be a bright spot in my career and gives me a great sense of accomplishment when a project is completed.

So, if you have thought about serving on a committee...go with that thought...it can lead to great accomplishments, lifetime friends, a great support system, and a bit of fun and laughter along the way.

-Jamie Carr, BSN RN CBN, Texas

The “In the Know” section of this newsletter is geared to keep you informed of the latest best practice articles, updates in clinical guidelines, and notable research publications as they relate to the care of the bariatric patient.

Implications for pre-operative patient education

Findings from this recently published study by Dr Wee and her colleagues in Boston has important implications for nurses involved in preparing and supporting patients for their weight loss journey. The authors found that 654 patients had unrealistic expectations of weight loss and 2/3 of the patients in this study would be disappointed if they achieved 50% EWL (a clinically successful outcome). Moreover, Wee et al (2013) documented that patients valued "substantial weight loss more than they value achieving perfect health" (p.268). It appears that patients may not be given long term estimates of expected weight loss. When asked about their willingness to accept mortality in order to achieve health and weight outcomes, some surprising findings followed. While most patients would accept some risk of mortality, around 40% of pre-operative patients would not accept any risk of death in order to achieve 20%EWL. These findings occurred after the patients received information on risks and benefits of WLS.

<http://asmbs.org/wp/uploads/2014/10/Expectations-for-WL-and-willingness-to-accept-risk-among-pts-seeking-WLS-1.pdf>

Wee, C.C., Hamel, M.B., Apovian, C. M., Blackburn, G.L., et al (2013). Expectations for weight loss and willingness to accept risk among patients seeking weight loss surgery. *JAMA SURGERY*, 148 (3), 264-271.

Strategies to Prepare for the CBN Exam

“How do I prepare to take the CBN exam?” is a question that is frequently asked. Every individual is different, but here are some guidelines to help you develop a study plan. The CBN is based on a comprehensive “blueprint”, developed from surveying practicing bariatric surgery nurses. This study determined that the examination is valid whether you work in the operating room caring for bariatric patients or whether you work in an outpatient setting, and many areas in between. It covers all phases of care of bariatric surgery patients, and the first step is to assess your own background and experience in this field.

You can do this by reviewing the Content Outline section of the online CBN Handbook and doing a “self assessment”. Jot down any tasks and knowledge statements that you are not familiar with. For some, this may be related to specific procedures that your center does not perform. For others, you may need to broaden your knowledge base to include areas on the continuum of care that you are less familiar with.

Once you have completed your assessment, you need to find learning experiences to meet your needs. Resources that are provided by ASMBS include a live CBN Review Course presented during the ASMBS Annual Meeting at Obesity Week in the fall of each year, along with the a second course at the Spring Educational Event. Registration for this course is available once registration for these conferences begins. An online version of the course is now available at: <http://cbn-review.asmbs.org/>

When looking for study resources, such as books, current bariatric surgical texts are useful to help cover areas of learning needs, as well as journals and online resources specific to bariatric surgery. Keep in mind that small study reports not incorporated into practice will likely not be adequate. Local, national and regional meeting presentations are also a good way to broaden your knowledge base, as long as they are scientifically based. Additionally, the CBN Candidate Handbook offers a reference list of resources that may be useful in preparing for the exam.

You can also partner with other nurses to study together, and particularly if you work in different aspects of bariatric care, sharing your knowledge with others will help both you and your partners to better prepare.

The Examination Preparation committee is also at work on an Online Study Guide, which will be available in Fall 2014. Look for more information coming soon on the ASMBS.org website.

What's coming next...

Your CBN Marketing subcommittee has been working on a project to gauge your views on the value of being a Certified Bariatric Nurse (CBN).

We will be using the Perceived Value of Certification Tool (PVCT) and asking some additional questions that will inform us about your experience, your years as a CBN, and whether you've been re-certified. The PVCT has been demonstrated to be valid and reliable, and has been used in a number of studies with a wide variety of nursing specialties. It will assist us to learn about your barriers to achieving certification as well as the perceived benefits.

Our aim is to reach as many nurses whose work is predominately in this specialty of bariatric nursing. We also want to hear from nurses who have not yet decided to undertake the CBN certification and/or those who are not members of ASMBS Integrated Health.

You will receive an email with a link that will allow you to fill out the survey. We appreciate your assistance and look forward to learning about your views and experience with bariatric nursing certification.

The CBN Marketing Team

Welcome Class of July 2014

Our Newest Certified Bariatric Nurses!

M. Amundson	P. Deer	W. Mockel	L. Schutte
C. Anderson	R. Ethier	D. Mrowczynski	T. Seidenschmidt
L. Back	H. Fear	J. Myers	N. Setzer
B. Baker	D. Fisher	P. O'Clair	C. Sigren
T. Baxter	M. Fox	D. O'Kelly-	D. Simperts
H. Bednarchuk	B. Grimm	Farrell	C. Smith
K. Bouchard	E. Hanna	D. Olin	J. Smitch
K. Brennan	A. Hazinakis	S. Ott	N. Sonchar
K. Burke	E. Horne	L. Painter	V. Stone
D. Campos	K. Howard	S. Peeler	L. Thompson
K. Cardile	H. Johnson	J. Penn	J. Todd
B. Carson	W. Kauffman	K. Perkinson	B. Vala
R. Centeno	J. Lavoie	M. Reau	T. Verdegan
D. Chafe	L. Lawrence	C. Rider	A. Walters
C. Chapleau	E. Lennox	E. Rodriguez	S. Warner-
R. Cody	A. Lozano	K. Roy	Grimsley
H. Cox	I. Maddox	K. Sanchez	G. Warren
J. Crow	W. Marema	M. Sanders	M. Wilson
K. Curlee	M. McDowell	K. Sater	K. Winnie
A. Daniel	K. Meininger	T. Sauner	



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Co-Chair

Jessie M. Moore, MSN APRN

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Narelle M. Story, RN MSN CBN

Trudy L. Ivins, MSN BSN RN CBN

Practice Analysis

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Teresa R. Fraker, RN BSN MS

Susan M. Dugan, RN BSN

Exam Development

Jessie M. Moore, MSN APRN (Leader)

Ruth M. Davis, RN BSN MBA

Mara Berman, RN BSN MBA CNOR

Maureen T. Quigley, APRN

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Pamela S. Dye, RN MSN MHA

Latasha N. Baxter, CRNP

Accreditation

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CBN (Leader)

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Carol A. Abbott, RN CBN

Policy & Procedure

Ann Couch, RN CBN CPC

Lisa C. Luz, RN MSN CBN

Examination Preparation

Bobbie Lou Price, BSN RN CBN

Barb L. Lawrence, RN MED

Christine C. Bauer, MSN RN CBN

Financial

Tracy Martinez, BSN RN CBN

Bobbie Lou Price, BSN RN CBN

William F. Gourash, MSN CRNP

Jessie M. Moore, MSN APRN