

Issue 6, 2016

Letter from the CBN Chair

Welcome! Much has been happening with the CBN! Most importantly, is the update to our Practice Analysis, the description of tasks, skills and knowledge of bariatric nursing and the foundation of the CBN examination. Jessie Moore, the CBN Committee Co-chair, outlines the process and implications on page 2. We thank all of you who participated in the practice analysis survey. The “In the KNOW” section discusses articles from presentations at the 2nd Diabetes Surgery Summit (DSS-II) in September of 2015 that were recently published in Diabetes Care and include new evidence-based guidelines for surgical treatment of T2D. ObesityWeek 2016 CBN highlights are described on page 2: the 2nd Annual Distinguished CBN Award will be presented at the IH Town Hall and Presidential Address, the results of the CBN Perceived Value of Certification Survey will be presented in the IH Abstract session, CBN committee members will be available for your questions, CBN mugs will be on sale, and the CBN Examination preparation course will be offered. Please stop by and the CBN Information area; we would like to meet and discuss your concerns. Finally, The CBN will be turning 10 years old next June. We would like to have a celebration – Please help us plan it and complete our on-line survey. Here is the link. (<https://www.surveymonkey.com/r/CBN10>). For those of you who are not able to attend Obesity Week, we are available to respond to your questions and concerns by email (cbn@asmbs.org) or phone (352-331-4900).



2017 IMPORTANT DATES

-Oct 31, 2016-
CBN Exam Online Registration Opens

-Oct 31-Nov 4, 2016-
ObesityWeek

-Dec 12, 2016-
CBN Exam Early Registration Deadline

-Jan 15, 2017-
CBN Exam
Regular Registration Deadline

-Jan 23-Feb 27, 2017-
CBN Exam Window

-Mar 19, 2017-
Certified Nurses Day

CBN Spotlight: Elizabeth Witous, RN-BC, CBN — Wildomar, CA

Can you tell us about your experience in bariatric nursing?

Bariatric surgery was introduced at our 144 bed facility in 2005. At that time, I was a staff nurse caring for the post-operative bariatric patients. I began my career advancement as a Charge Nurse, then Clinical Supervisor, and presently the Bariatric Program Coordinator. I have watched our Bariatric Center of Excellence grow throughout the years, and delight in the patients success stories as seen at the Support Groups and annual Bariatric Reunions we sponsor. We typically perform 400 cases per year and have been MBSAQIP accredited since 2012.

What motivated you to become a Certified Bariatric Nurse?

As a nurse, who recently returned to school for her MSN in Clinical Systems Leadership, the Certified Bariatric Nurse certification was another goal I set for myself. To utilize the knowledge I have gained over the years in bariatric nursing allows me the give back to the patients and nurses who may need the knowledge and skill set the CBN offers. Since passing the CBN exam, I have accomplished my alternative motive, by having more staff nurses sit for the exam. Two more staff nurses sat for exam in July 2016. Also, I have successfully presented this to the Bariatric physicians, and they have agreed to sponsor the nurses once they have passed.

How does your workplace support specialty certification(s)?

Annual evaluations address any specialty certification(s) achieved by an individual.

The 4 values of a CBN are advocacy, compassion, education, and research. Of these, what are you most passionate about and why?

Truly, I cannot separate them. To be a nurse, with her CBN, is to *advocate* for her bariatric patients with *compassion*. Most patients present with years of bias and discrimination, it is our duty to remove the stigma and encourage all to do the same. We never stop learning, *education & research* are critical components in maintaining the CBN. Our patients and fellow nurses require the CBN trained nurse to have the knowledge to guide them through their bariatric journey.

What was most challenging for you in preparing for the CBN exam?

As with most, time was challenging. What worked for me was sticking to a time frame of when to study, utilizing the ASMBS website/articles, & study course, along with SOARD website, and studying with another future CBN nurse. I was also fortunate to attend Obesity Week in Los Angeles this past November. Collaborating with other CBNs, exchanging information and questions were also most helpful.

We would love to spotlight you and your experience becoming a Certified Bariatric Nurse! Use the same questions above and submit your responses to cbn@asmbs.org.

Highlights at ObesityWeek



CBN Award

The Second Distinguished CBN award will be presented to recognize a CBN who has made an extraordinary effort to promote the values of the CBN: Compassion, Advocacy, Research and Education.

The award will be given at the IH Presidential Address and Town Hall on Wednesday, November 2 from 1:30—3:00pm. (Please see the mobile app for the most up-to-date location.) We'd love for you to come out to show your support for this special testament to bariatric nursing and bariatric nurses.

Perceived Value of Certification Survey Results

Last summer the CBN undertook the PVCT survey to better understand bariatric nurses' perceptions of the value of bariatric nursing certification and the perceived intrinsic and extrinsic rewards. We thank all of you who participated (n= 462). The presentation of the survey results will include a comparison with >11,000 non-bariatric nurses. It will be presented in the Integrated Health Abstracts session on Wednesday, November 2 from 10:15am—12:00pm. (Please see the mobile app for the most up-to-date location.)

CBN Booth

CBN Committee members will again be staffing the CBN area. It is a great opportunity to: have your CBN questions answered; pick up CBN brochure information; network and share your thoughts on bariatric nursing and CBN issues; associate faces with names; explore how you might participate with CBN and/or become a committee member.

CBN Coffee/Tea MUGS!

For the second year, the CBN will be selling CBN mugs at ObesityWeek 2016. They will be on display at the ASMBS store at Obesity Week.

CBN Examination Preparation Review Course

The CBN will be offering the day and half review course in Pre-Conference Courses. It will be offered on Monday, October 31st and Tuesday, November 1st.

CBN Practice Analysis Update

As mentioned in previous newsletters, the CBN Practice Analysis (PA) subcommittee began the important work of updating the Practice Analysis document to reflect current bariatric nurse practice in 2016. This document is based on survey of practicing bariatric nurse practice, and forms the foundation on which the Certified Nursing Examination is based.

The Practice Analysis subcommittee spearheaded this work, and selected bariatric nurses to form a Practice Analysis Advisory Task Force consisting of representatives from geographic locations across the country, and from practice areas across the continuum. The Task Force met in May in Olathe, Kansas, at the offices of our certification consultants, Applied Measurement Professionals (AMP).

Prior to this meeting, members of the PA subcommittee gathered materials reflecting the current body of knowledge of bariatric nursing care, focusing on the past 5-10 years, as well as new trends emerging in nursing practice. AMP synthesized information from the previous practice analysis and the new material into specific areas, which were then discussed in detail by PA task force.

The result was the Practice Analysis survey, which after pilot testing and review, was sent out to 2000 identified bariatric registered nurses via email in August. Calls for participation were also published in ASMBS Connect, Bariatric Times, and via network communications with colleagues. At the time of this writing, data collection is still in progress. Next steps will take place in October, when the PA Task Force will meet via webinar to review the results of the survey and determine changes needed in the CBN blueprint. The work will continue with all members of the CBN committee incorporating these changes into the areas including exam development, certification review courses, course handbook and more. The first examination that will utilize the new blueprint will be in July 2017.

Thank you to all who participated in the survey over the summer. This involvement is key in process of basing the exam on solid bariatric nursing practice data. More information will be forthcoming; watch for updates on the ASMBS website and through communications such as ASMBS Connect.

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.

The Latest Data Supporting Metabolic Surgery for Type 2 Diabetes - Diabetic Care Journal June issue includes 11 articles to support metabolic surgery for type 2 diabetes patients

William T. Cefalu, Francesco, Rubino, and David Cummings (June 2016). Metabolic Surgery for Type 2 Diabetes: Changing the Landscape of Diabetes Care, *Diabetes Care* 2016; 39: 857-877.

An Overview by Jamie J. Carr, BSN, RN, CBN & Nicole Forryan, BSN, RN, CBN

According to the International Federation of Diabetes, 415 million adults have diabetes. By 2040, the predication is 642 million.

In the June 2016 issue of the *Diabetic Care Journal*, there are 11 articles that report the latest data supporting metabolic surgery as a new treatment option in the management of type 2 diabetes (T2D). In a core article, Rubino, et al., reports new evidenced-based guidelines for the surgical treatment of type 2 diabetes. Although there have been new advances in diabetes pharmacotherapy, fewer than half of adults with T2D attain their therapeutic goals including glycemic control aimed to reduce their risk of long term complications. Metabolic surgery has demonstrated the ability to improve glucose homeostasis more effectively than medical treatment and lifestyle modifications. This discussion of expanding the use of metabolic surgery would include populations that were previously excluded according to the current criteria. New arguments are being made that T2D patients with a BMI <35 kg/m² should be considered for surgery as an option for diabetes treatment along with lifestyle and medical therapy. The new guidelines provide much needed guidance for general practitioners, endocrinologists, and diabetes specialist about the use of metabolic surgery in the treatment of patients with type 2 diabetes. These guidelines compared with the previous guidelines that focus primarily on body mass index for surgical candidates, the new recommendations introduce the use of diabetes-related parameters to help identify when surgical treatment should be a priority. Despite the large amount of evidence to show the safety and effectiveness of metabolic surgery there are still many barriers that prevent access. Policy change is needed. They identify 4 key components to laying the foundation for the needed changes to include: communicating the scale of cost and harm with the rising prevalence of T2D, properly articulate the role of metabolic and bariatric surgery for certain population groups, identify new funding sources for surgery, and to incorporate surgery into appropriate clinical pathways for T2D.

To learn more about the June issue and the 11 related articles, please visit: <http://care.diabetesjournals.org/content/39/6>

Other Guidelines and Position Statements to Check Out

“Recommendations for the presurgical psychosocial evaluation of bariatric surgical patients” <http://asmbs.org/resources/recommendations-for-the-presurgical-psychosocial-evaluation-of-bariatric-surgery-patients>

An ASMBS position statement on “Postprandial Hyperinsulinemia Hypoglycemia after Bariatric Surgery” is currently receiving public review and should be available in the next few months.

CBN Retake Discount

Beginning in 2017, CBNs who failed the CBN examination during their initial attempt may receive a 25 percent discount on the next examination. For more information, please visit <http://asmbs.org/professional-education/cbn> or email the CBN Manager at cbn@asmbs.org.

Artists Needed

WANTED!!!! CBN with artistic skills. We would like to include social commentary cartoons/drawings related to bariatric surgery in future CBN newsletter issues. If you have these types of skills please contact us at cbn@asmbs.org.

CBN 10-Year Anniversary

Can you believe it? The CBN is approaching it's 10th birthday in 2017. How would you like to celebrate?

Please help us with planning a celebration by completing a brief survey about your ideas and thoughts. The survey can be found here: <https://www.surveymonkey.com/r/CBN10>

Welcome Class of July 2016

Our Newest Certified Bariatric Nurses!

C. Akay	L. Dowd	C. Koger	J. Nolan
S. Auch	C. English	A. Kurian	L. Okeson
R. Baieve	J. Fares	V. Lavarias	G. Park
E. Bashaw	L. Fisher	J. Manning	J. Peter
S. Bearden	M. Gamaly	K. McCulloch	S. Pinckney
J. Bederhoff	C. Garrett	K. McCutchen	L. Prestia
S. Belskey	E. George	D. McDougall	C. Robison
P. Bernard	M. Goulard	K. McGinnis	V. Rogers
C. Boening	T. Hannan	M. McMillin	L. Ross
K. Browning	P. Hart	M. Membrebe	C. Ruta
L. Bujak	S. Hauboldt	J. Minotti	L. Sprong
S. Carwell	R. Heath	M. Montemayor	B. Tallman
S. Courville	D. Holloman	M. Mounts	S. Temperato
K. Cox	B. Iannello	N. Nee	N. Thompson
H. Daniel	D. Johnson	K. Nesbitt	S. Tompkins
L. Deaton	S. Johnson	B. Newell	K. Waite
S. Dehart	C. Keliipio	S. Nichols	H. Waldron
B. Dejardin	L. Kern		J. Wolter



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Co-Chair

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IHEC Liaison

Christine Bauer MSN RN CBN

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Wanda Szymanski BSN RN CBN

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James Meyer BS RN CBN

Policy & Procedure

Ann Couch, RN CBN CPC (Leader)

Lisa C. Luz, RN MSN CBN

Examination Preparation

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Barb L. Lawrence, RN MED

Christine C. Bauer, MSN RN CBN

Vanessa Shay RN BSN

This Newsletter is produced by the CBN Marketing Subcommittee & ASMBS Staff