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 CNBs, 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.
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 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


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 prediction 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 then 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


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.

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. Spong
- S. Courville
- D. Holloman
- M. Mon-temayor
- B. Tallman
- K. Cox
- B. Heath
- N. Nee
- S. Temperato
- H. Daniel
- D. Johnson
- M. Mounts
- N. Thompson
- L. Deaton
- S. Johnson
- K. Nesbitt
- S. Tompkins
- S. Dehart
- C. Kelipio
- B. Newell
- K. Waite
- B. Dejardin
- L. Kern
- S. Nichols
- H. Waldron
- C. Keliipio
- L. Kern
- S. Nichols
- J. Wolter

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 its 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

Address
100 SW 75th St
Suite 201
Gainesville, FL 32607

Phone/Fax/E-Mail
Phone: 352-331-4900Fax: 352-339-4975
Email: CBN@asmbs.org

Certified Bariatric Nurse Certification Committee

Chair
William F. Gourash, MSN CRNP

Co-Chair
Jessie M. Moore, MSN APRN

IHEC Liaison
Christine Bauer MSN RN CBN

Marketing
Jamie Carr, RN BSN CBN (Leader)
Narelle M. Story, RN MSN CBN
Trudy L. Ivins, MSN BSN RN CBN
Nicole Forryan BSN RN CBN

Financial
Tracy Martinez, BSN RN CBN
Bobbie Lou Price, BSN RN CBN

Practice Analysis
Sandy L. Tompkins, RN MBA (Leader)
Teresa R. Fraker, RN BSN MS
Susan M. Dugan, RN BSN

Exam Development
Ruth M. Davis, RN BSN MBA (Leader)
Maureen T. Quigley, APRN
Cheryl Holsworth RN BSN MSA CBN
Alice Jackson NP-C CBN
Mara Berman RN BSN MBA CNOR

Recertification
Sally N. Strange, RN PhD (Leader)
Carrie L. Smith, MSN RN PHN CBN
Wanda Zymanski BSN RN CBN

Accreditation
Tammy E. Beaumont, BSN RN-BC CBN
(Leader)
Renee J. O’Daniel, RN MSN CBN
James Meyer BS RN CBN

Policy & Procedure
Ann Couch, RN CBN CPC (Leader)
Lisa C. Luz, RN MSN CBN

Examination Preparation
Bobbie Lou Price, BSN RN CBN (Leader)
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