

Issue 5, 2016

2016 IMPORTANT DATES

-Jun 23 through Jun 25-
Obesity Week-End

-Jun 30-
Registration Deadline for
July 2016
CBN Exam Window

-Jul 9 through Aug 13-
CBN July 2016 Exam Window

-Oct 31 through Nov 4-
Obesity Week 2016

Letter from the CBN Chair

Welcome to the 5th (already) issue of CBN newsletter and a special welcome to our newest CBNs who took the February 2016 examination. For all of you who were not able to attend Obesity Week last November, in this issue we want to introduce you to our first "Distinguished CBN Awardee." It was a difficult decision to choose from the many impressive candidates. Please access the link on page 2 for information regarding the 2016 Distinguished CBN Award nomination process. Additionally, in this issue we have a spotlight on a bariatric program coordinator, a provocative article on mandatory COE designation and patient access to bariatric surgery, a reminder about the availability of practice guidelines on the ASMBS website, and an invitation to all CBNs to consider taking part in membership of the CBN Certification Committee. Finally, the CBN is undertaking a review of our "practice analysis" – in simple terms the description of the role of a bariatric nurse. Every 5-10 years a certification program must review their practice analysis and incorporate the changes in tasks, skills and knowledge required to function. We have assembled a task force of 14 bariatric nurses, who along with our certification consultant will undertake this review. Their product will be a survey, which will be sent out to each of you (greater than 2,000 bariatric nurses) for your input. Please stay tuned; your participation is extremely important!!!



Thank you.

CBN Spotlight: Nicole Forryan — Denton, TX

Can you tell us about your experience in bariatric nursing?

I have been involved in bariatrics since 2008; first, as a bedside nurse on a Med-Surg unit, then in nursing leadership and currently as the Bariatric Program Coordinator at Texas Health Presbyterian Hospital Denton. My facility is a 255 bed hospital located in North Texas. We are a MBSAQIP accredited facility and average about 250 surgeries a year.

What motivated you to become a Certified Bariatric Nurse?

What motivated me to become a CBN was to validate my bariatric nursing knowledge and promote trust among my patients and co-workers. It helped to increase my confidence as I transitioned to the role of the Bariatric Program Coordinator. I wanted my colleagues and patients to feel confident with my knowledge and skills.

How does your workplace support specialty certification?

My facility promotes certification by paying for the cost of the exam when you successfully pass. We also have a clinical ladder that allows you to get a pay increase when you complete certain activities which can include certification. On an annual basis certified nurses are recognized with a reception and are provided a Certified RN badge that clearly distinguishes the certified nurse.

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

My favorite part of my role as a CBN is surrounding education. I think the most important thing we can do for our patients is to empower them with knowledge. I enjoy learning new things myself and love to share what I know!

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

Finding the time to prepare was the most challenging part for me. Like most people, I have competing priorities with work, school and family-I really had to find a way to prioritize the time I did have. I utilized the online review course and thought it was very helpful. As I went through the presentations within the course, I was able to see what areas I was weakest in and then focused my time on those topics. If you are planning to take the exam my advice to you would be: don't wait until the last minute to start preparing.

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.

Distinguished CBN Award

During Obesity Week 2015, the Certified Bariatric Nurse (CBN) Certification Committee awarded the first ever “Distinguished CBN Award” to Anna Dietrich-Covington, RN, BSN, CBN, of Keswick, Virginia. Anna has held numerous roles at the University of Virginia Bariatric Surgery Program. According to her numerous nominators, she demonstrated exemplary performance in all four aspects of the CBN values. Cited among her many accomplishments were demonstrating compassion by holding hands of patients in the OR as they were put under anesthesia and providing curbside wound care for a patient unable to easily get into her clinic.

Her advocacy efforts include being an early advocate for bariatric integrated health professionals through membership and active participation in ASMBS (ASBS) since 1989, as well as many efforts related to patient advocacy and early participation in helping develop the CBN credential. She has been a co-author on numerous articles and posters, and provided long-term leadership in data collection efforts at her facility, facilitating many quality improvement and research initiatives.

In the area of Education, her nominators noted: “she is most remarkable and accomplished”; conducting weekly information seminars for over 20 years, education of coworkers, staff, and fellow professionals, and sharing expertise as a consultant for other centers undergoing surveys. We congratulate Anna once again on her selection as the 2015 Distinguished CBN.



Each year, a CBN who has made an extraordinary effort to promote the values of compassion, advocacy, research and education will be recognized with the award. Any bariatric professional can nominate a CBN who shows excellence in one or more of the following areas:

- Leadership in providing competent and compassionate care to the bariatric surgery and severely obese population.
- Participation in local, regional, state or national advocacy with regard to bariatric care efforts or access to care.
- Providing leadership in the field of research related to bariatric care or quality improvement.
- Displaying commitment to education for bariatric professionals, especially nurses.

For more detailed information on nomination criteria, visit the CBN section of the ASMBS website. Deadline for this year's nominations is July 31.

CBN Practice Analysis Update

The CBN Practice Analysis Subcommittee has started a comprehensive review and update of the 2007 Practice Analysis of Bariatric Nursing. The Practice Analysis (PA) serves as the foundation for the Certified Bariatric Nursing examination. As part of maintaining a valid examination, the study must be reviewed and updated on a periodic basis. Guidance for the process is provided by Applied Measurement Professionals, Inc. (AMP), an organization specializing in certification program development and administration. The detailed process will be conducted over the next year and a half.

The first steps include assembly of a PA advisory group of content experts with diversification in geographic location, bariatric surgical experience, and practice area across the continuum of bariatric nursing care. A survey of the current body of knowledge of bariatric nursing care is undertaken, with collection and review of background information and materials related to bariatric surgery, including the prior job analysis, standards of practice, educational curricula, job descriptions, documents, pamphlets, and reference books, medical and nursing literature.

Next, a web-based survey is developed at a joint meeting of the content experts and AMP consultants. After pilot testing and modification, the survey will be distributed to a target audience of 2,000 bariatric nurses. AMP will compile the data and summarize the results, with review by the PA advisory group to refine the exam specifications based on the results. The new test blueprint will then be available for publication and use. In the final phase, additional CBN subcommittees will be involved in updating all related materials and processes to meet the new specifications.

Each of you have a role in responding to the survey, and in helping identify bariatric nurses to participate in the survey. If you have a group of nurses who would like to be included on the survey, please send their email addresses to cbn@asmbs.org.

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.

Effects of Mandatory Center of Excellence Designation on Demographic Characteristics of Patients Who Undergo Bariatric Surgery

An Overview by Jamie J. Carr, BSN, RN, CBN
Junun Bae, MHS; Jaime Shade; Amanda Abraham; Brianna Abraham; Leigh Peterson MHS; Eric B. Schneider, PhD; Thomas, Magnuson, MD; Michael A. Schweitzer, MD; Kimberly E. Steele, MD, PhD

The purpose of this study was to investigate whether the Centers of Excellence (COE) certification requirement mandated by the Centers for Medicare & Medicaid Services (CMS) from February 21, 2006 through September 24, 2013 proved to be a barrier for patients' access to bariatric surgery procedures.

The study used the National Inpatient Sample database, identifying patients that underwent bariatric surgery from January 1, 2006 through December 31, 2011. The identifiers were examined by patients' sociodemographic characteristics over time.

134,277 bariatric surgical patients were identified. Of those patients, the results showed:

Age population increased in the proportion of patients 64 and greater from 2.9% in 2006 to 7.0% in 2011

Patients with Medicare increased from 8.5% to 16.3%

Patients with Medicaid from 6.6% to 11.8%

Patients with private insurance declined from 72.4% to 63.3%

The patients with the lowest income increased from 20.7% to 22.9%

Conclusion. The COE certification requirement did not appear to limit access to bariatric surgery. The article recommends further studies should be conducted to determine whether CMS's recent change in policy (2013), the removal of the mandatory COE certification for bariatric coverage, might sacrifice patient safety without addressing the real cause of limited access to health care.

<http://www.ncbi.nlm.nih.gov/pubmed/25993654>

ASMBS Guidelines, Position Statements and Webinars...What's New for 2016?

Positions statements provide an explanation, a justification or a recommendation for a course of action that reflects the ASMBS' stance regarding a concern or issue. The guidelines are general rules, principles or suggestions by which to determine a course of action. A guideline aims to streamline particular processes according to a set routine or sound practice. The ASMBS website provides numerous resources and educational opportunities for healthcare providers. The website is continuously being updated so don't forget to check it often. Here is what is new for 2016...

- ASMBS Code of Ethics. Intended as a guide to assist all members of the Society in achieving the highest level of ethical conduct in their relations with patients, peers and the public. <https://asmbs.org/resources/asmbs-code-of-ethics>
- The Band is Coming Out – Now What? Sleeve v. Bypass Debate (ASMBS Webinar Series, May 4, 2016) <https://asmbs.org/resources/asmbs-webinar-debate-sleeve-v-bypass>
- Gastric v. Balloon Debate (ASMBS Webinar Series, March 9, 2016) <https://asmbs.org/resources/asmbs-webinar-debate-gastric-balloon>

Committee Members Needed

Do you want to become involved in the CBN certification? The CBN Committee is looking for **ASMBS** members to serve on CBN's Accreditation, Recertification, and Policy and Procedure Subcommittees. Interested parties should visit: <http://asmbs.org/apply-to-join-member-committees>

Certified Nurses Day Celebrations

Certified Nurses Day was March 19. To celebrate, some facilities hosted an afternoon tea for certified nurses. Other facilities hung banners on each inpatient unit identifying the certified nurses working there.

It's never too early to consider how your hospital or practice will celebrate Certified Nurses Day in 2017.

Welcome Class of February 2016

Our Newest Certified Bariatric Nurses!

M. Azucar	S. Hayes	S. Maymana	V. Shay
C. Bailey	K. Heller	K. McCreedy	H. Sinclair
M. Banzon	K. Higby	M. McMillen	K. Smits
S. Bergamo	C. Huss-	G. Navarro	R. Strayer
K. Bertonica	Johnson	M. Pate	R. Stueve
J. Blackmon	C. Jaco	A. Perez	L. Swafford
A. Brown	K. Janvest	K. Planek	J. Swift
M. Bryant	K. Jewell	K. Porter	S. Thrower
K. Campbell-	C. Johnson	D. Quenzer	T. Tillman
Taylor	K. Johnson	A. Reyes	G. Tri
K. Cannon	V. Johnson	C. Roberts	J. Tuuri
S. Clay	D. Jones	D. Rondeau	J. Van Kirk
S. Condra	E. Lash	M. Rosenberg	C. Venable
J. Costello	L. Lastrapes	A. Scheitlin	M. Verduzco
J. D'Amato	M. Loesche	H. Schreuder	B. Wetzel
H. Dees	L. Maltby	S. Sehestedt	E. Witous
K. Dinan	K. Mannion	T. Sell	M. Monzu-
A. Fayemi	L. Massey	P. Sharma	Sparks
K. Giuggio	M. Matlick		



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Co-Chair

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