



SPRING 2024

# CBN C.A.R.E

Official Newsletter of the ASMBS CBN Certification Committee

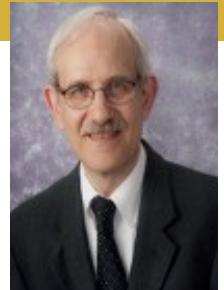
## Letter From The Chairs

Dear CBNs,

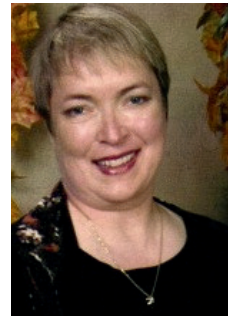
We at the CBN certification program are committed to enhancing the specialty of bariatric nursing care. Bariatric nursing is recognized as distinct and nationally significant, continuously evolving with advancements across various sciences. Our mission is to support you in providing the highest quality bariatric care and to offer the premier credential for nurses caring for bariatric surgical patients.

- **Accreditation Efforts:** We are pursuing NCCA accreditation for our certification with assistance from SeaCrest Company. ASMBS leadership is significantly supporting this effort. For more details, refer to the ASMBS Chief Executive Officer's letter and the FAQ on CBN and Magnet Recognition in this newsletter.
- **CBN Examination Update:** The January/February 2024 CBN examination was the first to utilize the updated 2022 CBN Practice Analysis. Please consult the [CBN Handbook](#) for updated tasks and knowledge statements. An article on the development process is currently under review and will soon be published in SOARD.
- **New CBNs:** We welcome the new classes of CBNs. Details are in our newsletter, and a spotlight interview featuring the first three CBNs granted retired status.
- **Educational Opportunities:** The "Masters in Metabolic Bariatric Nursing Course" at our Annual Meeting, designed for nurses with over two years in the specialty, offers the latest research and insights. Additionally, the CBN Review Course has been updated.
- **Feature Article:** This edition's feature article addresses vitamin compliance, offering practical tips for everyday challenges faced by metabolic bariatric nurses.
- **Research and Contributions:** The 'Articles of Interest' section features studies on telenursing post-bariatric surgery and venous thromboembolism prophylaxis compliance. We encourage your contributions to our field's literature.
- **Connect with Us:** Visit us at the CBN booth during the ASMBS 2024 Annual Meeting to discuss how we can better serve you. Suggest newsletter topics or ask questions via email or on our Facebook page.

We value your participation and will continue to strive to keep you informed.



**William Gourash,**  
PhD CRNP RN CBN



**Jessie Moore,**  
FNP-BC MSN CBN



## Important Dates:

**May 20, 2024**  
CBN Early Registration  
Deadline

**June 10, 2024**  
Metabolic and Bariatric  
Nurses Day

**July 8 - August 30, 2024**  
CBN Exam Window

**November 7,-9 2024**  
ASMBS Weekend  
Atlanta, Georgia

# A Warm Welcome and Exciting Updates from Your New Chief Executive Officer

Dear Certified Bariatric Nurses,

I am honored to join ASMBS and engage with a dedicated and innovative community like ours. Through your commitment and expertise, each of you plays a pivotal role in shaping the landscape of bariatric nursing, contributing to our organization's growth, and advancing patient care in metabolic and bariatric surgery. Your dedication to the profession is noticed. The compassion, knowledge, and skill you bring daily make a profound difference in the lives of those we serve. Your engagement and expertise propel our profession forward, ensuring we continue to lead with excellence in the ever-evolving field of bariatric surgery.

As we look to the future, I am excited to share that we are expanding our efforts to professionalize further and recognize our field. One of our key initiatives includes exploring the feasibility of ASMBS obtaining NCCA accreditation for the Certified Bariatric Nurse (CBN) certification. Achieving this accreditation would not only enhance the prestige and recognition of our certification but also underscore our commitment to the highest standards of professional practice.

I look forward to working closely with you as we embark on this journey. Your insights and experiences are invaluable to our efforts, and I am eager to hear your thoughts and ideas on how we can continue to advance our profession and organization together. As things continue, I promise to keep you updated and engaged every step of the way. Thank you for your unwavering commitment to excellence and your invaluable contribution to the field of bariatric nursing. Together, we will achieve remarkable things.

Warm regards,

Diane Enos, EdD, MPH, RDN, CAE, FAND

Chief Executive Officer, ASMBS

[diane@asmbs.org](mailto:diane@asmbs.org)

Connect with me on LinkedIn:

<https://www.linkedin.com/in/dianemenos/>



**What is the CBN certification?**

The Certified Bariatric Nurse (CBN) certification is a professional credential for nurses specializing in the care of patients undergoing bariatric surgery. It signifies a nurse's dedication, expertise, and commitment to providing high-quality care in the field of metabolic and bariatric nursing.

**Why is accreditation of the CBN certification important?**

Accreditation ensures that the CBN certification meets the highest standards of professional excellence and credibility. It is a mark of quality that reflects adherence to stringent criteria regarding the certification's development, administration, and governance.

**What accrediting bodies are recognized by the Magnet Recognition Program?**

The Magnet Recognition Program recognizes certifications accredited by the following bodies:

- Accreditation Board for Specialty Nursing Certification (ABSNC)
- ISO 17-024 (ANSI)
- National Commission for Certifying Agencies (NCCA)

**Is the CBN certification currently accredited by one of these organizations?**

As of today (March 2024), ASMBS is actively working towards applying for accreditation through the NCCA for the CBN certification. The process is comprehensive and ongoing, with a dedicated team working towards meeting all necessary criteria for accreditation.

**How does Magnet designation relate to CBN certification?**

Magnet-designated health systems recognize and often financially support nurses in obtaining certifications that are accredited by the organizations recognized by the Magnet Recognition Program. Accreditation of the CBN certification would enable more nurses to obtain this credential with financial support from their employers, enhancing the quality of care provided to bariatric surgery patients.

**When will the CBN certification be accredited?**

The accreditation process is meticulous. While ASMBS is making progress and prioritizing this effort, a specific timeline for completion is not currently available. ASMBS is committed to keeping candidates informed and will share updates as they become available.

**How can I stay informed about the accreditation process of the CBN certification?** Candidates and interested parties are encouraged to reach out to ASMBS for the latest information by email or by monitoring the website. The society is committed to providing updates on the accreditation process as they become available.

**What should I do if I'm interested in obtaining the CBN certification, but my hospital requires it to be accredited?**

It's recommended to communicate with your hospital's administration about the ongoing accreditation process. ASMBS is actively working towards achieving NCCA accreditation, and sharing this information may help in discussions about potential support for obtaining the CBN certification in the future.

Our CBN spotlight for this newsletter will feature 3 very influential retired CBNs, Christine Bauer, Sue Dugan, and Alice Jackson. These expert nurses have played significant roles in the development of the CBN certification since its inception, and paved the path of learning and increasing awareness in the field of bariatrics. Congrats to these women for their spotlight recognition and lifetime dedication to nursing and bariatrics. For any retired CBN nurses interested, you can update status using the [Learning Builder platform!](#)



"There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do and mostly live."  
Dalai Lama

### **Christine Bauer, MSN, RN, APRN-CNS, CBN (Ret)**

Christine Bauer received her CBN certification sitting on the 2nd seating of the exam, and served on the advisory committee for the CBN, advising on the core values and skillsets. Christine also served as the past-president of the IH Section Executive Council of ASMBS. Although retired since 2017, she continues to volunteer at the local bariatric program. Additionally, she volunteers her time in various roles such as Read Aloud program and on the advisory board for the Volunteer 50+ program. She enjoys her time with family, children, and grandchildren, in her Delaware home by the coast.



"Your legacy is every life you touch."  
Maya Angelou

### **Sue Dugan, BSN, RN, CBN (Ret)**

Sue's involvement with CBN formation was in the practice analysis focus meeting, and she still assists in practice analysis to this day. Sue also became an early item writer, navigating the difficult tasks of researching and test writing. Sue's unique background led her from high school in the Bronx to graduate nursing school in Columbia University in NYC. Sue, retired as of 2021, is proud of the CBN retired status as it reminds her and others that we have achieved an appreciated level of specialty in bariatrics. Her, her family and daughters often enjoy weekends in their cottage on Fox Lake in Wisconsin.



"Yes, you will be voluntold"  
Alice Jackson

### **Alice Jackson, MSN, NP-C, RN, CBN (Ret), CNOR**

Alice, who became a nurse practitioner in 2001, proudly boast as a 1st CBN exam taker when it was pencil and paper in 2007. She went on to assist with item writing, exam construction, and a long-time presenter at ASMBS conferences and meetings. Alice, a Distinguished CBN award recipient, truly believes in the certification, and still recruits fellow nurses to be CBNs and teaches a CBN prep class. While she semi-retired in 2018, she helps behind the scenes at the Fresno bariatric program. Her and her husband of over 50 years reside in California, spending time with their children and grandchildren.

## **Bariatric Vitamin Strategies** by Shirley Bearden RN, CBN

Metabolic and Bariatric surgery provides many benefits including weight loss, improvement in health, fewer medications, and a better quality of life.

However, with the dietary changes and reduced food intake, as well as the altered nutrient absorption post-surgery, vitamin deficiencies and their complications could develop. Our programs educate on the importance of bariatric vitamins in sustaining bone health, preventing anemia and neurologic deficits as well as boost energy levels and enhance immunity. With the emphasis placed on the need for lifelong use of vitamin and mineral supplementation the goal is to reduce and eliminate long-term deficiencies. This may include a high potency vitamin containing 100% of the daily value (DV) for at least 2/3 of nutrients. Additionally, there are a variety of bariatric specific products to meet client's postoperative supplementation needs.

There is a decrease in bariatric postoperative clients continuing to follow these recommendations the further they progress from their surgery. Multiple articles and studies were reviewed and suggested ranges varied from 20% to 60% of clients did not adhere to the vitamin and supplement recommendations at two years post-op. What strategies can be implemented to overcome the challenges of the bariatric client to improve their adherence with vitamins and supplements?

To provide answers to this question I reached out to two people who I was confident would provide insight.

Melissa Majumdar, MS, RD, CSOWM, LDN

"To help my patients continue to take their vitamins for life, I like to understand what barriers they have and what's most important for them when choosing a vitamin. Is it cost, number of pills, a simple schedule, taste, access, or something I haven't thought of. We work together to identify gaps in knowledge – like that calcium levels in the blood are not the best indicator of calcium needs – and match behavior change around vitamins to goals and values that are important to them."

Gina Kersh, MS, RDN/LD

"I like to explain to my clients that, preceding bariatric surgery, a multivitamin is more of an insurance policy by slight boost in nutrients when you have an imperfect day meal planning. Post-op, when you consider restrictions, with nutrition volume consumed or malabsorption, your supplementation becomes more vital in preventing nutrition deficiency. And deficiency is not just a lab number that is easily or always identified on routine doctor follow-up visits. Deficiencies do not always come with noticeable symptoms but do mean you could experience compromised immune response, aches and pains, vulnerability to disease process, fractures, and other decline in health. Knowledge is a powerful tool, and I feel this may empower clients. Few clients will simply take our advice on what they need without understanding how to make their journey safer and more successful."

In addressing the challenge of improving lifelong bariatric vitamin and supplement adherence we should identify barriers of our clients and provide "the why" behind our recommendations. As Benjamin Franklin famously said, "An ounce of prevention is worth a pound of cure."

# Important Information & Updates



## Combined Networking Session Opportunity!

For those attending the ASMBs 2024 Annual Meeting in June, a special combined networking session is available. MBS coordinators, MBSCRs, CBNs, and support group facilitators will be grouped together for this reformatted networking session. As these are often dual roles or roles that heavily support each other, attendees will be able to connect through group discussion and open networking. This session will offer collaboration and sharing of best practices and resources for many professional attendees. Don't miss out on this unique opportunity to network and hopefully score valuable tips from colleagues across the nation!

Veronica Cook, RN MSN CBN

## Masters Course in Metabolic and Bariatric Nursing

The Masters Course in Metabolic and Bariatric Nursing is one of the most popular courses at the ASMBs Annual Meeting. The course, presented by experienced nurses and other integrated health specialists within the specialty of metabolic bariatric surgery, will share some of the latest research and practice information to guide the nursing care of bariatric surgery patients. This session is particularly targeted to nurses who have worked in the specialty of metabolic bariatric surgery for two or more years. However, all nurses working in metabolic bariatric nursing may find it helpful for their practice and are encouraged to join.

The focus this year will be on support groups, transferring addictions and adolescent considerations, pharmacology update with emphasis on comprehensive management, obesity medicine, case studies, and a discussion to define MBS nursing scope of practice/standards.

**Sunday, June 9, 2024**  
**8:00 AM-12:00 PM PDT**  
**Room 29 CD, Upper Level**  
**San Diego Convention Center**  
**3.50 Credits Available**

**Did you  
KNOW?**

Stop by the ASMBs Marketplace to purchase your CBN bag and jacket!



# Interested in Becoming a CBN?

## Interested in Becoming a CBN?

### Important Testing Dates

- CBN Exam Registration Deadline: June 28, 2024
- CBN Exam Window: July 8 - August 30, 2024
- 

### 2025 Test Window 1

- CBN Early Registration Opens: October 14, 2024
- Early Registration Deadline: December 9, 2024
- Regular Registration Deadline: January 6, 2025
- Exam Administration Days: January 13-March 3, 2025

Please check the CBN Exam Section of the ASMBS

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

Please like and share the CBN Facebook page!  
We post updates on CBN testing information,  
CBN committee needs, plus more!

Advocacy  
Research



Education  
Compassion

CBN Facebook



@CBNCertification

Find us on 

## Welcome Class of July 2023

Our Newest Certified Bariatric Nurses!

Adler, J  
Alexander, R  
Allen, L  
Arce, K  
Black, A  
Bohac, C  
Bunkley, A  
Burns, A  
Cabada-Diaz, M  
Chason, C  
Cook, E  
Core, A  
Csillag, T

Doerfler, B  
Durham, D  
Egbert, M  
Faught, K  
Fisher, K  
Fisk, K  
Gallagher, J  
George, P  
Gibe, J  
Gillespie, K  
Goble, K  
Gonzalez Salcedo, S  
Hayes, S

Hinkel, M  
Huffman, E  
Hunt, S  
Hutson, A  
Johnson, L  
Kelley, A  
Kelley, J  
Kortus, M  
Lane, A  
Lawler, K  
Leier, K  
Manfreda, A  
Mclaurin, M

Mullins, M  
Pacitti, T  
Pham, T  
Pravia, A  
Price, V  
Ramos, M  
Robinson, A  
Robinson, K  
Savage, S  
Scarfo, S  
Schroff, A  
Shanks, A  
Sifers, F

Singletary, S  
Smits, K  
Styrna, B  
Thompson, J  
Toledo, O  
Turner, K  
Van Oosten, N  
Vanosdale, C  
Williams, E  
York, D  
Zoltowsky, M

## Welcome Class of February 2024

Our Newest Certified Bariatric Nurses!

Bode, A  
Bodnar, D  
Casey, M  
Cooper, B

Jenkins, S  
Lomeli, P  
Montalbano, T  
Monzu-Sparks, M

Pyle, M  
Rimal, A  
Rippy, L  
Robson, H

Rossides, L  
Stouges, K  
Studer, J  
Thomas, M

Tonry, A  
Navarro, G  
Wright, S

# Articles of Interest

- Arnaert A, Girard A, Craciunas S, Shang Z, Ahmad H, Debe Z, Demyttendaere S. Patients' experiences of telenursing follow-up care after bariatric surgery. J Clin Nurs. 2022 Apr;31(7-8):985-994. doi: 10.1111/jocn.15955. Epub 2021 Jul 9. PMID: 34245069. <https://pubmed.ncbi.nlm.nih.gov/34245069/>
- Mou D, Falconer E, Majumdar M, Delgado T, Fay K, Hall CE, Smach C, Ashraf S, Levett S, Lin E, Davis S, Patel A, Stetler J, Serrot F, Srinivasan J, Oyefule O, Diller M, Hechenbleikner E. Achieving durable compliance with venous thromboembolism prophylaxis in bariatric surgery: 3-year data from a major academic medical center. Surg Obes Relat Dis. 2024 Jan;20(1):72-79. doi: 10.1016/j.soard.2023.08.008. Epub 2023 Aug 16. PMID: 37684191. <https://pubmed.ncbi.nlm.nih.gov/37684191/>

## Certified Bariatric Nurse Certification Committee

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### CO-CHAIR

Jessie M. Moore

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Karen Groller

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Tracy Martinez  
Bobbie Lou Price  
Jessie Moore

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William Gourash  
Jessie Moore

### INTERNATIONAL

(new)

The CBN Newsletter was developed by the CBN Committee and produced by the ASMBS Senior Manager of Certification and Credentialing, the CBN Newsletter Coordinator, the ASMBS Marketing Manager, and the ASMBS Media Design Manager.