



FALL 2024

CBN C.A.R.E

Official Newsletter of the ASMBS CBN Certification Committee

Letter From The Chairs

Dear CBNs,

We at the Certified Bariatric Nurse (CBN) certification program are committed to enhancing the specialty of metabolic and bariatric surgery nursing care. Metabolic and bariatric surgery 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 metabolic and bariatric surgery care and to offer the premier credential for nurses caring for metabolic and bariatric surgical patients.

As we move forward in our efforts to enhance and elevate the CBN program, we are actively pursuing NCCA Accreditation. However, before we move forward, there was an important issue that came to light following a governance audit: our adherence to the ASMBS bylaws. Ensuring compliance with these bylaws is not merely a procedural necessity—it's fundamental to the integrity and governance of our program. The NCCA accreditation process will rigorously evaluate our adherence to these bylaws, so it is critical that we align all our practices accordingly.

One key focus will be on implementing a leadership transition plan that ensures compliance while maintaining the strength of our team. Effective immediately following the ASMBS Annual Meeting 2024, Karen Flanders, CNP, CBN has accepted the chair position and Ron Permenter, MSN, RN, CBN, has accepted the co-chair position of the CBN Committee and the CBN Accreditation Council. Bill Gourash will continue as a leader-member on the CBN Committee and CBN Accreditation Council, while Jessie has retired.

We want to take this opportunity to extend our deepest gratitude to Bill Gourash, who served as the CBN Chair for 20 years, and Jesse Moore, who has been a longstanding co-chair. Their dedication and long-term commitment to the CBN Committee and certification program have been instrumental in its success and growth. We are incredibly grateful for their leadership and the strong foundation they've built. Both Bill and Jesse were honored with Distinguished Service Awards at the ASMBS Annual Meeting 2024, a well-deserved recognition of their many years of service and commitment to advancing our field.

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

Connect with Us: Join the [ASMBS IH CBN – Certified Bariatric Nurses Private Facebook Group](#). Suggest newsletter topics or ask questions via email to CBN@asmbs.org or on our Facebook page.



Karen Flanders,
CNP, CBN



Ron Permenter
MSN, RN, CBN



Important Dates

October 14, 2024
CBN Early Registration Opens

November 7-9, 2024
ASMBS Weekend
Atlanta, Georgia

December 9, 2024
CBN Early Registration
Deadline

January 13-March 3, 2025
CBN Exam Window

What is the CBN certification?

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

CBN Accreditation Status

ASMBS and the CBN Accreditation Council are actively pursuing accreditation through the National Commission for Certifying Agencies (NCCA), a Magnet Recognition Program approved accreditation authority. The process is comprehensive and ongoing, with a dedicated team working towards meeting all necessary criteria for accreditation. While ASMBS is making significant progress and prioritizing this effort, a specific timeline for completion is not yet available. However, ASMBS is committed to keeping candidates informed and will share updates as soon as they become available. Please visit the [CBN Program webpage](#) or contact cbn@asmbs.org for additional information.

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.

How does Magnet designation relate to CBN certification?

Magnet-designated health systems and some other non-Magnet-designated hospital 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 metabolic bariatric surgery patients.

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

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.

Advocacy
Research



Education
Compassion

Find us on 

CBN Facebook

@CBNCertification

CBN & ASMBS State Chapters



State Chapter Meetings and the CBN Review Course

- Including the CBN Review Course at ASMBS State Chapter meetings promotes networking, collaboration, and improved quality of care for metabolic and bariatric patients.
- The CBN Review Course, traditionally featured at the ASMBS Annual Meeting, is now available on a widely used online platform.
- Contact CBN@asmsb.org to inquire about hosting a CBN Review Course at your ASMBS State Chapter Meeting.

The official review course for the Certified Bariatric Nurse (CBN) exam, a long-standing feature of the ASMBS Annual Meeting, has also found a home on a well-used online platform. Some pioneering CBNs have taken the initiative to include a review course in their state chapter's annual meeting, setting a commendable precedent for their peers!

Jamie J. Carr, BSN, RN, CBN, FASMBS-IH, has been an active CBN for nearly two decades and recognized an inherent need to expand course offerings to support and engage Texas nurses pursuing the credential. As a longstanding member of the Texas Association for Bariatric Surgery (TABS) and the former Integrated Health Section (IHS) president of the same, she was uniquely equipped to recognize the benefit that growing providers with specialized training in obesity and metabolic and bariatric care would have on her profession and the population we serve. She is passionate about providing clinically excellent and competent care for those battling obesity and has practiced in this field for over twenty-five years. Because many programs cannot send their teams to national conferences, Jamie set out to secure a means of ensuring the specialized knowledge and skills of the metabolic and bariatric nurse could be accessible to all nurses in her state. In so doing, she has elevated the profession and improved the quality and safety of metabolic and bariatric care for those choosing to treat their obesity with metabolic and bariatric surgery. Including a CBN review course in the TABS annual meeting has the additional benefit of increasing networking opportunities for like-minded nurses and facilitating collaboration across program lines. This again impacts access and knowledge while advancing care for this vulnerable population.

Recognizing the appropriate path to requesting the addition of a CBN review course to an annual state meeting can be daunting, especially if IH does not have an identified seat at the leadership table. However, in a recent survey sent to over three hundred program coordinators, over sixty percent of the respondents were unsure if IH was represented in their state leadership. Despite this, over seventy percent endorsed a desire to see a CBN review course offered at a state-level meeting. This data is encouraging and a sign of the potential impact the CBN review course can have on state-level meetings. When asked for advice, our seasoned pro, Jamie, suggested that, in addition to reaching out to the CBN Committee, the IH leader liaises with the state chapter's Executive Board to gain support and recruit a CBN planning committee. The TABS surgeons could be fantastic mentors for state leaders looking to navigate a path to incorporating IH into their numbers. They have recognized the value of the Texas IH members' unique insight and granted them the capacity to form sub-committees, program planning committees, and membership drives specific to IH. Jamie encourages those looking to grow their influence and refine their specialties to be encouraged and persevere. She also suggests considering applying to serve on one of the national ASMBS IH committees, as the experience and relationships gained in these endeavors are invaluable.

Jamie credits the ASMBS CBN Committee with helping to ensure that all guidelines integral to a comprehensive local review course are provided. The CBN Committee is eager to help make the integration process into state meetings a reality.

2024 CBN Distinguished Service Award



Tracy Martinez, BSN RN FASMBS-IH

2024 CBN Distinguished Service Award

- **25+ Years of Experience:** **Certified** Bariatric Nurse dedicated to Metabolic and Bariatric Surgery.
- **Active Committee Member:** Over 10 years on the CBN Committee.
- **Invited Speaker:** Nationally and internationally recognized educator for Integrated Health and surgeons.
- **Patient-Centered Approach:** Demonstrates compassion for patients and those affected by obesity.

The Certified Bariatric Nurse (CBN) Committee and the ASMBS proudly recognize the invaluable contributions that Certified Bariatric Nurses make daily to their patients, families, communities, and the profession. The Distinguished CBN Award celebrates a nurse who exemplifies exceptional commitment to the core values of the CBN: Compassion, Advocacy, Research, and Education. This year, we received an impressive array of nominations, and it is our pleasure to announce that the 2024 award is bestowed upon Tracy Martinez, BSN, RN, FASMBS-IH, nominated by one of her esteemed colleagues.

With over 25 years of experience in Metabolic and Bariatric Surgery, Tracy has profoundly impacted the field as a past president of the ASMBS Integrated Health Section and a former Chair of the Integrated Health International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO). She is a sought-after speaker at national and international conferences, providing valuable education to nurses and surgeons. Tracy has authored several textbook chapters and journal articles, and she currently serves on the editorial boards of SOARD, Obesity Surgery, and Bariatric Times.

Her advocacy for metabolic and bariatric nursing extends from local initiatives to the global stage, including her ongoing service on the Board of Directors of the Obesity Action Coalition. Notably, during her presidency of the IHSEC, Tracy supported the formation of the "RN Certification Committee," which evolved into the CBN Committee and Certification. Above all, she is a dedicated metabolic and bariatric nurse, passionate about ensuring her patients receive the highest quality care.

It is with immense honor that we recognize Tracy Martinez as a truly exceptional Certified Bariatric Nurse at the ASMBS Annual Meeting 2024 with the Distinguished CBN Award.

CBN Spotlight



Shirley Bearden, RN CBN

Our CBN Spotlight is one of our marketing team members, Shirley Bearden, RN CBN. Shirley resides in Fort Smith, Arkansas, where she has worked for Mercy Hospital for 37 years. In her past life, Shirley was in the police force in Arkansas before becoming a nurse. She worked in the ICU for years before helping Mercy become bariatric accredited with the SRC, then later accredited with MBSAQIP. She works full time as the metabolic and bariatric program coordinator at Mercy. Shirley is also a weight loss surgery patient, and describes her bariatric patient experience as lifechanging. She became an advocate for weight loss surgery and found a passion for helping with access to care for metabolic and bariatric patients. This led her to become CBN certified in 2016, and she became the ASMBS State chapter chair for Oklahoma/Arkansas chapter, also serving on the access to care committee as the Arkansas IH Star representative. Shirley has been serving on the ASMBS CBN marketing committee for over 2 years, and recently accepted the additional role as co-chair on the accreditation committee. At the recent ASMBS national conference, Shirley was a presenter and co-course director.

Along with these numerous roles and hats, her favorite is being wife to her husband of 34 years. She loves to travel and do anything with her kids, grandkids, and cuddling with their two cats. Shirley was an avid runner, running countless ½ marathons and 8 full marathons, including completing the Goofy challenge, the London marathon, and joining the Double Agent Club (look it up!). She remains active in her community, recently spearheading the Walk from for Obesity in Fort Smith, coordinating the route and enlisting sponsors and community support for the walk.

Shirley's passion and dedication to metabolic and bariatric care, health and wellness shines through in her daily work and active volunteerism, even in her own words, "What a joy it is to positively impact people's lives, what an incredible job and opportunity we have to help people". I cannot agree more Shirley!

If you have a CBN that exemplifies the values of the CBN and should be recognized in the C.A.R.E. newsletter CBN spotlight, please email cbn@asmbs.org for him or her to be featured in the upcoming newsletter.



Featured Article

GLP-1s vs Metabolic and Bariatric Surgery by Shirley Bearden RN, CBN

There has been a lot of talk recently about the use of GLP-1 medications—from healthcare professionals, patients, family members, and even people in stores. We've heard people say they are diabetic and unable to obtain their medication because others are using it to lose weight. Articles discuss how pharmacies receive such low reimbursement for these medications that it may actually cost them to fill prescriptions, leading some to decline to do so. MBS coordinators have also noted a decrease in their metabolic and bariatric surgery volumes, attributing this decline to the increased use of GLP-1s.

As advocates for patient access to care, it is imperative that we consider the benefits of anti-obesity medications. At the ASMBS 2024 Annual Meeting, a study was presented indicating that pre-operative use of GLP-1s may reduce complications after metabolic and bariatric surgery in patients with a BMI greater than 70. Another study presented at the same meeting reinforced that metabolic and bariatric surgery is more effective and durable than new anti-obesity medications. However, GLP-1s did result in weight loss, and this was maintained as long as the medication was continued. One issue observed in my area is that physicians will prescribe GLP-1 medications for their patients but do not plan to continue appropriate therapy once the patient reaches their goal weight. Weight recurrence will occur if the medication is discontinued—a finding confirmed in another study presented at the ASMBS 2024 Annual Meeting.

In an article published in Yale Medicine on April 2, 2024, John Morton, MD, MPH, medical director of metabolic and bariatric surgery for the Yale New Haven Health System, stated that he found placing patients on GLP-1s prior to weight-loss surgery helped them achieve better results. He further explained that patients were taken off GLP-1s immediately after surgery, as their bodies needed to adjust physiologically.

Surgeons have also noted that adding GLP-1s for patients experiencing weight recurrence after MBS is beneficial in reproducing the weight loss initially achieved from surgery.

We are the advocates, the educators, the ones who continue to shed light on the disease of obesity. To anyone who thinks that people are using their lifesaving medication just to lose weight: losing weight is lifesaving. Whether through anti-obesity medications, metabolic and bariatric surgery (with the high cost of GLP-1s, some insurance companies have eased access to metabolic and bariatric surgery), or a multifaceted approach, all of these are valid paths that help navigate our patients back to a healthier life.

Interested in Becoming a CBN?

CBN Exam Preparation

"How do I prepare to take the CBN exam?" is a question that is frequently asked. Every individual is different, but we have some guidelines to help you develop a study plan on our webpage: <https://asmbs.org/integrated-health/cbn-exam-preparation/>

- Reviewing the Content Outline section of the CBN Handbook and doing a self assessment.
- Find learning experiences to meet your needs.
- Study with a partner!
- Find us on Facebook to connect with CBNs!

CBN Online Review Course

Developed by ASMBS in order to assist those who would like to take the CBN® examination and attain the CBN® certification. This course will provide the learner with a readily available, flexible, easy to use, reasonably priced and quality resource to study for the examination. *This course does not guarantee the learner will pass the CBN Examination.*

<https://asmbs.org/professional-education/cbn/cbn-online-review-course/>

Important Testing Dates

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

2025 Test Window 2

- CBN Early Registration Opens: March 17, 2025
- Early Registration Deadline: May 19, 2025
- Regular Registration Deadline: June 27, 2025
- Exam Administration Days: July 7 through August 25,

Visit our website for additional information:

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



Welcome Class of August 2024
Our Newest Certified Bariatric Nurses!

D. Allan
L. Baker
D. Baldwin
K. Barrett
T. Bedrosian
C. Bloodworth
S. Brown
J. Buitrago
A. Burke

M. Dutzy
B. Elzey
M. Feenstra
S. Ferry
M. Frye
R. Goehring
L. Gomez
L. Halverson
D. Hamilton
J. Hoffman

J. Holcomb
A. Huizenga
L. Jackson
L. Kirk
V. Kratsch
W. Lepek
J. Litwin
C. Long
D. Majerus
J. Marucci

J. Myers
C. Nguyen
E. NICOMEDES
A. Olszewski
D. Perez-Meskil
S. Pinckney
K. Pirnik
S. Powers
J. Roseberry
A. STAFNE

B. Stockholm
G. Stone
j. strack
J. Szymarek
A. Thigpen
K. Vann
M. Wactor
S. Wilkinson
E. Williams
A. Wilson
M. Yost

Articles of Interest

<https://pubmed.ncbi.nlm.nih.gov/39102244/> **Obesity in Adolescents: A Review.** Kelly AS, Armstrong SC, Michalsky MP, Fox CK.. JAMA. 2024 Sep 3;332(9):738-748. doi: 10.1001/jama.2024.11809. PMID: 39102244.

<https://pubmed.ncbi.nlm.nih.gov/38926021/> **Evaluating the incidence, risk factors and postoperative complications associated with leaks following duodenal switch procedures: an analysis of the MBSAQIP.** Abi Mosleh K, Corbett J, Salameh Y, et al. Surg Obes Relat Dis. 2024 Sep;20(9):804-812. doi: 10.1016/j.soard.2024.05.012. Epub 2024 May 29. PMID: 38926021.

<https://pubmed.ncbi.nlm.nih.gov/38411644/> **Long-Term Outcomes of Medical Management vs Bariatric Surgery in Type 2 Diabetes.** Courcoulas AP, Patti ME, Hu B, et al. JAMA. 2024 Feb 27;331(8):654-664. doi: 10.1001/jama.2024.0318. PMID: 38411644; PMCID:

Apply to Join the Certified Bariatric Nurse Committee

Are you passionate about advancing the field of metabolic and bariatric nursing? The Certified Bariatric Nurse (CBN) Committee is looking for dedicated professionals to join our team! As a member, you'll have the opportunity to shape certification standards, contribute to the exam development process, and ensure excellence in metabolic and bariatric care.

Whether you're experienced in item writing or simply eager to get involved, your expertise and enthusiasm can make a difference. Help us continue our mission of promoting high-quality metabolic and bariatric nursing.



Apply today and be a part of something impactful!

Certified Bariatric Nurse Committee & Subcommittees

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Karen Flanders

CO-CHAIR

Ron Permenter

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Karen Groller

ACCREDITATION

Sharon Hillgartner (leader)

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Mary Sparks

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(new)

The CBN Newsletter was developed by the CBN Committee and produced by the ASMBS Senior Manager of Certification and Credentialing and ASMBS Marketing Department