



CBN[®] Newsletter



Volume 1, 2014

-IMPORTANT DATES -

-August 1-

-October 31-

Recertification
Application Deadlines
for 2014

-June 19 thru 21-

Spring Educational Event
including CBN Review
Course, Miami, FL

-June 27-

July CBN Exam
Registration Closes

-Nov 2 thru 7-

Obesity Week
Boston, MA

Welcome to the CBN Newsletter



I am honored to have this opportunity to welcome you to the first issue of the CBN Certification Program Newsletter. It has been our goal for some time to establish an avenue of communication between the certification committee and program and all CBN certificants, and as well as bariatric nurses interested in possibly becoming certified. We are hoping to keep you informed about the changes and updates of the CBN program, the logistics of attaining and maintaining your certification as well as fostering your continued professional development as a bariatric nurse. We also hope to enable your communication with other CBNs. We ask you to help us to meet your needs with this newsletter by sharing your comments and suggestions regarding the content and your preference for format such as paper mailings, emailed pdf, web journal or other. The newsletter email address is cbn@asmbs.org. Please tell us what you liked and found helpful as well as what you did not like and did not find helpful.

Finally, we are looking for a newsletter name. Please submit your suggestions to the newsletter email above. If the CBN Certification Program Committee chooses your suggestion for a title, you will receive the registration fees waived for taking the certification examination or for one recertification interval. Please send in your suggestions to cbn@asmbs.org by September 15th. We will unveil the selected name with our next newsletter just prior to Obesity Week 2014.

Again, Welcome!

William F. Gourash, MSN CRNP , CBN Committee Chair

CBN Spotlight: Memorial Hermann Memorial City Medical Center- Houston, TX

As our bariatric program grew to over 1000 surgeries annually, our hospital administration realized the importance of nurses in supporting this patient population. Currently, our Bariatric Director, Bariatric Coordinator in the Operating Room and four Bariatric Floor Nurses hold the CBN certification, and four more are planning to sit for the next exam. Hospital administration supports this effort by paying nurses to attend a four hour review course. This course utilizes the ASMBS review materials, and our bariatric surgeons offer more insight into the postoperative care after patients leave the hospital. Administration also reimburses our nurses for the testing fees once they pass.

We found one of the many benefits in encouraging our nursing staff to become CBN's is the trust that developed between surgeons and nurses. Our doctors know who has their certification and they have a great deal of respect for their clinical assessment of patients. CBN's are also assigned to orientate the new nurses to the floor which allows these nurses to learn from the best.

Overall, our hospital has found significant value in supporting and encouraging our nurses to become Certified in Bariatric Nursing. Our program has benefited and we believe our care and patient experience has improved as a result.

Trudy L. Ivins MSN, BSN, RN, CBN

Digestive Health Service Line Director, Memorial Hermann Memorial City Medical Center

Share your hospital or practice story on the benefits you have experienced having CBNs on staff and how your administration has supported you! Please send your story to cbn@asmbs.org.

CBN[®] Recertification

Recertification is the heart of certification. It is what differentiates a certification from a “certificate” program; a requirement for on-going professional development. For the CBN certification, recertification is required every 4 years.

Some nurses choose the professional development path of re-testing, utilizing the test preparation process to help them uncover new knowledge that they will be able to incorporate and utilize to further tune their nursing practice. Others choose the continuing education option path. The heart of this approach is taking part in educational endeavors, which are applicable to nursing care of the morbid obese and bariatric surgical patient as described in the four domains and knowledge statements outlined in the CBN practice analysis (summarized on pages 22-26 of the 2014 CBN Candidate Handbook available on our website www.asmbs.org/cbn-program). Practical examples include but are not limited to the following topic areas:

- the co-morbid medical conditions of obesity,
- the nonsurgical management of severe obesity,
- bariatric surgical procedures and their mechanisms and complications,
- the nutritional aspects of obesity/bariatric surgery,
- the epidemiology of obesity, the psychosocial aspects of morbid obesity and bariatric surgery,
- the safe transfer and transport of severely obese patients,
- bariatric surgical accreditation, and
- the function of the multidisciplinary team in care of the severely obese.

Logistically these may take the structure of workshops; study modules; grand rounds offered by your place of employment; or local, state, national nursing or professional organization sponsored conferences where you received nursing continuing education hours (CE) or continuing medical education (CME). Also acceptable are independent study and/or e-learning online courses, and articles from professional journals which are approved for CE or CME.

The focus is not the recertification process, but for you to further develop your knowledge and skills as a bariatric nurse, which hopefully translates into better care and outcomes for your patients. If, after reviewing the recertification section in the handbook you still have further questions, please do not hesitate to call or email the CBN program at cbn@asmbs.org

Behind the Scenes on a CBN Committee—Exam Development

Each newsletter will feature the experience of a member of one of the CBN subcommittees. Today Mara Berman, member of the Exam Development subcommittee shares her experience:

I have been on the CBN Exam Development Subcommittee since 2004. I responded to an email asking for “item writers”. I didn’t even know what an item writer was, and thought that the last thing I needed was more work to do! Nonetheless, I sent in my application along with my resume and to my surprise, I was chosen. Before being involved, I did not realize the complexity involved in writing a test question. Writing a question with the correct answer may seem easy, however writing three plausible but incorrect distracters for those questions is the hard part. My area of expertise is perioperative bariatric care, and I read everything I could get my hands on and attended all of the Annual Meetings to gain more knowledge. This served me well in my role as an educator and it also enabled me to write better questions.

From being an Item Writer, I was selected to be on the Exam Construction subcommittee. This group consists of content experts across the continuum of bariatric care. The work involves reviewing and revising all new items and then selecting items for each individual exam; ensuring that content is covered, but not overlapped. It is an arduous task and often takes more than a 12 hour working day.

I have truly enjoyed being a part of this committee. The core committee members are like family, and despite the long hours working at meetings, it’s all worth it in the end to help as many bariatric nurses as possible take the exam and advance professionally as Certified Bariatric Nurses.

Mara Berman, RN, BSN, MBA , CNOR, Florida

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.

Guideline for the Management of Overweight and Obesity in Adults

- November 12th, 2013, marked the release of the “Guideline for the Management of Overweight and Obesity in Adults”: A Report of the American College of Cardiology, the American Heart Association Task Force on Practice Guidelines and The Obesity Society (<http://tinyurl.com/kfmohjl>). This Guideline offers a roadmap to treat adults affected by obesity (all classes) and overweight. The obesity treatment recommendations are based on the latest scientific evidence from 133 research studies. The National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (NIH) convened the expert panel that wrote the report. At the invitation of the NHLBI, the American Heart Association, the American College of Cardiology and The Obesity Society officially assumed the joint governance, management and publication of the obesity guideline. This guideline utilized a similar development process and might be considered an update to the NIH guideline of 1991. Jensen MD, et al. (2013). *2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults*, doi: 10.1002/oby.20660

Practice Guidelines for the Perioperative Management of Patients with Obstructive Sleep Apnea

- Practice Guidelines for the Perioperative Management of Patients with Obstructive Sleep Apnea. American Society of Anesthesiologists Task Force. 2014 (<http://tinyurl.com/mjgym7j>). Administration of anesthesia, analgesia, or sedation to patients with obstructive sleep apnea can cause adverse outcomes. This guideline covers recommendations for both adult and pediatric patients in inpatient and out patient settings, and is based on evidence from a thorough review of current scientific literature and data from large scale surveys of practicing anesthesiologists with the goal of reducing the risk of such outcomes. American Society of Anesthesiologists Task Force on Perioperative Management of Patients with Obstructive Sleep Apnea (2014), *Anesthesiology*, 120(2); p1-19.

If you would like to submit items of best practice, research supported, that you have implemented in your program that has proven to improve the patient experience and outcomes. Please forward to us at cbn@asmb.org

What's coming next...

Your CBN Marketing subcommittee has been working on a project to gauge your views on the value of being a Certified Bariatric Nurse (CBN).

We will be using the Perceived Value of Certification Tool (PVCT) and asking some additional questions that will inform us about your experience, your years as a CBN, and whether you've been re-certified. The PVCT has been demonstrated to be valid and reliable, and has been used in a number of studies with a wide variety of nursing specialties. It will assist us to learn about your barriers to achieving certification as well as the perceived benefits.

Our aim is to reach as many nurses whose work is predominately in this specialty of bariatric nursing. We also want to hear from nurses who have not yet decided to undertake the CBN certification and/or those who are not members of ASMBS Integrated Health.

Please be on the lookout for the email survey in one to two months. We appreciate your assistance and look forward to learning about your views and experience with bariatric nursing certification.

The CBN Marketing Team

Welcome Class of Feb 2014

Our Newest Certified Bariatric Nurses!

J. Adamio	P. Floyd	T. Ottosen
A. Barnett	D. Gross	M. Patterson
J. Barriteau	M. Hampson	J. Paul
E. Baylon	T. Hargrove	K. Seitz
S. Bearden	P. Houston	C. Shea
E. Belleque	K. Kammann	J. Skeen
M. Bohn	K. Kaur	M. Spiers
S. Bowers-Sanchez	S. Keeth	S. Sutcliffe
B. Burnett	T. Kelly	Y. Lan Tai
H. Caldwell	K. Koger	T. Tanner
C. Cauley	A. Limont	M. Tirey
G. Chandler	L. Loomis	L. Trainor
J. Chou	K. Maffret	N. Tzuc
T. Corbitt	L. Meyer	K. Voss
P. Costales	L. Mroz	S. Wessels
T. Davis	N. Mulder	E. Whitehurst
J. Durbin	D. Myers	A. Wolfgang
L. Erwin	V. Nunez	
	A. Nyce	



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Certified Bariatric Nurse Committee

Chair & IHEC Liaison

William F. Gourash, MSN CRNP

Co-Chair

Jessie M. Moore, MSN APRN

Marketing/Feasibility

Jamie Carr, RN BSN CBN
Narelle M. Story, RN MSN CBN
Trudy L. Ivins, MSN BSN RN CBN

Practice Analysis

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

Exam Development

Jessie M. Moore, MSN APRN (Leader)
Ruth M. Davis, RN BSN MBA
Mara Berman, RN BSN MBA CNOR
Maureen T. Quigley, APRN

Recertification

Barbara J. Allen, ARNP (Leader)
Sally N. Strange, RN PhDc
Pamela S. Dye, RN MSN MHA
Latasha N. Baxter, CRNP

Accreditation

Tammy E. Beaumont, BSN RN BC
CBN (Leader)
Renee J. O'Daniel, RN MSN CBN
Carol A. Abbott, RN CBN

Policy & Procedure

Patti A. Anderson, RN BSN
Lisa C. Luz, RN MSN CBN
Ann Couch, RN CBN CPC

Examination Preparation

Bobbie Lou Price, BSN RN CBN
Barb L. Lawrence, RN MED
Christine C. Bauer, MSN RN CBN

Financial

Tracy Martinez, BSN RN CBN
Bobbie Lou Price, BSN RN CBN
William F. Gourash, MSN CRNP
Jessie M. Moore, MSN APRN