Neuraxial Anesthesia Task Training Workshop for CRNAs
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Introduction
• CRNAs have restricted practice in many states, including NJ
  – Certain skills may not be practiced frequently due to these restrictions
• NJ requires CRNAs to practice under medical direction or supervision of a physician anesthesiologist
  – Joint protocol must be with physician anesthesiologist
• Consumer Access to Healthcare Act
  – CRNAs have restricted practice in many states, including NJ
  – NJ requires CRNAs to practice under medical direction or supervision of a physician anesthesiologist
• Neuraxial Anesthesia Refresher Course
  – Allowing CRNAs to refresh knowledge and simulate skills in neuraxial anesthesia

Background & Significance
• Neuraxial anesthesia
  – Not always performed by CRNAs
  – Essential aspect of anesthesia practice
    • Obstetrics, orthopedic, open abdominal cases, thoracic surgery
    • Continuous or patient-controlled epidurals for post-op pain
  – Scope of practice limitations
    – State laws (Malina & Izlar, 2014; Greenwood & Biddle, 2015)
  – Differences between physician services and CRNA services
    – Care Models
      – Cost effectiveness = CRNA alone is the most cost-effective model (Cintina et al., 2018)
      – Patient outcomes = No differences found (Negrusa et al., 2016; Dulisse & Cromwell, 2010)

Methodology
Design
• Participants completed a pre-intervention survey, then participated in a Neuraxial Refresher Workshop which included a knowledge refresher presentation and an instructional video, followed by time for commentary and open discussion; participants were also provided with a resource sheet for both spinal and epidural anesthesia
• Participants completed a post-intervention survey immediately following completion of the workshop

Setting
• A Statewide Professional Organization for Nurse Anesthesia Virtual Fall Symposium via Zoom, November 7th, 2020
• Task trainers from Rutgers Simulation Lab utilized in an instructional video in lieu of in-person task-trainer simulation

Study Population
• Included: Currently practicing CRNAs attending the Virtual Fall Symposium from any state
• Excluded: SRNAs & CRNAs not currently practicing
• Participation in on a volunteer basis
• Goal: 56 participants

Measures
• Data collected from a pre-intervention survey and a post-intervention survey via Qualtrics software
• Pre-intervention survey included demographic inquiry, including years of practice and practice environment
• Pre-intervention also assessed frequency of neuraxial anesthesia performance and confidence levels
• Post-intervention included the same questions on the pre-intervention survey regarding confidence levels and readiness to perform neuraxial anesthesia
• The intervention survey immediately following completion of the workshop

Analysis
• Convenience sampling to achieve a statistically significant sample size
• Statistical analysis using Qualtrics software from the pre and post-intervention surveys

Results
• There was a strong statistically significant relationship between the length of time practicing as a CRNA and increased confidence levels.
• 56.3% of participants felt that having the opportunity to refresh their knowledge and skills in Neuraxial Anesthesia would be beneficial to their practice as a CRNA.
• Overall confidence levels in knowledge and skill of neuraxial anesthesia increased from the pre survey to the post survey.

Discussion
• Following the neuraxial anesthesia workshop, CRNAs felt more confident in their knowledge and skill level of neuraxial anesthesia.
• With more CRNAs confident in performing neuraxial anesthesia, more patients will be able to benefit from this.