

Fall 2024 Educational Conference

## **Friday, October 4 – Sunday 6 2024**

Location: Gideon Putnam Resort, Saratoga Spring, NY

Expecting 200 guests

### **Working Theme: Recharge our Profession: the business & science of well-being**

CRNAs are under extraordinary professional pressure, whether in the operating room, the back office or at home with family. But the science is in: well-being is more than wishful thinking.

Together we will learn about and experience the effects of **practical, science-based practices** while building a supportive community ready to recharge the profession and secure its future.

We are excited to offer a 3 hour ultrasound workshop, sponsored by Pacira, on Friday. This is open to CRNAs only We will also offer a business of anesthesia workshop concurrent with the ultrasound workshop, presented by Matt Zinder. Both tracks are included with full-conference registration. Space is limited. First come, first served. And because laughter is the best medicine, we've invited comedian and nurse Kelli Dunham as keynote.

We welcome you to dive deep into the business of anesthesia, hands-on workshops and the science of well-being while enjoying time to relax and explore Saratoga Springs, NY.

## **AGENDA**

### **Friday October 6**

**8:00AM – 11:00AM Exhibit Set-up**

**11:00AM Registration Opens, Ballroom Gallery**

**11:00AM – 4:30PM Exhibit Hours**

**11:00AM Lunch, Gideon Putnam Gallery & Ballrooms**

**12:00 PM– 3:30PM, Gideon Putnam Ballrooms**

Pre-conference workshop tracks are included for all CRNAs will full registration.

RRNAs who wish to attend the business of anesthesia workshop may attend for an additional fee.

Both workshops include lunch

Track 1: Hands on Ultrasound Workshop sponsored by Pacira Medical (CRNAs only)

Learn ESP, PENG and Adductor Canal Blocks

There are no CEUs for this workshop.

Space is limited.

Track 2: The Business of Anesthesia Workshop with Matt Zinder (3.0 CEUs)

**4:30PM – 6:30PM Opening Speakers & Cocktails (1.5 CEUs)**

4:30 – 5:00PM: Kick-off and intro to the weekend: The State of the CRNA Profession (Business, Well-being and Legislation) with Matt Zinder & Suzie Newell (.5 CEU)

5:00pm – 6:00PM Keynote Kelli Dunham, RN, BSN “Flight Fight Freeze Laugh” (1 CEU)

6:00pm – 7:00pm – Cocktail hour

Dinner on your own

**Saturday (3 CEUs)**

7:00AM – 9:00AM Spa Breakfast in Gallery, with Exhibitors

7:00AM Sponsor Booths Open

7:00AM-7:45AM Morning Yoga or Forest Walk

8:00AM – 9:00AM The Physiological Stress Response: Understanding the Positives and Negatives with Matt Zinder

9:00AM – 10:00AM Coping Mechanisms Using the Mind and Body, with Suzie Newell

10:00AM – 10:30AM Break with Exhibitors

10:30AM – 11:30AM NYSANA Business Meeting

11:30AM – 12:30PM The Second Victim Effect, Meaghan Wakefield

12:30PM-2:00PM Lunch & Mocktails with Lunch Sponsors

Optional afternoon activities:

- Golf scramble
- Spa
- Historic walking tour

Dinner on your own

8:00PM: Comedy Night with Nurse Comedian Kelli Dunham, Gideon Putnam Hotel

**Sunday (4.5 CEUs)**

7:00AM – 9:00AM Spa Breakfast in Gallery

7:30AM Goldie Brangman Lecture

8:00AM – 9:00AM AANA and NYSANA Update with Mark Blazey and Suzie Newell

9:00AM – 10:00AM The Science is In: A Spiritual Practice Helps, with Suzie Newell

10:00AM – 10:15AM Break

10:15 – 12:15 PM Pillars of health as an Adjunct to Health and Wellness, followed by guided mediation experience and wrap-up, with Matt Zinder