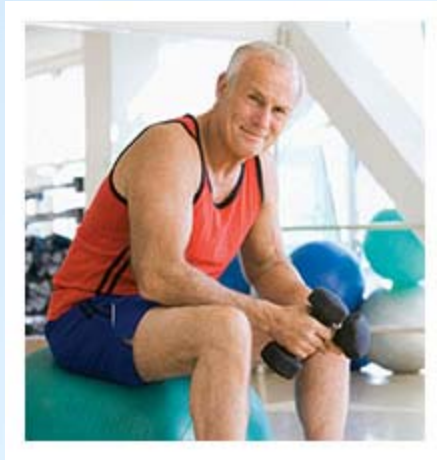


# Having a Procedure? What You Need to Know About Anesthesia



A Presentation from Your  
Certified Registered Nurse Anesthetist

**MANA**  
Michigan Association of  
NURSE ANESTHETISTS  
Quality Anesthesia. Smart Health Care.



# Outline



- Who will be giving my anesthesia?
- What is anesthesia?
- What kind of anesthesia will I get?
- What do I need to do to prepare for anesthesia?
- What questions should I ask?
- Will I be Safe?



# Who Will Be Giving My Anesthesia?

- How anesthesia care is given
  - Anesthesia Models
    - CRNA in solo practice
    - Anesthesiologist in solo practice
    - Anesthesia Care Team Model
    - Anesthesia resident
- Are there other providers?



[future-of-anesthesia-care-today.com](http://future-of-anesthesia-care-today.com)

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# CRNAs- A Tradition of Care

- CRNAs are Advanced Practice Registered Nurses
  - Anesthesia specialists who administer more than 32 million anesthetics in the U.S. each year
  - Nurse anesthesia specialty has a history of nearly 150 years
  - CRNAs are active members of the military and administer the most anesthesia care to soldiers in the field



# CRNA Educational Preparation



- Educated at the graduate level: Masters or Doctorate degree
- Applicants must possess:
  - A bachelors of science in nursing degree
  - A minimum of 1 year of experience as a Registered Professional Nurse (RN) working in a Critical Care Unit
    - most have many more years of experience
  - A minimum 3.0 GPA undergraduate
  - A current license as a RN



# CRNAs- A Tradition of Care

- Board certified
- Mandatory continuing education required for recertification
- Nurse anesthetists provide high-quality anesthesia services combined with personal concern for the health and welfare of patients.



# What is Anesthesia?

- Anesthesia is freedom from pain.
- Anesthesia care can also refer to activities and interventions that take place both before and after an anesthetic is given

## Box 2.1 Phases of Anesthesia Care

### Preoperative Phase

Preoperative evaluation  
Choice of anesthesia  
Premedication

### Intraoperative Phase

Physiologic monitoring and vascular access  
General anesthesia (i.e., plan for induction, maintenance, and emergence)  
Regional anesthesia (i.e., plan for type of block, needle, local anesthetic)

### Postoperative Phase

Postoperative pain control method  
Special monitoring or treatment based on surgery or anesthetic course  
Disposition (e.g., home, postanesthesia care unit, ward, monitored ward, step-down unit, intensive care unit)  
Follow-up (anesthesia complications, patient outcome)



# Anesthesia is a Major Part of Your Surgery

- Your CRNA will:
  - be with you during the entire procedure...You are our only responsibility!
  - constantly monitor every important body function and respond immediately to your reactions to the anesthetic to ensure your safety and comfort.



# Anesthesia is a Major Part of Your Surgery

- In addition to their role during your procedure, CRNAs make many preparations for you before surgery
- You can—and should—take an active role in these preparations by communicating and cooperating with your CRNA and surgeon



# Rest Assured

- Anesthesia is estimated as nearly 50 times safer than it was 30 years ago
- This is because of advanced education, improved technology and better, safer pharmacology of the medications used in anesthesia



# What Kind of Anesthesia Will I Get?

- There are three basic types of anesthesia:
  - Local anesthesia produces a loss of sensation to a small specific area of the body
  - Regional anesthesia produces a loss of sensation to a specific region of the body
  - General anesthesia produces a loss of sensation throughout the entire body



# What Kind of Anesthesia Will I Get?

- During local or regional anesthetics, sedation is also sometimes given to help you tolerate the procedure better
- The type of procedure has a strong impact in the type of anesthesia you'll need
- A preoperative interview with your CRNA determines which anesthetic is best for you



# What Do I Need to Do to Prepare for Anesthesia?

- Before anesthesia the patient's active role makes a difference
- The preoperative interview with your CRNA allows you to supply valuable information that helps determine your care
- Open communication and cooperation are essential during the interview.



# The Preoperative Interview

- As we age, we go through complex physical changes that may affect their body's response to anesthesia- So the interview and exam is very important
- You can assist your CRNA by providing a detailed list of all medications, including aspirin, taken regularly.



# The Preoperative Interview

- Prior to procedures, you will be asked about your medical and surgical history and allergies
- Have a list of all current medications taken (prescribed or over-the-counter)
- **SPEAK FRANKLY - ASK QUESTIONS - FOLLOW INSTRUCTIONS!**



# What Questions Should You Ask?

- Which type of anesthesia is best for me?
- What should I avoid eating or drinking before surgery?
- Is it alright to come alone?
- Which kinds of medications do you need to know I am taking?
- Is it alright to take medications for my allergies before I come in?
- (Men) I am currently taking Viagra or Cialis. Will that interfere with my anesthesia in any way?
- I have asthma/COPD, what do I need to know before and after I have surgery?



# What Questions Should You Ask?

- I am diabetic, are there any special concerns before or after surgery?
- Will I be able to eat solid foods right after my surgery?
- Who can I contact if I have more questions
- I take complementary / alternative medicines—will these pose any problems or is it alright to keep taking them before my surgery?
- What about herbal supplements?



# Herbal Supplements

- People believe if something is natural, it is safe. That is not necessarily true.
  - While many herbal products offer health benefits when used correctly, taking herbal products right up until the day of your surgery or diagnostic procedure may have an impact on your anesthetic and procedure.



# Essential: Tell Your CRNA & Surgeon About all Herbal Products and Supplements You are Taking

- Depending on the supplement, potential side effects may include:
  - increased surgical bleeding
  - heart and blood pressure effects
  - reactions with sedatives
  - interactions with other medications



# Herbal Supplements

- Stop taking herbal products at least 1-2 weeks prior to the scheduled procedure/surgery to prevent side effects.
- If you are not sure of the contents of the herbal product, then bring it and its container with you to the preoperative anesthesia interview.



# Do's and Don'ts After Anesthesia

- Do leave the healthcare facility accompanied by a responsible adult
- Do remain quietly at home for the day & rest
- Do take liquids first and slowly progress to a light meal
- Do discuss with your CRNA or surgeon when to resume your home medication schedule



# Do's and Don'ts After Anesthesia

- Don't drive a car for at least 24 hours
- Don't operate complex equipment for at least 24 hours
- Don't make any important decisions or sign any legal documents for the day
- Don't drink alcohol for at least 24 hours



# Do's and Don'ts After Anesthesia

- Don't take any medications unless prescribed by or discussed with your physician.

**REMEMBER...CALL YOUR ANESTHESIA  
PROFESSIONAL OR THE FACILITY  
WHERE YOU WERE TREATED IF YOU  
HAVE ANY QUESTIONS**



# Thank You!

- What Questions Do You Have?

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