



# RNFA TRAINING

**3 Day**

The only RN First Assistant Class on [www.AORN.com](http://www.AORN.com)



Weekend of Hands-On Labs

 **SutureStarXpress**

[www.nifa.com](http://www.nifa.com)



Imagine being called in to assist a surgeon on an emergent, complex case. Would you feel prepared and knowledgeable enough to assist? By enrolling in NIFA's intensive 3-day Suture Star Xpress Weekend Workshop, we can help you develop a confident skill set that will set you apart from the others in the field.

NIFA's program that meets all AORN standards for RNFA education, collaborates with colleges across the country raising the bar for RNFA training and understanding of concepts needed to succeed in the Operating Room.

When looking for RNFA training, look for a program that will require hands on surgical skill training and internships; something that cannot be obtained from every other program or on the job training. With the



**75%**

of RNFA graduates in the country attended NIFA



**95%**

of all our online students eventually register for our hands-on workshops



**15x More Training**

at NIFA than other similar programs

NIFA SutureStarXpress 3 day hands on lab, we will have you performing confidently before encountering your first patient as an RNFA student. This conquering of tying and suturing skills at the hands on lab allows for not only a mastery of these skills, but allows you to focus on more complex aspects of the case in the operating room thus being a more dynamic member of the surgical team. NIFA's RNFA SutureStarXpress workshop is 3 days of self-challenge work with learning that begins on Friday morning and runs through midday Sunday.

During the 3 days, you will be immersed in different case simulations from "skin to skin", as well as have ample opportunity to improve upon suturing and tying. (Each student typically utilizes over \$2,000.00 worth of suture during the course.) This course is perfect for experienced OR personnel. For those without any or minimal OR experience, we have a required ½ day 'O.R. Fundamentals' workshop. (New APRNs and practitioners, are strongly encouraged to attend our original 6 day SutureStar™ workshop for better retention and skill acquisition.)

## Guarantee

You will master NIFA's RNFA training and develop techniques and skills of the nation's top RNFAs or we will retrain you free-of-charge.

**Kim Jones** BSN, RN, CNOR, RNFA  
Perioperative Program Director

# 3 Day Workshop CASES

The cases in the workshops were chosen to teach you cross-over skills for the following specialties:

- General
- Vascular
- OB/GYN
- Cardio-Thoracic
- Urology
- Neurology
- ENT
- Plastics/Cosmetics

**At a later date, participants may attend the following classes for up to 75% off our normal registration fees:**

- Optional Endoscopic Vessel Harvesting Workshop
- Optional Carotid Endarterectomy Workshop
- Optional Cesarean Section Workshop
- Laparoscopic Cholecystectomy classes





Register Today  
Call 1-800-922-7747

# Start With Our Suture & Tying Practice Lab for Home Study

When you register for our program, you will immediately receive NIFA's acclaimed Suture & Tying Practice Lab for home study. With this powerful learning tool you will develop excellent wound closure skills in your own home, at your own pace, before coming to the SutureStarXpress Workshop

This uniquely effective online instructional presentation gives you everything you need to learn wound closure techniques used by the nation's top surgeons and RNFAs. You are going to learn techniques that will make you look

and feel like an expert in wound closure in the comfort of your own home, and at your own pace. Unlike regimented classroom settings, you will not feel hurried, rushed, or em-

barrassed in front of classmates. You can review the presentation as many times as you like until you perfectly understand every concept and technique that you are studying. So be sure you take your time and get it right. Along with the online video presentation, NIFA will provide you with your own Suture & Tying Practice Lab and DVD. NIFA's lab was specially designed to help you

You will be amazed at how easy and quickly you learn and retain over twenty-three wound closure skills and techniques from this custom-made presentation. The online presentation and Practice Lab give you the basis for many of the techniques you learn at the SutureStarXpress Workshop weekend. A suture and tying Rubric is provided to help you advance to at least 'intermediate levels' before advancing to our dynamic

## You will learn

- Needle holder – fingers-in technique
- Needle holder – palming technique
- Forceps – for tissue handling
- Forceps – for needle handling
- Suture scissors – proper suture cutting technique
- Proper needle driving technique
- Interrupted simple stitch
- Two-handed knot tying – right & left handed
- Figure-of-eight stitch
- Horizontal mattress stitch
- Vertical mattress stitch
- First assisting techniques for wound closure
- Simple running stitch
- Running locking stitch
- Running horizontal mattress stitch
- Running vertical mattress stitch
- Instrument tying technique
- Free-tie on a vessel
- One-handed knot tying – left & right-handed
- The buried knot technique
- Multi-layered wound closure technique

develop the psychomotor skills and hand/eye coordination surgeons require of well-trained and highly skilled RNFAs.

3 day, hands-on, SutureStarXpress Workshop



# Best Route for Your RNFA

## Career

### Receive 34 hours of Simulated Training

You'll perform cases as the RNFA and the Surgeon! At the Workshop you will be immersed in surgical cases for three days applying the skills you learned at home. At the workshop, you will concentrate more on mastering skills such as palming instruments, how to consistently instrument tie square knots, how to approximate heavy tissues, suture around vessels, how to follow your surgeons during a simple running or a running locking stitch, how to deep tie, how to slide a square knot (every time), how to work with monofilament sutures and how to tie off a pedicle using a reel or spool. And, you'll master key techniques in most all specialties.

Altogether, you'll receive over 34 hours of real training for real results! During all three days you will be performing actual surgical procedures on simulated human patients. Animal labs can't come close to these life-like models in facilitating the skills learning process. We have re-created the human anatomy with the meticulous detail required to perform a surgical procedure step-by-step. You can take your time and master your new skills in a pressure-free, risk-free learning environment.

You will have the time of your life performing two real surgical procedures each day, one as the RNFA and a second as the surgeon! Role-playing as the surgeon gives you the surgeon's unique perspective and increases your anticipatory skills dramatically. You get to know what a surgeon needs and expects from a welltrained and skilled RNFA. With the NIFA training method you can practice your new skills within the same surgical context that you would use in real-life. This is the most enjoyable and highly engaging way you could ever master these skills.

By the end of class, we guarantee you'll be performing like a seasoned expert. You'll find your new-found skills becoming second nature.

***"... My annual salary has increased approximately \$20,000 while my hours worked have decreased. There is no greater satisfaction than doing the work you love... and as an added bonus...being well compensated!"***

**Debbie Brown RN, CNOR, RNFA**

### All Specialties Benefit Learning Crossover Skills

Whether your specialty is General, Vascular, Thoracic, OB/GYN, Orthopedics, Oncology, Neuro, Plastics, Cardiovascular, Urology or Reconstructive surgery - all successful RNFAs have most of the same Surgical Skill Sets in common. We have isolated the surgical skills you need to perform in surgery like an experienced and expert RNFA, regardless of your specialty. These skills are valuable, in fact essential, and crossover to nearly every surgical specialty and subspecialty!



**SutureStar**

Philadelphia PA  
SutureStarXpress  
Oct. 7-9, 2016

Dallas TX  
SutureStarXpress  
Nov. 4-6, 2016

Las Vegas NV  
SutureStarXpress  
Dec. 2-4, 2016

Denver CO  
SutureStarXpress  
Jan. 20-22, 2017

Columbus OH  
SutureStarXpress  
Mar. 3-5, 2017

Houston TX  
SutureStarXpress  
Apr. 21-23, 2017

Philadelphia PA  
SutureStarXpress  
Jul. 14-16, 2017

Newport Beach CA  
SutureStarXpress  
Aug. 18-20, 2017

Orlando FL  
SutureStarXpress  
Sep. 22-24, 2017

Dallas TX  
SutureStarXpress  
Nov. 3-5, 2017

Las Vegas NV  
SutureStarXpress  
Dec. 1-3, 2017





## Total Abdominal Hysterectomy

# Day One - Basic to Advanced Suture and Tying

You'll start off with your instructor reviewing and building upon the skills you developed with your Suture & Tying Workshop for home study. On this first day, you will acquire numerous surgical techniques and skills that will build on your previous home-study Practice Lab. As you consider the checklist of skills taught on the right, don't be intimidated by the volume of new surgical skills you'll attempt to learn in only 6 days. You will be repeating these techniques so many times throughout the week that you will actually find them hard to forget. And because we use the remarkably effective four levels of learning and role playing training method - learning these skills will be incredible fun. They will be yours to apply in real life whenever you need them. We guarantee it, or we will retrain you free of charge.

*"I loved labor but noticed that when my patients had to have a C-Section my heart jumped a bit. This is where I learned that the OR was my destiny... A good friend of mine let me in on the NIFA program and it was the best career move that I have made. Not only did I get into the OR as I dreamed but NIFA prepared me so that I felt completely confident in what I was doing and because of that same education was able to impress my physicians. The program was very easy to follow and there was always help if I needed it. The (time) that you spend with NIFA is one that you will remember for the rest of your life...The best part of this program is that I am doing what I absolutely love and have received a huge amount of respect that I never dreamed possible from the physicians and fellow OR staff. I wish you the best in your future endeavors and know that you will truly be happy with the decision of going with NIFA."*

**Mari Wells RN, CNOR, RNFA**

## You will learn

- Making a Pfannenstiel incision
- Determining the incision landmarks
- Proper use of the scalpel
- Identifying abdominal wall layers
- Providing wound layer exposure
- Proper use of the scissors and forceps
- Sharp dissecting technique
- Creating planes between tissues
- Entering the abdominal cavity – without injuring the underlying viscera
- Placing the self-retaining retractor – without injuring the viscera or restricting blood supply to the wound edges
- Providing exposure to the operative site
- Identifying the uterus and surrounding structures
- Uterine manipulation techniques
- How to limit excess motion and avoid switching hands to accomplish assisting tasks
- Properly using the Heaney needle driver
- Transfixation stitch
- Two-handed deep tying – right and left-handed, tying with one hand and pushing with the other
- Tying behind a clamp when the tip is pointed away from you
- Surgeon's knot
- Making a window in tissue to isolate the vascular pedicle
- Double clamping and cutting tissue – spooning technique
- Heaney stitch
- Tie on a pass
- Modified Heaney stitch
- Smoothly transferring instruments and suture strands between the operators
- Blunt dissecting technique
- Safely clamping into tissue – without making a window
- Simple stick-ties
- Anchor stitch
- Running locking stitch – whip stitch for hemostasis
- Following the stitch
- Burying the knot on the skin stitch is as deep as possible and away from the apex



## Transverse Colon Resection

# Day Two - 17 New RNFA Skills

Today, you will perform a Transverse Colon Resection without staplers. You'll get the chance to utilize a lot of one handed sliding square knots. As a matter of fact, between the RN First Assistant and the surgeon roles, you'll be placing at least 60 sliders. This lab is stitch placement intensive. You will have to place concise, delicate stitches (approximately 3-4 millimeters apart) and learn how to use fine taper needles to your benefit. Balancing tissue is vital in all specialties so be assured you will use these skills in everyday practice. This day is also rich in one handed tying techniques. Altogether, you will be throwing at least 300 throws of one handed sutures to help you develop the muscle memory required to perform consistently and competently in the expanded role of RNFA. (If you are in our RNFA program, your surgeon preceptor will thank you for that!) Once again, you will be working on mastering the intricacies of sliding square knots. All specialties need to know how to throw a sliding square knot in a closure whether they work in General, Ortho, Plastics, Neuro, ENT - you name it.

*"...I really have to tell you that the training I received was great! It taught me so much. The doctors really love it that I have so much knowledge. They don't even want to suture their patients anymore. Also, their patients love the closures of their incision sites. One doctor even called me yesterday (he had his patient in the office) and wanted me to come to his office. The patient stated, 'That nurse really is great, I had a ugly scar before and now it is beautiful.' Now, that was a great feeling!"*

**Mary Corsi RN, CNOR, RNFA**

### You will learn

- Cross-clamping major vessels
- Incising major vessels
- Figure-of-eight stitches for hemostasis
- Needle driving technique in very deep tissues
- Vascular anastomosis suturing technique - Parachute
- Keeping the knot on the outside of the anastomosis
- Providing exposure when suturing the graft
- Providing exposure when suturing the vessel
- Tying with monofilament suture
- Suturing technique that avoids prying up plaque and creating an embolism
- Repairing leaks using pledgets – the plug technique
- Repairing leaks using pledgets – the bolster technique
- Backhanded suturing technique



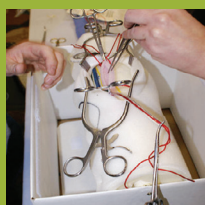
### Optional: EVH Workshop

Endoscopic Vessel Harvesting (EVH) workshop using the VasoView 6 system with Landmark Identification, Blunt dissection, Harvesting tricks and secrets - and much more.



### Optional: C-Section Workshop

Cesarean Section delivery is performed in 22.9% of all births. Each student will perform all the steps from initial incision through closure of the Pfannenstiel wound.



### Optional: Lap Chole Workshop

All NIFA 3 Day students may take advantage of attending a Lap Chole workshop at one of our 6 day Summit classes once at a future date (no charge). Each student will perform trocar placement, cystic duct and cystic artery clippings (etc.) moving on to the end of the case.



### Optional Workshop Fees:

All NIFA 3-day students may attend one or more of the above workshops held during one of our scheduled 6 Day SutureStar Summits throughout the country at a later date. Regular registrations are \$295, but only \$95 for NIFA 3 Day SutureStarXpress participants. Call for availability. To take advantage of this discounted offer, you must attend an optional workshop(s) within one year after SutureStarXpress attendance.



## Abdominal Aortic Aneurysm Repair

# Day Three - 13 New RNFA Skills

Today you and the other students are in to the rhythm of surgery! You will be called upon to utilize your new surgical skills by performing an Abdominal Aortic Aneurysm (AAA) Repair. Many surgeons will agree that a poor assistant can make even a great surgeon look bad. You will learn many tricks to consistently move the case along and become an asset to

*“This was a truly wonderful educational experience! I gained a wealth of knowledge in order to assist the surgeon with the operation.”*

**Kaye Linde RN, CNOR**

your surgeon and patient. Discover how the RN First Assistant efficiently works in a deep cavity; how to deep tie; and; how to work with monofilament suture effectively. You will also learn advanced techniques such as palming and suturing without handling your needle with tissue forceps (unnecessary steps costs your surgeon, patient

and you valuable time). And then, it's running and followin delicate monofilament sutures, keeping the proper tension, and keeping your cross clamp time to a minimum.

## You will learn


- Keeping scissors at the ready while dissecting with another clamp
- Sliding square knots
- Organizing multiple clamps
- One-hand tying for speed – tips of clamps facing you, left handed
- Clamp flashing and removal – left handed
- Sharp dissection of tissue away from around the resection site
- Clamping and cutting the bowel
- One-handed tying – tying with one hand and pushing with the other
- Dissection of mesocolon
- Deep tying a vessel simultaneously with the surgeon
- Large bowel anastomosis
- How best to assist during anastomosis
- Following suture while maintaining exposure
- Making a secure closure of the apex
- Lembert stitch - (serosal stitch)
- Connell stitch - (mucosal stitch)
- Repairing an internal hernia

# Congratulations!

You've successfully completed the SutureStarXpress Workshop

Weekend. Apply these skills to your RNFA internship and be the best you can be!





# OR Fundamentals preps new students for our 3 Day Workshops

As patient advocates, competency in the OR is paramount for all disciplines. So, if you are an APRN new to the surgical setting, the OR Fundamentals™ Workshop is just what the surgeon ordered! As one of our instructors put it “the 3 day SutureStarXpress weekend workshop can be like trying to ‘sip from a fire hose’ for somebody new to the OR” The OR Fundamentals™ class changes that. It includes all the necessary didactic coursework, including instructional videos, to be completed at home. Then you will attend 5 hours of demonstrations, return demonstrations and hands-on labs the Thursday before your workshop from 2pm – 7pm.



12354 E. Caley Ave, Suite 108  
Centennial, CO 80111

## Register for a NIFA SutureStar™ Class

800-922-7747    [rnfa@nifa.com](mailto:rnfa@nifa.com)

[www.RNFA.org](http://www.RNFA.org)

[www.APRN.com](http://www.APRN.com)

### YES, you can have it all!

Call us about our Online College Certificate program that leads to RNFA status in all 50 states.