



APRN RNFA Program

Includes 6-Day SutureStar™ Summit Workshop



While many APRNs can feel apprehensive having never stepped into an operating room – let alone assisting during a surgical procedure, NIFA wants you to walk into your first surgery not only equipped with a working knowledge of OR fundamentals, but also with the confidence and skills needed to excel in this vital and expanded role.

Our program is the largest provider of perioperative training for APRNs wishing to enter the surgical arena. The APRN RNFA program offers a 6-day workshop where you will place and tie off up to 400 sutures in simulated cases cut-to-close. We also offer classes in laparoscopic surgery, Endoscopic Vessel Harvesting, Ortho, Cesarean Section, Carotid Endarterectomy and more. Review our workshop information to consider which location and date to add to your RNFA Program.

Guarantee

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

A handwritten signature in black ink, reading "Stephanie Kefer".

Stephanie Kefer RN, MSN, FNP-BC, CNOR-CSC, RNFA
Program Director, APRN in Surgery Division

According to the AORN Position Statement for APRNs in the perioperative setting as a first assistant at surgery is required, as of January 1, 2016, to acquire the knowledge and skills needed to provide safe, competent surgical first assistant services by completing a program that covers the content of the AORN Standards for RN First Assistant Education Programs,4 which may be a stand-alone program or may be a portion of a graduate or postgraduate program (eg, additional coursework included in a graduate APRN program).

Register Today
800-922-7747

Suture & Tying Practice Lab

Upon registration, you will receive our acclaimed Suture & Tying Practice Lab. With this powerful learning tool, you will develop excellent wound closure skills in your own home and at your own pace.



Our effective online instructional presentation gives you everything you need to learn wound closure skills that will make you look and feel like an expert. Unlike a regimented classroom setting, you won't feel hurried, rushed, or embarrassed in front of classmates. You can review the presentation as many times as you like until every concept and technique is fully understood. Along with the online video presentation, NIFA provides a Suture & Tying Practice Lab and DVD. The NIFA lab was specially designed to help develop the psychomotor skills and hand/

eye coordination surgeons require of well-trained and highly skilled RNFAs. You will be amazed at how easy and quickly you learn and retain over 21 wound closure skills and techniques from this custom-made learning tool. The online presentation and practice lab give you the basis for many of the techniques you will learn at the SutureStar™ Workshop. A suture and tying rubric is provided to help you advance to at least 'intermediate levels' before attending our dynamic suturing workshop.

YOU WILL LEARN

- Needle holder – fingers-in technique
- Needle holder – palming technique
- Forceps – for tissue handling
- Forceps – for needle handling
- Suture scissors – 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
- 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

Take the Best Route for Your RNFA Career

At the NIFA SutureStar™ Workshop you will be immersed in surgical cases for six days applying the skills you learned at home. You will concentrate 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. You will also master key techniques in most specialties.

Altogether, you'll receive over 32 hours of real training for real results. During each day you will be performing 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

recreated 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 opportunity to perform two real surgical procedures each day, one as the RNFA and a second as the surgeon. Role-playing as the surgeon gives you a unique perspective and dramatically increases your anticipatory skills; you get to know what a surgeon needs and expects from a well-trained 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 to master these skills. By the end of class, we guarantee you'll be performing like a seasoned expert with your new-found skills becoming second nature.

"The course uses clinical simulation to teach complex information while incorporating psychomotor skills... I was truly impressed with the grueling course... you will learn, and I think be pleased with your individual outcomes..."

**Steve Branham,
RN, MSN, ACNP-BC, FNP-BC, CCRN
Assistant Professor Texas Tech**

2019 SutureStar™ Summit Schedule

HOUSTON, TX
February 4 - 9, 2019

DENVER, CO
March 18 - 23, 2019

LAS VEGAS, NV
April 8 - 13, 2019

DENVER, CO
May 13 - 18, 2019

ORLANDO, FL
June 17 - 22, 2019

DENVER, CO
August 12 - 17, 2019

LAS VEGAS, NV
September 16 - 21, 2019

DALLAS, TX
October 18 - 20, 2019

LAS VEGAS, NV
December 9 - 14, 2019

DAY ONE - Suture and Tying Skills Review

On the first day of the workshop your instructor will review and help you build upon the skills you developed with your home study Suture and Tying Practice lab. In addition to what you have learned with your home practice lab, you will acquire numerous surgical techniques and skills. As you consider the checklist of skills taught, don't be intimidated

by the volume of new surgical skills you'll learn. You will be repeating these techniques so many times 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 fun. They will be yours to apply whenever you need them.

NEW SKILLS YOU WILL LEARN

- Two-handed knot tying – left-handed
 - Two-handed knot tying – making a flat throw under varying circumstances
 - One-handed knot tying – right-handed
 - One-handed knot tying – making a flat throw under varying circumstances
 - Two-handed tying when the surgeon places the stitch – right-handed
 - Two-handed tying when the surgeon places the stitch – left-handed
 - Two-handed tying – timing and teamwork
 - Two-handed tying – keeping strand out of surgeon's way
 - Two-handed tying – tying the long end of the strand to the short end
 - One-handed tying when the surgeon places the stitch – left-handed
 - One-handed tying when the surgeon places the stitch – right-handed
 - One-handed tying – timing and teamwork
 - One-handed tying – keeping the strand out of the surgeon's way
 - One-handed tying – tying the short end of the strand to the long end
 - Two-handed deep tying – a success formula for securely tying off a pedicle
 - Two-handed deep tying – getting a flat throw when deep tying
 - Two-handed deep tying – right-handed
 - Two-handed deep tying – left-handed
 - Two-handed deep tying – how to determine which hand to push with
 - Two-handed deep tying – pushing technique
 - Two-handed deep tying – using more than one push to get the knot down
- 
- Two-handed deep tying – successful and smooth transitions from one throw to the next
 - One-handed deep tying – getting a flat throw when deep tying
 - One-handed deep tying – left-handed
 - One-handed deep tying – right-handed
 - One-handed deep tying – how to determine which hand to push with
 - One-handed deep tying – pushing technique
 - One-handed deep tying – using more than one push to get the knot down
 - One-handed deep tying – successful and smooth transitions from one throw to the next
 - Flashing and removing clamps right-handed – without readjusting your grip to put your fingers in the rings
 - Flashing and removing clamps left-handed – without readjusting your grip to put your fingers in the rings
 - Smoothly turning instruments around in your hand – the step-by-step method
 - Proper left-handed suture cutting technique

DAY TWO - Total Abdominal Hysterectomy

The first full procedure you'll perform is a Total Abdominal Hysterectomy (TAH). Like the other procedures we've chosen, you will learn many crossover surgical skills and techniques with this case. You will be required to apply many of the techniques you learned from the previous day. TAH day teaches you how to handle heavy, viable tissues and how to suture around vessels, as well as the importance of doing so effectively (Ortho students appreciate this). You will also

learn surgeon's throws and start mastering two-handed knot tying techniques. Inevitably, your surgeon may request that you tie two-handed at some point, no matter what your specialty. This day also gets you more involved in an all-important suture technique - the running locking stitch. Following your surgeon during this technique is an underrated skill, but so important to the flow of any procedure.

NEW SKILLS 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
- Trans fixation 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

DAY THREE - Laparoscopic Cholecystectomy

More than ever before, the seemingly endless implementation of endoscopic surgery demands that RN First Assistants understand how to work effectively in these challenging conditions. During laparoscopic cholecystectomy day, each student will have the exciting opportunity to perform insufflation, trocar placement, cystic duct and cystic artery clipping. Then, it's time to dissect the gallbladder from the liver bed, and when you're finished remove the gallbladder through the umbilical port prior to closing; another cut-to-close procedure. You will get to repeat the procedure role playing as the surgeon.

"I am an Adult Nurse Practitioner without any OR experience. I researched several courses and found that NIFA is the only course which provides a focus for the NP without OR experience. Prior to attending the SutureStar Workshop I felt intimidated that I would not be able to keep up with the experience the rest of the class had in the OR... The simulators were accurate to the clinical anatomy... The relaxed encouraging environment truly provided an optimal opportunity to learn as much as possible."

D. Prichard NP

NEW SKILLS YOU WILL LEARN

- Verres needle placement
- Blunt port placement
- Dilating port placement
- Cutting port placement
- Direct visualization port placement
- Transillumination
- Scope handling with 0- and 30-degree lenses
- Laparoscopic instrument articulation and selection
- Blunt laparoscopic dissection
- Sharp laparoscopic dissection
- Laparoscopic clip placement
- Port closure
- Laparoscopic retraction
- Tying off subcutaneous bleeders
- Multi-layered sub-costal wound closure
- Keith needle closure
- Drain stitch
- Gallbladder extraction techniques
- 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
- 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

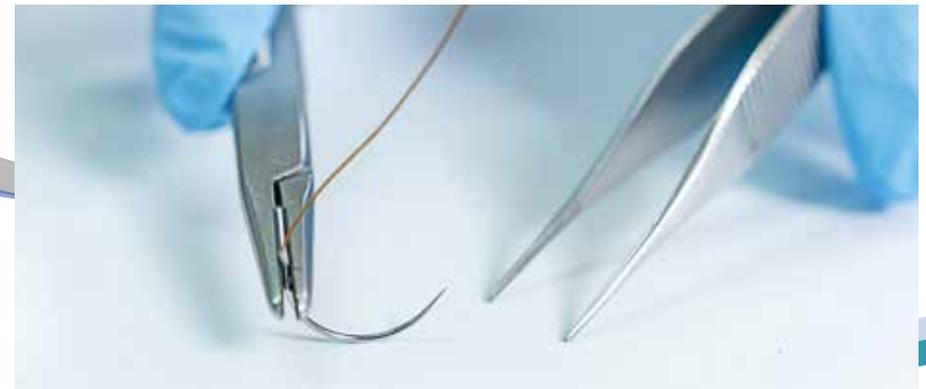
DAY FOUR - Transverse Colon Resection

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. In 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. 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.

NEW SKILLS 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
- 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 with one hand and pushing with 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

DAY FIVE - Open Reduction Internal Fixation of the Femur

During this day of this intensive 6-day workshop, it's time to start bringing it all together with the Open Reduction Internal Fixation of the Femur (ORIF) - utilizing many of the suturing techniques learned throughout the week. You'll learn the fundamentals of bone reduction/fixation and safe techniques for drilling while protecting surrounding structures.

Each student will learn to achieve proper alignment and reduction while securing the femur with plates and screws. Today we will also introduce some special techniques for approximating heavy tissues without help from any extra hands.

NEW SKILLS YOU WILL LEARN

- Posterolateral thigh incision
- Determining the incision landmarks
- Identifying the layers of the thigh
- Periosteal incision
- Periosteal stripping
- Open reduction of the bone fragments
- Maintaining reduction during procedure
- Applying plate to bone, securing with reduction clamp
- Safely drilling bone
- Screw placement with power driver
- Placing screws by hand (hand torqueing)
- Dynamic compression of the fracture site
- Running locking stitch on compromised tissue
- Modified simple running stitch
- Subcuticular stitch for skin closure
- Smead-Jones Trauma stitch
- Running Vertical Mattress
- Loop-lock instrument tying



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 RNFA's 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 RNFA, regardless of your specialty. These skills are valuable, in fact essential, and crossover to nearly every surgical specialty and subspecialty.

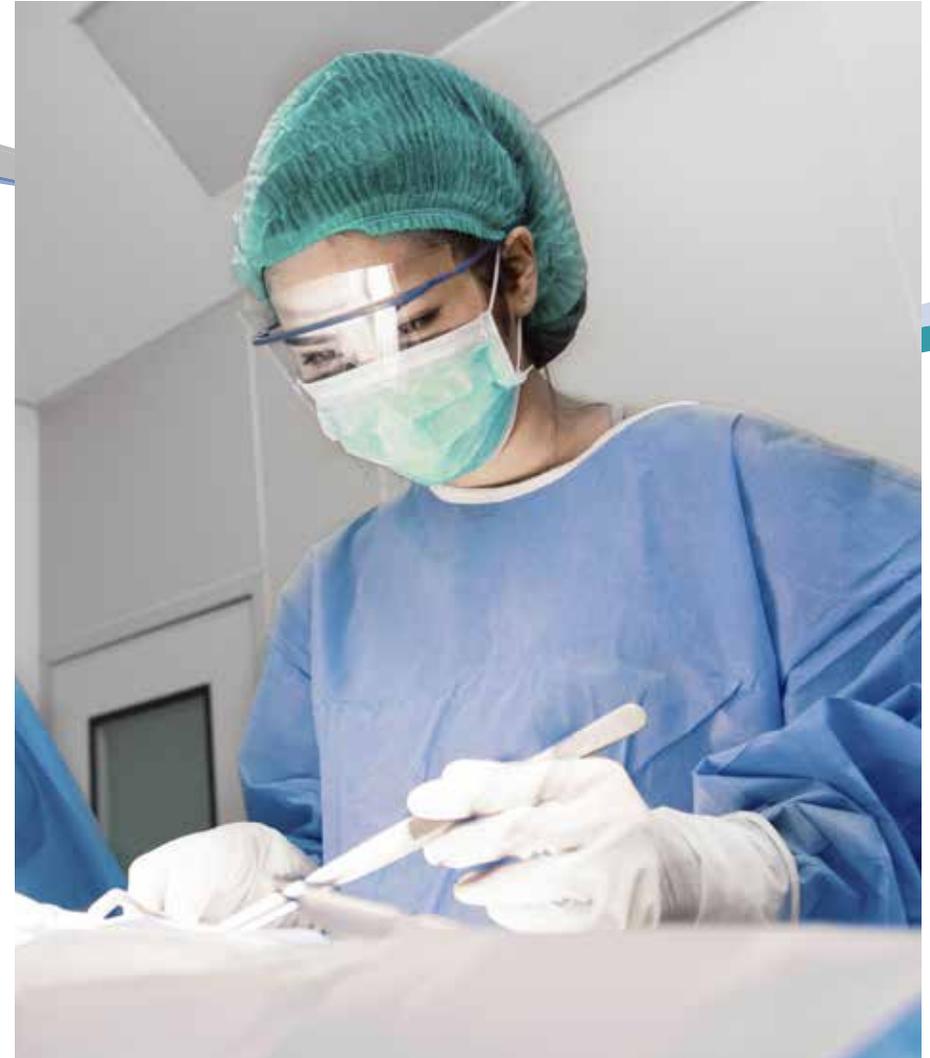
DAY SIX - Abdominal Aortic Aneurysm Repair

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 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. And then, it's running and following delicate monofilament sutures, keeping the proper tension, and keeping your cross-clamp time to a minimum.

NEW SKILLS 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
- 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
- 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





REGISTER for a NIFA SutureStar™ Workshop
call 800-922-7747 or email admissions@nifa.com

Optional Evening Sessions

Carotid Endarterectomy

While attending this session, rationale for shunting and patch grafting will be discussed. Important suturing techniques such as “following” will be practiced. Preoperative, intraoperative, and postoperative assessments will be reviewed prior to practicing in the simulated setting. This workshop includes a hands-on experience to learn safe techniques.

Cesarean Section

During this optional class, indications for Cesarean Section are reviewed. Anatomy in relation to incisional anatomy will be discussed. Preoperative, intraoperative, and postoperative assessments will be reviewed prior to practicing in the simulated setting. This workshop includes a hands-on experience to learn safe techniques.

Endovascular Vessel Harvesting

During this session indications for EVH are reviewed. Identification and selection of the vessel and type of harvest is covered. Anatomy in relation to incisional anatomy will be discussed. Preoperative, intraoperative, and postoperative assessments will be reviewed prior to practicing the simulated setting. This workshop includes a hands-on experience to learn safe techniques.

Non-Discrimination

NIFA® does not discriminate on the basis of race, color, religion, gender, age, national origin, disability, sexual orientation, or military status in any of its admissions, operations, or hiring decisions. NIFA® is committed to providing a welcoming and inclusive environment for all staff, participants, clients, and volunteers. NIFA® will make every reasonable attempt to comply with Federal regulations concerning the administration of assessments for qualified persons who are temporarily or permanently disabled.