



APRN RNFA TRAINING

APRNs in the Surgical Setting

6-DAY



6-Day SutureStar™ Summit Workshop



With the Position Statement of the Association of Perioperative Registered Nurses (AORN) setting national standards for Advanced Practice Registered Nurses many APRNs can feel apprehensive having never stepped into an operating room – let alone assisting during a surgical intervention. Our program is the largest provider of perioperative training for APRNs wishing to enter the surgical arena. 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.

The APRN RNFA program offers a 3½ day workshop that starts with a crash course in OR fundamentals followed by three days of surgeries or our 6-day workshop where you will place and tie off up to 400 sutures in simulated cases cut-to close. We also have classes in Laparoscopic training, 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.

75% RNFA graduates in the country attended NIFA

95% RNFA students enroll in a workshop

30x RNFA training than similar programs

Guarantee

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

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

* Students are eligible for this offer after the 2 years following their successful completion of the NIFA RNFA program.

2019 SutureStar™ Summit Schedule

Houston, TX
SutureStar™ Summit
February 4 – 9, 2019

Denver, CO
SutureStar™ Summit
May 13 – 18, 2019

Las Vegas, NV
SutureStar™ Summit
September 16 – 21, 2019

Denver, CO
SutureStar™ Summit
March 18 – 23, 2019

Orlando, FL
SutureStar™ Summit
June 17 – 22, 2019

Dallas, TX
SutureStar™ Summit
October 18 – 20, 2019

Las Vegas, NV
SutureStar™ Summit
April 8 – 13, 2019

Denver, CO
SutureStar™ Summit
August 12 – 17, 2019

Las Vegas, NV
SutureStar™ Summit
December 9 – 14, 2019

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 RNFA's. 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 learn at the SutureStar™ Workshop. A suture and tying rubric is provided to help you advance to at least 'intermediate levels' before 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 – 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

DAY ONE - SUTURE AND TYING

On the first day of the workshop your instructor will review and help you build upon the skills you developed with your Suture & Tying Workshop for home study. You will also acquire numerous surgical techniques and skills that will build on your previous home-study practice lab. 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 to learn. They will be yours to apply in real life whenever you need them.

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

Total Abdominal Hysterectomy

DAY TWO - 32 NEW TECHNIQUES

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 technique - the running locking stitch. Following your surgeon during this technique is an underrated skill, but so important to the flow of any procedure.

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

DAY THREE - LAPAROSCOPIC TECHNIQUES

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 (watch out for the common bile duct). Then, it's time to dissect the gallbladder off of 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.

"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

YOU WILL LEARN

- Verres needle placement
- Blunt port placement
- Dilating port placement
- Cutting port placement
- Direct visualization port placement
- Translumination
- 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
- 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

DAY FOUR - 17 NEW RNFA CROSSOVER 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. 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.

"...the training I received was great! It taught me so much. The doctors really love it that I have so much knowledge."

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
- 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

Open Reduction Internal Fixation of the Femur

DAY FIVE - 18 NEW SKILLS

On the final day of this intensive 6-day workshop, it's time to bring it all together with the Open Reduction Internal Fixation of the Femur (ORIF) - utilizing many of the suturing techniques from the entire 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 and secure the femur

with plates and screws. Today we've also introduced some special techniques for approximating heavy tissues without help from any extra hands. This procedure and wound closure round out a tremendous week of professional growth that you, your surgeons, and most importantly, your patients, will appreciate for many years to come.

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 torquing)
- 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

Abdominal Aortic Aneurysm Repair

DAY SIX - 13 NEW RNFA SKILLS

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

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

OPTIONAL EVENING SESSIONS

Cesarean Section

NIFA provides students the opportunity to attend a Cesarean Section workshop. 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 the techniques in the simulated setting. This workshop includes a hands-on experience to learn safe techniques for Cesarean Section.

Endovascular Vessel Harvesting

NIFA provides students the opportunity to attend an Endovascular Vessel Harvesting (EVH) workshop. During this class, 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 techniques in the simulated setting. This workshop includes a hands-on experience to learn safe techniques for EVH.

Carotid Endarterectomy

NIFA provides students the opportunity to attend a Carotid Endarterectomy workshop. 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 the techniques in the simulated setting. This workshop includes a hands-on experience to learn safe techniques for CEA.



800-922-7747

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REGISTER FOR A NIFA SUTURESTAR™ WORKSHOP TODAY
call 800-922-7747 or email admissions@nifa.com

www.RNFA.org

YES, you can have it all!
Call us about our RN First Assistant Program