



RNFA TRAINING

6 Day

APRNs in the Surgical Setting



RN First Assistant online program that includes a 6 day SutureStar[★] Workshop

www.nifa.com

www.AORN.org



Why are Advanced Practice Registered Nurses choosing NIFA's RNFA Training?

With the new Association of PeriOperative Registered Nursing's (AORN) Position Statement setting national standards for advanced practice registered nurses (APRN) working in the surgical setting, most new APRNs feel apprehensive having never even stepped foot in an operating room – let alone assist the doctor during a surgical intervention. The

NIFA RNFA program is the largest provider of perioperative training for APRNs wishing to enter the surgical arena. Our proven and recognized RN First Assistant program will prepare 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.

As a separate offering to our accredited college curriculum, NIFA offers you from up to 15 to 30 times more hands-on lab training before (depending on which lab you choose) you see your first patient in your RNFA clinical internship at its 3 and 1/2 day SutureStarXpress and 6 day SutureStar™ Summit workshops (over 95% of our online APRN students attend one of these two workshops). Below is a brief overview of our program(s):

Curriculum

This online RNFA APRN Program addresses all the required content of the new AORN Advanced Practice Nurse in the Perioperative Setting Position and RNFA Educational statements adopted in March of 2014 and can be completed in as little as 5-8 months (student has 2 years to complete)

Certification

This APRN in surgery program has been accepted by the Competency and Credentialing Institute (CCI) since 1998 and leads to the CRNFA exam.

Accreditation

This APRN RNFA program is presented through NIFA® and its accredited college nursing program partners as a consortium, recognized by the National League for Nursing Accrediting Commission, Inc. (NLNAC) and all 50 state nursing boards.

VIP NIGHT!

APRN's who attend our 6-day Suture Star workshop will receive a new knowledge base to make them feel comfortable in beginning their Operating Room experience. This special Monday night offering, specifically for APRNs, will familiarize you to OR traffic patterns, sterile technique, surgical hand scrubbing, gowning, gloving and much more. A great RNFA has the knowledge to position a patient properly and so will you at the end of the evening. An introduction to basic OR equipment and instrumentation will also be included in this APRN only learning environment.

Please read the brochure to see the difference NIFA will make in your APRN first assistant training. I would also suggest that you visit www.APRN.com to read more about the new requirements for APRNs in the surgical setting and link to our home page to find training locations and dates to add to the college program. We look forward to helping you 'step up to the front of the line' in surgery with confidence as an RNFA!

Sincerely, **Stephanie Kefer** RN, MSN, APRN,
FNP-BC, CNOR, RNFA
APRN/RNFA Program Director



SutureStar

Philadelphia PA
SutureStar
Oct. 10-15, 2016

Dallas TX
SutureStar
Nov. 7-12, 2016

Las Vegas NV
SutureStar
Dec. 5-10, 2016

Denver CO
SutureStar
Jan. 23-28, 2017

Columbus OH
SutureStar
Mar. 6-11, 2017

Houston TX
SutureStar
Apr. 24-29, 2017

Philadelphia PA
SutureStar
Jul. 17-22, 2017

Newport Beach CA
SutureStar
Aug. 21-26, 2017

Orlando FL
SutureStar
Sep. 25-30, 2017

Dallas TX
SutureStar
Nov. 6-11, 2017

Las Vegas NV
SutureStar
Dec. 4-9 2017



Register Today
Call 1-800-922-7747

Start With Our Suture & Tying Practice Lab for Home Study

When you register, 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 SutureStar Summit

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 embarrassed 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

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 Suture-StarXpress Workshop weekend. A suture and tying Rubric is provided to help you advance to

at least 'intermediate levels' before advancing to our dynamic 6 day, hands-on, SutureStar Summit.

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

DVD. NIFA's lab was specially designed to help you develop the psychomotor skills and hand/eye coordination surgeons require of well-trained and highly skilled RNFAs.

Day One - Basic to Advanced Suture & Tying

On Monday, the first thing you'll notice are all the other APRNs new to surgery - just like you! 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.

Optional Day Two: Cesarean-Section

All students will have the option to attend a CS workshop. Each student will perform all the steps from the initial incision through closure of the Pfannenstiel wound. This workshop is preceded by approximately 4 hours of online coursework. Only \$99 (normally \$299). Typically held on Tuesday night.



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 also 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 Day One & Two

- 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

laparoscopic cholecystectomy

Day Three - Laparoscopic Techniques

It's state-of-the-art day! 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). 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 and now you get to do it again as the surgeon!

"I just wanted you all to know a little about the SutureStar Workshop. The course uses clinical simulation to teach complex information while incorporating psychomotor skills required in the operative setting. I was truly impressed with the grueling course. Rest assured 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



Optional: EVH Workshop

All students will have the option to attend an Endoscopic Vessel Harvesting (EVH) workshop typically presented Wednesday night). This workshop is preceeded by approximately 4 hours of online coursework. Only \$99 (normally \$299).

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 in as deep as possible and away from the apex

Day Four - 17 New RNFA Crossover Skills

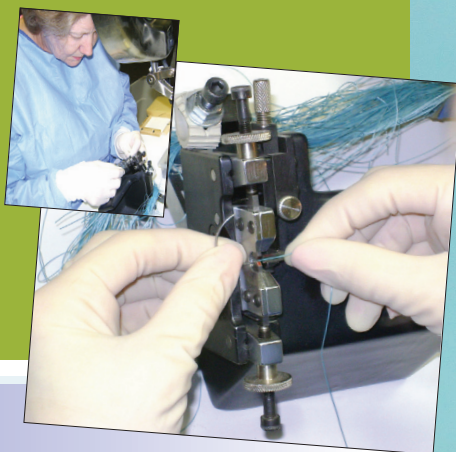
Today, you will perform a Transverse Colon Resection without staplers. You'll get the chance to perform a lot of one handed sliding square knots. As a matter of fact, between the RNFA and the surgeon roles, you'll be placing at least 60 sliders. This lab is stitch-placement intensive. You will have to 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 APRN RNFA role. If you're in the 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

How much suture do our SutureStar Summit Workshops need?

So much that we bought our own machines! There is only one way to get really good at the table - practice, practice, practice. In one workshop alone, we spoiled our students by using over 20,050 sutures during their simulated surgeries. To fill their special suture needs, NIFA has teamed with the world's largest independent suture manufacturer, BG Sulzle, to provide our students all the suture they need to achieve

SutureStar Status. We have even built a new warehouse that not only builds all of our simulators, but produces all the suture a happy class would need... including 'pop-offs!'



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 (ORIF)

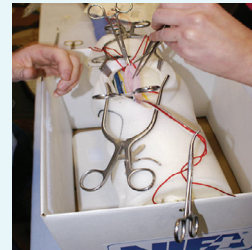
Day Five - 18 New Skills

On the final day of this intensive six-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 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 rounds out a tremendous week of professional growth that you, your surgeons and most importantly, your patients, will appreciate for many years to come.

OPTIONAL Carotid Endarterectomy

This surgery's purpose is to remove plaque buildup in the carotid arteries. It has been proven to be 3 times more effective than treatment with medicine alone in preventing stroke. This workshop is preceded by approximately 4 hours of online coursework. Only \$99 (normally \$295).



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

Today, you and the other APRNs are really getting into it! 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 first 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 RNFA 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), running and following delicate monofilament sutures, keeping the proper tension, and how to keep your cross-clamp time to a minimum. By now, you're not only learning the AAA, but also crossover skills that you'll use throughout your career.

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



Take Your APRN Surgical Career to the Next Level Register for a 6 Day SutureStar Summit Workshop Today!

In the last few pages you were shown the NIFA difference and why over 95% of our RNFA students register for a SutureStar Workshop. Remember, this is more than a week of wound closure; you'll be performing complete surgeries, not only as the RNFA, but also as the surgeon. And, we guarantee that whether you are a 30

year Perioperative Nurse or somewhat new to surgery; you will learn the skills of the nation's top surgeons and RNFAs, or we will re-train you free-of-charge. Call us in-between cases, let our counselors answer all your questions and schedule a class while there are openings.

Register for a NIFA SutureStar™ Class
800-922-7747 rnfa@nifa.com