



Issue 5, 2016

Letter from the CBN Chair

Welcome to the 5th (already) issue of CBN newsletter and a special welcome to our newest CBNs who took the February 2016 examination. For all of you who were not able to attend Obesity Week last November, in this issue we want to introduce you to our first



“Distinguished CBN Awardee.” It was a difficult decision to choose from the many impressive candidates. Please access the link on page 2 for information regarding the 2016 Distinguished CBN Award nomination process. Additionally, in this issue we have a spotlight on a bariatric program coordinator, a provocative article on mandatory COE designation and patient access to bariatric surgery, a reminder about the availability of practice guidelines on the ASMB website, and an invitation to all CBNs to consider taking part in membership of the CBN Certification Committee. Finally, the CBN is undertaking a review of our “practice analysis” – in simple terms the description of the role of a bariatric nurse. Every 5-10 years a certification program must review their practice analysis and incorporate the changes in tasks, skills and knowledge required to function. We have assembled a task force of 14 bariatric nurses, who along with our certification consultant will undertake this review. Their product will be a survey, which will be sent out to each of you (greater than 2,000 bariatric nurses) for your input. Please stay tuned; your participation is extremely important!!!

Thank you.

2016 IMPORTANT DATES

-Jun 23 through Jun 25-
Obesity Week-End

-Jun 30-
Registration Deadline for
July 2016
CBN Exam Window

-Jul 9 through Aug 13-
CBN July 2016 Exam Window

-Oct 31 through Nov 4-
Obesity Week 2016

CBN Spotlight: Nicole Forryan — Denton, TX

Can you tell us about your experience in bariatric nursing?

I have been involved in bariatrics since 2008; first, as a bedside nurse on a Med-Surg unit, then in nursing leadership and currently as the Bariatric Program Coordinator at Texas Health Presbyterian Hospital Denton. My facility is a 255 bed hospital located in North Texas. We are a MBSAQIP accredited facility and average about 250 surgeries a year.

What motivated you to become a Certified Bariatric Nurse?

What motivated me to become a CBN was to validate my bariatric nursing knowledge and promote trust among my patients and co-workers. It helped to increase my confidence as I transitioned to the role of the Bariatric Program Coordinator. I wanted my colleagues and patients to feel confident with my knowledge and skills.

How does your workplace support specialty certification?

My facility promotes certification by paying for the cost of the exam when you successfully pass. We also have a clinical ladder that allows you to get a pay increase when you complete certain activities which can include certification. On an annual basis certified nurses are recognized with a reception and are provided a Certified RN badge that clearly distinguishes the certified nurse.

The 4 values of a CBN are advocacy, compassion, education, and research. Of these, what are you most passionate about and why?

My favorite part of my role as a CBN is surrounding education. I think the most important thing we can do for our patients is to empower them with knowledge. I enjoy learning new things myself and love to share what I know!

What was most challenging for you in preparing for the CBN exam?

Finding the time to prepare was the most challenging part for me. Like most people, I have competing priorities with work, school and family-I really had to find a way to prioritize the time I did have. I utilized the online review course and thought it was very helpful. As I went through the presentations within the course, I was able to see what areas I was weakest in and then focused my time on those topics. If you are planning to take the exam my advice to you would be: don't wait until the last minute to start preparing.

We would love to spotlight you and your experience becoming a Certified Bariatric Nurse! Use the same questions above and submit your responses to cbn@asmbs.org.