



Sycamore Anesthesia Services, Ltd.

The Snoozeletter

Volume 25 Issue 2

February 2012

Sycamore Anesthesia Services, Ltd.
has many Winter & Spring
opportunities still open and available for
you!

Contact us for more information.
If you are interested in registering with
our service, Call or e-mail us today to
request a

CRNA registration packet
to get you started!

815-895-4850 or 1-800-438-7178
staffing@sas-ltd.com



This Months Highlights:

Groundhog Day • February 2

Valentine's Day • February 14

Presidents' Day • February 20

Ash Wednesday • February 22

When sending us your CV, please be sure to include the license(s) of the states that you are licensed in, your recert, and any other applicable documents needed for credentialing.

Sycamore Anesthesia Services communicates with the hospitals on your behalf, so you don't waste time with having to produce your CV over and over again for different locums assignments.

The CV is kept on file, and when you commit to an assignment, we take care of the credentialing process for you.

Toll-Free Fax: 866-626-1413



Fitting In As A Locums CRNA

Q: What else can you do to fit in as a locums CRNA besides be friendly?

A: Here are a few tips that go beyond friendliness to help make your life at work a little easier.

Be Flexible: Most facilities feel that their way is the “only way”. From a simple patient transfer to a complicated procedure, they often have a particular way it should be done. Then there is your way. While you might be used to doing things a certain way and know that it works, keep in mind that in one place your way might be standard procedure, yet in a new facility you need to adapt.

Be Observant: While being shown around the unit your first day, observe how other nurses are doing their jobs. Note any subtle norms of the work place. For example, in the operating room, I have seen a variety of methods to transfer patients from the operating room table to the bed. I was amazed at how many methods exist and how each facility’s personnel feels about its particular method. Taking note of what I consider “the norms” should help you fit in a lot faster.

Be Tactful: Not only is it tempting to do things the way you are used to doing them, but it is also equally tempting to explain yourself by saying, “This is how we do it where I came from.” Nobody wants to hear how you did it somewhere else. To them, this indirectly implies that their way isn’t good enough. Since then, I have found that asking a few starter phrases not only implies cooperation, but also leaves them wondering and perhaps asking how you did things at other facilities. Ask your new coworkers to explain policies and how they do certain tasks.

Whether you know a better way or not, being flexible, observant, and tactful will take you a long way with your coworkers.



*** CONTINUING EDUCATION ***

AANA Assembly of School Faculty

San Diego Marriott Hotel & Marina

San Diego, CA
February 23-25, 2012

Upper and Lower Extremity Block
AANA Foundation Learning Center
Park Ridge, IL
March 24-25, 2012

“2012 Spring
Anesthesia Refresher for CRNA’s.”
New York, New York Hotel and Casino,
Las Vegas, NV
May 17-19, 2012

WIANA Spring 2012 Update

Kalahari Resort
Wisconsin Dells
March 23-25, 2012
www.wiana.com

“Summer Alaska Cruise Seminar.”
Royal Caribbean Cruise Lines
Celebrity Infinity
Seattle, WA.
August 24-31, 2012

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The Risk of Burnout is Real.

Given the choice to slack off or go the extra mile, most CRNAs choose the latter. This quality endears CRNAs to employers and patients, but puts them at risk for career burnout. Locum tenens CRNAs can attest to the fact that a change of scenery can work wonders when it comes to keeping burnout at bay.

The locum tenens lifestyle, however, comes with its own challenges, such as the demands of travel and the lack of a local social network. All CRNAs should heed the warning signs of burnout, some of which include:

feeling overwhelmed; chronic fatigue; moodiness, resentment, cynicism, anger, anxiety, or depression; alcohol or drug overuse; and feeling helpless or hopeless.

If you think you might be teetering on the edge of burnout, try the obvious remedies at first - take a "real" vacation, pay attention to personal health and fitness, spend more time with friends and family, or engage in leisure activities. Professional renewal might also include learning a new skill, becoming involved in your specialty's organization, or doing medical volunteer work.



Permanent Placement with SAS:

Having a Permanent Job is a great way to gain experience and become grounded in a community. Whether right out of school, or changing locations, Sycamore Anesthesia Services, Ltd. can help you find what you're looking for without all the hassles!

We do all the searching for you as well as help with the credentialing, interview process and much more!

All at no cost to you!

Many jobs provide relocation compensation as well as a great benefits package! You owe it to yourself to look into a new career if your current one isn't perfect. There are new jobs every week!

Email or call Diane today!

perm@sas-ltd.com 800-438-7178



Locum Tenens with SAS

Do you like to set your own schedule? Would you like to travel and work in many different hospitals with all expenses paid? You may know that finding that perfect job is not so easy. But there is a solution! You can be in control of all aspects of your professional career and still have time off when you want it. Just call **Sycamore Anesthesia Services, Ltd.** and we'll help you be your own boss.

We have many opportunities for the CRNA; including full time, week-end moonlighting or working during your vacation. One of them may be just right for you! As an independent contractor with **SAS, Ltd.** you can work as often as you wish. Malpractice insurance can be arranged.

Our extensive marketing gives you the opportunity to work locum tenens nationwide. You will receive high hourly pay and all expenses (such as travel, meals and lodging) paid. Nationwide placement services are also available.

The first step to getting started is sending your resume to

Monica Mathiasen at staffing@sas-ltd.com.

Email or call Monica today!

800-438-7178



We are now on Facebook!

Search for

Sycamore Anesthesia

and add us as your friend,

or find our company page, and

"Like Us"



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Toll-Free Fax: 866-626-1413

Emergency Contact: 815-501-4902

Insurance Companies:

AANA Insurance Services: (800) 343-1368

Disability Insurance-

Evelyn Knapp: (800) 662-2770