

THE Importance of Caring

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my journey into health care



Ryan Stagemeyer, CRNA
 ANESTHESIA DEPARTMENT

Ever since he was old enough to help, Ryan Stagemeyer found himself pitching in with the necessary tasks on his family's farm in Arapahoe, Nebraska. Through these daily chores, he learned the value of hard work and helping others.

"Growing up on a farm, I always thought my journey would be to continue farming," he said. **"But the world of health care appealed to me on a higher level because it allowed me to work with and help more people."**

Stagemeyer's joy for interacting with patients and helping them improve their health and well-being led him to pursue a career in health care.

"I have always had the mindset of preventing health problems before they begin, so my initial interest was in exercise and nutrition," he said.

Stagemeyer received his Bachelor of Science degree in exercise science and nutrition from Nebraska Wesleyan University in Lincoln, Nebraska. But he later decided that providing care to a patient after they experienced a roadblock requiring an intervention allowed him to see the patient's journey in its entirety.

This realization led Stagemeyer to pursue his Bachelor of Science degree

in nursing from Creighton University in Omaha, Nebraska. Upon receiving his nursing degree, he worked as a bedside nurse in a surgical intensive care unit at the University of Iowa in Iowa City for two years before receiving his Master of Nurse Anesthesia degree in 2013 from Bryan College of Health Sciences in Lincoln, Nebraska.

In 2016, Stagemeyer joined Columbus Community Hospital as a certified registered nurse anesthetist (CRNA). As a CRNA, he performs more than a dozen different nerve blocks (a procedure that can help manage pain) and utilizes Enhanced Recovery After Surgery (ERAS) and opioid-free anesthesia.

He arrives at the hospital each day at 6 a.m. and visits the necessary departments, but he is needed primarily in the operating room, providing anesthesia for surgeries. When he is not in surgery, Stagemeyer and his coworkers fill in around the hospital, placing regional nerve blocks for preoperative exams or epidurals (another type of pain management) for laboring patients.

Stagemeyer is committed to his patients and to providing optimal pain management safely and effectively. As a result of his dedication and hard work,

patients have less postoperative pain and nausea, resulting in earlier discharge.

"I am thankful for the support CCH has allowed the CRNA team," he said. **"We are the sole anesthesia providers practicing independently in this hospital. If there is any anesthesia that needs administering, the CRNAs are the ones doing it."**

In addition to providing anesthesia services, Stagemeyer also plays a critical role with the hospital's joint replacement patients through the Surge Center. He works with patients before surgery to discuss their anesthetic options and determine if additional testing is needed. The goal is for the patient to build a relationship with their care team and lessen their anxiety regarding the upcoming procedure.

Stagemeyer is thankful he decided what his goals were and worked hard toward pursuing a career in which he is passionate.

"For anyone interested in a career in health care, I would tell them it's an ever-changing and challenging field, but it can be extremely rewarding at the same time," he said.

For more information on CCH's anesthesia department, visit www.columbushosp.org.