

# Advanced Registered Nurse Practitioner Care

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May, 2000

## **Prescriptive Authority Rule-Writing Task Force** by Jerri Henry

On April 20th, representatives from WSNA, AAPPN, and ARNPs United met to continue to strategize the rule writing of SB 5805, or Completion of Prescriptive Authority. We are encouraged, as the Department of Health has already announced a tentative schedule of events for completion of this process. Three scheduled informal rule-writing workshops are planned. The first is May 18 in Spokane, a second meeting around June 1st in Seattle, and the third around the first week in July in Olympia. ARNPs United will have representatives attending each of these workshops which are open to all interested parties along with the designated representatives from Nursing Quality Assurance Commission (NQAC), the Medical Quality Assurance Commission and the Board of Osteopathy. The Nursing Care Quality Assurance Commission has announced that Commissioner Shannon Fitzgerald, ARNP will represent that organization during this process. The representatives from the 2 medical boards have not been disclosed at this time. The schedule expects the draft rules to be out by September, which places the final adoption of the rule around January 2001, if all goes according to plan.

The goal of the WSNA, AAPPN, and ARNPs United combined task force is to insure ARNP-friendly language in this rule-writing process. A lunch meeting with Shannon Fitzgerald is being arranged by WSNA for May 22nd. Please contact me at JLHenry@jps.net if you would like information about how to get involved or to attend the June workshop.

## **Gearing Up for the 2001 Legislative Session** by Jerri Henry

Your Board of Directors is starting the process of planning for the 2001 legislative session. We are looking for issues we can address that are barriers to your practice. For example, as a GNP, I felt the need to sign my own patient's death certificates as their primary care provider. This issue was brought forward and investigated by our Lobbyist Jerry Farley. A bill was written and found support with legislators friendly to NP issues...and you know the result. It was one of our 3 bills passed this year and signed by the Governor. Don't feel an issue is too small... give us your input so we can continue to work for you and your practice. Contact me by email at JLHenry@jps.net or phone at 206.534.2621

## **Eight Steps for Developing your Sense Of Humor** by Kevin L. Smith

Gain an awareness and knowledge of the benefits of humor. Adopting a humorous outlook takes both a change in attitude and behavior.

Identify inappropriate humor. Avoid it. This is any type of humor that can be perceived as offensive to others. Humor should not be divisive.

Get to know what amuses you. What type of humor works for you on the job? What feels comfortable for you? Never tell a joke or a story unless you like it yourself and think it is really funny. It must be genuine.

Do a humor history on yourself. List favorite jokes, comedians, styles of humor, humorous situations that happened to you, TV shows, and movies.

Keep a file of humorous anecdotes, stories, jokes, and cartoons.

You need to be somewhat of a risk taker to start using humor or to use it more. Working humor into your routine is a process and not an event.

Allow yourself to be silly.

Surround yourself with people who have a humorous, positive outlook, and most of all, learn to laugh at yourself.

### **Suggestions for humor in clinical settings:**

- Humor rooms, humor carts, humorous videos for patients to check out.
- Invite guest performers such as comedians, magicians, or clowns.
- Wear a humorous item, silly button, neck tie, etc.
- Display humorous photos of staff – your staff is humorous - just give them a chance.
- Have a cartoon bulletin board with favorites from staff and patients displayed each week.
- Play music which encourages playful movement.
- Support and applaud the efforts staff and patients make regarding humor and positive attitudes.
- Join the American Association for Therapeutic Humor, <http://aath.org/>.

From NP Central's section on Humor at <http://www.nurse.net/humor>

### **National Nursing Groups Launch Web Site**

In connection with National Nurses Week May 6-12, The American College of Nurse Practitioners (ACNP) is pleased to announce the launch of a new web site, [www.nursesource.org](http://www.nursesource.org).

The new site includes information about the national coalition, Nurses for a Healthier Tomorrow (NHT). NHT is a coalition of 18 nursing and health care organizations working together to wage a 36-month national communications campaign to attract people to the nursing profession. Elizabeth Dole and Luci Baines Johnson are NHT's honorary chairs.

The NHT Web site offers one central place where nurses

and potential nurses can obtain information about the nursing shortage, nursing careers and the necessary educational requirements. The site provides a link to all NHT coalition members' web sites and includes information about coalition activities and sponsorships.

For more information, contact Kathy Bennison at Sigma Theta Tau International Honor Society of Nursing, 550 West North Street, Indianapolis, IN 46202.

Phone in the United States and Canada: 888.634.7575, International Phone: 800.634.7575, and email: bennison@stti.iupui.edu.

The ACNP is a national, non-profit membership organization in Washington, DC. The ACNP is focused on advocacy and keeping NPs current on legislative, regulatory, and clinical practice issues that affect NPs.

### **Zyvox (linezolid), the First Antimicrobial Drug in a New Class**

Zyvox (linezolid), was approved by the FDA as the first antibacterial drug in a new class to treat infections associated with vancomycin-resistant *Enterococcus faecium* (VREF), including cases with bloodstream infection. Zyvox also received approval for treatment of hospital-acquired pneumonia and complicated skin and skin structure infections, including cases due to methicillin-resistant *Staphylococcus aureus* (MRSA). In addition, approval was granted for treatment of community-acquired pneumonia and uncomplicated skin and skin structure infections. Zyvox is the first in a new class of synthetic drugs; the oxazolidinone class; approved for use in the United States and the world. It is also the first drug in over 40 years to be introduced into the US market for treatment of MRSA infections.

From Center for Drug Evaluation and Research: What's New, April 18, 2000

### **CDC's New Meningococcal VIS Now Available**

On March 31, 2000, the Centers for Disease Control and Prevention (CDC) released a Vaccine Information Statement (VIS) for meningococcal vaccine. This new VIS reflects the modified recommendations of the Advisory Committee on Immunization Practices (ACIP) regarding meningococcal vaccination based on its October 20, 1999, meeting.

ACIP recommends that those who provide medical care to college freshman dormitory residents should provide information to these students and their parents about meningococcal disease and the benefits of vaccination. On October 20, 1999, CDC issued a press release titled "ACIP Modifies Recommendations for Meningitis Vaccination." This press release states in part:

"The Advisory Committee on Immunization Practices (ACIP) has modified its guidelines for use of the polysaccharide meningococcal vaccine to prevent bacterial meningitis, particularly for college freshmen who live in dormitories, a group found to be at a modestly increased risk of meningococcal disease

relative to other persons their age.

"At its October 20 meeting, the ACIP, citing results of two CDC studies done in 1998 which identified the slightly higher risk among freshman dormitory residents, recommended that those who provide medical care to this group give information to students and their parents about meningococcal disease and the benefits of vaccination. Vaccination should be provided or made easily available to those freshmen who wish to reduce their risk of disease. Other undergraduate students wishing to reduce their risk of meningococcal disease can also choose to be vaccinated."

To obtain a camera-ready copy (PDF format) of this VIS, go to: <http://www.cdc.gov/nip/publications/VIS/Mening2000.pdf>

Additional information available at:

[http://www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal\\_college.htm](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal_college.htm)

<http://www.immunize.org/genr.d/menin.htm>

From IAC Express, April 18, 2000, #158

### **South African People to People Delegation**

by Janet Selway

Perhaps you read about the first NP Delegation to China in the recent NP World News (Mar/Apr) Vol. 5(2). This was an incredible professional and cultural experience. In November 1999 I had the privilege of leading this People to People Ambassadors delegation which consisted of 37 NPs and was co-sponsored by the American College of Nurse Practitioners. We attended seven professional meetings with representatives of the Chinese health care system at schools of nursing, hospitals and a rural clinic. Our mission was to discuss the role of the nurse practitioner to see how this role might fit into the Chinese health care system. In addition to professional exchange, the cultural excursions provided for us were unforgettable.

Departing from New York City, November 11-24 2000

The agenda includes professional meetings, cultural tours in Johannesburg, Capetown, and Pretoria. Includes 2 nights in Kruger National Park. Optional 3-day extension trip to Victoria Falls. You can read the itinerary at

[http://www.ambassadors.com/ptpap/featured/selway\\_s\\_africa.htm](http://www.ambassadors.com/ptpap/featured/selway_s_africa.htm)

For additional information contact: Janet Le Page, People to People project coordinator, 800.669.7882 X-406, fax: 509.532.2209, email:

[janet.lepage@ambassadors.com](mailto:janet.lepage@ambassadors.com)

### Letters to the Editors

To My Fellow Advanced Practice Nurses,

My name is Victoria Eftychiou and I am an Adult APN working in a college health practice in northern New



## SEATTLE LESBIAN CANCER PROJECT

*Supporting advocacy, services, and education for sexual minority women affected by cancer*

**Does your healthcare practice embrace all people?** Please take a moment to fill out our survey.

Greetings,

The Seattle Lesbian Cancer Project (SLCP) is creating a database to help lesbians and women who partner with women find healthcare providers in King County who are sensitive to their healthcare needs.

The Institute of Medicine Report shows that lesbians generally access healthcare less frequently than other women do because they:

- Fear disclosing their sexual orientation may lead to substandard or refusal of healthcare;
- Are more affected by women's lower earning power and do not benefit from spousal health insurance coverage.

Therefore, lesbians are at a higher risk for later stage diagnosis of cancer as well as other health issues. **This is where you come in ...**

Please fill out the survey on the following page. Information about your organization/office will be stored in our database, placed on our web site and on a digital telephone tree system. Please return the survey to SLCP as soon as possible.

It is important that care is available which honors each individual. Thank you for your participation in this effort. Please call the office with any questions.

Sarah N. Reynolds,  
Director

# Healthcare Provider Survey

Seattle Lesbian Cancer Project

1122 E. Pike #1333, Seattle, WA 98122

**Note: Please return this survey to SLCP as soon as possible. You are welcome to write any comments on the back of this paper.**

- |   | YES                      | NO                       |
|---|--------------------------|--------------------------|
| 1. Do you or are you willing to use inclusive language on admission/information forms and sexual history forms? (i.e. "Married, Single, Widowed, Partnered." (and/or) "Do you have sex with men, women or both?") | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Are you willing to include a significant other(s) or family-of-choice in healthcare discussions?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you or are you willing to advocate for all clients to enact durable powers of attorney for healthcare and respect those that are implemented?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are you willing to provide access and referrals to services for lesbians/ bisexual women, including placing copies of a SLCP brochure in your waiting area?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you routinely review policies on confidentiality with all clients and staff, including administrative staff?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Would you like training for you and your staff on cultural competency on lesbian health issues?  | <input type="checkbox"/> | <input type="checkbox"/> |

**Fill out the box below according to how you would like your information stored in our database:**

**Name:** \_\_\_\_\_ **Specialty:** \_\_\_\_\_  
**Address:** (Street, Suite/PO Box) \_\_\_\_\_  
**City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  
**E-mail:** \_\_\_\_\_ **Website:** \_\_\_\_\_

Some women specifically ask for a: lesbian, bisexual, transgendered provider. **Would you like to be listed as:** \_\_\_ Lesbian \_\_\_ Bisexual \_\_\_ Transgendered **in our database** (web site and phone tree)?  
If so, please check all that apply.

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

**Do you know of any other providers in Seattle/King County who might want to be included in our database? If so, please fill out the information below. Continue on the back if necessary.**

**Name:** \_\_\_\_\_ **Specialty/Clinic/Hospital:** \_\_\_\_\_  
**Address:** (Street, Suite/PO Box) \_\_\_\_\_  
\_\_\_\_\_  
**City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  
**E-mail:** \_\_\_\_\_ **Website:** \_\_\_\_\_

Jersey. I am also the Chair of Publicity for the Forum of Nurses in Advanced Practice, NJ's APN professional organization.

I am writing to you today to ask you to take part in a letter writing campaign to the many pharmaceutical companies who insist on excluding APNs in their television/radio/print advertisements. You know, the ones that exclaim, "For further information regarding our drug...contact your doctor or pharmacist."

By excluding "other health professionals," who are licensed to prescribe medications, they discount almost 83,000 APNs nationally who are providing safe and quality health care to their patients. This health care includes the prescription of medications.

By not using broader, more inclusive language, such as, "health care professional," or "health care provider," this practice contributes to APN's invisibility and lack of recognition.

Well, I am weary of the whole thing. I have sent off letters to several pharmaceutical giants, expressing my disappointment and telling them what I would like them to do. I have developed a letter, which I am enclosing which I would encourage you to use in any shape or form. I think that we will have more of an effect and make our voices heard, if we speak out collectively as a group.

This is not the time to sit back complacently, thinking that, "some other APN can do that, I don't have the time." Please, take a few minutes to send off some letters so that we can hopefully effect some positive change.

I keep a note pad where I sit in my family room and as I listen to TV or radio ads promoting pharmaceuticals, and note the manufacturer and drug when they have just mentioned "doctor or pharmacist," and have left APNs out. I do the same as I read through professional journals or women's magazines.

A special word to nursing faculty—participating in a project such as this would be a wonderful way to get your APN students involved in professional issues, don't you think?

If you have any questions or comments, please write to me.

Thanks for your help!

Victoria Eftychiou RN, MSN, APN, C  
Adult Nurse Practitioner  
anpvc@aol.com

Editors Note: Additional information is available at  
<http://www.nurse.net/ask.your.hcp.letter.shtml>.

## Classified Ads

### Geriatric Nurse Practitioner

Pacific NW: Experienced Geriatric NP to join highly-regarded multi-specialty group committed to quality, compassionate care. Work in collaboration with primary care providers to care for group's nursing home patients. Competitive compensation, outstanding benefits,

attractive sign-on bonus/relocation allowance. Ideally located just 50 minutes north of Portland, Oregon in Longview, Washington. Contact Anne Bennett, PeaceHealth Medical Group, Phone: (360) 414-7596; Fax: (360) 414-7550 or email: [ABennett@PeaceHealth.org](mailto:ABennett@PeaceHealth.org).

### Geriatric Nurse Practitioner

Geriatric Nurse Practitioner needed for extended care practice in Burien, WA. PT position. Competitive wage and benefit package. Affiliated with HCH Health Care Network. Contact Gail Mumma @ 206-619-9069, or fax CV to 206-431-3939, or e-mail to: [HMEGAIL@AOL.COM](mailto:HMEGAIL@AOL.COM).

### OB/GYN Nurse Practitioner

OB/GYN Nurse Practitioner needed for busy OB/GYN practice in Burien, WA. FT position. Must have minimum 3 years exp. Competitive wage and benefit package. Affiliated with HCH Health Care Network. Contact Gail Mumma @ 206-619-9069, or fax CV to 206-431-3939, or email to: [HMEGAIL@AOL.COM](mailto:HMEGAIL@AOL.COM).

### Nurse Practitioner Needed for Pulmonary Practice

NP full-time position available at Pulmonary Consultants, an 8-physician, one-NP office clinic for adults only in Tacoma, WA. Pulmonary, ICU, or ER experience preferred. Must have prescriptive authority. Salary and benefits are negotiable. Fax resume to: 253.272.0419, Attn: K. Dorr.

### Psychiatric Nurse Practitioner

Need prescriptive authority. Challenging and autonomous practice on interdisciplinary team delivering mental health care services to clients in a correctional facility. Strong clinical assessment, knowledge of substance abuse, and medication management skills required. Looking for flexible, skilled clinician with positive attitude and sense of humor. Positions available per diem and an FTE .5 with benefits. Prefer fax resume to 206.296.1771, attn: Mary F., or call the recruiter line at 206.205.8025 for tour and information. Public Health - Seattle & King County. We value the diversity of our workforce. E.O.E

## Continuing Education

### Seattle Pacific University Graduate Courses

Do you have legal questions about your practice? Interested in brushing up on pathophysiology? Seattle Pacific University offers graduate courses for working nurses. All courses after 4:00 PM. Winter quarter (January-March): Legal and Entrepreneurial Issues; Pathophysiology; Curriculum Development in Nursing. Spring quarter (March - June) Health Issues of Older Adults; Women's Health. For info on courses or a Master's degree in nursing, contact Donna Allis 206-281-2649 or e-mail [dallis@spu.edu](mailto:dallis@spu.edu).

### Reproductive Health 2000:

#### A Clinical Update on Women, Men, and Families

September 13-16, 2000, Swissotel Chicago, Illinois. The Association of Reproductive Health Professionals (ARHP) will host its annual meeting, Reproductive Health 2000, September 13-16, 2000 in Chicago, Illinois. This CME conference is designed for primary care physicians, nurse practitioners, nurse midwives, registered nurses, pharmacists, physician assistants, researchers, public health professionals, and health educators. It is being sponsored with AVSC International, National Abortion Federation (NAF), Planned Parenthood® Federation of America (PPFA), and National Association of Nurse Practitioners in Women's Health (NPWH). Two concurrent pre-conferences, Men's Reproductive Health and Women's Health in the Perimenopause will be held September 13<sup>th</sup>. Men's Health will feature sessions on reversible male contraception, non-scalpel vasectomy, and testicular self-exams. Women's Health in the Perimenopause will offer sessions on osteoporosis, alternative therapies, and mature sexuality. The general educational sessions will take place September 13<sup>th</sup>-16<sup>th</sup> and will feature didactic lectures with question and answer sessions immediately following. Lecture topics will include STDs, abortion, contraception, domestic violence, and much more. Program information is available on ARHP's web

site at www.arhp.org. Please contact ARHP to receive a printed program, exhibit information, or for any other additional information. Association of Reproductive Health Professionals (ARHP), 2401 Pennsylvania Ave NW, Suite 350, Washington DC, 20037-1718, phone: 202-466-3825, fax: 202-466-3826, e-mail: conferences@arhp.org, web site: www.arhp.org.

**Touchpoints: Professionals Supporting Families Through Key Stages in Development with special guest speaker T. Berry Brazelton, M.D.**

June 16, 2000. Westin Hotel, Seattle, Washington. Accreditation: CME, CEARP, NASW. Please call 206-368-1623 for more information.

**Current Topics in Gastroenterology**

May 31, 2000, 4:00-9:00 p.m., Lindsay M. Gould Auditorium, Northwest Hospital. Four hours of Category I credit. Cost: \$60.00 for physicians, \$50.00 for non-physicians.

**Meeting Announcements**

The **Puget Sound Nurse Practitioner Assoc.** will meet on Wed. June 21 at McCormick & Schmick's Harborside, 1200 Westlake Ave. N. Speaker is Sharon Schnare, ARNP on Estrogen Replacement. Hors d'oeuvres at 6 PM, dinner at 6:45. Please RSVP and indicate your choice of Fish, Steak or Vegetarian meal to Kim Riordan @ 1-800-624-2542 x3431.

**Ad Information**

**Copy deadline is the second Tuesday of the month prior to publication.** Ads may be accepted later than this on a space-available basis. Position Available Ads & Continuing Education An-

nouncements of less than 66 words are \$45, of 66 to 130 words are \$75, and greater than 130 words are \$105. Position Available Ads are priced per insertion. Continuing Education Announcements are per offering for up to three (3) consecutive insertions. New Product Announcements per product for one insertion of 130 words or less are \$75. Ad Inserts are \$540 for one issue. All ads are subject to space limitations and editing. Call for detailed rate information. Mail copy to *ARNP Care*, 212 Railroad Ave N, Kent, WA 98032. Phone 253.852.9042. Fax 253.480.0002. Email care@nurse.net

**Healthy Humor:** What do you call a cow that has just given birth? De-calf-inated!

<b>ARNP Care</b>	
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