

Advanced Registered Nurse Practitioner Care

Vol. 11, No. 8

Official Newsletter of ARNPs United of Washington State

August, 2000

Update on Regulatory Changes

by Jerri Henry

Great news!! On August 31st, ARNPs can *finally* begin to legally sign our patient's death certificates and Handicapped Parking Permits. The final hearings are over and we can say goodbye to another 2 barriers to our practice. As you recall, the death certificate bill was signed into law in March but a hearing was required by the Department of Health in order to give final clearance. After the Handicapped Parking Permit hearing in July at the Department of Licensing the Department voted to allow this regulatory change. Again a big round of applause to many ARNPs who took the time to get involved with these issues, contact their legislators, and testify at the hearings. *Direct NP involvement in the process made this happen!*

ARNPs Annual Meeting

This is an open invitation for all ARNPs to attend our annual meeting. It will be held on Thursday, September 28, 2000 from noon until 1:00pm (lunch not included) at the Washington State Convention Center in conjunction with the annual NP Primary Care Conference. Please come even if you are not attending the conference. We have changed the time to accommodate your request for a noon format. Our lobbyist Jerry Farley will once again be our featured speaker as we discuss the exciting Legislative successes of the past year and look ahead to the 2001 Legislative session. Also plan to stop by the ARNPs United booth at the conference and participate in our 2nd annual Raffle. **See you there!**

Call for Legislative Issues

by Jerri Henry

Come to our ARNPs United annual meeting on September 28th with your thoughts on issues that are barriers to your NP practice. What needs to change to enhance the delivery of care to your patients? Every idea is important and will be brought forward to the ARNPs United legislative team as we gear up for this year's legislative session. Even if you are not able to attend the meeting please feel free to talk with me directly at our booth at the Primary Care Conference, or by phone 206.534.2621 or email at jlhenry@jps.net. Empower yourself and your practice by speaking out about these issues.

Going Mainstream in Politics as Usual

By Ann Darlington, CNM, ARNP

Our prescriptive authority success in the last legislative session has moved ARNPs United into a new category of political players. In a session where

relatively few successes occurred, savvy advice and timely maneuvering from our lobbyist combined with persistent optimism and get-real activism from our leaders and members yielded the passage of our bill. It was a compromise bill and we intend to improve upon it (more on this in a moment).

With success comes criticism from within our ranks, some of which is healthy and some of which is counterproductive. And none of it is unique or new, e.g., that we are copping out, playing the game by the old boys' rules, losing our integrity to the system. As Blanche McCrary Boyd discussed in a recent *Ms.* magazine article (August/September 2000), progressive movements have a tendency to see their early successes as *not good enough, not good enough*. She wrote, "One of the catch-22s [is] success itself. If you got there, you'd sold out, been compromised, 'co-opted.'" Thus, in developing our political bases, utilizing an effective lobbyist, putting our money where our mouths are, we are opting *in* as political players, and some see us as thereby copping out.

I don't. I see us as being realistic, making progress incrementally, and remaining clear-headed and obstinate about our goals. I sense that we're on the brink of increasing influence in our history as activist NPs. We're just warming up. We've had one big win and several smaller ones. With these as our base, we can afford to expand that base into more areas, including issues that require political boat-rocking.

Now that we find ourselves being taken more seriously by other political players, we must take ourselves very seriously indeed. And we have some serious decisions to make. The most pressing one is, Shall we come up with the resources to continue? Our lobbyist, Jerry Farley, who was most understanding of our financial straits last year, has asked for a more solid commitment at a higher rate of pay than we have given in the past. He has other offers and we may lose him. I consider this an unacceptable loss, as does our AU Board of Directors. Jerry would be the first to give credit to prior AU lobbyists for their groundbreaking work towards completion of prescriptive authority (RxA).

Nonetheless, we have made far greater progress with Jerry than with anyone else. He knows our issues, he is well connected, and he is honest. Further, he is already developing plans to legislate away the restricting compromises of our RxA bill, which will likely take another couple of years.

In the meantime (and evermore) we can work in other legislative arenas. I have my dreams (unrestricted coverage of contraception, full coverage for prenatal care, including delivery—what a concept!). How about you? What's missing in the care of your clients? In the options for your delivery of that care? What shall we

choose for our legislative agenda of the future? I believe that in order to continue in our successful pattern, we must decide to keep Jerry; therefore we must pay Jerry. That means we must increase donations for lobbying and for astute political contributions to legislators. We must increase our NP membership in ARNPs United. (Only about 10% of the NPs in the state belong to AU, even though AU is the sole statewide organization for NPs of all specialties and all geographic locales.) We must develop statewide email and phone lists for action alerts to reach members. And then, when alerted to action (like writing or calling or visiting a legislator), we need to respond. It's not so hard and it's not so complicated. Let's just decide: we're in the political mainstream and we're here to stay. We can make a difference, maybe even change the course of that stream as well.

Education Rules Writing Workshop

A third Rules-writing workshop is scheduled for review and discussion of possible changes/revisions to the Nursing Education Rules (WAC 246-840-500 through 575).

Members of CNEWS (Deans, Directors and Coordinators of Nursing Programs throughout the state) have had two opportunities to make suggestions and comment at workshops in Fife and Spokane.

The final planned workshop is scheduled for Thursday, September 7, 2000, 4:30-6:00pm, at Cavanaugh's at Yakima Center, 607 East Yakima Avenue, Yakima, WA. If you have comments or suggestions for change about nursing education programs and their administration, curriculum, students and/or faculty, please plan to attend or send comments to Maura Egan, Department of Health, Nursing Care Quality Assurance Commission, PO Box 47864, Olympia, WA, 98503-7864. Or email Dr. Egan at Maura.Egan@doh.wa.gov or Fax 360.236.4738.

ACNP Offers Free Journal

As a member of ARNP's United, you are entitled to receive a free journal from our national affiliate the American College of Nurse Practitioners (ACNP) titled *The American Journal for Nurse Practitioners*. If you have not received this journal please contact the ARNPs United office at 253.480.1035 or contact our support staff person Mary Kozy by emailing au@nurse.org. ACNP assures us that your mailing address will not be shared with any other source and used only for their mailings to you.

Campaign to Lower African-American SIDS Rates

African-Americans are less likely to place babies to sleep on their backs; SIDS rates twice as high as other groups. The U.S. Consumer Product Safety Commission (CPSC) and Gerber Products Co. today released a new

national survey showing that African-Americans are more likely to place their babies to sleep in ways that increase the risk of Sudden Infant Death Syndrome (SIDS). The survey found that more than half of African-American parents place their babies to sleep on their stomachs or sides and African-Americans are more likely to place soft bedding such as quilts, comforters or pillows in the crib with their infants. National infant mortality statistics show that African-American babies are twice as likely to die from SIDS as other babies.

CPSC and Gerber, in conjunction with the Health Resources and Services Administration's Bureau of Primary Health Care (BPHC), and Black Entertainment Television (BET) are launching a national "Safe Sleep" campaign to help lower SIDS rates, especially among African-Americans. The campaign includes a television public service announcement about placing babies to sleep safely that will air nationwide, baby safety showers to be held at community and migrant health centers, and special programming to be televised on BET this fall. The BPHC, which is the lead Department of Health and Human Services' agency in providing access to primary and preventive health care to vulnerable and low-income populations, will be distributing safe sleeping information to health centers across the country. The BPHC is encouraging health centers to hold baby safety showers, which will include information about reducing the risk of SIDS.

The national survey was commissioned to find out how parents place their babies to sleep, what information they know about safe sleeping practices, and where they get that information.

The survey found that only 31% of African-American parents place their babies to sleep on their backs as recommended by CPSC and the American Academy of Pediatrics.

While almost half of Caucasians say they get information about sleep position from their physician or a nurse, African-Americans say they tend to get such information more from family members such as a grandmother. The survey found that 47% of Caucasian parents and 43% of parents overall put their babies to sleep on their backs.

Studies have shown that soft bedding such as quilts, comforters or pillows may also increase the risk of SIDS deaths from suffocation. As many as one-third of the babies who die from SIDS each year may have suffocated in soft, fluffy bedding. Suffocation can occur when soft bedding becomes molded around a baby's face.

The survey pointed to the need to get more information about the risks of soft bedding to all new parents. The survey found that 85% of African-American parents say they keep quilts and comforters in their baby's crib.

Among all parents, 67% say they keep these products in the crib.

The "Safe Sleep" campaign is part of a ten year national effort to reduce SIDS rates among all groups. Since the early 1990s, the rate of SIDS deaths in the United States has dropped by about 40%.

"A great deal of progress has been made reducing SIDS deaths," said CPSC Chairman Ann Brown, "but this survey shows there's much more work that needs to be done. We need to continue to get the word out to all parents, but the survey shows there's an information gap that needs to be addressed. We need to target information to parents where SIDS rates continue to be very high."

The CPSC, the American Academy of Pediatrics and the National Institute of Child Health and Development recommend the following steps to ensure babies under 12 months sleep safely:

- ❑ Place baby on his/her back on a firm, tight-fitting mattress in a crib meeting current safety standards.
- ❑ Remove pillows, quilts, comforters and sheepskins from the crib.
- ❑ Consider using a sleeper as an alternative to blankets with no other covering.
- ❑ If using a blanket, place baby in crib with his/her feet at the foot of the crib. Tuck a thin blanket around the crib mattress, only as far as the baby's chest.
- ❑ Make sure the baby's head remains uncovered during sleep.
- ❑ Never place a baby to sleep on a waterbed, sofa, soft mattress, pillow or other soft surface.

For more information on preventing SIDS, contact CPSC at 800.638.CPSC. Get a free copy of Safety Tips for Sleeping Babies at www.cpsc.gov or by writing to CPSC, Washington, DC 20207.

Press Release

<http://www.cpsc.gov/cpsc/pub/prrel/prhtml00/00144.html>
Safety Tips for Sleeping Babies

<http://www.cpsc.gov/cpsc/pub/pubs/203.html>

Spanish version

<http://www.cpsc.gov/cpsc/pub/pubs/203s.html>

Additional safe sleep information

<http://www.cpsc.gov/cpsc/pub/pubs/sleepingmenu.html>

The survey was conducted by Caravan(r) Opinion Research Corporation International. Telephone interviews were conducted among a national probability sample of 5,078 adults comprising 2,542 men and 2,536 women 18 years of age and older, living in private households in the continental United States. Interviewing for the survey was conducted among 460 parents of children under the age of three during the period of March 23-April 16, 2000. All participants were contacted via random digit dialing to ensure a representative sample of parents nationwide. The margin of error for this sample is ± 5 percent.

From News From CPSC, July 19, 2000, #00-144

Classified Ads

Nurse Practitioner

Busy family practice in Bellingham, WA seeking an ARNP for Mondays, Fridays and vacation coverage. Must be able to treat a variety of patients and work independently. Competitive wages, comfortable work environment. For more information or to set up an interview contact Wendy Graignic, Site Coordinator 360.671.4400.

Family Nurse Practitioner

FNP with strong skills in women's health needed for osteopathic practice in Clearview. This practice provides a unique relaxed atmosphere and has special interest in complimentary procedures (acupuncture, neurofeedback). On site MSW and LMT. Schedule is PT, flexible hours, M-F, and requires a very limited call schedule. Current Washington State ARNP license with prescriptive authority and DEA # required. Send resume to 18226 98th Ave. N.E., Bothell, WA 98011 or fax ATTN: K.C. Jenkins 425.486.7427.

Psychiatric Nurse Practitioner

ARNP with prescriptive authority for Washington with specialty in psychiatric MH. Provide psychiatric assessments, medication management, psychoeducation, & in-service training. Exp. in chemical dependency desirable. Clinical software used. Stevens County Counseling is a progressive, rural provider in northeast Washington (Colville - 70 miles N of Spokane) with Mental Health & Chemical Dependency CARF accredited outpatient services. Must be team player & have good communication skills. Salary DOE & DOQ. (entry level salary \$51,640), Benefits include medical ins.; retirement plan; holiday, vacation, & sick leave; 37 1/2 hour work week. County pop. 38,000; little traffic. (509) 684-4597 for complete job description & application; fax (509) 684-5286; e-mail: dnielsen@co.stevens.wa.us; www.colville.com. Stevens County is a Drug Free Workplace & EOE.

Family Nurse Practitioner

Full-time position for experienced FNPs. Work in a developing network of NP managed practices. If you are an entrepreneurial NP with at least three years of experience, great clinical skills, as well as leadership and management ability, you fit the profile for a successful director of your own practice. NPs with fewer years of experience will be considered for positions in clinics once they are established. We are currently looking for NPs for clinics in Tacoma and Seattle WA as well as MD and FL. Competitive salary and benefits, profit sharing for practice directors. Send CV to Bob Smithing, ARNP via email to nplclinics@nurse.net or via fax to 801.640.4744.

Advanced Registered Nurse Practitioner

(30 hrs/wk, 10 mos) Provide patient care in Seattle University's student health clinic; record medical histories and perform diagnostic tests. Campus outreach and clinical training. Need MSN with 5+ years exp. See www.seattleu.edu/services/hr Position 00112 for full description. Send cover letter, resumé, and name/phone of 3 professional references to Seattle University, HR, 900 Broadway, Seattle, WA 98122-4340. EOE.

Psychiatric Nurse Practitioner

Wenatchee Valley Clinic in North Central Washington State. Seeking solution-oriented certified specialist ARNP with prescriptive authority for out-patient practice. Work alongside primary care and specialty physician owners of comprehensive multi-specialty group. Integrated system with full records, transcription, reception, and nursing support. Production-based salary with initial income guarantee, excellent benefits and retirement. Family-oriented community of 60k. Fabulous sunny climate in 4-season environment with recreation-rich mountains, rivers & lakes. Learn more at: www.wvclinic.com/employment/physician.asp. Fax CV to 509.664.7178.

Nurse Practitioner

ARNP or PA needed part-time to perform PEs at our involuntary psychiatric inpatient sites in Mukilteo and Sedro Wooley on weekends. Call Barb Ellingsen 425.349.8384 for details.

Continuing Education

September 27-30, 2000; Pacific NW 23rd Annual Conference for Primary Care Practitioners, Washington State Convention & Trade Center, Seattle, Washington

Special Tract for Acute Care Nurse Practitioners Receive 7.2 - 25.6 contact hours. Enhance your clinical competencies * Acquire new assessment and management skills * Examine critical issues at the state and national level and their impact on primary care practice * Foster a strong coalition of primary care providers * Learn about new products, services, and pharmacotherapeutic agents at this highly-enhanced conference. For more information call CNE, 206-543-1047 Email: cne@u.washington.edu or visit www.uwcne.com.

Professional Certificate in Spirituality, Health and Medicine

Learn how to integrate spirituality more fully into your life, work and practice while making new friends/colleagues from a variety of disciplines, through Bastyr University's Professional Certificate Program in Spirituality, Health and Medicine. The program is 24 graduate credits; classes meet Sat.-Sun. once a month from Sept.-June with two Fri-Sun weekends (Sept. & June.) Study the connection between spirit and health; principles of mind/body medicine; the power of prayer and meditation; and much more. A graduate of this year writes "I would recommend this program to anybody who is looking to integrate the spiritual dimension into professional life." For full brochure and application packet, call 425.602.3307. Applications will be accepted through early September. Program starts Sept. 29, 2000, with admission to 2 days at Evergreen Healthcare's BodyMind&Spirit Symposium!

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 Announcements 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

A midwife had just delivered twins. They were a boy and a girl. The head nurse brought them out for their father to see. He could hardly believe his good fortune.

He took one step forward just so he could touch the babies and believe they had finally arrived. As he started to touch them the nurse took a step backwards and said, "You can't touch those babies. You aren't sterile!" With out missing a beat, he retorted, "You're telling me I'm not sterile!"

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212 Railroad Ave N, Kent, WA 98032
253.852.9042 Fax 253.852.7725
Email: care@nurse.net
http://www.nurse.org/wa/arnpcare

Editors:

Robert T. Smithing, MSN, ARNP
Madeline D. Wiley, MSN, ARNP

Contributing Editor:

Jerri Henry, ARNP

Production Staff:

Mary K. Kozy & Donna Mullin

Publisher:

Nurse Practitioner Support Services

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Subscriptions are \$20 per year, tax included. Ad rate sheet available on request.



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