

# Advanced Registered Nurse Practitioner Care

Vol. 12, No. 5

Official Newsletter of ARNPs United of Washington State

May 2001

## A Legislative Victory!!

by Jerri Henry ARNP

On May 2, 2001 Gov. Gary Locke signed into law our HB 1920 – allowing nurse practitioners to complete written reports for Probate Court Guardianship proceedings.

It was a privilege to represent all Washington State ARNPs by being present at the bill signing, meeting Gov. Locke and thanking him for supporting ARNP issues. While sitting in the Governor's conference room waiting for the ceremonies to begin, it was a time of personal reflection as I complete the last 3 months as President of ARNPs United of Washington State. I was very proud of what this organization, together with our present and past Lobbyists, have accomplished in the past decade. I thought about the countless hours/ years of hard work so many of us have put into raising the consciousness of the role of the ARNP to our legislators and the public. We can hold our heads high as we now have a track record of legislative success and have gained respect in the eyes of our legislators. We have found solutions to enhance our political leverage by forming a coalition with WSNA and other ARNP groups to present a larger voice regarding ARNP issues. Yes, I got a picture taken with the Governor and received the pen used to sign our bill – but the biggest victory was in the satisfaction of a job well done by all of us in getting yet another important bill passed and keeping our mission alive.

## Update on Rule Writing for Prescriptive Authority

by Jerri Henry ARNP

Everything is going smoothly for an anticipated June 2001 final hearing for Rule Writing for Controlled Substances. As a review, the passage of our SB 5805 in March 2000 called for a tripartite committee (Nursing Commission, Medical Commission, and the Board of Osteopathy) to write rules that would allow ARNPs to write scripts for Controlled Substances under a Joint Practice Arrangement with a MD/DO. At the end of March, all three of the Commissions/Boards had agreed to Draft #3 of the language established in this process. (The text of Draft #3 was published in the March 2001 issue of *ARNP Care*). We are now in a 30-day period where all interested parties consider the Draft language. The next step in the process is a Final Hearing in front of the tripartite committee that is the last chance for any interested person to come forward with support or criticism of the Draft language. The committee must consider this input (if any) and either call for another update of the language or rule in favor

of the Draft #3. We are optimistic that the final vote in favor of the current language will occur at the Final Hearing. I will send out an email alert when the date of this Hearing is known (as far as I know it will be held in the Seattle area)... and encourage your attendance! ARNPs need to be present to show the committee our conviction that this process be finalized. Also, feel free to call me for further information at 206.534.2621 or email at [jlhenry5@home.com](mailto:jlhenry5@home.com).

## Obtaining a DEA Number

by Ann Darlington, ARNP

If you don't already have a Drug Enforcement Administration (DEA) number, and you plan to obtain prescriptive authority for Schedules II-V (RxA), I suggest you obtain a DEA number soon. You will need to have it as part of your application for RxA, and it is evermore becoming an identification number used by pharmacies to identify you as a prescriber of any and all medications, making it smoother for your clients to fill prescriptions you write. Here's how you can get a DEA number. Call the Washington State office of the DEA at 206.553.5443, tell them (likely using voice mail) that you are an ARNP seeking RxA, and ask them to send you an application form for a DEA number. It will cost you \$210, take approximately 3 weeks to process (it has to go to D.C. and back), and it will be good for 3 years.

Until the RxA rules are finalized and the bureaucracies catch up, you will only be issued RxA for Schedule V so they request that you apply for Schedule V only at this time. Later, at no extra cost, it can be upgraded to II-V (full RxA) and your number will not change. The DEA will be gearing up in June for an onslaught of requests and will have a system in place to upgrade your RxA via communication between the DEA and the Nursing Quality Assurance Commission. NCQAC will ascertain that all your ducks are in a row; that is you have a DEA number and Joint Practice Agreement; and will then issue you the full RxA license. As of my phone conversation on April 6, 2001 with a representative of the DEA they do not have all the details worked out, but promises to be ready for us after June of this year. The representative also promised to send me the final How To Do II-IV information as soon as the Seattle office gets it, and I will forward that info via our ACNM and ARNPs United email lists, an article in *ARNP Care* and placement on the ARNPs United of Washington web site. ([www.nurse.org/wa/au/](http://www.nurse.org/wa/au/)).

### National NP Marketing Campaign Update

by Westley Wright Byrne, NP

The NPNMC is extremely pleased to announce that the National Association of Nurse Practitioners in Women's Health (NPWH) has accepted a seat on the Board of Directors as an organizational member. This influential group will be represented on the board by its president, Susan Wysocki, NP. Susan already has aided the Campaign admirably by spearheading a joint organizational letter to salary.com in support of the Campaign's drive to change the website's NP description, as detailed in our latest Press Release. Welcome to the NPWH and its members.

A tremendous amount of nitty-gritty, behind-the-scenes work has been going on as we orient our marketing firm, MSI, to the Campaign objectives and begin the tasks designed to meet them. To support the tangible products that shortly will be in evidence, NPs and NP-Believers from all but 9 states have contributed to the Campaign.

In addition to individual contributions from 41 states, the NPNMC now counts 25 state or regional groups contributing as well as 7 national organizations, 5 conferences and 2 corporations. We are humbled by this evidence of trust and by our consequent responsibility to represent you well. The success of the salary.com negotiations illustrates the strength of NPs in united action. With continued support, we can do much more.

**Wanted**  
**1200 NPs to Support**  
 the  
**National NP Marketing Campaign!**  
**Donate \$100 Today**  
**Send Your Donation To:**  
**PO Box 1375**  
**Water Mill, NY 11976.**  
 Get more information at [www.nurse.net/mc](http://www.nurse.net/mc)

### FDA Approves Hepatitis A and B Combination Vaccine Twinrix

On May 11 FDA approved a new combination vaccine that protects individuals 18 years of age or older against diseases caused by the hepatitis A virus (HAV) and the hepatitis B virus (HBV). The vaccine, called Twinrix, combines two already approved vaccines, Havrix (Hepatitis A Vaccine, Inactivated) and Engerix-B [Hepatitis B Vaccine (Recombinant)] so that people at high risk for exposure to both viruses can be immunized against both at the same time. Clinical trials of Twinrix, given in a three dose series at 0-, 1- and 6-months,

demonstrated that the combination vaccine was as safe and effective as the already licensed separate HAV and HBV vaccines.

For more information go to:

<http://www.fda.gov/bbs/topics/ANSWERS/2001/ANS01084.html>

### NCEP Issues Major New Cholesterol Guidelines

The National Cholesterol Education Program (NCEP) issued major new clinical practice guidelines on the prevention and management of high cholesterol in adults. The guidelines are the first major update from NCEP in nearly a decade.

Key changes in the new guidelines are: more aggressive cholesterol-lowering treatment and better identification of those at high risk for a heart attack; use of a lipoprotein profile as the first test for high cholesterol; a new level at which low HDL (high-density lipoprotein) becomes a major heart disease risk factor; a new set of "Therapeutic Lifestyle Changes," with more power to improve cholesterol levels; a sharper focus on a cluster of heart disease risk factors known as "the metabolic syndrome;" and increased attention to the treatment of high triglycerides.

Treatment may lower risk over the long-term-that beyond 10 years-even more. That's why, while the intensity of treatment in ATP III is stepped up, its primary aim remains squarely on lowering LDL."

According to ATP III, Americans at high risk for a heart attack include those with heart disease or diabetes, and many of those with multiple heart disease risk factors. The guidelines state that diabetes poses as great a risk for having a heart attack in 10 years as heart disease itself-and the threat from multiple risk factors can be equally great. The guidelines recommend these persons be treated as intensively as heart disease patients with lifestyle changes and medication.

Other changes in the new guidelines include:

Treating high cholesterol more aggressively for those with diabetes.

A lipoprotein profile as the first test for high cholesterol.

A new level at which low HDL becomes a major risk factor for heart disease.

Intensified use of nutrition, physical activity, and weight control in the treatment of elevated blood cholesterol. ATP III combines these steps into a new "Therapeutic Lifestyle Changes" (TLC) treatment plan.

ATP III also encourages use of certain foods that contain plant stanols and sterols, or are rich in soluble fiber, to boost the diet's LDL-lowering power. Plant stanols and sterols are included in certain margarines and salad dressings; foods high in soluble fiber include

## *ARNPs United of Washington State*

---

10024 SE 240th Street, Suite 102, Kent, WA 98031

Phone: 253.480.1035 Fax: 253.852.7725

Email: [au@nurse.org](mailto:au@nurse.org) Web: [www.nurse.org/wa/au](http://www.nurse.org/wa/au)

May 2001

Greetings:

**If you are a *current member*** of ARNPs of Washington State we would like to thank you for your support. We have enclosed a membership application in this publication of Care. Instead of recycling this application, I request that you **give this application to someone who is not** yet a member of our organization. We would like to involve Nurse Practitioners throughout Washington State in ARNPs United of Washington State's educational, legislative, and networking activities.

**If you are *not a member*** of ARNPs United of Washington State I would like to tell you about the special privileges and benefits that you are entitled to by joining. But first let me say why **this is such an important time for you to join**. A growing membership in *ARNPs United of Washington State* accomplishes a number of things. Our members actively participate and support many activities that give visibility to our work — whether it is participating in the legislative process to remove barriers to ARNP practice, or joining in at our annual symposium addressing ARNP clinical practice issues.

Citizens all around our country see our movement is strong and growing. We are really proud of the fact that **due to our efforts during the 2000 Legislative Session our state Congress passed the Prescriptive Authority Bill, and bills allowing Authority to sign Death Certificates, and ARNP prescriptions accepted by the schools**. It never would have happened without the broad-based membership from *ARNPs United of Washington State*.

**Part of the membership dues goes directly to support our professional lobbyist**. Having a lobbyist in Olympia has been one of our most successful endeavors to promote independence of Nurse Practitioners and to address statewide clinical practice issues.

Now let me tell you what is in store for you as a member. First, as I mentioned **you will receive a monthly newsletter**. In it you will be kept up to date on all the membership activities as well as the latest news from headquarters. You will be invited to participate in our special meetings and seminars. You will automatically receive publications from our national affiliate the *American College of Nurse Practitioners*. Membership will require very little on your part. **You can involve yourself, as much as you wish**, but essentially you are lending you name and voice to a movement that is critical to the Nurse Practitioners.

**Please take just a moment now while my invitation is before you to become a member today. Fill out the enclosed membership form and mail it back to ARNPs United of Washington State**. Let me restate the fact we need your act of membership to build upon our past successes and continue our momentum for the future.

I look forward to welcoming you as the newest member of *ARNPs United of Washington State*.

Sincerely,

*Jerri Henry, ARNP*

Jerri Henry, ARNP

# Join ARNPs United Of Washington State Today! Working Hard For You

## Successes

Three bills passed in the 2000 Legislative session:

- Completion of Prescriptive Authority Bill
- Authority to sign Death certificates
- ARNP prescriptions accepted by school nurses

## Current Legislative Agenda

- L&I Independent Medical Examination
- Authority to complete written documentation for Guardian-ad-Litem
- Regulatory changes regarding signing off Metro passes, misc. licenses

## Action plan

- Participate in legislative process designed to remove barrier to ARNP practice.
- Coordinate activities and efforts among ARNPs and across specialty groups.
- Implement and integrate e-mail communication systems among ARNPs in Washington State.
- Hold annual Clinician Symposium to address ARNP clinic practice issues.
- Act as a liaison for ARNPs to the Washington State Nurses Association, other disciplines and community groups.

## Membership Benefits

- Our own professional lobbyist working on legislation that affects and benefits you.
- Affiliate member of ACNP (American College of Nurse Practitioners).
- Up to date, and informative monthly newsletter *ARNP Care*.
- ARNPs United of Washington State active web site.
- Central office for information exchange.
- Everyone invited to become actively involved in ARNPs United of Washington State leadership positions and Legislative Committee.

---

I am interested in joining ARNPs United of Washington State

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Practice Specialty: \_\_\_\_\_

Email: \_\_\_\_\_  Send ARNP Care to me by email

### Please check all that apply:

- |   |  |
|---|--|
| <input type="checkbox"/> Life time Membership \$1000  | <input type="checkbox"/> Individual Membership \$150 per year          |
| <input type="checkbox"/> Affiliate Membership \$100 per year<br>(Reduced fee for an active member of another Washington ARNP professional organization) | <input type="checkbox"/> Student Membership \$50 per year              |
| <input type="checkbox"/> Donation for ARNPs United  | <input type="checkbox"/> I'm not sure contact me with more information |
| <input type="checkbox"/> Can not join at this time  |  |

Make checks payable to ARNPs UNITED of Washington State  
10024 SE 240<sup>th</sup> St, #102, Kent, WA 98031

cereal grains, beans, peas, legumes, and many fruits and vegetables.

Additionally, the guidelines stress the need for weight control and physical activity, both of which improve various heart disease risk factors.

Identifying a "metabolic syndrome" of risk factors linked to insulin resistance, which often occur together and dramatically increase the risk for coronary events.

The syndrome includes factors such as too much abdominal fat (indicated by too large a waist measurement), elevated blood pressure, elevated triglycerides, and low HDL. Therapy for the syndrome emphasizes TLC, especially weight control and physical activity. Insulin controls the body's metabolism of carbohydrates, fats, and protein. In insulin resistance, its normal actions are impaired. "The metabolic syndrome has emerged as being as strong a contributor to early heart disease as cigarette smoking," said Grundy. "In addition, the insulin resistance that goes along with the syndrome is one of the underlying causes of Type 2 diabetes. It's thus very important to recognize the syndrome and treat it with lifestyle changes."

More aggressive treatment for elevated triglycerides.

Recent studies indicate that an elevated triglyceride level is significantly linked to the degree of heart disease risk. The new guidelines recommend treating even borderline-high triglyceride levels. Therapy includes weight control and physical activity and sometimes, for higher triglyceride levels, medication.

According to ATP III, studies have not shown that HRT reduces the risk for major coronary events or deaths among postmenopausal women who have heart disease. HRT also increases the risk for thromboembolism and gallbladder disease. In contrast, cholesterol-lowering drugs have been found to reduce coronary events in women with or without heart disease.

The ATP III related materials are online at:  
<http://rover2.nhlbi.nih.gov/guidelines/cholesterol/>

### Classified Ads

#### Family Nurse Practitioner for Seattle

A new solo Family Practice in Pioneer Square, Seattle, Washington is looking for a Family Nurse Practitioner to oversee the clinic opening & ongoing operation. No physician on-site. Candidates must have 3+ yrs of experience as a NP in a primary care setting, a Masters Degree, and prescribing privileges/DEA#. The successful candidate will enjoy spending some time with clinic marketing and administration, as well as providing high quality patient care. Full time, M-F. Competitive salary & benefits package.

Fax, email, or mail resume to: Maddy Wiley, ARNP, FamilyCare of Kent, 10024 SE 240<sup>th</sup> Pl SE, Suite 201, Kent, WA 98031, Fax: 253.850.8894 Email: [mwiley@nurse.net](mailto:mwiley@nurse.net)

#### ARNPs Bellingham to Tacoma Wanted

**The Lantern Group, Inc.** provides comprehensive mental health services to skilled nursing facilities. Hiring ARNPs with psychiatric medication expertise for geriatric population, one day per week. Programs are in place with signed orders and consents. Medicare B,

Medicaid, and Secondary insurance billings provided. Call Dr. Bruce Lexa at (206) LANTERN (526-8376).

#### Psychiatric Nurse Practitioner

Wanted for immediate opening at Sammamish Valley Psychological Services, PS., an established, highly collegial multidisciplinary behavioral health group practice with offices in Redmond and Woodinville. Group provides referrals, MCO contracts, billing, office staff, furnished office, voice mail/pager. Needs broad clinical skills in assessment, medication, and psychotherapy. Independent prescribing experience required. Must work well with managed care. Call Gregg Schimmel, Ph.D. (425) 883-2623 x23. Fax Vita (425) 883-6241

#### ARNP Wanted

Busy Rheumatology practice, minutes from downtown Seattle, seeks kind, compassionate experienced Nurse Practitioner. Primary responsibilities include management of patient's chronic musculoskeletal ailments, some general Internal Medicine and some clinical research. Intellectually stimulating environment, excellent benefit package, part of the Highline Health Care Network. Please send cover letter & resume to HME attn: Gail Mumma, 137 southwest 154<sup>th</sup> St., Burien, WA 98166 or Fax 206-431-3939

#### ARNP Wanted

Washington, Seattle- Need ARNP Immediately to be a medical director and direct service provider for medically obese patients in Optifast program. Provide weekly medical monitoring, perform physicals, blood draws, EKG's, interpret Lab and EKG results. As this long-term program, you develop very satisfying relationships with these highly motivated individuals. Multidisciplinary team. Currently Tuesday evenings only, approximately 5:30-8:30p.m., lower Queen Anne. \$32/hour to start. Increase after 6 months. Monthly stipend \$200.00. Potential for expansion. Contact Carol Henderson 206-284-1518

#### ARNP Wanted

ARNP, full time at Mt. Baker Family Medicine, a division of Mt. Baker Planned Parenthood - Bellingham. All aspects of primary care in group practice setting, need to be able to see patients 5 days/week. 2 yrs. experience in family practice required. Must have current WA & DEA licenses, malpractice coverage. Contact Jim Byrnes 1530 Ellis, Bellingham WA 98225. 360-714-1149 Ext 217 or Fax 360-647-4757.

#### Washington, Certified Nurse Practitioner wanted in Vancouver, Washington

Full time, no evening hours, weekends, or hospital call. One year FNP experience preferred. Excellent Salary and bonus with pension program. Life, disability, and liability insurance coverage. Great place to live with excellent schools. Fax resume to (503) 228-6006 care of F. Douglas Day M.D or phone (503) 318-5115

### CE Announcements

#### New Faces of Insomnia

#### A Fabulous Dinner and Speaker Event Opportunity

**ARNPs United of Washington State** is kicking off the Summer by sponsoring a free Continuing Education (1.2 CEU's) evening event at 3 locations around the State. Carla Hellekson, MD will be speaking on "New Faces of Insomnia" in:

**Everett on May 31st** at the Howard Johnson/O'Callahan's,

**Renton on June 5th** at the Holiday Inn Select, and on

**Spokane City Center on June 7th** at the DoubleTree Hotel.

This is a topic that touches all of us across specialty areas. Join your colleagues for an enjoyable summer experience and meet members of the ARNPs United Board who will attend and be available to answer your questions on our exciting legislative session! Donations to the ARNPs United of Washington State Legislative Fund will be warmly accepted! Reservations are required. For information contact Fiona Shannon, ARNP at 360-297-7660, email at [finafnp@aol.com](mailto:finafnp@aol.com) or fax at 360-297-7688. See you there!!

#### Clinical Pharmacology Series-2001

This annual update for nurses in advanced practice focuses on current recommendations in drug therapy in the primary care setting. For further information call 206-543-1047, email [cne@u.washington.edu](mailto:cne@u.washington.edu) or web access at [www.uwcne.org](http://www.uwcne.org)

May 22, 2001, Adult Drug Therapy, Shoreline Conference Center, Seattle, WA

June 15, 2001, Neuropsychotropic Drug Therapy, Shoreline Conference Center, Seattle, WA

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, 10024 SE 240th St, #102, Kent, WA 98031. Phone 253.852.9042. Fax 253.480.0002. Email care@nurse.net

Healthy Humor

A distraught patient phoned her NP's office. "Is it true," the woman wanted to know, "that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so," the NP told her. There was a moment of silence before the woman continued. "I'm wondering, then, just how serious is my condition? This prescription is marked 'NO REFILLS!'"

ARNPs United of WA State
10024 S.E. 240th St., Suite #102, Kent, WA 98031
253.480.1035 Fax: 253.852.7725
Email: au@nurse.net
Web site: http://www.nurse.org/wa/au/

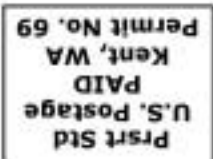
ARNP Care
10024 S.E. 240th St., Suite #102, Kent, WA 98031
253.852.9042 Fax: 253.852.7725
Email: care@nurse.net
Web site: http://www.nurse.org/wa/arnpcare

Editors:
Robert T. Smithing, MSN, ARNP
Madeline D. Wiley, MSN, ARNP
Associate Editor:
Marty Couret, MSN, ARNP
Contributing Editor:
Jerri Henry, ARNP

Production Staff:
Kimberly Couret
Alex Wiley Smithing

Publisher:
Nurse Practitioner Support Services

© 2001, Nurse Practitioner Support Services
Subscriptions are \$20 per year. tax included. Ad rate sheet available on request.



Return Service Requested
ARNP Care
10024 SE 240th St, Suite 102
Kent WA 98031