

Advanced Registered Nurse Practitioner Care

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Official Newsletter of ARNPs United of Washington State

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We Have A New Look!

The ARNPs United of Washington web site (www.nurse.org/wa/au/) has been completely redesigned. In addition to finding a membership application and other organization related information, you can find a job, or post an available job.

These employment opportunities are in a searchable database making it easy to find a position that is right for you. If you are looking for an ARNP, you can post a job on-line anytime day or night.

Looking for an ARNP? Maybe you need a new primary care provider, want a specialty consult for a patient, or just want to locate a lost friend. You can easily do this through the on-site Washington State Directory. If you are listed in the National Nurse Practitioner Directory then you are also in our state directory. Searchable by ARNP name, practice name, city and specialty you will be able to find whom ever you are looking for. (Of course, if they have not bothered to list themselves they will remain secret.) If you are not listed but would like to be, you can sign up for both the state and national directory for one low price.

There is a listing of upcoming Washington State CE, current and past issues of ARNP Care, as well as information on the completion of prescriptive authority.

Still to come is a searchable salary database, on-line salary survey, and more organizational information. Check out the updated ARNPs United website.

Not What the Doctor Ordered

by Bob Smithing

I have just finished reading *Not What the Doctor Ordered: How to End the Medical Monopoly in Pursuit of Managed Care*, 2nd edition, an excellent book by Jeffery C. Bauer, PhD. Dr Bauer is a nationally recognized health futurist and medical economist.

Books on the future of health care are often dry and depressing. Bauer's work is neither. He presents a case to eliminate artificial barriers to nonphysician providers and eliminate the monopolistic practices of Medicine in the United States today. He does this while repeatedly reinforcing the good work that physicians have done to date. It is frankly refreshing to see a discussion of needed change without the associated bashing of one or more of the professions that are under discussion.

Bauer's book strongly advocates for changes in the health care system, as it exists today. He uses Nurse Practitioners, Nurse Midwives and Nurse Anesthetists as positive examples of what is and what could be. (It was delightful to find the scenario of a combined physi-

cal therapy and nurse practitioner practice in his examples as this is my current clinical setting.)

Bauer's comment that "*The time doctors spend fighting competitors, including nonphysicians...would be better spent cleaning up their own house.*" struck a responsive cord. In the July 27, 2001, issue of the *WSMA Membership Memo* a past-president of the Washington State Medical Association endorsed membership for "*physician-sponsored ARNPs*" in the WSMA and expressed a desire to bring ARNPs into the WSMA "*tent.*" He states, "*The ARNP organization, representing what I believe to be a radical fringe, has taken antagonistic stances and has forced us to spend valuable time and resources bickering over scope of practice issues.*"

As one of the original ARNP leaders in the quest for completion of prescriptive authority, I take issue with the stance of WSMA's former president. NP leaders across the country have enjoyed this description; I find that I am in excellent company as a member of the "*radical fringe.*" Never the less, I do believe that the turf battles between organized medicine and nursing must end. They are a waste of valuable resources on all sides of the debate. We have enough to work on providing health care to those in need of it. Organized Medicine has used the same tired arguments for over 3 decades in their efforts to maintain captaincy of the ship. Well, they are captains of the good ship Medicine but not of the good ship Nurse Practitioner or the good ship Midwifery or of any of the other good ships out there. Indeed, there is not a single piece of research in all this time that provides support for Organized Medicine's position. If evaluated by the standards used in evidence-based medicine their position is not tenable. Bauer's book supports this contention. The medical monopoly is gone, get over it and move on.

ARNPs have their own tent, and we rather enjoy our decorating style. We welcome our neighbors from the medical tent and all the surrounding tents in camp and propose we meet in the commons, on shared ground. I propose that medicine and nursing working together, as equals, with mutual respect is the model for the future. Further, I would welcome any dialog opened on these terms.

This book is a required read for all advanced practice nurses who may be depressed, for all in nursing schools, for nurse leaders and really for all ARNPs who believe something has to change.

Tell HHS What You Think about Regulations!

from ACNP

The Department of Health and Human Services (HHS) has established a Regulatory Reform Committee to

identify and to reduce regulatory burdens. Specifically, HHS is interested in knowing which regulations may be unnecessary, excessive, or inappropriate, thereby impeding the delivery of quality health care to our nation's patients.

HHS is requesting comments in the areas of health care delivery, health care operations, development of pharmaceuticals and medical products, and biomedical and health services research. ACNP will be sending an official response from the organization, and we want to include and share your firsthand experiences and frustrations in dealing with the Department of Health and Human Services and its programs. Please respond to us by February 8 by sharing your day-to-day challenges with confusing regulations in our nation's health care system. We encourage you to also respond individually at <http://www.regreform.hhs.gov>. The deadline for individual responses is March 5, 2002. We look forward to hearing from you!

Has One of Your Patients Needed to Take a Medication at School?

This would have been illegal, if not impossible, before ARNPs United of Washington State stepped in. Jerry Farley, the lobbyist for ARNPs United has worked hard so that prescriptions written by Nurse Practitioners would be accepted at public schools. The bill was signed into law only last year. It seems ridiculous that they would not be accepted, but it is the law that matters. ARNPs United needs your support, both through membership and through involvement. Go to www.nurse.org/wa/au for an application.

Study Indicates That Race is a Strong Predictor of Breastfeeding

by Nancy Chandler, ARNP
reprinted from NAPNAP Newsletter, Jan 2002

Researchers from the Department of Sociology at Brigham Young University report that African-American women are less likely to breast-feed their infants than non-black women. In a study¹ published in the August 2001 issue of *Pediatrics*, the researchers reviewed data on more than 1000 women with young children to determine the likelihood of breastfeeding. After controlling for socioeconomic background and birth characteristics, race remained a strong predictor of breastfeeding. Thirty percent of the African-American women had breastfed their infants, compared to sixty-five percent of white women. The primary reason listed by black women for not breastfeeding was that they "preferred to bottle-feed". The researchers also analyzed infant mortality rates to study the effects of race and breastfeeding on infant mortality. They determined that breastfeeding accounts for the race difference in infant mortality in the United States at least as much as low birth weight

does. The researchers concluded that race is an important predictor of breastfeeding and health care providers should seek opportunities to increase breastfeeding rates in the black community.

¹Forste, R. Weiss, J and Lippincott, E. "The Decision to Breastfeed in the United States: Does Race Matter?" *Pediatrics*, Vol. 108, No. 2 (August 2001) pp.291-296.

What Type of Personal Digital Assistant (Palm Pilot, Visor) Do I Need?

by Marty Couret, MSN, NP

Many people are interested in what a PDA can do for them in their practice, but they are unsure of what type to purchase. Unfortunately, that depends on the individual. Here are some guidelines that you can use to help you make your decision. First, select a PDA that uses the Palm operating system (OS). This does not mean you have to purchase a "Palm Pilot". PDAs made by Handspring, Sony, and Handera also make PDAs that use the Palm OS. Second, chose a PDA with at least 8 megabytes of memory. This is the equivalent of approximately 5½ floppy disks of memory. Third, purchase an expandable PDA. This covers most available models, except the bottom of the line Palm Pilots. A PDA with expandability will allow you to add extra memory or additional programs. Fourth, remember that this purchase is similar to that of your computer in that it will be obsolete in a few years. Fifth, consider color carefully. If you use color to organize then a color PDA may be what you need. Color is also nice if you would like to store pictures. Color is not required and adds to the price of the unit. Using these criteria, make the choice that best fits your needs. Currently, the least expensive (\$129) model that fits all of these criteria is the Visor Deluxe by Handspring, but it appears as though they might be discontinuing the model. Additional information on PDAs is available online. Try www.nurse.net/pda and www.nurse.net/talks for additional information.

Classified Ads

Family Nurse Practitioner for Spokane

A new solo Family Practice in Spokane, 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 FNP 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 240th Pl SE, Suite 201, Kent, WA 98031, Fax: 253.850.8894 Email: mwiley@nurse.net.

ARNP Opportunity

Expanding Transplant Nephrology practice seeks ARNP for PT/FT office/hospital based practice in Seattle. Dialysis or cardiology experience an asset. Opportunity for growth in a collegial teaching environment. This new position is available January 2002. Fax resumes to Armani, office manager, at (206) 709-2019.

ARNP or PA-C

Busy Cardiology office looking for FT mid-level to join the Kennewick team. Responsible for office based physician support. Experience required in cardiology, IM and/or acute care. Candidate should enjoy autonomy and personable interactions w/ patients & staff. Excellent salary & benefits. Fax: 509.374.1839 Attn: Sue. Mail: Inland Cardiology, 7233 W. Deschutes Ave., Kennewick, WA 99336.

**ARNP for Asst Dir of Clinician Services
NPs/CNMs - PT**

Planned Parenthood of Western Washington has built a reputation for the highest standards in reproductive healthcare, and is now recruiting for candidates that share our pursuit of perfection and professionalism.

We have a new ARNP oppty for an Asst Dir of Clinician Services to assist the Dir of Clinician Services in monitoring clinician productivity, coaching/ consultation for prof clinic staff; devel/implementatation of QI programs, hire/eval of staff; initiating and participating in research studies. Time will be split between patient care and administrative tasks. Must have current WA State RN & ARNP (WHNP, FNP, Adult NP, or CNM) licenses, prescriptive authority, & 3-4 years exp as a practitioner in primary health care w/emphasis on women's health care. Demonstrates leadership skills in professional activities.

We are currently recruiting for experienced *Clinicians* to work FT/PT/per diem in the Puget Sound area! Position requires current WA State RN & ARNP (WHNP, FNP, Adult NP, or CNM) licenses, prescriptive authority & 1+ yr women's health care exp.

To apply, fax your cover letter/resume to (206) 328-6818; email jobs@ppww.org, or mail to PPWW/HR, 2001 E. Madison, Seattle, WA 98122. JOBLINE: 1-866-PPWW-JOB. PPWW offers a solid benefit package. EOE. www.ppww.org.

CE Opportunities**New Developments in the Diagnosis and Management of Venous Thromboembolism (DVT and PE)**

February 2, 2002, at West Coast Grand Hotel on Fifth Avenue in Seattle. Sponsored by the UW CNE. This one-day course provides an update on diagnostic and therapeutic approaches to acute and chronic venous thromboembolism (VTE) including deep vein thrombosis (DVT) and pulmonary embolism (PE). (7 hrs in Category I; Single Day: \$195.) UW CNE Contact information is below.

4th Annual Clinical Update in Midwifery

February 6, 2002, at Shoreline Conference Center in Seattle. Sponsored by the UW CNE. This conference provides an update on clinical and professional issues in midwifery care. [7.9 contact hrs (4.1 pharm at the advanced level) Single Day:

\$160 indiv/\$145 group rate]. UW CNE Contact information is below.

Cardiovascular Care Update 2002

February 7-8, 2002, at Shoreline Conference Center in Seattle. Sponsored by the UW CNE. Cardiovascular disease remains the number one cause of death in men and women in the United States. This annual conference provides an update on current research and strategies for managing and preventing cardiovascular disease. [14.8 contact hrs (4.6 pharm at the advanced level) Entire conf: \$260 indiv/\$245 group rate; Single day: \$160 indiv/\$145 group rate]. UW CNE Contact information is below.

Annual Neuroscience Nursing Symposium 2002

February 14-15, 2002, at Shoreline Conference Center in Seattle. Sponsored by the UW CNE. This annual symposium is an update for health professionals on the care of persons with nervous system dysfunction. [14.8 contact hrs (7.2 pharm at the advanced level) Entire conf: \$260 indiv/\$245 group rate; Single day: \$160 indiv/\$145 group rate]. UW CNE Contact information is below.

Providing Health Care in Correctional Institutions

February 26, 2002, at Shoreline Conference Center in Seattle. Sponsored by the UW CNE. Health care providers in correctional facilities deal with a very high-risk population of people who need primary care from the time of entry into the system, through transfers to their institutions, until final release from custody. This conference addresses common health concerns of inmate populations and suggests strategies for meeting the needs of this population. [8.8 contact hrs (3.6 pharm at the advanced level) Single day: \$160 indiv/\$145 group rate]. UW CNE Contact information is below.

Pediatric Drug Therapy 2002

March 5, 2002, at Shoreline Conference Center in Seattle. Sponsored by the UW CNE. This annual update for nurses in advanced practice focuses on current recommendations in drug therapy for pediatric health problems. [8 contact hrs (6.5 clock hrs) Single day: \$160 indiv/\$145 group rate]. UW CNE Contact information is below.

Breaking the Silence**Recognition & Mgmt of Mood Disorders in Women**

March 11-12, 2002, at Shoreline Conference Center in Seattle. Sponsored by the UW CNE. In increasing numbers, a silent epidemic of mental disorders is occurring in the lives of women during their reproductive years. Mood disorders in the postpartum period are experienced by 1 in 4 women and are the most common and under-diagnosed complication following childbirth. In fact, women have twice the rate of depressive and anxiety disorders as men and are most vulnerable between the ages of 18 and 44. This conference, featuring guest speaker Jeanne Watson Driscoll, coauthor of *Women's Moods* (2000), is designed to help health care providers recognize and manage mood disorders in women and contribute to ending this silent epidemic. [14.4 contact hrs (12 clock hrs) Entire conf: \$260 indiv/\$245 group rate; Single day: \$160 indiv/\$145 group rate]. UW CNE Contact information is below.

Rapid Response

Essential Skills for Urgent Clinical Situations

March 18, 2002, at Shoreline Conference Center in Seattle. Sponsored by the UW CNE. This annual update for nurses in advanced practice focuses on current recommendations in drug therapy for pediatric health problems. [7.3 contact hrs. Single day: \$195 indiv/\$165 group rate]. UW CNE Contact information is below.

University of Washington, CNE, Contact Info

Sheila Keener, BSN, RN
Continuing Nursing Education, University of Washington
Box 357260, Seattle, WA 98195-7260
206.543.1047, fax: 206.543.6953, web: uwcne.org

Used Equipment for Sale

For sale: 4 used exam tables, 3 rolling exam room stools, colposcopy instruments, and EKG machine with paper. Best offer. Please contact Brad Hagen, FNP or Linda Niehaus, MD at Main Street Health Associates, Brewster, WA 509.689.8900.

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

Q: What is between heaven and earth?

A: "and" <S> A true groaner!

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:

Mary Kozy
Alex Wiley Smithing

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