

Advanced Registered Nurse Practitioner Care

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Official Newsletter of ARNPs United of Washington State

May 2003

Why Did I Get So Many Emails This Year?

by Marty Courret

For several years ARNPs United of Washington State has able to pay for a lobbyist in Olympia. This, however, is not enough to get bills passed. Our group does not have the funds to wine and dine legislators, or make large donations to their campaigns, so we rely on substantial grass roots efforts from Washington ARNPs. Having our lobbyist Jerry Farley knocking on the doors of legislators is effective, but legislators need to hear from their constituents (someone in their voting district). It is for this reason that many of you received emails asking you to contact your representatives in Olympia. If you were not contacted, and want to be involved in next year legislative session, contact Marty Courret at lgch-au@nurse.net.

CHILD Profile: What is It?

by Margo Harris

What is CHILD Profile? CHILD Profile is Washington State's health promotion and immunization registry system designed to help ensure Washington's children receive the preventive health care and immunizations they need. Two components meet this need: a statewide immunization registry for health care providers and a program of health promotion materials sent to parents of all children from birth to age six.

What is the immunization registry? The immunization registry is a secure, web- and text-based computer system that helps health care providers keep track of children's immunizations. It helps parents and providers ensure that immunizations are up-to-date. An accurate record is available in an emergency or when families move or change providers. The registry also helps physicians manage immunization reporting and respond to parent and school requests for immunization records. It is free to registered users. That means there are no fees at all to enroll in or use the registry.

How does the registry work? As a health care provider, you register as a user of the CHILD Profile Immunization Registry. Free, onsite training is provided to all providers that register. Your practice can begin using the registry right away. Using a text- or web-based format, you can

- ☑ access your patients' demographic and immunization data in the registry
- ☑ update the registry with new immunizations as they are given
- ☑ view, update, and print a complete immunization history for parent, school, or camp requests

- ☑ manage patient care and immunization reporting, avoiding duplicating immunizations received at other provider locations
- ☑ generate clinic-specific recall lists of children past due for vaccines (currently available in the text-based system, web-based capability expected in 2004)
- ☑ create vaccine accountability and benchmarking reports (currently available in the text-based system, web-based capability expected in 2004)

How can you try out CHILD Profile now? Visit the registry's web page – www.childprofile.org. Click on the link - "Information for Providers," and access demo screen shots of both the web- and text-based systems. If you want to see a **live** demo of the web version, contact the CHILD Profile Help Desk to request a password, or to set up an in-person visit with a CHILD Profile staff member.

Are you concerned about HIPAA? You can be assured that issues of privacy, confidentiality, and security have been addressed. CHILD Profile has a specific statement for providers that explains how participation in the immunization registry relates to HIPAA and RCW 70.02, Washington's Health Care Information Access and Disclosure Act. Call or email the Help Desk to request your free copy. *CHILD Profile is a secure and permanent record accessible only to health care providers who have registered to participate.*

For more information or to register, contact: CHILD Profile Help Desk, Phone: 800.325.5599 or 206.205.4141. Email: cphelpdesk@metrokc.gov

Classified Ads

ARNP Positions in Bellingham and McKenna

The Lantern Group Inc. provides comprehensive mental health services to skilled nursing facilities. Recruiting ARNPs with psychiatric medication expertise for geriatric population at Nisqually Valley Care Center in McKenna and Bellingham Healthcare and Rehabilitation Services in Bellingham. Approximately one day per week, flexible with your schedule. MedicareB, Medicaid, and Secondary insurance billings provided. Call Dr. Bruce Leksa at 206.LANTERN (526.8376).

FNP

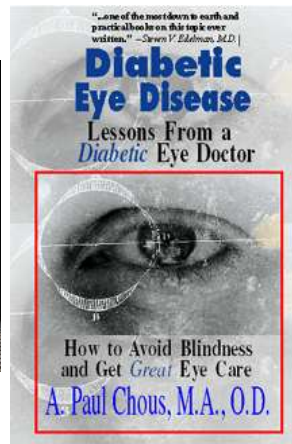
Part-Time/Full-Time position available in our Port Angeles Office. We are a family practice office with six Physicians and two Nurse Practitioners. Great opportunity for the right person. For further details contact Charlene Ringius at 360.452.7891. You may send a cover letter and resume to: Family Medicine of Port Angeles, 303 W 8th St., Port Angeles, WA 98362.

Tacoma O.D. Offers New Resource For Diabetic Patients

Paul Chous, M.A., O.D., and member of the Optometric Physicians of Washington, has written a book that could save the vision of more than 195,000 Washington State residents diagnosed with diabetes. His book, *Diabetic Eye Disease: Lessons From A Diabetic Eye Doctor - How to Avoid Blindness and Get Great Eye Care* was released in early April. A diabetic himself, Dr. Chous's book presents readers with a perspective and insight they may not find anywhere else.



Tacoma's Paul Chous, O.D., receives high reviews for his new book



"This is one of the most down to earth and practical books on the topic ever written," said Steven V. Edelman, M.D., Division of Diabetes and Metabolism Professor of Medicine, UC San Diego. "It takes a complicated subject and explains things in clear black and white terms and leaves no doubt in the reader's mind. This

book will undoubtedly help the many people living with diabetes and eye disease, and those hoping to avoid it," continued Edelman, who is also the founder and director of the highly acclaimed non-profit organization, Taking Control of Your Diabetes.

The helping hands of two other optometric physicians prevented (Continued on back)

VISION USA Can Help Underinsured Diabetics

As you know, diabetes is very prevalent in many of our state's minority populations such as Native Americans, Hispanics and African Americans. Many of these populations are in rural areas where employment often does not offer comprehensive health insurance. This fact, together with recent cuts in state-sponsored health insurance programs, makes the year-round VISION USA program critical for helping at-risk individuals receive dilated eye examinations. VISION USA offers a free, comprehensive eye exam by volunteer optometric physicians to qualifying applicants. Individuals can apply by:

- Calling (800) 766-4466 or getting an application from a local social service agency
- Downloading an application from www.eyes.org

VISION USA Meets Needs

The following statistics are based on nationwide exams from the 2002 VISION USA program. The total number of patients examined by the VISION USA program was approximately 14,550.

- Nearly 92% of the patients had one or more eye diseases and/or vision problems
- For 18% of the patients, this was their first eye exam ever
- Nearly 12% of the patients had one or more eye diseases; 10% had one or more sight threatening eye diseases
- Among patients with eye diseases the following conditions were most commonly diagnosed: cataract - 5.7%; glaucoma/suspect - 3.2%; diabetic retinopathy - 1.2%

Optometry's Role in Diabetes Care

There is no doubt diabetes is one of the top public health problems in our state. According to the Washington State Department of Health, an average of one person in Washington goes blind each day



Brett G. Bence
O.D., F.A.A.O.

due to preventable complications of diabetes. Yet, according to the Centers for Disease Control, as many as 40 percent of diagnosed diabetics do not have an annual dilated eye examination.

In many communities across the state, optometric physicians are the only primary eye and vision care providers. Due to our geographic distribution, it is our goal to be a major healthcare partner in diagnosing and managing complications of diabetes. In fact, we have found that eye care is a typical entry point into our state's healthcare system. Therefore, in some cases, it is an optometric physician that first has an opportunity to diagnose diabetes.

For this reason, the American Optometric Association is very focused on its recent partnership with the Department of Health and Human Services' Healthy People 2010 initiative. As outlined on the back of this newsletter, the association has proclaimed numerous standards for optometric physicians to follow in collaborating to care for patients with systemic health problems.

Finally, through our VISION USA program and participation in the National Diabetes Initiative, our association offers avenues for individuals to receive free, dilated eye exams. We hope you can direct your patients to these great services. Thank you for your interest in eye care and please see www.eyes.org for more information and a section specifically designed for healthcare providers.

Brett G. Bence, O.D., F.A.A.O.
President, OPW

Health and Human Services Partners with Optometry

Last fall, Department of Health and Human Services (HHS) Secretary Tommy G. Thompson announced a public-private partnership with the American Optometric Association (AOA) to implement the visual objectives contained in Healthy People 2010, the department's guidelines for health priorities in the first decade of the 21st century.

"HHS is committed to improving our nation's health, and vision disorders are of prime concern," Secretary Thompson said. "Much of blindness can be prevented with early detection and treatment. This partnership allows us to join forces with a nationwide network of optometric professionals, optometric students and schools of optometry, and patients to improve Americans' vision."

In conjunction with the Healthy People 2010 program, the Institute of Medicine of the National Academies has proposed a 20-point plan to transform American healthcare. Guidelines were recently set by the AOA's Public Health and Disease Prevention Committee for optometry's role in this collaborative transformation. Below are some excerpts in regard to how

optometrists will aid in the care of patients with hypertension and diabetes:

- Optometrists should be asking patients with diabetes what their Hemoglobin A1c results are, and if they are seeing other members of their healthcare team on a regular basis.
- Optometrists need to make patients aware that obesity is not a cosmetic problem, but also a serious health problem that is now an epidemic. Obesity can lead to diseases that cause blindness.
- Optometrists should refer all persons with diabetes to diet counseling if the patients have not yet seen a registered dietician.
- Optometrists should question patients with diabetes and/or hypertension about



American Optometric Association President Pat Cummings, O.D., signs agreement with Department of Health and Human Services Assistant Secretary for Health Eve Slater, M.D.

routine physicals and prevention programs such as diet and exercise.

- Optometrists should also correspond with the patients' other health care providers with concise, timely reports.
- Optometrists should be routinely checking blood pressure for patients at risk. Patient education should include the facts that uncontrolled hypertension can lead to blindness and death.
- Urgent referrals are required in patients who have uncontrolled high blood pressure. Giving patients a record of their blood pressure on your business card is a good public health measure.

("New Resource" continued from front)

Dr. Chous from going blind - and from this he derives his passion for optometry and diabetes education. While a senior in college, Dr. Chous's optometric physician diagnosed him with the early stages of diabetic retinopathy and recommended treatment. Unfortunately, he ignored the diagnosis until another optometric physician-to-be, his brother, made him visit a retinal specialist before leaving for grad school. And to this he owes his vision. His condition had greatly escalated and he would have lost significant vision without immediate laser treatment.

Dr. Chous's book, while discussing all bodily complications related to diabetes, acts as a single resource for all diabetic eye complications. In addition, it presents new information, from how sleep apnea is a risk factor for diabetic eye disease, to questions you should ask your doctor, to how food preparation can contribute to vascular diseases.

Dr. Chous was recently a keynote speaker at the American Diabetes Association's Diabetes Expo in Seattle where he also held a book signing. The Optometric Physicians of Washington is proud of Dr. Chous and feel his work represents the wealth of education and experience optometric physicians offer individuals with diabetes. We hope you can share this great new resource with others - and perhaps save their vision.

Copies of *Diabetic Eye Disease: Lessons From A Diabetic Eye Doctor - How to Avoid Blindness and Get Great Eye Care* can be ordered at: www.diabeticeyes.com and www.amazon.com.

New On-line Nutritional Assessment For Your Patients

We are excited to announce a new tool available at www.eyes.org to help your patients assess their nutritional habits related to preventing age-related macular degeneration (AMD) and cataracts - the two leading causes of blindness in the U.S. The test, called Eye on Nutrition, is offered through our partner, the Vitamin Nutrition Information Service. It is user-friendly, takes about 15 minutes and delivers personal results.

The assessment is based on the latest published scientific research on nutrition and age-related eye disease and is adapted from the National Cancer Institute's Diet History Questionnaire, which uses nutrient intake data from both the U.S. Department of Agriculture and the University of Minnesota's Nutrition Data System for Research.

The first part of the assessment asks the user questions related to eye care habits and health history. The second part is a



dietary assessment of the intake of six nutrients that have shown the most promise in maintaining eye health - vitamins C and E (antioxidants), lutein, zeaxanthin and betacarotene (carotenoids) and zinc (mineral). Once complete, the user receives a personal nutrient analysis as well as personalized recommendations on how to improve intake of these healthy nutrients.

Please direct your questions or comments to: **Judy Balzer**, OPW Executive Director at (800) 562-1487 or e-mail opw@eyes.org. Visit us at www.eyes.org.

ARNP Wanted Shoreline, WA

Professional Space Available immediately in Alternative Medical Clinic providing primary care. Private practice, share fully equipped clinic at very reasonable rate. Great community near Richmond Beach with lots of opportunity for growth. Clinic has warm environment with Asian themes. Contact Fran Pinault ND, LAc at 206-542-8687.

Adult ARNP

Multi-specialty group in Skagit Valley, Washington has a position available for Adult ARNP with specialized training in primary care to adult and geriatric patients preferred. Joining established office of three Internal Medicine physicians. Salary based on experience, D.O.E., FTE flexible F/T or P/T. Send resume to: Attn: Debra Doyle, Skagit Valley Medical Center, 1400 E. Kincaid St., Mount Vernon, WA 98274 or Fax # (360) 428-6485.

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 253.852.7725. Email care@nurse.net.

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/>

Healthy Humor

Q: What happened when the brown cow jumped into the blue lake?

A: It got wet!

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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:

Susan Caverly, PhD, ARNP

Production Staff:

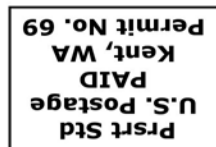
S. Abid, L. Thueringer, & A. Smithing

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Kent WA 98031
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