

Advanced Registered Nurse Practitioner Care

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L&I Legislation is Heating Up

by Marty Couret

In the 2003 legislative session, our Labor and Industries (L&I) HB 1691 cleared the House with a unanimous vote, but became mired in the Senate. This bill removed the barriers to ARNPs obtaining "Attending Physician" status within L&I.

This year we will be lobbying for passage of this same bill HB 1691. We need your help. With thousands of bills crossing each legislators' desk, letters from their constituents can bring attention to specific bills and inform your legislator of your support or opposition to a particular bill. Under the "Legislative" section of our web site (www.nurse.org/wa/au) there is a link to enable you to find your legislators using your address. Additional information will be posted to our website as it becomes available.

Nursing Practice Guide

The Department of Health, Nursing Care Quality Assurance Commission now has a Nursing Practice Guide on-line. This is an excellent resource for answering scope of practice questions, finding position statements and advisory opinions, and there is a lot of other useful information. To find the guide go to: <https://wws2.wa.gov/doh/hpqa-licensing/HPS6/Nursing/default.htm>, then click on "Practice Information."

First CE Dinner of 2004 a Success

by Marty Couret

ARNPs United of Washington State had its first Continuing Education Dinner on January 11th at Chateau Ste. Michelle. Ted Ritter a FNP turned Psychiatric Nurse Practitioner gave an informative and well-received talk discussing the truths and myths of AD/HD. His excellent presentation was followed by a discussion on the legislative challenges facing ARNPs United this year in Washington State. Both topics brought lively discussion. Our next dinner CE will be held on February 19th in Everett. Check out the announcement in the Organizational Events. This event was sponsored by a generous educational grant from Eli Lilly and Company.

CDC Launches DES Educational Campaign

The Centers for Disease Control and Prevention (CDC) has launched a health education campaign designed to raise awareness about the continued health risks of diethylstilbestrol (DES). The CDC's DES Update is a comprehensive national education program for consumers and health care providers.

An estimated 5 - 10 million people were exposed to DES in the United States between 1938-1971 including women who were prescribed DES while pregnant and the female and male children born of these pregnancies. Initially, DES was thought to be a safe and effective way to prevent miscarriages or premature deliveries. However, later studies revealed that DES was ineffective in preventing pregnancy problems and that exposure to DES was associated with increased health risks. In 1971, the FDA issued a Drug Bulletin advising physicians to stop prescribing DES to pregnant women because it was linked to a rare vaginal cancer in female offspring.

CDC's DES Update provides the first comprehensive set of information about DES for health care providers and patients, including findings from the most recent studies on the health effects of DES exposure. Resources and free materials for health care providers and consumers are included on the web site at <http://www.cdc.gov/DES>.

Update on Adolescent Health in America

by Susan Caverly

Adolescent health needs are rarely a focus of attention. Teenagers tend to be considered healthy and in need of few services except sports physicals or contraception. However, youth are an underserved group with regard to health care. It is in the interests of society that health care providers are informed about the health risks associated with adolescence and that in our routine care, we assure that the youth in our practice receive the care they need. It is also important as we approach the legislative session that we are informed about youth need and that we advocate for both public awareness and the enhancement of public services.

The 2003 Edition of the National Adolescent Health Information Center publication, "American's Adolescents: Are They Healthy?" includes both troublesome and hopeful findings with regard to risk behavior, access to care, and demographics. The overall percentage of adolescents living in poverty has been decreasing over the last 10 years. Census data from 1998 shows 15.4% of adolescents lived in poverty, and this is not equal across ethnicity. 32.4% of Black youth, 30.8% of Hispanic youth and 8.3% of White youth live in poverty. The percentage of adolescents age 10 - 18 years old covered by private health insurance decreased from 74% to 69.1% from 1984-1995 and the percentage with public sector insurance increased to 14.8% from 10% in the same period. In 1998, 3.1 million or 13.1% of all adolescents in this country had no health insurance. These tend to be the adolescents who are most likely to suffer from

health problems due to the poverty related factors in their lives.

This situation is more critical with regard to oral health care. Medicaid benefits for dental care exist, but only 30% of eligible children age 6 – 14 years old received this benefit in 1993.

Adolescent mortality rates have been dropping, but there has been a significant shift from 1933 to 2000 statistics. Adolescent deaths were 75% due to natural causes in 1933, but in 2000, 76% of deaths for youth ages 15-19 were from motor vehicle accident (38.7%), unintentional injury (11.1%), homicide (14.1%) and suicide (12%). In spite of this, the national data related to adolescent mental health status remains inadequate. Some small studies indicate that youth who are homeless, runaway, incarcerated, chronically ill, disabled, learning or emotionally disturbed or sexual minorities have a much greater risk for suicide attempts.

There is data to suggest a decrease in youth sexual activity, and an overall increase in the use of condoms (46.2% in 1991 and 57.9% in 2001.) This leaves on average 20-30% of adolescents having unprotected sex. The rates of teen pregnancy and abortion have both fallen substantially. Still, sexually transmitted diseases such as chlamydia and HIV have been increasing. In general, adolescents who are in school are less likely to engage in risk behaviors such as smoking cigarettes, using drugs or alcohol, being sexually active and to have more than 3 sexual partners, to have been a passenger in a car with a driver under the influence of alcohol, or to have been in a fight.

Statistics don't provide care to patients, but with this information, we are in a stronger position to act as health advocates for our patients and to influence access to care. In times of fiscal constraint, this is even more important since invisible populations can be easily ignored and the inadequacy of care available will only increase.

Barriers to Treatment for People with Mental Illness

by Susan Caverly

It is increasingly apparent that primary care providers are being placed in the position to prescribe atypical psychotropics to patients who are unable to access the care of a psychiatric nurse practitioner or psychiatrist. Recently there has been concern raised by family nurse practitioners that they are being denied authority to prescribe these medications.

As a psychiatric practitioner, I find I have mixed reactions. Certainly, individuals who require an atypical psychotropic medication would be served to have access to a psychiatric practitioner. However, merely restrict-

ing the services that can be provided by family practice does not assure that patients will receive psychiatric care. It may mean that the patient will be lost to care or in an acute circumstance require costly and perhaps otherwise unnecessary in-patient care.

ARNPs in this state have consistently opposed the implementation of formularies specific to ARNPs for just this reason – individualized patient focused care. The state budget and fiscal constraints in the public and private sectors are the drivers for this move to formulary restriction. The question as to whether this will indeed restrain health care spending rather than increase the overall cost remains to be seen. It is our responsibility as practitioners to track the influence of the policies the state or private insurers impose. With information, we can then become engaged in public discourse with policy makers about alternatives that we would like to see implemented. Nursing once again is in the position to be a voice of reason and perhaps bring about policy that will support better quality of care in our state. We need to rise to the challenge as always!

Presidential Candidate Howard Dean Supports NP Independence and Compensation

by Marty Couret

In November, Presidential Candidate and Physician Howard Dean proposed a five point plan to alleviating the nursing shortage. The fifth point was aimed at the role of nurse practitioners in health care. Dean, a physician, advocates for an expanding the role of and compensation for independent nurse practitioners. All federal health programs should allow independent nurse practitioners and other advanced practice nurses to provide the health care they are educated and licensed to provide. For more information go to www.deanforamerica.com.

While ARNPs United of Washington State does not endorse Howard Dean, his statement is definitely food for thought.

Attention All Blooming Authors!

by Susan Caverly

Have you ever wanted to see your name in print? Have you ever had an issue you really would like to see have public venue? Well, here is your chance! ARNP Care is your newsletter. We are trying to have an article in each edition this year that focuses on health care issues facing women and children. However, certainly other issues are important and need to be addressed. We encourage members and affiliate organizations to use this forum to communicate and to educate each other. Please email copy to the editor at care@nurse.org or call if you have questions about participating as a contributor.

Product Announcements

For NP Patients

NP Direct RX Program, <http://www.npdrx.com>, lets NP Patients place orders over the Internet with tremendous savings on prescription drugs. NP Direct RX offers patients the opportunity to purchase their medications at more affordable prices and enjoy the ease of home delivery. This web-based program allows for order placement and tracking from the convenience of the patient's home.

Shots 2004

Shots 2004 is a quick reference guide to immunizations. It includes the 2004 Childhood Immunization Schedule, the 2003-2004 Adult Immunization Schedule, immunization catch-up reference and immunizations recommended with medical conditions. It runs on both color and non-color handhelds.

Generally you can tap the immunization listed on the screen and you will be taken to detailed information for that vaccine. This is divided into 6 sections (Basics, High-Risk Indications, Adverse Reactions, Contraindications, Catch-Up and Administration) which are easy to choose between. There are 6 Medical Conditions (Pregnancy, Chronic Diseases, Immune Deficiency, Renal Disease, Asplenia, and HIV Infection) which also include detailed information.

The Catch-Up section is divided into 2 parts (4 mo to 6 yr & 7 yr to 18 yr) and very cleanly lays out the minimum intervals between doses. Additional detail is available by tapping on some of the screen text.

Shots 2004 will run on expansion memory. The layout is very intuitive and easy to navigate. It is a succinct reference that manages to cover the details of the varied immunization schedules. The Society of Teachers of Family Medicine updates this program yearly in January. (This year it was available on January 2, 2004.)

Cost: Free. Memory: 379 K. (works on expansion memory cards). Version reviewed: 5.0. URL: www.immunizationed.org/

Classified Ads

Family Nurse Practitioner(s)

CliniCare of Port Angeles, a NP owned facility is seeking to fill 1-2 full time positions for FNP(s). Applicants must enjoy people and their chosen profession, have 2+ yrs of experience and be able to work independently. Competitive salary and benefit package. We have an excellent staff and great clients with a wide variety of challenging problems. Email for details along with CV medic@olympus.net CliniCare, Attn: David Kanters ARNP, 621 E. Front St., Port Angeles WA. 98362.

Nurse Practitioner

Five-physician surgical practice in Tacoma, Washington seeking experienced Nurse Practitioner for patient care in office setting. Wonderful staff, full benefits, great growth opportunity. Please include salary/benefit package requirements with CV. Submit via email to: ThereseL@CascadeVascular.com

Psychiatric ARNP Wanted: Seattle Metro Area

Cascade Psychiatric Services, PLLC, a well established and successful group practice located in Everett, WA, is looking for a Psychiatric ARNP to join two Psychiatrists and a clinical Social Worker in an exciting new career opportunity. Duties include: four days general adult outpatient psychiatry, one day nursing home/assisted living

consultant, one weekend a month geropsychiatric inpatient on-call, Competitive salary with production incentive bonus and complete benefits package (health & dental, pension plan, malpractice insurance, CME allowance) For more information call Bert Simpson, MD at 423.368.1782 or fax CV to 423.334.3891 or e-mail to beth@cascaidepressych.com.

ARNP/CNMs

This is your opportunity to be rewarded for your hard work, and to make a difference in the lives of the undeserved in our community! Leave the mundane - start the New Year with a unique women's health practice that affords you as much independence as you and your scope of practice can handle, & even more support for the work you do. Planned Parenthood-one of the largest and most progressive providers of reproductive health care in the state--is hiring! , Clinicians: FT/Kent, FT/Puyallup. FT/Float Clinician to cover the Olympia/Shelton/Cent/Univ Place/Puyallup clinics. Must have WA State RN & NP/CNM licensure, prescriptive authority, current certification & CPR card. Prior women's h/c exp. preferred. To apply, send your cover letter & resume to emailjobs@ppwww.org; fax to 206.328.6818; , or mail to PPWW/HR, 2001 E. Madison, Seattle, WA 98122. Toll-free Job-line 1.866.PPWW.JOB. Learn more about us, www.ppww.org. EOE.

Nurse Practitioners

Planned Parenthood of Central Washington is looking for only the best! Enjoy everything Central Washington has to offer, from wine country to the great outdoors! We are looking for an NP for our Tri-Cities clinic who wants to make a difference in the lives of countless women, men and children. Enjoy a 37 1/2 hour work week in a clinical setting and make an impact on the community. Women's health care and prescriptive authority preferred. We offer a very competitive wage and benefit package and awesome PTO. Relocation assistance and a signing bonus are available. Send resumes to lopezgz@ppcentwa.org, fax to 509.576.8685, or mail to 208 N. 3rd Ave, Yakima, WA 98902. Learn more about us at www.ppcentwa.org

Experienced ARNP Needed for Youth Health Center

Seeking ARNP for Youth Health Center in Renton. Position is two days per week, Monday and Wednesdays - 6 hours per day. Please send cover letter and CV to HME attn: Gail Mumma, 137 Southwest 154th St, Burien, WA 98166 or fax to 206.431.3939.

CE Opportunities

The Washington State Chapter National Association of Pediatric Nurse Practitioners: Annual Pediatric Update

Date: March 5, 2004; **Location:** Shoreline Conference Center, Seattle, Washington. Topics will include orthopedics, cardiology, reflux, autism/developmental, and neurological issues.

Conference fee is \$125/members, \$125/students or \$150/non-members (includes one year membership). Contact hours: 7.0 For details, email nancy.nelson@seattlechildrens.org or visit www.nurse.org/wa/napnap. Ave., Suite 200, Tacoma, WA 98402. Email h1harrisonjr@cs.com.

Organization Meetings

ARNPs United Dinner Program

Date: Thursday, February 19, 2004, 6:30 **Where:** Lombardi's in Everett Come join ARNPs from around the North Puget Sound. We will be enjoying a wonderful evening of education and networking. We will start the evening with a 30 minute presentation on Anxiety and Depression followed by a 30 minute question and answer period. Over dessert we will discuss the legislative session. This event is sponsored by Pfizer. To RSVP call Jennifer Soler 800.233.7241 X-76385.

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.

Healthy Humor – Call on an Expert

Little Johnny was playing with his father's wallet when he accidentally swallowed a quarter. He went crying to his Mom, choking on the quarter. They took him to a Nurse Practitioner, who said that the quarter was impossible to remove without surgery, they consulted a specialist who was of the same opinion. Then came a man who said he could get the money out in a jiffy. He turned little Johnny upside down and patted him with great precision on the back of neck and, sure enough, the quarter rolled out. Everyone was amazed, the father said "You must be an expert!" The man replied, "No sir I'm just a tax collector."

ARNPs United of WA State

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