

Advanced Registered Nurse Practitioner Care

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Official Newsletter of ARNPs United of Washington State

May 2004

Senate Bill 6088 - Update

Senate Bill 6088 created a prescription drug program with a preferred drug list (PDL) for all state operated insurance including Uniform Medical Plan, DSHS Medicaid and Labor & Industries. This evidence based prescription drug program was designed to help with the increasing cost of medications in Washington.

The part of this new legislation that has most providers confused is the Preferred Drug List and the Therapeutic Interchange Program (TIP). No provider enjoys jumping through the hoops of preauthorization for medications that they believe their patients need. With this new program, this can be avoided if you become an endorsing provider of the Preferred Drug List. Endorsing providers can skip the hassles and write non-PDL medications simply by signing Dispense as Written (DAW). Non endorsing providers must go through a preauthorization process before a non-PDL medication will be filled.

This sounds easy enough; however, to become an endorsing provider one must accept the notion of the Therapeutic Interchange Program. This means, if a prescription is written for a medication in a that is not preferred, the pharmacist is allowed to therapeutically change it to a preferred medication. The pharmacist must then call the prescriber to inform them of the switch.

For more information on this new program or to become an endorsing provider, go to www.rx.wa.gov

UMP Telemedicine Program Excludes Nurse Practitioners as Specialists

by Marty Couret

The Washington State Uniform Medical Plan is currently in the midst of writing the rules for a pilot program for Telemedicine. Telemedicine is the process in which a rural provider conducts an exam with a specialist in an urban setting via a highly sophisticated video link. The pilot program will be run through the University of Washington. Currently the pilot rules allow nurse practitioners to be at the originating or rural site. However the specialists are limited to being psychologists and physicians.

ARNPs United has sent multiple letters to UMP asking them to include nurse practitioners as possible specialists. On 5/10/04, Marty Couret, our legislative chairperson, had a teleconference with a limited panel to discuss reasons for included advanced registered nurse practitioners as specialists. The first point addressed was the absence of psychiatric nurse practitioners. It seems odd that psychologists would be included when they cannot

prescribe medications. The second point addressed was that quite often the first visit to a specialist is with a nurse practitioner. In addition in many specialties (dermatology, women's health) the nurse practitioner is the specialist. Third, while it is unlikely that a specialist nurse practitioner will be used in the pilot program, these rules have a way of making it to the final program. It is better to be inclusionary in the beginning so inevitably when nurse practitioners take part in this program they don't have to make a quick fix to the rules. Fourth, this is well within our scope of practice according to Washington Administrative Code 246-840-300. The fifth discussion point was my favorite. My six month old daughter regularly has conversations with grandma via the internet. Yahoo makes it easy using a small camera/microphone. Granted there is a slight picture delay, but this is the wave of the future. The pilot and final rules will likely be the blue print used for the future telehealth rules. Other insurance companies will likely just play follow the leader as well making it paramount that NPs are included.

Alas, we were unsuccessful at convincing the panel to change their decision. I have been assured the rules will be readdressed if the pilot is successful. ARNPs United will continue to fight for the inclusion of Nurse Practitioners in Telemedicine.

Council of Affiliate Group Members for ARNPs United Board

ARNPs United of Washington State represents 3500 nurse practitioners across the state. It is for this reason that we have the Council of Affiliate Group (CAG). The CAG is made up of representatives from the ARNP groups across the state. Members of the CAG are invited to attend the board meetings and are responsible for reporting to their local group. ARNPs United is in the process of updating the CAGs mailing list. Any group that is interested in participating in the Council of Affiliated Groups should send the name, and contact information of their representative via email to au@nurse.org.

AASLD Offers Associate Membership for Advanced Practice Nurses and PAs

Courtesy of Margaret Fitzgerald, Fitzgerald Health Care

The American Association for the Study of Liver Diseases (www.AASLD.org) represents more than 2,400 physicians, researchers, and allied hepatology health professionals. The AASLD offers an Associate Membership for Advanced Practice Nurses and PAs practicing in GI and hepatology and recently developed a one year Fellowship program for training purposes for NPs and PAs interested in furthering their knowledge in the

hepatology field. Twenty fellowship positions will be awarded and around 35 candidates completed the arduous application process. The award includes a \$65,000 stipend plus \$13,000 for benefits and also includes an allotment for travel to the liver meetings around the US. Plans are to offer the program next year if successful. I am pleased to see advanced practice clinicians be afforded this opportunity and hope this helps set the stage well for future programs in other areas of clinical practice.

UW Research on Borderline Personality Disorder

by Lathena Jones

Twenty years ago, Marsha Linehan began conducting research studies on a population that many in the field of psychology considered untreatable; women with complex, multi-systemic disorders primarily suicidal behaviors and Borderline Personality Disorder (BPD). Though Borderline Personality Disorder is less well known than bipolar or schizophrenia, it is more common. BPD affects two percent of the adult population, mostly young women. It is characterized by patterns of emotional dysregulation and identity disturbance. Through her work at the Behavioral Research and Therapy Clinics, Dr. Linehan has developed the leading method of treatment for Borderline Personality Disorder – Dialectical Behavior Therapy.

Dialectical Behavior Therapy (DBT) is characterized by the reconciliation of opposites in a continual process of synthesis. At its core is the cognitive behavioral method of treatment. Emphasis is placed on problem solving, exposure techniques, skills training, contingency management, and cognitive modification. However, DBT distinguishes itself by its emphasis on “dialectics,” which assumes a systems perspective on reality by highlighting the importance of interrelatedness and wholeness. The key to this practice is a synthesis of the core practices in eastern Zen related to radical acceptance and traditional cognitive behavioral therapy. Attention is placed on mindfulness, emotional regulation, interpersonal effectiveness, distress tolerance, and self management.

Studies have produced empirical data showing the effectiveness of DBT. The first major parasuicidal study compared DBT to traditional treatment-as-usual. Results showed that subjects assigned to DBT were less likely to engage in parasuicidal behaviors, drop out of treatment, and had fewer psychiatric hospitalizations over a period of one year. In the year post-treatment, DBT subjects rated themselves higher on a scale of role performance (work, school, household) and were rated higher by an interviewer on a scale of global adjustment in comparison to subjects assigned to treatment-as-usual.

The Behavioral Research and Therapy Clinics will be recruiting borderline patients for three new studies opening spring 2004: a suicidal behaviors study sponsored by the National Institute of Mental Health; a heroin addiction study funded by the National Institute for Drug Addiction; and an eating disorders study targeting binge eating and bulimia nervosa sponsored by the Borderline Personality Disorder Research Foundation.

The purpose of our suicidal behaviors research is to understand suicidal behavior among women and to assess the effects of psychotherapy and other types of help with persons who meet criteria for Borderline Personality Disorder. We want to know what elements of therapy and other helping relationships make them successful or unsuccessful. Our goal is to examine various approaches to providing Dialectical Behavior Therapy (DBT). Subjects will be randomly assigned to either DBT therapy (individual and group), DBT individual therapy with activities group, or DBT skills group training with case management.

The purpose of the eating disorders research study is to understand emotion dysregulation and eating disorders among women. The treatment research study will examine two treatment approaches. We wish to compare Dialectical Behavior Therapy (DBT), a cognitive-behavioral treatment that has been shown to be effective for treating emotion dysregulation, with Cognitive-Behavioral Therapy with crisis intervention, a cognitive-behavioral treatment shown to effectively treat eating disorders. There is reason to believe that both treatments will be effective, however there is no research to date to guide in deciding if one treatment approach is more effective than the other.

The goal of the heroin study is to understand heroin addiction and to assess the effects of psychotherapy combined with an opiate replacement medication for persons who meet criteria for heroin addiction. We wish to examine two treatment approaches: individuals will be assigned to either NIDA drug counseling or DBT to examine which treatment method is more effective with heroin addicted borderline patients. Specifically, we are interested in comparing a cognitive-behavioral therapy approach (Dialectical Behavior Therapy or DBT) for the treatment of opiate dependence to a drug counseling approach (Individual and group drug counseling or I/GDC). Both approaches include opiate-replacement pharmacotherapy using Suboxone. There is reason to believe that both treatments will be effective, however there is no research to date to guide in deciding if one treatment approach is more effective than the other.

As a non-profit research facility at the University of Washington, the clinic will be offering low-cost, sliding scale treatment for the suicidal behaviors and eating disorders studies, and free treatment for the heroin ad-

diction study. Participation in research involves both assessment and treatment components. Research subjects are reimbursed for their assessment time.

If you are interested in finding out more information about research studies with borderline personality disorder at the Behavioral Research and Therapy Clinics, contact 206.543.2782 X-1.

Classified Ads

ARNP

ARNP position available, Adult Health or Family Practitioner preferred. Salary DOQ. Fax resume to 360-754-2516.

Full-Time Nurse Practitioner

Rheumatology/Allergy Sub-specialty practice in Everett seeking a full-time Nurse Practitioner. Unique opportunity emphasizing patient care and clinical research. Work week: Mon-Fri, 8:00-:5:00PM. Please direct inquires and resumes to M. JoAnn Whitt, ppstudys@yahoo.com, 425-258-3651.

ARNP, CNM Part-Time

Cascade Family Planning, Tacoma, WA seeks a clinician to provide well-woman and medical abortion services. For more information: Fax: 206-267-2702 or e-mail: hr@fwhc.org. Salary DOE. See ad at www.fwhc.org/job.htm

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 or e-mail to: ttrowbridge@svmc.net.

CE Opportunities

11th Annual Conference on Occupational Hazards to Health Care Workers

May 18-20, 2004, Vancouver, British Columbia

Over 30 experts will present a series of platform sessions and workshops with up-to-date information on how to protect health care workers in a variety of settings. This dynamic conference will take place in beautiful Vancouver, BC. Sponsors: University of Washington & University of British Columbia.

Topics include: Reducing injuries in health care, Bioaerosols, Considering ergonomics in designing health care facilities, Reducing lifting hazards, Preventing transmission of blood-borne diseases, Emerging threats to health care workers, Violence in health care facilities, NIOSH research and surveillance, An international perspective on health and safety, SARS and health care workers, Ordering and using sharps, Effects of job strain on health workers, Emotional labor at work, and Depression and health care workers.

Speaker list, course details and registration information: (800) 326-7568 or <http://depts.washington.edu/ehce>

8th Annual Cardiology at Whistler

June 24-26, 2004, Delta Whistler Village Suites, \$149.00 per night (Canadian)

Topics Include: Preventing CHD in Women/Averting Disease/Your Role in Eliminating CAD/Antiplatelet Therapy/Hormone Replacement Therapy: A Cardiologist's Perspective and MUCH MORE 12 Hours CAT 1/14.4 Nursing Hours \$325 Physician/\$275 Nursing For full color brochure email Jeri.Sackett@Providence.org or call 425-261-3690

Dermatology Update Conference

Friday, September 17, 2004, Hyatt Regency Bellevue 7.2 Nursing CEU's . For further information contact Jeri Sackett at 425-261-3690 or Jeri.Sackett@Providence.org

Pacific Northwest 27th Annual Conference for Primary Care Practitioners

September 15-18, 2004

This conference offers practitioners an opportunity to validate and enhance clinical competencies, acquire new assessment and management skills, examine critical issues in health care at the state and national level, foster a strong coalition of providers in advanced practice, and learn about new products, services, and pharmacotherapeutic agents.

Sponsors: University of Washington School of Nursing, Continuing Nursing Education, University of Washington School of Medicine, Continuing Medical Education, Planned Parenthood of Western Washington, Western Washington Area Health Education Center

Endorsed by: ARNP United, Washington State Nurses Association

Location: Washington State Convention and Trade Center, Seattle, WA

For a brochure or more information: CNE, T303 Health Science Building, 206-543-1047, Fax 206-543-6953, Email: cne@u.washington.edu, Website: [uwcne.org](http://www.uwcne.org)

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 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 of less than 65 words are \$70, of 66 to 130 words are \$105, of 131 words or greater are \$130. 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

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ARNPs United Mission Statement

ARNPs United of Washington State is a non-profit organization dedicated to promoting ARNP practice by coordinating educational, legislative, and networking activities of Nurse Practitioners throughout Washington State.

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.
- ☐ Membership is tax deductible.

Email ARNPs United today at au@nurse.org for a membership application or call us today at 253.480.1034. Membership applications are also available at www.nurse.org/wa/au

Healthy Humor

A guy walks into his Nurse Practitioner's office. He has a sausage coming out of his ear, a waffle coming out of his nose, and bacon coming out of his other ear. He says worriedly, "What's wrong with me!?"

The Nurse Practitioner replies, "You're not eating properly."

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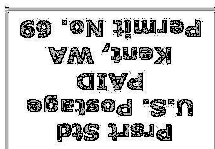
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