

Advanced Registered Nurse Practitioner Care

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Official Newsletter of ARNPs United of Washington State

March 2005

In Memoriam

by Phyllis Arn Zimmer

Dear Colleagues,

I am writing to tell you of the recent death of Rosemary Pittman, FNP. Many of you will remember Rosemary as the Coordinator of the first master's nurse practitioner program in our state- the University of Washington FNP Program. She was truly a nurse practitioner pioneer, and an incredible example of someone devoted to the well-being of others. Together with Mary Ann Draye, I attended her memorial service, and was struck with all that I didn't know about her, and her contributions to our world. She grew up in Illinois and became an Army Nurse in World War II in the Pacific Theater. Postwar, she pursued a Master's in Public Health on the GI Bill. She moved to Vancouver, Washington where she was a public health nursing supervisor, tireless volunteer, activist and president of the City Council (those of you who knew her will have to laugh about that- can you imagine those meetings!). After coming to the University of Washington, she chaired the Community Health Nursing Program, and then initiated the FNP program. She was a tireless advocate for NPs, and became an NP herself. An unflagging activist, she was a board member of Grey Panthers Health Care Committee and a founding member of CINH (Citizens for the Improvement of Nursing Homes). After retirement from the UW, she began her 2nd career in art, receiving national recognition. And, she continued to serve: She volunteered in free clinics at the Morrison Emergency Shelter, Native American Clinic at the old Public Health Hospital and did a free foot care clinic at an elder center. The Rosemary that I knew was a character- she was assertive, sometimes lacking in tact, and her office was as messy as mine! Yet she was also a woman of courage and conviction, who had a big heart and a love of this role- a role that has meant so much to so many of us. As we continue to evolve the NP role, I hope that every now and then we all say "thanks, Rosemary" for laying the foundation for nurse practitioner education and practice in our state.

Field Reviews for Joint Commission

The Joint Commission on Accreditation of Healthcare Organizations currently has three documents that can be viewed in the pre-draft or pre-publication stage. These include Proposed Standards Additions for Behavioral Health Services Filed Review, available through the Behavioral Health Care Program; Medical Abbreviations Summit Field Review; and the 2006 Proposed National Patient Safety Goals Field Review. These are available the web at www.jacho.org/accredited+organizations/field_reviews.h

tm. While these are the current proposed documents, there are routinely some standards published for review. If you have an interest in participating in these or future field reviews, check out the web page periodically. Nursing needs to be involved at this level to the extent we can or we might later discover that some standard is in direct conflict with our professional judgments, practice, or the needs of our patients. If you have any questions about the field reviews the contact person is Joyce Marshall in the division of Standards and Survey Methods at 603.792.5934 or at jmarshall@jcaho.org.

US Pharmacopia is looking for candidates for its Council of Experts and Experts Committee

The US Pharmacopia is seeking to fill positions on committees that will have significant impact on the prescription management in this country. The terms are for 5 years and are for specific committees related to experience and expertise. The time commitment varies with the position and the committee. There is an application available on line at www.usp.org/volunteers/nominate/. If you have an interest in exploring this way of participating in the health policy that will trickle down to the rest of the prescribing community – this is your opportunity!

Product Announcement

The convenience you want. The accuracy you demand.

"Paper" prescriptions are becoming obsolete! New technologies are rendering the old-fashioned prescription pad – and the opportunities for errors, fraud, and counterfeiting they bring with them – a thing of the past.

Provider – Using Assured Script Technologies software, the participating provider can electronically transmit patient and prescription information directly to the closest Assured Pharmacy. Software encryption ensures complete privacy as well as total accuracy in all transmissions.

Patient – Patients may pick up their prescriptions in person, have them shipped via UPS or enjoy free same-day courier delivery within 15 miles. Again, complete privacy is assured!

Pharmacy – Upon input of the prescription, the Assured Script Technologies software "red flags" any possible drug-to-drug, drug-to-food and drug-to-allergy interactions. The pharmacist then fills the prescription per your specific instructions and in compliance with all local, state, and federal regulations. www.assuredscript.com, Assured Pharmacy, Totem Lake, 12701 124th Ave NE, Kirkland, WA 98034, (p)425.820.2168 (f)425.820.2247

Stress Management and the Nurse Practitioner

As a Nurse Practitioner, you work long hours to provide your patients, with the best care possible. Keeping track of chart notes, prescribing, assessing, and treating patients, can take it's toll. Now imagine having your own practice! Have you ever asked yourself, "Am I taking as good of care of myself as I do my patients?" Most healthcare professionals don't. As a result numerous healthcare workers are injured on the job, or suffer from chronic pain and stress. Everyone carries their stress in the upper back and neck. If you're doing hours of paper work

or find yourself, tapping away at the computer, here are some things to watch for: pain and stiffness when moving your neck, constantly stretching to reduce stress, frequent headaches, low back pain and stiffness, increased shoulder and upper back pain or stiffness. According to WOIS/ The Career Information System, an ARNP must put up with the following physical demands: stand for long periods of time, use stomach and lower back muscles, use muscles for long periods of time without getting tired, use muscles to lift, push, pull, or carry heavy objects, physically active for long periods of time without getting out of breath. All of this adds up to increased stress and headaches. There are many ways to deal with these major problems. I'd like to share one with you: **the value of massage therapy**

I've been in the medical field, since 1989. I've seen all kinds of remedies for pain, stress, and headaches. Although massage is not a cure-all, it can be an effective weapon in fighting your headaches and stress. Here's a list of some of the benefits: decreases headache pain, increases mobility, decreases stress, improves work performance. One of the most important components of a massage is that the focus is on you! Someone is taking an entire hour or longer, to meet your needs. *Your problems are paramount and will be dealt with.* Whether you've just graduated from school, work as an employee, or have your own practice, adding massage therapy to your relaxation program, will yield impressive results. Clyde McDade is a licensed massage practitioner, in Federal Way. He's the owner and operator of Heavenbound Mobile Massage. He can be reached at redemedmc@hotmail.com, 253-632-7261, or www.heavenboundmassage.com.

Continuing Education

Complimentary Continuing Education

FNP Associates is pleased to announce **complimentary** continuing education programs for NPs available on the web. The programs are:

Pain: Current Assessment, Management, and Treatment – This program is approved for 6.0 contact hours in pharmacology, www.npcentral.net/ce/pain

Treating the Common Cold: An Expert Panel Consensus Recommendation for Primary Care Clinicians – It is approved for 1.8 contact hours in pharmacology. This is an evidence – based set of recommendations for managing cold symptoms, www.npcentral.net/ce/cold

Frequent Heartburn: An Evidence-Based Approach to Cost-Effective Management – Developed in collaboration with the American Academy of Physician Assistants, this program is accredited for 1.0 contact hours. <http://www.npcentral.net/ce/heartburn>

Register, read the article, take the post-test, fill out the evaluation, and print out your CE certificate! Do these at your own pace. It's easy!

AAPPN, Association of Advanced Practice Psychiatric Nurses Annual Spring Conference, Complementary Therapies: The Evolution of Holistic Psychiatric Nursing Keynote Speaker: Barbara Dossey, PhD Saturday, April 16 and Sunday, April 17, 2005 Cedarbrook Inn SeaTac, Washington 206.524.4090. 888.308.7336 Fax 206.524.0963 conhfox@comcast.net <http://aappn.org>

Pacific Northwest 28th Annual National Conference: Advanced Practice in Primary and Acute Care

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.

Dates: **October 26-29, 2005.** Location: Washington State Convention and Trade Center, Seattle, WA

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

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206.221.2405; FAX 206.543.6953 CNE Main Number: 206.543.1047
WEB: uwcne.org

Association of Advanced Practice Psychiatric Nurses Annual Spring Conference

April 28, 2005, University of Washington, Seattle Campus Teach-In . Learn how to change something about how you practice, conduct research, or how to influence policy issues to bring about change in the delivery of service to underserved populations.

Joint Conference Center for the Advancement of Health Disparities Research (CAHDR) Asian American Pacific Islanders Nurses Association (AAPINA) Teaming up: Achieving health parity through culturally competent nursing research, sustained community relationships, and educational opportunities

April 29-30, 2005, University of Washington, Seattle Campus, Friday: Keynote Speaker: Lois Schipper, BSN, MPH, Program Manager, Public Health - Seattle & King County

Panel: Facilitating Change: Translating Knowledge into Community Practice Examination of how research can be integrated into community practice and create a working relationship.

Presentation: Identifying Historical & Social Values with discussion Pilot Studies: Discoveries & Results, Evidence-Based Nursing Research – Videoconference w/ University of Hawaii at Manoa, a dissemination/learning forum for understanding different cultures, and nursing research.

Saturday: Keynote Speaker: Rebecca Kang, RN, PhD, UW Associate Professor, Experience of Asian Students, Panel discussion: Going through Graduate School. Discussion on how to create avenues for minority students for advanced graduate education through mentorship. What are the barriers and what are the solutions? Presentation & Discussion: Nuts & Bolts: Student Financial Opportunities, Working with Communities Presentation: Collaboration: Overcoming Barriers to Better Serve Our Diverse Communities with discussion

Full agenda and brochure are available at:

<http://www.son.washington.edu/centers/hde/Calendar.asp>. Registration is free but required. Registration form available online. Deadline is April 12, 2005. For further information email: Laura Mason, ljmason@u.washington.edu or call 206-616-6360.

NW Center for Occupational Health & Safety (UW-DEOHS) CE Offerings in Seattle

CNE credit available. For more info 206.543.1069 or <http://depts.washington.edu/ehce>

April 1- Controversies & Advances in Pediatric Environmental Health

April 21-22 - OHN Update Improving Your Mental Health and Physical Assessment Skills

Puget Sound Occupational and Environmental Medicine Grand Rounds series:

March 10 - Occupational Lung Disease: Still More Than Just Asthma

April 14 - Welding, Manganese, and Parkinsonism

May 12 - The Americans with Disabilities Act: Ten years later

Swedish Medical Center CME Offerings The Changing Practice of Stroke Care

May 5 & 6, 2005 – Red Lion Hotel on Fifth Avenue At the end of this two-day stroke symposium participants – whether in the physician or nurse module – will better understand the causes and treatments for both hemorrhagic and ischemic stroke. Participants will be versed in novel therapies. During a special symposium on the second day, participants will help identify means for better managing stroke in our



Join Us Today!

Successes

- Authority for ARNPs to sign: death certificates, written documentation for Guardian-ad-Litem, handicapped parking applications as well as time loss and accident report forms for L&I.
- Completion of prescriptive authority for scheduled medications
- Removal of barriers for ARNPs to care for patients covered by L&I Insurance.

What ARNPs United does for You Now

- Our lobbyist monitors all legislation for changes that may affect ARNPs
- Improved communication with individual members and ARNP organizations
- Coordinating activities and efforts among ARNPs across specialty groups
- Sponsors an electronic discussion group for members
- Acts as a liaison for ARNPs to the Washington State Nurses Association, other disciplines and community groups.

Direct Membership Benefits

- Free subscriptions to *NP World News* and the *American Journal for Nurse Practitioners*
- Up to date and informative monthly newsletter *ARNP Care*
- Discount of 25% on individual subscriptions to the *Nurse Practitioner Journal*
- Discount of 30% on *Lexi-Comp* books and software products for your handheld computer
- Discount of 20% on briefcases and luggage by Tutto
- Web site with current information at www.nurse.org/wa/au
- Tax deductible membership
- Subscriptions and discounts are currently worth over \$101.50.

I Want to Join ARNPs United of Washington State Today

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ ARNP Specialty: _____

Email: _____ Send Do not send ARNP Care to me by email

Please check all that apply:

Mar-05 Care

- Life time Membership \$1000
- Individual Membership \$150 per year
- Affiliate Membership \$100 per year
(Reduced fee for an active member of another Washington ARNP professional organization)
- Student Membership \$50 per year
- Donation for ARNPs United
- I'm not sure contact me with more information

*Make checks payable to **ARNPs UNITED of Washington State** or pay using your credit card
and mail with this form to 10024 SE 240th St, #102, Kent, WA 98031*

Credit Card #: _____ MasterCard Visa Exp. Date: _____

Name on Card: _____ Signature: _____

Billing address for credit card: Same as above address _____

At this time only a MasterCard or a Visa Card can be used to pay for your membership.

community, including strategies to enable persons to arrive in EDs at an earlier time. A community metric will be discussed to measure our progress regarding earlier treatments.

Registration Deadline: April 28th. Fee: \$125.

Screening and Prevention Tools for Primary-Care Providers

May 6, 2005 – Swedish Medical Center The course will provide pragmatic and practical information that primary-care providers can use in their office-based practices. The course will address and provide clarity on controversies in the field of screening and prevention for the four most common primary cancer types (lung, breast, gastroenterology, and prostate). At the conclusion of this conference, participants will be able describe genetic and behavioral factors that put people at risk for cancer, apply current screening technologies to identify high-risk groups, perform a cost-effectiveness analysis of screening techniques, and answer patient questions on the controversies in prevention and screening. Registration Deadline: May 2nd. Fee: \$50.

These Faculty Directed Activities are pending by the Washington State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission of Accreditation for contact hours. Visit www.swedishmedical.org/cme or call 206.386.2755 for brochures and registration forms for these and other courses.

Classified Ads

Tacoma, WA

Solo practice urologist seeks a full-time certified nurse practitioner to join a thriving practice in Tacoma, across from Tacoma General Hospital. Initial primary responsibility will be to provide first assist in the OR with the position eventually transitioning to a full-time office position. At least one year of prior urology experience is preferred. This position requires a high level of commitment and responsibility, for which you will be rewarded with an excellent salary and benefits package. Please send CV to MultiCare Health System at providerservices@multicare.org or fax to 866.264.2818. Please refer to opportunity #343

Nurse Practitioner/Physician Assistant - Certified

Full-time opening for a nurse practitioner or physician assistant to work at multiple urgent care centers with a primary home base 70% of the time in Covington, WA. Primary responsibility is to provide quality healthcare to patients of all ages. Flexibility in work location required. Experience in urgent care and family practice is preferred. Candidates must be, or qualified for licensure & certification in Washington State a PA or NP. Competitive salary, flexible shift work and comprehensive benefit package. Please email your CV to MultiCare Health System Provider Services at providerservices@multicare.org or fax your CV to 866.264.2818. Please refer to opportunity #291. Website: www.multicare.org. "MultiCare Health System is a drug free workplace."

Psychiatric ARNP

Established psychiatric practice in Everett, WA seeking a psychiatric ARNP. Duties: outpatient clinic, inpatient, CL, LTC coverage & call. Competitive compensation and excellent benefits. Phone: 425.259.6665, ext. 302. Email CV to wolf@cascaidepressych.com or fax to 425.259.6014 ATTN: W. Klamp.

Whidbey Island, Washington

Compass Health of Whidbey Island is seeking an Advanced Registered Nurse Practitioner in psychiatric nursing with prescriptive authority to join our Adult Outpatient Services. This position delivers direct psychiatric services to a wide range of acute and chronically mentally ill clients. We are seeking to compliment our team with an energetic, creative person with excellent clinical, consultative and relational skills. Ability in organizing and prioritizing to fulfill direct service requirements as well as program development expertise is a must. This position is part of team of case managers; therapists, psy-

chiatric nurses and psychiatrists who provide broadly based comprehensive and compassionate client care.

Compass Health is an active, growing community agency providing full inpatient and outpatient mental health care to Skagit, Snohomish, Island and San Juan counties. Whidbey's natural splendor includes breathtaking Puget Sound waterfront and mountain views of the surrounding Cascades and Olympic mountain ranges. Recreational opportunities are abundant including boating, hiking, beachcombing, biking and camping. A thriving arts community enhances living on Whidbey Island. This position includes competitive wage and benefits.

For application questions, contact Melissa Reed, Human Resources 360.419.3528. For clinical questions, contact Robin Farrand, Director at 360.678.5555 or 800.640.3481. Send resume and cover letter to: Human Resources Department, Compass Health – North, 1100 South 2nd Street, Mt. Vernon, WA 98273, E.O.E.

Certified NP/PA

Solo practice urologist seeks a full-time certified nurse practitioner/physician assistant that has a background or desire to develop a background in integrative medicine. Requires willingness to learn EMR used in the office. Surgical assisting skills and desire for further training in robotic surgery necessary. Practice works from Tacoma and Gig Harbor offices. This position requires a high level of commitment and responsibility, for which you will be rewarded with an excellent salary and benefits package. Please send CV to MultiCare Health System at providerservices@multicare.org or fax to 866.264.2818. Please refer to ID #352.

ARNP/CNM's - FT

You may be eligible for a sign-on bonus! Planned Parenthood 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.

Our Everett Clinic is expanding services & we are now hiring for a FT Clinician to provide quality patient-care along side our reproductive healthcare team. FT/Float Clinician will work in our Ev/Lynn/Marys/Ken/Mon clinics to compliment our reproductive h/c teams. Must have current WA State RN & ARNP (WHNP, FNP, Adult NP, or CNM) licenses & prescriptive authority. Prior women's health care experience pref. Bilingual skills a plus. To apply, submit your cover ltr/resume to jobs@ppww.org; Fax 206.328.6818; or Mail PPWW/HR, 2001 E. Madison, Seattle, WA 98122, PPWW offers a solid benefit pkg. Learn more about us, www.plannedparenthood.org. EOE

Evercare is expanding into Washington!

Evercare, a UnitedHealth Group company, is the nation's largest provider of essential, innovative products and programs specifically designed to serve aging and chronically ill Medicare and Medicaid patients. We offer our members a simple way of achieving better health.

We are expanding into Washington! Currently, we are seeking outgoing professionals for the following positions with our Seattle team:

Nurse Practitioner – Seattle Working with a Primary Care Physician and nursing home staff, this individual will help maintain the health and well being of our frail and elderly enrollees. Requires prior experience providing care in a long-term care setting (as an NP or RN), and an NP degree with certification in Adult, Family or Geriatrics. (135740)

Nurse Practitioner – Clinical Services Manager Managing day-to-day operations, this self-motivated professional will mentor nurse practitioners, collaborate with senior staff, and participate in provider recruitment and retention activities. Requires current NP licensure and knowledge of long-term care and geriatrics. Management experience preferred. (135746)

Account Executive – Telecommuting Opportunity! Generate member sales and build relationships with nursing facilities as we continue to grow. You will sell an excellent no-cost product – with no

competitors in the area! Sales experience is required, preferably in selling healthcare products or services directly to consumers. (135735)

APPLY by visiting www.unitedhealthgroup.com/careers and performing a search using the requisition number provided. You may also speak to Matt Kraft at 877.835.3156, ext. 135, or fax your information to 877.225.8825.

UnitedHealth Group offers a full range of comprehensive benefits. Diversity creates a healthier atmosphere: equal opportunity employer M/F/D/V.

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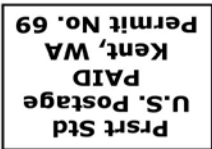
Ad Information

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, or 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.

Healthy Humor

Problems Remembering

Patient: I have a serious memory problem. I can't remember anything!
 NP: So, since when did you have this problem?
 Patient: What problem?
 NP: Did you take those pills I gave you to improve your memory?
 Patient: What pill?



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