

Advanced Registered Nurse Practitioner Care

Vol. 16, No. 4

Official Newsletter of ARNPs United of Washington State

April 2005

JPA Eliminated!!! HB 1479 Passed the Senate!

by Marty Couret & Heather Bradford
ARNPs United Legislative Committee Co-Chairs

Congratulations! Our bill to eliminate the joint practice agreement for nurse practitioners to write schedule II-IV narcotics passed the senate! It passed with a vote of 47 to 0. This means HB 1479 passed the house and senate and now awaits the governor's signature to be enacted into law.

Thank you all for your hard work to pass this bill. Many of you visited, called, emailed, and wrote your legislators. This bill would not have passed without that support.

Thank you to the NP Coalition that provided a unified nursing front, amazing work and huge lobbying support. The NP Coalition included ARNPs United, WSNA, AAPPN, WA Chapter of ACNM, and WANA.

Thank you to Louise Kaplan and Marie-Annette Brown for their helpful research and diligent work.

Thank you to the legislators that helped us along the way. In particular thank you to Rep. Dawn Morrell that went beyond her prime sponsorship and testified for HB 1479 in the Senate. Also thank you to Senator Thibideau for prime sponsoring our senate bill. In addition, thank you to Senator Deccio that defended and supported our bill like he said he would five years ago.

Thank you to Nick Federici the ARNPs United lobbyist that headed up this effort and to Tami Warnke that provided monitoring for ARNPs United and lobbying for WSNA. Thank you to AAPPN's lobbyist Sharon Case and Gail McGavic lobbyist for WANA.

Finally, thank you to all those ARNPs who have worked towards this goal for the past 16 years. They laid the groundwork for our success today.

4th DTaP Dose is Focus of Immunization Initiative

by Nancy Chandler

Washington and Oregon are teaming up to fight pertussis and protect children. Pertussis rates are increasing in Washington State and at the same time, immunization rates for the 4th dose of DTaP lag behind the first 3 doses. Nearly 20% of Washington children have not received the 4th dose of DTaP by age 3.

In March and April, 2005 the state Immunization Program will launch a campaign to heighten awareness of health care providers and parents about the importance of the 4th DTaP, typically offered at age 15-18 months.

New Meningitis Vaccine Protects 11-12 Year Olds

by Nancy Chandler

The Food and Drug Administration recently approved a new and more effective bacterial meningitis vaccine appropriate for ages 11-55 years. The vaccine, Menactra, meningococcal conjugate vaccine (MCV4) protects longer than the previous vaccine available. The Advisory Committee on Immunization Practices (ACIP) recommends Menactra for ages 11-12 years and 15 year olds. Currently, the CDC is considering whether to make the vaccine available under contract for the Vaccines for Children Program. The CDC does not anticipate adding Menactra to the Recommended Childhood and Adolescent Immunization Schedule until 2006, the schedule's next printing.

The incidence of meningitis in the U.S is about 3,000 cases per year, with about 300 fatalities. The highest incidence, 5.1 cases per 100,000 populations is in college freshmen who reside in dormitories. All meningitis vaccines protect against certain strains of bacterial meningitis, but provide no protection for viral meningitis.

JCAHO Joins Push for Malpractice Reform

ACNP, Washington Word, March 2005

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) has proposed a series of changes in the nation's medical liability system as a major step in solving what officials describe as crisis preventing physicians from providing the best patient care. In a recently-published policy paper, JCAHO concluded that the current liability system fails patients because it does not deter negligence, provide justice or fairly compensate victims of medical errors. The commission's report — "Healthcare at the Crossroads: Strategies for Improving the Medical Liability System and Preventing Patient Injury" — recommended several demonstration projects to test alternatives to the current system, including early settlement offers, "no-fault" administrative systems, health courts and the use of court-appointed, independent expert witnesses. Read the paper at http://www.jcaho.org/about+us/public+policy+initiatives/tort_resolution.htm.

Leavitt Named, Confirmed as HHS Secretary

ACNP, Washington Word, March 2005

Michael O. Leavitt was confirmed and sworn in as the 20th Secretary of the U.S. Department of Health and Human Services on January 26th; just one month after President Bush nominated the former Utah governor to replace outgoing Secretary Tommy Thompson. Leavitt was most recently serving in the Bush Administration

as the administrator of the Environmental Protection Agency.

Leavitt's experience as Utah governor included the drafting and passage into law of "Healthprint," a comprehensive, incremental approach to health care improvement in the state. Since it was passed in 1994, Utah has more than 400,000 additional people with health insurance, marked increases in the number of children with health care coverage, dramatically improved immunization rates and per capita cost of healthcare 25% below the national average. He was also chosen by the nation's governors to represent the states in Congress on welfare reform, Medicaid and children's health insurance during his term.

As head of HHS, Leavitt now oversees an agency with a budget of nearly \$550 billion and 67,000 employees and is charged with implementing a broad healthcare and public safety agenda, including implementing the Medicare prescription drug benefit, preparing for any national health emergency, and pursuing medical research.

Headache and Stress Tips for Your Patients

by Clyde McDade, LMP, CNMT
Heavenbound Mobile Massage, 253.632.7261

There's nothing like having constant headaches and stress. Here is a tip to give to your patients that could really nail down the source of the problem. Keep a Headache / Stress Diary. I hope this doesn't sound corny. You're not in high school any more, and maybe you haven't kept a diary in years. Then again, you may have one going now. Healthcare professionals specializing in headaches and stress, highly recommend this tactic. It allows you to pinpoint, when, how long, and where headaches and stress occur. Within a short period, you'll start to see a pattern. Have your patients bring in and share the diary. The most important part is writing down the triggers. These are things that set headaches and stress off, like a volcano ready to erupt. Here are some common triggers: long work hours, lifting too much weight, bright light, increase in temperature, change in weather, certain types of food, lack of water.

Make sure you go over this diary with your patient. We, as healthcare providers, can prescribe better medications and even help with nutrition if necessary.

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.

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, phone: 425.820.2168 fax: 425.820.2247

Jasco's Spring Catalog

Spring into scrubs and medical accessories with Jasco's new spring catalog. Save up to 50% off all scrubs and accessories with Spring Fever Discounts. Find even more savings in the web special pages. Checkout the Major League Baseball scrubs, Pink Ribbon scrubs, kid's scrubs and the new Jasco brand nursing shoes. Visit www.jascouniforms.com where you can safely order online, or request your copy of a color catalog."

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!

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

October 26-29, 2005 — Seattle, WA: 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.

For further information: Sheila Keener, BSN, RN University of Washington CNE Campus address: Box 358738, Seattle, WA 98195-8738 Street address: 155 NE 100th, Suite 306, Seattle, WA 98125 VM: 206.221.2405; Fax 206.543.6953 CNE Main Number: 206.543.1047 Web: uwcne.org

AAPPN – Annual Spring Conference

April 28, 2005 — Seattle, WA: 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/hdc/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

May 12, 2005 — Seattle, WA: The Americans with Disabilities Act: Ten years later will be offered as a part of the Puget Sound Occupational and Environmental Medicine Grand Rounds series. CNE credit available. For more information call 206.543.1069 or visit <http://depts.washington.edu/ehce>

The Changing Practice of Stroke Care

May 5-6, 2005 — Seattle, WA: at the 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 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. Sponsored by Swedish Medical Center CME Offerings

Screening and Prevention Tools for Primary-Care Providers

May 6, 2005 — Seattle, WA: at 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@cascadepsych.com or fax to 425.259.6014 ATTN: W. Klamp.

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 – Pacific Northwest / Seattle Area

Excellent opportunity for a Nurse Practitioner with pediatric clinical experience to join well established, successful practice of three Pediatric Neurologists with 35+ consolidated years of experience. The practice is located on the Mary Bridge Children's Hospital campus in Tacoma, 30 miles south of Seattle on the shores of Puget Sound. A multi-million dollar physical plant expansion program at Mary Bridge will include a 60,000 square-foot ambulatory health care facility opening early 2005, combining modern technologies and family-centered care. Competitive salary/benefit package. Email CV to providerservices@multicare.org, or fax it to 866.264.2818, or contact Lori King at 800.621.0301. MultiCare Health System is a drug-free work place

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

The patient went to his doctor for a checkup, and the doctor wrote out a prescription for him in his usual illegible writing. The patient put it in his pocket, but he forgot to have it filled. Every morning for two years, he showed it to the conductor as a railroad pass. Twice, it got him into the movies, once into the baseball park, and once into the symphony. He got a raise at work by showing it as a note from the boss. One day, he mislaid it. His daughter picked it up, played it on the piano, and won a scholarship to a conservatory of music.

ARNPs United of WA State

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Publisher:

NP Central

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Subscriptions are \$25 per year. tax included. Ad rate sheet available on request.



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