

Advanced Registered Nurse Practitioner Care

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Official Newsletter of ARNPs United

May, 1998

Insurance Commissioner Meeting

by Gail Toraason McGaffick, JD

Insurance Commissioner Deborah Senn has just announced her plans to spend the summer meeting with interesting health professional organizations to learn more directly their experiences and challenges with managed care.

ARNPs United is one of the groups that Commissioner Senn is interested in meeting with. This is an incredible opportunity for ARNPs United to work with one of the leading health care consumer advocates in our state, one who we are fortunate to have as Insurance Commissioner. Scheduling and coordinating our meeting will be President Patti Varley and Legislative Chair Larry Kerschner. It's our goal to have a representative from each specialty present at our meeting, which we anticipate being scheduled sometime in June or July. In preparation for that meeting, we want to ask each specialty group to select a representative and to collect information on your specialty's experiences and challenges with managed care. With each component of ARNPs United doing that, we will bring forward a wealth of information to share with Commissioner Senn. Having your specialty's comments summarized in writing will be most helpful. If you're not formally connected with a specialty group, and you have information you'd like to share, please send it by June 15 and send it to Larry via email at larry@nurse.net or mail at POB 397, Pe Ell WA 98572 or Patti via email at pvarley@u.washington.edu or mail at 2504 NW 202nd St, Seattle, WA 98177.

Legislative Update

by Larry Kerschner, ARNP
and Gail Toraason McGaffick, JD

It's a little early for us to provide a listing of interim studies. Interim studies are projects that legislative committees work on during the time between legislative sessions, called the interim. The list is in the process of being prepared, and we should have that information for the next *ARNP Care*.

In the meantime, we want to remind you that 1998 is an election year. All the 98 members of the House of Representatives, and 24 of the Senate's 49 members are up as well. While the election cycle doesn't formally begin until the filing season in July, the reality is that campaigns and candidates are already gearing up. This time of year provides an excellent opportunity for advocacy groups to establish strong relationships. Candidates, whether they're incumbent legislators or newcomers, need assistance from their constituents to get elected. When you combine this assistance with the opportunity to educate these folks about issues of impor-

tance to ARNPs, you have a particularly powerful combination. So, look around your legislative district and identify which candidates you could support, and then work on their campaign. It doesn't have to be a huge effort. Doorbelling (great exercise), holding a coffee hour with your ARNP friends (what a great way to educate), or offer to be an advisor on health care issues. There are lots of possibilities. If you need help making a connection with a candidate, you'd like information on who all the candidates are in a given district, or you have other questions, please contact Gail, phone: 360.754.7266 or email: mpwrmnt@ix.netcom.com. FYI, the following is a list of those Senators who are up for re-election in 1998: West, Morton, Hale, Hochstatter, (Newhouse is retiring and Rep. Honeyford is running for his seat), Wood, Oke, Franklin, Fairley, Schow, Roach, Patterson, Heavey, Sheldon Kohl, Kline, Stranigan, Anderson, Thibaudeau, Jacobsen, Long, Finkbeiner, Johnson, and McDonald.

Prescriptive Authority

by Larry Kerschner

In looking back at the last legislative session it seems as though the Medical Association held us down while we kicked ourselves in the teeth. If we are ever going to get prescriptive authority completed there are several things we need to do. First and foremost we need people who are willing to put in time and effort. We are developing a list of at least four ARNPs in each legislative district (LD) willing to get personal with their legislators. Thus far we do not have one LD in which we have four people on our list.

Without support and effort from the ranks nothing will change. Complaints are only worth the hot air it takes to express them. If you are willing to be part of this effort, email me at larry@nurse.net or snail-mail me at POB 397, Pe Ell WA 98572. All of the Representatives and half of the Senators will be up for election this year. Find out who is running in your district. Let them know who you are and what an ARNP does. If they are people you can support get involved in their election efforts.

The second thing we need is money. We need every ARNP in the State to become a member of ARNPs United. We also need donations over and above your dues. We need ideas for fund-raisers and people willing to work on them. Contact the AU Board with any ideas to raise the funds we will need. Join AU and convince your colleagues to do the same. We need to start now if we are to have the money we will need next year. The docs have all the money they need.

We need people to talk to those in power at their various organizations to convince them that ARNPs with

full prescriptive authority are cost effective. We need to convince the insurance companies that they will save money if we can do our jobs without having to refer patients for medications. We need to collect letters from our patients and from physician colleagues supporting our quest for increased prescriptive authority. Send any letters collected to ARNPs United, 212 Railroad Ave N, Kent, WA 98032. We will use them in educating the legislators. Become involved. We can't do it without your help.

My Clinical Volunteer Vacation

by Callie Wilson

I had a terrific vacation with a chance to learn clinical-based Spanish at Mar de Jade, a language school in Mexico associated with a farmworker's clinic. A three-week commitment is the minimum for a clinic volunteer. (Details are at <http://www.mardejade.com>) The snippets below, taken from my letters home, are to entice you. It is a good spot for people who like to eat fish, a poor one for people who are bug-phobic.

I traveled with my 2 year old daughter, so it was important to me to combine a rural, foreign experience with the ability to get back home promptly. Mar de Jade is in a coastal fishing village in Nayarit with the clinic itself in Las Varas, both too unremarkable for guidebooks, and of course this is part of the charm! Nevertheless, you can get there by flying via Puerta Vallarta and be back at SeaTac in less than a day.

Our room is stucco with a flagstone floor, a steep palm frond roof and a palm frond porch towards the ocean. A lockable screen door, screen window, and rustic furniture. No mosquitoes yet! Too windy and dry, but plenty of small things crawl about, and ants live at the switch. We have a bedside lamp and an overhead bulb.

We eat on a patio by the ocean. The food is good. The tea is lousy but somehow I don't mind. We had a tour of Chacala. There are *ten* restaurants, side by side on the beach. Two women who hand-wash laundry. One

woman who has the telephone, in her house. One store that will shop to order for you. One taxi, a green truck. One small fishing boat dock, and men examining nets. Elementary school (36 students, 2 rooms) plus library. The library is a joint Rotary and Mar de Jade project.

ARNP Care

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One one-room open air kindergarten, 3 students. One high school with 15 students aged 12 to 15. Classes come by television, a national program, and one teacher. Finally - at the far end of town, in a jungle, Chacalilla - a tiny, sandy beach ringed with palm trees.

One morning, I was emotionally overwhelmed by the hopelessness of our first patient's situation - extremely ill and on the street, except for the kindness of strangers. He is vomiting constantly, and looks wasted. He might have gastric cancer. A nurse from Chicago bought an IV setup and fluids at a local pharmacy and we plumped him up, but he'll be dead soon, I'm sure. The more typical patient is a sick kid.

Our clinic volunteers include six medical students, one chiropractor, one therapist, one midwife/health educator, one PA, one family practice residency faculty, and two nurses. Sometimes we just tag along with the doctors at the clinic, listening to patient histories and running errands. The scale is in pounds and so I get practice doing arithmetic - converting to kilos, and, for the IV, adjusting the drop rate, something I haven't done in years. Due to restrictions in Mexican law we can't chart, so we write things down for the doctors in our broken Spanish. I realize now that it is only incidental that I'm able to be of use. Being a role model of courtesy and respect for patients is one of the big contributions we are able to make.

This article was contributed by ARNPs United member, Callie Wilson, MN, ARNP. She hopes to go back next November. The food served at Mar de Jade is prepared in a safe manner, and she never got sick. She can be reached at sonrisa@mail.tss.net

CNM Privileges!

by Susan G. Willis

On February 9, 1998, after a three year effort, Susan G. Willis, CNM, FNP, happily obtained CNM privileges (the first in more than a decade) at St Joseph's Hospital, Bellingham, WA. Deliveries are going well! Recently another CNM also obtained privileges.

In April, colleague Tim Pearson, FNP, became the first to obtain FNP privileges at St Joseph's hospital. We are happy to offer full scope ARNP services to our clients.

We are both sponsored by our family practice MD colleagues at North Sound Family Medicine who have generously given us their help and support to make this a reality.

Classified Ads

Rehab ARNP

Northwest Medical Rehabilitation in Spokane, WA is seeking an ARNP with rehab background, preferably an ARNP/CRRN. Part time or full time available. Please fax resume or letters of interest to 509.459.0881.

Nursing Services Administrator

Seattle, WA - Planned Parenthood of Western WA - one of the largest providers of reproductive health care in the state - is seeking an outstanding Nursing Services Administrator to lead the clinician care in our 17 clinic sites. Will provide teaching, coaching and consultation for

professional clinic staff, assess staffing needs, hire and evaluate clinic staff and develop and implement QA programs. Positions requires Master's degree in Nursing, current certification as OB/GYN Women's Health Care NP, Family NP or Adult NP and employment experience demonstrating increasing levels of clinical and managerial responsibility. Strong interpersonal skills essential. Mail CV/resume before 5/22/98 to PPWW/HR, 2211 E Madison, Seattle, WA 98112. EOE.

Mental Health Contract ARNP

Northwest Counseling Institute has an immediate opening for a contract ARNP with prescriptive authority for adults and children specializing in mental health. The position is at the Auburn and Federal Way offices. A position will also be available in Tacoma by April 5th. The current need is 12 hours a week and will expand to 18 hours. Please contact the Director, Mark Bethune at 253.939.8525 and fax a resume to 253.931.8193.

Locum Tenens Program

The Washington State Locum Tenens Program seeks nurse practitioners interested in rural practice opportunities. Professionals who are interested in helping their rural colleagues while supplementing their incomes. Professionals in transition or who are just out of school. Professionals who just want to do clinical medicine and avoid the business side of the practice. Retired or semi-retired professionals who want to continue to practice intermittently. People who are starting a family and want to practice part-time. The requirements for NPs to participate in the Locum Tenens Program: 1. Have a current Washington license. 2. Be in good standing with the Washington State Nursing Board. If you are seeking short or long-term temporary work, the Washington Locum Tenens Program can help support you in your search and placement. For more information or to apply, contact: Locum Tenens Program, AHEC at WSU Spokane, 601 West First Avenue, Spokane, WA 99204-0399. Phone: 509.358.7640. Fax: 509.358.7647.

Psychiatric Nurse Practitioner

Psychiatric NP wanted for immediate opening at Sammamish Valley Psychological Services, PS, an established staff model multidisciplinary behavioral health clinic, with offices in Redmond and Woodinville. Our clinical staff consists of: seven psychologists, two psychiatrists and one social worker. Must have broad base of clinical skills in assessment, medication and psychotherapy services for adults and adolescents. Three years of independent prescriptive experience and interest in working with managed care is required. Clinic works closely with many MCOs, PPOs, HMOs, EAPs and PCPs. We'll provide referrals, access to closed managed care panels, billing, office support, furnished office, voice mail/pager, etc. Contact Gregg Schimmel, PhD at 425.883.2623. Vitas and letters of interest can also be faxed to 425.883.6241 or mailed to: 17530 NE Union Hill Road, Suite 210, Redmond, WA 98052.

Family ARNP or PA-C

Make a difference with Medalia! Experienced FNP or PA-C needed for busy practice in University Place (Tacoma). Join two FP MDs, one IM MD and one FNP. Immediate opening for full time provider; competitive salary and excellent benefits. Medalia HealthCare is the largest primary care network in Washington State and has a commitment to service and innovative approaches to care. Other practice opportunities exist within the Puget Sound Region. Please send your CV to Barb Shaw, Medalia HealthCare LLC, 600 University, Suite 1200, Seattle, WA 98101 or via fax to 206.320.3001. Phone: 206.320.2546.

Psychiatric NPs - Jail Health Services

Psych NPs with prescriptive authority: Challenging and autonomous practice on interdisciplinary team delivering mental health care services to clients in the correctional facility. Strong clinical assessment, knowledge of substance abuse and medication management skills required. Looking for flexible, skilled clinician with positive attitude and sense of humor. Positions available per diem and possible benefits. Prefer fax resume to 206.296.1771, Attn: Mary F. or call the recruiter line at 206.205.8025 for tour info. Seattle King County Department of Public Health. We value diversity of our work force. EOE.

Nurse Practitioners/Nurse Midwives

Planned Parenthood of Western WA is seeking an outstanding clinician to work full-time in Snohomish County (Everett and Alderwood). We are a progressive, non-profit organization with 17 clinics; one of the largest providers of reproductive health care in the state. Position requires current WA State RN & ARNP (WHNP, FNP, ANP or CNM) licenses and one+ year women's health care experience. Mail CV/resume before 5/15/98 to PPWW/HR, 2211 E Madison, Seattle, WA 98112. EOE.

Continuing Education

Clinical Pharmacology Series 1998

May 19, 1998, Women's Health Drug Therapy
June 12, 1998, Neuropsychotropic Drug Therapy
This series of six one-day courses (8 contact hours each session) is designed as a pharmacology update for nurse practitioners working in a variety of specialties. Sponsor: University of Washington School of Nursing. Location: University of Washington, Rotunda (Neonatal Drug Therapy only), Shoreline Conference Center (all other courses), Seattle, Washington. Contact: Continuing Nursing Education, University of Washington, Box 357260, Seattle, WA 98195-7260, phone: 206.543.1047, <http://www.son.washington.edu/~cne/>.

Sport Medicine for Primary Care Physicians

May 21, 1998, 4:00 - 9:00 pm. Location: Lindsay M. Gould Auditorium, Northwest Hospital, Seattle, WA. Four hour of Category I credit. Cost: \$50 for physicians and \$40 for non-physicians. For further information, contact Educational Services of Northwest Hospital at 206.368.1623.

Assessment and Treatment of Pediatric Hernias

May 30, 1998. Location: North Seattle King County Health Department, 10501 Meridian Avenue North, Seattle, WA. Sponsored by Washington State Chapter, NAPNAP. For more information: <http://www.nurse.org/wa/napnap> or Email Michelle Mesiah at mikimm@u.washington.edu.

Basic 12 Lead ECG Interpretation

June 6, 1998. Location: Seattle Pacific University, Seattle, WA. Provides participants with didactic information on ECG interpretation and the opportunity to practice interpretation skills. \$60. For information, contact Donna Allis at 206.281.2649 or email: dallis@spu.edu.

Puget Sound Nurse Practitioners

June 17, 1998. Location: Seattle, WA. The next Puget Sound Nurse Practitioners meeting will be held Wednesday, June 17th at 6:00 pm (dinner at 7:00) at Umberto's Ristorante, 100 S King Street in downtown Seattle. The featured speaker is Bob Smithing, ARNP and Internet Wizard, speaking on "Internet Pearls for NPs." Please RSVP to Suzanne Green at 206.284.3802.

PNW 21st Annual Conference for Primary Care Practitioners

September 17-19, 1998. Location: Washington State Convention and Trade Center, Seattle, Washington. Sponsors: University of Washington School of Nursing, Planned Parenthood of Western Washington, ARNPs United, WWAHEC, Washington Academy of Physician Assistants. CE Hours: 7.2 to 23.2 contact hours (maximum of 12.0 contact hours in Pharmacology). Application has been made for Category I CEC for PAs. Contact: Continuing Nursing Education, University of Washington, Box 357260, Seattle, WA 98195-7260, phone: 206.543.1047, www.son.washington.edu/~cne/.

Women's Health in the Perimenopause '98

November 20-22, 1998. Location: Hyatt Regency Hotel, Los Angeles, CA. Announcing the Association of Reproductive Health Professionals' (ARHP) fourth biennial clinical conference, Women's Health in the Perimenopause '98. The method will be lecture style. Sessions focus on sexuality, hot flashes, incontinence, mood changes, dermatology, cosmetic surgery, weight and health in clinical care, alternative therapies, the biology of menopause and ovaries after menopause. Faculty includes Dr Kirtly Parker Jones, Ms Sharon Schnare, Dr Donna Shoupe, Ms Barbara Kass-Anesse, Dr Anita Nelson and Dr Niall Galloway. ARHP is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. The credit hours earned will be in Category One of the

Physician's Recognition Award of the AMA. All sessions are also approved by ACNM and CNM for accreditation. Contact Amy McCormick for more information at 202.466.3825.

Reproductive Health '98

December 3-5, 1998. Location: Adam's Mark Hotel, St Louis, MO. Announcing the Association of Reproductive Health Professionals' (ARHP) 35th annual meeting, Reproductive Health '98...the meeting will be held in conjunction with Planned Parenthood Federation of American and cosponsored by the National Association of Nurse Practitioners in Reproductive Health. The method will be lecture style. Sessions focus on contraception, dermatology, abortion, STDs and other issues related to reproductive health. Faculty includes Dr Marilynne McKay, Dr Dan Mishell, Ms Louise Bateman and Dr David Grimes. The Alan Guttmacher Lecture and Luncheon will be on Saturday, December 5. This year's Alan Guttmacher Lecturer will be Dr Elizabeth Connell from Emory University School of Medicine. ARHP is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. The credit hours earned will be in Category One of the Physician's Recognition Award of the AMA. All sessions are also approved by ACNM and CNM for accreditation. Contact Amy McCormick for more information at 202.466.3825.

CE Credit for Home Study in Natural Medicine

Bastyr University offers home study programs in Herbal Medicine and Phytotherapy, as well as Condition-Specific Monographs which include topics such as Migraine, Depression, and Osteoarthritis. Programs

range in cost from \$15-\$30 each and grant 1.5 to 3.0 contact hours of continuing education credit. Bastyr University, located in the greater Seattle, Washington area has been approved as a provider of continuing education for nurses by Washington State Nurses Association (WSNA). WSNA is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Commission on Accreditation. Bastyr University is also approved as a provider by the California Board of Registered Nursing (provider no. 12220). Call 425.602.3152 for more information or to order, or see our web site at www.bastyr.edu, and go to Continuing Education.

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*, 212 Railroad Ave N, Kent, WA 98032. Phone 253.852.9042. Fax 253.480.0002. Email care@nurse.net

ARNPs United Non-Member Edition

Individual memberships are \$150 per year. Lifetime memberships are \$1000. Student currently enrolled in a ARNP program may join for \$50 per year. Make your check out to ARNPs United and mail it to: ARNPs United, 212 Railroad Ave N, Kent WA 98032.

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