

Advanced Registered Nurse Practitioner Care

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Official Newsletter of ARNPs United

March, 1999

President's Corner

by Hazel Fleck

Yesterday I had the fun and privilege to attend **Nurse Practitioner Lobby Day**. Thanks to all of you who came. The most exciting event was attending the Senate Health Care Committee and hearing our bill be passed to Rules! Finally, it looks like our bill will pass. We have another hurdle and that is the House. By the time you read this we should know the final answer. Is the bill perfect? No, it isn't. We compromised. We will have to have a protocol with a MD or a DO for administering schedules II-IV. But the rules for this will be written by the Nursing Quality Assurance Committee along with the Medical Board and the DO Board. All three must agree on the rules. We plan to go back to the Legislature in two years to get rid of this protocol. In the meantime, we need all NPs to keep records of their prescriptive activity regarding these drugs. We will be talking much more about this in the future. I want to thank Larry Kershner our Legislative Chair and Ann Darlington of the Legislative Committee for all their hard work this past year. Also, a huge thank you to our Lobbyist Jerry Farley without whose work we still would not have a bill.

Completion of Prescriptive Authority SB 5805

Ann Darlington, CNM, ARNP

Now is the time to ask your supporters to join you in writing letters or emails or phone calls to any and all Representatives, as our Prescriptive Authority bill, Senate Bill 5805, passed from the Senate to the House. Support has been less positive in the House, and we then will have to press for its passage out of committee, through Rules, and on the House floor. If it passes there, it goes to Governor Locke for signing. The bill is not perfect, but it's the best we could get. It calls for the creation of an oversight commission made up of the Nursing, Medical, and Osteopathic QA Commissions (a.k.a., Boards). They will, by consensus, develop rules under which ARNPs will be able to Rx Schedules II-IV (with no jurisdiction over any other drugs). If they can't come to consensus, we will have proved our point and will push for Nursing oversight in the next bill. Another compromise in this bill is that each NP will have to work with a collaborating physician to have full Rx Authority. This was the hardest pill to swallow (sorry), and the reason we'll be back ASAP to change it in subsequent legislative sessions (come the Millennium!!). Our choices were to refuse to compromise and start again from scratch next year, which risked angering legislators willing to support us and used to the "real world" of political compromise, or to take what we could get and live with, and start from that point again in the

next round. Last year we felt we were asked to compromise too much (and it was more than this time), so we killed our own bill, and had to start completely over again this year. If we get our compromise bill passed this year, we will have an enhanced starting place, and (one presumes) proof that we handled completed authority well. We have fully expressed our discontent with the compromises and promised to be back with new legislation in 2000 and/or 2001. But it goes nowhere unless it passes on the Senate floor, **so please get out those letters, emails and phone calls now!** You can find your legislator's name, address, phone number, and email by calling the Legislative Hotline at 360-786-7573, and through the Washington State Government's web site at: www.leg.wa.gov. If you would like to read the bill, the same web site will lead you to it by going to Senate Bills and looking up 5805. And you can leave phone messages for your Senator at their office numbers or via the Hotline.

Legislative Update

The school medication bill has passed the House and is now being sent to the Senate. The Death certificate bill is now on a list that suggests passage because there is no opposition. The Completion of Prescriptive Authority bill passed the Senate with only one no vote (Sen. Roach). We don't yet have official commitment from House for hearings and are working on this. Everyone should start talking to all Representatives in support of SB5805.

Tampons and Asbestos, Dioxin, & Toxic Shock Syndrome

MedWatch February 22, 1999

FDA regulates the safety and effectiveness of medical devices, including tampons. Recently it has come to the agency's attention that allegations about tampons are being spread over the Internet. It is alleged that tampons are contaminated by asbestos and dioxin during manufacture, and that rayon fibers cause toxic shock syndrome (TSS). The evidence does not support these rumors. The following information will help answer concerns.

Asbestos Concerns

Unfounded rumors on the Internet suggest that U.S. tampon manufacturers add asbestos to their products to promote excessive menstrual bleeding in order to sell more tampons. Asbestos is not an ingredient or even a trace contaminant in any brand of tampon manufactured in the U.S. FDA has received no evidence of asbestos in tampons or any reports regarding increased menstrual bleeding following tampon use.

The design and materials for all tampons sold in the U.S. are reviewed and must be cleared by the FDA be-

fore marketing. Asbestos is not, and never has been, associated with the fibers used in making tampons. Manufacturing sites for tampons are subject to inspection to assure that good manufacturing practices are being followed. If asbestos were to contaminate any tampon product as a result of tampering, it would be a crime.

Anyone having knowledge of tampon tampering is urged to notify FDA or a law enforcement officer. Thus far, we have received no reports of tampering.

Dioxin and Rayon Concerns

There are also allegations that some tampons contain the chemical dioxin. Tampons sold in the U.S. are made of cotton, rayon, or blends of rayon and cotton. Rayon is made from cellulose fibers derived from wood pulp. Described below are the bleaching methods for purifying wood pulp used to produce rayon raw material for tampons:

Elemental chlorine bleaching, using chlorine gas, is a process that can lead to a dioxin by-product. The process was used by raw material suppliers of rayon for tampons in the past. Multiple post-process scrubbing and rinsing removes all but trace amounts of dioxin. This process is no longer used by any U.S. manufacturer of tampons.

Elemental chlorine-free bleaching refers to methods that do not use chlorine gas to purify the wood pulp. Not using chlorine gas eliminates the possibility of producing dioxin as a contaminant.

Totally chlorine-free bleaching refers to use of bleaching agents that contain no chlorine. These methods are also dioxin-free since no dioxin is produced as a by-product. Totally chlorine-free methods include, for example, use of hydrogen peroxide as the bleaching agent.

Cellulose used in U.S. tampons is now produced using elemental chlorine-free bleaching processes that produce no dioxin. The Environmental Protection Agency (EPA) regulates wood pulp producers to ensure that dioxin-free methods are used because dioxin is an environmental pollutant.

While the methods used for manufacturing tampons today are considered to be dioxin-free processes, dioxin is an environmental pollutant, and it is possible for trace amounts to be introduced through environmental sources such as air, water, or ground before the wood pulp or cotton is processed.

Even tampons made in the past contained little or no dioxin. Several years ago, FDA asked the major tampon manufacturers to test their products for dioxin using an analytical method approved by the EPA. The data showed that dioxin levels in rayon ranged from non-detectable to 1 part in 3 trillion, far below the threshold that EPA believes puts consumers at risk of cancer. FDA has determined that dioxin at this extremely low level does not pose a health risk. More information is

available about this on the web:

<http://www.fda.gov/cdrh/ocd/tampons.html>.

Toxic Shock Syndrome (TSS)

There are also allegations that rayon in tampons causes TSS, and dryness or ulcerations of vaginal tissues. TSS is a rare but potentially fatal disease caused by a bacterial toxin. Approximately half the cases of TSS reported today are associated with tampon use during menstruation, usually in young women. TSS also occurs in children, men, and non-menstruating women, frequently in connection with wounds. The number of reported TSS cases has decreased significantly in recent years. In 1997, only five confirmed menstrually-related TSS cases were reported, compared with a high of 814 cases in 1980 [according to data from the Centers for Disease Control and Prevention (CDC)]. Though scientists recognize an association between TSS incidence and tampon use, the exact connection remains unclear. Research conducted by the CDC suggested that use of some high absorbency tampons increased the risk of TSS in menstruating women. However, rayon tampons do not appear to have a higher risk of TSS than cotton tampons of similar absorbency.

Vaginal dryness and ulcerations may occur when the tampon used is too absorbent for the amount of menstrual flow. Women may avoid problems by choosing a tampon with the minimum absorbency needed to control menstrual flow and using tampons only during active menstruation.

To help women compare absorbency from brand to brand, FDA requires that manufacturers measure absorbency using a standard method and describe absorbency on the package using standardized terms. Thus, the terms "junior," "regular," "super," and "super plus," always describe a specific range of tampon absorbency regardless of the brand.

FDA requires manufacturers to give information on the package labeling about the signs of TSS and how to minimize the risk. Women are encouraged to read this information before using tampons and to ask about TSS when getting a medical checkup. More information is available about this topic on the web at: www.fda.gov/opacom/catalog/ots_tss.html.

Classified Ads

Psychiatric Nurse Practitioner

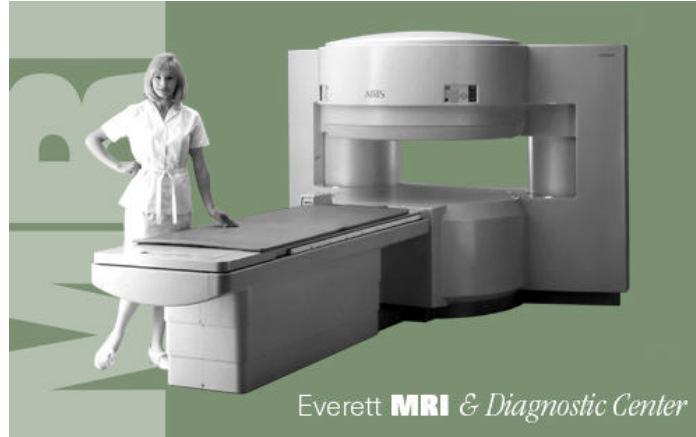
Psychiatric NP for immediate opening at Sammamish Valley Psychological Services, PS, an established multidisciplinary behavioral health clinic with offices in Redmond and Woodinville. Needs broad clinical skills in assessment, medication and psychotherapy. Independent prescribing experience required. Must work well with managed care. Clinic provides referrals, MCO contracts, billing, office staff, furnished office, voice mail/pager. Call Gregg Schimmel, PhD at 425-883-2623 ext 23. Fax vita 425-883-6241.

Psychiatric Nurse Practitioner

SW Washington - Progressive, growing and quality behavioral health program seeks an experienced psychiatric nurse practitioner to join its multi-disciplinary team working in an inpatient dual diagnosis unit

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and an outpatient mental health treatment center. This five day per week position, without call, is located in a wonderful, family oriented community just 50 minutes north of Portland, Oregon. It is ideal for practitioners who want to utilize a solution focused approach that emphasizes each patient's strengths and join a strong, mission and valued, non-profit, organization that provides quality and compassionate care. We are part of an integrated Catholic healthcare organization. We offer competitive compensation and outstanding benefits. Contact Anne Bennett at 360-414-7596 or fax CV to 360-636-4955, PeaceHealth, PO Box 3002, Longview, WA 98632, e-mail: ABennett@PeaceHealth.org.

Behavioral Health NP

Established multidisciplinary behavioral health group seeks nurse practitioner with prescriptive authority. Case mix includes counseling and psychotherapy as well as medication services to patients receiving counseling from other practitioners in the group. Unique opportunity to participate with a fully integrated practice group without moving your current practice or assuming other overhead costs. Call Dr Phil Hirsch at 206-729-1166.

Part-Time FNP

Experienced FNP to do urgent care in a well-established, busy family practice. Evenings 3pm - 7pm, Monday, Wednesday, Friday and all day Saturday. Some hour flexibility. ARNP on site. Friendly, professional site. Send resume to A. Coad-Chapman, Bellevue Family Medicine, Suite 102, 1600-116th NE, Bellevue, WA 98004-3099. Fax: 425-454-8188.

GI Practice ARNP

Full time ARNP to join a busy 5 physician GI practice in the Everett area. Responsibilities would include: Clinical studies including the treatment of hepatitis; Performance of some procedures; Involvement in women's health issues. Competitive salary and bonus package, based on experience. Excellent benefit package. GI/Endoscopy or clinical studies experience is a plus but not required. Please send or fax current resume and cover letter to: Anne Dennis, Office Administrator, Western Washington Medical Group, 3216 Norton Avenue, Suite 102, Everett, WA 98201-4290, fax: 425-252-9860.

Pediatric/Psychiatric Nurse Practitioner

Children's Hospital & Regional Medical Center, Seattle's premier provider of pediatric care, has the following opportunity available: Pediatric Nurse Practitioner Psychiatry (Bellevue, part-time, 64 hours per two weeks, days) Job #DG-162-3. To qualify, you must possess a Master's in Nursing, previous psychiatry experience, completed a nurse practitioner program meeting ANA or NAPNAP guidelines and a current WA State Prescriptive Authority license. Enrollment in a certificate maintenance program is desired. To apply, please send a resume and cover letter (indicating the job #) to: Children's Hospital, Attn: HR, CL-31, 4800 Sand Point Way NE, Seattle, WA 98105. For other opportunities, please call our 24-hour Job Line 206-526-2230, TTY only 206-368-4878 or visit www.seattlechildrens.org to request an on-line application. EOE.

Continuing Education

Clinical Pharmacology Series 1999

March 13, 1999 Neonatal Drug Therapy
 April 14, 1999 Geriatric Drug Therapy
 May 4, 1999 Adult Drug Therapy
 May 18, 1999 Women's Health Drug Therapy
 June 11, 1999 Neuropsychotropic Drug Therapy
 Location: University of Washington, Rotunda (Neonatal Drug Therapy only) and Shoreline Conference Center for all other courses, Seattle, WA. 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. Sessions focus on current recommendations and controversies regarding drug therapy for common problems and include appropriate pharmacotherapeutic principles and recommendations for patient education. Sponsored by: University of Washington School of Nursing. Contact: Continuing Nursing Education, University of Washington, Box 357260, Seattle, WA 98195-7260, phone: 206-543-1047, www.son.washington.edu/~cne/.

Foot Nurse Training Class

April 9-10, 1999. Wyndham Inn at Semiahmoo in Blaine, Washington. This conference is sponsored by The WSPMA and The Ellensburg-Cle Elum Senior Foot Clinics. 16 CME units awarded. Physical examination of the foot (with lab practical), Pathophysiology: Overview (Vascular, Neurological, Dermatological, Biomechanical), Anatomy (with lab practical), Practical aspects of the nurse foot clinic, Treatment approaches: Medical and Surgical; Wound care, Legal information, Infection control and Round table discussion. \$125 for registration before March 15, \$150 after March 15 or at the door. Make check payable to: Washington State Podiatric Medical Association, 509 Olive Way #1125, Seattle, WA 98101. For more information call: Mara Fusfield, MA, RN, MSNC at 509-962-2620. The Wyndham Inn at Semiahmoo, 9565 S Parkway, Blaine, WA 98230, phone: 800-770-7992.

For ARNPs: How to Get Paid, Not Get Sued and Maintain Quality

May 14, 1999, 8:30 am - 4:30 pm. Location: Pacific Lutheran University, Tacoma, Washington. Join **Carolyn Buppert, Nurse Practitioner and Attorney**, for her workshop focusing on payment and quality issues for health care. Topics will include CPT coding for a follow-up office visit; documentation tips to help get paid and avoid fraud charges; avoiding malpractice litigation; use of outcome studies to improve quality; HEDIS overview including measures applicable to primary care providers and how auditors measure performance; and incorporating quality measures in to your employment contract. For information contact PLU CNE 253-535-7683 or visit our web site <http://www.plu.edu/~cnc/courses/forarnps.html>.

Hot Topics in Primary Care:

New Approaches to Allergic Rhinitis, Asthma, Diabetes and Hepatitis B & C

May 16-18, 1999. Location: Eldorado Hotel, Santa Fe, New Mexico. This three day course sponsored by the University of Washington School of Medicine and School of Pharmacy, will cover current topics in the recognition, treatment and outcomes of allergic rhinitis, asthma, diabetes and hepatitis B & C. Experts will present on evidence-based approaches to the treatment of common clinical problems encountered in primary care practice. Fee: \$125. For further information, contact Penny Evans at 206-616-4587 or e-mail: pennye@u.washington.edu.

Adolescent Reproductive Health '99

September 22-23, 1999. Location: Hotel Adolphus, Dallas, Texas. The Association of Reproductive Health Professionals' (ARHP) will sponsor its fourth clinical conference focusing specifically on the health care needs of teens, Adolescent Reproductive Health '99, September 22-23, 1999, in Dallas, Texas, at Hotel Adolphus. Sessions will focus on adolescent health care challenges, adolescent sexuality and other critical health care issues affecting teens. 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 American Medical Association. All sessions are also approved by ACNM and CNM for accreditation. For more information/registration contact: Amy Swann, Conference Coordinator, ARHP, 2401 Pennsylvania Ave NW, Suite 350, Washington DC, 20037-1718, E-mail: conferences@arhp.org, phone: 202-466-3825, fax: 202-466-3826.

ARHP's 36th Annual Meeting Reproductive Health '99

September 23-25, 1999. Location: Hotel Adolphus, Dallas, Texas. The Association of Reproductive Health Professionals' (ARHP) will host its 36th annual meeting, Reproductive Health '99. This meeting is cosponsored by the National Association of Nurse Practitioners in Reproductive Health (NANPRH). Sessions will focus on contraception, abortion, STDs and other issues related to reproductive health. 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 American Medical Association. All sessions are also approved by ACNM and CNM for accreditation. For more information/registration contact: Amy Swann, Conference Coordinator, ARHP, 2401 Pennsylvania Ave NW, Suite 350, Washington DC, 20037-1718, E-mail: conferences@arhp.org, phone: 202-466-3825, fax: 202-466-3826.

Meeting Announcements

Puget Sound Nurse Practitioners will meet on Wednesday, April 21st at Umberto's Ristorante, 100 S King St, Seattle, WA. Molly Linton, N.D. will speak on Complementary Medicine. Hors d'oeuvres at 6 PM, dinner at 7, speaker to follow. To attend, please RSVP to Suzanne Green at 206.284.3802.

Ad Information

Copy deadline is the second Tuesday of the month prior to publication. Ads may be accepted later then 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

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ARNPs United

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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