

Advanced Registered Nurse Practitioner Care

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January 2007

Aetna's Depression Management Program

Aetna's new program for primary care providers identifies depression in patients through universal screening. This is a great development for ARNPs in Washington state. The following is a summary on how the program operates.

The form used to screen for Depression/Anxiety is the PHQ-9 depression screening tool (see website following this article). A positive screening equals answering "More than half the days" or "Nearly every day" to questions 1 and/or 2 on the PHQ-9 form. If the patient's responses to questions 1 and/or 2 are not in the above categories, then the remainder of the PHQ-9 does not get completed by the patient. Aetna is asking that the screening tool be administered with each consecutive office visit the patient has with the ARNP, as a patient's psychosocial status can change due to life stressors, etc., and this provides ARNPs with the opportunity to earn additional income for positive screenings. Also, reimbursement for positive screenings is available in 6 month increments, meaning a patient that scores positive on the PHQ-9 today and is treated accordingly by the ARNP can be re-screened in 6 months or later - if the patient continues to score positive on the PHQ-9, the claim should reflect the additional charge for a positive screening. When a screening is positive, the ARNP treats the patient accordingly and refers the patient to Aetna telephonic Case Management services. It is imperative that the patient signs and dates the Referral to Case Management form (see attached) to meet HIPAA requirements. Upon completion of the office visit, the patient brings the PHQ-9 and CM referral form to the Receptionist to obtain a next appointment date and the Receptionist then faxes both forms to the fax number noted on the CM referral form.

The advantage of participating in this program is that for the first time, Aetna is the first insurance carrier to pay for a Depression assessment by an ARNP in addition to any other CPT-4 codes and corresponding diagnoses for the same date of service without automatic denial by Claims. The other significant advantage of participating in Aetna's Depression Management program is that Aetna provides telephonic case management services for patients referred to Case Management for positive depression screenings. The goals of Case Management are to provide the patient with telephonic support/encouragement (not psychotherapy) by a trained professional, assist the patient in obtaining an appointment with a Behavioral Health clinician if the ARNP recommends this or the patient requests the same, while monitoring treatment/medication compliances several studies have demonstrated that most pa-

tients prescribed anti-depressants for depressive disorders tend to a.) not fill the prescription to reap the benefits of psychopharmacology, and b.) discontinue their medications too soon due to lack of immediate response to the prescribed medications. Aetna is looking to close the gaps in care that are prevalent between medical and behavioral health services when it comes to addressing **all** of the patient's healthcare needs. Lastly, ARNPs can still bill for their time spent with the patient however they deem most appropriate, but in addition, they can bill using CPT-4 code 99420 and ICD-9 code V79.0 for the same date of service for patients that score **positive** on the PHQ-9 screening tool.

For additional information contact:

Karen V. Duhamel, RN, BS, CCM
Health Care Quality Management Project Manager
Aetna Behavioral Health
Aetna Depression Management Initiative
1.800.742.6127
Email address: duhamelk@aetna.com

For downloadable forms, please visit this website
<http://www.aetna.com/aetnadepressionmanagement/>.

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**Register Today!**  
**2007 Washington Nurse Legislative Day**  
**Monday, February 5, 2007**  
**in Olympia!**

Register at: <http://www.wsna.org/events/2007/legday/>

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Perspective in the DNP

Karen Gilbert

With all the talk about the Doctorate in Nursing Practice degree these days, I decided to add my "2 cents worth".

I am interested in the Doctorate in Nursing Practice because it offers me an avenue to learn more about how to better serve my patients and community in the role of a nurse practitioner (NP). As an oncology nurse practitioner, I want to develop more expertise in caring for my cancer patients' physical, emotional, and spiritual needs as they travel this path of treatment and post-treatment life.

When I graduated from my nurse practitioner program I did not feel comfortable even though I felt I had a good education. [Editors note: According to the research done by Patricia Benner and others, this feeling is normal and expected in new clinicians]. And I must admit I had chosen a broad focus to my education since I did not know what job I would be getting after graduation. I

rightly assumed that my 19 years of hospice and home health nursing would sufficiently augment my education to allow me to function as an entry level NP with a good mentor. However, I would like to be bringing more real expertise to this job and I must admit to some embarrassment at times by my knowledge deficits.

I'll share with you a palatable scenario for continuing my education: I would have graduated from my masters program, secured my employment, and started the job. Concurrently, I would have entered the optional doctoral program in nursing practice to further my education in the areas I identified (I knew them at the time) and I would have used my job to fulfill the clinical practicum requirements of the program. The course work would be part time and online so I could work from home after hours, going in to school periodically to meet with advisor, other students, etc. I would have been able to start work after the two year program so I could afford the additional education I wanted.

I would like to be better at patient assessment, pharmacological and non-pharmacological disease and symptom management, discussions about genetic testing, evidence based practice (especially how to rapidly lay my hands on the information I need), and be better at critical thinking. I'm willing to admit that these deficits may be unique to me, so I am reluctant to say that everyone must have a DNP to practice as a nurse practitioner. All I can say is that I would like the opportunity to develop the expertise I want through a formal program of education that allows me to keep my focus on my practice.

The Spread of Cancer

Eureka! Press Release

Scientists at the University of Liverpool have found how two molecules fight in the blood to control the spread of cancer cells.

Researchers discovered that a large protein, which forms a protective shield around cancer cells and prevents them from causing secondary tumors, is attacked by a small protein that exists in the blood.

In diseases such as breast, lung and colorectal cancer, infected cells lose growth control and eventually form tumors at these sites. If caught early these tumors can be effectively removed surgically. However, when the cancer cells have invaded the blood, the effectiveness of surgery is reduced.

Cancerous cells that have entered the blood, however, are still prevented from causing further disease by the protective shield of a protein called MUC1 in which the cancerous cells are eventually destroyed by our immune system. Scientists have now discovered how this protec-

tive shield is broken down, allowing cancer to spread throughout the body.

Dr Lu-Gang Yu, from the University's School of Clinical Sciences, explains: "MUC1 on the cell surface prevents the cancer cells from attaching to the blood vessel wall which causes secondary tumors. We have discovered that a small protein called galectin-3, attacks MUC1 and breaks up its protective shield, forcing large areas of the cancer cell to become exposed. The exposed areas of the cell allow the cancer to attach to the blood vessel wall. The cancer cells then eventually penetrate the blood wall to form tumors at secondary sites.

"The attachment of cancer cells to the blood vessel wall is one of the key steps in the spread of cancer. It has been known for a few years that galectin-3 concentration is significantly higher in the blood of cancer patients than in healthy people but until now scientists did not know whether this increase played any role in the spread of cancer. Our study indicates that galectin-3 may play a critical role and may have significant implications for future developments of drugs for the treatment of the disease."

Continuing Education

NAPNAP Spring Pediatric Update

Monday • March 5, 2007 • 7:30–16:45 • Shoreline Conference Center • 18560 1st Ave NE, Shoreline, Washington

Brochures for Registration may be printed out from the NAPNAP Website at www.nurse.org/wa/napnap/educate/nap5.htm
As in the past we are in tandem with the UW CNE Pediatric Pharmacology Update scheduled for Tuesday March 6, 2007 also at Shoreline Conference Center.

Questions? Eileen Reichert eileen.reichert@seattlechildrens.org or call 206.987.5320.

Classified Ads

Tacoma, WA – Cardiothoracic Surgery ARNP

Fantastic opportunity! We are searching for a full time cardiothoracic surgical ARNP to become an integral member of our adult cardiothoracic surgery team. Responsibilities will primarily include first assist in the operating room as well as pre and postoperative patient care in hospital and office. Position requires five years experience as a cardiothoracic ARNP and minimum of three years experience as a cardiothoracic surgery first assist. Experience with endoscopic saphenous vein harvesting and radial artery harvesting preferred. Prescriptive authority required. Since we are located just 30 miles south of Seattle, on the shores of Puget Sound, you'll experience the best of Northwest living, from big city amenities to the pristine beauty and recreational opportunities of the great outdoors. Guaranteed salary, a full array of benefits, and a great location make for an exciting practice opportunity. Please email your CV to *MultiCare Health System Provider Services* at providerservices@multicare.org or fax your CV to 866.264.2818. Website: www.multicare.org

Please reference opportunity # 377-523

"MultiCare Health System is a drug free workplace"

Psychiatric Nurse Practitioner

Community Health Center of Snohomish County (CHC) is searching for a Psychiatric Nurse Practitioner. CHC reaches out to those who face obstacles to health care and serves the people of our diverse community. Minimum qualifications: Successful completion of an accredited Advanced Registered Nurse Practitioner (ARNP) program with emphasis in psychiatric care (Nurse Practitioner Certificate or Master's Degree); Not less than a 0.5 Full Time Equivalent (FTE) of patient care within field of training within the past year. CHC offers a competitive salary, excellent benefits (medical, dental, vision, Life, EAP, LTD, PTO), 403(b) retirement plan, education & training and advancement opportunities.) To apply, visit www.chcsno.org and apply on-line, or email resume to hr@chcsno.org. Join a team that loves what it does and cares about those it serves. CHC is an equal opportunity employer.

Nurse Practitioner/Physician Assistant – Certified

Full-time opening for a nurse practitioner or physician assistant to provide quality healthcare to patients of all ages in one of our Urgent Care Centers located within 40 minutes of downtown Seattle. Experience in urgent care and family practice is preferred. Candidates must be qualified for licensure & certification in Washington State as a PA or NP. You will enjoy excellent compensation and benefits, flexible shifts and system-wide support, while practicing your own patient care values. You'll live the Northwest lifestyle and experience the best of Northwest living, from big city amenities to the pristine beauty and recreational opportunities of the great outdoors. Please email your CV to MultiCare Health System Provider Services at provider-services@multicare.org or fax your CV to 866.264.2818. Website: www.multicare.org
Please refer to opportunity #482-556 and 593
"MultiCare Health System is a drug free workplace"

Nurse Practitioner

Providing the Best Treatment for the Best Progress.
With your advanced education and experience, you'll thrive in our progressive setting. Our Nurse Practitioners provided Primary Care within the skilled nursing centers that we serve. In this role, you'll provide on-going medical management for acute/episodic, rehabilitation patients. Working as a member of the interdisciplinary team, you'll meet the medical needs of patients by developing, updating and evaluating treatment plans, medications, and other necessary care. Nurse Practitioners-Full-time-Tacoma, WA
As a Nurse Practitioner with Heartland Care Partners, you'll enjoy a high level of autonomy as you guide our teams in providing outstanding care to patients.
At least one year in ARNP practice, prior nursing home or geriatric experience preferred. Currently licensed as ARNP in state.
If interested, please email Julie Hassenauer at: jhassenauer@hcr-manorcare.com, call 419.841.7294 or fax 800.810.0996.
EEO/Drug-Free Employer
People.Strength.Commitment

ARNP

Busy cardiology office looking for F/T ARNP/PA-C to join the Spokane office. Responsible for office/hospital based physician support. Experience required in cardiology, IM and/or acute care. Candidate should enjoy autonomy; have excellent assessment, diagnostic ability and personable interactions w/patients & staff. Excellent salary & benefits DOE. Respond to: hr@inlandcardiology.com; or Fax 509.462.3142.

Nurse Practitioner (2 positions)

We have something special in Pomeroy! Tired of the commute & hassles of city life? Want a slower pace in a beautiful storybook town? Longing for the simpler life in a friendly rural community? Do you love the variety of a family practice setting? Garfield County Medical Clinic & Critical Access Hospital / ER/ Long Term Care facility in Pomeroy, WA may have just the position for you! Join a team of 4 Providers. Family oriented, community based hospital district in Southeast Washington. Relocation package and loan repayment assis-

tance available! \$66K-\$80K DOE.

Resumes to:

Joanna Lueck-Recruiter
Garfield County Hospital
P.O. Box 943
Pomeroy, WA 99347
JoannaLueck@hotmail.com
Fax: 509.843.1234
Phone: 509.843.1424
Web site: www.garfieldcountypd.org

Clinicians & RN's

You may be eligible for a sign-on bonus!

Ever wonder why Planned Parenthood Western WA runs so many ads for NPs???

- We are the LARGEST employer of NPs in Washington State
 - Our practice is built on NPs
 - In the last 5 years, we have added 7 new clinics & expanded service in all 24
 - We have promoted our most exp'd NPs to help train those we've just hired
 - Clinician – PT Just 4 days/month! Make an impact on the lives of women not usually part of the healthcare system!
- Rewarding is what this position is & just 1 dy/wk! Working in partnership with the Pierce County Jail system, Planned Parenthood is seeking a Clinician to provide needed care to female inmates. Will provide reproductive h/c through exams, testing & education to female pts who need accurate information, quality health care, non-judgmental services, confidentiality, & a sense of caring. The successful candidate will have strong relationship bldg skills w/inmates & jail staff & committed to providing consistent quality care. Must have a WA State NP/CNM/PA-C lic, current cert & CPR card. Prior exp a +.
- Several PT & FT Clinician optpts: University Place & PT/FT Floats throughout Western WA!
 - Several per diem RN's, RN/Puyallup (temp) FT/Lakewood RN/Community Service Office, RN to manage TB program for PPWW staff. Must have WA State RN & CPR card. Prior women's h/c exp a +. Bilingual Spanish skills a +.
- To apply, submit your cover ltr/resume to [Email jobs@ppww.org](mailto:Emailjobs@ppww.org); Fax 206.328.6818; or Mail to PPWW/HR, 2001 E Madison, Seattle, WA, 98122. PPWW offers a solid benefit pkg.
www.plannedparenthood.org. EOE.

ARNP Needed

Seattle Rheumatology Associates is seeking an ARNP to join our clinical and research practice. Duties include management of acute and chronic rheumatic diseases in adults, including some general internal medicine. Background in primary care is preferable but new graduates are welcome as training will be provided. Full-time but very flexible schedule. Contact Susan Strong, manager at: mainoffice@seattlera.com 206-386-2000.

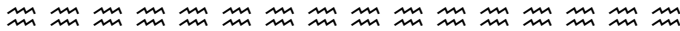
Healthy Humor

The Wife

A woman accompanied her husband to the doctor's office. After his checkup, the doctor called the wife into his office alone. He said, "Your husband is suffering from a very severe stress disorder. If you don't follow my instructions carefully, your husband will surely die. Each morning, fix him breakfast. Be pleasant at all times. For lunch make him a nutritious meal. Dinner should be a feast. "Don't burden him with chores. Don't discuss your problems with him; it will only worsen his stress. Do not nag him. If you can do this for the next 10 months to a year, your husband will regain his health completely."
On the way home, the husband asked his wife, "What did the doctor say?"
"He said you're going to die," she replied.

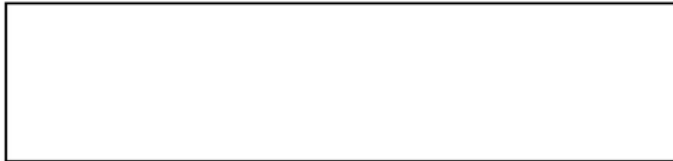
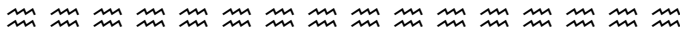
Ad Information

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 \$550 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.



Please mark your calendars. .

2007 Washington Nurse Legislative Day
Monday, February 5, 2007
in Olympia!



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