

Advanced Registered Nurse Practitioner Care

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Legislative Update 2007: A Focus on L & I

Heather Bradford

As Chair of the Legislative Committee, I would like to update you about what is going on in Olympia this legislative session. It is a 90 day session, so we are pacing ourselves until it ends on April 13th.

Labor and Industries Bill

Our main focus is **House Bill 1666/Senate Bill 5951**, which will allow ARNPs to sign Labor and Industries (L & I) accident report forms and certify time loss for injured workers on a permanent basis, and remove the barriers for ARNPs obtaining "attending provider" status within L & I.

A previous form of this bill passed in 2004 as a response to concerns regarding access to health care for injured workers living in rural areas. Prior to its passage, ARNPs who treated injured workers were required to obtain physician signatures on L & I workers' compensation forms, delaying health care and claim filing. Two contingencies were made to allow passage of the bill in 2004: an evaluation was required regarding whether the new law would cost the state more money, and the "attending provider" status would "sunset" (the provision would require re-passage via a new law) in June 2007.

In 2006, a doctoral student/nurse at the University of Washington (through the Department of L & I) studied the "attending provider" issue and thankfully concluded the following:

- ☐ • A higher proportion of injured workers with ARNPs as their attending provider had their claim filed in rural areas (21.4% of ARNPs claims were in a rural area vs. 12.8% for primary care physicians).
- ☐ • There was no meaningful difference in average time loss days, medical costs, or time loss costs per claim between ARNPs and primary care physicians.
- ☐ • There was a 1% increase in the number of claims filed after the implementation of the law, but there was a 3% increase in the employed population.
- ☐ • After the law was implemented, administrative efficiency improved. Specifically, among injured workers who saw ARNPs, there was a decrease of more than 4 days (33%) in the average claim filing time, and a significant increase in the likelihood of filing within 7 days. It is important to note that a significant decrease in filing times has been related to improved disability outcomes.

Given these findings, we are cautiously optimistic about our bill. We had over 50 nurse practitioner or nurse practitioner students meet with more than 75 legisla-

tors on Nurse Legislative Day on February 5th, which was a great success. Thank you to all who participated.

However, we still need your help. With thousands of bills crossing each legislator's desk, letters and phone calls from their constituents bring attention to specific bills and inform them of your support. Under the "Legislative" section of our web site, there is a link to enable you to find your legislators using your address. Please call or email your legislators today, and let them know the importance of HB 1666/SB 5951.

Other Bills

We are closely monitoring several other bills, and supporting or opposing each as determined by our legislative committee. This is a big year for expanding health care access to all. The Governor formed a "Blue Ribbon Health Care Commission", which released a report (available on our website) making recommendations for improving health care in WA State. She has also introduced legislation on this and we are watching it closely.

We are also supporting: access to health for all children by 2010 (SHB 1071), boosting children's mental health services (HB 1088), and phasing out PBDEs (HB 1024). We support WSNA's legislative agenda, which addresses issues such as safe RN staffing and mandatory overtime. There is also a large multi-faceted health care bill (HB 1569) introduced by Rep. Eileen Cody (a nurse) which aims to make health care coverage more affordable. Finally, we are closely monitoring bills which address the uniform disciplinary act and any bills related to medical malpractice.

If you have any questions regarding these bills or any other legislative issues, please do not hesitate to email me at hbradford@comcast.net.

Depression and Bipolar Disorder

A recent issue of *Journal of Affective Disorders* published results confirming the usefulness of HCL-32, a simple questionnaire of 32 questions to distinguish major depression from bipolar disorder. In 2005, researchers from IDIBAPS collaborated in the international design of this test (*J Affect Disord*, 2005; 88(2):217-33). The main difference between HCL-32 and the test currently being used, the Mood Disorder Questionnaire (MDQ), is the open character of the questions, facilitating the patient's sincerity. In these questions lay essential information to assess retrospectively the energy/activity levels of patients and problems of disinhibition, self-control and attention they have suffered in the past. This new study compares the sensitivity of both questionnaires, and concludes that the HCL-32 is more precise than the MDQ in the identification of type

II bipolar disorder patients. This work has been supported by GlaxoSmithKline (GSK) and had the participation of PSYNCR0, a neuropsychological research enterprise, located in the Parc Científic de Barcelona (PCB), which has worked in collaboration with the Department of Psychology of the Universitat de Girona.

A total of 237 people from 15 different psychiatric departments, filled out the HCL-32. Except those belonging to the control group (60), the rest were correctly diagnosed, stable and receiving a correct treatment for their pathology, which could be type I (62) and type II (56) bipolar disorder, or major depression (58). This test was able to identify more than 80% of patients with bipolar disorder. Although it could not distinguish between types I and II, this decision is relatively easy to take from the clinical data of the patient. For the first time, a tool to identify bipolar disorder is available for patients going to the medical centre claiming depression. Although it is necessary to go on with studies in patients of wider populations, the HCL-32 test can provide very useful information to health care providers.

Success Stories

Listening

Allegra Klein

I am new to the board of ARNPs United. I became a pediatric nurse practitioner in 1979. Currently, I am back in school at UW. I have been taking a Complimentary and Alternative Medicine course at UW in which inspired me to write about the concept of listening, a unique nurse practitioner skill. In this series, I want to bring out attention to those human moments when we can see what must be addressed *before* we address the chief complaint. In these instances, unconditional 'presence' influences well-being and outcome.

In collaborative practices, I often found myself struggling to explain to an M.D. why I was choosing to allocate more time in certain visits. Even when I began independent practice, I am still confronted with the need for billable time. These parameters can influence the way we deliver care. I have become interested in how Kris Swanson's Theory of Caring, (1991) applies to the "nursing" part of being a nurse practitioner. Swanson's work is unique and provides excellent rationale for practice choices. Swanson breaks the concept of *caring* into five more specific concepts: *Knowing, Being With, Doing for, Enabling, and Maintaining Belief*. Today, I will frame a case example around the use of time as it influences well-being and outcome in a patient visit, utilizing Swanson's concept of Knowing.

Zee asked for guidance with breast feeding. Her second child, Tom, was 6 days old. I noted that Zee frequently

shifted her adoring gaze to her newborn. I wanted to completely assess Zee's previous experience with breast feeding before teaching.

Zee told me that her 2 year old Dan was born with problems that had not yet received a 'name.' Zee stated that Dan was a full term baby who had seldom made a sound. When she tried to nurse him, he would cry. She would spend an hour trying to get him to nurse, but he had a weak suck, and his whole body would arch backward when she brought him to breast. It felt as though he was pushing away from her instead of cuddling in to nurse. He did not gain weight.

As she talked, Zee's shoulders were stiff and her jaw set tightly, and she looked at me with eyes that seemed to be crying although her mouth was smiling. After instruction in nursing techniques, she did manage to nurse her first-born. Dan gained weight, but his growth has remained below the 3 %, and at 2 he is developmentally delayed. At this point, Zee began to cry. She said, "I wanted him to be a healthy, happy, round, tough, fast-growing baby." I did not interrupt. I did not try to get more specific information yet. I just listened.

Kris Swanson's concept of *Knowing* is illustrated here in the effort an ARNP makes to set the day's schedule aside and focus on understanding what this event *means* to Zee. This was the first time in Zee's life that she could not just 'try harder' and 'fix' the problem.

My assessment, based on non-verbal signs and what she was telling me was that she had not finished the grieving of her initial dream of her first son as a healthy and child. There was an opportunity in this visit to listen, just listen, and address more than lactation. And, most importantly, taking the time *right now* could impact her continued bonding with this newborn.

It takes time to allow a mother to clear her heart so that she can move on and learn a new path with a second child. The clock, the schedule and the day's agenda and billing must be reckoned with. The 'nursing' part of being an ARNP is one reason why our health care delivery is unique.

Reference:

Swanson, K., (1991) Empirical development of a middle range theory of caring. *Nursing Research*. 40(3), 151-166.

Acknowledgements: I would like to thank Carol Leppa, PhD, UW Bothell faculty and Jane Cornman, ARNP, PhD, UW faculty and Karen Gilbert, ARNP, ARNPs United Board member for their guidance and input as I examine the idea of valuing nursing and nurturing meaning in the experience of ARNPs.

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"

Practice For Sale

3 fully furnished and stocked patient rooms. Computers are in each room with electronic medical records and practice management system in place. 1500+ patient list in this well established clinic. On site lab and pharmacy, many specialists in this three story building. This practice is in a corner suite. Located across the street from a brand new Wal-mart. Lease is transferable. University Place, Pierce County, Washington. Contact Joanne: 253.227.8252.

Looking for NP

My name is Geoffrey Ames, M.D. I am a pathologist and an internist. I practice holistic medicine, environmental medicine and dermatology. I do acupuncture, kinesiology, nutritional counseling, bioidentical hormone therapies, chelation therapy, allergy treatments using kinesiology and acupressure, etc. I see very ill patients with chronic fatigue, fibromyalgia, ALS, Parkinson's disease, MS, environmental illness, mold toxicity, allergies, etc. You can work one day a week or five days a week. I will train you. You need to have a passion for medicine, intellectual curiosity, and humility, dress nicely, be honest and be a compassionate healer.

Call my office manager, Kris at 509-943-3934. Geoffrey S. Ames, M.D., P.O. Box 430, Richland, WA 99352

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.

Family Nurse Practitioner

FT/PT positions available in a rural community. Experience preferred with acute, chronic and planned care for pediatric to geriatric patients. Team player is essential. We are a New Model Practice with a commitment to the highest quality Primary Care. Full benefit package and competitive compensation. Please submit cover letter and Resume to: Family Medicine of Port Angeles, 303 W 8th St., Port Angeles, WA 98362.

nGOabroad

Nurse Practitioners, nurses & midwives are needed in Asia, Africa, Central & South America.

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If interested, email info@nGoAbroad.com: 1) briefly state your skills, interests and goals; 2) please copy and paste your resume; 3) write your skill set in the subject line.

Washington, Issaquah

Our established and growing OB/GYN practice is seeking an experienced ARNP to join us. We are conveniently located along the I-90 corridor in beautiful Issaquah, Washington, in a new state-of-the-art facility. Our practice is a pleasant mix of obstetrics and gynecology with a number of international patients due to our close proximity to Microsoft. The position available is full time with excellent salary and benefits including continuing education allowance and a production bonus calculated quarterly. We would be willing to discuss part time employment, too. Please contact our clinic manager, Magi Harris, at 425-391-8886.

Healthy Humor

You know you're a nurse if...

- Your sense of humor seems to get more "warped" each year.
- You notice that you use more four letter words now than before you became a nurse.
- You don't get excited about blood loss ... unless it's your own.
- Your bladder can expand to the same size as a Winnebago's water tank.
- You avoid unhealthy looking shoppers in the mall for fear that they'll drop near you and you'll have to do CPR on your day off.
- You've basted your Thanksgiving turkey with a Toomey syringe.
- Every time someone asks you for a pen, you can find at least three of them on you.
- You've been telling stories in a restaurant and had someone at another table throw up.
- You can tell the pharmacist more about the medicines he is dispensing than he can.
- Almost everything can seem humorous ... eventually.
- You know the phone numbers of every late night food delivery place in town by heart.

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.

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Inspirational quote

Some men see things as they are and ask why.
Others dream things that never were and ask why not.

George Bernard Shaw
Irish Playwright and Critic

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