

Advanced Registered Nurse Practitioner Care

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Obstetrical Anesthesia Research

Frank Maziarski and Catherine Luria

After seven years of research, WANA President Dan Simonson's article concerning the incidence of obstetrical anesthesia complications in Washington State Hospitals has been published in the January/ February 2007 issue of Nursing Research. The study analyzes 12 years of hospital discharge data, from 1993-2004. Washington routinely collects this data as part of the Comprehensive Hospital Abstract and Reporting System (CHARS). Hospitals were characterized as falling into one of four different staffing patterns: CRNA-only; Anesthesiologists-only; Collaborative (where anesthesiologists and CRNAs worked together on individual anesthetics); and Combined (anesthesiologists worked at the same hospital, but not together on the same anesthetics) of these only those hospitals with CRNA-only and Anesthesiologist-only were included in the study. This method provided the easiest way to determine the effects of individual provider staffing because the other two types varied widely in the amount of involvement of the providers. The results demonstrated that CRNA-only hospitals had fewer obstetrical complications than anesthesiologists-only hospitals. However, it is important in any research of this type to adjust for the results based on risk factors that might affect the outcomes. For example, if anesthesiologist-only hospitals were taking care of sicker patients, one might expect that they would have a greater number of anesthetic complications. After applying statistical techniques to account for such differences, the results changed to show that there was no difference between the two types of hospitals. Simonson states, that "in times of decreasing reimbursement for medical care, it becomes important to determine the best use of our resources. Hospitals, CRNAs and Anesthesiologists should all be pleased to have reassurance that CRNAs working without anesthesiologist supervision can safely take care of the anesthetic requirements of the obstetrical patients". ARNP members seeking copies of the article are urged to contact Dan Simonson, CRNA at dsimonson@mac.com

Dental Commission and Anesthesia

Frank Maziarski and Catherine Luria

At their October meeting the Washington Dental commission accepted, without any modifications, the dental Anesthesia Committees recommendations of proposed changes to the Washington Administrative Code (WAC 246-817-180). Their proposal is to delete the portion of the regulatory language that requires the dentist to meet special training and education criteria when using the services of a CRNA. The rationale behind this pro-

posed change is that CRNAs should not be held to a different standard than other anesthesia providers.

Podiatry Regulations

Frank Maziarski and Catherine Luria

The Podiatric Medical Board has indicated its intention to change their regulations that currently prevent Podiatric doctors from working with CRNAs (administering general and spinal anesthesia) without MD or DO supervision.

We Want Your Organization!

Courtney Kiele

If you're part of a new or existing organization, we want to hear about it! Organizations which consist of six or more people have the opportunity to become an affiliate of ARNPs United of Washington State. Members of an affiliate group of ARNPs United will enjoy a reduced membership rate. Also, we would like to feature your organization in an issue of ARNP Care. Just send us a two to three paragraph article explaining your organization to ARNPs United of Washington State by email to Courtney@nurse.net or by mail to

ARNPs United of Washington State
10024 S.E. 240th St. Suite 102
Kent, WA 98031

We look forward to hearing from you!

Receiving ARNP Care

Courtney Kiele

If you would like to receive ARNP Care via email instead of by mail, or vice versa, please make a note on your renewal form. If you would like to receive ARNP Care in a different medium than you are currently receiving it, please make a note on your renewal form or send an email to courtney@nurse.net specifying how you would prefer to receive ARNP Care. Be sure to include your address for any change you specify.

Early Injury Detection

Courtney Kiele

Early detection and prevention of conditions such as tendonitis and carpal tunnel syndrome may be closer than we thought. Scientists at Temple University are involved in a new study which found that the human immune system produces biomarkers, which are certain types of chemicals, when the body starts to injure itself with repetitive motions.

At this point in time, repetitive motion injuries are diagnosed based on physical observations and concerns voiced by patients. The goal of scientists is to "find a way to detect the problem before it starts". This will al-

low researchers and healthcare providers to evaluate the effectiveness of current treatment of repetitive motion injuries and help prevent the need for costly surgeries. These findings may also save employees and employers from lost revenue due to injured employees.

The study included 22 participants who suffered from repetitive motion injuries. Each participant was given a physical examination which rated the severity of their individual injuries. After each examination, a blood test was given to test for biomarkers. The blood tests showed the presence of several types of biomarkers which indicated to the scientists the existence of the patient's underlying problem. The amount of biomarkers present determined the severity of the injury. Scientists have also found these biomarkers in rats in previous studies.

To view the original article, visit:

http://develop.temple.edu/temple_times/february07/repetitivemotion.html

Success Stories

Listening

Allegra Klein

In this article, I will continue illustrations of the Art of Listening, a concept that is difficult to balance with the schedule.

I noticed Lisa, age 16, when she arrived in the office. She was dressed in perfectly matching clothes, matching backpack, and not a hair out of place in her put-together look. When she had called for her appointment, her main complaint was labial and vaginal irritation. It was a busy day; my ARNP world seemed to be a sea of complaints, tests, and charts.

I thought of the history form. Usually, the medical assistant would take the initial history so that my time could be focused on the exam, the tests, and the prescription. But, Lisa was a teenager...and listening, really listening, with teens is important.

I decided to bring Lisa back to the room myself. I made a conscious decision to just sit with Lisa for a few minutes and get the whole picture of her life right now. No forms. No writing. Not yet.

I asked Lisa, "How are things going for you, Lisa? What brings you in today? How are things at home?"

As she talked, Lisa began to cry. I listened and added, "I want you to know that what you say here is confidential." "Who is important to you these days, Lisa? Are you sexually active with guys, girls, both, or neither?" Lisa told me she had been dating Jeff, but then she met Joan and they had been hanging out a lot. She and Joan had become a couple. Her parents found out that she was gay, and kicked her out of the house. She had been

staying with one friend or another. She was still in school, and she had not told anyone what happened. And now, with this soreness, she was really scared.

While Lisa talked, I gave her my total attention. I kept eye contact and I did not look at the forms on the desk. I slowly laced in the open ended questions as I listened. This was the application of Kris Swanson's Caring Theory, the concept of *knowing*. Knowing in Lisa's case was about seeing all of who Lisa was right now. Adolescent identity development is fluid. Steele (2006) found that 100% of patients will disclose their sexual identity if the provider asks in a sensitive and open way.

The concept of *being there* is about presence and compassion. In Lisa's case, presence was given by eye contact, attending, and extending empathy. "Wow, Lisa, that sounds like a tough situation."

Swanson's concept of *maintaining belief* would be illustrated by demonstrating faith in the ability of the patient to negotiate difficult life transitions or events. "Lisa, there is a lot going on in your life. And look at you. You are put-together as usual, and I can see that strong confident 'you' that I remember ever since you were four. I remember you would sit in my lap and take my otoscope and suggest that you could check my ears."

"So, what are your thoughts about all this?" "Who can you count on for help right now?" "What are you scared of?" "What do you want from this visit?"

After really listening, it is much easier to move on to the exam and tests (the *doing for* in Swanson's Caring Theory). Next, we could begin finding the right resources for Lisa. (Swanson's enabling concept). Most importantly, because she was directly asked about her sexual orientation (1), Lisa was able to 'come out' with one person, her ARNP (3). Health care environments often place a patient in the situation of *continual* coming out. We had avoided heterosexual assumptions (2) and we had established trust, openness, and respect (4).

References:

1. Meckler, G., Elliott, M., Kanouse, D., Beals, K., Schuster, M. (2006). Nondisclosure of sexual orientation to a physician among a sample of gay, lesbian, and bisexual youth. *Archives of Pediatric Adolescent Medicine*, 160, 1248-1254.
2. Neville, S., Henrickson, M. (2006). Perceptions of lesbian, gay and bisexual people of primary health care services. *Journal of Advanced Nursing*, 55(4), 407-415.
3. Rondahl, G., Innala, S., Carlsson, M. (2006). Heterosexual assumptions in verbal and non-verbal communication in nursing. *Journal of Advanced Nursing*, 56(4), 373-381.
4. Steele, L., Tinmouth, J., Lu, A. (2006). Regular health care use by lesbians: a path analysis of predictive factors. *Family Practice*, 23, 631-636.
5. Swanson, K. (1991). Empirical development of a middle range theory of caring. *Nursing Research*, 40(3), 151-166.

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"

Family Nurse Practitioner

Full Time/4 day wk position available. 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.

Sound Family Medicine

Sound Family Medicine currently has a career opportunity for a Nurse Practitioner (ARNP) to join our busy Primary Care group in Puyallup. Focus will be performing case management functions and also do nursing home visits. The Case Manager will travel between our three clinic locations. We are a physician-owned multi-location family and internal medicine practice with 19 providers, in Puyallup, Washington. We recently received two prestigious awards for our clinical quality improvement work with patients with hypertension. Improving care and patient lives for those with diabetes is our recent focus. We currently utilize an EMR and practice management system with Centricity. SFM offers patients flexibility in accessing healthcare at our clinics such as 1) Online Appointments 2) Secure Messaging (email to nurses and/or providers) 3) Online Test Results 4) Online RX Refills 5) Online Bill Pay and 6) Email Reminders (to patients about follow-up or regular appointments). If you would like to learn more about this opportunity, please email/fax/mail your resume and cover letter with salary requirements to recruitment@soundfamilymedicine.com, fax 253.845.7073, or Attn: HR/ ARNP 3908 10th St. SE, Puyallup, WA 98374. EOE

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 providerservices@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"

Compass Health Care

Compass Health is seeking an Advanced Registered Nurse Practitioner to provide psychiatric evaluations and medication to chronically mentally ill adults. ARNP & RN license in WA State. Experience prescribing psychotropic drugs. Wages DOQ. Benefits. For clinical questions, please call Barb McFadden, 425-349-6838. Send resume and cover letter to: Compass Health, Human Resources Department, PO Box 3810, Everett, WA 98213. E.O.E.

Comprehensive Breast Center

Putting people first - that's what sets us apart. At Providence Everett Medical Center, providing the highest quality healthcare to all people and their communities is part of who we are. And that's what healthcare is meant to be!

We are currently seeking a Nurse Practitioner to join our Comprehensive Breast Center team! Requirements include: ARNP certification and previous experience conducting medical evaluations, patient examinations, and recommending treatment. Previous experience related to breast health preferred.

In addition to competitive compensation, and comprehensive benefits, you will enjoy a stimulating team atmosphere and our beautiful Pacific NW location, just north of Seattle! For more information, give us a call at: 1.800.932.JOBS.

Apply online today for position #1887 at: www.providence.org/careers
EOE

Make a Healthy Community...One Patient at a Time.

The Yakima Valley Farm Workers Clinic, a JCAHO accredited organization, provides comprehensive health care services to over 20 community health centers in Washington and Oregon. We are dedicated to providing our patients with the highest quality care and offer them affordable health care options.

We are currently looking for NP's who are interested in providing primary health care in a multicultural environment and who want to make a difference in the lives of others.

We support our providers with a multidisciplinary team approach and a strong support system. We offer competitive pay with a signing bonus. A comprehensive benefits package and relocation expenses are also included.

We currently have opportunities in Washington: Grandview, Yakima, Toppenish and Oregon: Woodburn, Salem.

If this opportunity interests you contact us at 877.983.9247 or providerjobs@yvfwc.org.

Gig Harbor

Private Pediatric practice seeks fulltime ARNP to replace colleague who is resettling out of state. Join 3 pediatricians and one ARNP working in this growing community with excellent schools one hour south of Seattle. Excellent children's hospital with full range of pediatric subspecialists is 15 minutes away. Call today for information. Harbor Pediatrics 253.853.7392

Healthy Humor

A Very Simple Operation

A man was wheeling himself frantically down the hall of the hospital in his wheelchair, just before his operation.

A nurse stopped him and asked, "What's the matter?"

He said, "I heard the nurse say, 'It's a very simple operation, don't worry, I'm sure it will be all right.'"

"She was just trying to comfort you, what's so frightening about that?"

"She wasn't talking to me. She was talking to the surgeon!"

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.

Inspirational Quote

Iron rusts from disuse; stagnant water loses its purity and in cold weather becomes frozen; even so does inaction sap the vigor of the mind.

Leonardo Da Vinci
Italian painter, sculptor, architect, and engineer

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