

# Advanced Registered Nurse Practitioner Care

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August 2007

## ARNP Prescriptive Authority Primer

by Jeanne Boudrieau

What does it take to get prescriptive authority as an ARNP in WA State? The processes required to acquire your initial (and renewed) ARNP license and to procure prescriptive authority have changed since the AUWS website first posted that basic information in its document, "ARNP & ARNP with Prescriptive Authority Renewal". I was unclear about the 72 hour dispensing rule, and as a preceptor and Board of Directors member, I wanted to learn more, so I offered to revise the guide. It seemed like a good opportunity to retool the offering and at the same time share a synopsis of the recent growth of ARNP autonomy and the work your Board of Directors and others have done to support our practice. To learn more, go to [www.auws.org](http://www.auws.org) and click on Rx authority on the left hand side — then you will be linked to (drum role, please) "Prescriptive Authority Primer." It is intended to be a step-by-step guide to acquiring licensure and prescriptive authority. I hope you find it informative and useful.

## Spotlight on Grace Grymes Chapman

by Heather Bradford

Although Grace has only been an ARNP for 3 years, she jumped into it with both feet by starting her own practice. She opened West Seattle Community Clinic in August of 2006, providing family practice care to all ages, male and female, insured and non-insured. Besides her children, it is one of the things she is most proud of. "It is a work in progress and I love watching it blossom into a stable practice," she says. "One of the most satisfying aspects of my job is providing care to those who would otherwise not get care." In her spare time, she also works as a clinician at an urgent care clinic, Planned Parenthood, and the Pierce County Jail, as well as volunteering with the BCHP mobile van and as Vice President of the Puget Sound Nurse Practitioner Association.

Grace chose to become an ARNP because she likes the autonomy that comes with it. She feels like she can make a difference in patients' lives by allowing them a chance to make decisions in their healthcare plans. She also feels very comfortable letting her patients know they can work in a collaborative effort to get to the ultimate health care goal by offering them choices and not being afraid to bring in alternative medicine/treatment options that she or they may feel is beneficial. She enjoys establishing relationships with her patients and lets them know she is there whenever they need answers. Her patients get a sense of satisfaction knowing she will call them back personally; she even answers the phone at the clinic.

Grace chose family practice because she enjoys working with singles and families of all ages, male and female. She likes the variety and the chance to see the family members as they grow and age, especially infants as they grow into toddlers and adolescents.

Her hope for ARNPs in the future is to be nationally recognized as competent healthcare providers by the media, other healthcare providers, and the industry as a whole. Thank you Grace for your extensive contributions to our profession. You are an inspiration to us all!

## Is Your Practice Impacted by the 72 Hour Rule?

by Heather Bradford

In the June 2007 issue of ARNP Care, Ann Darlington wrote about how Washington State ranked in the top tier across the U.S. when comparing NP regulation and practice environments, second only to Arizona. We were dinged 2 points because ARNPs are restricted to dispensing 72 hours of Schedule II-IV drugs, which we hope to rid of in the 2008 legislative session. Meaning, when you are dispensing a 7 pill sample pack of Lunesta or Ambien CR to your patient, you are limited to giving only 3 pills.

As Legislative Chair, I am curious. How many of you knew about this limitation? And how many of you find this rule affecting your ability to care for your patients? Of note, physician assistants and physicians do not have this limitation. Since running this article, I have learned that methadone clinics are greatly affected by this, as it presents a huge burden for PAs and pharmacists who then have to dispense medications for all the patients who have reached home privileges of more than a 3 day supply. If you are impacted by this limitation, please email me at [hbradford@comcast.net](mailto:hbradford@comcast.net). It will help our legislative committee as we educate our state legislators about why this regulation needs to be changed.

## The Growth of Retail Clinics: A Personal Story

by Karl Lambert

Retail clinics or "neighborhood clinics" (as John Street, Mayor of Philadelphia, calls them) are a phenomenon sweeping across America. There are several major players, including Minute Clinics and Take Care Health Care Systems, whose goal is to place nurse practitioner managed clinics in multiple locations throughout every major city in America. The concept itself is not new. The "Doc in the Box" phenomenon came in the 1980s, but with the push for managed care, this business concept went upon the wayside. The business model returned in 2000 when a corporate executive of a fast food chain promoted the concept of nurse practitioner managed

clinics within a retail pharmacy setting. There are now approximately 500 clinics nationwide, with the numbers projected to mushroom over the next few years. It is estimated that half of these clinics accept insurance while the remainder simply charge a low flat fee service. The cost of services is typically transparent to the consumer at the time of the visit.

It has now been seven years and the model is growing strong in spite of the opposition and criticism from the American Medical Association (AMA) and a small handful of other groups. In contrast, patients/consumers are enjoying the convenience, quality, and the overall lowered cost of healthcare. Several patient surveys done by the Minute Clinic consistently demonstrated over 90% patient satisfaction scores with this type of service. Evidenced based medicine is used in this model, but instead of it being driven by insurance companies and expensive government programs, it is being driven by the consumer. I've studied the concept for the past three years and with the help of my colleague, Ron Young, ARNP, I started RediMedi Clinic here in Wenatchee. Mr. Young was the founder of "The Ten Minute Clinic" in Arlington and Marysville and he and I are both board members for AUWS.

The criticisms levied by the AMA and others include concerns about quality of care, financial conflicts of interest, and follow-up care. I would be the first one to agree that new graduates should not be placed in this type of model. In my opinion, critical thinking, years of experience, and knowing your differential diagnoses as well as your limitations are a baseline for of the retail clinic model. Fortunately, studies done over the years support the quality of care performed by nurse practitioners, so I do not expect that to change even with this new model of care. The alleged financial conflict AMA publicly addresses and wants to explore is the relationship between the clinic and the pharmacy. In my setting, I am leasing space, but there are no other financial arrangements. Patients are free to choose their own pharmacy. One financial conflict I hear from a minority of physician colleagues is that the money they were making from our efforts in patient care is now instead being passed to the consumer. Regarding the criticism to follow-up care, I can only speak to what is done at RediMedi Clinic and The Ten Minute Clinic. Every patient receives a follow-up phone call 48 to 72 hours after being seen at the clinic. By doing this, patients feel cared for and if they have worsened, this is documented and patients are appropriately referred.

In my brief 7 months of practice in this new model, I find it both refreshing and rewarding. Patients enjoy it and if it lowers the cost of healthcare, then so be it!

## CE Opportunities

### Update in Practical Pediatrics

September 20-21, 2007 • Full day Thursday, Half day Friday • Woodmark Hotel, Kirkland

Special room rates available at Woodmark Hotel. \$155 both days - individual day rates available. Brochure available at [www.providence.org/everett/medical\\_staff/default.htm](http://www.providence.org/everett/medical_staff/default.htm)

For further information contact: [Jeri.Sackett@Providence.org](mailto:Jeri.Sackett@Providence.org)

### Double Feature: Men & Women's Healthcare Conference

October 25-26, 2007 • Crowne Plaza Hotel, Seattle

Brochure available at

[www.providence.org/everett/medical\\_staff/default.htm](http://www.providence.org/everett/medical_staff/default.htm)

### Pacific NW 30th Annual Conference for Advanced Practice in Primary and Acute Care

November 7-10, 2007 • 6.0-20.5 contact hours • Washington State Convention & Trade Center, Seattle, WA

Enhance your clinical competencies • Acquire new assessment and management skills • Examine critical issues at the state and national level and their impact on primary care practice • Foster a strong coalition of primary care providers • Learn about new products, services, and pharmacotherapeutic agents at this highly-acclaimed conference.

For information call CNE, 206.543.1047 or email:

[cne@u.washington.edu](mailto:cne@u.washington.edu) or [uwcne.org](http://uwcne.org)

### The 10<sup>th</sup> Annual Nurse Foot Care Training

Saturday, Nov. 10th 2007 • Cherry Hill (Old Providence) Campus of Swedish Hospital Seattle.

Topics will include routine nail & skin care, diabetic foot conditions & care, common foot problems & treatment, vascular problems, instruments/sterilization.

See [wspma.org](http://wspma.org) for registration form, FAQs, and course outline. You will be emailed a confirmation. It will include directions & a final lecture schedule. Instruction manual, breakfast & lunch included!

## Classified Ads

### Part Time ARNP

Busy family practice clinic looking for experienced PT ARNP. Candidate should enjoy full scope of family medicine and have excellent assessment skills, personable interaction with patients & staff, the ability to work both independently and in team environments. 2-5 yrs experience in family practice preferred. Please send CV with cover letter to [ldcarter@hinet.org](mailto:ldcarter@hinet.org) or Lisa Carter, 5580 Nordic Way, Ferndale, WA 98248.

### Puyallup, WA – Psychiatry ARNP

The growing community of Puyallup, Washington is seeking a psychiatric ARNP to provide psychiatric evaluations and psychiatric medication management to individuals receiving counseling services at Good Samaritan Behavioral Healthcare. Experience and expertise working with children and adolescents is essential although there is the opportunity to work with clients of all ages. Located 40 minutes south of Seattle and 30 minutes from an international airport, Puyallup and the surrounding communities provide a broad range of educational and cultural activities for all ages. Nestled between the Cascade Mountains and the shores of Puget Sound, the region's year round temperate climate affords outdoor enthusiasts endless recreational opportunities. Qualified applicants must be flexible, self-motivated, and committed to program development and patient care. If you would like more information concerning this opportunity, please call 800-621-0301 or email your CV to [blazenewtrails@multicare.org](mailto:blazenewtrails@multicare.org) or fax

your CV to 866-264-2818. Refer to Opportunity #568-739  
MultiCare is a Drug Free Workplace

#### Seeking Certified Nurse Practitioner

Nurse Practitioners at Evercare give wholeheartedly to their patients. And in return, they experience a career filled with rich personal rewards and true satisfaction. Evercare's success is driven by our Nurse Practitioners who share an ultimate goal of caring for the needs of the whole person. We invite you to join them in their mission. We invite you to make a difference.

We are experiencing exciting growth in Seattle and are actively seeking nationally certified **NURSE PRACTITIONERS** to provide direct care services to our members residing in long-term care settings. Manage your own caseload while collaborating with physicians and facility staff to maintain the health and well being of our enrollees. This role requires clinical experience in home care, long-term care or geriatrics. Recent NP graduates with experience as an RN will also be considered. DEA licensure is a plus.

Explore [www.theheartofcaring.com](http://www.theheartofcaring.com) - a resource designed with you in mind. Learn more about Evercare's culture of caring, and apply online if you choose. If you prefer, contact Mina Koukklan toll-free at 877.835.3156, ext. 2596, [mkoukklan@uhc.recruitservices.com](mailto:mkoukklan@uhc.recruitservices.com) or fax your information to 877.464.3239. Evercare offers a full range of comprehensive benefits.

Diversity creates a healthier atmosphere: equal opportunity employer M/F/D/V.

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#### Family ARNP

Family ARNP is needed at Tenino Family Practice for a full time position. New provider will take on patient population of departing ARNP. We are a friendly office that has been established for 22 years. We were designated a Rural Health Clinic in 1998, and have had a nurse practitioner since then. At that time we moved into a new building. Benefit package includes malpractice insurance and medical-dental-vision insurance. After three years employees are eligible for a SEP-IRA plan.

Our patient population is greatly varied and includes Medicaid, Medicare and private insurance. We emphasize a high standard of care for all of our patients from birth to death. To help give our patients the best care, the MD and ARNP meet weekly to discuss difficult issues amongst patients and standards of care. TFP also participates in a Diabetic Collaborative, which assists us in giving comprehensive care to our diabetic population. We use a recall system to help schedule routine appointments. Practice pace is adjusted to allow for thorough care.

Tenino Family Practice, PO Box 4020, Tenino, WA 98589

Phone: 360.264.5665 Fax: 360.264.5666

#### ARNP For Urology Practice

Multi-specialty group seeks an ARNP to join a thriving Urology practice. Experience or training in Urology is preferred. Candidates must be qualified for licensure & certification in Washington State as an ARNP. You will enjoy excellent compensation, benefits, and system-wide support, while practicing your own patient care values. Located 35 minutes south of Seattle and 30 minutes from an international airport, Tacoma and the surrounding communities provide a broad range of educational and cultural activities for all ages. Nestled between the Cascade Mountains and the shores of Puget Sound, the region's year round temperate climate affords outdoor enthusiasts endless recreational opportunities, such as biking, hiking, climbing, skiing, and golfing. For more information regarding this fantastic opportunity, contact Provider Services @ 800-621-0301 or send your CV to [blazenewtrails@multicare.org](mailto:blazenewtrails@multicare.org).

Please reference opportunity #554-716.

*"MultiCare Health System is proud to be a drug free workplace"*

#### Washington, Richland

Kadlec Clinic is a multi-specialty physician practice operated by Kadlec Health System. Kadlec Clinic is recruiting staff for the Senior Health Care Clinic. This individual will be under indirect supervision, provides independent geriatric primary care in a variety of clinical settings to a specified population of non-emergency patients. Consideration for this position requires a current Washington State RN and ARNP licensure. Must be credentialed per Kadlec Clinic policies and procedures. Benefits included; salary DOE.

Fax or mail application to:

Kadlec Clinic at APW

Attn: Human Resources

945 Goethals, Suite 200

Richland, WA 99352

Fax: 509-946-8963

#### Neurosurgical ARNP wanted: Puyallup, WA

Busy neurosurgical/interventional pain practice with offices in Puyallup/Tacoma/Federal Way, WA, looking for experienced surgical ARNP who wants to do it all. Duties include clinic, surgical first assist, hospital rounds, and some call coverage. Interest in research coordination a definite plus. Innovative and supportive surgical practice environment with on-site MRI, interventional pain service, and ambulatory surgery center.

Located 30 minutes south of Seattle, the area has excellent restaurants, a wide range of cultural events, and unparalleled outdoor activities with mountains, salt and freshwater access.

Excellent benefits for family medical/dental plans, 401(k), salary DOE. Interested parties send your CV, letter of interest and references to: Hiroshi Nakano, Chief Executive Officer, South Sound Neurosurgery, PLLC, 1519 3<sup>rd</sup> Street, Suite 101, Puyallup, WA 98372, by email at [hnakano@southsoundneurosurgery.com](mailto:hnakano@southsoundneurosurgery.com) or fax to 253.445.0756

#### Washington, Longview - FNP

Family Health Center is seeking 1 full time family nurse practitioner, for our main clinic in Longview, WA. Want to be close to metropolitan cities but don't actually want to live in one? Longview is 50 min. from Portland, OR, and about 3 hours close to Seattle, WA. Successful candidate will be board certified or board eligible advanced nurse practitioner in Family Practice with 1-2 yrs min. experience, possess a valid, unrestricted license or registration to prescribe drugs, medications, pharmaceuticals, and controlled substances and possess a commitment to serve the underserved. Bi-lingual Spanish a plus! Competitive compensation and 100% paid benefits package avail!, paid CME, paid licensure, paid malpractice insurance, relocation assistance avail, and loan repayment may be available to those who qualify! For more information about the position and us please see our website: [www.cowlitzfamilyhealth.org](http://www.cowlitzfamilyhealth.org). EEO.

Contact: Tamara Russell, HR Manager at: [trussell@cfamhc.org](mailto:trussell@cfamhc.org).

or 360-636-3892, or Fax: 360-414-1249.

**Healthy Humor**

**Surgeon vs. Mechanic**

A doctor of psychology was doing his normal morning rounds when he entered a patient's room. He found patient #1 sitting on the floor, pretending to saw some wood in half. Patient #2 was hanging from the ceiling by his feet.

The doctor asked patient #1 what he was doing. The patient replied, "Can't you see I'm sawing this piece of wood in half!?" The doctor asked patient #1 what patient #1 was doing on the ceiling. Patient #1 replied, "Oh he's my friend, but he's a little on the crazy side. He thinks he's a lightbulb." The doctor looks up and notices patient #2's face going all red and blue.

The doctor tells patient #1, "If he's your friend, you should get him down before he hurts himself!"

Patient #1 replies, "What!?! And work in the dark!?"

**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**

In the presence of adversity, there are those that use crutches and there are those who grow wings.

**Unknown**

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**ARNPs United of WA State**

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