

# Advanced Registered Nurse Practitioner Care

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November 2007

## Board of Director Election Results and New Bylaws Amendments

by Therese Vafaezadeh

On November 8<sup>th</sup> at the Pacific Northwest 30<sup>th</sup> Annual Conference on Advanced Practice in Primary and Acute Care in Seattle, AUWS held elections for the Board of Director positions. For the past year, the transitional board has been preparing for these elections, the first to occur for the organization in many years. The Board's renewed energy this past year and in the upcoming year will continue to strengthen AUWS as an organization. The following people were elected to the Board of Directors and will serve a two year term: Jeanne Boudrieau FNP, from McLeary, Robyn Choffel, FNP, from Mt. Vernon, Ann Darlington CNM, from Seattle, Kristi Farrell, FNP, from Kirkland, Grace Grymes-Chapman, FNP, from Seattle, Louise Kaplan, FNP, from Olympia, Catherine Luria, FNP, from Gig Harbor, Deb Smith, FNP, from Spokane, and Therese Vafaezadeh FNP, from Issaquah. Heather Bradford, CNM, from Kirkland, will continue to serve on the Board as the Chair of the Legislative Committee, and Bob Smithing, FNP, from Kent, will continue to operate as Executive Director.

The first meeting for the new Board will be held in late January 2008. At this meeting, the 9 newly elected Board members will select from the current Board the officers of President, Vice President, Treasurer and Secretary. A bylaws amendment was passed at the November 8<sup>th</sup> general assembly meeting that changed the officer position of President-Elect to Vice President (with the same job description), so that a commitment of 2 terms of office would not be required. Additional amendments were passed which changed the length of term for the Board from 3 years to 2, and changed the portion of the Board elected yearly from one-third to one-half. To see the newly revised bylaws, go to our home page, and click on current bylaws, which include these 4 amendments: Article IV. Section 7.A.7.b, Article IV. Section 7.A.8, Article V. Section 4, Subsection T, and Article V. Section 5. B. The current version of our bylaws can be downloaded from our website.

## ARNP Salary Survey 2006

Thanks to the work done by Marie-Annette Brown, PhD, ARNP, FAAN and Louise Kaplan, PhD, ARNP results from the 2006 salary survey are now available. Complete results are on the AUWS website [www.auws.org](http://www.auws.org).

Appropriate financial compensation is essential for Washington (WA) State ARNPs. As legally autonomous professionals, ARNPs assume demanding roles and provide high quality care to hundreds of thousands of peo-

ple in Washington State. Until recently there has been little data about the salaries of Washington State nurse practitioners. In 2006 a statewide survey was conducted of Washington State ARNPs that yielded a strong response rate of 65%. Participants were asked to indicate their ARNP related income for 2005. The following data reports salary information for ARNPs practicing in Washington and working full time, defined as 30 or more hours per week. CRNAs are not included.

- ☐ Average Annual Salary = \$78,845
- ☐ 10% of ARNPs made over \$100,000
- ☐ 2% of ARNPs made over \$150,000
- ☐ Salary peaked at 31+ years of practice
- ☐ Gender differences followed the national pattern with higher incomes for male ARNPs compared with females
- ☐ Urban salaries were higher than rural
- ☐ Salaries tended to be higher in hospital related practices
- ☐ Hospitalist NPs and Neonatal NPs had the highest salaries
- ☐ The average annual salary for a NP in a Private Office Practice is \$82,866

## Some Personal Thoughts on Vaccines Are You Protected Against Pertussis?

by Catherine Luria

This year a new adult version of a vaccine containing tetanus toxoid, reduced diphtheria toxoid and acellular pertussis vaccine has become available for people in the age range of 11 to 64. Brand named ADACEL, it has been compared in trials against the usual Td vaccine (tetanus toxoid and reduced diphtheria toxoid) and was found to give equivalent protection against both tetanus and diphtheria.

Pertussis causes an extended period (3 months) of severe coughing, and is suspected in teens or adults who present with coughs that persist over 3 weeks. While most children receive protection against pertussis in their primary immunization series of DTaP with their last booster received at approx 4-5 years of age, that protection diminishes over the years and until now there has not been a vaccine approved for adults to maintain the pertussis immunity at a boosted level.

I have had the experience of having seen patients with all of the above diseases and it certainly makes one very conscious of the importance of preventing the diseases if at all possible.

When I was a nursing instructor at the University of Kentucky, we had an 18 year old boy paralyzed on a

ventilator while he waited for the neurotoxin of tetanus to run its course. I do not know the outcome of his situation.

While in the Indian Health Service in Gallup, NM, which served the Navajo reservation, we had an outbreak of diphtheria with several cases including one death. Had these patients ever been immunized? Had they ever received booster immunizations?

While working in a migrant clinic in Rochester, NY, I saw a toddler with the classic whoop to his cough. It is a very distinctive sound. While at the University of Kentucky I recall the chairman of pediatrics, who was an older physician, walking past the corridor leading to the out-patient clinic, and suddenly turning and striding down the hall saying, "Where is the child with pertussis?" It was a "whooping cough" that could be heard easily at the end of the hall.

For all of us ARNPs – when was your last Td? The new Adacel may be given if 5 years has elapsed since your last Td booster. Protect yourself and your family against pertussis, since it is now possible to offer this protection to children, teens and adults.

### **Rocquin Wins 2007 AANP Award for Excellence**

by Jeanne Boudrieau

It gives me great pleasure to brag about Judy Rocquin, RN, BSN, MEd. I nominated her recently for the 2007 WA State AANP "Award for Excellence", and she won! Considering her promotion and advocacy for nurse practitioners, I felt Judy was the ideal candidate to receive this award. Here's why:

In Grays Harbor County, she identified the need to improve access to care for children and their families. She successfully wrote a grant to the Bishop Foundation and when, as Director of the Education Department at Grays Harbor Community Hospital in Aberdeen, she created the Pediatric Coordinator/Educator role, and found an NP to launch the program. She identified the NP role as the ideal liaison between Physicians, Hospital Administration, Nursing staff, Allied Health, Tertiary Partners, the School Districts, FP clinics, the Nursing Program at Grays Harbor College, and Families. She attributes the many successes accomplished in just 6 months to having a NP as liaison to the community.

Judy has been a positive change agent and role model for our entire staff. She is the point person in our organization for our Bishop Leadership Institute guided journey for cultural transformation. She is indefatigable, and has grown her Education Department from a staff of one RN to a 4 person department: 3 Masters prepared RNs (including an ARNP) and a department executive secretary. She is encouraging one of my co-

workers to pursue a post-Masters ARNP program and Doctorate in Nursing Practice.

Ever the mentor and friend to the community at large, as well as to our NP community, Judy is visionary, and extraordinarily deserving of recognition. It is a joy to be able to introduce her to our local ARNP community.

### **Thinking of Buying a Practice or Clinic Building? A Real Deal for Women and Minorities**

by Ron Young

The Small Business Administration (SBA) is offering a very good deal to women and minorities who want to buy a clinic building and/or a clinic practice. These special programs allow a 2% reduction in their loan rates.

Two programs to help you buy a practice or a building to house a clinic are:

☑ **Buy Your Own Office Building:** Currently this requires 10-15% down, and then a bank loans you 50% of the cost of the building at 6.4% interest on a 25 year amortization. The deal is: within 18 months of initiating the loan, a 2% reduction will apply, lowering the interest rate on this part of the loan to 4.4%. The remaining 35 to 40% is fixed for 20 years at a rate of 6.6%. This is a great deal for buying a building.

☑ **Buy an Existing Established Practice:** at the US Prime interest rate, plus about 2%. Again, within 18 months there would be a 2% further reduction in interest rates, which would bring this loan down to the Prime on a ten year loan. Also a good deal.

These numbers are subject to change. You can call Ken Keach at Key Bank at 206.321.7146 for further details, or contact any bank that does SBA loans and compare their rates. Tell 'em Ron sent you.

### **Nursing Commission Seeks ARNP Openings available on the Nursing Care Quality Assurance Commission**

The Department of Health is accepting applications from Advanced Registered Nurse Practitioners for the Washington State Nursing Care Quality Assurance Commission. Members are appointed by the Governor to serve four-year terms. One position will become effective immediately and will end June 30, 2009. The ARNP Commission member resigned due to appointment as an officer of a national nursing organization.

The responsibilities of commission members include policy making, writing advisory opinions and rules, reviewing investigations, participating in disciplinary hearing and charging panels, and providing technical assistance to students and licensees. The commission meets for one to two days, approximately six times per

year. Members are paid \$250 a day and are reimbursed for travel expenses.

The Governor's Office is seeking diversity in commission members and recognizes the value diversity brings in understanding and serving the people of Washington. The Governor's Web site (<http://www.governor.wa.gov/actions/appointments/boards/default.htm>) has applications, which are also available from Deputy Executive Director Ms. Terry West at 360.236.4712, or e-mail [terry.west@doh.wa.gov](mailto:terry.west@doh.wa.gov)

There are other opportunities to serve on health care boards, commissions and committees with the Department of Health. Contact Leslie Magby, Director's Office at 360.236.4983 or <https://fortress.wa.gov/doh/hpqa1/hpqamain.htm#mychoice>

## Product Ad

### Health & Wellness: Why Sweat!

[www.photonslightlife.com](http://www.photonslightlife.com) 360.710.3970

Relax and enjoy a maximum sweating workout while deeply cleansing and toning your skin, increasing oxygen supply to the blood, accelerating waste removal and benefiting your circulation.

Saunex Excellence – Saunex Portable Far-infrared Sauna with Safe-to-touch, surround FIR heaters (optimal 7-9 microns), provides evenness of heat and maximum sweating at lower more comfortable user set temperatures. Made in the USA.

## Classified Ads

### Tacoma Washington – Hematology/Oncology ARNP

Hematology Oncology ARNP to join growing comprehensive cancer program in the Pacific Northwest. Practice includes 6 medical oncologists, PA and 3 radiation oncologists in dynamic setting integrated with a 300+ provider multispecialty medical group. Located on 391-bed tertiary care center, practice includes in-office chemo suites, pharmacy, lab, on-site radiation and 22 bed dedicated inpatient oncology medical surgical unit. Located 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. *For more information, contact Provider Services @ 800-621-0301 or send your CV to [blazenewtrails@multicare.org](mailto:blazenewtrails@multicare.org). Please reference opportunity #625-468 Website: <http://blazenewtrails.multicare.org>.*

Refer to opportunity #625-468

### ARNP Wanted-Spokane, WA

CARDIOTHORACIC SURGICAL AND TRANSPLANT GROUP in Spokane, Washington looking for a ARNP to join our team. Duties include 1<sup>st</sup> assist in OR, pre and postoperative care in hospital and clinic. Excellent benefit package. Please send CV to [greenfe@nwcadio.org](mailto:greenfe@nwcadio.org) or fax to 509-623-7578.

### Nurse Practitioner Wanted

Evercare offers ongoing training and support, annual bonuses and complete health and well being benefits. All that's missing is you. We're searching for a Nurse Practitioner to provide primary care services for frail and elderly patients in a long-term-care setting. The chosen candidate will be a Nurse Practitioner with home care, long-term care or geriatric experience. New NP graduates with experience as an RN are also encouraged to apply.

**\*\*Now hiring in the following locations: Central Seattle, South King County, Kitsap County\*\***

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

To apply, please go to

[www.unitedhealthgroup.com/careers/index.htm](http://www.unitedhealthgroup.com/careers/index.htm) and enter the following requisition number in the search block: **177049** or contact Mina Kouklan by phone at (877) 835-3156 ext. 2596, or by fax at (877) 464-3239.

### Seeking Fulltime Nurse Practitioner

We are a busy bariatric surgical practice seeking a full time Nurse Practitioner. The surgeon is an ASMBS (American Society for Metabolic & Bariatric Surgery) Center of Excellence surgeon and part of ACS-BCSN (American College of Surgeons Bariatric Surgery Center Network). He performs the Lap-Band, Proximal Gastric Bypass, Medial Gastric Bypass, Duodenal Switch, and Revisions from prior bariatric surgeries. The Nurse Practitioner will be trained in patient care and management and band adjustments by the MD.

Job Title: Nurse Practitioner (ARNP)

Location: Federal Way and Kirkland, WA

Hours: Full time. Hours may include some evening (minimal)

Benefits: Health and Dental, 401(k)

Salary: Based on qualification, experience, and skills

#### Job Duties:

Provide direct clinical care, consultation, and nutrition counseling. Manage pre and post bariatric surgical problems and counsel patients on nutrition and supplements. Perform band adjustments for Lap-Band patients. Round on patients in the hospital. Work both as an independent practitioner and also collaboratively with the physician on a case-by-case basis.

#### Qualifications:

Graduation from an accredited school of nursing. Current Washington State ARNP license with prescriptive privileges required. Current CPR certification required. Experience in the field of bariatric surgical care is preferred. Computer experience preferred.

We are a comprehensive bariatric surgical practice that strives to provide excellent patient care. If you are interested in working in this type of setting please, forward your resume to [manager@c4wls.com](mailto:manager@c4wls.com) or fax to 253-815-7708.

### Family Practice and Urgent Care – Bellingham, WA

Family Practice clinic in Bellingham seeks a part-time ARNP. Do you like friendly staff, appreciative patients, glorious sunsets, and a view of the bay? We are looking for an experienced, mature, service-oriented family practice ARNP for our growing clinic. We are ARNP owned and operated. Please fax resume and inquiry letter to Village Family Health, 360-734-2131, attention Francis Gregory.

### Tacoma, WA – Cardiothoracic Surgery ARNP

Fantastic opportunity! Seeking full time cardiothoracic surgical ARNP to become an integral member of our adult cardiothoracic surgery team. Responsibilities include first assist in the operating room as well as pre and postoperative patient care in hospital and office. Ideal candidate will have 3+ years of cardiothoracic surgical experience including cardiothoracic first assistant experience. Endoscopic vessel harvesting experience preferred. Guaranteed salary, a full array of benefits and a great location makes this an ideal choice for the provider who is looking to experience the best of Northwest living; from big city amenities to the pristine beauty and recreational opportunities of the great outdoors. For more information, contact Provider Services @ 800.621.0301 or send CV to [blazenewtrails@multicare.org](mailto:blazenewtrails@multicare.org).

Please reference opportunity #616-780

Healthy Humor

Rx Mix-up

My family physician told me of an incident that actually happened to him back in the early days of his practice.

He said a woman brought her baby to see him, and he determined right away that the baby had an earache. He wrote a prescription for ear drops. In the directions he wrote, "Put two drops in right ear every four hours" and he abbreviated "right" as an R with a circle around it.

Several days passed, and the woman returned with her baby, complaining that the baby still had an earache, and his little bottom was getting really greasy with all those drops of oil.

The doctor looked at the bottle of ear drops and sure enough, the pharmacist had typed the following instructions on the label:

"Put two drops in R ear every four hours."

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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Medical Trivia

A sneeze generates a wind of 100 mph.

A cough moves at 60 mph.

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