

Advanced Registered Nurse Practitioner Care

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Your Help is Needed Attend Nurse Legislative Day

by Heather Bradford

As many of you have read in prior issues, our #1 legislative priority for 2008 is the removal of the 72 hour dispensing limitation on Schedules II-IV drugs. If you are reading about this for the first time, it is important to know that this is a restriction related to *dispensing*, not prescribing. Dispensing is the physical act of handing someone medications. Typically, samples or pain medications are involved. We have compiled a small list of scheduled drugs which are now being distributed as samples and packaged in more than 72 hours' worth of dosing. These include Ambien, Lunesta, and Provigil. If you have any other examples, please e-mail me at hbradford@comcast.net.

Here is a brief historical review: A bill passed in 2000 allowing ARNPs to have prescriptive authority for Schedule II-IV drugs also placed a 72 hour limitation on dispensing these drugs. Proponents of this restriction argued it would reduce criminal activity, such as theft from clinics owned by ARNPs, diversion, and black market sales. Our legislative committee is conducting research to determine if there is evidence that this has been a problem specific to ARNPs. We have been meeting with legislators to garner their support and plan to introduce a bill in both the House and Senate before the legislative session begins on January 14th, 2008.

We cannot do this alone! We need your help! **Nurse Legislative Day is Monday, February 4th, 2008.** In recent years, ARNPs attending Nurse Legislative Day represented us well by visiting nearly 40% of all the legislators in Olympia. We have successfully passed legislation expanding ARNP scope of practice almost every year for the past 5 years. This year we plan to do it again! Register for the event at www.wsna.org and plan to attend the ARNP breakout session at 11:15am, where novices and experts alike will be briefed about the 72 hour bill and other ARNP issues. This will prepare you for an afternoon of meetings with your legislators, which we urge you to schedule in January. Contact information to make appointments with legislators is found at <http://www1.leg.wa.gov/legislature>. Don't miss this opportunity to get involved and make a difference for your profession.

Less Paperwork with Labor and Industries? Interested in Becoming an L&I Provider?

by Heather Bradford

The Department of Labor and Industries (L&I) has designed a new form to reduce paperwork for health care

providers. The Insurer Activity Prescription Form (APF) integrates medical information on workers' conditions, restrictions, and prognoses, with the overall goal of improving communication between the provider, employees, insurers, and injured workers. Effective November 1st, 2007, ARNPs can be paid for submitting the APF to communicate work status, work-related physical restrictions, verification of time-loss (if appropriate), and treatment plans. It will replace two Self-insured forms (the Supplemental Medical Report and the Employer Requested Physician's Estimate of Physical Capacities) and four State Fund forms (the Time-Loss Notification (TLN), Supplemental Medical Report (SMR), Physicians Final Report (PFR), and the Doctor's Estimate of Physical Capacities (DEPC) and PhysicalCapacities Evaluation (PCE)).

For more information, go to the Provider Bulletin 07-08 Insurer Activity Prescription Form at <http://www.lni.wa.gov/ClaimsIns/Files/Providers/ProvBulletin/PbFiles/PB0708.pdf> and/or the APF website at activityRX.lni.wa.gov or <http://www.lni.wa.gov/ClaimsIns/Providers/Manage/RTW/ActivityRx/default.asp>

Also, as a side note, **the Department of L&I is encouraging more ARNPs to sign up as providers for workers' compensation patients.** To do so, complete a provider account application. The application and additional information for providers is available on the web at <http://www.lni.wa.gov/ClaimsIns/Providers/Become/default.asp>.

Spotlight on a Member: Cindy Jensen, Small Business Owner

by Heather Bradford

Cindy Jensen, ARNP, of Sumner, WA, has not exactly taken the most typical career path known to ARNPs. In fact, even after becoming a nurse practitioner, she melded her unique skills in critical care nursing and economics to start and own the first NP owned franchise of Passport Health.

After getting her BA in anthropology with a minor in economics and later pursuing an associate's degree in nursing, Cindy then worked for 10 years as a critical care nurse, including 3 years in a Level 1 trauma center. She then returned to school to become an ARNP in 1997, and in 2001, set up an independent primary care practice within a physician's office. Despite her solo practice's successful 5 year run, she decided this was not enough of a challenge. After reading about Passport

Health in a nursing journal, she recognized the potential and opened the first Northwest office.

Passport Health of Western Washington provides travel health consultations and vaccinations for those traveling to developing countries. The clinic provides care to people traveling for pleasure, mission and corporate trips, or for families visiting family members in their countries of origin. They have four locations including Renton, Redmond, Tacoma and Everett, but also do onsite travel consultations and immunizations for businesses as well as flu shot clinics during the season. Cindy meets many interesting people through the onsite care. The clinics have vaccinated merchant mariners on freighters, crew members of a mega yacht, and nursing students at a local university who are traveling abroad as part of their educational experiences.

Cindy enjoys many aspects about life as an ARNP. She is challenged, and finds her life is richer and her business more insightful and nuanced because of her life experiences. She believes her clients benefit from her nursing expertise in relationship building, education, collaboration, and prevention, and her business benefits from her ability to step up and deal with any critical situation. Ultimately, she enjoys being a risk taker and an entrepreneur.

Outside of her business and raising a family, Cindy has also found the time to volunteer for the last 5 years on the AUWS Legislative Committee, as well as precept ARNP students from Vanderbilt University. Her hope for ARNPs in the future is for independent practice in all states and a place at the table when the "deciders" sit down to determine policy for the future of healthcare in America.

A Brief Review of EMDR

By Catherine Luria

As more and more soldiers return from combat in Iraq, health providers will be faced with a large group of patients who have experienced life threatening stress on a daily basis for months at a time. EMDR (eye movement desensitization and reprocessing) introduced by Francine Shapiro in 1989 is one of the therapy approaches useful for this situation.

This review is based on an article from the *Journal of EMDR Practice and Research*, volume 1, #2, 2007 EMDR, Adaptive Information Processing and Case Conceptualization which I found to be a very well organized and clear presentation of the therapy technique. I also acknowledge Maxwell Knauss, PhD for his helpful input.

EMDR is an integrative, client-centered psychotherapy approach that emphasizes the brain's information processing system and memories of disturbing experiences

as the basis of those pathologies not caused by organic deficit or insult. EMDR's wide range of therapeutic applications is grounded in the adaptive information processing (AIP) model that guides its clinical practice. It can be used to treat both major life-threatening trauma as well as the traumas generated by life events.

The adaptive information processing (AIP) model proposes that in order to make sense of incoming stimuli, new experiences are assimilated into existing memory networks. In a healthy individual, as new experiences are processed they are "metabolized" or "digested" and what is useful is learned, stored with appropriate emotions, and is available to guide the person in the future. Pathology results when unprocessed experiences are stored in their own neural network, isolated, unable to link up with anything more adaptive. Subsequent new information, positive experiences and affects are unable to link into the network where the unprocessed traumatic material is isolated. Adaptive learning cannot take place because of this dysfunctional storage.

When a current event stimulates the memory networks, it may cause unprocessed stored negative emotions, physical sensations and perspectives to emerge, although this may not be in the patient's conscious awareness, essentially re-traumatizing the patient. The goal of EMDR is to access the dysfunctionally stored experience and to stimulate the patient's innate processing system allowing a resolution of the experience. The event and what has been learned can be verbalized but the inappropriate negative affects and physical sensations can no longer be felt. This processing is at the heart of every EMDR treatment.

For further information about EMDR and training opportunities go to www.emdr.com. From the site I note there is an up coming part I training in Seattle Feb 1-3, 2008.

Drawing Winner for Coach Purse

Passport Health of Western Washington, a nurse practitioner owned travel medicine clinic with four locations in the greater Puget Sound region announces the winner of the Coach® purse drawing to be Darlene Downey, ARNP. Darlene Downey, a nurse practitioner with Virginia Mason Clinic in Seattle, Washington entered a drawing at the Passport Health display booth at the Pacific Northwest Advanced Practice in Primary and Acute Care presented on November 7th-10th, 2007 at the Washington State Convention and Trade Center in Seattle. The purse, a Fall Patchwork Gallery Tote from the fall line at Coach® is valued at \$398. This was the first time Passport Health exhibited at the conference. Passport Health offers one-stop service for travelers who require immunizations and medical preparation for travel to developing countries. Passport Health, locally

owned by Cindy Jensen, ARNP, was the first office to open in the northwest region and the first affiliate nationwide owned by a nurse practitioner. Cindy Jensen, ARNP is certified by the International Society of Travel Medicine (ISTM) in Travel Health. Passport Health of Western Washington locations include Renton, Everett, Redmond, and Tacoma. Contact Cindy Jensen, ARNP 425.251.0205, cell 425.422.5339, Email cbj@myuw.net

DDAVP Spray No Longer Indicated for Primary Nocturnal Enuresis

According to the FDA's MedWatch manufacturers have been requested to update the prescribing information for desmopressin to include important new safety information about severe hyponatremia and seizures. Certain patients, including children treated with the intranasal formulation of the drug for primary nocturnal enuresis (PNE), are at risk for developing severe hyponatremia that can result in seizures and death. As such, desmopressin intranasal formulations are no longer indicated for the treatment of primary nocturnal enuresis and should not be used in hyponatremic patients or patients with a history of hyponatremia. PNE treatment with desmopressin tablets should be interrupted during acute illnesses that may lead to fluid and/or electrolyte imbalance. All desmopressin formulations should be used cautiously in patients at risk for water intoxication with hyponatremia. Additional information is available at <http://www.fda.gov/cder/drug/InfoSheets/HCP/desmopressinHCP.htm>

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. Please reference opportunity #625-468 Website: <http://blazenewtrails.multicare.org>.*

Refer to opportunity #625-468

ARNP or PA – Longview, Washington

Full time position for adult or family ARNP at HealthWorks NW in Longview. Excellent practice opportunity performing pre-employment and retention physicals, injured worker care, DOT physicals and more. Nice hours, Monday through Friday 8-5, no weekends or call. Email resume and cover letter to arnp@hwnw.org. No calls please.

ARNP Wanted – Snohomish County, WA

The Lake Serene Clinic www.lakesereneclinic.com – an independent family nurse practitioner group has an immediate opening for a quali-

fied family ARNP. We are a well-established (17-years) 7-provider clinic offering flexible hours, competitive salary/full benefits package, and the freedom to treat your patients independent of MD oversight. Contact Corey Friesen, CEO at (425) 742-9119 or corey@lakesereneclinic.com.

Part-time FNP – Anacortes, WA

Fidalgo Island Walk-In Clinic has an immediate opening for part-time Family Nurse Practitioner in Anacortes. Willing to train. Experience a plus. Fax resume to 360-299-4330 attn: Julie.

Assistant Director – Progressive Psychiatric Unit Yakima Valley Memorial Hospital

MS/MSN, CS/ARNP preferred, 5 years Psychiatric nursing experience on inpatient unit, previous leadership/management experience, solid understanding WA mental health laws, responsible for supervision of nursing and counseling staff, excellent communication skills, works closely with Director of Psychiatric Services please contact at yaki-mamemorial.org or by phone 509.574.5988.

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. Please reference opportunity #616-780

Retail Clinic FNP Full and Part-time Openings Tacoma, WA

MultiCare Express, a part of MultiCare Health System, is a retail based practice located in area pharmacies. The express clinic will offer high quality care for simple illnesses such as sore throats, URI, UTI, sinusitis with point of care testing and some common immunizations. This is a great opportunity to practice autonomously in a unique setting. Master of Science degree in nursing and national certification as a Family Nurse Practitioner is required. MultiCare Health System offers competitive compensation/benefits as well as flexible full-time and part-time schedules. For more information please contact Provider Services @ 800-621-0301 or send CV to blazenewtrails@multicare.org. Please reference opportunity #643-798-800

ARNP Wanted – Wenatchee, WA

Wenatchee Valley Medical Center is seeking experienced ARNPs for openings in Anti-Coag, Family Practice, GI, Internal Medicine and Endocrinology. Learn more about these opportunities at www.wvmedical.com Email CV to MDRecruit@wvmedical.com or fax to 509-664-3404.

Healthy Humor

Two little kids are in the hospital, lying on stretchers next to each other, outside the operating room. The first kid leans over and asks, "What are you in here for?"

The second kid says, "I'm here to get my tonsils out and I'm a little nervous."

The first kid says, "You've got nothing to worry about. I had that done last year. They put you to sleep, and when you wake up they give you lots of Jell-O and ice cream. It's a breeze!"

The second kid then asks, "What are you here for?"

The first kid says, "A circumcision."

And the second kid says, "Whoa! I had that done when I was born. I couldn't walk for a year!"

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.

ARNPs United of WA State
10024 S.E. 240th St., Suite #102, Kent, WA 98031
253.480.1035 Fax: 253.852.7725
Email: au@nurse.net Web site: www.auws.org

ARNP Care
10024 S.E. 240th St., Suite #102, Kent, WA 98031
253.852.9042 Fax: 253.852.7725
Email: care@nurse.net Web site: www.nurse.org/wa/armpcare

Editors:
Robert T. Smithing, MSN, ARNP
Madeline D. Wiley, MSN, ARNP
ARNPs United Contributing Editors:
Heather Bradford, CNM, ARNP (Legislative Chair)
Ann Darlington, CNM, ARNP (President)
Production Staff:
Sarah Abid, Tracy Kiele
Publisher:
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Kent WA 98031
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