

# Advanced Registered Nurse Practitioner Care

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Official Newsletter of ARNPs United of Washington State

January 2008

## **Kristi Farrell, ARNP**

### **Meet a new 2008 Board of Directors Member**

By Heather Bradford

Name: Kristi Farrell, ARNP

Specialty: Family Health Nurse Practitioner

Now living in: Kirkland, WA

How long on the board: new board member

Current work place and position: Lake Serene Clinic, an urgent care/ primary care clinic in Lynwood, WA

Brief work history: I have worked at the Lake Serene Clinic since April 2007. I thoroughly enjoy working there because I see patients of all ages with a wide range of issues. I perform adult and child well exams, provide acute and chronic care and perform minor surgical procedures. I have also worked at Northwest Endocrinology. While at NW Endocrinology I helped many elderly patients manage their diabetes, thyroid disorders, and osteoporosis.

Why you chose your specialty: I love children, adults and the elderly. The developmental and clinical issues facing each group are so different and so fascinating.

Why you volunteered for the BOD: When I moved to Washington from Pennsylvania I was amazed at how progressive the laws are for nurse practitioners in this state. I am thankful for the ability to prescribe narcotics, to sign L & I forms and to have the privilege to work at a nurse practitioner run clinic. None of these things would have been possible without organizations such as AUWS. I firmly believe that nurse practitioners are ideally suited to provide the health care our state and country desperately need. I would like to increase the visibility of the profession, strengthen relationships between nurse practitioners in Washington state and continue to make legislative strides to increase the scope of practice for NPs. I am thankful for all the obstacles nurse practitioners overcame before my time, now I am ready to make my contributions to the profession. It is a privilege for me to serve as a member of the AUWS Board of Directors.

What you most care about regarding NPs: It is very important to me for nurse practitioners to have the legal rights in our scope of practice to provide comprehensive care to all of our patients.

Your hopes for AUWS: My hope is that AUWS will gain even more momentum in advancing the NP profession in the state of Washington. Specifically, I hope AUWS

continues to promote awareness of pressing issues in the profession, to provide NPs with up to date information about licensing and networking opportunities and to support legislative efforts to support NP services.

## **Larry Kerschner, ARNP, Pe Ell, WA** **Member Spotlight**

by Heather Bradford

Before retiring next year, I think it is important to recognize Larry Kerschner who has been providing rural health care as an ARNP for 20 years (and has been a nurse for 33 years). Larry has been self-employed in a rural S.W. Washington town named Pe Ell (population 600) for the past four years, but prior to that, worked in another Rural Health Clinic in a town called Napavine for ten years. He enjoys providing NP care in a small rural community because it allows him to be involved in all aspects of his patients' lives. And being self-employed gives him the independence to take as much time as any patient requires to receive the proper care.

What he will miss most after retirement are the patients. He shared a few good stories about what caring for families is like in rural America. His oldest patient was 107. He told Larry he had to slow down and stop dancing when he was 102. Larry also shared how being self-employed allowed him to adjust his fee schedule based on the ability of the patient to pay. One uninsured and poor patient needed a dozen stitches to a laceration on his leg, and asked Larry how much he owed. Larry asked him, "What do you have in your pocket?" He had three dollars and change so I told him the price was 2 dollars which he paid. About two hours later he returned with a two foot bear which he had carved with a chainsaw. Another patient bartered honey for having his co-pay waived. Sometimes providing rural health care has its disadvantages though; once Larry had to perform CPR on a patient who collapsed in the clinic while the ambulance waited 20 minutes on the other side of the tracks for a long train to go by.

Larry's vision for the future of the profession is positive. He sees the number of ARNPs in our state expanding because he thinks ARNPs will soon be able to bill Medicare directly for patient care in nursing homes. He also envisions ARNPs as an integral part of a single payer health care system in this country in which everyone has health care.

His contributions to ARNPs in WA State expand beyond Lewis County. He was integrally involved in legislative

efforts to obtain full prescriptive authority, and he has mentored many students from Pacific Lutheran and Washington State University. When he is not providing NP care, he is involved with Veterans for Peace and Fellowship of Reconciliation. He has traveled on peace missions to Iraq and Seoul, Korea and continues to work toward setting up a peace conference in North Korea that will bring together South and North Korea, with Chinese and U.S. veterans, to discuss peace, reconciliation and reunification of the Korean peninsula. He also enjoys writing and publishing poetry, which he plans to do a lot more of after his retirement. Thank you Larry for providing family-centered nurse practitioner care for 20 years! Lewis County is lucky to have you.

### Fentanyl Transdermal System

FDA issued an update that highlights important information on appropriate prescribing, dose selection, and the safe use of the fentanyl transdermal system (patch). FDA previously issued a Public Health Advisory and Information for Healthcare Professionals in July 2005 regarding the appropriate and safe use of the transdermal system. However, the Agency continues to receive reports of death and life-threatening adverse events related to fentanyl overdose that have occurred when the fentanyl patch was used to treat pain in opioid-naive patients and when opioid-tolerant patients have applied more patches than prescribed, changed the patch too frequently, and exposed the patch to a heat source. The fentanyl patch is only indicated for use in patients with persistent, moderate to severe chronic pain who have been taking a regular, daily, around-the-clock narcotic pain medicine for longer than a week and are considered to be opioid-tolerant. Patients must avoid exposing the patch to excessive heat as this promotes the release of fentanyl from the patch and increases the absorption of fentanyl through the skin which can result in fatal overdose. Directions for prescribing and using the fentanyl patch must be followed exactly to prevent death or other serious side effects from fentanyl overdose.

### The Value of Membership

by Therese Vafaezadeh

As you know, AUWS takes pride in representing both specialty and primary care nurse practitioners, whose numbers now top 3500 in WA state. Through the work of the volunteer NPs who make up our legislative committee and Board of Directors, the bare-bones paid staff at NP Central, and our paid lobbyists, we have successfully advocated for ARNP practice for many years. Since 1997, AUWS has initiated legislation and lobbied the state legislature on multiple issues, and has achieved success in, for example, obtaining full prescriptive authority without a joint practice agreement

and securing Labor and Industries "attending provider" status. AUWS always strives to protect and expand ARNP scope of practice while improving and increasing access to quality health care for our patients.

How are we so successful? Membership dues directly support our lobbyist. The reality is that without a lobbyist, we are unable to effect change in Olympia. In addition, your voice and participation as members are essential to ensure accurate and robust representation.

At this time, although we have over 3500 ARNPs in the state, only about 10% are AUWS members. Why is this number so low? Imagine how much more successful we could be if we had a more inclusive membership! We encourage you to join for many reasons: Help us continue to cover lobbyist costs. Connect with other ARNPs and stay informed of current NP practice issues. Imagine an ARNP public relations marketing campaign, funded by AUWS. There is so much we can do! Above all, we encourage you to become a member because your participation is a sound investment in safeguarding and advancing ARNP care and our profession.

If you already belong to AUWS, we thank you for your continued membership. Think about encouraging your co-workers to join. Imagine how powerful our voice would be if all 3500 ARNPs in Washington State belonged to AUWS.

### Dream Big...Creating a new role for an ARNP

by Jeanne Boudrieau

"So do you see many kids in your practice?" my long time mentor, Judy Rocquin, asked, as we visited between sessions at the Ocean Shores (WA) BLS Science update in February of 2006. "I do", I replied. About 40% of my (rural) primary care practice is kids. "Why do you ask?", I queried. Well, I'm recruiting for the position of Pediatric Clinical Coordinator and Educator. Judy is the Education Director at Grays Harbor Community Hospital, a rural non-profit facility in Aberdeen. She had successfully written a grant to the E.K. and Lillian Fleet Bishop Foundation for funding to improve services to children and their families in Grays Harbor County. She went on to explain that the grant award funded recruitment of two additional Pediatricians, was to pay the salary of the educator for two years along with providing seed money to construct a small (3-4 bed) general pediatric unit at the hospital. So the search was on to find the right person to be the "pediatric point person".

Well, that was terrific news. I'm an FNP who has been living and working in our rural community for nearly two decades. I had been frustrated, at times, with the lack of services available to children and their families. Like many similar communities, I'd had to transfer children to the more urban areas of Olympia, Tacoma or

even Seattle for admission. I've sent premature babies to Tacoma or Seattle for their Synagis vaccine (RSV prophylaxis). Connecting families with services was often disruptive and costly. I was delighted to hear that services to children were to be improved in our own back yard. I was looking forward to seeing who would accept the challenge of the position.

The notion of accepting the challenge of transforming care for children in our county started to percolate in my mind. Was I the right person for the position? I had worked in the ER at GHCH years ago, referred to the Pediatricians, ordered diagnostics there and had found the facility welcoming and easy to work with. Having lived in the county for over a decade and understanding the clinic climate, I found a passion brewing to become the Pediatric Clinical Coordinator/Educator. I called Judy and the HR director with my initial inquiry and was given an application and an interview date. Oh by the way, this two year grant funded offer does not yet have a job description, bring your ideas! Hm... let me see, 2 years, no job description and a clean slate to grow services for children... do I have that right? Well, 3 interviews and 5 ½ hours later and with the blessing of my clinic (I replaced myself with a wonderful FNP who precepted with me her first and last semesters... didn't think I'd just leave my patients, now did you??) I accepted the position.

### 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

#### 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

#### ARNP – Yakima, WA

The Yakima Heart Center is a busy and growing single cardiovascular group practice with 14 physicians and 5 mid-level practitioners. We are located in sunny Central Washington close to mountains for hiking and skiing. Currently we are seeking applicants for an ARNP opening. Cardiology practice experience preferred. Rounding is 1 in 6 weekends. Excellent salary and benefits. Email your resume to: [jobs@yakimaheartcenter.com](mailto:jobs@yakimaheartcenter.com), mail to: Human Resources, Yakima Heart Center, 406 S. 30th Ave., Yakima, WA 98902, or fax to 509-248-2890. EOE

#### Planned Parenthood of Western WA Nurse Practitioners/RNs

You may be eligible for a sign on bonus!

Support the mission of PPWW by joining our talented & dedicated medical team.

Seeking **Clinician** candidates to provide comprehensive reproductive health & family planning services.

WA State NP/CNM/PA-C w/prescriptive authority, current certification & CPR card req.

FT **Marysville** (M-F); PT **Float** (N Region - Marysville/Monroe/Everett/Lynnwood/Kenmore);

PT **Float** (S. Region - Bremerton, Silverdale, Tacoma, Puyallup, Olympia); PT in **Kenmore** (Tu-F);

PT **Bremerton** (Tu & Th); PT **Tacoma & University Place** (Sa & Fri); PT **Everett** (Sa)

PT **Family Planning RN** (Olympia) (2 days/wk); PT **Recovery Rm RN - Bremerton** (Th);

PT **Recovery Rm RN – Tacoma** (Tu & one Friday a month)

WA State RN license & CPR card required.

Please submit cover ltr/resume to [jobs@ppww.org](mailto:jobs@ppww.org); fax: (206) 328-6818;

Mail: PPWW/HR, 2001 E. Madison, Seattle, WA 98122

[www.ppww.org](http://www.ppww.org) EOE

### CE Opportunities

#### Clinical Pharmacology Series 2008

March 1 - Neonatal Drug Therapy

March 5 - Pediatric Drug Therapy

May 7 – Women's Health Drug Therapy

May 21 - Adult/Geriatric Drug Therapy

June 8 - Neuropsychotropic Drug Therapy

Times: 8:00 a.m.-4:45 p.m.

Location: Shoreline Conference Center, Seattle

For a brochure or more information:

Sheila Keener - 206.543.1047 or our website: [uwcne.org](http://uwcne.org)

#### 11th Annual Geriatric Medicine Symposium What's Hot and What's Not: Sex and the Senior Citizen

Sponsored by Swedish Medical Center

This day long symposium will explore human sexuality across the continuum of aging. The keynote address will focus on creating communities for healthy aging so our elders can receive the needed amount of support and assistance without sacrificing privacy or dignity. A review of the normal physiology of aging and human sexuality will set the stage for presentations on current treatments for common illnesses in the genitourinary tract: urinary incontinence and erectile dysfunction. The medical, societal, and legal responses to sexual abuse in the elderly will round out the morning presentations. The afternoon will feature three workshops covering HIV in Baby-Boomers, private relationships in institutional settings and the importance of dental health in aging. The course will be held on February 29, 2008 from 7:30 a.m. to 4:15 p.m. in the Swedish Education Conference Center at Swedish Medical Center/Cherry Hill Campus. Register online and save \$10: [www.swedish.org/cme](http://www.swedish.org/cme).

Healthy Humor

Actual Excerpts from Student Exam Papers:

- Three kinds of blood vessels are arteries, vanes and caterpillars.
Blood flows down one leg and up the other.
When you haven't got enough iodine in your blood you get a glacier.
For fractures: to see if the limb is broken, wiggle it gently back and forth.
For a nosebleed: put the nose much lower than the body.
Before giving a blood transfusion, find out if the blood is affirmative or negative.

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

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