

Advanced Registered Nurse Practitioner Care

Vol. 19, No. 2

Official Newsletter of ARNPs United of Washington State

February 2008

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Legislative Halftime Report: Nurse Legislative Day a Success!

by Heather Bradford

Sharing the latest information regarding proposed legislation is always difficult, because bills move so fast (or not). Given that caveat, here is what I can share about life in Olympia thus far during this 60 day session, which began on January 14th. House Bill 2497/Senate Bill 6267, or the "72 hour" bill, has made significant strides in 3 short weeks. The Senate version has passed out of the Senate's Health and Long Term Care Committee and Rules Committee and is scheduled for a vote on the Senate Floor this week. The House version currently resides with the House Rules Committee. (If you are not familiar with this bill, read the June 2007 issue of CARE, and/or go to <http://apps.leg.wa.gov/billinfo/summary.aspx?bill=2497&year=2007> to learn more). We are cautiously optimistic that if the Senate version of the bill moves out of its chamber, it will glide through the House with ease and we will be celebrating another touchdown. Our thanks go to Louise Kaplan, ARNP, AUWS Legislative Committee member, who had done extensive research preparing for this bill and writing testimony, as well as Aaron Huston, ARNP, another AUWS Legislative Committee member, who testified on January 14th in both chambers on this bill. Yes – our bill was heard by both health care committees on the first day of session, thanks to the great work of our lobbyist Tamara Warnke, who had been knocking on doors about this issue since October. The other unprecedented success is that for the first time, WSMA did not testify against our bill. They did formally oppose the bill on the day of our testimonies, but they did not approach the microphone with reasons for why it should not pass.

Another success related to the 72 hour bill is the extensive lobbying done by ARNPs from across the state on Nurse Legislative Day, February 4th. Over 800 RNs, ARNPs, and students gathered to hear Governor Greig speak. Next, over 100 ARNPs and NP students then huddled for an ARNP breakout session which reviewed talking points about the bill, and readied themselves for meetings with legislators that afternoon. We met with over 200 legislators to discuss this bill and had a jolly good time doing it! If you were not able to attend, but would like to inform your legislators about this bill, do not hesitate to contact me at hbradford@comcast.net. I can make it really easy for you!

The Association of Advanced Practice Psychiatric Nurses has introduced legislation, HB 3018/SB 6734, which would permit a psychiatric nurse practitioner to admit a mentally disordered person to involuntary confinement.

A coalition called the Washington Coalition for Primary Care, which consists of over 30 health care and business organizations including AUWS, has introduced legislation (HB 2549/SB 6282) that would address the shortage of primary care providers in WA State. Thank you Jeanne Boudrieau, ARNP, AUWS Board of Directors member, for testifying on behalf of nurse practitioners and AUWS. The focus of this bill, which has a \$2 million dollar price tag, is to establish "medical home" pilot projects in small primary care practices, with start-up funding and technical assistance provided to those sites. Funding would also be available for setting up health information technology at these sites and for recruiting new primary care providers, including ARNPs.

3. Some of you may be following the "Refer and Refuse" conflict in which a few pharmacists have argued they have the right to refuse to fill prescriptions with which they morally disagree. You can read more about the history of this topic in the July 2007 Care issue. In response to last year's district court ruling in favor of these "R&R" pharmacists, a bill (SB 6189) was floated to require pharmacists to do their duty and fill all prescriptions regardless of moral, ethical or religious objections. It did not make it far in the legislation process. However, there are three local groups (Planned Parenthood, ACLU, and the Northwest Women's Law Center) challenging the court's ruling, thus delaying its implementation. AUWS has decided not to sign up "in amicus" as an organization at this time (we did not want to jeopardize the success of our 72 hour bill). If you are interested in joining other individual ARNPs by signing an amicus brief, the deadline for filing has been extended to March 15th. Please contact Roslyn Solomon,

Director of Legal Programs at Uplift International at (206) 985-9888 or www.upliftinternational.org.

4. Unrelated to the legislative process happening in Olympia, the WA State ARNP rules are being revised by the Nursing Care Quality Assurance Commission. The Commission concluded the first and second rounds of ARNP rules workshops and is currently receiving input from all workgroups. The purpose of the first set of ARNP rules workshops (held last summer) was to begin discussion around the state regarding the ARNP rules, and to identify issues of concern in the current rules that were unclear, incorrect or created barriers to advanced practice. The second round of ARNP rules workshops (held in December and January) was to review a draft rule document and obtain input from participants regarding the proposed rules. AUWS, in coordination with the Advanced Practice Coalition of Washington (led by Louise Kaplan, ARNP) submitted comments and proposed revisions to the draft ARNP rules. A final rules hearing will be held in the Spring. Stay tuned for more information.

As you can see, we have been working hard to maintain and expand our scope of practice so we can continue to care for our patients and their families. If you have any questions or comments, please do not hesitate to contact me at hbradford@comcast.net

Reducing Prescription Costs for Patients

by Robyn Choffel

The cost of prescription drugs for most patients is a concern whether the patient has insurance coverage or not. I find that many patients may not be able to afford medications that are prescribed and are not inclined to let their health care provider know for a multitude of reasons. I find that if I treat all patients the same and try to cut costs across the board my patients are more compliant with medication regimens and it tends to save administrative time that results from pharmacy and patient phone calls.

There are many ways to reduce prescriptive costs for our patients without too much time and effort. I have found the \$4.00 Sams List at Wal-Mart cost effective for patients and often refer to it when prescribing medications in general. I always inform my patients of the cost of medications on this list as it may negate the need for use of insurance.

In my urgent care office I often see patients that need antibiotics. Amoxicillin 500mg tablets # 30 are \$4.00. If a higher dose of amoxicillin is needed i.e. 1,000 mg bid, the increase in cost is nominal. For most individuals with an upper or lower respiratory bacterial infection, this is a reasonable and effective antibiotic to use. Other inexpensive antibiotics that are indicated for many skin

infections as a result of Staph will respond to very inexpensive Bactrim DS, 2 tablets po bid or doxycycline 100mg, one tablet po bid. Both medications are on the Walmart \$4.00 list. I have found Augmentin 500mg tablets #30 or clarithromycin 500mg # 20 around \$35.00 at Costco as opposed to many other pharmacies where the cost is about \$100.00. A patient does not need to be a Costco member to fill a prescription at a Costco Pharmacy.

Other ways to reduce cost for our patients is to have a patient take more tablets at a lower strength for significant savings. Erythromycin written as 250mg capsules, two po tid is quite inexpensive and a little more than \$4.00. I have had patients on simvastatin 60mg daily save over \$100.00 in cost by prescribing three 20mg tablets daily. 20 mg tablets for a quantity of 30 is again available at Wal-Mart for \$4.00, hence the patient pays \$12.00 instead of \$120.00. I have found Rite Aid Pharmacy to match Wal-Mart's \$4.00 price if a patient mentions this agreement prior to filling the prescription. Many providers already write for a higher dose of medications and have the patient take one half of the dose daily instead of one lower dose tablet daily.

In conclusion whether the patient has little difficulty or great difficulty paying for prescriptions, I always find a grateful patient when money is saved. Utilizing the above principles still allows appropriate treatment for patients and does a small but useful part of reducing the cost of health care.

An Effort to Market Nurse Practitioners

by Jennifer Mercado

Over the last 50 years *awareness* of nurse practitioners (NPs) has improved. However, the role of NPs including their education, values, scope of practice, and distinguishing characteristics are not well understood or well studied. The reality is that people have a preconceived understanding and definition of nursing that does not adequately account for the diversity of roles in the profession today.

As the advanced practice nursing role continues to expand and barriers to care are removed, a clear definition and understanding of the scope of practice and the value of NPs is warranted. Improving understanding of the role and distinguishing characteristics of nurse practitioners relies on successful marketing. Marketing NPs has the potential to decrease role confusion, support the movement toward sustainable independent NP practice, maximize the potential for the NP profession, and carve out a recognizable unified NP identity.

For today's NPs this means identifying which consumers should be targeted for marketing given the current knowledge and use of NPs in the healthcare environment, embracing and learning to articulate their com-

petitive strengths and contributions to the care of patients, and determining how to best promote these strengths and contributions to a wider physician-focused audience. Currently, NPs are quick to market the same mantra of medical and clinical competence and health promotion and disease prevention, but in order to reach consumers, NPs must articulate how they are different in terms that are tangible to consumers. A collective, ongoing effort to increase the visibility of NPs is needed, but the funding required to maintain contracts with marketing firms is enormous. The challenge today is to connect our efforts and create a marketing plan on a local level with minimal funding.

As a graduate student and future FNP, my hope is to do my part in increasing the visibility of NPs and your significant contributions to the care of our nation's people by working on a master's scholarly project to clarify the role of the nurse practitioner, highlight the value of NP care, and to develop a high impact, low budget marketing plan for NPs in Western Washington. A specific marketing plan is being developed in collaboration with the Seattle University Marketing Club and an advisory board of marketing and NP faculty. We hope to put together a marketing plan in the coming months to present locally with the assistance and support of local NP organizations. Many thanks to those who have already offered time, expertise, and encouragement. For questions, comments, or to offer support, please feel free to contact me at mercadoj@seattleu.edu.

Jennifer Mercado is currently an FNP student at Seattle University.

Classified Ads

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

Full and Part-time FNP - 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

Experienced ARNP Needed

Must be able to work independently and be available for Saturday and Sunday clinic. Competitive wage and terrific work environment. For more information contact Gail Mumma @ 206-850-3469 or send CV to gumma@HighlineMedical.org.

ARNP for Wound Care Clinic - Burien, WA

This opportunity is part-time, three days per week. Competitive wage and terrific work environment. For more information contact Gail Mumma @ 206-850-3469 or send CV to gumma@HighlineMedical.org.

Adult Psychiatric ARNP – Burien, WA

Seeking adult Psychiatric ARNP with an interest in geriatrics to join a collaborative practice. This opportunity is for both inpatient and outpatient practice. Competitive salary and benefits. Located 20 minutes from downtown Seattle. Send CV to Gail Mumma @ 206-850-3469, send CV gumma@HighlineMedical.org.

Neurosurgery Practice Seeks Experienced ARNP

This opportunity involves travel to two separate practice locations in South King County. We offer a base guarantee plus incentive and good benefit package. For more information please email CV to gumma@HighlineMedical.org or fax CV to 206-242-4625.

Olympia Office Available

Spacious office and waiting area in convenient historic south capital area for psychiatry/psychology mental health, hypnotherapy or massage practitioner. Contact: Maribeth 360-357-9200 or mef@scattercreek.com.

Psychiatric ARNP Needed

Seeking a PT experienced ARNP to provide psychiatric care and medication management to a diverse Community Mental Health Center population, including adults, families and children. Successful applicant will be skilled in psychiatric diagnostic assessment and current psychiatric treatments. MA in nursing, certification as ARNP, and 2 yrs exp in community mental health setting req'd. For information, visit www.cpcwa.org, or email at hr@cpcwa.org.

Experienced ARNP for Wound Care Clinic in Burien.

This opportunity is part-time, three days per week. Competitive wage and terrific work environment. For more information contact Gail Mumma @ 206-850-3469 or send CV to gumma@HighlineMedical.org.

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

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.

**Fifteenth Annual AAPPN Spring Conference
April 25 and 26, 2008 Hilton Conference Center SeaTac**

Monitoring Medical Co-Morbidities: Primary Care Update for the Psychiatric ARNP

Keynote Speaker: Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP on Now What? Where you and your APN profession are going? Followed by: Diabetes, Dyslipidemia and Hypertension: Assessing and treating the "deadly trio" in the presence of mental health challenges Part I and Part II. Asthma and COPD: Commonly Used Herbal Remedies, Vitamin and Mineral Therapies: Issues of efficacy and safety.

Mary D. Moller, DNP, ARNP, BC, CPRP: The Role of Thyroid Hormones in the Management of Mood Disorders

Susan Caverly, PhD, ARNP : Live Literacy for Psychiatric Practice
Sharon K. Jung, ARNP, CNRN: Traumatic Head Injury

Register before April 1 to save on registration fees. Contact: Connie Huffine conhfox@comcast.net or www.aappn.org

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. Posi

tion 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@auws.org Web site: www.auws.org

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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/arnpcare

Editors:

Robert T. Smithing, MSN, ARNP
Madeline D. Wiley, MSN, ARNP

ARNPs United Contributing Editors:

Heather Bradford, CNM, ARNP (VP & Legislative Chair)
Ann Darlington, CNM, ARNP (President)

Production Staff:

Sarah Abid, Tracy Kiele

Publisher:

NP Central

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Subscriptions are \$25 per year, tax included. Ad rate sheet available on request.



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