

# Advanced Registered Nurse Practitioner Care

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## Why Join the Nurse Practitioner Directory?

By Robyn Choffel

In a world, career and life, where the information age has truly arrived and our tremendous efforts as Health Care Providers may go unnoticed, it could only be deemed advantageous that we find a way to link together as professionals for acknowledgement, assistance or information sharing. Collectively we have survived trials and tribulations making us a wealth of information and experience for each other and our communities. We are all in this together, sign up today at [www.auws.org](http://www.auws.org) and click on NP Directory.

*Robyn Choffel is a member of ARNPs United Board of Directors.*

## Spotlight on a BOD Member Catherine Luria

You may meet me on the bike trail, English Country dancing in Seattle, playing flute in the Gig Harbor orchestra or singing. These are some of the ways I take my own advice to have a varied and exciting life. However, one of the main joys of my life as an ARNP in family practice is helping my patients lead a more active, balanced and healthy lifestyle, no matter what challenges they are dealing with concerning their health.

My husband and I moved to Washington State in 1976, after the new nurse practitioner act had been passed allowing prescriptive authority but before the rules and regulations had been written. I had the exciting opportunity to be very active in helping prescriptive authority become reality. This also enabled me to meet many other nurse practitioners, especially from Seattle, and to feel part of Washington's wonderful community of NPs. I am proud to have been issued the first license to prescribe legend drugs in Washington.

When we first moved to Washington from above the Arctic circle in Alaska, we opened a new satellite clinic in Port Orchard for a Tacoma based HMO. My husband is a family practice physician, and we had worked together during our two years in the US Public Health Service (1974-76) so we were a good team for this project. In Gallup, NM I was the nurse practitioner instructor for the physician assistant program, chosen because half the Native Americans in this primary care PA program were LPNs or RNs. The program wanted to incorporate concepts from nursing into the program, particularly for the group of students whose background was from lab or x-ray technology. I taught physical assessment and normal and pathophysiology in tandem, shar-

ing the load with 3 MDs. We desensitized our students to test taking fright by giving short tests every Friday using all the styles of questions found on national boards exams. (All the students passed their national boards!)

In Kotzebue, AK (42 miles above the Arctic Circle) the medical staff was three MDs and one NP – me. In that setting I was doing inpatient care as well as outpatient care and delivered 15-20 babies. One exciting memory is delivering a baby the night the lights were out in the labor & delivery suite. Fortunately I had a real sharp RN working with me, and we were working by a battery operated spotlight, so that little baby slid out into a hushed and dimly lit room – a perfect birth for me to always remember. In Kotzebue I learned everything from doing spinal taps and hand dipping my own x-rays to ice fishing, doing daily medical call by short wave radio to ten remote villages, and to really appreciating the return of the sun after our 23 days of darkness. I really enjoyed my years in the USPHS.

My educational background includes a BS in chemistry and a MS in nursing from NY Medical College's Graduate School of Nursing in 1968. This was the only program of its type in the US in 1966 that required all students to have a BS or a BA in a field other than nursing as a prerequisite. All the nursing was concentrated in two years and one summer. In retrospect this program was preparing us for an expanded role in nursing.

Public health in Rochester, NY was my first area of employment in a very run-down inner city district. I was chosen in 1969 to move to a new inner city neighborhood health center to help define a NP role for PHNs at this developing clinic. What an exciting time! We created an intensive in-service program for ourselves. Barbara Bates, MD taught us physical diagnosis using the mimeographed version 1 of her future textbook. I had previously been trained as a psychiatric liaison nurse through the community mental health center serving our clinic, and then as part of our program we all studied family therapy at the CMHC. The role of the PHN (NP) was to be the generalist on the team who integrated family practice, (including obstetrics), and mental health for the patient, thus starting my long-term interest in combining family and psychiatric modalities. Subsequently I taught pediatric nursing in the outpatient department at the College of Nursing, University of Kentucky, which gave me a nice opportunity

to solidify my grasp of pediatrics by teaching another generation of nurses.

Why I'm a member? I care that NPs practice in an environment where we can utilize our skills and knowledge to the fullest, and where we can continue to develop innovative roles for NPs to help meet the many unmet health needs of the country. Likewise, I care that we be recognized as a legitimate voice on health care matters by legislators and the public, and that we receive adequate compensation for our work. I hope AUWS can help unite the NPs across Washington and be able to speak with a strong voice, especially in the legislature and as the public voice of NPs.

### Please Help Your Texas NP Counterparts

By Jean Gisler

I am a family nurse practitioner in Victoria, Texas and am sending this brief survey on behalf of the Texas Coalition for Nurses in Advanced Practice (CNAP). Laws regarding advanced practice nursing (APN) prescriptive authority are very restrictive in Texas, and we are initiating efforts to attain independent practice. Physicians have expressed concern that if APNs have independent prescriptive authority, APNs will become owners of practices and will directly compete with physicians. In addition, we need your perspective on the advantages of independent practice for APNs.

Therefore, CNAP is gathering information from "independent" states, such as yours, regarding independent prescriptive authority. We would appreciate your responses to the following questions.

- In what state do you practice?
- Has independent prescriptive authority helped your ability to practice? How?
- Has independent prescriptive authority improved access to health care in your state? If so, are any statistics available to support this?
- How many (total number or percentage) APNs own their own practices (APN is not employed by a physician or a facility)?

Please email your responses to:  
jean.gisler@crossroadsfp.com

*Jean Gisler is from the Texas Coalition for Nurses in Advanced Practice.*

### DOH Takes Steps to Speed Licensing and Cut Backlog

The Department of Health launched a new computer licensing system in February. As many of you know, there was a rise in the backlog during that startup. This has caused serious delays in processing licenses and renewals.

There is good news, during the past several weeks, the backlog has dropped from 18 days to about 10 days.

The Department expects processing to continue to speed up. Many factors have contributed to the improvement. Some of the most important are:

- Staff is learning the system.
- Additional hardware, memory and Internet capacity has improved system performance.
- Staff resources have been added.

The Department has also focused attention on the most urgent license renewals. This will help to avoid having licenses expire when the department has already received a renewal with the correct information and fee.

Those seeking renewals can help speed the process. Our automatic renewal system is working smoothly. If a customer submits the correct fee, provides required information and has no changes to a license, the Department can process the renewal in a day or two.

By contrast, manual renewals are currently taking about two weeks to process. Manual renewals have to be done when a customer wants to make changes, such as in an address, forgets to submit continuing education information or submits the incorrect fee. The Department hopes to see the two-week lag time reduced to less than a week very soon.

The Department is encouraging customers to submit address changes separately. This allows them to get a faster renewal. Customers can send changes in names or address to either their email box or fax machine. The email address is [hpqa.csc@doh.wa.gov](mailto:hpqa.csc@doh.wa.gov) and the fax number is 360.236.4818.

The Department is working hard to get their new system running smoothly.

### Articles Wanted

ARNP Care would welcome reader submissions for articles. Articles can be on any topic relevant to ARNPs and should be 800 words or less in length. Submissions should be sent as a MS Word .doc file or as a text file. Send your articles or queries to [care@nurse.net](mailto:care@nurse.net).

### Spotlight on a Member

Barbara C. Phillips, ARNP, specializes in primary care and is the only independently practicing nurse practitioner in Aberdeen, WA. Her clients are adults and teens, and much of her work currently is in women's health as well as diabetes care.

After working as an RN in ICU/CCU, Ms Phillips became a Geriatric NP in 1988 and a Family NP in 1998. She found that the FNP gave her maximum flexibility

over the years as she moved from working in community clinics, to tribal clinics, and now in her private practice. A “most cherished position” was as the Nursing Director of an inpatient hospice for those with AIDS in the early 1990’s.

She has been in private practice since 2006. Independence for NPs is a major passion for Barbara, and serves as a venue for her contributions to both clients and to our NP profession. In her words, “Since opening my own practice, I’ve published a few articles on this in print (AdvancedNP) and online. That led to a blog about NPs being in business to handle the many questions I was getting ([www.NPBusiness.org](http://www.NPBusiness.org)). Since then, we started doing interviews with other NPs in Business from around the country ([www.NPInterviews.com](http://www.NPInterviews.com)). Both of these have led to a new site that was just launched (and still evolving) that offers NPs tools, resources, networking, brainstorming calls and mastermind groups: [www.NPBusinessOwner.com](http://www.NPBusinessOwner.com).”

When asked what she most cares about regarding NPs, Ms Phillips answered, “I really promote NPs being in business for themselves – be it clinical practice or not. It’s certainly not for everyone, but I feel it gives us more options. In Washington we are fortunate to be independent... I look forward to the day when that is true across the country.”

Her hope for ARNPs’ future? “Continued growth – personally and professionally – we have so much to offer. I’d like each of us to grow to his or her potential.”

*If you would like to recommend a person of interest for “Spotlight on a Member” in an upcoming issue please contact Therese Vafaezadeh at [tvafae@hotmail.com](mailto:tvafae@hotmail.com)*

### 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](mailto: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](mailto:blazenewtrails@multicare.org).

Please reference opportunity #643-798-800

#### Tacoma, WA – ARNP – Adult Medicine

Internal Medicine group seeks a full-time Adult Nurse Practitioner to work in a collaborative practice providing comprehensive primary healthcare in all aspects of internal medicine. Position offers a great opportunity for the NP to provide care in nursing homes and assisted living facilities if desired. Candidates must be eligible for licensure & certification in Washington State. Excellent compensation, benefits, and group stability 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 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 #680-840

#### Family Nurse Practitioner Wanted Taholah, WA

Tired of the hustle and bustle of the city? Come join our team of health professionals and walk to the ocean on your lunch break. The Roger Saux Health Center located on the coast of Washington seeks a Family Nurse Practitioner to work in our ambulatory health center located on the Quinault Indian Reservation in Taholah, WA. With a beautiful newly constructed 30,000 sq ft facility we offer a wide variety of services to our patients. Some of those services include: medical, nursing, full service laboratory, pharmacy with 2 pharmacists, digital XRAY machine, dental, mental health, diabetic program, chemical dependency, social services and community/public health services. Please email your resume to Denise Walker at [dwalker@quinault.org](mailto:dwalker@quinault.org) if interested. Position includes a full benefit package including paid medical insurance with a 40 hour work week and an hour lunch.

### CE Opportunities

#### UW professional programs to take your career and healthcare to the next level!

The University of Washington offers convenient evening certificate and degree programs that address critical topics facing the healthcare community. Programs include Medical Management, Healthcare Regulatory Compliance, Health Informatics and Health Information Management, Psychological Trauma, Geriatric Mental Health, Gerontology (online) and more. Apply now to start this fall! Visit [www.extension.washington.edu](http://www.extension.washington.edu) or call 1-888-469-6499

#### Free Continuing Education Credits

[www.nphealthcarefoundation.org/ce](http://www.nphealthcarefoundation.org/ce)

- OTC Advisor: Advancing Patient Self-Care - 7 Modules, 17 Contact Hours total
- Managing Type 2 Diabetes and Promoting Metabolic & Cardiovascular Health - 1.5 Contact Hours
- Breast Cancer Prevention - 1.5 Contact Hours
- Adult Smoking Cessation - 2.0 Contact Hours, including 1 Pharmacology
- The Pain Management Dilemma: From Persistent Pain to Palliative Care - 1.5 Contact Hours in Pharmacology
- Protecting the International Traveler - 4.25 Contact Hours
- Travel Vaccines and Medications - 1.5 Contact Hours Pharmacology

#### Practicing Clinicians Exchange (PCE)

Up to 13.5 FREE CME/CE Credits

June 21, 2008. Doubletree Hotel Seattle Airport

PCE is a national CME/CE program designed to meet the specific educational needs of nurse practitioners (NPs) and physician assistants (PAs). New topics in primary care include HPV vaccine, herpes zoster, dyslipidemia, type 2 diabetes, restless legs syndrome, and more. Earn up to 13.5 complimentary CME/CE credits by participating in a 1-day live symposium and completing the home study activity. Breakfast, lunch, and parking will also be provided FREE OF CHARGE. Visit our Web site at www.practicingclinicians.com to register for an interactive symposium near you. Reserve your seat today as space is limited.

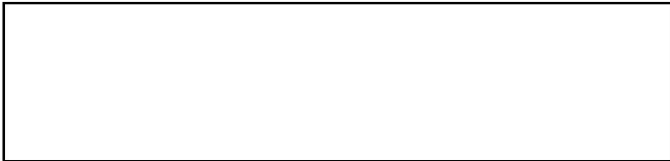
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**Ad Information**

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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