

Advanced Registered Nurse Practitioner Care

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ARNP Renewal Notice Delay

Some renewal notices for credentials that expire in August may arrive later than in past years. Typically, renewal cards are sent about 60 days before a license is set to expire. This temporary delay is due to changes in fees and the new legislative process for approving them.

For the next month, renewal cards may only be sent 30 days in advance. Returning your payment promptly and making sure to include your renewal card is very important.

The Value of Interpreting Family History

By Deborah Smith

Family history has the potential to be used simultaneously as a risk predictor and as a prevention strategy (Valdez, Greenlund, Khoury, & Yoon, 2007). Optimizing and really using family history can personalize risk stratification and strategies to counter those risks, which in turn, guides rationale-based decisions and tailors an individualized plan of care.

Family history is relatively accurate: 79% sensitive and 91% specific (Williams, Hunt, & Heiss, 2001). Family histories returned by siblings, parents, and spouses summarized coronary heart disease sensitivity at 87%, 85%, and 81% respectively. Specificities for all chronic diseases reported were greater than 90% (Bensen, Lise, & Rushing, 1999).

The lay public views family history as influencing appearance and behavior. Three questions characterize the public's response to genetic vulnerability: "Does this disease run in my family?" "How does this affect my likelihood of developing it?" and "Can I alter my risk by changing my diet or behavior or by taking medication?" (Walter, Emery, Braithwaite, & Marteau, 2004)

Few studies have examined how those at genomic risk for chronic diseases view their risk. Offspring of diabetics were aware that they had an increased risk of acquiring diabetes, but they underestimated their risks and knew few preventive strategies (Harrison et al., 2003). A different overview of risk perception was seen when nurses interpreted and individualized risks conferred by family history and suggested strategies to counter risks. In Salt Lake City high school students were involved in a study of their family history. High risk families received interventions from public health nurses. These high risk families demonstrated an increase in healthy behaviors in a ten year follow-up. The

majority of the families appreciated being informed of their risk status and indicated that they had been motivated to make positive changes in their health behaviors as a result of the information shared by the public health nurses (Johnson et al., 2005).

Deb Smith is an FNP practicing in Spokane WA who just received her clinical doctorate.

Holistic Care for Patients with ADHD

By Ted Ritter

I have been asked to write about my practice, which I believe is fairly unique in that we try to be a "one stop shop" for our patients. I am Board Certified as both a Family and Adult Psychiatric Mental Health Nurse Practitioner. I specialize in the treatment of patients with ADHD of all ages, as well as the most common of the comorbid conditions including: Bipolar Disorder, Anxiety Disorder, PTSD, Major Depressive Disorder, Social Anxiety and whatever else comes up.

I provide as complete a diagnosis as I am able, often utilizing technologies that are now being used more commonly throughout the country and around the world. We will discuss these later. I provide medications as needed as well as doing psychotherapy/coaching.

I try to always remember that these are people with their own unique strengths and foibles. I try to remember my old nursing training of looking at the biopsychosocial aspects of everyone and not getting hung up on a "disease" model. I try to remember that for all practical purposes ADHD does not skip generations. If you are seeing an ADHD child you will find an ADHD relative, usually a parent. I will never treat an ADHD adult in a relationship without their partner being involved.

I use technology developed at Harvard by Dr. Martin Teicher and his colleagues to help me make as objective a diagnosis as possible. The first of these is called M-MAT. This stands for MacLean Motion and Attention Test. We are very fortunate to be among twenty centers in the country utilizing the latest editions of this test. It is a computerized test lasting 15 minutes for children up to the age of 12 and 20 minutes for adolescents up to the 18th birthday. We will soon be able to test adults as well. This test provides us with a wealth of information such as: degree of movement/hyperactivity as well as the pattern of the movement; omission and commission errors of responding to a given target; the amount of time in 30 sec blocks that the testee is paying Attention, is Impulsive, is Distracted and is Random. We get in-

formation about how quickly and how variably they can respond to a given signal as well as how often they shift between A I D and R. This is very important information to have and takes the "guess work" out of the equations. It is very helpful as a part of the diagnostic process and is even more helpful in determining if treatment is working as we can retest them on medications.

The second technology I use is called an actigraph. It is used for 5 days and nights in order to get a comprehensive assessment. This is an accelerometer that has been used in sleep medicine for a long time. In a psychiatric setting it gives me very valuable information on physiological parameters of psychological/psychiatric conditions. These are activity levels and patterns measured across days; the amount and quality of sleep, including how long it takes to fall asleep. Thirdly and perhaps most importantly it gives me information about circadian rhythmicity. This is critical information in determining if there is an underlying mood disorder. I use this test predominantly if I have concerns about bipolar disorder. Dr. Teicher in his research has clearly defined certain patterns associated with ADHD, unipolar depression, bipolar depression and mania, anxiety disorder and PTSD. With this information, coupled with a good history, including family history, I am able to make diagnoses with a high degree of confidence.

The third technology I use occasionally is SPECT scans. These are functional MRIs that give us information about brain function and there is a significant pool of data from researchers around the world. For instance there are very clear footprints for ADHD, Bipolar disorder, OCD, depression, toxicity from drug use and damage from silent brain injury. The literature does not support the use of these as diagnostic tools but again, coupled with clinical data they are extremely helpful and I personally believe they are diagnostic as I have never seen them be inaccurate.

Once the diagnoses are made we individually tailor a treatment package for the patient. This includes medications. I believe in optimizing medication treatment, not finding the least effective dose. This makes absolutely no sense in the field of psychiatry. I want my patients covered by adequate levels of medication from the time they get out of bed until after bedtime. This almost always ensures a good night's sleep IF there is no underlying mood disorder with an accompanying circadian dysregulation. The most common reasons people with ADHD have difficulty sleeping is that they are unable to shut down their brain enough to rest. As counterintuitive as it sounds, remember a stimulant in the ADHD brain only stimulates the inhibitory center and not the arousal center.

Once the decision to treat with medication is made then the decision about how to properly sequence that treat-

ment is made. For instance a mood disorder should be treated before treating ADHD. There are several reasons for this but there is not enough space currently to address them adequately.

For a student we then have to look at getting them either an Individualized Educational Plan or at minimum a 504 plan. These programs aid in making sure the student is properly evaluated for any learning or processing difficulties and designing a program to help them learn. This holds true at the college level as well.

The last step in the process is to begin counseling. I have identified over time three major issues faced by virtually all of my patients. The first is a feeling of being broken and holding themselves accountable for things they should not. The second one and perhaps the most important is not a fear of failure but rather a morbid fear of success. The third is learning how to stop the self-sabotage that keeps them failing. These are very complex issues and take a lot of time to explore and help them with.

The patients who follow through with the whole package do very well and lead happy and gifted lives. The ones who do not follow through do not get better and in some ways get worse.

As I hope you can see, treating these very gifted people is a constant challenge and takes a lot of time, knowledge and dedication. Please do not shy away from them but intercede for them and get them the help they need. If you have neither the comfort level or the time please refer them to a mental health specialist. Treating these individuals is nursing at its very best.

Ted Ritter is an FNP/PMHNP who practices at Northwest ADHD & Behavioral Medicine. www.nwabm.com.

ARNP and Nursing License Fee Changes

State law requires that the costs to license and discipline health professionals be paid through fees. As a result, fee increases will go into effect in August and will vary by profession. The proposed increases are mainly driven by higher discipline costs and additional legislative requirements. Increased fees will also be used to pay for online access to health-related journals and other publications through the University of Washington. The legislature added this on-line service in 2007.

To learn more about fee increases go to:
<http://www.doh.wa.gov/hsqa/FeeInformation/FeeInfoDefault.htm>

To access health-related journals and other publications go to: <http://www.washington.edu/> under Academics and Research choose Libraries then under Resources choose Electronic Journals where they are all listed alphabetically.

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

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. Please reference opportunity #680-840

Nurse Practitioners Wanted

Support the mission of Planned Parenthood of Western Washington (PPWW) by joining our talented & dedicated medical team. You may be eligible for a sign on bonus!

Seeking Clinician candidates to provide comprehensive reproductive health & family planning services. WA State NP/CNM/PA-C w/prescriptive authority, current certification & CPR card required.

PT Float (S Puget Sound area)
 PT Float (N Puget Sound area)
 PT Bremerton (Th & every other W)
 PT Tacoma (M, F, Sa)
 PT University Place (Tu, W, F)
 PT Everett (2)
 PT Roosevelt (Tu, W, F)
 PT Family Planning RN (Shelton)

Please submit cover ltr/resume to jobs@ppww.org; fax: 206.328.6818; or Mail: PPWW/HR, 2001 E. Madison, Seattle, WA 98122
 www.ppww.org EOE

Full-time NP – Sleep Medicine

The Overlake Sleep Disorders Center at Overlake Internal Medicine is looking for a full-time Nurse Practitioner to assist in the follow-up

care of our patients in support of two busy Sleep Medicine Specialists. Prior clinical experience working with and/or treating patients with sleep disorders is desirable. Two years experience as an acting Nurse Practitioner preferred. We operate a beautiful 8-bed lab and provide DME on-site. Please direct resumes to Overlake Internal Medicine Associates, Attention Human Resources, 1407 116th Ave NE, Suite 200, Bellevue, WA, 98004, or via email to HR@oima.org or by fax to 425.450.6153.

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 sqft 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 if interested. Position includes a full benefit package including paid medical insurance with a 40 hour work week and an hour lunch.

Nurse Practitioner - Washington

Cardiology practice looking for an full-time ARNP. Must have recent Cardiology or Internal Medicine experience, work well independently, have excellent assessment, diagnostic and communication skills. Competitive salary and benefits. Fax: 509-462-3142 or E-mail:hr@inlandcardiology.com.

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 or call 1-888-469-6499.

Free online Continuing Nursing Education from the Nurse Practitioner Healthcare Foundation

Visit 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

Pacific NW 31st Annual Conference for Advanced Practice in Primary and Acute Care

October 1-4, 2008 • 6.0-21.5 contact hours • Washington State Convention & Trade Center, Seattle, WA Enhance your clinical competencies • Acquire new assessment and management skills • Examine critical issues in health care at the state and national level • Foster a strong coalition of providers in advanced practice • Learn about new products, services, and pharmacotherapeutic agents at this highly-acclaimed conference.

For information call CNE, 206-543-1047 email:

cne@u.washington.edu Web: uwcne.org. The URL for the Advanced Practice in Primary and Acute Care brochure: <http://www.son.washington.edu/cne/conf/PDFs/08130-A-C.pdf>

Meetings

Puget Sound NP Association

Join us! Puget Sound Nurse Practitioners Association is a non-profit organization supporting ARNPs in Puget Sound since 1998. We meet every other month and offer a social hour/networking and a CME talk. Annual dues are \$35/\$17.50 for students. Apply for membership and find meeting information at <http://PSNPA.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. 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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