

Advanced Registered Nurse Practitioner Care

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NPHF Research Award

The Nurse Practitioner Healthcare Foundation (NPHF) and ARNPs United are proud to announce the NPHF/ARNPs United Primary Care Outcomes Research Award available now on the NPHF website: www.nphealthcarefoundation.org. This award is for a study of patient-related outcomes or effectiveness of nurse practitioner/nurse midwife provided primary care. The recipient must be a Washington State nurse practitioner or nurse midwifery graduate student or practicing nurse practitioner or nurse midwife. The award recipient will receive an initial award of \$1,000. Upon completion of the project, an additional \$500 will be awarded for dissemination of the study findings. The project must be completed within 2 years of the date of the award.

AUWS Board of Directors Ballot

Later this month at the Pacific NW 32nd Annual Conference for Advanced Practice in Primary and Acute Care, ARNPs United of Washington State will hold an election for new members of the board of directors. Four BOD positions are open and 3 previous board members are running again. They are Robyn Choffel, Kristi Farrell and Deb Smith. Every AUWS member is eligible to run for a BOD position. The bylaws call for 5 to 9 members on the BOD, with 4 of them serving as Board officers — President, Vice-President, Treasurer, and Secretary. The Chair of the Legislative Committee is automatically on the BOD as well (Legislative Committee members meet separately.) Board officers will be determined by the BOD after the election. The term of service is 2 years. The time involved is approximately 5-10 hours per month, as we have monthly to quarterly board meetings (which can be attended via conference call) and subcommittee work based on your area of interest. Our subcommittees include the ARNP Care newsletter, the website, membership, and public relations.

Vaccine Thimerosal Limits Suspended

Secretary of Health Mary Selecky has temporarily suspended Washington's limit on the amount of mercury (thimerosal) in H1N1 (swine flu) vaccine allowed for pregnant women and children younger than three years old. The six-month suspension is effective September 23, 2009 through March 23, 2010 and applies only to H1N1 vaccines. It does not apply to seasonal flu vaccine.

As a precaution, Washington state law limits the amount of mercury that can be in vaccines for pregnant women and children under three. The secretary of

health can suspend the law when there is a shortage of vaccine or during a disease outbreak – both criteria apply to the H1N1 vaccine. Some H1N1 vaccine will be mercury-free, but it may not be available at all times and there may be limited amounts. This could stop children younger than three and pregnant women who want the vaccine from getting it. H1N1 vaccination will be voluntary. Pregnant women and children under three are two of the priority groups to get H1N1 vaccine first because they are at high risk for serious complications if they're infected with H1N1 (swine flu) virus.

Notification requirements: It is important to note that when the mercury limits are suspended, the law requires that certain groups be told they are getting a vaccine containing more mercury than is usually permitted. This notification requirement applies to pregnant or lactating women and parents or guardians of children under the age of 18 getting the vaccine. There is no single notification method required; the Department of Health has developed a sample notification form to help you with this. There is also a chart that you can use providing guidance on screening patients to determine who needs to be notified. The notification form and other information on the temporary suspension of the mercury limits for H1N1 vaccine are available online at <http://www.doh.wa.gov/cfh/immunize/providers/h1n1-thimerosal.htm>.

Are You Considering DNP Studies

By Deborah W Smith, DNP, ARNP

The Facts:

- ☐ After 2015 the Doctor of Nursing Practice (DNP) will be required for entry into practice
- ☐ Focus is on next generation of nurse practitioners
- ☐ In the case of currently licensed ARNPs, and those licensed before 2015, it is a deeply personal decision

Why a DNP?

Individuals with practice doctorates are among the most highly educated and qualified practitioners in their fields. Instead of focusing primarily on research and teaching, that is to say, a Ph.D. degree, those with practice doctorates use their education and expertise on the front lines of their profession, in practice.

Where might you find DNP courses of study?

- ☐ There are just over 200 nursing schools currently offering or planning to add DNP programs to their degree offerings. The American Association of Colleges of Nursing (AACN) estimates that nationally,

approximately 1,874 students are currently enrolled in DNP programs, up from 862 in 2006.

- All programs are designed to fulfill the requirements of AACN Essentials of DNP Education, yet they each offer different emphasis and courses of study.

If you are considering pursuing a DNP course of study, look for a “good fit.”

Consider the following:

- Your personal educational and professional goals, short and long term, and how the DNP will help you reach these goals.
- Choice of a newly developed program versus one which has been established
- The culture of the program
- Emphasis of communication/expression: are key points written versus spoken or a combination of the two?
- Do you have the option of coursework as a fulltime student or part-time student?
- Program requirements (do they capture your interest/passion)?
- Timeline for completion of degree. Are you required to graduate in 3 years?
- Flexible course scheduling
- Employment opportunities and the DNP market
- Format of courses. How do you learn best?
 - Hybrid: some web based, some face-to-face
 - Classroom based
 - Intensives
 - Full on-line

In summary, what will satisfy you?

How can you afford DNP education?

There is financial help available through the Washington state Health Professional Scholarship if your goals are to practice in an underserved area or to teach in a school of nursing. Another potential source of financial help might be your current or future practice site. Might they reimburse tuition, travel, and/or lodging?

My DNP experience was with nationally and internationally recognized professors and practitioners, who taught and conducted research, in a culture of collaboration and discovery, making it easy for students to tap into their experience and expertise. It was a deeply satisfying experience that enhanced my practice and teaching of 28 years. The DNP experience and mentorship has continued since graduation and has enhanced my personal and practice life.

No matter what your choice in weighing DNP options ARNPs who practice prior to 2015 will be “grandfathered.” It is also evident that future ARNPs stand on the shoulders of giants, those ARNPs who came before them. ARNPs in this state have set the bar high in terms of quality of care, access to care, teamwork with patients, holistic care, and wise, practice-friendly health care policy positions. DNP decisions must be considered in this light. For those us in current ARNP practice, this is a deeply personal decision.

H1N1 Vaccine Administration Coverage

HRSA began covering the H1N1 (swine flu) vaccine administration on October 1, 2009. Please refer to CMS bulletin on swine flu for a listing of HCPCS codes https://www.noridianmedicare.com/provider/updates/docs/SE0920_flu_vaccine_administration.pdf the vaccine will be available from the Department of Health (DOH). The vaccine is available free from DOH for all clients of all ages. Please bill G9142 with modifier SL (0-18 years of age) when the vaccine is obtained through DOH. Please bill G9142 without a modifier (19 yrs and older) when the vaccine is obtained through DOH. Accordingly HRSA will only reimburse the administration fee for this code in the amount of \$12.94.

Contour USB: The First Blood Glucose Meter With Plug & Play Diabetes Management Software

Bayer Diabetes Care recently announced U.S. Food & Drug Administration clearance to market the Contour USB blood glucose meter that is the first and only blood glucose monitor that plugs directly into a computer providing users with instant access to information that can help optimize diabetes management. The meter is integrated with Glucofacts™ Deluxe software for easy retrieval of data as well as longer-term tracking and analysis of blood glucose test results.

The Contour USB meter is a cutting edge, premium meter that connects directly to a PC or Mac and the meter can store up to 2,000 test results. The built-in USB technology allows patients to simply plug in to gain knowledge about trends and patterns in their blood glucose levels.

Ongoing data tracking and accurate information sharing are key to good diabetes management. The Contour USB meter facilitates data organization and management – transforming results into meaningful insights that healthcare professionals and their patients can readily discuss.

“This is an ideal blood glucose monitor for patients who are highly engaged in managing their diabetes, particularly those on insulin who must test frequently,” said David Simmons, MD, chief medical officer for Bayer

Diabetes Care. "With the Contour USB meter, patients are able to review their results with their healthcare professional during an office visit, over the phone, or via email, giving them the opportunity to make treatment adjustments, such as taking action to reduce their Hb A1c levels, if necessary." A 1% reduction in Hb A1c reduces the risk of serious complications by 40%.

Bayer's Contour USB meter features:

- ☑ A bright color display screen visible in any light that shows average, high and low readings with customizable features such as intuitive pre- and post-meal marking
- ☑ 500MB extra memory for storage of personal diabetes information
- ☑ Rechargeable battery that can charge from any USB port or via the provided wall charger
- ☑ Glucofacts™ Deluxe diabetes management software (use of this diabetes management software has been shown to significantly lower Hb A1c.)

The Contour USB meter is based on Bayer's trusted Contour system, providing the same easy accuracy, No Coding™ technology, no interference with maltose, galactose, and oxygen and automatic correction for hematocrit and common interfering substances (e.g. acetaminophen, ascorbic acid), as well as a 5-second test time and small (0.6 microlitre) sample size - all helping to simplify life with diabetes. The Contour USB meter uses Contour blood glucose test strips currently available for other Contour meters.

For more information, visit www.BayerContourUSB.com or www.simplewins.com.

Classified Ads

Part Time FNP – Kent, WA

NP owned practice in South King County with 3 FT NPs is seeking a 4th PT FNP. Opportunity to grow practice into a FT position. 2+ years of experience preferred. Med/Dental, Vacation, 401K, etc. Salary DOE. Send CV & cover letter to mwiley@familycareofkent.com.

Full Time ARNP – Tacoma, WA

MultiCare Health System is searching for a full-time ARNP and/or PA-C to work with our gynecologic oncologist providing pre and post-operative care, rounding on patients in the hospital and providing first assist in surgery. The MultiCare Regional Cancer Center is a network affiliate of the Seattle Cancer Care Alliance. The practice is conveniently located on the main campus of our 391-bed tertiary care center with a 43 bed dedicated inpatient oncology medical surgical unit. Located just 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. Excellent compensation, a full array of benefits, and a great location make for an exciting opportunity.

Please visit our website to apply online at www.blazenewtrails.org, email your CV to blazenewtrails@multicare.org or fax your CV to 866-264-2818. Please refer to opportunity 5802 when responding.

Pediatric Nurse Practitioner – Western WA

MultiCare Health System is seeking a full-time Pediatric Nurse Practitioner to become an integral member of a well-established primary care pediatric group of 5 physicians located within a large multi-specialty clinic in a thriving city with a vibrant sense of community. Qualified applicants must be flexible, self-motivated, and committed to providing quality care. As a MultiCare employee, you will enjoy excellent compensation, benefits and system-wide support, as well as a rewarding career with opportunity for personal growth and advancement. Experience the best of Northwest living, from big-city amenities to the pristine beauty and recreational opportunities of the great outdoors.

Please visit our website to apply online at <http://blazenewtrails.org/>, or email your CV to blazenewtrails@multicare.org. For more information, contact Provider Services at 800-621-0301. Please reference opportunity 6384 when responding. MultiCare is a drug free workplace

Family Nurse Practitioner – Bellingham, WA

Interfaith Community Health Center is searching for an experienced family nurse practitioner to work for our growing health center. The ideal candidate will have experience working in community health as well as the ability to work independently. Candidates with similar experience in other settings are welcome. Interfaith provides primary medical, dental, integrated behavioral health, & pharmacy services in an outpatient setting at three locations in Whatcom County. We offer a competitive salary & benefits package including CME & a generous Paid Time Off program, and loan repayment opportunities may be available. Please view the complete job description and application process at www.interfaithchc.org.

Pulmonary ARNP – Tacoma, WA

MultiCare Health System seeks certified experienced pulmonary ARNP to join an established pulmonary/critical care practice. This is a full-time outpatient position located in Tacoma, WA. Competitive 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. Please visit our website to apply online at <http://blazenewtrails.org/>, email your CV to blazenewtrails@multicare.org or fax your CV to 866-264-2818. Please refer to opportunity #6249 when responding. "MultiCare Health System is a drug free workplace"

CE Opportunities

Pacific NW 32nd Annual Conference for Advanced Practice in Primary and Acute Care

October 28-31, 2009 • 6.0-21.6 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 pharmaceutical agents at this highly-acclaimed conference.

For information call CNE, 206-543-1047

email: cne@u.washington.edu

Web: [uwcne.org](http://www.uwcne.org)

The URL for the Advanced Practice in Primary and Acute Care brochure: <http://www.uwcne.org/conf/PDFs/09130-C.pdf>

Meetings

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>

West Sound Advanced Practice Association meets the second Thursday of the month. Meetings include networking/dinner/educational session. E-mail Fionafnp@centurytel.net for more information.

Private Practice NP Discussion Group. All are welcome. Meetings will be Nov/Jan/Mar/May always on the second Thursday of the month from 6:30-8:00 at FamilyCare of Kent in Kent, WA. Next meeting Thursday Nov 12, 2009. RSVP at least 48h in advance to mwiley@familycareofkent.com so we can order food and drinks. Address and directions on www.familycareofkent.com.

Healthy Humor

NP Zizzner finished with his examination of his eighty-year-old patient. "You're in perfect health for a woman your age, Mrs. Habib. Is there anything else you need?"

"I'd like some birth control pills, doctor."

"Really, Mrs. Habib, I don't think those are necessary."

"You don't understand. They're for my headache."

The nurse practitioner chuckled. "Mrs. Habib, birth control pills won't cure a headache."

Oh, yes they will. I put them in my granddaughter's coffee and my headache goes away."

Ad Information

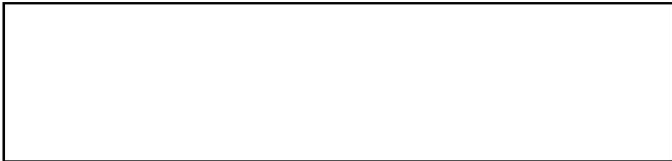
Copy deadline is the second Tuesday of the month prior to publication. Ads may be accepted later than this on a space-available basis. Position Available Ads of less than 66 words are \$45, of 66 to 130 words are \$75, and greater than 130 words are \$105. Position Available Ads are priced per insertion. 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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