

Advanced Registered Nurse Practitioner Care

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Official Newsletter of ARNPs United of Washington State

March 2010

Carisoprodol (Soma) Now Schedule IV

The Board of Pharmacy has by rule placed carisoprodol (Soma, generics) in Schedule IV of the Controlled Substances Act. The rule is effective February 5, 2010.

A schedule IV controlled substance has been found to have a lower potential for abuse relative to Schedule III or Schedule II drugs. Carisoprodol has been a legend drug for decades used as a muscle relaxant. Ten years ago an effort to schedule carisoprodol at the Federal level failed. Fifteen other states have scheduled carisoprodol

The process required for the Board of Pharmacy to schedule a drug is rigorous. The Board must describe the scope, duration, and significance of abuse and provide scientific evidence to document the risk to public health. While carisoprodol is less a menace than the opiates, it has played a role in the increased abuse of commercial drugs. Several of the national data systems consistently identify carisoprodol as a drug of abuse. Washington State and local healthcare data show morbidity and mortality related to the abuse of carisoprodol as well. The Board of Pharmacy has three goals in the scheduling of carisoprodol: (1) reduce misuse and abuse of carisoprodol, (2) increase patient safety, and (3) increase provider awareness. Prescribers have not been fully aware of the abuse of carisoprodol that has made the drug easily accessible to those seeking to abuse or to sell drugs.

On December 17, 2009 the Drug Enforcement Administration published a Notice of Proposed Rulemaking in the Federal Register to place Carisoprodol into Schedule IV.

Please direct your questions to Tim Fuller, Pharmacist Consultant for the Board of Pharmacy. He can be reached at 360.236.4827 or by email at tim.fuller@doh.wa.gov.

New HIV Testing, Counseling, and Partner Services Rules In Washington

At the beginning of the year, the Washington State Board of Health enacted several new rules for HIV testing, counseling, and partner services to bring the Washington Administrative Codes (WACs) more closely in line with the CDC HIV Testing Recommendations. The new rules provide health care providers with additional

flexibility for routinely offering HIV testing to all individuals.

The new Washington State HIV testing rules allow health care providers to:

- ☐ Obtain the informed consent separately or with general consent for care.
- ☐ Specifically inform the individual verbally or in writing that a test for HIV is included.
- ☐ Offer an opportunity to ask questions and decline testing.
- ☐ Notify the local health officer when a person tests positive in order to provide post-test counseling.

For pregnant women only, documentation of patient refusal of an HIV test is still required.

Flexibility to local health jurisdictions includes authorizing local health officers to directly perform partner services with a newly diagnosed HIV-positive individual rather than provide the services with the permission of the health care provider.

The Northwest AIDS Education and Training Center is available to come to your site to provide free training to your medical staff regarding implementing routine HIV testing programs and about performing rapid HIV testing. Additional training is also available at www.nwaetc.org titled, "Rapid HIV Testing" and "Routine HIV Testing". CMEs are available.

For more information about these training programs, please call.

David P. Lee, MPH, LICSW
Washington State Training Manager
Northwest AIDS Education and Training Center
206.543.3319 office
206.221.4945 fax
www.northwestaetc.org

Tamper-Resistant Prescriptions

Beginning July 1, 2010, Washington State law will require all prescriptions for delivery to a pharmacy to be written on Board of Pharmacy approved tamper-resistant paper or pads. All approved paper will be affixed with a Board of Pharmacy "seal of approval."

The seal will consist of a map of Washington State with a mortar and pestle in the center. To the right of the

graphic the text will read "Paper Approved by Washington State Board of Pharmacy."

For an updated list of approved vendors and answers to frequently asked questions, please visit the Washington State Board of Pharmacy's webpage at <http://devwww6/hsqa/Professions/Pharmacy/default.htm>

Yakima Valley ARNPs

By Marli Parobek

Yakima Valley ARNPs is a local AANP group that is dedicated to the promotion, education and networking among fellow ARNPs in Central Washington. At present there are 25 members. We provide CNE, lectures and volunteer opportunities to our members.

The website link is

http://my.aanp.org/groups/Yakima_Valley_ARNPs

Marli Parobek, ARNP is the current AANP Representative for WA State.

Nursing Care Quality Assurance Commission Vacancies

The Nursing Care Quality Assurance Commission has four upcoming vacancies. These vacancies will occur June 30, 2010. The four positions are:

- Registered Nurse – staff nurse with direct patient care
- Licensed Practical Nurse
- Advanced Registered Nurse Practitioner
- Public member

The Governor is looking for public-spirited individuals willing to study the issues and to make decisions in the best interest of the public.

The Governor seeks diversity and recognizes the value diversity brings in understanding and serving the people of Washington State. There is a need for candidates with diverse backgrounds and those who provide geographic representation throughout the state. The Commission consists of fifteen members appointed by the Governor. This membership includes: 7 Registered Nurses, 3 Licensed Practical Nurses, 2 Advanced Registered Nurse Practitioners and 3 public members.

This is a unique opportunity to contribute to the nursing profession. Commission members are appointed for four year terms. All travel is reimbursed. Commission members also receive \$250 a day for days of service. There are approximately six meeting days per year plus several disciplinary hearings.

The Commission has a legislative mandate to protect the health and safety of the public and to promote the welfare of the state. The Commission does this by regu-

lating the competency and quality of health care providers under their jurisdiction.

You may go to the Governor's website to download an application at

<http://www.governor.wa.gov/boards/default.asp>

The deadline is the end of March. Appointments will be made by the Governor's Office by the end of May.

Classified Ads

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.

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"

Urology ARNP – Western WA

Multi-specialty group seeking certified nurse practitioner to join a thriving Urology practice. Primary responsibilities include treating and managing patients in an outpatient clinic setting. Previous urology or other surgical experience is highly desirable. You will enjoy excellent compensation, benefits, and system-wide support, while practicing your own patient care values. 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. 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.

"Multicare Health System is a Drug Free Workplace"

Pediatric Nurse Practitioner – Southwest WA

Mary Bridge Children's Hospital seeks a Pediatric Nurse Practitioner with urgent care, emergency medicine, or inpatient and outpatient experience to provide care in our Pediatric Intermediate Short Stay Unit located within our brand new hospital expansion pavilion. Applicants must be flexible, self-motivated and committed to providing quality care. Excellent pediatric nursing and support staff, and access to the resources and expertise of pediatric subspecialists keep you better connected. As a MultiCare employee, you will enjoy excellent compensation, benefits and system-wide support, as well as a rewarding and fulfilling 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/>, email your CV to blazenewtrails@multicare.org, or fax it to 866-264-2818. For more information, contact MultiCare Provider Services at 800-621-0301. Refer to Opportunity #6650. **MultiCare is a drug free workplace.**

Pediatric Nurse Practitioners 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.**

ARNP – PACT Program – Everett, WA

Compass Health is a leading non-profit mental healthcare provider serving Island, San Juan, Skagit and Snohomish County. We are currently recruiting for an ARNP, based in Everett, Washington. This position will be working 32 hours per week with on-call via telephone responsibilities in the PACT program.

This program serves individuals with severe and persistent mental illness working with a multi-disciplinary team including among others chemical dependency, vocational and peer specialists. This is a nationally recognized service modality called PACT (Program for Assertive Community Treatment).

ARNP WA License and DEA. Experience prescribing psychotropic drugs. Salary DOE. Excellent benefits package, including but not limited to: a generous vacation package, a superior 403(b) plan, medical/dental insurance, flexible spending accounts for pre-tax premiums, healthcare and/or dependent care.

Please send a letter of professional interest, a copy of your resume, and any other materials you wish by email (preferred) to: resume@compassh.org or by post to: Compass Health, Attn: Human Resources, 1100 South 2nd Street, Mount Vernon, WA 98273. EOE

Psychiatric Nurse Practitioner – N. Central, WA

Wenatchee Valley Medical Center's Moses Lake Clinic in North Central Washington is seeking solution-oriented certified specialist ARNP with prescriptive authority for out-patient practice. Integrated among primary care and specialty physicians. Electronic medical records and full medical clinic support. High production-based salary with initial income guarantee, excellent benefits and retirement.

Moses Lake Clinic is Wenatchee Valley Medical Center's largest branch campus, with a solid 25-year history of medical excellence and teamwork with other WVMC locations.

Moses Lake is a growing community where active families thrive. Located on the shores of one of the state's largest natural fresh water lakes with over 120 miles of shoreline and covering 6,500 acres. It is an outdoor recreational oasis featuring numerous parks and campgrounds. Kids enjoy our premier water park, teenagers love the unique opportunities they receive from the 4-A school system, and everyone enjoys the summer concerts at the magnificent Gorge Amphitheater down the road. In addition to the natural beauty of the Columbia Basin, Moses Lake has many convenient, quality attrac-

tions and facilities where residents enjoy a variety of family events, concerts and other activities. Whether we want to go to Seattle, Spokane, or Wenatchee, we're an easy road trip away from great shopping and entertainment. Come see why we love it here!

Send CV to David Weber, MD at JoinUs@wvmedical.com. Learn more at www.wvmedical.com.

Family Practice – Federal Way, WA

NHC is a progressive Medical Center located in Federal Way WA. We have an opportunity that sounds too good to be true, but it really is true.

We have a Family Practice that is fully furnished with all equipment and computers. With a patient base and is completely set up with all Insurance companies for billing.

Unfortunately the owner of the practice has had an unexpected issue come up and will need to relocate. We will have a couple of months for training and making the transition smooth and easy. The Natural Health Center is busy and growing Medical Center. Our current modalities include Acupuncture, Massage Therapy, Medical Skin Care, Physical Therapy, Non-Invasive Chiropractic Care, Family Counseling and Naturopathic Medicine. We are hoping to find the right person to take this amazing opportunity and make it their own practice. There are no start up cost. If this sounds like this is what you have been waiting for please contact me. Teresa Fromm 253-942-3305, Teresa@fwmusculartherapy.com.

Please visit our website: www.naturalhealthcenterwa.com

CE Opportunities

Brief Interventions Using Motivational Interviewing in the Primary Care Setting

May 21, 2010 · Seattle · 6.5 CEUs · \$195

Changing problematic behaviors involves much more than simply giving patients information. It is a process of exploring conflicting interests and needs. Motivational Interviewing techniques help primary care providers to work with their patients by resolving this ambivalence around problematic behaviors – such as medication adherence, physical activity, diet/nutrition issues, smoking, lifestyle changes, and drug/alcohol use.

An internationally recognized trainer, Christopher Dunn, PhD, will teach you practical, brief, and easy-to-use tools to enhance your treatment of patients. This training focuses on teaching you skills to help improve your patient interactions, with multiple opportunities to practice.

Sponsored by CHAMMP at Harborview Medical Center. For information visit www.chammp.org, or contact us at 206-744-1751 or CTI-train@uw.edu.

Services

Coding & Billing Education; Denials Management; Reimbursement Analysis

“Work smarter, not harder” to receive the reimbursement you've earned, that allows you to continue to deliver quality patient care while adhering to Medicare's billing compliance standards. I'm a 3-time presenter for the PNW Conference Advanced Practices in Primary & Acute Care @ the Washington State Convention/Trade Center.

Debbie Elliott, RHIT, CCS-P
Practice Management Consultant
206.850.5487
elliottcoding@aol.com

Meetings

Puget Sound Nurse Practitioners 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

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 May 13, 2010. 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

A man went to the Nurse Practitioner complaining about stomach problems. The NP asked him what he'd been eating. "I only eat billiard balls," he said. "I eat red ones for breakfast, yellow and orange ones for lunch, blue for afternoon snacks, and purple and black for dinner." "I see the problem," said the NP. "You're not getting enough greens."

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

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