

Advanced Registered Nurse Practitioner Care

Vol. 21, No. 6

Official Newsletter of ARNPs United of Washington State

June 2010

New Prescription Pads on July 1st

Order your new pads today or your prescriptions may all need to be faxed! 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."

For answers to frequently asked questions, please visit the Washington State Board of Pharmacy's webpage at <http://www.doh.wa.gov/hsqa/Professions/Pharmacy/default.htm>

Ed Note: For those being forced to find a new printer Alliance Printing, Kent, WA has provided excellent printing services to editors Wiley & Smithing.

Depression in Older Adults: PHQ-9 for Screening

By Florence Gicheru

Depression affects over 121 million individuals globally, and is the leading cause of disability worldwide. As the fourth leading cause of disease burden, depression is also responsible for over 850,000 suicides a year (World Health Organization [WHO], 2010). In the United States, depression is a leading cause of disability in individuals' age 15 years and over (United States Preventive Services Task Force [USPSTF], 2009). In individuals 65 years old and over, the prevalence of clinically significant depression is 15%, with women being more affected at 17.8% (Federal Interagency Forum, 2006). Despite its prevalence, depression in older adults remains widely unrecognized and under-diagnosed. Some of the reasons providers may have difficulty recognizing depression in older adults are: patients may minimize or deny symptoms of depression, symptoms may be masked by comorbid chronic medical or mental conditions, clinicians may perceive the depressive symptoms to be a normal part of aging or a cultural attribute, or symptoms may present as other disease conditions e.g. pseudodementia. Additionally, the presence of somatic complaints further complicates the diagnosis of depression (Barnes, Veith, & Raskind, 1981). To decrease medical morbidity, the USPSTF recommends routine screening for depression in older adults. This should be done in primary care settings where diagnosis, treatment and follow-up are available (USPSTF, 2009).

A literature review of seven screening instruments was conducted. The instruments reviewed were: the Geriatric Depression Scale Short Form (GDS-SF), Patient Health Questionnaire 9 (PHQ-9), Patient Health Questionnaire 2 (PHQ-2), 10-Item Center for Epidemiologic Studies Depression Scale (CESD-10), 30-Item Inventory

of Depressive Symptomatology-Self Report (IDS-SR), 16-Item Quick Inventory of Depressive Symptomatology-Self Report (QIDS-SR 16), and World Mental Health Composite International Diagnostic Interview (CIDI). Of these instruments, the PHQ-9 was found to be the most appropriate screening instrument for screening depression in older adults.

Composed of nine questions, the PHQ-9 is derived from the Diagnostic and Statistical Manual of Mental Disorders –IV (DSM-IV; American Psychiatric Association, 2000). Advantages of using the PHQ-9 include: a high sensitivity and specificity of 77% and 94% respectively, the ability to detect various levels of depression severity, sensitivity to change over time, allowing providers to assess for improving or worsening depression; brevity, with only nine questions. Most importantly, the PHQ-9 contains the nine criteria required to make a diagnosis of depression (Wittkamp, Naeije, Schene, Huyser, & van Weert, 2007). As such, in addition to being a screening instrument, the PHQ-9 can also be used as a diagnostic tool in addition to the provider's assessment. The PHQ-9 is available in over 20 different languages.

In assessing depression in older adults, it is imperative for providers to distinguish screening from diagnosing. In addition to using screening instruments to screen for depression, providers need to further assess individuals in order to reach a diagnosis. Some factors to consider while performing further assessment of the individual include: prior functional and emotional characteristics, underlying medical or psychiatric conditions, cognitive impairments, cultural or ethnic identity, level of formal education and psychosocial factors e.g. recent losses (Roman & Callen, 2008). The combination of the scores from the PHQ-9 and the provider assessment provides a comprehensive diagnostic work-up for the diagnosis of depression in older adults.

References

- Barnes, R., Veith, R. C., & Raskind, M. A. (1981). Depression in older persons: Diagnosis and management. *Western Journal of Medicine*, 135, pp. 463-468. Retrieved , from EBSCOhost database
- Federal Interagency Forum (2006). Federal interagency forum on aging-related statistics. Older American update: Key indicator of wellness. Retrieved , from http://www.agingstats.gov/agingstatsdotnet/Main_Site/Data/2006_Documents/Health_Status.pdf
- Kroenke, K., Spitzer, R. L., & Williams, J. B. (2001). The PHQ-9: Validity of a brief depression severity measure. *Journal of General Internal Medicine*, 16, pp. 606-613. Retrieved from EBSCO Host database
- National Institute of Mental Health (2010, May 13). Older adults and mental health: Depression. Retrieved , from <http://www.nimh.nih.gov/health/topics/older-adults-and-mental-health/index.shtml>
- Roman, M. W., & Callen, B. L. (2008). Screening instruments for older

adult depressive disorders: Updating the evidence-based toolbox. *Issues in Mental Health Nursing*, 29, pp 924-941. doi: 10.1080/01612840802274578

United States Preventive Services Task Force (2009, December). Screening for depression in adults: Recommendation statement. Retrieved from

<http://www.ahrq.gov/clinic/uspstf09/adultdepression/addeprss.htm>

Wittkamp, K. A., Naeije, L., Schene, A. H., Huyser, J., & Van Weert, H. C. (2007). Diagnostic accuracy of the mood module of the Patient Health Questionnaire: a systematic review. *General Hospital Psychiatry*, 29, pp. 388-395. Retrieved from EBSCOhost database

World Health Organization (2010). Depression. Retrieved from http://www.who.int/mental_health/management/depression/definition/en/

Pain Management Rules Writing Workshop

The legislature passed ESHB 2876 during the 2010 legislative session. This bill requires five Department of Health boards and commissions to develop pain management standards in rule. The Medical Quality Assurance Commission (MQAC), Board of Osteopathic Medicine and Surgery (BOMS), Nursing Care Quality Assurance Commission (NCQAC), Dental Quality Assurance Commission (DQAC), and the Podiatric Medical Board (PMB) must adopt rules by June 30, 2011. In addition, MQAC, BOMS, and PMB must repeal existing pain management rules by June 30, 2011.

These five boards and commissions will use a joint collaborative process and selected representatives to participate in a workgroup. The first workgroup meeting will occur:

Monday, June 14, 10:00 – 3:00

Washington State Department of Health and Social Services, King South DCFS Office, Tahoma Room
1313 W. Meeker St., Kent, WA 98032

The public is welcome to attend this meeting and will have an opportunity to give comments.

Contact:

Trent Kelly

Pain Management Project Coordinator

Department of Health

360-236-4852

Email: painmanagement@doh.wa.gov

Washington Nurses Go Paperless

By Patti Krafft

Some of you may have noticed that you did not receive your blue paper copy of your nursing license this year. **No need to panic!** Starting April 1, 2010, The Nursing Care Quality Assurance Commission has begun a new paperless system. Reasons for the system include decreasing the chances of fraudulent licenses; reduces the amount of paper = Going Green; most employers verify current licensure using Provider Credential Search anyway; employers who call for verification are referred

to Provider Credential Search; the savings in postage, paper, and envelopes is being redirected toward activities that protect the public.

You will continue to receive a notice of renewal 8-10 weeks prior to your birthday. Return the renewal card and payment as soon as possible. Check on line to confirm that your license was renewed – the process takes about 2 weeks.

You can go to Provider Credential Search to verify your renewal:

<https://fortress.wa.gov/doh/providercredentialsearch/>, and direct your employer to that site for renewal verification. For more information go to www.doh.wa.gov and click on the Nursing Commission link.

Washington Center for Nursing Invitation

The Washington Center for Nursing will be holding meetings around the state to address crucial issues impacting the future of nursing. The meetings hope to gain your thoughts about the following issues facing nurses: “As the population becomes older, more diverse, and experiences more chronic illness what essential knowledge, skills, and attitudes will nurses need? As the nursing workforce becomes older and scarcer how can we strengthen the connections between nursing education and practice? As the healthcare system becomes more complex and challenging how can nurses help to shape the future healthcare system?”

Schedule of Meetings: Monday, 6/14, Virginia Mason Hospital, Seattle, 6:00 – 7:30 pm; Tuesday, 6/15, Legacy Salmon Creek MC, Vancouver, 5:30 – 7:00 pm; Wednesday, 6/16, Group Health MC, Olympia, 5:30 – 7:00 pm; Tuesday, 6/22, Wenatchee Valley College, Wenatchee, 6:00 – 7:30 pm; Thursday, 6/24, Group Health MC, Everett, 5:30 – 7:00 pm; Monday, 6/28, Overlake Hospital, Bellevue, 6:00 – 7:30 pm; Tuesday, 6/29, St. John Medical Center, Longview, 6:00 – 7:30 pm

To attend the events you must register at:

ConfReg@wcnursing.org

The WCN is hoping to have participants from all areas of nursing attend. If you have any questions please email info@wcnursing.org or visit the website at www.wacenterfornursing.org.

Welcome Cooper Howard!

Tracy Kiele our Managing Editor and general go to person for AUWS is proud to announce the arrival of her first grandson Cooper Howard, son of Courtney & Nick Howard. Courtney previously held her mother's position with ARNP Care and AUWS. Cooper arrived under the watchful eye of Laura Denman, CNM on June 9, 2010.

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.

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"

Nurse Practitioners Wanted Planned Parenthood of the Great Northwest

Join our talented & dedicated medical team! Sign on bonus up to \$3000! Seeking Clinician candidates to provide comprehensive reproductive health & family planning services. ID or WA State NP/CNM/PA-C w/prescriptive authority, current certification & CPR card required.

Alaska opportunities

- FT Fairbanks (M-F)

Idaho opportunities

- PT Boise (Saturdays)

Western WA opportunities

- FT Everett (M-F)
- FT Tacoma (M-F)
- FT Puyallup (M-F)
- PT Centralia (M,W,F)

Please apply at: www.ppgnw.org/jobs. Questions? jobs@ppgnw.org

Palliative Medicine – Tacoma, WA

MultiCare Health System is searching for a full-time ARNP to work in our Palliative Medicine program. Candidates should have a minimum of three years experience with at least two years experience in palliative medicine, hospice or oncology. 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 <http://blazenewtrails.org/>, email your CV to blazenewtrails@multicare.org or fax your CV to 866-264-2818.

Please refer to opportunity #7292 when responding. "MultiCare Health System is proud to be a drug free workplace"

Endocrinology – Tacoma, WA

MultiCare Health System is looking for an ARNP to join our group of Endocrinology Specialists. The ideal candidate would have a strong interest in managing patients with diabetes, including dietary and insulin instruction, insulin pump management, continuous glucose monitoring as well as direct patient care. Prior CDE training would be helpful. Located 30 miles south of Seattle on the shores of the 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 <http://blazenewtrails.org/>, email your CV to blazenewtrails@multicare.org or fax your CV to 866-264-2818. Opportunity #9224.

"MultiCare Health System is proud to be a drug free workplace"

Oncology – Auburn, WA

MultiCare Health System is searching for a full-time Oncology ARNP to work with our established and expanding comprehensive cancer program. The MultiCare Regional Cancer Center is a network affiliate of the Seattle Cancer Care Alliance. 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. Opportunity #8566.

"MultiCare Health System is a drug free workplace"

CE Opportunities

Pacific NW 33rd Annual Conference for Advanced Practice in Primary and Acute Care

September 29 to October 2, 2010 • 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/10130-C.pdf>

University of Washington Professional and Continuing Education

Earn a certificate in psychological trauma, geriatric mental health, gerontology, guardianship, medical management, health care regulatory compliance and more starting this fall. Find a program that fits your schedule with a variety of convenient options including a blended online and classroom format, entirely online, or evening classes. Visit www.pce.uw.edu or call (888) 469-6499.

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>

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 November 11, 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.

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.

Healthy Humor

A young woman was being shown around the ship by Tim, a young intern, who was explaining to her how he had gone through medical school on a Navy loan program. "And what is your specialty now?" asked the woman.

"I'm a naval surgeon," Tim responded.

"My, oh, my," sighed the woman. "Medicine is certainly getting specialized these days!"

Inspirational Quote

That day is wasted on which we have not laughed.

~Unknown

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.

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

ARNP Care

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:

Deb Smith, FNP, DNP, ARNP (President)
Louise Kaplan, PhD, ARNP (Legislative Chair)
Patti Krafft, FNP, ARNP (ARNP Care Committee Chair)

Managing Editor: Tracy Kiele

Production Staff: Sarah Abid

Publisher: NP Central

© 2010 NP Central

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



Return Service Requested

ARNP Care
10024 SE 240th St, Suite 102
Kent WA 98031

Prst Std
U.S. Postage
PAID
Kent, WA
Permit No. 69