

Advanced Registered Nurse Practitioner Care

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July 2010

Join WSNA for “Nurse Appreciation Night” with the Seattle Storm on July 30th!

Please join WSNA on July 30th when the Seattle Storm takes on the Chicago Sky during Women of Inspiration Night with special features throughout the game recognizing nurses and our contributions to health in Washington.

Friday, July 30th
Seattle Storm vs. Chicago Sky
7 p.m. at Key Arena
Up to 40% off regular ticket prices!



For the past several years, WSNA and the Seattle Storm have teamed up to jointly promote the nursing profession and WNBA basketball. It's always a fun night to watch some great basketball and catch up with friends and colleagues!

As part of this special night, all nurses, nursing students and persons interested in the nursing profession, along with their family and friends, are invited to the game and all nurses will be asked to stand to receive a special recognition during the game.

Questions? Contact Storm Representative Erin Vargo at 206-272-2640 or evargo@stormbasketball.com Monday through Friday, 8:30 a.m. to 5:30 p.m.

The Metabolic Domino

By Deb Smith, DNP, ARNP

Chronic diseases are among the most common and costly medical problems; they are also among the most preventable diseases (Wilcox, 2004). Today, most Americans live long enough to acquire a chronic disease. To an ever greater extent, today's major health care problems are the result of chronic and acute conditions related to individual behavior (Strong, Mathers, Leeder, & Beaglehole, 2005). Seven of ten deaths in the United States are caused by chronic disease (Geberding, 2004). Most of these diseases have underlying risk factors that are modifiable. A significant proportion of diabetes and cardiovascular disease can be attributed to obesity, secondary to inactive lifestyles and unhealthy diets (Epping-Jordan, Galea, Tokuitonga, & Beaglehole, 2006). While mortality from some conditions is decreasing, morbidity from most chronic diseases continues to increase (Wilcox, 2004).

Itoh's (2006) interest in the interconnections of cardiovascular disease and diabetes was piqued by his studies involving the renin-angiotension system, precursors of the metabolic syndrome, and the role of inflammation in the vascular system. To make sense of his observations

he proposed a concept known as the “metabolic domino,” which connects genetic susceptibility, obesity, and chronic disease.

A new concept, the metabolic domino, captures the flow between genes, inactivity, and obesity as a domino-like cascading chain of events, resulting in end organ demise. The underpinnings of the metabolic domino are unique to each individual, with relative resistance determined by genetic predisposition, genetic strengths, and genetic vulnerabilities (Itoh, 2006). The interconnected relationships begin with a lifestyle change to inactivity, which triggers the falling of the first domino. The chain reaction is then set in motion, with obesity surfacing next. The demands on the body, imposed by obesity lead to insulin resistance, followed by postprandial hyperglycemia, hypertension, and hyperlipidemia. Once insulin secretion has toppled, diabetes begins to exact its erosive and systemic effects. With diabetes, the domino effect snowballs and with increasing momentum arteries become atherosclerotic, leading to ischemic heart disease and cerebrovascular attacks, and ultimately death (2006). In sum, the demands imposed on the body by obesity lead to chronic diseases and, eventually, to end-organ damage and death.

The metabolic domino concept captures the flow between genes, inactivity, and obesity, describing the course through chronic disease and end organ demise as a domino-like cascading chain of events (Itoh, 2006). When applied to patients, and used in patient teaching, it makes explicit the cost of obesity and inactivity. It is a useful concept in the teamwork between Nurse Practitioner and patient to right the disequilibrium of chronic disease.

Deb Smith, DNP, ARNP is in Family Practice in Spokane and an Assistant Professor Gonzaga University

References:

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- Strong, K., Mathers, C., Leeder, S., & Beaglehole, R. (2005). Preventing chronic diseases: How many lives can we save? *Lancet*, 366, 1512-1514.
- Wilcox, L. (2004). Welcome to preventing chronic disease. Retrieved 1/31/08. from http://www.cdc.gov/pcd/issues/2004/jan/03_0023.htm

Nurse Practitioner Healthcare Foundation

Would you like to use patient education materials in your practice that also promote the NP profession? If your answer to this question is “yes”— read on! The

Nurse Practitioner Healthcare Foundation (NPHF) has begun to develop “NP Friendly” patient education materials- materials that use provider neutral language throughout the educational information, but also have included a little “promo” of the NP profession. The first educational piece, done in collaboration with the American Heart Association (AHA), recognizes the need for clinicians to educate their patients in the prevention, diagnosis, and treatment of elevated blood lipid levels. “Managing Your Triglycerides and Other Lipids” addresses “best practice” treatment guidelines, promotes patient adherence to treatment recommendations, and provides accurate educational information.

The brochure provides easy-to-understand patient information about triglycerides and other lipids. Practices are able to customize the brochure by adding their contact information. The brochure is designed to be used in the exam room, placed in the office waiting room, or used as a teaching tool during a patient visit.

The 8 page color brochure includes:

- best practice treatment guidelines
- content on risk factors, lifestyle changes and medication adherence
- trusted resources for more information

And... information about nurse practitioners/NP practice!

Brochures will be shipped **free** to requesting NPs in bundles of either 300 or 600 copies. To order your **free** copies visit the Nurse Practitioner Healthcare Foundation website at:

www.nphealthcarefoundation.org/resources

Mental Health Parity Law

The third and final phase of Washington State’s 2005 Mental Health Parity Law took effect July 1. Starting Thursday, any limits on the number of office visits or inpatient hospital days to treat mental disorders must be removed from all state-regulated health plans, unless the limits also apply to other health services. “For too long, people suffering with serious mental health conditions have had to piece together insurance coverage, if they had any at all,” said Insurance Commissioner Mike Kreidler. “The final enactment of our mental health parity law is a victory for all consumers.” The law was designed to phase in benefits over five years. In 2006, all health plans for employers with more than 50 employees that included medical and surgical services were required to also cover mental health services. In addition, the copays, co-insurance and prescription drug coverage limits had to be the same for mental health services. In 2008, these benefits extended to all regulated health plans, and if a plan had a maximum out-of-

pocket limit, the limit had to apply to all services, including mental health. “As many individuals and families know, mental illness can be as devastating as any other health condition,” said Kreidler. “It’s only fair that people in need of mental health services have access to the same insurance coverage as other patients.” Washington state’s mental health parity law goes further than the Federal Mental Health Parity and Addiction Act of 2008. Under the federal law, health plans are not required to offer mental health services, but if they do, they must be on par with other health services. Also, the federal law only applies to employer health plans with more than 50 employees. Washington’s new law first applied to just large employers but now applies to all regulated health plans.

Adventurous Nurses Changing Lives

Guatemala In My Blood: How nursing in remote jungle villages revolutionized my life. by Elizabeth Desimone

In 1977, wanting to make a difference in the world and add more meaning to her life, Elizabeth Desimone left her comfortable home in Seattle, Washington and ventured into the jungles of Guatemala. At the age of 35, with other sturdy Maryknoll Missioners, she brought much needed medical care to a remote area that had never had any at all.

Lavishly illustrated with photos, this book will introduce you to many dedicated professionals who served during a time of political upheaval in Guatemala. You’ll also meet many endearing Guatemalans whose lives were forever altered by their encounters with this American nurse and her colleagues.

Elizabeth Desimone, RN and NP, has spent much of her life as an advocate for the Guatemalan people. She was the co-founder of the Health Promoter Program in Pop-tún, Guatemala, which has since trained over 180 local people to provide basic healthcare in the small villages of the Petén. This is her personal adventure story of surviving and thriving in difficult circumstances and her joy in community and friendship with the Kek’chi people.

Classified Ads

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"

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"

Cardiology ARNP – Western WA

Multi-specialty group seeking certified Nurse Practitioner to join our Heart Care Center team to lead the Congestive Heart Failure clinic to "the next level". Primary responsibilities include treating and managing patients in an outpatient/inpatient clinic setting and developing this program into a "Best Practice" - great opportunity to create a legacy! Previous Cardiology or Internal Medicine experience is highly desirable and minimum of 3 years experience as a certified Nurse Practitioner is required. 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 www.blazenewtrails.org, email your CV to blazenewtrails@multicare.org or fax your CV to 866-264-2818.

ARNP or PA – Gig Harbor, WA

Northwest Vein & Aesthetic Center in Gig Harbor is currently recruiting for a Nurse Practitioner or Physician Assistant. This position is

full time. You will be working closely with Dr. Aksel G. Nordestgaard, a triple-board certified general and vascular surgeon, and phlebologist. Salary DOE. Excellent benefits package, including vacation and paid sick leave, 401K, medical/dental insurance.

Please send letter of professional interest, a copy of your resume, and any other materials you wish by email (preferred) to: tandar@nwveins.com or fax to: 253-857-0259 or mail to: Northwest Vein & Aesthetic Center, 4700 Pt Fosdick Dr NW, Suite 307, Gig Harbor, WA 98335 – www.nwveins.com

On Call NP– Lakewood, WA

On Call NP opening for Telecare's Pierce County Evaluation & Treatment (Lakewood). Visit www.telecarecorp.com/careers to apply (Job Code 20100226).

Psychiatric NP– Moses Lake, 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. Learn more at www.wvmedical.com. E-mail: joinus@wvmedical.com

NP Needed– Tacoma and Enumclaw, WA

Need a NP to work in Nursing Facilities in Tacoma and Enumclaw areas. Minimum 30hrs/week with flexible work schedule. Salary: 90K-100K with benefits; Flexible hrs; P/T or F/T.

Call Dino or Paula at 818-843-5225 or E-mail resume to Dino: DRK99@sbcglobal.net. www.Mobilemedicalnursing.com.

Part Time NP– Mount Vernon, WA

Planned Parenthood seeks a part time Nurse Practitioner to provide reproductive health care and family planning services in Mount Vernon. For an application and job description, please contact us at jobs@mbpp.org or call 360-603-7710. This position will be open until filled. Mt Baker Planned Parenthood is an equal opportunity employer; we value diversity in people and ideas.

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.net/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 \$40/\$20 for students. \$20 per meeting for guests. 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

One mouse to another: "I've got three brothers in psychological testing and a sister in heart research."

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 offer-

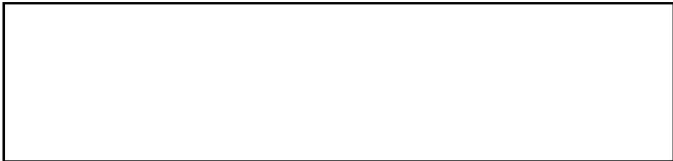
ing for up to three (3) consecutive insertions. New Product Announcements per product for one insertion of 130 words or less are \$75. Ad Inserts are \$550 for one issue. All ads are subject to space limitations and editing. Call for detailed rate information. Mail copy to ARNP Care, 10024 SE 240th St, #102, Kent, WA 98031. Phone 253.852.9042. Fax 253.852.7725. Email care@nurse.net.

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