

Advanced Registered Nurse Practitioner Care

Vol. 21, No. 9

Official Newsletter of ARNPs United of Washington State

September 2010

Board of Directors Election Slate

It is election time for AUWS. Ballots will be sent electronically if we have your email address and by mail if not. You can also vote at our annual meeting at the Pacific NW 33rd Annual Conference for Advanced Practice in Primary and Acute Care at the end of this month. Additional information can be found on auws.org. There are currently 3 vacancies on the ballot.

Currently running are incumbents:

- Catherine Luria, FNP, ARNP
- Nancy Lawton, FNP, ARNP
- Angie Miller, CNM, ARNP
- Deonne Benedict, FNP, ARNP

Rural Opioid Addiction Management Cooperative

Roger A Rosenblatt

The problem of opioid-seeking patients in family practices is a source of enormous frustration for many providers. The lack of adequate alternative treatments for chronic pain and the many patients who have been exposed to opioid medications through licit and illicit channels makes clinical decision-making extremely challenging. The prescription of opioids skyrocketed starting around 1995. This trend was accelerated by the perception that it is the provider's job to deal with pain, as evidenced by the Joint Commission on Accreditation of Hospitals adding pain as a "vital sign".

The current situation is intolerable. The increase in opioid prescribing has led to non-medical use of opioids, especially among youth. Emergency department visits for opioid-related problems, and treatment admissions for prescription opioid addiction have also increased markedly. While selected patients can benefit from carefully prescribed opioids in conjunction with non-opioid medications and non-medication treatments for chronic pain, opioids are frequently misused, obtained without prescriptions or are diverted or sold. One consequence of increased illicit use is that of unintended overdose deaths. In Washington state deaths involving opioids rose from 23 in 1995 to 505 in 2008. Multiple drugs are involved in nearly all of these deaths. In 2008, prescription opioids were present in 60% of all unintended drug overdoses.

Unfortunately, once a person becomes addicted to opioids, it is very difficult if not impossible for them to withdraw without long-term treatment. The most com-

mon treatment for opioid addiction has been methadone, an inexpensive opioid that abolishes craving for other opioids while still allowing people to function normally. But methadone for treatment of addiction can only be dispensed in certified methadone centers, which require patients to make almost daily trips to receive their treatment. There are only 11 methadone centers in Washington State, and all of them are in urban areas. Rural providers until recently had very few tools to help their patients escape addiction.

In response to this epidemic, many governmental agencies have begun to change their policies governing opioid prescription. The Agency Medical Directors Group in our state – representing governmental agencies from Medicaid to Labor and Industries – have added restrictions to prescribing more than the equivalent of 120 mg of morphine per day to patients whom they insure. A new law was passed in the 2010 Washington State legislative session apply to this approach not only to recipients of government programs, but all patients.

But neither of these measures helps the unfortunate patient who wishes to quit using opioids, or his or her frustrated provider who can't get the patient into treatment. Recognizing this paradoxical dilemma, the federal government in 2000 passed a law – DATA 2000 – which allowed physicians to begin the outpatient use of buprenorphine (Suboxone or Subutex) to manage opioid addiction. Because buprenorphine is a partial agonist, it is much less likely to be lethal in cases of overdose. In addition, when compounded with naloxone (Suboxone), the risk of injection abuse is reduced. Buprenorphine greatly reduces opioid craving and blocks the effects of other opioids, making it a highly effective and well-tolerated medication for patients with opioid addiction.

Despite the potential advantages of the use of Suboxone as opioid replacement therapy for addicted patients, very few physicians have taken the 8-hour course that allows them to legally prescribe this medication for the treatment of addiction. This has been especially problematic in rural areas, where there are shortages of doctors but no shortages of patients addicted to opioids. As of 2010, only 32 rural doctors in Washington State had received the federal waiver that allows them to prescribe Suboxone.

Project ROAM is a new initiative by Washington State University and the University of Washington to assist

rural physicians who wish to use this new modality to treat patients with opioid addiction.

During the coming year our team will present two free CME courses in Washington State that will teach rural physicians about the use of Suboxone for addiction, and also satisfy the federal requirement to receive legal permission to prescribe the medication. While ARNPs are not currently permitted to prescribe Suboxone they are welcome to attend the class especially if they are practicing with a physician who prescribes it. But just being able to prescribe the drug doesn't necessarily mean that it will be used. Many physicians are appropriately leery of opening the floodgates by acquiring this new capability. Project ROAM is committed to providing assistance to physicians who wish to use this medication, both by helping them master the clinical nuances of the protocols, and by helping them organize their practices so that this new clinical service is a benefit to their practice.

We will be launching this project in collaboration with Project ECHO, an innovative teleconferencing system that allows rural physicians (and their clinical support team) to participate in periodic clinical rounds with other physicians and with appropriate experts to discuss management of complex patients without leaving their offices.

A second resource will be the buprenorphine course instructors themselves.

Each rural physician who attends the course and is certified to prescribe buprenorphine will be paired with an expert mentor who is one of the faculty in the course. These experts will be available by phone or e-mail so rural physicians can receive timely consultations on management of individual patients, or any other matter related to the use of buprenorphine.

Third, Project ROAM will make available practice management consultation to help rural physicians train staff, devise forms, and shape clinical protocols for the efficient use of this medication in specific real world settings. The consultant will also assist the newly trained physicians with billing so that this service will be adequately reimbursed by third party payers.

The first course will take place in Seattle on Saturday, October 30th. Project ROAM will cover the cost of the course, and provide CME credits. If you are interested in participating or have any questions about the treatment of opioid addiction with buprenorphine, please send me an e-mail at rosenb@u.washington.edu, or give me a call at 206.685.1361.

Roger A Rosenblatt MD, MPH is Vice Chair, Department of Family Medicine and Director of the Rural/Urban Underserved Opportunities Program (RUOP)

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"

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"

Pain Management ARNP/PA-C – Western WA

MultiCare Health System is looking for a certified nurse practitioner or physician assistant to join our thriving Interventional Pain Management practice. Initially, primary responsibility would be seeing patients in follow-up after procedures. Previous experience in pain management, orthopedics or neurology is required. 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. 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.

"MultiCare Health System is a drug free workplace"

Pulmonary ARNP – Western 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 Puyallup, 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 North-

west 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"

Orthopedic ARNP/PA – Tacoma, WA

MultiCare Health System seeks Orthopedic ARNP or PA to join a highly specialized orthopedic surgical practice; primary focus includes hip dysplasia, hip dislocations and performing periacetabular osteotomies. Previous orthopedics and surgical first experience desired, although training will be provided. 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. "MultiCare Health System is a drug free workplace"

Geriatric Medicine NP – Wenatchee, WA

Wenatchee Valley Medical Center in Wenatchee WA is seeking a full time Geriatric Medicine Nurse Practitioner to join a growing multidisciplinary team, who care for elderly patients primarily in nursing homes, but also in assisted living facilities, their homes, and in the office. Excellent referral base from among our primary care and specialty partner physicians. Electronic medical records.

WVMC is a comprehensive and collegial multi-specialty where mid-levels are supported and respected. Very good salaries and excellent benefits, including retirement and CME. Physician-owned and patient-centered since 1940.

Wenatchee is nestled in the foothills of the Cascade Mountains. The Columbia River runs through town for plenty of summertime fun; in the winter, our local ski hill, Mission Ridge, is just minutes away. We enjoy many of the advantages of urban living as Wenatchee is a hub for shopping and entertainment. At the same time, our community has a distinct "small town" feel. Come see why Wenatchee Valley is a great place to work and play! Send CV to JoinUs@wvmedical.com Learn more at www.wvmedical.com

Full Time NP – Wenatchee, WA

Wenatchee Valley Medical Center is seeking an experienced Nurse Practitioner for full-time urgent care in new Walk-In Clinic. Supplement the family practitioners' ability to see "day of" patients with urgent care concerns. Monday - Friday 8:30-5:30 plus a few Saturdays. General medicine skills and urgent care experience required.

Join busy and established rural clinic within stable multi-specialty group and work alongside four physicians, one midlevel practitioner, and a full staff of receptionists, nurses, technicians, and managerial support. Practitioner-friendly facility in terms of salary, benefits, and support that includes fully integrated EMR and collaborative relationship with Wenatchee-based specialists.

North Valley Family Medicine has six board certified Family Practice physicians, along with a mid-level practitioner who specializes in women's health care. The clinic is located in Tonasket, in North Central Washington, Okanogan County. The region is located between two mountain ranges and bounded on the north by the Canadian border. It is served by North Valley Hospital, a public hospital district located in Tonasket and serving North Okanogan County and the surrounding area.

Tonasket is a recreationalist's dream come true. Sunny, 4-season climate in a small town surrounded by mountains, lakes& rivers. Friendly people mean instant friends with similar interests. Local downhill ski area and groomed cross-country trails, back-country terrain for all levels of hiking, climbing, fishing, hunting, kayaking -- you name it. Very good schools with strong community support. When it becomes "too" small town and we need a "city fix", we're just a short, beautiful drive away from Canada's wine country or Spokane. Learn

more at www.wvmedical.com. Send CV to JoinUS@wvmedical.com.

PNP – South King County

Well established 7-physician pediatric practice seeking a full or part time ARNP/PNP provider for same day and primary care services to children of all ages. Visit www.rentonpediatrics.com. Contact Dr. Dan Friedman at 425-271-5437 for more info or fax resume to 425-656-4212.

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

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.

Pain Management:

Frontline Pharmacological and Behavioral Strategies

October 22 & 23, 2010 - 9.5 credits/hours

Residents: \$105 * Allied Health Care: \$195 * MD/DO/PhD: \$275

The issue of chronic pain and opioid use has received widespread attention. This conference will focus on helping participants increase their understanding of pain management issues in both urban and rural settings; options for pain management; and addiction evaluation and intervention. Participants will improve their understanding of current research and best practices related to pain management and opioids.

Presented by CHAMMP at Harborview Medical Center & sponsored by Department of Psychiatry and Behavioral Sciences, Department of Anesthesiology and Pain Medicine, and the Office of Continuing Medical Education. For information visit www.uwcme.org or contact the Office of Continuing Medical Education at (206) 543-1050 or cme@u.washington.edu

26th Annual Infectious Disease Conference

December 9-11, 2010 • Westin Hotel, Seattle, WA

For registration information go to:

www.providence.org/everett/medical_staff/schedule.htm

Services

Need Assistance with Your Nursing Manuscript?

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I have 15 years' experience in publishing and have worked as both freelance and staff editor for many professional nursing journals. I know how to prepare articles for submission to the leading nursing journals, from examining content, organizing ideas, and seeking the most current references available for your topic. Reviewers are look-

ing for polished articles—give them what they want. Let's work together to get your manuscript publication ready! 561.716.3606 www.heatherlewintwiss.com heather@heatherlewintwiss.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 \$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.

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

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Publisher: NP Central

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



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