

Advanced Registered Nurse Practitioner Care

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AUWS Legislative Brief

The major focus of AUWS is legislative action and advocacy. The Washington State Legislature convened its regular session on January 11, 2011 and ends on April 24, 2011. Thousands of bills are introduced each session and many are related to health care. Many have the potential to affect ARNP practice.

AUWS has a bill it is promoting this year and several other high priority bills we are supporting or monitoring. AUWS has a legislative committee that developed a legislative agenda and determined which bills we would promote, support, monitor or oppose. AUWS lobbyist, Tamara Warnke, represents us to provide input to legislators and staff and to testify on these issues.

Last year a law was enacted that allows Washington pharmacies to accept prescriptions from out-of-state ARNPs. The bill was intended to include both legend drugs and controlled substances however the area of the law to include controlled substances was inadvertently omitted. This year, AUWS has worked with legislators to pass House Bill 1486 which is a technical correction to amend state law and allow pharmacists to accept prescriptions for controlled substances from out-of-state ARNPs. The bill has passed the House and it is anticipated it will have a final vote by the Senate in early April. Passage is expected. AUWS thanks legislative committee co-chair Jerry Green for his testimony on the bill in the House.

Another high priority bill is Senate Bill 5394. This bill if passed will implement a section of the 2010 Patient Protection and Affordable Care Act, federal health care reform legislation. It is designed to create health homes for Medicaid patients with chronic conditions to improve health outcomes and reduce unnecessary cost. The health home would provide coordinated care led by a primary provider who works with a multidisciplinary team. ARNPs are included in the legislation as primary care providers. The bill was passed by the Senate and has two committees in the House. It is now in the House Rules Committee which decides if it will have a full vote by the House.

There are dozens of healthcare related bills that AUWS has had our lobbyist monitor. On many of these bills we have had the lobbyist 'sign in' in support of the bill at hearings so the committee is aware of AUWS' position. Some of these include allowing respiratory care practitioners to receive orders from ARNPs, health insurance

and implementation of various aspects of the federal health care reform legislation.

The next issue of ARNP Care will include a summary of the legislative session if it concludes its work on time. The regular session must end on April 24th however the Governor can call the Legislature into special session if there is a need. This is typically because a budget has not been passed. You can follow the progress of bills using this link: <http://apps.leg.wa.gov/billinfo/>

DEA National Prescription Drug Take-Back Day

The federal Drug Enforcement Administration (DEA) launched its drug take-back initiative on September 25, 2010. It was such a success they planned a second event for April 30, 2011. This event is for the DEA "Got Drugs?" campaign. State and local law enforcement will partner once again with DEA to help provide several thousand sites nationwide where people can drop off expired, unused, and unwanted prescription drugs, including controlled substances. This service is free and anonymous – they will not ask questions. Prescription drug abuse is the nation's fastest growing drug problem and has become a public health crisis. DEA is committed to reducing this threat by working with law enforcement, the medical community, public health coalitions, concerned public, and many others to raise awareness and provide a means of drug disposal. The goal is to offer safe, legal, and environmentally sound ways to do so. You can find more information about collection sites at the following link:

http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html

New ANA Public Service Announcement Features Nurse Promoting Immunization

Nurses have the power to protect. That's the theme behind an exciting new public service announcement (PSA) on the value of immunizations, produced by the American Nurses Association (ANA).

This unique 30-second announcement, distributed through ANA's Bringing Immunity to Every Community project, features a registered nurse as an immunization advocate, clinician and role model – not just to her patients but to her family and colleagues. It's the first PSA produced specifically for nurses nationwide that demonstrates how nurses are influential trusted promoters of immunization.

The PSA, created through an unrestricted grant from Pfizer, Inc., serves as a reminder for nurses and the public to stay up-to-date with their immunizations. Vaccination prevents disease outbreak, particularly seasonal influenza and Tdap (tetanus, diphtheria, and pertussis) vaccines. The increase in pertussis cases and recent pertussis-related infant deaths in California highlight the importance of teens, adults, and health care workers getting a one-time dose of Tdap vaccine. We're excited about this PSA, and hope you are too! Check it out, and forward it to your friends and colleagues.

You can also see the immunization PSA at <http://www.youtube.com/nursesmatter#p/a/u/1/CSMiWcMtII4>

Bringing Immunity to Every Community is a collaborative initiative with the Centers for Disease Control and Prevention (CDC) that focuses on maximizing nurses' role in increasing vaccination rates and reducing incidence of vaccine-preventable diseases. The project seeks to increase nurses' knowledge and competency in immunization, encourage nurses to be vaccinated, and position nurses as leading advocates for immunization.

Bringing Immunity to Every Community, along with Every Child by Two, also has produced a continuing education webcast aimed at helping registered nurses discuss the benefits of vaccines with patients, families and health care workers. The webcast focuses on vaccine safety, nurses' role in immunization promotion, and risk communications.

For more information on Bringing Immunity to Every Community: Katie Brewer, MSN, RN, 301.628.5043, or Katie.Brewer@ana.org.

Visual, Easy-to-Read Diabetes Education Materials Focused on Starting Insulin Available for Low and Very Low Literacy Populations

The Nurse Practitioner Healthcare Foundation (NPHF) and the Association of Clinicians for the Underserved (ACU) are pleased to announce a new series of "user friendly" handouts for people who are starting to use insulin to manage their diabetes. Using plain language and simple pictures, the handouts make it easy to understand how to safely use insulin. "Persons with diabetes who are just starting insulin therapy are often overwhelmed by the complexity of their disease- learning to give themselves insulin injections, managing their daily doses, tracking blood sugar levels, as well as managing their diet and exercise," said Phyllis Zimmer, President of the Nurse Practitioner Healthcare Foundation. "Providing clear directions and simple home reference guides can reinforce the education given in the clinical setting."

Twenty-four million people in the U.S., or 8% of the population, have diabetes; it is the 5th leading cause of death and causes serious health consequences. The incidence of type II diabetes has increased dramatically in the last 10 years and more and more type II diabetics are joining the ranks of those using insulin to control their disease. Diabetes is a complex, lifestyle-changing disease, and patients must understand their medication regimen in order to manage the disease successfully.

Yet, the U.S. Department of Health and Human Services reports that 44 million U.S. adults do not have the ability to read, write and solve problems — skills that are necessary to perform everyday activities. Further, in a 2004 report, the Institute of Medicine stated that nearly half of all U.S. adults (90 million persons) had some difficulty understanding and using health information. Most commercially prepared healthcare education materials are written at a 10th grade reading level or higher.¹ However, most adults read at an 8th to 9th grade level and more than 20% of adults read at a 5th grade level or lower.^{1,2} Health literacy affects both short and long term health. Studies have shown that, in diabetes care, poor health literacy is associated with poorer knowledge of diabetes, poor adherence to medication treatment, and a 30-50% higher risk for hospitalization.³

These new handouts are specifically designed to address the need for low literacy guides that are easily understood by patients. There are 10 topics in the series, including information on why insulin is needed, how to inject it, needle safety, monitoring blood sugar, diet and exercise, and tips for managing insulin when traveling. "These materials are important tools to strengthen teaching done by clinicians, diabetes educators and health promoters in the community," commented Kathie Westpheling, ACU Executive Director. Lois Wessel, NP, ACU Associate Director for Programs added, "Managing insulin is challenging, and these guides provide a quick and easy reference for patients so they can better manage their medications and avoid complications related to uncontrolled diabetes."

The handouts are available in both English and Spanish and in two literacy levels: low literacy and very low literacy. The low literacy level handouts are written at a sixth grade level. The very low literacy versions are written at a 4th grade level and are suitable for patients who have more limited literacy and health literacy skills. The patient handouts are free to download and distribute from the NPHF website:

<http://www.nphealthcarefoundation.org/resources/insulin.html>

NPHF and ACU gratefully acknowledge the financial support for this project provided by Nipro Diagnostics, Inc. "We are proud to provide support for this important

public health project to promote patient safety in the use of insulin," stated Teri Sasse, MS, RN, Director of Professional Marketing and Clinical Services at Nipro Diagnostics, Inc.

NPHF is a non-profit organization dedicated to "raising the bar" in healthcare. NPHF works on behalf of the entire nurse practitioner profession to make high quality, effective care accessible through research, education, health policy, service, and philanthropy.

www.nphealthcarefoundation.org

The Association of Clinicians for the Underserved is a non-profit, transdisciplinary organization of health care clinicians, organizations, and advocates dedicated to improving healthcare for the underserved and supporting the clinicians who serve these populations.

www.clinicians.org

¹United States Department of Health and Human Services. Healthy People 2010: Understanding and Improving Health. www.healthypeople.gov

²Safer, R., Keenan, J. (2005). Health Literacy: The Gap Between Physicians and patients. *Am Fam Physician*. 31(5): 463-468

³Powell, C.K., Hill, E.G., Chancy, D.W. (2007). The Relationship Between Health Literacy and Diabetes Knowledge and Readiness to Take Health Action. *Diabetes Educ*, 33(1):144-151.

National Nurses Week

National Nurses Week is celebrated annually from May 6, also known as National Nurses Day, through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

The 2011 theme is "Nurses Trusted to Care."

NP Preceptors Needed

Seattle University NP Students in their last quarter of the program need NP preceptors in Family, Womens, Midwifery, Peds, Gero. Summer Quarter: 6/20-8/14. Hours: 240 hours over 8 weeks (3 days/week) or share a preceptorship with someone in your office. Please call or email: 206-293-4416 or <mailto:frothil@seattleu.edu>

Classified Ads

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 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"

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 pro-

vider 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"

Medical Aesthetics ARNP – Gig Harbor, WA

Gig Harbor MultiCare Healthy Reflections Medical and Day Spa is seeking on-call medical aesthetics nurse practitioners to support our client's desires to restore, rejuvenate or enhance their image through education, medical aesthetic procedures and products. This is the ideal position for a provider who wants to set their own work schedule. Candidates must be eligible for licensure & certification in Washington State. Email your CV to MultiCare Health System Provider Services at providerservices@multicare.org or fax your CV to 866-264-2818. Website: www.BlazeNewTrails.org. "MultiCare Health System is proud to be a drug free workplace"

Physiatry ARNP – Western, WA

MultiCare Health System seeks a certified ARNP with experience in rehabilitation and chronic pain to join an established physical medicine and rehabilitation program. Position focuses on medical management of patients on the Inpatient Rehabilitation Unit. This is a full-time 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 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"

Full-Time NP – Tonasket, WA

Wenatchee Valley Medical Center is seeking an experienced Nurse Practitioner for full-time combination position in urgent care and anticoagulation. Help open our new Walk In Clinic in Tonasket. Accept all comers; supplement the family practitioners' ability to see "day of" patients with urgent care concerns. Also manage chronic patients' anti-coagulation medications; we'll train in specifics and software. 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 means 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

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. RSVP at least 48hr in advance to mwiley@familycareofkent.com so we can order food and drinks. Address and directions on www.familycareofkent.com. Sponsored by NP Central.

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.

Thought for the Day

The pessimist sees difficulty in every opportunity...
But the optimist sees the opportunity in every difficulty.
~Winston Churchill

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 and Continuing Education Ads of less than 66 words are \$45, of 66 to 130 words are \$75, 131-180 words are \$105, and greater than 181 words are \$175. Position Available Ads are priced

per insertion. 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, more than 130 words are \$175. Ad Inserts are \$750 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, #230, Kent, WA 98031. Phone 253.852.9042. Fax 253.852.7725. Email care@nurse.net.

ARNPs United of WA State

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