

# Advanced Registered Nurse Practitioner Care

Vol. 24, No. 1

Official Newsletter of ARNPs United of Washington State

January 2013

## AUWS BOD Officers Announced

ARNPs United of Washington State held their annual retreat in January.

Officers for 2013:

- ☐ President: Nancy Lawton, FNP
- ☐ Vice-President: Stephany Nesser, FNP
- ☐ Secretary: Afton Williamson, FNP
- ☐ Treasurer: Maddy Wiley, FNP

Staff for 2013:

- ☐ Bob Smithing, FNP, Executive Director
- ☐ Tracy Kiele, Assistant

The board would also like to thank our outgoing officers Deb Smith, Ashley Fedan and Sarah Korkowski for their service to the ARNP community.



From the recent Board of Directors Retreat. L to R: Front (seated) Nancy Lawton, Louise Kaplan & Bob Smithing. Back (standing) Afton Williamson, Sarah Korkowski, Chris Porter, Stephany Nesser, Maddy Wiley & Erica Lybarger. Missing Julie Che. (Photo by Robin Fleming)

## Make a Date with Democracy

It's time to get engaged and get active. As a nurse, you have one of the most trusted and respected voices—it's time to use it!

**Monday, February 11, 2013 is WSNA's Nurse Legislative Day.**

Legislators and the public recognize that our daily experiences caring for the health of our patients and communities give us valuable and unique insight. You advocate for your patients every day. During Nurse Legislative Day, you'll learn how to be a powerful advocate for all patients in Washington.

Learn about the critical issues facing nurses, nursing and health in Washington this year, but most im-

portantly, you'll discover how you can make a difference in Olympia.

The Governor is invited

Overview of WSNA priorities for 2013 — Find out which issues WSNA will work on in the next legislative session and how you can get involved

Breakout Sessions — Learn how to be an effective advocate on the issues important to you

Afternoon at the Capitol in Olympia

Meet with your legislators and attend hearings

Visit [www.leg.wa.gov](http://www.leg.wa.gov) to find out your legislative district and representatives or call the Legislative hotline at 800.562.6000. Be sure to call your legislators in advance to make an appointment to guarantee availability.

Morning & afternoon shuttle transportation provided.

WSNA will provide a certificate of attendance for this event instead of contact hours. The Nursing Commission will accept certificates of attendance as evidence of compliance for the continuing competency requirements for those of you present who hold an RN, LPN, or ARNP license.

## Tools to Increase Colorectal Cancer Screening

by Emily Butler, WA Dept. of Health Cancer Screening Coach

Why focus on colorectal cancer screening? Screening saves lives, yet a third of Washington residents have never been screened or are not up to date with screening. This three-part series provides you with strategies you can use to boost colorectal cancer screening rates in your practice.

One tool I want to share with you is a fact sheet about the Fecal Immunochemical Test (FIT), a type of colorectal cancer screening test. FIT is a type of fecal occult blood testing (FOBT), but it's different from the guaiac-based FOBTs that have been in use for a long time. (Access the fact sheet here: <http://here.doh.wa.gov/materials/FIT.>)

This fact sheet helps you and your clinical team understand why:

- ☐ FIT is better than guaiac-based FOBT at detecting adenomas and cancer.
- ☐ FIT is more patient-friendly than guaiac-based FOBT.
- ☐ FIT is an effective alternative to colonoscopy. The two tests are similarly effective at reducing mortality.

- More patients complete screening when offered a choice of screening tests.

This fact sheet is an educational tool for providers and medical clinic staff. If you'd like to share information on screening test options with your patients, print copies of the Screening Tests At-a-Glance brochure, found here: [http://www.cdc.gov/cancer/colorectal/pdf/SFL\\_inserts\\_screening.pdf](http://www.cdc.gov/cancer/colorectal/pdf/SFL_inserts_screening.pdf).

I encourage you to print copies of this fact sheet to share with providers in your clinic. To ask questions about FIT or find out more about how you can use FIT to increase colorectal cancer screening in your practice, contact me at [Emily.Butler@doh.wa.gov](mailto:Emily.Butler@doh.wa.gov) or 253-395-6729.

The U.S. Preventive Services Task Force recommends colorectal cancer screening for men and women aged 50 to 75 using FIT, high-sensitivity guaiac-based FOBT, sigmoidoscopy or colonoscopy.

The first article in this series explained how to use a Colonoscopy Fact Sheet to educate your patients about colorectal cancer screening and colonoscopy. (Access the fact sheet here:

[http://www.doh.wa.gov/portals/1/Documents/Pubs/342-051\\_BCCHPColonoscopyFactSheet.pdf](http://www.doh.wa.gov/portals/1/Documents/Pubs/342-051_BCCHPColonoscopyFactSheet.pdf)) Mail a copy of this fact sheet to your patients with a referral as a reminder to follow through with the colonoscopy appointment. One study found a 12-percentage point increase in the number of patients that followed through with colonoscopy when a fact sheet like this one was mailed 10 days after the referral.

### 2013 Brings Launch of The American Association of Nurse Practitioners

Merged organization announces three national conferences for NPs of all specialties

Unifying the voices of nurse practitioners (NPs) nationwide, The American Association of Nurse Practitioners (AANP) has officially launched, creating the largest professional membership organization in the country for NPs of all specialties. The new entity is the result of a merger on January 1, 2013 between The American Academy of Nurse Practitioners and The American College of Nurse Practitioners.

To set the course for 2013, AANP has planned three conferences that offer NPs valuable educational and networking opportunities:

- The 2013 National Nurse Practitioner Health Policy Conference taking place February 24-26 in Washington, D.C., will focus on policy information of vital importance to NP practice.
- The AANP National Conference will bring NPs to Las Vegas June 19-23 and feature numerous skill

enhancement workshops and continuing education programs.

- The AANP Specialty and Leadership Conference, scheduled for October 2-6 in Las Vegas, will help NPs in specialty tracks enhance skills that are important for the care of a growing number of patients.

"We are pleased to offer NPs this range of opportunities to help them continue representing the best of their profession in 2013," said David Hebert, CEO, AANP. "The conferences are only the beginning of what this new organization seeks to achieve."

"NPs are poised to gain myriad benefits as a result of the consolidation that created the new entity," said Angela Golden, DNP, FNP-C, FAANP, President, AANP. "Beyond additional conference opportunities, our members will see a greater NP presence in the national health care dialogue."

Prepared at the graduate level, NPs provide primary and acute health care services. In addition to being expert clinicians, NPs guide patients in making smarter health and lifestyle choices.

The American Association of Nurse Practitioners (AANP) is the largest professional membership organization for NPs of all specialties. It represents the interests of approximately 155,000 NPs across the country, providing a unified networking platform, and advocating for their role as providers of high-quality, cost-effective, comprehensive, patient-centered and personalized health care. The organization provides legislative leadership at the local, state and national levels, advancing health policy; promoting excellence in practice, education and research; and establishing standards that best serve NP patients and other health care consumers.

Contact: Sharon Horowitz, 212.329.1428, [shorowitz@lakpr.com](mailto:shorowitz@lakpr.com) Web Site: <http://www.aanp.org>

### Apply Now: ANA Care Coordination Quality Measures Panel

The American Nurses Association (ANA) is seeking applications for its Care Coordination Quality Measures professional issues panel to be convened starting in March 2013. This panel will focus on developing a framework for measuring the contributions of registered nurses engaged in care coordination. Time commitment includes participation on monthly conference calls for approximately six months along with email dialogue.

ANA is looking for panel members with the following types of experience and interest:

- Quality measurement experience at the regional or national level.

- ☑ Experience with internal, system-wide quality measure development, implementation and evaluation.
- ☑ Current practice experience in care coordination, including transitional care across care settings.
- ☑ Experience in educating nurses in coordinating care.
- ☑ Expertise in implementing and using data from electronic health records in acute, post-acute, or ambulatory care settings.
- ☑ Experience in evaluating care coordination programs outcomes (e.g., research).
- ☑ Patient/Caregiver experience of care with care coordination.

Go to:

<http://www.nursingworld.org/MainMenuCategories/Policy-Advocacy/Professional-Issues-Panels/Care-Coordination-Quality-Measures-Panel> to find out more and submit your application. The deadline for applications is February 8, 2013. Notifications of selection for the Care Coordination Quality Measures panel will be sent by March 1, 2013.

In addition to the professional issues panel, ANA will be convening an Advisory Panel that will include ANY ANA member who is interested in further engagement on this topic via email. Questions can be sent to [professionalissuespanels@ana.org](mailto:professionalissuespanels@ana.org)

### Classified Ads

#### Office Space for Rent-Kent, WA

13 x 16 office space available immediately, rent negotiable. Great space for counseling or even a satellite office. Located next door to a well established Family Health Care Clinic. For more information contact Bob Smithing at 253.852.7723

### CE Opportunities

#### UW Health Care and Social Work Certificates

Advance your skills, expand your network or earn contact hours and CEUs. UW Professional & Continuing Education offers the following certificate programs: Gerontology (online), Geriatric Mental Health (classroom), Medical Management (classroom), Psychological Trauma: Effective Treatment and Practice (online & classroom), Integrated Behavioral Health (online), and Infant Mental Health (classroom). Visit our website for full descriptions and start dates: [www.keeplearning.uw.edu](http://www.keeplearning.uw.edu).

#### Pediatric Obesity Prevention in Primary Care FREE 1 hr AANP CE Opportunity:

Please allow me to invite you to complete an online CE program about: Pediatric Obesity Prevention in Primary Care  
The program will take an hour or less, and has a research component/survey, so your participation is highly valued!

To access the program, please access the following link:  
[www.unco.edu/nhs/nines/HesslerCEforWeb2011/HesslerCEforWeb2011.html](http://www.unco.edu/nhs/nines/HesslerCEforWeb2011/HesslerCEforWeb2011.html)

### Service Ads

#### Seattle University NP Students Need Preceptors

Winter Qtr 1/7-3/20/13, 2 days/week  
Spring Qtr 4/1-6/10/13, 2 days/week

Fabulous preceptors are ARNPs, MDs, PAs in: Family, Geriatrics, Psychiatrics, Pediatrics, Midwifery, Women's health, Urgent Care, Specialty (eg; cardio, neuro, etc) Please contact Elly Detweiler at: 206-398-2098 or [detwelle@seattleu.edu](mailto:detwelle@seattleu.edu)

#### Guiding the Future... Love to teach...

Precept an FNP, ANP or PNP student!

Precepting involves 1 to 2 days a week for the 10-week quarter, Fall, Winter and/or Spring.

Preceptors needed for beginning to advanced students.

Contact Fiona Shannon, [fiona@uw.edu](mailto:fiona@uw.edu) for more information on precepting University of Washington students.

#### Interested in Mentoring the Next Generation of ARNPs?

Pacific Lutheran University in Tacoma, WA is looking for preceptors in the south Puget Sound area for the Family Nurse Practitioner program. Your commitment requires a minimum of 1 day a week for a semester. We need preceptors Fall (Sep to Dec), Spring (Feb to May) and Summer (May to August) semesters. If interested, please contact Dr. Lorena Guerrero at [guerrele@plu.edu](mailto:guerrele@plu.edu) or call (253) 535-7374.

### 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 speaker presentation.

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 Sep/Nov/Jan/Mar/May on the third 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](mailto:mwiley@familycareofkent.com) so we can order food and drinks. Address and directions on [www.familycareofkent.com](http://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](mailto:Fionafnp@centurytel.net) for more information.

### Upcoming Events

Nurse Legislative Day - Feb 11th, 2013. Olympia. A full day of education and advocacy. Don't miss out on this opportunity to join with hundreds of nurses in Olympia!

Washington State Nurses Convention - May 1st - 3rd, 2013. Tulalip Casino. With nationally renowned speakers, a full year's worth of CE credits in one conference, nurses from across the state, and planning sessions on WSNA's future, this will be the premier nursing event in Washington. Be there!

### Inspirational Quote

Man's mind stretched to a new idea never goes back to its original dimensions.

~Oliver Wendell Holmes



### 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](mailto:care@nurse.net).

### ARNPs United of WA State

10024 S.E. 240<sup>th</sup> St., Suite #230, Kent, WA 98031  
253.480.1035 Fax: 253.852.7725  
[www.facebook.com/ARNPsUnited](http://www.facebook.com/ARNPsUnited)  
Email: [au@auws.org](mailto:au@auws.org) Web site: [www.auws.org](http://www.auws.org)

### ARNP Care

10024 S.E. 240<sup>th</sup> St., Suite #230, Kent, WA 98031  
253.852.9042 Fax: 253.852.7725  
Email: [care@nurse.net](mailto:care@nurse.net) Web site: [www.nurse.org/wa/arnpcare](http://www.nurse.org/wa/arnpcare)

#### Editors:

Robert T. Smithing, MSN, ARNP, FAANP  
Madeline D. Wiley, MSN, ARNP, FAANP

#### ARNPs United Contributing Editors:

Nancy Lawton, ARNP (President)  
Louise Kaplan, PhD, ARNP, FAANP (Legislative Chair)

#### Managing Editor: Tracy Kiele

#### Production Staff: Sarah Abid

#### Publisher: NP Central

© 2013 NP Central  
Ad rate sheet available on request.

### Photograph of the Month



Photo by Bob Smithing

Big horn sheep looking forward to what ARNPs can accomplish in 2013.

## Monday, February 11th, 2013

Join us at the 2013 WSNA Nurse Legislative Day, and learn about the critical issues facing nurses, nursing and health in Washington this year, and most importantly, discover how **you** can make a difference in Olympia.

### Morning Education Sessions at Great Wolf Lodge

#### WSNA's Priorities for 2013

Discover which issues WSNA will work on in the next legislative session and how you can get involved

#### Breakout Sessions

Learn to be an effective advocate on the issues important to **you**

### Afternoon at the Capitol in Olympia

#### Meet with Your Legislators and Attend Hearings

Visit [www.leg.wa.gov](http://www.leg.wa.gov) to find out your legislative district and representatives or call the Legislative hotline at **1-800-562-6000**.

*Be sure to call your legislators in advance to make an appointment to guarantee availability.*

**Great Wolf Lodge is located at 20500 Old Highway 99 SW, Centralia, WA 98531**

*Free shuttles between Olympia and Great Wolf Lodge will be provided before and after education sessions*

**Great Wolf Lodge Special Room Rate \$135 Call 800.640.9653 (WOLF) for reservations. Use group code 1302WSNA.**

*Room accommodates up to 4 people. This rate is for Sunday night only, and good for a limited time.*



[www.wsna.org/legday](http://www.wsna.org/legday)

*✂ Detach here*

### 2013 Nurse Legislative Day Registration Form

*Separate form required for each registrant. (Photocopy this form as needed.)*

Name \_\_\_\_\_ Credentials \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Legislative District \_\_\_\_\_ Membership # / Last 4 SSN \_\_\_\_\_

School \_\_\_\_\_ Email \_\_\_\_\_

- \$20** Pre-registered student
- \$50** Pre-registered WSNA, ARNPs United, AAPPN, WANA, AORN, or SNOW member
- \$55** Pre-registered non-member
- \$30** Student who registers on-site
- \$70** All others who register on-site

**Continuing nursing education contact hours will be awarded for this event**

Washington State Nurses Association CNEPP (OH-231, 9/1/2015) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

\$ \_\_\_\_\_ Registration Fee *(includes continental breakfast and box lunch)*

Registration fees constitute contributions to WSNA-PAC. Registration fees are not deductible as charitable contributions for federal income tax purposes.

\$ \_\_\_\_\_ Additional PAC Contribution *(suggested donation \$25)*

\$ \_\_\_\_\_ **Total Amount Enclosed**

**Check Enclosed** (Please make check payable to WSNA-PAC)  **Visa / MasterCard**

Card Number \_\_\_\_\_ Exp Date \_\_\_\_\_

Print Cardholder Name \_\_\_\_\_ Cardholder Signature \_\_\_\_\_

*Return this form to WSNA by mail at 575 Andover Park West, Suite 101, Seattle, WA 98188 or fax to 206-575-1908.*