Advanced Registered Nurse Practitioner Care

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Official Newsletter of ARNPs United of Washington State

February 2013

Tools to Increase Colon Cancer Screening

by Emily Butler, WA DoH Cancer Screening Coach

March is Colon Cancer Awareness Month, which is a great time to educate clients about the importance of colon (colorectal) cancer screening. Only 66 percent of Washingtonians aged 50-75 have been screened or are up to date with recommended screening. This March let's work together to increase the number of patients screened for colon cancer in Washington State.

Finding tools to increase the number of patients screened in your clinic is now easier than ever. I invite you to visit the Department's new online resource, the **Colon Cancer Screening Resources** web page for providers

(http://www.doh.wa.gov/PublicHealthandHealthcareProviders/HealthcareProfessionsandFacilities/Professional Resources/ColonCancerScreeningResources.aspx). Visit the landing page to see a highlighted list of key tools, or visit the Colon Cancer Screening Provider Toolbox (http://www.doh.wa.gov/Portals/1/Documents/Pubs/342-093-ColonCancerScreeningProviderToolbox.pdf) for an in-depth look at evidence-based interventions. Read about the strategies that have worked in other clinics, and adapt to your practice.

Finally, be sure to take a look at the **new educational materials** we've created to assist you in reminding clients to get screened

(http://www.doh.wa.gov/PublicHealthandHealthcarePro viders/PublicHealthSystemResourcesandServices/Local HealthResourcesandTools/BreastCervicalandColonHeal th/PublicEducationandRecruitment/MIYOMaterials.asp x). You can download these materials today, or learn how to to use the website MIYO (Make It Your Own) to create custom, culturally appropriate materials in English and Spanish. Choose from over 300 messages and 275 photos to create your own flyers, postcards, inserts, brochures, posters, question cards and text messages.

A recommendation from a healthcare provider is the number one factor that influences a patient's decision to get screened for colon cancer. Even if you already make a practice of recommending screening, the strategies found on these web pages can help you improve your ability to identify and screen more patients.

I encourage you to pick a couple of strategies to remind clients about the importance of colon cancer screening this March. Scheduling 10 minutes to share these tools with your clinic in a staff meeting in early March is a

great start. For assistance in selecting a couple of easy-to-implement strategies to increase colon cancer screening in your clinic, contact me at 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.

Are IUDs A Pain In The Os?

Bob Smithing

Maddy Wiley, MSN, ARNP, FAANP & Bob Smithing, MSN, ARNP, FAANP are doing a study to answer the question of what if anything helps reduce discomfort and what doesn't help with IUD insertions. We are collecting data using questionnaires without any change in the current practice of the inserting clinician. We are looking to gather data on those who have never been pregnant, those who recently gave birth, and those who gave birth over a year ago. We're looking for clinicians who use anesthesia (either paracervical blocks or endometrial instillation of lidocaine) and those who don't.

We have a goal of gathering data on 100-200 IUD insertions for analysis. We are reaching out to our colleagues to invite you to join us in the data gathering.

The data collection packet contains an informed consent form for the patient to read, a consent to sign, 2 short questionnaires for the patient to complete and a quick 1 page questionnaire for the clinician to do. The entire pack is then either faxed or mailed back to our office.

We're inviting you and any of your colleagues that would like to participate in collecting the data. We plan on submitting the study for publication but anticipate informally sharing the results as they become available.

We are of course open to questions, comments and suggestions. Bob can be reached at rts@familycareofkent.com or via my cell at 253.852.7723. Please email or call if you are interested in participating!

Pictures, All Sorts of Pictures

ARNPs United of Washington State is looking for a few good pictures of ARNPs in action, working with clients, working with other health professionals or any creative images you can create. We'd like to use them on our display board, postcards and other material.

Technical stuff: There must be a model release for everyone in the photo. You can request a sample of a model release form from au@auws.org. Preferred file type .tif, .nef (or any raw file), .png, .psd, or other high-resolution file type. If the file is high quality .jpg, with no editing done, it could work. (Really we'll try any image!)

Please email images to Bob at rts@familycareofkent.com. If the files are large email Bob and we'll do a DropBox transfer. Scanned copies of the model release will be fine.

WSNA Call for Poster Abstracts

In preparation for its Biennial Convention May 1-3, WSNA is now seeking abstracts for poster presentations. If you have implemented a practice change that is improving patient outcomes or nursing practice, or if you have conducted research whose results you would like to share with your colleagues, please consider submitting an abstract. More than 500 nurses already are registered for Convention. The deadline for abstract submission is March 15. You can register online by clicking here. Please contact Robin Fleming at WSNA for more information. She can be reached at 206.575.7979 X-3058, or by e-mail at rfleming@wsna.org http://www.rnconvention.com/Poster-Session/

New Guideline on Prescribing Opioids to Treat Pain in Injured Workers

The guideline is effective July 1, 2013 and will replace the guideline for outpatient prescription of oral opioids for injured workers with chronic non-cancer pain and for outpatient prescription of controlled substances, Schedule II-IV, for workers.

The new guideline represents best practices and universal precautions necessary to safely and effectively prescribe opioids to treat chronic non-cancer pain in injured workers. You can review the new guideline on the L&I website at

www.lni.wa.gov/ClaimsIns/Files/OMD/MedTreat/FINAL OpioidGuideline010713.pdf.

A CR-101 (preproposal for rules) was also filed on January 2 and can be viewed at

http://www.lni.wa.gov/ClaimsIns/Rules/New/Proposed/Default.asp?RuleID=268.

For policy questions, please contact Jaymie Mai, Pharmacy Manager, at 360-902-6792 or at Jaymie.Mai@Lni.wa.gov

For questions related to the rulemaking process, please contact Jami Lifka at 360-902-4941 or at Jami.Lifka@Lni.wa.gov

Washington State to Introduce Health Homes

On July 1, Washington State will introduce Health Homes in the first phase of HealthPathWashington's forward-reaching Medicare-Medicaid initiatives.

Health Homes will provide citizens with serious or multiple chronic health conditions the opportunity to achieve better health care and outcomes. Created by the Affordable Care Act, Health Homes coordinate primary, acute, behavioral health and long-term care services.

They are intended to:

- ☐ Reduce avoidable health care costs
- Assist with transitions from care settings
- □ Provide referrals to community services and supports
- ☐ Promote wellness and improve health outcomes

HealthPathWashington is an initiative sponsored by the Aging and Disability Services Administration in the Department of Social and Health Services and the Health Care Authority. Health Home participation will be voluntary for clients and available to clients who are receiving services through a Managed Care Plan or a Medicaid Provider. An estimated 40 percent of Washington State's 115,000 citizens who are eligible for both Medicare and Medicaid are expected to enroll in Health Homes.

Additional information can be found on the web at:

HealthPathWashington:

http://www.adsa.dshs.wa.gov/duals/

Health Homes:

http://www.hca.wa.gov/health_homes.html.

For More Information

Karen Fitzharris, Project Manager, Aging and Disability Services Administration, (360) 725-2254

Becky McAninch-Dake, Quality & Care Management, Health Care Authority (360) 725-1642

Northeastern University College of Professional Studies Announces:

Our Northeastern University-Seattle campus is now open in South Lake Union featuring our Doctorate of Nursing Practice program! At our Seattle campus, we offer a total of 28 graduate programs that were handselected for this region from Northeastern University's main campus in Boston. We may be new to the Seattle area, but Northeastern University has more than a century of experience advancing careers everywhere! The goal of our Doctorate of Nursing Practice program is to prepare the next generation of nurse leaders with a greater breadth of expertise so they can collaborate more effectively as partners with other health care pro-

fessionals and provide leadership to enhance quality and safety. The DNP program curriculum is delivered in a hybrid online format.

In order to better introduce our DNP to the region and interact with potential students, we are holding an Inaugural Doctoral Reception at our campus on February 27 at 5:00pm.

You can find more event details on our website: http://www.northeastern.edu/seattle/doctoral-reception/

Classified Ads

Office Space for Rent-Kent, WA

 13×16 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 $\underline{253.852.7723}$

Nurse Practitioner Opportunities in Spokane & Kitsap Counties! \$3k Signing Bonus:

Improve Your Quality of Life While Helping Seniors! Join our elite Evercare team in the Kitsap or Spokane county area! As an Evercare Nurse Practitioner, you will provide primary and preventative care to a caseload of patients in long-term care settings. This exciting full-time opportunity provides flexibility and autonomy, while bringing enormous satisfaction in the care and comfort of our aging population. Qualified candidates must have an active and unrestricted NP license in the state of Washington, DEA license, certification as ANP, FNP, or GNP, and past experience working in a nursing home or with seniors in other settings. Contact Kaitlin Osborn today at Kaitlin_Osborn@uhg.com/952.936.3888 if you, or someone you know, have an interest in learning more!

CE Opportunities

Are you looking for some continuing education credits? Do you have an interest in environmental hazards and health outcomes? If yes, the CDC has a free online class available for nurses and nurse practitioners worth four CEUs.

Visit the National Environmental Public Health Tracking Network (EPHT) with the CDC to take the free online class "Tracking 101".

This course gives an overview of the major components of EPHT. EPHT is the ongoing collection, integration, analysis, interpretation, and dissemination of data on environmental hazards, exposures to those hazards, and health effects that may be related to the exposures. The goal of tracking is to provide information that can be used to plan, apply, and evaluate actions to prevent and control environmentally related diseases. CDC is currently leading the initiative to build a National EPHT Network, to integrate these three types of data into a standardized electronic network.

For more information about EPHT or the training, please contact the CDC Tracking Program:

 $1\text{-}877\text{-}923\text{-}TRACK\ trackingsupport@cdc.gov}$

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.

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

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

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 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 guerrelc@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 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.

Upcoming Events

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!

Healthy Humor

Have you heard the joke about the flu? No, what is it? Never mind. I don't want to spread it!

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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 \odot 2013 NP Central Ad rate sheet available on request.

Photograph of the Month



Happy Ground Hog Day! This Yellow-Bellied Marmot came to crash the party.

(Photo by Bob Smithing)

NADNP 2nd Annual National Conference

May 14-18, 2013

Clearwater Beach, FL

This is an exciting dermatology conference for the beginner and advanced practitioner looking to improve their knowledge and skills in preventing, diagnosing and treating dermatologic disease. The program was designed for all nurse practitioners regardless of experience or practice setting. We have confidence that you will find topics that will interest you and impact the way you practice. The theme of collaborative dermatology care highlights NADNP's comprehensive approach to caring for patients by optimizing your practice's resources.

Don't worry! We left time for you and your guests to enjoy the **surroundings**, including the 10 acres of one of the most beautiful beaches in the US, ride a jet ski, parasail, go on a fishing charter, marine life ecology cruise with dolphins, manatees and sea turtles or scuba dive, all on the premises or within a moment's trolley ride. Nearby attractions include Busch Gardens, the Tarpon Springs sponge docks, and the world class Salvador Dali Museum. We look forward to seeing you and any friends or family with whom you wish to share the fun!

Enjoy your evening with fine dining at the resort, relaxing by the resort's pools or its Gulf Mexico beach, or travel via Jolly Trolley to area hot spots. Gourmet restaurants are within an easy walk of the resort. Reservations can also be made at the local marina or through the resort to spend your evening on a number of scenic dinner cruises or other sea faring adventures.

Special discounted Sheraton Sand Key Resort room rates for pre-registered conference attendees and their guests, wishing to extend their vacation travel, are now available for May 11 – 21, 2013. Please reserve your room directly from our website via link to The Sheraton Sand Key Resort to receive our conference's discount room rate.

Convenient transportation from Tampa Airport via your choice of Limousine Service or Super Shuttle for those attendees not arriving via automobile. Please reserve by accessing the appropriate conference transportation link from our website. Parking is free at the resort for attendees traveling by car.

Register online on the NADNP website: www.nadnp.net Member registration \$350 Non-member registration \$425 **Become a member and** save \$75 off registration!

VADNP 2nd Annual National Conference May 14-18, 2013

Dermoscopy training

Dermatopathology

Podiatry

Biopsy and surgical procedures

Professional development

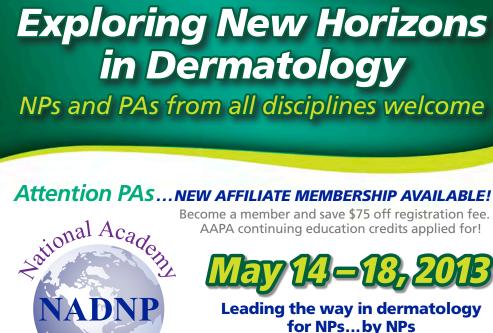
and leadership

Pharmacology hours



BY VISITING REGISTER





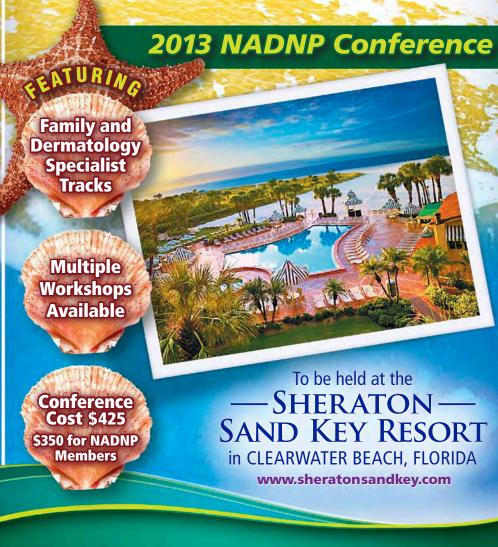
Dermatology

Nurse Practitioners

Tampa International Airport is nearby resort

REGISTER BY VISITING

www.nadnp.net



May 14-18, 2013

Leading the way in dermatology for NPs...by NPs

WORKSHOPS

All workshops subject to change and may be cancelled if minimal registration quotas are not met. Please be mindful of times. Refunds will NOT be given for double booked workshop registrations after deadline of April 28, 2013.

Tuesday, May 14

7:00 am – 9:00 am	Breakfast • Free for all workshop participants
8:00 am – 11:00 am	Biopsy and Basic Dermatologic Procedures Workshop • Chair: Dr. Raymond Shulstad, DNP, ANP-BC, DCNP Faculty: Dr. Debra Shelby, DNP, FNP-BC, DNC
8:00 am – 12 noon	Cosmetic Workshop Part I • Botulinum Chair/Faculty: Jenny Molloy, MS, ANP-BC
8:00 am – 4:30 pm	Wound Care Workshop • Chair: Catherine Milne, MSN, APRN, CWOCN Faculty: Dr. Teresa Conner-Kerr, PhD, CWS, PT
9:00 am – 5:00 pm	Laser Safety Officer Workshop and Live Laser Demos • Chair: Dr. Allison Lewis, DNP, FNP-BC Faculty: Laser Institute of America
12 noon – 1:00 pm	Lunch • Provided for full-day (8–9 hours) workshop participants only
12 noon – 3:00 pm	Basic Surgery Workshop • Chair: Dr. Debra Shelby, DNP, FNP-BC, DNC Faculty: Dr. Jonathan Zager, MD and Dr. Raymond Shulstad, DNP, ANP-BC, DCNP
1:00 pm – 5:00 pm	Cosmetic Workshop Part II • Fillers Chair/Faculty: Jenny Molloy, MS, APN-BC
3:15 pm – 6:00 pm	Advanced Surgery Workshop • Chair: Dr. Stephen Romagnolo, MD Faculty: Dr. Debra Shelby, DNP and Dr. Jonathan Zager, MD

REGISTER BY VISITING

www.nadnp.net

GENERAL SESSIONS

Wednesday, May 15

7:00 am – 8:00 am	Breakfast
7:00 am – 4:00 pm	Registration
8:00 am – 8:30 am	President's Address • <i>Dr. Debra Shelby, DNP, FNP-BC, DNC</i>
8:30 am – 9:45 am	Key Note Speaker: Preserving Professional Practice Options for NPs • Barbara Safriet, JD
9:45 am – 10:00 am	Break
10:00 am – 11:30 am	Podiatry Overview: When do you refer? • Dr. Namesh Patel, DPM
	Skin Cancer Overview • Dr. Raymond Shulstad, DNP, ANP-BC, DCNP
12 noon – 1:00 pm	Lunch Symposium • Sponsored by Amgen
1:00 pm – 1:30 pm	Break
1:30 pm – 5:00 pm	Dermatology Pharmacology • <i>Dr. George Cohen, MD</i>
5:00 pm –6:00 pm	Improving Dermatology Care Through Self-Management, Research & Development • Dr. Steven Ersser, PhD
6:15 pm – 8:00 pm	Exhibit Hall Opening Ceremony • Dinner served

Thursday, May 16

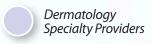
7:00 am – 8:00 am	Breakfast
7:00 am – 11:00 am	Exhibit Hall Open
7:00 am – 4:00 pm	Registration
8:00 am – 9:00 am	Leadership in Practice • Dr. Raymond Shulstad, PhD
9:00 am – 10:30 am	Advanced Skin Cancer Overview • Dr. Christopher Ewanowski, MD
10:30 am – 11:30 am	Break
11:00 am – 12 noon	Lunch Symposium • Dr. David Rodriguez, MD, Supported by Allergan
12:30 pm – 1:30 pm	Skin of Color • Dr. David Rodriguez, MD
12:30 pm – 5:00 pm	Dermoscopy Overview • Dr. Ashfaq Marghoob, MD
1:45 pm – 2:45 pm	Connective Tissue Disorders • Dr. Brooke Baldwin, MD
2:00 pm – 6:00 pm	Exhibit Hall Open
2:45 pm – 3:45 pm	Opthalmic Dermatology • Jonel Gomez, MSN, ARNP, FNP-BC, GNP-BC
3:00 pm – 6:00 pm	Afternoon Workshop: Biopsy and Basic Dermatologic Procedures Workshop • Must register for this workshop to attend.
4:00 pm – 5:00 pm	Wound Care Overview • Cathy Milne, MSN, APRN, CWOCN
5:00 pm – 6:00 pm	Opportunities in Field Dermatology • Kerri Dolan FNP-BC and Kathleen Harrell FNP-BC
7:00 pm – 8:30 pm	President's Cocktail Reception Board Members/Sponsors (by Invitation Only)

Friday, May 17

	7:00 am – 8:00 am	Breakfast
	7:00 am – 12 noon	Exhibit Hall Open
	7:00 am – 4:00 pm	Registration
	8:00 am – 9:00 am	Protecting Your Assets • Kevin Ambler, JD
	9:00 am – 10:30 am	Cutaneous Manifestations of Systemic Diseases • Dr. Keith Bailey, PA-C, MBBS
	10:30 am – 12 noon	Exhibit Hall Unopposed Time
	12 noon – 1:00 pm	Lunch Symposium • Dr. Andrea Willey, MD, Supported by Dusa
	1:15 pm – 2:30 pm	Cutaneous T Cell Lymphoma • Dr. Frank Glass, MD
	1:15 pm – 3:15 pm	Dermatopathology Basics • Dr. Michael Morgan, MD
	2:00 pm – 7:00 pm	Exhibit Hall Open
	2:45 pm – 3:45 pm	Dysplastic Nevi • Dr. Frank Glass, MD
	4:00 pm – 5:00 pm	Geriatric Dermatology • Dr. Michael Bond, MD
	5:00 pm – 7:00 pm	Exhibit Hall Unopposed Time • Raffle

Saturday, May 18

	7:00 am – 8:00 am	Registration and Breakfast
	8:00 am – 9:00 am	Melanoma Update • Dr. Jonathan Zager, MD
	9:00 am – 10:00 am	Neonatal and Pediatric Dermatology • Dr. Gisela Torres, MD
	10:00 am – 10:15 am	Break
	10:15 am – 12:15 pm	Hair and Nails • Dr. Gisela Torres, MD
	12:15 pm	Closing Ceremony













It is anticipated that attendees can earn a minimum of 23 contact education hours by attending general sessions. Contact hours for workshops will be evaluated individually. This program will be submitted to the AANP and AAPA for continuing education credit. Approved continuing education credits are based upon a 60-minute contact hour of approved education and are applicable toward professional development, recertification, and nursing licensure. Pharmacology hours will be sought for applicable sessions.

Program agenda and speakers are subject to change.