

# Advanced Registered Nurse Practitioner Care

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Official Newsletter of ARNPs United of Washington State

March 2013

## Premera Reduces Reimbursement to NPs

Our Legislative Chairperson, Louise Kaplan, PhD, ARNP, FAANP, recently met with representatives from the Office of the Insurance Commissioner to discuss reimbursement parity and the impact of Premera's recent decision to reduce reimbursement to nurse practitioners and physician's assistants by 15% as outlined in the November 12, 2012 News Brief "Washington Fee Schedule Mid-Level Provider Update". A plan of action to move forward on both issues has been devised, as follows:

Anyone whose practice is adversely affected by the Premera rate reduction needs to go to the Office of the Insurance Commissioner (OIC) website and file a complaint. Here is the link.

<http://www.insurance.wa.gov/complaints-and-fraud/file-a-complaint/insurance-company/>

Note in your complaint that you received a letter from Premera announcing the rate reduction which was arbitrary and capricious and that you were not provided an opportunity to renegotiate a rate. We need as many ARNPs as possible to send a complaint about Premera's action as they need a certain, unspecified, threshold, to move forward with an investigation.

We need representation from all over the state. A copy of our Reimbursement Fact Sheet is also included in this issue and copies are available on the AUWS website as well.

Some background.

As far as can be determined there have been no significant issues with the care that has been provided by nurse practitioners for Premera customers. Studies from the past forty years on the care provided by nurse practitioners demonstrate our outcomes either match or exceed those of the care provided by our physician colleagues. There are studies showing that we keep patients out of hospitals, we prescribe medications judiciously, and we order fewer and less expensive tests than physicians, again without sacrificing good care and outcomes.

Last year the Puget Sound Health Alliance, a non-profit group dedicated to helping collect data about how patients seek care, what they need and want and how satisfied they are with the care they receive, did a study of over 150 primary care clinics in 5 counties in the Puget Sound region. Three clinics were listed and published as meeting targets in eighty-five percent or greater in four categories. Those categories were 1.) Getting timely appointments, care and information; 2.) How well providers communicate with patients; 3.) Having helpful,

courteous and respectful office staff; and lastly 4.) Patients rating of the provider.

The three clinics meeting those targets were FamilyCare of Kent (An all ARNP practice), Evergreen Women's Health Center (MD & ARNP practice) and Bastyr University (a naturopathic physician practice.) The outcome of this study speaks for itself. Patients are satisfied and getting excellent care from NPs in clinics such as FamilyCare of Kent.

In late 2010 the Institute of Medicine's Future of Nursing report published a review that specifically outlined that not only should nurse practitioners be able to practice within their full educated scope but that all providers should be reimbursed at the same level for the same care and again that outcomes from many studies demonstrate this.

Louise Kaplan also participated in a meeting in Olympia on January 7, 2013 that was convened by Representative Eileen Cody regarding this new policy. Representatives from Premera and Regence were present at the meeting. Part of Premera's justification for the rate reduction was to align with Medicare policy which Louise pointed out was created in 1997 as a 'foot in the door policy' for ARNPs who were not reimbursed by Medicare at that time.

The costs of overhead associated with employing nurse practitioners are not reduced because they are nurse practitioners. Our landlords do not give us a 15% reduction in our rent; our suppliers do not charge us 15% less. In other words we pay for overhead, rent, and salaries to our staff, benefits, equipment and supplies at the same rate as our physician colleagues. As a not-for-profit business, Premera is charging employers the same rates whether the employees of those companies see an MD, DO, PA or an ARNP. The patient will have the same co-pay to be seen by any of these providers.

So where is that 15% going? According to the Insurance Commissioner's office, in 2012 Premera and Regence, which also pays ARNPs less than physicians, had almost one billion dollars in reserves. .

Premera and Regence's policies are discriminatory to ARNPs in private practice and in small group practices. These policies specifically target certain providers in only certain areas of our health care delivery system. In this health care climate with the Affordable Care Act requiring Washington State to need to find primary care providers to cover almost one million more patients in 2014 reducing reimbursement to ARNPs undermines the stability and viability of ARNP practices. This makes no sense and risks being harmful to the health of

the residents of Washington State that use these companies for their insurance.

### 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

#### Seeking Clinical Instructor

The University of Washington, School of Nursing is currently seeking individuals for the position of Clinical Instructor, Salaried in the Family Nurse Practitioner DNP program as a Clinical Placement Coordinator. This top-ranked, established program resides in the Department of Psychosocial and Community Health within the School of Nursing.

This position primarily develops, arranges, negotiates and finalizes clinical placements for the Family Nurse Practitioner track students in the Doctor of Nursing Practice Program. A seasoned and collaborative faculty work together with a network of Family Nurse Practitioner preceptors in clinical practice sites throughout the Puget Sound and greater Washington State in both urban and rural settings.

This role is a non-tenured, part-time position. Salary will depend on qualifications which include:

- BS, BA, or BSN or Masters in a Healthcare related field
- ARNP preferred

The University of Washington is building a culturally diverse faculty and strongly encourages applications from minority candidates. The University is an Equal Opportunity/Affirmative Action employer.

If interested please submit a cover letter and curriculum vitae to: Karen Schepp, PhD, RN, Interim Chair, Psychosocial and Community Health, Box 357263, Seattle, WA 98195 or by email to [kschepp@uw.edu](mailto:kschepp@uw.edu).

#### APC Wanted - Eastern WA

Wenatchee Valley Medical Center is seeking Family Medicine Advance Practice Clinicians for its Brewster, Omak, and Wenatchee clinic locations. Enjoy the closeness of a small office practice along with the collegiality and support of a large multi-specialty group, including shared EMR. APCs work in collaborative relationships with their physicians colleagues. Busy established practices, unique in their medical scope and community setting—from semi-rural to really rural. Generous incomes and great benefits. Enjoy 300 days of sunshine in 4-season Eastern Washington. Send CV to Peter Rutherford, MD, CEO, at [JoinUs@wvmedical.com](mailto:JoinUs@wvmedical.com). See additional information about each position at [www.wvmedical.com](http://www.wvmedical.com).

### 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 \(EPHT\)](http://www.nationalenvironmentalpublichealthtrackingnetwork.org) 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:

1-877-923-TRACK

[trackingsupport@cdc.gov](mailto: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](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 [guerrelc@plu.edu](mailto: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](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**

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**

Why did the Joker go to the Hospital?  
He was feeling a little funny.

**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 Announce-

ments 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**

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Ad rate sheet available on request.

**Photograph of the Month**



Wood duck out for swim in his spring finery!

Photo by Bob Smithing

# **NAPNAP Oregon\* Spring Conference**

**Saturday April 6, 2013**

**Vey Conference Center  
Doernbecher Children's Hospital**

## **EVENT DETAILS**

**7:30 AM-8:00 AM Registration**

**8:00 AM-8:15 AM Welcome**

**8:15 AM-9:15 AM Keith Cheng, MD  
"Mood disorders in Children and Adolescents"**

**9:30 AM-10:30 AM Kyle Johnson MD  
"Sleep disorders in Children"**

**10:30 AM-11:00 AM Break**

**11:00 AM-12:00 PM Eric Kola RN  
"Collaborative Problem Solving with Parents"**

**12:00 PM-1:00 PM Lunch and NAPNAP –  
Oregon Chapter Business Meeting**

**1:00 PM-2:00 PM Eugene Uphoff MD  
"ADHD Management"**

**2:15 PM-3:15 PM Ann Hedger PNP-AC, ANP-AC  
"Pediatric Acute Abdomen"**

**3:25 PM-4:25 PM Teri Woo PhD, CNL, CPNP, FAANP  
"How High Do they Look?" Adolescent Ingestions**

**4:25 PM-4:30 PM Evaluations**

CEU's 6 hours

Register at <http://community.napnap.org/OregonChapter/ContinuingEducation>

Early Registration discount by March 22, 2013

NAPNAP members \$90 Non-members \$115 Retired \$50 Students \$50

\*NAPNAP Oregon Chapter was formerly Oregon Pediatric Nurse Practitioners Association