

Advanced Registered Nurse Practitioner Care

Vol. 24, No. 6

Official Newsletter of ARNPs United of Washington State

June 2013

Independent ARNPs Where Are You?

ARNPs United is working to assemble a list of independently practicing ARNPs of all specialties. At the beginning of June we had 25 ARNPs identified.

If you are in private practice please send an email to tracy@nurse.net and let us know who you are. If you know of a practice that's not yours please send that information as well. Thanks in advance.

Washington Health Professional Services

By: John Furman PhD, MSN, CIC, COHN-S
WHPS Executive Director

The issue of alcohol and drug use in the health profession continues to deserve attention. Research indicates that the health professions misuse drugs and alcohol at about the same rate as the general population (10-15 percent). Conservatively this means that 10,000 nurses in Washington State have struggled with substance misuse. The American Nurses Association estimates that six to eight percent of nurses use alcohol or drugs to the extent that is sufficient to impair professional practice.

As far back as 1988 the legislature recognized that existing law did not provide for a program of rehabilitation of health professionals whose competency was impaired. In response the Uniform Disciplinary Act (RCW 18.130) was amended to:

- ☐ Direct disciplinary authorities to seek ways to identify and support the rehabilitation of impaired health professionals.
- ☐ Allow health professionals to be treated so they can return to or continue to practice their profession in a way that safeguards the public.
- ☐ Establish an alternative to the traditional administrative disciplinary process.

The Washington Health Professional Services (WHPS) program provides an alternative to discipline path to the nursing and over 70 other health professions in Washington State. At this time WHPS is actively monitoring over 500 health professionals throughout the state who are under contract with WHPS and are actively involved in recovery.

Health professionals come to WHPS in several ways. First is by self-referral, health professionals who enter WHPS in this manner are not made known to their licensing authority. However, health professionals most commonly come to WHPS after a complaint has been filed against their license. In many cases these professionals are provided with an opportunity to enter

WHPS and avoid license discipline. This is the hallmark of an alternative to discipline monitoring program.

WHPS provides the following services:

- ☐ **Case development:** including initial assessment and intake, treatment referrals, and development of a return to practice and participation contract
- ☐ **Monitoring:** including coordination with employers, participation in professional peer support groups, and random drug screening.
- ☐ **Outreach and education:** including participation in conferences, consultation to institutions, and professional organizations and practice groups. Contact WHPS to schedule a presentation.

Advanced Registered Nurse Practitioners may be at risk for substance misuse due to factors such as access to controlled substances, variable schedules, work overload, and practice autonomy. As with all chronic progressive diseases early recognition and intervention yield the most effective outcomes.

Health professionals, employers and colleagues may seek assistance by contacting WHPS directly at 360.236.2880. This is the shortest road into treatment and recovery, and provides for the greatest degree of confidentiality.

Provider Conferences and Organizations

Barbara Dailey, DNP, ARNP, CCMSHt, FIBH

Nurse Practitioners, PAs and Educators

I am going to be helping Mark Sullivan and Laura Cooley of the University of Washington disseminate the COPE-REMS (Collaborative Opioid Prescribing Education – Risk Evaluation and Mitigation Strategies) training to Nurse Practitioners and PA's on the west coast and WAMI (Washington, Alaska, Montana, Idaho) region membership organizations and conferences. I would welcome your thoughts on how best to partner with ARNP and PA organizations that have a "captive audience" of learners. Which ones? How many members? How best to reach them? Our focus will be primarily the West (WWAMI region plus Oregon and California, and New Mexico, where we have strong collaborators). However, once successful in these regions we may branch out nation-wide. Since many of you are working closely with other organizations and know about organizations and conferences where this information might be delivered, your input and help is invaluable.

It would be helpful if you can forward to me the name of the organization/s or conference/s where Barbara.Dailey@nwsea.org this information would be useful and if possible a contact person.

Please feel free to pass this on to others who may be able to supply us with this vital information. Thank you so much for your help.

Update to DOL Change of Gender Designation Request Policy and Procedures

The Department of Licensing (DOL) has updated the Change of Gender Designation policy effective June 3, 2013. The health care providers able to complete the Physicians portion of the Change of Gender Designation Request form have been expanded. The following professions have been added for Washington State licensed health care providers as it relates to gender designation change:

- Naturopathic Physicians (ND)
- Advanced Registered Nurse Practitioners (ARNP)
- Physician Assistants (PA)
- Certified Osteopathic Physician Assistants (OA)

The documentation needed to complete a request for change of gender designation has not changed for a Washington driver license, instruction permit, identification card, enhanced drivers license, or enhanced identification card. Information regarding what is needed to submit a request can be viewed on the DOL website:

www.dol.wa.gov/driverslicense/genderchange.html

For questions related to the process for requesting a gender change for a driver license, instruction permit, or identification card, please call 360.902.3900.

Please direct related questions to Evelyn Lloyd at 360.902.0131.

Tips 2013: “Talk With Your Doctor” Initiative State Tobacco Control Program Frequently Asked Questions (FAQ)

Q: What is the “Talk With Your Doctor” initiative?

A: As part of the Center for Disease Control and Prevention (CDC) National Tobacco Education Campaign (*Tips From Former Smokers*), CDC has partnered with national physician organizations and other state and national partners on a “Talk With Your Doctor” initiative. This initial effort seeks to: (1) engage health care providers in the *Tips* media campaign, (2) encourage health care providers to use the campaign to open up a dialogue with patients about smoking and quitting, and (3) empower patients to address the issue with their doctor.

CDC will highlight the “Talk With Your Doctor” effort mid-way through the *Tips* campaign. The week of May 27th through June 2nd, the *Tips* national television ads will feature the tagline: “You Can Quit. Talk with Your Doctor for Help.” The “Talk With Your Doctor” call to action will continue through outreach and other media

activities for the remainder of the campaign. Activities that your program plans around the “Talk With Your Doctor” initiative should be timed to launch on or after the May 22nd embargo date.

Q: Why is CDC focusing on “doctors” for this initiative?

A: CDC recognizes that many health care providers play a critical role in helping tobacco users to quit – from pharmacists, to physician assistants, to dental hygienists, to nurses and nurse practitioners. The term “doctor” is used on the ads because formative research conducted at CDC suggested this term was universally understood by consumers to mean any health care provider. Terms like “health care provider” and “health professional” may be unclear to tobacco users.

Q: Who is participating in the initiative?

A: CDC is working with five national physician associations (American Medical Association, American Academy of Family Physicians, American Academy of Pediatrics, American College of Physicians, and American Congress of Obstetricians and Gynecologists) that have a long history of collaborating to increase tobacco cessation in health care settings. These groups are giving significant in-kind support to the initiative. As a state or local affiliate, you have a unique opportunity to leverage this initiative to prepare physicians in your state to better address tobacco use with patients.

CDC is also working to promote the larger *Tips* campaign through national partners and associations who work with nurses, pharmacists, dentists and hygienists. As national networks, state health departments and tobacco control programs, you are encouraged to promote the “Talk With Your Doctor” initiative through existing state and community partners.

Q: What materials will be produced for this initiative and where can I access them?

A: A specific section of the CDC *Tips* website will house all major materials that are being created for health care providers. Materials will NOT be printed by CDC, but will be available in printable/downloadable files on the *Tips* website at www.cdc.gov/tips. Please note that materials will be “phased in” on the health care provider tab of the website, coinciding with the national launch of the “Talk With Your Doctor” initiative. Materials include:

“Talk With Your Doctor” initiative FAQ (web only)

“Talk With Your Doctor” matte article (formatted PDF & modifiable format)

10 downloadable posters in English and Spanish (11x17 printable PDFs):

- Pediatric poster (Jessica/Aden) – secondhand smoke message

- ☐ Adult poster (male: Shawn) – head/neck cancer
- ☐ Adult poster (female: Terrie) – head/neck cancer
- ☐ Adult poster (male: Roosevelt) – heart attack
- ☐ Adult poster (male: Brandon) – Buerger’s disease

NCI 5A/2AR, Brief Tobacco 5A/2AR Scripting Card (printable PDF, co-branded with CDC, NCI and AMA)

Medscape Commentary Video

A five-minute video with Dr. Tim McAfee describing the 2AR brief tobacco intervention. Health care providers can view this video on the Medscape site at <http://www.medscape.com/viewarticle/776542>; it is also be available through the *Tips* campaign website in the Health Care Providers section at www.cdc.gov/tips.

SGR Cessation “What to Tell Your Patients About Smoking” factsheet (printable PDF)

Frequently Asked Questions about Tobacco Quitlines web only:
<http://www.cdc.gov/tobacco/campaign/tips/groups/hcp-quitline-faq.html>

Looped video for provider waiting rooms:
<http://www.cdc.gov/tobacco/campaign/tips/resources/#download>

Buttons to link directly from partner websites to Tips site

Links to partner cessation sites for clinicians (AMA, AAP, AAFP, ACOG)

Q: What is the state health department role in the “Talk With Your Doctor” initiative?

A: State health departments are encouraged to leverage the national *Tips* media campaign to actively engage all types of health care providers and to encourage them to implement the evidence-based brief tobacco interventions like the 5As or the 2A&R. The “Talk With Your Doctor” initiative provides a unique opportunity for you to: (1) partner with state physician or health care provider groups to jointly promote the initiative, (2) solicit earned media to coincide with the national press event on May 22nd, and (3) highlight ongoing or upcoming cessation efforts or health systems change projects in your state.

Q: How should state Tobacco Control Programs approach physicians and physician groups about the “Talk With Your Doctor” initiative?

A: The 5 Provider Organizations will provide CDC OSH with specific instructions for how to connect with their state affiliates. CDC will forward that information on to the state and territory tobacco control programs. The information can also be obtained from your PSB project officer.

Q: When should we approach physicians and physician groups about the “Talk With Your Doctor” initiative?

A: While general *Tips*-related outreach to health care providers can occur throughout the campaign, please coordinate “Talk With Your Doctor” focused activities with your PSB Project Officer to ensure that they synchronize with the larger national launch of the TWYD initiative. Leadership at state affiliates from AMA, AAFP, AAP and ACOG have been notified about “Talk With Your Doctor” so you can work in advance of the launch to plan activities with them to coincide with or follow the May 22 press event. As a reminder, public distribution of the “Talk With Your Doctor” materials is embargoed until after the launch on May 22.

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

Have a few hours available? Help cure breast cancer! Earn CEU's!

On September 20-22, 2013 The Susan G. Koman Breast Cancer 3 Day is coming to the streets of Seattle (exact locations still to be announced) and the Medical Crew is looking for volunteers for a few hours (or a few days) to help make the event successful. All you need is a positive attitude, compassionate heart and an RN or ARNP license to participate. All training to be a team member will be provided prior to the event and most of the training can be done online. RN's who participate in all 3 days of the event can earn 27 CEU's. Medical crews are stationed every 3-4 miles along the 20 mile route each day to assist walkers along their journey as well as a larger facility at camp. Last year over 1200 bold walkers walked 60 miles raising over 4.2 million dollars; 75 percent of which directly go to fund breast cancer research projects (many of which are conducted here in the Seattle area) and 25 percent are used for local screening and outreach programs for the Puget Sound affiliate. This is an uplifting, inspirational event with many healthcare providers from around the state coming together to make a difference in the lives of walkers and those struck by breast cancer. Please feel free to contact the Medical Director, Cyd Marckmann, ARNP: arnpcyd@comcast.net or the Medical Crew Captain, Wendy Murchie, RN: Wendy.Murchie@seattlechildrens.org if you have questions. If you are ready to participate in the boldest breast cancer event ever contact Robin Shapiro: rshapiro@event360.com to get signed up

EPHT Online CE

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 environ-

mentally 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

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

Summer Institute on Addiction

UBC Continuing Studies is excited to be offering a three-day Summer Institute on Addiction from July 18 to 20. It will be an interprofessional and comprehensive program that emphasizes peer learning, innovation and unique examples of evidence-based practice. Full program details are online at: www.cstudies.ubc.ca/addiction

Service Ads

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>

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 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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www.facebook.com/ARNPsUnited
Email: au@auws.org Web site: www.auws.org

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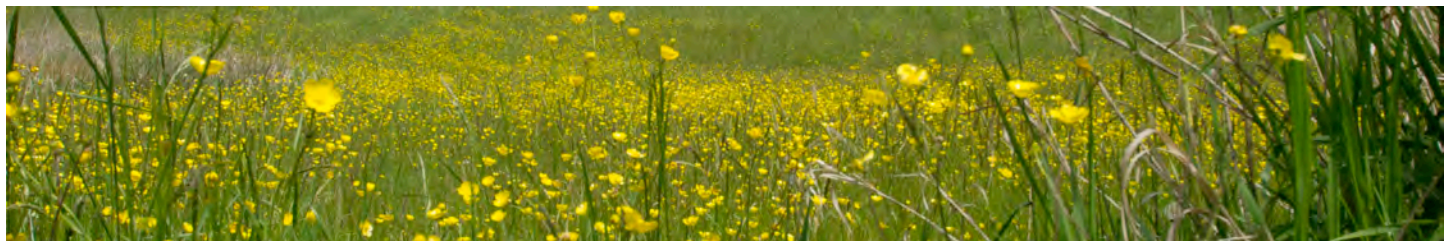
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Ad rate sheet available on request.

Photograph of the Month



Buttercups work even when the space is wide and short. (Photo by Bob Smithing)



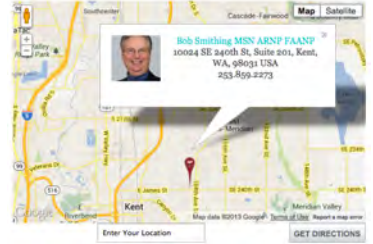
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Launch of the National Nurse Practitioner Directory

Kent, WA: Bob Smithing, MSN, ARNP, FAANP & Maddy Wiley, MSN, ARNP, FAANP **announce the launch of NPDirectory.com** a resource for finding nurse practitioners in the US and Canada. Designed to help consumers to find a nurse practitioner for their care and to help nurse practitioners connect with consumers. The service is **free to nurse practitioners of all specialties** who are interested in having patients find them in their practices.

Currently the site is in Beta testing and all NPs are invited to give it a try. Those who have previously been listed in the directory NPclinics.com are in the process of being moved over.

Regardless of specialty or organizational affiliation **all nurse practitioners and other APRNs are welcome to be listed**. As you know, nurse practitioners are the best-kept secret in healthcare and NPDirectory.com is going to help change this. If you're a patient who wants to see a nurse practitioner you have a hard time finding us wherever you look.



Have you ever tried to refer a patient to a nurse practitioner (including CNM or psychiatric NP) in another state? Tough doesn't begin to describe it. Even people with a national network of NP contacts have trouble making these referrals.

We stand on the verge of the largest marketing push ever done by NPs, but when patients go to find an NP where will they look? Do you want potential patients to be able to find you? Do you have a specialty practice and want other nurse practitioners to find you? How can consumers demand access to your care if they don't know you are there?

So, what's a Nurse Practitioner to do? **List yourself and your practice in the National Nurse Practitioner Directory at NPDirectory.com. It's so inexpensive (FREE) that you can't afford not to be listed.** For NP Business owners who want to highlight their practices there are two paid upgrade options that let you get more information to consumers who are looking for you.

Edit this Post	Upgrade Listing
Listing Owner?	
Address : E 124 Rowan, Suite 102, Spokane WA 99207 USA	
Send Inquiry Send To Friend	
Phone : 509.484.1600	
Fax : 509.484.0214	
Graduation NP Program Year : 1981	
NP Program : Masters	
Highest Earned Degree : Masters	
Certified Specialty : Family Nurse Practitioner	
Certifying Body : ANCC	
NMC (Nurse Managed Center)? : No	
Focus : Primary Care	
Clinical Expertise : Family Health Care	
Practice Status : Active	
Share	

The National Nurse Practitioner Directory is located at npdirectory.com. An easy to remember web address that you can give to your patients, friends and family. It's always up-to-date because you can update your listing any time, 24/7.

Consumers look for health related information on the Internet. Make it easy for them to find a nurse practitioner. Get your practice listed today. **Go to www.npdirectory.com and add your directory listing. Then get at least one other NP to join as well.** There is power in numbers and at the moment we've been divided and hidden, but not any more!

The National Nurse Practitioner Directory is sponsored by NP Central (www.npcentral.net & www.npjobs.com). NP Central was the first web site for NPs. It is a non-profit, NP run, business promoting nurse practitioners since 1994.

Basic Listing: **Annual subscription is FREE**

Please share this information with other nurse practitioners, consumers and most importantly take a moment to



Join Today! NPDirectory.com



Presented by **Bank of America** 

Medical

**Volunteers Needed
ATC, ARNP, DC, LMT,
MD, PA, PT, RN**

September 20-22, 2013

Seattle, WA

****Do not need to commit to all 3 days, 4 hour shifts available****

Event specific training provided

Questions:

**Cydne Marckmann, MN, ARNP
Seattle Medical Director
arnpcyd@comcast.net**

**Wendy Murchie, MN, CCRN
Seattle Crew Captain
Wendy.murchie@seattlechildrens.org**

Register:

**Robin Shapiro
Crew and Volunteer Coach
<http://www.the3Day.org>
Email: rshapiro@event360.com**

Be a part of the boldest breast cancer event in history.