

# Advanced Registered Nurse Practitioner Care

Vol. 24, No. 7

Official Newsletter of ARNPs United of Washington State

July 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](mailto: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.

## Seeking Board of Directors Members for ARNPs United of Washington State

We need your help. This October, at the Primary Care Conference, we will hold an election for a new board of directors. 4 BOD positions are open; the old board members have the option for running, as does every AUWS member. The bylaws call for 12 members on the BOD, with 4 of them serving as Board officers – President, Vice-President, Treasurer, and Secretary. The Chair of the Legislative Committee is automatically on BOD as well (Legislative Committee members meet separately.) Board officers are determined by the board at their January retreat. The term of the service for board members is 2 years. The time involvement is approximately 5-10 hours per month, as we have board meetings every 2 months (which can be attended via conference call) and subcommittee work based on your area of interest.

If you are interested, know someone you would like to nominate, or have any questions about this opportunity to serve Washington's ARNPs and their clients, please feel free to email [tracy@nurse.net](mailto:tracy@nurse.net).

## Health Alert:

### Imported Measles in King County July 5, 2013

Be aware of a confirmed case of measles in a child who was recently adopted from China and arrived at SeaTac airport on July 4, 2013. The patient's rash onset was Sunday, June 30, 2013.

Consider measles infection in exposed patients with compatible symptoms that develop during July 11–July 25, including:

- ☐ Prodrome of fever, cough, coryza and conjunctivitis for 2-4 days
- ☐ Generalized maculopapular rash that usually begins on the face

- ☐ Koplik spots may appear on buccal mucosa 1-2 days prior to rash

Instruct reception staff to identify patients who present with symptoms of possible measles

- ☐ Such patients should wear a mask covering the nose and mouth and should be kept away from patient waiting rooms
- ☐ Room patient immediately and close the door.
- ☐ Only staff with documented immunity to measles should be allowed to enter patient's room.
- ☐ After patient is discharged, do not use room for 2 hours.

Report suspected cases of measles to Public Health at 206.296.4774 immediately before discharging or transferring patient:

Collect specimens on patients with suspected measles

- ☐ Serum for measles IgM
- ☐ Specimens for viral culture: nasopharyngeal swab or wash, urine
- ☐ Route laboratory specimens through Public Health to expedite testing, do not use commercial laboratory

Seattle King County Public Health is investigating a case of measles in a King County toddler who was recently adopted from China, where the toddler was likely exposed. The toddler's rash onset was Sunday, 6/30/2013, and the toddler arrived at SeaTac airport on Thursday July 4th. The flight from China and SeaTac airport is considered the only public exposure location in this case. The child is currently hospitalized.

Measles chapter from CDC's Epidemiology and Prevention of Vaccine-Preventable Diseases (The Pink Book): [www.cdc.gov/vaccines/pub2s/pinkbook/meas.html](http://www.cdc.gov/vaccines/pub2s/pinkbook/meas.html)

Public Health – Seattle & King County Measles Resources, with fact sheets in multiple languages: [www.kingcounty.gov/health/cd](http://www.kingcounty.gov/health/cd) - click on "M" in A-Z index then "Measles"

## New Fees for Health Records

The Washington State Department of Health (department) has officially adopted the updated rule on allowable fees health care providers may charge for searching and duplicating health care records under WAC 246-08-400. The rule was adopted and filed by the department

following a public hearing held on June 5, 2013, in Tumwater, Washington. The rule was filed with the Code Reviser's Office on July 1, 2013 (WSR #13-14-092). The updated rule language is attached.

The updated fees are as follows:

- No more than \$1.09 per page for the first 30 pages
- No more than .82 per page for all additional pages
- A \$24 clerical fee may be charged for searching and handling records

There were no comments received in regard to this rule change.

**Registration is now open for the  
2013 CMS National Training Program Medicare  
Workshop August 13-14, 2013 in Seattle, WA.**

What we are presenting this year:

- Both high-level and detailed information about key aspects of the Medicare program
- A half-day basic track for those who are new to Medicare or who want a refresher
- A "Current Topics" session to raise awareness of program changes
- An introduction to the new Health Insurance Marketplace
- Casework exercises
- Medicare training modules and workbooks
- Networking opportunities with CMS staff and other partners who share your commitment

Registration:

Online registration is available at:

<http://www.seiservices.com/cmsntp2013>. As always, there will be no charge to you for the training.

Registrations will be considered on a first come, first served basis until each workshop reaches capacity. Once your registration form is submitted, you will be notified within 72 business hours if you have been accepted to attend the workshop. Please register each workshop participant individually. The number of attendees from the same organization may be limited.

**ARNPs United of Washington State featured on  
list of Top Professional Organizations for  
Nurse Practitioners**

Seen here:

<http://onlinenursepractitionerprograms.com/professional-organizations/>

We believe that participation in professional organizations is a great way for nurse practitioners and advanced practice nurses to build their knowledge and skills and advance their careers. We created this list to

show our readers, mostly prospective nurse practitioners, some excellent professional organizations they could get in touch with professionally. ARNPs United of Washington State is a great addition to the list!

**Oregon House and Senate Pass First-In-Nation  
Nurse Practitioner Payment Parity Bill**

In June, the Oregon House of Representatives unanimously passed House Bill 2902 B, bringing Oregon one step closer to being the first state in the country to require private insurers to reimburse primary care and mental health nurse practitioners, physician assistants and physicians at the same rates when performing the same work and billing under the same codes. The Oregon Nurses Association (ONA) and the Nurse Practitioners of Oregon (NPO) were the primary authors of the legislation.

Across Oregon, nurse practitioners (NP) and physician assistants (PA) provide vital primary care and mental health services to patients in their communities. In 2009, a number of private insurance companies made dramatic cuts to some reimbursement rates paid to non-physician providers which, in turn, seriously limited patient access to these essential services.

"Insurance reimbursement cuts have had a huge impact on my bottom line as a business owner, and my ability to treat complicated patients," said Linda Morley, a Psychiatric Mental Health Nurse Practitioner in Salem, OR. "With HB 2902, I'll be paid equitably and will be able to open my practice to more patients."

Oregon has long led the nation in nurse practitioner practice. Oregon NPs have practiced independently, without the supervision of a physician, since ONA helped pass legislation in 1979.

Stephen Rooney, RN, President of ONA and the National Federation of Nurses, said, "Passage of 2902 B is another example of the forward thinking, creative way in which Oregon addresses health care access and reform. This is a truly historic vote and one that will provide leadership to the rest of nation."

House Bill 2902 B, amended by the Senate before passing the House, will also create a Task Force on Primary and Mental Health Care Reimbursement to study and make recommendations to 2014 and 2015 regular sessions of Legislative Assembly on payment structure for primary care and mental health care workforce in Oregon.

**New Lice Resource**

The vaccines division of Sanofi recently announced the launch of Headfirst! Expert Advice on Lice, an educational program to help expand understanding of head

lice infestation and how to approach treatment. Parents facing head lice for the first time or managing a recurrent or persistent infestation may not know where to turn for accurate advice. Top experts in the fields of parenting, education and medicine came together to inform the campaign content and ensure parents have access to straightforward guidance on effective head lice management. The core of the Headfirst! program is its user-friendly website, ExpertAdviceOnLice.com, which was developed as a go-to site to arm moms, families and their communities with easy-to-understand tools and resources on head lice, including a printable e-book, educational videos and much more.

“There are common myths and misconceptions about head lice that may impact how parents react to an infestation and manage the condition,” said Headfirst! Expert Panelist and pediatric dermatologist, Nanette B. Silverberg, MD, FAAD, FAAP. “The Headfirst! Expert Panel was assembled to help empower parents dealing with lice and offer expert advice to help them manage and successfully treat it with confidence.”

The group of skilled professionals that make up the Headfirst! Expert Panel include: Nancy Gottesman, health & nutrition journalist; Darline P. Robles, PhD, professor of clinical education; Nanette B. Silverberg, MD, FAAD, FAAP, pediatric dermatologist and Wendy L. Wright, MS, APRN, ANP-BC, FNP-BC, FAANP, family nurse practitioner.

ExpertAdviceOnLice.com offers head lice basics, including symptoms, diagnosis, prevention and treatment options, as well as tips and checklists designed to help save time and reduce stress when it's time to battle head lice. Throughout the year, the Headfirst! Expert Panel will continue to educate families and their communities about head lice. For more information on the Headfirst! campaign, visit ExpertAdviceOnLice.com.

### 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

#### Flexible Nurse Practitioner Opportunities Offering Work/Life Balance

UnitedHealth Group is proud to offer per diem, part-time, and full-time Nurse Practitioner opportunities throughout Washington with our House Calls program! You will have the freedom to set your own schedule and work remotely and independently. We often hear our Nurse Practitioners love their jobs because they get to spend quality time with patients discussing their individual medical histories, answering important questions, and sharing valuable educational information to better their health and well-being! Qualified candidates must have an active and unrestricted NP license in the state of Washington, certification in Adult, Family, Geriatrics, or Acute Care, and at least one year of clinical experience. Contact Kaitlin Osborn today

at [Kaitlin\\_Osborn@uhg.com](mailto:Kaitlin_Osborn@uhg.com) / 952.936.3888 if you, or someone you know, have an interest in learning more!

### 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](mailto:arnpcyd@comcast.net) or the Medical Crew Captain, Wendy Murchie, RN: [Wendy.Murchie@seattlechildrens.org](mailto: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](mailto: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 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/HesslerCEforWeb201](http://www.unco.edu/nhs/nines/HesslerCEforWeb2011/HesslerCEforWeb201)

[1.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](http://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](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>

#### West Sound Advanced Practice Association

Meets the second Thursday of the month. Meetings include network-

ing/dinner/educational session. E-mail [Fionafnp@centurytel.net](mailto: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](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



Some of the Washington State NPs and NP students at the June AANP Conference. (Photo by Randy Hudspeth)



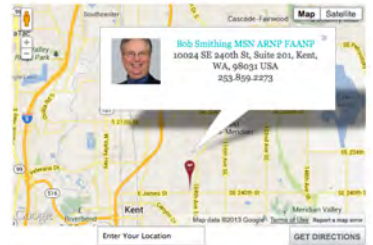
NP Central, 10024 SE 240<sup>th</sup> St, #230, Kent, WA 98031 | p. 253.852.9042 | f. 253.852.7723

# 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.

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**