

Advanced Registered Nurse Practitioner Care

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AUWS BOD for 2014

Adam Davis, Afton Williamson, Ashley Fedan, Casey Fowler, Chris Porter, Cindy Jensen, Clare Christensen, David Eaton, Erica Lybarger, Lorena Guerrero, Louise Kaplan, Maddy Wiley, Nancy Lawton, Stephanie Nesser and William Miller will comprise the ARNPs United of Washington State Board of Directors for 2014.

Independent Practice Survey

In the current healthcare environment, independent practice owners may be needed to accommodate the large numbers of patients newly insured under the Affordable Care Act. Little is known about the barriers or characteristics of NPs who own their practice and the potential affect or influence these barriers and characteristics may have on NP entrepreneurship.

If you are an NP who owns your own practice or has a financial interest in your practice, we invite you to participate in this important survey. The data collected may help to identify issues that impede NP practice ownership and may be used to generate further research to help advance the profession and provide valuable information for those seeking to own their own practice. <https://akeller.wufoo.com/forms/independent-practice-survey/>

Getting to know HEAL-WA

Valerie Lawrence

Staying abreast of the best evidence and evaluating information to support patient care can be challenging. Fortunately, RNs and advanced practice clinicians in Washington State have access to an online library of evidence-based information through the HEAL-WA web portal, <http://healwa.org>.

Authorized by the Washington State Legislature in 2007, and live (and available to RNs and ARNPs) since January 2009, HEAL-WA contains a wealth of information to support the best evidence-based patient care, including several dozen professional databases, nearly 200 ebooks, and more than 5,000 full-text journals. Point-of-care resources such as DynaMed and Nursing Reference Center provide access to evidence in support of patient care. The Natural Standard database offers evidence-based assessments of complementary and alternative therapies and modalities. HEAL-WA also gives you access to the Cochrane Library, widely regarded as the gold standard of evidence. VisualDx allows you to use a differential builder to confirm a diagnosis using images of various conditions. Bibliographic databases such as MEDLINE Complete and CINAHL Complete let you retrieve article references, including

abstracts in most cases, on topics of interest. References to specific articles in most of the databases are linked directly to the full text article if the journal is one that HEAL-WA provides access to. You can always search directly in the e-journals list for a journal article for which you already know the reference. Mental health information and patient education information are also available.

To see a list of what HEAL-WA has to offer, click on any of the links in the blue bar that appears across every page within the HEAL-WA site. Databases, ebooks, and full-text journals are all browsable from any HEAL-WA page. You can find additional information about how to navigate the web portal, and which databases will best answer most kinds of questions, on the "Where to Look" page at <http://heal-wa.org/resources/where-to-start>

Another resource that will give you an overview of what HEAL-WA contains and how it use it is a webinar that was given in February 2012. Designed for RNs and advanced practice clinicians, it provides an overview of ways to use HEAL-WA resources to address different patient care questions. The webinar (1 hour, 19 min) can be found at

<http://www.cardeaservices.org/resourcecenter/evidence-based-practice-for-nurses-using-your-heal-wa-website>

To use HEAL-WA resources, you first need to create a user name and password. You can do this by going to <http://healwa.org/resources/getting-started>. You'll need your RN license number (your advanced practice license number won't work) and the setup process takes less than ten minutes.

Please feel free to contact me directly with any questions you may have about HEAL-WA access or resources. My email is vjlawren@uw.edu and my phone number is 206.221.2452.

Oregon's Road to Reimbursement Equality

In 2009 one of Oregon's largest insurers decreased reimbursement rates for mental health services rendered by non-physician providers. Other insurers quickly followed suit. The resulting impact was to reduce providers' ability to maintain their practices and serve the mental health needs of Oregonians.

The Oregon state NP organization submitted their first version of state legislation, requesting parity reimbursement in 2011. That bill targeted mental health services, including a variety of disciplines; MSWs, psychologists and NPs. The bill proved to be too cumbersome, with different services being billed by different types of providers without assurance the same service was provided. This bill did not make it out of committee.

In 2012 a broader bill was introduced, addressing equal pay for equal work. The short legislative session that year curtailed discussion when disagreement arose regarding coverage for Primary care and mental health NPs as opposed to specialty services.

Hard work and broad collaboration during the 2013 pre-session achieved final, successful legislation. Physician Assistants are included in this lawmaking, as necessary allies, having achieved recent legislative successes. The primary argument focused on access to care; insurance policy decisions risked closing businesses, or providers dropping contracts that reduced reimbursement. Small business bureaus supported the legislation in rural areas where businesses were threatened while equal pay arguments resonated in more urban areas. With the support of labor unions, the AARP, and RNs statewide, Oregon legislators were convinced our work needs to be valued equally to other providers.

Lessons for Washington:

Know our friends and allies. We need to cautiously collaborate with partners we may not be familiar with. Many physicians support us, but the Medical Association may not. Medical Associations need a guarantee that equal reimbursement for us will not potentially reduce their income. Congressional Representatives from rural areas, typically thought of as more politically conservative, may support us due to their concerns about small businesses and the impact on local employment. More liberal representatives respond better to persuasion for equal pay for equal work.

To forward this resolve in Washington, we will need help across the state and across disciplines. – PAs can help, but in Washington have different practice guidelines.

Unions that pay for insurance plans want confirmation that their workers can see the promised health care provider and equal pay arguments resonate well with them.

Need bipartisan support.

In our state legislative resistance has focused on the differences on the duration and cost of education. However, we know that with public subsidies for medical school education the gap in costs between ARNP and MD academic programs is not great. However we are encouraged to focus the service provided, that we provide the same care, bill for the same services and have equal or better outcomes than providers with other academic backgrounds.

Work to do: meet with your legislators, make sure they know who you are, what is an NP.

Arguing for gender bias or comparing academic backgrounds leads to controversy and confusion. Points that are inarguably strong include:

Assuring access to primary care for patients in all communities. A sufficient workforce will prevent unnecessary ER visits, improve health outcomes and reduce costs.

Providing fair choices of providers to all patients

Sustaining small businesses

Equal pay for equal work

Supporting for individual business owner struggling against large corporate interests

Assuring a sufficient workforce under the Medicaid expansion and for the aging population entering Medicare rolls

CE Opportunities

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

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

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.

Thought for the Day

In the middle of difficulty lies opportunity.

Albert Einstein

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.

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Photograph of the Month



Photo by Bob Smithing

Out for a walk on the wild side these turkeys are braving the cold this holiday season.



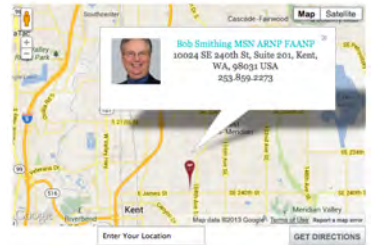
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Launch of the National Nurse Practitioner Directory

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.

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