





Karen Holder, AZNPC President AZNPCPresident@gmail.com

Your executive council has been hard at work in collaboration with

AZNA and under the leadership of VP Bessie Burk and AZNA program coordinator Debby Wood to design a fabulous summer conference for Arizona and other regional NPs. The focus of this year's event is prevention. Join us and gather new tips on patient safety, disease prevention strategies, self-care and updates on new research and approaches to obesity. Attend presentations that allow you to "step outside the box" of daily approaches to ill patients while enjoying the cool pines of Flagstaff.

Plan to join us at the quarterly membership meeting on Saturday July 26th. Our agenda will include some exciting advances toward our state progress in aligning with the Consensus Model. Denise Link will give a legislative update packed full of national and state policy that impacts you in day-to-day work with colleagues and patients. Each of your officers will give reports on the exciting and sometimes challenging work we do to support Arizona NPs and give voice to our profession. And of course take the opportunity to let us hear from you. Your voice, ideas and input are important to us, and help us to represent you more robustly.

Enjoy visiting vendor booths and picking up goodies for your practice, join the fun in our silent auction and contribute to scholarship funds for our future NPs. Network with colleagues and join us for a delightful weekend of learning and fun!



The Arizona Nurse Practitioner Council is a local chapter of the Arizona Nurses Association, and an affiliate of the American Association of Nurse Practitioners.

Established in 1992, we advocate for our membership through legislative and educational activities. We provide members the opportunity to network with one another and promote their services to the public.

Arizona Nurse Practitioner Council Executive Committee

President: Karen Holder
Vice President: Bessie Burk
Treasurer: Roni Fox
Secretary: Janeen Dahn
Legislative Chair: Denise Link
Membership Chair: Amber Porter
Public Relations Chair: Katie Wall
The Practitioner Editor: Janeen Dahn



Arizona Nurses Association 1850 E. Southern Ave, Suite 1. Tempe, AZ 85282 480-831-0404 info@aznurse.org Sign up today:

26th Annual 2014 Southwestern Regional Nurse Practitioner Symposium

Keynote by motivational speaker Maggie Hopson, PT, DPT, OCS "From Crazy to Calm: Mindfully Multitasking Your Way To Well-Being Through Yoga"

Hope to see you in July, Karen Holder, MHS, FNP-BC, President



Northern Arizona Nurse Practitioner Group (NANPG) update

NANPG is remodeling! This year we elected new officers and will move forward to create a more refined & sustainable professional organization for northern Arizona rural and urban providers. NANPG's mission is to:

- Promote excellence in NP practice and education through monthly programs
- Promote networking among NPs, Nurses & Physician Assistants in northern Arizona communities
- Enhance relationships between NPs and other collaborating Healthcare Providers in northern Arizona
- Serve as a resource for NPs, the greater healthcare community, consumers, the media and other stakeholders

Please welcome our new officers:

- President: Mary Pasternacki, FNP
- Secretary: Theresa Dowell, FNP
- Treasurer: Debbie Nogueras, PhD, NP
- Program Coordinator: Laurie Steinhaus, FNP
- Membership Coordinator: Claudia Gallinger, BSN, RN

NANPG will continue to work closely with AZNPC as a (big) sister organization. At present, our monthly programs are supported by an educational grant through Northern Arizona Health Education

Center and are open to all providers. For more information about our group, please contact Karen @ kvholder@aol.com.

Karen Holder, MHS, FNP-BC Outgoing president NANPG



Check out our website! The Arizona Nurse Practitioner Council website contains information on current events, CE opportunities, and other resources. https://arizonanp.enpnetwork.com Click on the link and check it out!



26th Southwestern
Regional NP Symposium
Vice-President: Bessie Burk FNP-C
AZNPCVicePresident@gmail.com

The 26th Southwestern Regional NP Symposium is an educational meeting and exposition for nurse practitioners across the continuum of health care organized by the Arizona Nurse Practitioner Council (ANPC) and AzNA.

Our annual Arizona Nurse Practitioner Symposium is scheduled for July 26-27 in Flagstaff. We have multiple breakouts scheduled related to wellness and prevention, from STD to vaccines, from pediatrics to geriatrics. I heartily invite you all to sign up and attend.

Last year we had a record number of sponsors in attendance for the exhibit hall and this year is gearing up to be the same. We will also again have the free massages available; she has agreed to once again volunteer her weekend to us and has added Sunday. So she will be doing them all day Saturday and Sunday until after the midmorning break.

Rooms at the discounted rate are filling fast so be sure and register soon for the best price on your stay.

We may have a dinner event for Saturday night; more information will be sent out in the next couple of weeks regarding that option.

So please think about attending, there are many activities and sights to see in Flagstaff so bringing your families is definitely an option to consider.

Thank you and I hope to see you there.

Bessie Burk



Scope of Practice Questions?

Janeen Dahn PhD, FNP-C, AZNPC Secretary DISCLAIMER: The opinions offered in this column are solely that of the author and are in no way meant to represent those opinions of the Board of Nursing. All scope of practice questions should be sent to the Board of Nursing for official comment.

Question: How many hours of a certain educational activity is needed? Or how many supervised procedures are required to be competent? How is it decided what continuing education activities "count" toward formal educational preparation?

Answer: The Board of Nursing's mission is to protect and promote the welfare of the public by ensuring that each person holding a nursing license or certificate is competent to practice safely. The Board fulfills its mission through the regulation of the practice of nursing and the approval of nursing education programs. The NPA is a set of laws and rules that are designed to protect the public's health, safety, and welfare by defining formal education and practice regulations for licensed nurses. The Board of Nursing does not set the "standard care". Professional standards of care are influenced by a number of different entities such as professional organizations (American Diabetes Association, National Heart Lung and Blood Institute, etc.) government organizations (Center for Disease Control, United States Department Health and Human Services, etc.), evidenced based practice, research, expert opinion, and community norms, etc. The nature of science, technology, medicine, nursing, etc. is "fluid" rather than concrete, comparably, the profession of nursing must also be flexible, growing, and ever changing, or risk the profession becoming stagnant and outdated.

Your NP program prepared you with competencies for entry-level advance practice nursing. If your program prepared you for all skills possible within your NP scope, the cost for that preparation would be astronomically high, requiring substantially more time in school, effectively creating an unnecessary barrier to accessible health care for the community.

If you have attended professional association meetings, lectures, and continuing educational training, you already have a good idea of what it means to "establish and maintain competency" and adhere to a "standard of practice". If the Board of Nursing specified, "how many hours of a certain educational activity is needed? Or how many supervised procedures are required to be competent? And supervision by whom?" the APRN scope would likely become narrow and not necessarily "safer".

The NPA is intentionally broad to allow for individual scope of practice. You have to decide your level of knowledge and your competency.

If a complaint is filed against your license concerning allegations of incompetence, the Board members will have to determine if you practiced outside of your scope, or provided substandard care because you were not appropriately educated, skilled or maintained competency. On the job training does NOT substitute for supervised clinical training.

Did you know the Arizona State Board of Nursing has a Scope of Practice question email? ScopeofPractice@azbn.gov is available to anyone who has a question about the Scope of Practice for Certified Nursing Assistants, Licensed Practical Nurses, Registered Nurses, and Advanced Practice Nurses.



2014 American Association of Nurse Practitioners Annual Conference

Bessie Burk -AANP Arizona State Representative

This will be my last update as your state representative for American Association of Nurse Practitioners. I want to thank all of you for your support over the years.

Melanie Logue has been elected and will be replacing me at the National Conference in Nashville later this month. She brings a wealth of experience and knowledge to this role. Please join me in welcoming her.

The National Conference will be occurring June 17-22, 2014. There will be a regional update held on Wednesday right after the opening speakers. There will also be a Meet and Greet session next to the exhibit hall on Thursday 10:45 to 11:45 am. I look forward to seeing you there.

Registration is now open. Location: Gaylord Opryland Resort in Nashville June 17-22, 2014. You can register from the website www.aanp.org

Feel free to email during the conference if you are lost, don't know what to do, or just need info on where to eat. Thank you all.



Legislative Report

Legislative Chairperson: Denise Link,
PhD, WHNP-BC AZNPCLegislative@gmail.com
AZ Action Coalition/APRN

Consensus Model Legislation

Coalition (ACMLC) – Coalition membership and participation are open to anyone who wants to attend, learn about the activities and assist with design and implementation of full practice authority for all four APRN roles. A Consensus Model Coalition website and content for Consensus Model initiative will be developed with support of AzNA and the Az Action Coalition. This should facilitate communication among and with internal and external stakeholders.

Consensus Model Conference planning is going forward. The date for the general meeting has been set for October 25th, 2014 at Scottsdale Healthcare Shea. Maureen Cahill, MSN, RN, APN-CNS, Associate, Outreach Services, The Campaign for Consensus, National Council of State Boards of Nursing (NCSBN) will be the keynote speaker. Ms. Cahill is a nationally recognized expert on planning and executing state based initiatives to advance the recommendations of the NCSBN Consensus Model for APRN full practice authority.

APRN Consensus Model Legislation – planning for drafting and introduction of a bill or bills to amend the Arizona Nurse Practice Act continues. Next step is a meeting with AzNA legislative advocate Rory Hays, JD on Monday June 2nd to discuss strategies, strengths, challenges and what a realistic timeline looks like given the political environment and what we will be proposing. Denise Link will be one of the participants in the meeting that will include AzNA Executive Director Robin Schaeffer, Randy Quinn, CRNA, co-chair with Denise on the ACMLC, and other representatives of the four APRN roles.

National Nursing Centers Consortium (NNCC) — Denise Link participated in meeting of the board of directors as a member of the board. In addition to a number of advocacy activities to promote APRN-led community based healthcare, NNCC will be rolling out a clinical practice accreditation program at their national meeting in June. This accreditation is modeled on nationally recognized quality measures from NCQA/HEDIS, USPSTF, NQF and other authorities. The goal is to provide APRN led community health and wellness practices with an affordable pathway to accreditation that can lead to increased credibility in the public arena and open opportunities for sustaining funding and revenue.

Arizona Preconception Health Strategic Plan – Denise Link attended a meeting of the ADHS Office of Women's Health Preconception Health workgroup. This group will focus on the work started in January 2014 at the Arizona Birth Outcomes Summit with the goal of improving

perinatal outcomes for mothers and babies. The group is doing a crosswalk between the ADHS Strategic Plan, the current Preconception Strategic Plan 2011-2015 and recommendations that came out of the AZ Birth Outcomes Summit to identify accomplishments, unmet objectives and new objectives. Denise will continue to be involved with this group to represent nursing and to insure that nurses are included as active participants, leaders and expert resources for health information and services. Denise presented resources for clinicians to refer to for current standards of providing healthcare for women, including the Well Woman Visit Practice Guidelines application developed by Nurse Practitioners in Women's Health organizations.



The Best and Worst
States for Nurses
Robin Schaeffer, MSN, RN, CNE
Executive Director
Arizona Nurses Association

Oregon ranks as the best state for nurses, according to research conducted by the

finance site *WalletHub* (*below*). Mississippi is the worst.

Researchers used census data to compare states and the District of Columbia's performances in 15 measures, divided into the categories of competition, work environment and opportunity. Measures included average annual salary for nurses, adjusted for cost of living, nursing job openings per capita, mandatory overtime restrictions, unemployment rate and average number of hours worked.

The five top-ranked states overall, according to the research, were:

- 1. **Oregon**, which ranked second in opportunity, fifth in competition and first in work environment
- 2. **Washington**, which ranked fourth in opportunity, sixth in competition and 12th in work environment

- 3. **South Dakota**, which ranked first in opportunity, 17th in competition and 15th in work environment
- 4. **Arizona**, which ranked ninth in opportunity, fourth in competition and 22^{nd} in work environment
- 5. **New Mexico,** which ranked 20th in opportunity, third in competition and 28th in work environment.

The overall lowest-ranked states (in descending order) were:

- 1. **West Virginia,** which ranked 27th in opportunity, 50th in competition and 47th in work environment
- 2. **Tennessee**, which ranked 40th in opportunity, 43rd in competition and 46th in work environment
- 3. **Alabama,** which ranked 46th in opportunity, 49th in competition and 37th in work environment
- 4. **Louisiana**, which ranked 41st in opportunity, 45th in competition and 50th in work environment
- 5. **Mississippi,** which ranked 47th in opportunity, 42nd in competition and 49th in work environment

Major problems facing the profession include poor work environments that undermine nurse effectiveness and efficiency; lack of evidence-based decision-making by healthcare executives that often leads to dangerous reductions in nurse staffing that adversely affect care quality and safety; and restrictive state practice act and reimbursement barriers to full scope of nursing practice for nurse practitioners, Linda H. Aiken of the University of Pennsylvania told *WalletHub*.

To create a more attractive environment for nurses, states should "expand and protect the scope of practice for advanced practice nurses," said Pegge Bell of the University of Arkansas, a strategy that several states continue to debate.

Here are the survey results:

Overall Rank	State Name	Opportunity Rank	Competition Rank	Work Environment Rank
1	Oregon	2	5	1
2	Washington	4	6	12
3	South Dakota	1	17	15
4	Arizona	9	4	22
5	New Mexico	20	3	28
6	Alaska	37	1	5
7	Wyoming	22	2	42
8	Minnesota	5	47	1
9	Texas	8	11	36
10	Maryland	30	10	20
11	Nebraska	6	29	13
12	Colorado	24	14	29
13	California	11	25	25
14	North Dakota	23	28	7
15	Maine	28	15	20
16	Idaho	31	19	15
T-17	Kansas	18	24	23
T-17	Montana	21	19	30
19	Massachusetts	29	29	6
20	North Carolina	7	27	39
21	Florida	17	21	39
22	Wisconsin	15	36	11
23	Ohio	3	48	19
24	Oklahoma	32	8	45
25	Connecticut	34	32	4
26	South Carolina	16	26	43
27	Iowa	13	38	24
28	New Hampshire	48	9	9
29	Pennsylvania	14	36	26
30	Virginia	25	18	48
31	Indiana	12	35	34
32	Vermont	49	11	10
33	Michigan	26	34	31
34	Nevada	44	11	38
35	Missouri	10	45	35
36	Hawaii	50	7	32
37	Rhode Island	45	41	3
38	Illinois	35	31	27
39	New York	36	40	17
40	Utah	43	16	44
41	New Jersey	51	22	17
42	District of Columbia	39	39	14
43	Delaware	42	44	8
44	Arkansas	38	33	33
45	Georgia	33	22	51
46	Kentucky	19	51	39
47	West Virginia	27	50	47
48	Tennessee	40	43	46
49	Alabama	46	49	37
50	Louisiana	41	45	50
51	Mississippi	47	42	49

Arizona Nurse Practitioner Council (AzNPC) Executive Committee 2014

DEADLINE: July 1, 2014

VACANT POSITIONS:

- 1. The **Vice-President** shall assume all duties of the President, in the President's absence and also serve as the Chair of the Program / Conference Committee. The Vice-President will assume other duties as assigned by the President.
- 2. The **Secretary** shall be accountable for record keeping and reporting of Chapter meetings. The Secretary will ensure that notices of meetings of the organization are sent, act as newsletter editor, and ensure quarterly newsletters are sent. The Secretary will serve as Chair of the Nominations Committee.
- 3. The **Legislative Chairperson** monitors pertinent legislative issues and is ex-officio member of AzNA's legislative committee.
- 4. The **Public Relations Chairperson** is responsible for oversight of the AzNPC website, arizonanp.com. The PR Chairperson also serves as liaison with agencies contracted by AzNPC for marketing and web design or maintenance.

CANDIDATE QUALIFICATIONS: The Nominating Committee will consider candidates' experiences and skills relative to AzNPC leadership model and advancing the goals of the organization. Candidates must demonstrate a commitment and willingness to serve on a volunteer working Board and accept assignments related to the work of the organization. The AzNPC leadership model includes an executive Board composed of 7 volunteer officers, President, Vice President, Secretary, Treasurer, Legislative Chair, Membership Chair, and Public Relations char. No officer shall serve more than two (2) consecutive terms in the same office or more than eight (8) consecutive years on the Executive Board. An officer who has served more than half a term shall be considered to have served a full term.

The **PURPOSE** of AzNPC is to advance the practice and the professional status of Nurse Practitioners throughout the State of Arizona by means of legislation, education, networking and community involvement.

Executive Board Members are expected to attend monthly telephonic executive meetings, quarterly telephonic Chapter Membership meetings and the annual Southwestern NP Symposium in person.

If you are interested in assuming a greater leadership role in the future of Arizona Nurse Practitioners by running for one of the four vacant positions, please complete the attached *Biographical Sketch/consent to Serve* form that includes your educational and professional background, existing relationship with AzNPC, and goals for your tenure in the position you are running for. Send the completed form to the AzNPC Secretary at AZNPCSecretary@gmail.com no later than July 1, 2014. Each nominee will be reviewed by the Arizona Nurse Practitioner Executive Council and vetted for final slate of nominees. Candidates must be approved by the Council in order for a nominee to be included on the ballot (Art V. Sec 1). August Elections will be managed by the AzNA and held open for 30 days. Nominees will be notified of their status in a timely manner. Elected officers will be asked to assume their offices November 1, 2014.



1850 E. Southern Avenue, Suite 1. Tempe, AZ 85282 480-831-0404 info@aznurse.org http://www.arizonanp.com

BIOGRAPHICAL SKETCH/CONSENT TO SERVE

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I wish to have my name placed on the 2014-2016 ballot for the office of: Cl Vice-President Secretary Legislative Chairperson Public Rel	IRCLE ONE ations Chairperson
Name:	Credentials:
Address:	Phone:
City, State:	Zip
Employer Name:	
Position:	
Email:	
Past Experience/Activities with Professional Nursing Organizations:	
In 100 words or less, briefly and concisely state relevant experience (in 1 st po you would contribute to this position:	erson) and if elected, how
Signature:	Date: