

THE PRACTITIONER

www.arizonanp.com

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President's Corner

Karen Holder, AZNPC President

AZNPCPresident@gmail.com

Karen Holder, MHS, FNP-BC,
President

As we welcome in a New Year, I want to thank you each and all for your contributions to healthcare in Arizona. As NPs we are making a positive impact on the health & well being of those we serve. One of our AZNPC initiatives for 2015-16 is to provide support, education, leadership and legislative work in moving our state Nurse Practice Act (NPA) toward alignment with the national Consensus Model. Denise Link, our legislative chair will have more on this in her legislative update. In kicking off our commitment to this endeavor, we joined over 150 Advanced Practice Nurses in October at the Securing Access to Quality Care with keynote, Maureen Cahill, from the National Council of State Boards of Nursing (NCSBN). Ms. Cahill is a national expert in the Consensus Model and described details of the Model and its goal to bring all 50 states' (and territories) NPAs to legally allow all APRNs to practice to the full extent of their education and training. While our NPA is one of the nation's gold standards, there is still language to be updated and our colleague CRNAs, CNS and CNMs have work to do in advancing to the full practice authority.

AZNPC is the strongest & largest organized voice for NPs in Arizona, and we will grow stronger as more members contribute feedback, ideas & their



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.

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Arizona Nurse Practitioner Council Executive Committee

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Membership Chair: Amber Porter

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The Practitioner Editor: Janeen Dahn



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expertise. As your executive team, we continue to participate in meetings, summits, legislative & other stakeholder events to represent you our membership. I invite you to participate in actively advancing NPs and all APRNs toward full practice and equitable pay for the services we offer. Encourage a colleague to join, attend a quarterly meeting, join a committee of interest, attend lobby day March 4th. Make it a 2015 New Year resolution! You won't regret it.

Respectfully,
Karen Holder, MHS, FNP-BC, FAANP

!!! NEWS !!!

Many of you know about the [Arizona opioid prescribing guidelines published in November 2014](#). The guidelines were initially developed in March of 2014, through collaborative work by several healthcare stakeholders throughout our state, and included representation from the Arizona Nurses Association and chapter 9, the Arizona Nurse Practitioner Council. The guidelines include data



driven and best practice principles for management of acute and chronic pain, and focus on appropriate use of opioids.

According to the recently published guideline, Arizona ranked 6th highest in the nation in 2010 for drug overdose deaths and has the 5th highest opioid prescribing rate in the US. (1) The Arizona

Department of Health Services (AzDHS) coordinated efforts to bring key stakeholders to the table including Nurse representatives to discuss next steps in implementing strategies to reduce misuse & deaths related to use of these drugs. On December 10, 2014, a follow up planning summit was held to adopt and implement strategies and tools to meet goals of reducing misuse.

I attended representing AZNA and AZNPC and was the only NP present at the summit. The agenda was packed with presentations on preliminary data from interventions piloted in 3 counties from July 2012-2014. Through these pilots, an educational curriculum has been developed and presented in grades 7-12, a Tool Kit, "360 RX", has been developed for parents & is available in print and online (2), educational curriculum for law enforcement is being developed and 117 drop boxes for unused prescription medications have been set up in the pilot counties.

The afternoon was spent in breakout groups including healthcare, prevention, substance abuse treatment & law enforcement. Each group was tasked with reviewing and building upon action plans to reach our state goal of reducing abuse and misuse of these prescription drugs. Discussion outcomes were presented and ADHS staff along with a small committee will coordinate statewide efforts to implement the strategies.

This is one example of how your professional organizations are working for you as valued and essential healthcare workers, and for the patients we serve.

Since the first summit meeting in March 2014, the Controlled Substance Prescription Monitoring Program (PMP or CSPMP) has seen a 2 fold increase in prescriber registrants (3). I encourage and invite all prescribing NPs to register with the PCSMP at the link below.

Sincere regards to all,
Karen Holder, MHS, RN, FNP-BC, FAANP

President, Arizona Nurse Practitioner Council

1. Arizona Department of Health Services, Opioid Prescribing Guidelines:
<http://www.azdhs.gov/clinicians/clinical-guidelines-recommendations/index.php?pg=prescribing>
2. To register for Controlled substance prescriber monitoring program:
<https://www.azrxregistration.com/Login.aspx>
3. Educational items for preventing Opioid misuse:
<http://azcjc.gov/acjc.web/rx/default.aspx>



Current Events

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!

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: As a new Nurse Practitioner in Arizona my question is do I need a Drug Enforcement Agency (DEA) number for the purpose of prescribing schedule 4 and 5 and any non-narcotic medication?

Answer: You do need a DEA license to prescribe any scheduled (also known as a “controlled”) medication. This information can be found in detail on the DEA website, including what drugs are classified as scheduled and what scheduled drugs an nurse practitioner in AZ can prescribe. Also, all “narcotics” are controlled drugs, but not all controlled drugs are “narcotics”.

You can find State law information regarding prescribing and dispensing starting with Rule R4-19-512 of the [Nurse Practice Act](#). Remember that State Statutes and Rules require that prescribers are

compliant with any Federal laws, which means you need to review the information on the [DEA website](#).

Frequently Asked Questions



Treasurer: Roni Fox,
MSN, FNP-C

*You may contact the Treasurer
by emailing: AZNPCtreasurer@gmail.com*

What is the relationship between ANA, AzNA, and AZNPC? And where do AANP and CAZNAP fit into this?

The ANA (American Nurses Association), AzNA (Arizona Nurses Association) and AZNPC (Arizona Nurse Practitioner Council) are all related. ANA is the national association, AzNA is Arizona’s branch of the national organization, and AZNPC is the Nurse Practitioner chapter of AzNA.

AANP (American Association of Nurse Practitioners) is the national NP association, which advocates for NPs. AANP is not affiliated with ANA. AZNPC as an organization is a member (basically a group affiliate) of AANP, but membership in AZNPC does not also give you membership in AANP.

When you join ANA, you are placed in the Arizona Nurses Association since you are an Arizona resident. The membership fee to join ANA covers AzNA and also Chapter 9. If you select Chapter 9 as your primary chapter, then AZNPC receives a small stipend of the membership fee which we put to use with coordinating educational and legislative needs for NPs. If you are interested in membership there is a PowerPoint tutorial on how to fill out the application appropriately which can be found underneath the membership section on ArizonaNP.com.

CAZNAP (Coalition of Arizona Nurses in Advanced Practice) is a group email (listserv) that was started by Erich Widemark created and maintained as a forum where NPs in AZ could communicate with each other. For membership in CAZNAP please email Erich Widemark at ewidemark@earthlink.net.



Legislative Report

Legislative Chairperson: Denise

Link, PhD, WHNP-BC

AZNPCLegislative@gmail.com

1. APRN Consensus/Compact Legislation Coalition – Groups have sent their first drafts of their Sunrise Reports to Rory Hays for review. Target date for a final draft is mid-December. Denise Link and Denise Gibson have completed a review of AZ Nurse Practice Act archives from 1921 to present. The outcome of the research will be a timeline of the development of the APRN roles for the Sunrise Reports.

2. The APRN Consensus/Compact Model Legislation information session “Securing Access to Quality Care” on Saturday October 25th at Scottsdale Healthcare Shea was a great success. Maureen Cahill from NCSBN provided a detailed overview of the history of the APRN Consensus Model that provided important background information for the work to be done. Joey Ridenour from the Az Board of Nursing reviewed the executive role of the regulatory agency in policy related to scope of practice and a look into the future regarding an APRN Compact Model. Rory Hays, AzNA lobbyist detailed the audience on the process for preparing a bill to be introduced to the Legislature, planned for the 2016 52 Legislature, Second Regular Session. Randy Quinn, co-chair for the Az Action Coalition, Practice Sub-Committee summarized the information for the day and described “next steps”. Each APRN role was represented on a panel that responded to questions and comments from the audience between

presentations. AzNPC Legislative Liaison and Az Action Coalition Co-Chair, Denise Link, RNP was a member of the panel.

3. The **APRN Lobby Day** has been confirmed for **Wednesday March 4, 2015** from 8A to 4P. We will meet in the Supreme Court Room in the Capitol. The plan is for representatives from all four APRN roles to join together for one lobbying effort. This will be the only planned lobby day specifically for APRNs. APRNs may also register for **AzNA RN Lobby Day February 11**. Registration for both AzNA lobbying events - http://www.aznurse.org/events/event_list.asp

The **Az ACP** has also extended an invitation for any APRN to join with them for their **Day at the Legislature, February 4**; an information flyer is attached to this report. Register for the event at <https://www.surveymonkey.com/s/DKNDayLegislature> There is a \$20.00 fee to attend the Az ACP event to cover the cost of breakfast and lunch. Staff will make appointments for registrants to meet with their district legislators.



Public Relations

Public Relations

Chairperson: Katie Wall,
MSN, FNP-C

You may contact the Public Relations Chairperson by

emailing: AZNPCPublicRelations@gmail.com

The Public Relations committee has been busy. Several of the nurse practitioner programs have been requiring their students to investigate the Arizona Nurse Practitioner Council, Chapter 9 of the Arizona Nurses Association, as a professional organization that represents nurse practitioners. These questions and answers are then posted onto the website underneath the FAQ section. The Arizona Nurse Practitioner Council would like to continue this trend for transparency.

The monthly educational opportunities are a great way for networking and to learn about new

medications, guidelines, and topics. The attendance varies from time to time and there will be new enforcement on this. In an effort to decrease the no-show rate on RSVP's (which ranges from 30-50%) in the past one and a half years, the AZNPC will now begin enforcing attendance. The no show rate costs the AZNPC and pharmaceutical industry money for seats that are purchased and not filled. We have new technology with the website that collects data as of November 2014. After the event, the sign in sheet will be uploaded to the website. If you do not sign in at the event on the AZNPC sign in list, then you will be registered as a "no show" on the website. Signing in on the pharmaceutical sign in list will not count for the AZNPC sign in list. There are always 2 sign in lists. It is your responsibility to ensure you sign both. We will allow 3 "no shows" with the registration before restricting your RSVP in the future. If you RSVP for an event, the system sends you an email confirmation. On the email confirmation, there is a tab to cancel your RSVP. The system also sends out a reminder email several days before the event. On both of these emails, you can click cancel. You can also cancel by returning to the website and finding event, click cancel.

Finally, the Chapter 9 NP Council Public Relations is getting ready to collect donations for the July silent auction at the 2015 Symposium. The annual silent auction continues to be a success at the conference every year. We have had various items from scarves, purses, jewelry, quilts, artwork, household items such as vases, hotel room packages, gift certificates, museum passes, books, homemade arts, crafts and tools, childhood toys, free CME registrations, etc.. Other items such as vacation packages (time shares), electronics (i-pads or smart phones), gift baskets, medical equipment, medical memorabilia can be used for a raffle. It is a great way to find a new item for family and friends or a great way to get a head start on Christmas shopping.

The Arizona Nurse Practitioner Council uses the profits to continue offering scholarships throughout the year (<https://arizonanp.enpnetwork.com/page/3439-scholarship-information>). The AZNPC will be having another auction at the upcoming conference in July 2015. We will have a silent auction and a raffle again.

If you or your company would like to donate an item, please contact PR Chairperson, Katie Wall, at AZNPCPublicRelations@gmail.com. As a reminder, these items are not eligible for tax deduction since the organization is a 501-C6.



Lindsay Kalbfleisch

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Every quarter the Department of Health Office of Newborn

Screening distributes a newsletter to our partners, pediatricians, hospitals and more. Our newest edition being ruled out in the next week will feature more about bloodspot screening and also a feature on Arizona EDHI. We would love to share our information with as many healthcare professionals as possible!

APRN Lobby Day

Wednesday, March 4, 2015 at 8:30am - 2:30pm MT

Interested in attending this event?

[Register for this event →](#)

Lobby Day is for all nurses.

Your legislators want to meet with you!

You will receive information, in advance, on issues that impact nursing to help you prepare to speak with your legislators.

There will be an education session that will include tips on how to speak with your legislators and on what you can expect to happen at the meetings.

You will be paired with seasoned nurse lobbyists, in small groups.

Meet Rory Hays, YOUR AzNA Lobbyist, learn about the latest healthcare policies, the legislative process, and the procedures for effective lobbying.

Click <http://azleg.gov/alisStaticPages/HowToContactMember.asp> to find your Legislator or you can browse the State Legislative website for other valuable information. Call 480.831.0404 for more information.

2

Arizona NP Council is offering a discount for Chapter Members only. Members should have received an email with the promo code that is needed to get the discount at the time of registration. If you are a Chapter 9 member and did not receive the email with the promo code, please contact the AzNA office staff to obtain the code before you register for APRN Lobby Day.

****Food and drinks are not permitted in the Historic Supreme Court room. AzNA will supply bagged snacks to be consumed outside of the Historic Room.**

****Feel free to arrive early and visit the Capitol Café located in the basement of the Capitol or at the DES Eatery across Jefferson at 1789 W. Jefferson. You may also want to visit one of these or any other eatery where and when it is convenient for you for lunch.**



Pain Management: Why Nurse Practitioners Need Skills in This Area

In 2007, after visiting several Arizona pain clinics to give talks on prescribing for chronic pain, I noted that commonly the physicians did the patient intakes and interventional procedures if indicated while the NPs and PAs were tasked with medications. At the time, there were very few formal programs to educate nurses in pain management. In a review of this situation, I explained,

Because the pain management field is relatively new, many NPs and PAs – just like many physicians who treat pain --received their training on the job . . . At present, NPs do not have many educational resources for learning about setting appropriate boundaries for patients, monitoring them, and recognizing abuse or diversion. What is clearly needed at this time are additional educational opportunities for clinical providers.¹

In the past few years, because of increasing opioid abuse and overdose deaths, there has been increasing regulatory oversight of prescribers of controlled substances. In addition to feeling inadequately prepared, clinicians have concerns about excessive regulatory scrutiny leading to Board interventions. Fear, rather than reaching out to learn, has dissuaded many clinicians from caring for chronic pain patients.

Health professionals must now have diagnostic skills and knowledge about specific pain medications and how to prescribe them, and must

implement specific guidelines for risk assessment; administer risk assessment questionnaires; review and implement an opioid agreement signed and agreed up by the patient; obtain urine drug screens; regularly check the patient's data on Arizona's Controlled Substance Prescription Monitoring Program website; see the patient regularly and assess both the extent of pain relief and the measurable functional outcomes. Also key is detailed documentation, with a focus on specific functional outcomes as well as evaluation and documentation of the significance of any aberrant drug-related behaviors. Charting must explain the reasons for the prescriber's decisions. Clinicians must also understand the basics of addiction.

No longer is an hour or two of instruction in this area sufficient. I now teach in various locations in the U.S., a 21-CME course on prescribing controlled substances, 16 hours live plus 5 hours online preparation. Some of the physicians, NPs and PAs who attend this course are there because they have been ordered to do so by their professional licensing boards, while others are there proactively, in order to improve their management of patients with chronic pain as well as to avoid any potential future regulatory difficulties. Having treated chronic pain patients for many years, I am grateful to have the opportunity to help other doctors and nurses do the same.

1. Schneider, JP. "Emerging role of NPs and PAs in pain management." *Practical Pain Management*, June 2008 pp. 23-27.

Jennifer P. Schneider M.D., Ph.D.

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Plan now to attend the SIXTH ANNUAL

American College of Physicians, Arizona Chapter

Day at the State Legislature

Wednesday, February 4, 2015

7:30 AM-3:30 PM

Arizona State Capitol –

Majority Caucus Room

1700 West Washington

Phoenix, AZ 85007

Learn more about the Arizona political process first hand and meet with leaders to advocate on behalf of your patients and clinicians statewide!!

Here's what some of our attendees said about last year's event:

"Best Arizona ACP offering!"

"I feel a lot more comfortable talking to legislators now."

"My voice CAN make a difference--and I learned how to use it."

"Well worth the time!"

To register visit:

<https://www.surveymonkey.com/s/DKNDayLegislature>

There is a \$20.00 registration fee for attendees that are not members of the American College of Physicians, Arizona Chapter

Please direct your comments and questions to DSwan@azmed.org or 602-347-6916

**Primary Care Conference (March 8-9)
& Pharmacology Update (March 10-11)
Paris Hotel Las Vegas, NV
March 8-11, 2015**

Register for one conference or both and **SAVE \$75!**



NPACE strongly advises that you do not make travel reservations until you have a confirmed conference registration. NPACE conferences frequently sell out prior to early registration date.

Keynote



**Stephanie Ahmed, DNP, FNP-BC, DPNAP
The Role of the NP in Meeting the Triple Aim:
Better Health, Better Care, Better Cost?**

Dr. Ahmed is the Director of Ambulatory Nursing at Brigham and Women's Hospital in Boston, MA, She is an Assistant Professor of Nursing at the

University of Massachusetts Graduate School of Nursing. She maintains an active clinical practice as Clinical Coordinator for the Division of Plastic Surgery's Face and Hand Transplant Program at Brigham and Women's Hospital. She is a fellow of the National Academies of Practice and holds the title of Distinguished Practitioner.

This event offers 14.0 CEU credits to attendees CE accredited by American Nurses Credentialing Center's Commission on Accreditation

Primary Care Conference:

Purpose

The purpose of this activity is to enable the nurse practitioner to increase knowledge and skills and implement practice changes based on best-available evidence for addressing the challenges of providing primary care across the lifespan.

Objectives

1. Discuss the prevalence, pathophysiology, risk factors, signs and symptoms of acute and chronic conditions commonly encountered in the primary care setting.
2. Apply evidenced-based information for managing patients with acute and chronic conditions to improve outcomes.
3. Utilize clinical strategies for managing these conditions, including pharmacological treatments, and compare strategies based on benefits, risks, side effects and interactions.
4. Identify professional development resources to meet the challenges of providing primary care across the lifespan.

Pharmacology Update:

Purpose

The purpose of this activity is to enable the nurse practitioner to increase knowledge and skills and implement practice changes based on best-available evidence for addressing the challenges of prescribing pharmacotherapeutics in primary care.

Objectives

At the conclusion of this conference, participants will be able to:

1. Discuss pharmacologic treatment options for acute and chronic conditions commonly seen in primary care.
2. Compare and contrast pharmacologic agents with regard to benefits, risks, side effects, drug interactions, labeling and indications.
3. Utilize evidenced-based pharmacoatherapeutic strategies in clinical practice to improve patient care outcomes.

Keynote speaker Stephanie Ahmed, DNP, FNP-BC, DPNAP, is an author, assistant professor at the University of Massachusetts Graduate School of Nursing, and Director of Ambulatory Nursing at Brigham and Women's Hospital in Boston, MA. Sally Miller, PhD, CRNP, FAANP, clinical professor at Drexel University, will be speaking on Lab Interpretation and Challenging Rashes. Joyce Ross, MSN, CRNP, CS, CLS, FNLA, FPCNA, Clinical Lipid Specialist and President of the Northeast Lipid Association will be speaking on Hypertension and Hyperlipidemia. Andrew Narva, MD, is the Director of Division of Kidney, Urologic, and Hematologic Diseases for the National Institute of Diabetes and Digestive and Kidney Diseases. Dr. Narva will be speaking on the National Kidney Disease Program and How NPs can Improve Disease Outcomes. In addition, you'll get to see some returning favorites: 1) Women's Health specialist and NPACE board member Mimi Secor, MS, MEd, FNP-BC, FAANP 2) Mental health and sleep specialist Nancy Nadolski, FNP-C, MSN, MEd 3) Wendy L. Wright, MS, RN, ARNP, FNP, FAANP will be leading the full 2-day Pharmacology Update

Details

• When

- Sunday, March 8, 2015 - Wednesday, March 11, 2015

7:00 AM - 5:00 PM



- Add to Calendar

• Where

- Paris Hotel
3655 Las Vegas Boulevard South
Las Vegas, Nevada 89109
USA
877-796-2096

Register

Pharmacology Update - 12 Contact Hours/12

Pharmacology Hours