

December 2007 Newsletter

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December 13, 2007

The December meeting was held at Gourmet & Co., in Johnson City, TN. The speaker was Dr. Robert R. Grigg, a sleep specialist. He presented the topic “Restless Leg Syndrome (RLS) and Insomnia.”

PRESENTATION HIGHLIGHTS

Overview of RLS

Neurological sensorimotor phenomenon

Affects up to 10% of adult US population, can affect pediatric population too

Often under diagnosed or misdiagnosed as other peripheral neurological disorders, sleep disorders, depression

Disturbs sleep onset; does not cause excessive daytime sleepiness

Pathophysiology

Pathophysiological process not fully understood

Believed to manifest as part of malfunctioning iron transport

Primary vs. Secondary RLS

Primary RLS is due to a genetic predisposition and more common in younger population; chromosomal

Secondary RLS is associated with renal disease, pregnancy, iron deficiency states and other peripheral

Assessment

CGI—Clinical Global Impressions Scale

Clinician rated scale used in many disease states to assess improvement, severity, therapeutic efficacy

IRLS—International RLS Rating Scale

Validated instrument for evaluating severity of RLS symptoms

Diagnosis

Based on four clinical criteria

Urge to move legs

Symptoms begin or worsen at rest

Symptoms are relieved by movement

Symptoms worse in the evening or at night

There is no diagnostic test, polysomnography NOT indicated for diagnosis

Periodic Limb Movements (PLMs) are not the same as RLS; PLMs very prevalent in the general population (however)

80% of RLS patients have PLMs, but most people with PLMs do not have RLS

Non-Pharmacological Management

Mental Activation (distraction)

Wall Stretches x 10-30 sec each, for 5 reps, repeated 2x/day

Deletion of aggravating substances/medications

ETOH, nicotine, caffeine

SSRIs, TCAs, sedating antihistamines, reglan and others that cross BBB

Pharmacological Management

Replace iron with Vit C for at least 3 months if ferritin <40 (target ferritin of 45-50)

Two FDA approved dopaminergic agents; Anti-Parkinson's agents

Requip

Mirapex

Take 2-3 hours before bedtime, peak concentration at 2 hours

If needed, titrate dosage:

0.125 x 4 -7 days

0.25 x 4 -7 days

0.5 x 4 -7 days

Side effect usually mild: headache, nausea, fatigue, somnolence; orthostatic hypotension, excessive gas, hallucinations (rare)

Use lower doses or titrate slower in renal disease

Can take with/without food

Does not work for use in PLMs only

Business Meeting

President Vicki Lewis opened the meeting by thanking our presenter, Dr. Rosser.

Secretary's Report:

The minutes were posted on the website and a motion was made to accept the minutes without any changes.

Treasurer's Report:

Balance as of 11/15/07 statement: \$11,920.03

Old Business:

No old business topics to discuss

New Business:

TNA sent out letters to NPs regarding TMA's intent to take action to limit narcotic prescription writing at Minute Clinics ("Minute Clinics"), however, no way to ensure that these new restrictions would not affect NP practices. All NPs should have their supervising MDs to fill out the questionnaires to document any issues with the writing, chart review and supervision protocols.

Vicki proposed idea of organizing a committee vs. the executive officers laying out a proposed budget for the executive officers to do this instead of a committee and then present to membership for review. Members are encouraged to make sure your mailboxes are not full. Many members mail is returned to me because of SPAM blocking.

Some members are not getting email notices. Please make sure that your email address is correct on the website. Vicki proposed a committee to review and update the bylaws and also to post these on the website. Volunteers: Vicki Hinshaw, Jennie Walls, Kathy Sharp, and Betsy Palmer.

Forbes Magazine posted an article, "Who Will Be Your Doctor?" written by Mary Munding, MPH. It can be found at www.forbes.com/opinions. Members are encouraged to read, as it contains several false statements not evidence based or backed. Members are also encouraged to respond to the article.

There is a new DNP website: www.apn-dnp.com

Advance.com has "NP pins" available for \$3.99. Members are encouraged to purchase and wear.

AANP has a 30 second Public Service Announcement available entitled "This Peaceful Moment" which is going to contact Sara Diamond at WJHL to see if they are interested in showing it.

If there is interest in a weekend coding update to cover the new Medicare guidelines, Vicki Lewis has a presentation for this for midlevels. Email Vicki if you are interested at lewisvir@gmail.com

Tracey Luther announced that Salix Pharmaceuticals does not recognize NPs for signatures for sample drug (a GI med), but we need to be aware of these companies and in turn make them aware of the issue.

Mark Hossler is in the process of finding a new company to sponsor our webpage. Charter has been difficult and the website has been unavailable for months. More info to follow once a new company is established.

Community Events:

TNA Legislative Summit is April 2, 2008 at War Memorial Auditorium in Nashville.

Job Opportunities:

Centerpointe Clinic in Kingsport seeks full time or part time NP. This position is ideal for an independent clinic in Kingsport closed and has resulted in an influx of patients that need a provider at Centerpointe Clinic. If interested. Please pass along to anyone interested.

Full time ANP for a chronic care, wellness, prevention and acute care facility in Collegedale TN just outside of Kingsport offers a very competitive salary and full benefits. Beth Ratliff, Senior Director, Operations; Comprehensive Care Center
7647- Voice, 502-724-5903- Cell, 1-866-405-2813- Fax

There is also another opening at Summit Health Services for an Adult or Geriatric Nurse practitioner for a position with autonomy and satisfaction working with the elderly. Please contact Cathy Forbes at cathywoodyy@summithealth.com contact person for the position.

Dr. Pugh in Johnson City is looking for part-time or full time NP for her pediatric practice. She said she could be reached at 929-2454 or her cell phone 677-2454.

Announcements:

Membership dues are due in January for all members and can be paid to Paula Countiss in the amount of \$25.00. Kathy Sharp, former NETNPA president, was awarded with a gift in appreciation of her exceptional work.

Next Meeting:

January 17, 2008 Location and topic TBA