

January Newsletter

Happy New Year from NETNPA! Here is the first newsletter of 2007. If you would like to keep r and keep informed of the latest advanced practice issues in Northeast Tennessee, then don't forget January and renewal time for all dues. They are \$35.00 a year for APNs and \$15 a year for student

The January meeting was held at Scampi's restaurant in Johnson City, TN. The meeting was sponsored b pharmaceuticals. Dr. Gratli, a psychiatrist from Johnson City spoke on "Excessive Sleepiness/Hypersomn

PRESENTATION HIGHLIGHTS

Excessive Daytime Somnolence

PREVALENCE AND CAUSES:

- One out of every 20 adults experience Excessive Daytime Somno
- Disrupted/fragmented sleep
- Circadian misalignment with sleep/wake schedule
- CNS related sleep/wake dysregulation

DEFINITION:

Sleepiness is normal state of decreased ability to maintain wakefu
medical treatment

Excessive sleepiness is an abnormal symptom of difficulty in main
propensity to fall asleep at inappropriate time/settings. It is als
hypersomnolence. This is related to decreased cortical activity
medically.

Patients with hypersomnolence present with tiredness, fatigue, lap
energy, low motivation, and difficulty concentrating

CONSEQUENCES OF EXCESSIVE SLEEPINESS:

- Decreased concentration
- Increased accidents
- Undesired sleep episodes/fatigue/loss of energy and motivation
- Decreased productivity and errors at work and home

Irritability/mood shifts

Negative effects on family and social life

TREATMENT:

Screen for and treat sleep apnea

Provigil

MEDICAL TREATMENT WITH PROVIGIL:

Promotes wakefulness without generalized CNS stimulation

Approved for narcolepsy, obstructive sleep apnea/hypopnea, and
Schedule IV

Results occur within 2 weeks

\$200 a month

Can use as a pulse dose if patient does shift work

If tolerance develops, stop for 2-3 days and restart

Recommended dose is 200 mg in the am. Start at 100 mg and taper

Recommended dose in elderly and with hepatic impairment is max

Most common side effects include Headache, Nausea, Nervousness
and other symptoms

IMPORTANT TREATMENT CONSIDERATIONS:

Advise patients that their level of wakefulness may not return to normal

Frequently reassess degree of sleepiness

Prescribers should be aware that patients may not acknowledge symptoms
until directly questioned about specific activities (i.e. falling asleep, etc.)
not feeling rested with awakening, etc.

CONCLUSIONS:

Excessive sleepiness is a primary complaint in patients with narcolepsy,
sleep apnea and shift work sleep disorders

Hypersomnolence is a prominent and disabling symptom

It is important to assess and treat obstructive sleep apnea

Provigil can improve wakefulness when used appropriately for sleep disorders

Business Meeting

President Kathy Sharp opened the meeting by thanking our Cephalon r
Gratli

Secretary's Report:

The minutes were approved by unanimous vote.

Tracy Luther reminded everyone to carefully check the sign in she
addresses, phone numbers and especially email addresses. If
correct and you are not receiving the notices, check to make s
to your junk senders file or being counted as SPAM.

Treasurer's Report:

Current balance \$11,618.67.

Paula Countiss reminded everyone that all membership dues are
for the year for APN's and \$15.00 a year for APN students. Ch
Paula Countiss at 720 Park St., Bristol, VA 24201

Old Business:

Pfizer has placed Tennessee into the non-restrictive delegation of authc
of Lyrica. As of January 8, 2007, restrictions have been removed ar
to receive samples.

New Business:

The TNA listserv has hosted several questions of late about a mass m
regarding registration for dispensing of controlled substances. This
confusion. The clear answer is: the NP does not have to register wi
she is actually dispensing a controlled substance like narcotics, anx
their office. This only applies to controlled substances that you purc
your office. It does not apply to samples or prescriptions you write. ·

The Center for Nursing Advocacy: This group is a non-profit organizati
nurses improve public understanding of their work and work with ob
clinical nursing practice, research and education. Please go to [www](http://www.cna.org)
sign up for their news alerts and emails. They can also use financial
donations.

Published letters in regards to Wendy Vogel's response in her interview
DNP are now available for viewing online at www.medscape.com

Job Opportunities:

Cardiovascular Associates, P.C. in Bristol has openings for 2 Nurse Practitioners
Mountain Empire Neurology is looking for a Nurse Practitioner to do hospital work
interested contact Jessica Gode at (423) 764-0987
Next Meeting: February 15th at 6:30 pm at Skoby's in Kingsport-speak now
later date. Please plan to attend!!

Submitted by Tracy Luther, Secretary