

April 2008 Newsletter

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April 17, 2008

The April meeting was held at Guissepe's in Kingsport, TN. Matt Kilgore with NovoNordisk sponsored was Becky Roberts, RN, CDE. She specializes in a program called "Teachable Moments" and promoting, and effecting behavioral change patients with Diabetes

Presentation Highlights

(The overall presentation was very basic and therefore I included key points most of us forget or didn't know include the basic patho and signs/sx hypo/hyperglycemia)

DM management becoming more complex

6 classes of diabetes drugs

Type 1 DM has no insulin production at diagnosis and 50% of insulin production is lost in Type 2 at time

Analog insulins provide more predictable blood sugar control; can take immediately at meal times and evening

Basal insulins (Lantus and Levimir) taken once daily and provide 24 hour control

Insulin pens are covered by TN Care; come as box of 5 for 1500 units total; sample comes with 7 free needles
a separate Rx for needles (100/box)

Diet changes are difficult for patients to make; focus on simple changes like substituting starch vegetables
vegetables

Sugar-free labels do not = carb free

If glucose monitoring strips too expensive, and patients sugars are well controlled, suggest checking glucose
every other day.

50% of lower limb amputations in diabetics are from wounds in feet that started because they stepped on
shoes on....WEAR SHOES!!

Remember the emotional/psychological side effects of new diagnosis of DM, like with any other chronic disease
Byetta is not indicated for use with insulin, therefore choose Symalin with insulin if needed

ACE guidelines for blood glucose control:

<110 fasting

<140 post prandial

HgB A1C \leq 6.5% (check q 3 mo if poor control and q 6 mo for well controlled)

ETSU is looking for a temporary NP for the college clinic

Washington County Health Department in Johnson City still needs NP

Part-time or full-time NP needed for Centerpointe Medical Clinic in Kingsport. Contact April Barrett at 423-752-4444

Telemental Health @ VA looking for NP

Pulmonary NP wanted at Blue Ridge Medical Specialists, PC

Dr. Grunstra's group is looking for a NP-- will take a new graduate (located in Bristol)

Dr. Weddington is looking for a NP

Med Trim Rx looking for part-time NP. Call Deb Stahl at 878-5100 for more info.

Dr. Gonce with HMG in Long-term Care is looking for NPs. He previously had three, one who has left and one who is on leave.

Contact him by email for more information: goncejd@yahoo.com

Education opportunities:

APN Conference in Nashville 4/25/08 (**Note: this conference has now been canceled**)

Integrative Medicine Conference at Bristol Regional Medical Center on 4/25; all day conference with FR *Providers* at the Grove Park Inn in Asheville, NC. Approved for 7.5 ACCME/AMA CME credits. (If you wish to stay at the Grove Park-please contact us so that a room can be secured at the conference rate.)

For more information or to register please visit the website: <http://com.etsu.edu/cme> and click on

Office of CME 423-439-8027. The conference brochures with agendas are available on the website.

Announcements:

Sandra Hickman and Susan Hossler are the winners of the attendance award for Nov 2007 thru Jan 2008

Kay Bone announced that senate in TN has passed legislature approving Nurses/NPs to own their own practices

Next Meeting:

The next meeting will be on 5/15/08 at 6:30. Location TBA