

January 2008 Newsletter

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January 17 , 2007

The January meeting was held at Edo's, in Kingsport, TN. Brandie Moody with UCB and Jose Rodri sponsored the meeting. The speaker was Dr. Csava Rusznak, MD, allergist from Vanderbilt.

PRESENTATION HIGHLIGHTS

Allergies

Allergies in America study reports medications are not effective in 66% of patients

Anti-histamines are not H1 blockers, rather agonists of H1 receptors, or stabilize the inactive state of H1

Xyzal (levocetirizine)

“3rd Generation” anti-histamine

Cetirizine (Zyrtec) is a racemic mixture of levocetirizine and dextrocetirizine

Levocetirizine is the “active” part of cetirizine

Indicated for seasonal and perennial allergies and chronic urticaria

Dosing: Adults and children ≥ 12 yrs is 5 mg po qhs

Safety data in children published in 2007 (FDA approved for ages ≥ 6) dosing in children 6-11 years is 2.

Common side effects: somnolence, nasopharyngitis, fatigue, dry mouth

Pregnancy Category: B

No effects on QT interval

NO drug-drug interactions

Contraindicated in end stage renal disease and in children with renal insufficiency

Why Xyzal?

Lower CNS effects (lower sedation)

Lower drug-drug interactions (lower drug metabolism)

Lower volume of drug distribution

Rapid absorption with peak concentration within one hour

Half-life: 8 hours

Clinical studies suggest anti-inflammatory properties since nasal congestion is improved (unique to Xyzal)

Increased QOL in multi-center, multi-national study

Business Meeting

President Vicki Lewis opened the meeting by thanking our presenter, Dr. Rusznak and our sponsor Rodriguez.

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 = \$12,095.03

Old Business:

Vicki proposed a committee to review and update the bylaws and also to post these on the website. Vol

Hinshaw, Jennie Walls, Kathy Sharp, and Betsy Palmer.

Executive Committee met and laid out proposed 2008 budget. This will be mailed to members and comm

Vicki will announce the winners of the attendance awards from October to December 2007 at the next m

New Business:

ANCC has issued new credentials for certified Family Nurse Practitioners (to replace the previous APRN

January 2008 Membership dues are due, \$35 for members and \$25 for students. Give money to Paula

Continuing Education:

Diabetes Symposium "Diabetes Management for the Healthcare Provider" will be held at Wellmont, BRI

10 from 8-4.

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 Centerpoi

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 outs

offers a very competitive salary and full benefits. Beth Ratliff, Senior Director, Operations; Compre
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
autonomy and satisfaction working with the elderly. Please contact Cathy Forbes at cathywoodyy@
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 c
929-2454 or her cell phone 677-2454.

Cardiovascular Associates in Johnson City is seeking 3 NPs. Contact Christy Willocks at 423-230-7003