

September 2008 Newsletter

Vol 13, No. 07

September 18, 2008

The September meeting was held at Peerless, in Johnson City, TN. The meeting was sponsored by Allergy Partners of Western North Carolina presented the topic, "Assessment and Management of

Presentation Highlights

Definition of Asthma: Chronic inflammatory disorder of airways characterized by episodic and reversible responsiveness

Characterized by

SOB

Coughing

Wheezing

Chest tightness

Combination of above symptoms

Prevalence: ~ 80% in US. Reason for increase not clear.

Burden

1.3 mil hospital visits

1.8 mil ER visits

4,210 deaths (2004) and falling

12.3 mil provider visits

504,000 hospital discharges

Response to Therapy: depends on genetic make-up, comorbidities, race and ethnicity, obesity and smok

Factors

Genetics (II-4, HLA alleles)

Environment (hygiene hypothesis—raising our kids in environments that are "too clean")

Triggers (viruses, exposure to allergens, smoke, pollutants, ASA)

Defects in target organs (bronchial epithelium)

Pathophysiology

Eosinophils: increased in airways of asthmatics

Lymphocytes: produce pro-inflammatory cytokines, increase eosinophils, and are involved in the development of hyperresponsiveness

Mast Cells: activation/release of bronchoconstriction mediators

Neutrophils: increased in airways and sputum of persons with severe asthma, smokers and in acute exacerbations

Epithelial Cell Injury: exacerbated by presence of abnormal repair process

Leukotrienes (Mast cells)

Cause bronchoconstriction

Recruit eosinophils

Promote inflammatory process by recruiting neutrophils

Airway Remodeling

Involves changes in the structure of the airways

Role in the pathophysiology of asthma

Caused by prolonged inflammation

Highly variable from person to person

Can lead to irreversible airflow limitations

KEY: Adult asthma determined by severity of childhood asthma and how aggressively it was treated (i.e. extent of remodeling and irreversible airway changes)

GINA and NAEPP Guidelines

Emphasis on asthma control

Assessment split into 2 measures: disease severity and intrinsic intensity of disease

NAEPP Goals of Therapy

Reduce Impairment

Reduce Risk

See www.nhlbi.nih.gov/guidelines/asthma/index.htm for the National Heart Lung and Blood Guidelines for Asthma. PDF of the newest guidelines that you can download for free. This is the website that Dr. McCann based his presentation on. I included several charts that would be too complex to include in the newsletter otherwise.

Non-Pharmacologic Treatments

Allergen avoidance

Assess and treat comorbidities (GERD)

Assess inhaler technique (particularly in patients that are not responding as you think they should)

Business Meeting

The regular meeting of the Northeast Tennessee Nurse Practitioners Association was called to order at 7:00 PM by Peerless, in Johnson City by President Vickie Lewis.

Approval of Minutes

The minutes of the previous meeting were unanimously approved as distributed

Treasurer's Report

\$12,459.34 as of September 18, 2008

Includes \$1000 contribution to TNPAC and \$60 quarterly payment to Mark Hossler for website manager

Paula Countiss (former Treasurer) received a \$35 cash payment at the August meeting, but the name was

Greene, Secretary (hgreene13@myway.com) or Linda Quillen, Treasurer (glassygirl@charter.net) k

payment so proper credit can be given to you ASAP!

New Business

Kathy Sharp presents a few topics of interest from the recent JNP (Journal for Nurse Practitioners, Sept 2008):
education for patients on Coumadin:

President of ACNP, Julie Stanik-Hutt, PhD, ACNP, CCNS reported that in the face of recent challenges (

Partnership), NPs have united instead of going against one another (as usual nursing history predicts). See the
document, *Nurse Practitioner DNP Education, Certification and Titling: A unified Statement*.

In the Letter to the Editor in the same journal, NPs are encouraged to stay abreast of the issue and not to
prevent a similar situation that fragmented APNs when the dispute among certificate and MSN NPs was

AHRQ Guide helps patients on Coumadin therapy. Go to www.ahrq.gov/consumer/coumadin.htm. A prior
to ahraqpubs@ahrq.hhs.gov

Old Business

NETNPA has been solicited by different companies run advertisements, banners, job postings, etc on our

the by-laws regarding this. Vicki Lewis suggested the Executive Committee meet and discuss this membership again.

New board members to take positions this month:

Linda Quillen to replace Paula Countiss as Treasurer.

Claudia Corradino and Teresa Martin to co-chair VP position and replace Kay Bone.

Much thanks to Paula and Kay for their years of excellent service.

Legislative News

N/A

Education

Pressure Ulcer Prevention Seminar at ETSU on October 3, 2008. Dr. Braeden to present (of the Braeden Foundation). Please consider participating in the National Memory Screening Day November 18, 2008 sponsored by Alzheimer's Association (AFA). Contact 866-AFA-8484 or info@alzfdn.org for more information.

Practicing Clinicians Exchange (PCE) offers free contact hours on multiple topics in regional cities across the South. NP and PA. Teresa Martin has participated and highly recommends it. Please visit the website at www.pceonline.com for more information. She also recommends Pri-Med (for all levels of providers) and it also offers AANP credit. Online credit is available with both.

Job availability:

Washington County Health Department in Johnson City position placed on hold until October.

The Oncology Department at Blue Ridge Medical Specialists is looking for FT NP with Oncology experience. Please call Dr. Sue Prill at 423-968-2311 if interested.

Johnston Memorial Cancer Center in Abingdon, VA is looking for FT Oncology NP, experience preferred. Contact Davis, practice administrator, at 276-739-2273 for more info.

Bristol Internal Medicine and Pediatrics (Dr Shelby Olds and Dr Bernie Grunstra) are seeking PT and FT NP. Please contact them for a friendly/supportive group. Contact 423-844-6700 for more info.

Next Meeting:

The October NETNPA meeting will be held on Thursday, October 16th, at Stir Fry Cafe, 125 Broad Street, Bristol, VA.

Topic: A Case Study Approach to Managing Insomnia **Speaker:** Ashvin Patel, MD **Sponsor:** Angie Ra
corradinofnp@charter.net