

# NETNPA

Northeast Tennessee Nurse Practitioners' Association

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[www.netnpa.com](http://www.netnpa.com)

**The October meeting was held at Stir Fry Café in Kingsport, TN. Angie Rasnick with Sepracor sponsored the meeting and Dr. Ashvin Patel presented the topic, “A Case Study Approach to Managing Insomnia.”**

## Presentation Highlights

- Sleeping Disorders affect daily function, work, roles for  $\geq$  one month
  - Primary sleeping disorders: not related to any other disorder; possible etiology includes an underlying hyper-arousal of CNS
  - Secondary sleeping disorders: co-morbid insomnia related too underlying psychiatric disorder, medical disorder and/or medications
- Prevalence
  - 1/3 of US population have sleeping disorders
  - ~10% insomnia
- Risk Factors
  - Female
  - Elderly
  - Co-morbid conditions
- Treatment
  - Why treat sleep disorders?
    - Because of the negative impact on health and/or QOL
  - Non-Pharmacologic
    - Sleep hygiene
    - Behavioral therapy
    - CBT (Cognitive Behavioral Therapy)
    - Lifestyle modifications
      - No exercise < 4 hours prior to sleep
      - Eliminate medications/foods with stimulating effects
        - Chocolate
        - Caffeine
        - Nicotine
      - Eliminate ETOH as a sleep aide
      - Keep room temp cool

- Pharmacologic
  - ETOH (habit forming)
  - Barbiturates (habit forming)
  - Antidepressants
  - Atypical antipsychotics
  - OTC medications (benadryl, Tylenol pm, Unisom)
  - Non-benzodiazepines
    - Ambien
    - Lunesta
    - Roserem
- Lunesta
  - Studied in well-controlled trials with patients with primary and comorbid insomnia and in both adults and elderly
  - No next-day sedating effects
  - 7-8 hours of effect
  - Dosing
    - Age 18-64: 2-3mg po q hs prn
    - Age 65+: 1-2mg po q hs prn
  - Safety
    - Schedule IV controlled substance
    - Use with caution
      - Suicidal and/or depressed patients
      - Hepatic impairment and drugs that compete with the CYP3A4 pathway (biaxin, ketoconazole, HIV meds, serazone); start with 1-2 mg
      - ETOH/substance abuse
    - Rare severe reactions
    - Rare episodes of somnambulism (sleepwalking)
    - No data for use in pregnancy
  - Common side effects
    - Bad taste
    - Headache
  - No rebound on abrupt discontinuation
  - No evidence of tolerance after six months worth of use

## **Business Meeting**

The regular meeting of the Northeast Tennessee Nurse Practitioners Association was called to order at 7:30 PM on October 17, 2008, at Stir Fry Café in Kingsport, TN by President Vickie Lewis.

## **Approval of Minutes**

- The minutes of the previous meeting were unanimously approved as distributed

## **Treasurer's Report**

- \$12,429.34 as of September 18, 2008
- **Paula Countiss (former Treasurer) received a \$35 cash payment at the August meeting, but the name was not included. Please let Heather Greene, Secretary ([hgreene13@myway.com](mailto:hgreene13@myway.com)) or Linda Quillen, Treasurer ([glassygirl@charter.net](mailto:glassygirl@charter.net)) know if you were responsible for this payment so proper credit can be given to you ASAP!**

## **New Business**

- Vicki Lewis is looking for volunteers to help with the educational seminar hosted by NETNPA next year. Betsy Palmer, Kathy Sharp and Kay Bone have already volunteered. More volunteers needed, please contact Vicki if interested.

## **Old Business**

- N/A

## **Legislative News**

- TNA is conducting a survey regarding legislative issues for the upcoming year that most interest current APNs. Contact Cheri Glass at [cglass@tnaonline.org](mailto:cglass@tnaonline.org)
- Merideth Sullivan, NA legislative liaison will be at the District 5 TNA meeting, October 30 at Logan's in Johnson City. All interested, please attend.
- There was an inquiry regarding whether or not APNs can sign disability tags application. Further inquiry required. Any input, please contact Vicki Lewis or Heather Greene and we will compile the info for the next meeting.

## **Education**

- Wellmont in Bristol is hosting a free one-day Pediatric Seminar on November 1, 2008
- Wellmont in Bristol is hosting a free one-day Neurology Seminar on November 13, 2008
- Please consider participating in the National Memory Screening Day November 18, 2008 sponsored by the Alzheimer's Foundation of America (AFA). Contact 866-AFA-8484 or [info@alzfdn.org](mailto:info@alzfdn.org) for more information.
- Practicing Clinicians Exchange (PCE) offers free contact hours on multiple topics in regional cities across the country. This is specifically for NPs and PAs. Teresa Martin has participated and highly recommends it. Please visit the website at [www.practicingclinicians.com](http://www.practicingclinicians.com) for more information. She also recommends Pri-Med (for all levels of providers) and it also offers AANP credit. See [www.Pri-Med.com](http://www.Pri-Med.com) for more info. Online credit is available with both.

## **Job availability:**

- The Oncology Department at Blue Ridge Medical Specialists is looking for FT NP with Oncology experience preferred, but not necessary. 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, but not necessary. Please call Joe 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. Known to be an NP friendly/supportive group. Contact 423-844-6700 for more info.
- ETSU is looking for a prn position to rotate through all contracted ETSU clinics
- VA psychiatry position available to travel to different outlying clinics in Knoxville, Bristol, etc
- GI in Bristol looking for a person to job-share with current NP for inpatient and outpatient duties.
- IPC in Bristol (Hospitalist Service) looking for one or two NPs for night shift position; paying ~\$95,000

**Next Meeting:**

- The November NETNPA meeting will be held on Thursday, November 20th  
Meadowview Convention Center in Kingsport

Topic: PRISTIQ: A SNRI for the Treatment of MDD

Speaker: Dr. Shirley Trentham, Sevierville, TN

Time: 6:30

RSVP: [corradinofnp@charter.net](mailto:corradinofnp@charter.net)