

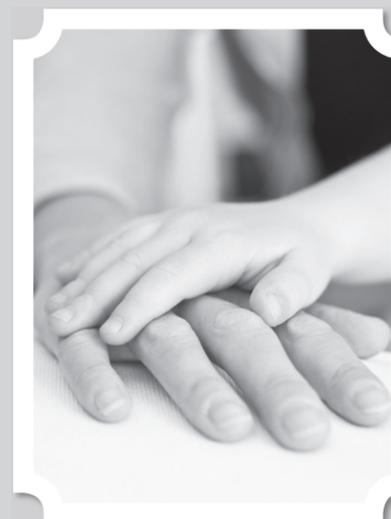
NURSE PRACTITIONER ASSOCIATION  
OF SOUTH DAKOTA

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# NPASD

NURSE PRACTITIONER ASSOCIATION  
OF SOUTH DAKOTA

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## 2012-2013 NPASD BOARD

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## Save the Date for 2012 NP Conference: Rapid City Regional Hospital September 28 & 29

#### TOPICS:

- |                                    |  |
|------------------------------------|--|
| Rheumatology Pearls                | Pain Management                                |
| Cardiac Intervention: New Horizons | Radiology Indications and Case Studies         |
| 12 Lead ECG Interpretation         | Emergency Department Red Flags                 |
| COPD Update                        | Hospitalist Pearls                             |
| Upper and Lower GI Pearls          | Primary Care Pearls                            |
| Travel Medicine                    | Four Pharm hours<br>(both adult and pediatric) |
| Diabetes Mellitus Update           |  |

*Qualify for iPad Door prize for registration for both Friday  
and Saturday. You must be present to win.*



Please "like" our NPASD facebook page to get updates  
re: conferences, legislation, etc.!

## MESSAGE FROM OUR PRESIDENT: Denise Boraas



Picking your opening remarks in your inaugural newsletter as president is stressful. Many thoughts and ideas come and go but ultimately something strikes you. My lightning hit at a recent meeting when I was visiting with a former colleague.

We were discussing nursing practice and more specifically advanced nursing practice and how we need to do a better job of self-promotion of our profession. She was commenting that one thing that can frustrate her is when an advanced practice nurse makes statements like, "They don't understand what I do!" She tries to turn it back to them by stating, "What have you done to educate them on what you can and currently do?" WOW, what an excellent point! Do we really inform others of our practice? Do we just assume they know who we are and what we can do? Could there be misconceptions about our role? I thought to myself what I have done lately to educate and promote my role as a nurse practitioner. Certainly in day to day practice we

inform our patients of our capabilities by the care we provide to them. But I challenge you to come up with an example of self-promotion of your profession outside of your work environment. Think about it!

We are heading into exciting and challenging times in healthcare: reform, education requirements, physician shortages, increased access to care, etc. Now more than ever we need to be demonstrating our knowledge and abilities at work but also on a grander scale by being involved professionally. Staying abreast of what is important to our role as nurse practitioners, participating in educating others of who we are, and striving to improve our profession are all examples of self-promotion.

NPASD is changing some of our previous committees to work groups that can more effectively get issues and ideas addressed and developed to bring back to the board. These work groups are membership/nominations, fall conference, newsletter, website,

Continued on page 2.

President's Message continued.

and legislative for now but who knows what other great areas we could think of. As part of this change, we want our general membership to be involved with these work groups. One of the board members will facilitate each group and be the representative to bring the issues/ideas back to our meetings for approval if needed but we want to hear from you. If you see something that strikes your interest, I encourage you to contact me or our executive director through the website.

I want to thank you all for the opportunity to serve as president of NPASD for the next 2 years. It is giving me the chance to expand my knowledge base and participate beyond the clinic setting to self-promote my profession. What will you do?

What will you do?

Denise Boraas  
NPASD President

Interested in  
being a part  
of a NPASD  
working  
group?

Work on areas  
of membership,  
legislation, and more!

Email  
Denise Boraas at  
President@npasd.org.

## AANP Region 8 update

I attended the AANP Region 8 Leadership Meeting on November 5th, 2011. There were approximately 25 of us attending this meeting in Fargo, North Dakota. The NP's at this meeting were from Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming. Jan Towers, AANP President, started the meeting off with a legislative and practice environment update. I found her update to be very interesting. She discussed the future primary care physician shortage and the role that Nurse Practitioners could play. She also discussed numerous healthcare bills that could cause change for nurse practitioners in the future.

I left the Region 8 meeting with a feeling of optimism regarding the future for nurse practitioners. It was great to help represent our state at this meeting. The next Region 8 Meeting will be held in Rapid City in the fall, 2012. The dates are yet to be announced but most likely the first weekend in November.

*Brian Miller*

## Bylaw changes coming

The NPASD Board is undertaking a review of the NPASD bylaws. To submit proposed changes to the bylaws, please email proposed changes to Denise Boraas at President@npasd.org by 6/1/12. The NPASD bylaws were last reviewed in 2008. A current copy of the bylaws can be found on the website at [www.npasd.org](http://www.npasd.org).

Proposed changes to the NPASD bylaws, as well as Nominations for open Board positions will be in the NPASD Summer 2012 Newsletter for NPASD members review.

The NPASD proposed bylaw changes will be voted for online or at the Fall 2012 NPASD conference during the annual meeting.

## We've updated our logo!



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## Clinical Pearls: Antinuclear Antibodies (ANAs)

ANAs are a useful tool for the diagnosis of many autoimmune diseases, however the test is also misunderstood and inappropriately used by many providers. The specificities and sensitivities of ANA titers vary widely for each disease, but also vary widely with the type of lab assay used. There are several points you need to keep in mind when ordering ANAs.

1. False-positive ANAs occur in the following frequencies: at 1:40 32% of the time, at 1:80 13% of the time, and at 1:320 3% of the time.
2. An ANA may not be the best screening test. An ANA should be ordered if you have a high suspicion that the patient has an autoimmune disease. ANAs should only be ordered after appropriate clinical and lab data are obtained and AFTER a differential diagnosis has been formulated. (clinical symptoms may include: sun sensitivity, unexplained fevers, swelling and pain in joints, proteinuria, pleurisy, skin rashes, raynauds... not just arthralgias)
3. Positive ANAs lack specificity and occur secondary to infectious disease, malignancies, thyroid disorders, and by be induced by certain drugs.
4. Titers of ANAs do not necessarily correlate to disease activity.
5. ANA testing should not be used as a screening tool for connective tissue diseases. The best screening tool for connective tissue diseases is a thorough history and physical exam with basic lab data of organ function.
6. ANAs are detected using indirect immunofluorescence or immunoenzymes assays. The substrates, substrate fixatives, and buffering solutions may vary from one lab to another, so the sensitivity and specificities vary. This leads to even more false positive ANAs.

Please submit a clinical pearl for future newsletters!

Email to: Executive.Director@npasd.org

*Shari Fechner, CNP*

*Rheumatology at Regional Medical Clinic-Aspen Centre in Rapid City*



Are your struggling to access your  
NPASD online member account?

Please email Andrea Rasmussen at  
Executive.Director@npasd.org

Contact us at [www.npasd.org](http://www.npasd.org)

(click on the contact us link)



Come one come all!

# JOIN NPASD

WE HAVE A GREAT  
DEAL FOR YOU!

**Join NPASD now for \$100.00** or renew your membership if it has lapsed. There is a new improved website at [NPASD.org](http://NPASD.org) where you can join and pay online. You can also update your profile.

Here are some benefits for joining NPASD:

- NPASD membership guarantees a discount on State Conference fee
- NPASD provides a referral databank list of NPASD members
- NPASD provides a communication network for Nurse Practitioners
- NPASD serves as an advocate of Legislative Action benefiting Nurse Practitioners
- NPASD will represent you in state health forums
- NPASD serves as your voice in issues of concern to Nurse Practitioners such as certification, liability insurance, third party reimbursement, rural health, and barriers to practice
- NPASD serves as a resource for practice, research, legislative and marketing assistance to grass roots and state organizations and individuals
- NPASD provides continuing education and information concerning other regional and national conferences

Renew/Join NPASD  
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