



NURSE PRACTITIONER ASSOCIATION
OF SOUTH DAKOTA

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Legislative Report

The 2014 Legislative Session has begun! The South Dakota Board of Nursing has sponsored Senate Bill 30. The purpose of the bill is to "provide for the definition of an advanced practice registered nurse, to remove certification as a function of the Board of Nursing in issuing a license to a certified registered nurse anesthetist, and to change the nurses' education loan assistance program to a scholarship program" (South Dakota Legislative Research Council, 2014, http://legis.sd.gov/Legislative_Session/Bills/Bill.aspx?Bill=30&Session=2014). Please contact Linda Young or Gloria Damgaard if you have questions about this bill. Please follow updates on our Website and Facebook page for this and other bills that are important to CNPs in South Dakota.

In our neighboring state of Nebraska, a bill has been introduced to remove the collaborative agreement requirement. We are closely monitoring this bill as it progresses through the legislative session as successful passage would have an impact on any potential future legislative efforts here in South Dakota (American Association of Nurse Practitioners [AANP], 2014).

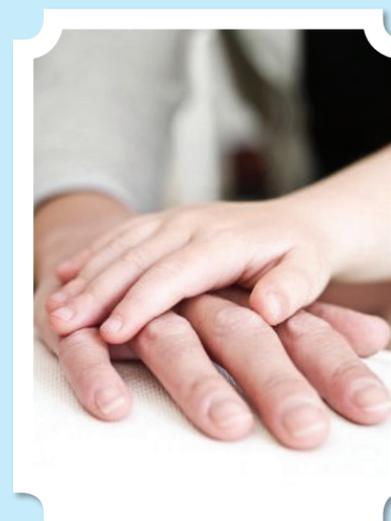
Lastly, at the Federal Level, the Veteran's Administration is considering a proposal that would allow NPs and other APRNs to operate under their full scope of practice. Please encourage your Senators and Congressmen to support this effort (AANP, 2104)

The American Association of Nurse Practitioners provides information on state and federal bills that impact APRNs. Please be sure to log on and review this information in order to support legislation that benefits our profession.

American Association of Nurse Practitioners. (2014). Advocacy center. Available: <http://www.capwiz.com/aanp/issues/?style=D&>

South Dakota Legislative Research Council. (2014). Legislative Session. 2014 session. Available: http://legis.sd.gov/Legislative_Session/Default.aspx?Session=Eighty-Ninth

By NPASD Board Member Robin Arends



NPASD

NURSE PRACTITIONER ASSOCIATION
OF SOUTH DAKOTA

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MESSAGE FROM OUR PRESIDENT: Jan Purcell



GREETINGS TO ALL!

I would like to briefly introduce myself to all members who may not know who I am, nor much about me. I received my MSN from SDSU- Rapid City in 2001. I worked in cardiology my first year out of school and then began working for the Rapid City Gastroenterology and Hepatology group in 2002. I have spent my time both in the hospital as well as clinic and currently am the GI NP hospitalist in Rapid City.

I am a strong supporter of NPs and PAs as I believe we have a unique role in the healthcare setting which will only expand in the coming decades. I believe our physician colleagues would be lost without us and appreciate what we do so well.

This year will bring about many changes for all of us with the implementation of the Affordable Care Act and we are only beginning to realize how that impacts our practice. I am grateful for the strong board members I have the opportunity to work with as they all have lofty goals for the NPASD organization which we will be setting in motion over the next several months.

I have multiple goals for NPASD which I hope to expand on some at this time- however will only discuss three at this time.

The first and utmost important goal is for each and every one of us to become familiar with the verbiage of the Affordable Care Act as well

as becoming experts in finding the salient sections which directly pertain to NPs and PAs as this will be the driving force behind health care. How do we easily do that when it was passed without being read? Well ignorance of the law is no defense for providers! What we now have on our web site is easy access to the entire ACA with one click! Our Executive Director has placed it front and center for all to check it out. You can scroll to read the entire ACA or you can select pertinent sections as needed. I encourage you all to check it out on a frequent basis- for two reasons first you will be looking at the web site and secondly the more familiar you are with the wording the easier it will be to understand the finer points of the law

The second goal I plan to work on and support is our continuing education. In the past there would be new concepts, treatments, medications rolling out every one to two years however now in our ever changing medical climate there are constant changes which we are required to keep current on for our patients. We need to continue to have our excellent annual conference which requires a lot of hard work from multiple members so I encourage everyone to please take an interest in assisting the conference committee every year in some way. There are plans to improve our web site so it will be one of your favorite web site "hits" and the "go to" for current information both state and nationwide. That is a work in progress and ever changing



STROKE UPDATE

Are you comfortable with your ability to evaluate an acute stroke? With up and coming therapies and interventions available for acute stroke treatment, it is more important than ever to recognize the signs and symptoms of acute stroke and know your referral plan if the care your patient may require exceeds that available at your facility! Visit www.nihstrokescale.org and review! Registration is free but the information is priceless!



Are you struggling to access your NPASD online member account?

Please email NPASD Executive Director at Executive.Director@npasd.org

Contact us at www.npasd.org

Interested in being included in our online Nurse Practitioner Referral Directory?

Email your professional contact information to Andrea Rasmussen at Executive.Director@npasd.org

President's Message continued.

as well. I have come to realize the IT department is as important in the medical field as almost any area and we have to keep current as well. I believe we need to work more closely with our NP students and encourage them as much as we can. One of the ways to do that is having them more involved in NPASD as students so they can appreciate all the things we must juggle on a daily basis and learn by imitation as well as offer their own ideas. If you are a preceptor please suggest they get involved in our organization, help with the conference, begin to network while still a student will help them after graduating.

The last goal is improving networking for the entire state. We are spread out all over and in some places spread very thin. It seems we are all so busy with family, work and other commitments we rarely find time to touch base with our colleagues in an informal relaxed setting. One of the things started several years ago in Rapid City is the annual NP/PA Christmas party which has turned into a tradition and a very fun evening. Anyone interested is welcome to attend! The board members had a lively discussion during our meeting on other venues which will connect us, help define us as an organization and soon will be incorporated.

I see the future of NPs on solid footing and now is the time to stop the busyness of your life for a few seconds, look up and say "Yes, this is right where I want to be in my career!" We must and will traverse the electronic medical record challenges and in the future will look back and view this huge learning curve in the same context as the first cell phones on the market- big, clumsy and unreliable, we must and will continue to fill our ranks with professional NPs to meet the demands of healthcare and continue to have excellent working relationships with our physician colleagues as we collectively provide healthcare to the residents of South Dakota.

That is all for now but stay tuned! I encourage you all to become members of NPASD if you are not, renew your membership for 2014, check out our NPASD web site frequently for updates and most important please send us suggestions, comments and yes complaints so we can improve our organization and move forward into the future.

Speaking of future- we plan to start a Foundation in the near future so you can donate to the Foundation as well as remember us in your will to keep NPASD growing and strong for decades to come.

South Dakota has 596 actively licensed nurse practitioners as of January 24, 2014 according to SD BON licensure data with many RNs currently in school.

Warmly,
Jan Purcell
NPASD President



New Board Member Tonya Benson, CNP

Tonya Benson, CNP is the new NPASD treasurer; this will be her second year in the NPASD organization. She currently is employed with Sanford Health, as a nurse practitioner in the rural health clinic of Estelline, SD. She also works with Sanford Health at the Brookings Health Clinic and the Adrian Minnesota Clinic. She has a work history in Indian Health Services and prior to becoming a nurse practitioner worked as an RN for Sanford Hospital in the adult care float pool. Tonya is previously from Martin, SD where she grew up on a ranch. She attended SDSU for her degrees and now lives on an acreage by Flandreau, SD. She is married to Clint, whom is a ruminant nutritionist for Hubbard Feeds. They have a 4 year old daughter Avangeline ("Ava") and two enormous St. Bernard dogs. Tonya and her family enjoy camping in the summer, traveling and movies.

Clinical Pearl Hypertension



Hypertension (HTN) remains one of the most frequently encountered patient visits in primary care. It is also a significant contributor to patient morbidity and mortality, yet is preventable (CDC, 2013). As many of you are aware, the cornerstone recommendations for treating HTN have been the Seventh Joint National Committee (JNC7) guidelines which were released in 2003. As a primary care provider, I have been waiting for a new update in these guidelines. There have been whispers of when these were to be released, only for providers to find out these were just whispers. I found myself referring to them as "JNC-when," "JNC-maybe," and "JNC-never." Finally 10 years later, the Eighth Joint National Committee (JNC8) released new guidelines (James et al., 2014). This report is evidence-based, with the evidence stemming from randomized-controlled trials (RCT's). Randomized controlled trials are considered the gold-standard for determining efficacy and effectiveness and are less subject to bias. These guidelines underwent intense scrutiny during development, as well as a rigorous year-long review process prior to their release (James et al., 2014). The report outlines 9 recommendations and at least two notable changes which I will discuss.

The first change is in less stringent target blood pressure ranges for our geriatric patients and those patients under age 60 with diabetes and kidney disease. We now are recommended to start treatment in patients over the age of 60 with blood pressures greater than or equal to 150mmHg systolic and/or 90 mmHg diastolic, and to start treatment in patients younger than 60 years with diabetes or kidney disease with a blood pressure equal to or greater than 140 mmHg systolic and/or 90 mmHg diastolic (James et al., 2014). Strong evidence supports this change from the previous recommendations. The second change in the recommendations allows providers a wider range of medication selections for first-line treatment. Angiotensin converting enzyme inhibitors (ACEI's), angiotensin II receptor blockers (ARB's), and calcium channel blockers (CCB's) have now been added as first line treatment choices in addition to thiazide-type diuretics (TTD's) (James et al., 2014). Moderate evidence supports this change from the previous single first-line TTD. In black patients with HTN, initial therapy should be either a TTD or CCB (James et al., 2014). Additionally moderate evidence supports that in patients age 18 or older with chronic kidney disease, regardless of race or diabetes status, initial or add-on therapy should consist of an ACEI or ARB (James et al., 2014).

However, while these guidelines are evidence-based and will meet most of the needs of our patients, we cannot forget that we treat each patient individually. These recommendations must not take the place of clinical judgment (James et al., 2014). Treatment recommendations must take into consideration the needs, circumstances, and desires of the individual patient, non-pharmaceutical treatment recommendations, and considerations for health promotion (James et al., 2014).

Centers for Disease Control (CDC), 2013. High blood pressure. Retrieved from: <http://www.cdc.gov/bloodpressure/facts.htm>

James, P.A., Oparil, S., Carter, B.L., Cushman, W.C., Dennison-Himmelfarb, C., Handler, J.,... Ortiz, E. (2014). Evidence-based guideline for the management of high blood pressure in adults: Report from the panel members appointed to the Eighth Joint National Committee (JNC8). JAMA, E1-E14

By NPASD Secretary and Winner of the 2013 NPASD Scholarship: Nicole Gibson

SAVE THE DATES!!
2014 Nurse Practitioner Conference
Rapid City, South Dakota
September 26 & 27

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Join NPASD now for \$150.00 or renew your membership if it has lapsed. There is a new improved website at 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 www.npasd.org

Attention Students Why join NPASD?

- Access to current job postings
- Scholarship Opportunities
- Free Conference and CME Opportunities
- Networking with fellow NPs in South Dakota
- Access to finding Preceptors for internships
- A Good Resume Builder
- To support your fellow Nurse practitioners in the state of South Dakota

★ONLY \$25/year for Membership!★

Forgot to renew last fall?
Not to worry!

Every new member and renewal received online beginning January 1, 2014 will be entered into a drawing to WIN registration for this year's National AANP conference. The winner will be drawn on March 1 and notified immediately! The National AANP Conference is June 17-22 in Nashville, TN. Link for more details: <http://www.aanp.org/conferences/national-conference>