



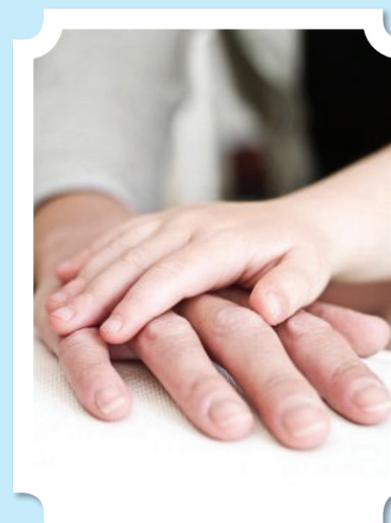
NURSE PRACTITIONER ASSOCIATION
OF SOUTH DAKOTA

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MESSAGE FROM OUR PRESIDENT: Jan Purcell



GREETINGS TO ALL!

I came across an article which contained these clinical pearls I thought were worth sharing by Dr. Croskerry.

Think Again- Diagnostic Errors

According to Patrick Croskerry, MD, PhD professor in emergency medicine at Dalhousie University in Halifax, Nova Scotia medical educators and decision-makers must do three things:

1. Appreciate the full impact of diagnostic errors in medicine and the contribution of cognitive errors in particular
2. Refute the inevitability of cognitive diagnostic errors
3. Dismiss the pessimism that surrounds approaches for lessening cognitive bias

Strategies to combat cognitive bias:

1. Encourage decision-makers to get more information
2. Encourage metacognition and reflection
3. Think the opposite- seek evidence to support a decision opposite to your initial impression as a way to force yourself to consider other options
4. Maintain a healthy skepticism- question everything
5. Involve others- group decision-making can be smarter
6. Guard against overconfidence
7. Slow down
8. Identify what does not fit

9. Always ask "What else could this be?"
10. Admit mistakes

High-risk situations for compromised thinking:

1. Is this patient handed off to me from a previous shift?
2. Was the diagnosis suggested to me by the patient, nurse, MD?
3. Did I just accept the first diagnosis that came to mind?
4. Did I consider other organ systems besides the obvious one?
5. Is this a patient I don't like for some reason?
6. Was I interrupted/distracted while evaluating this patient?
7. Did I sleep poorly last night?
8. Am I feeling fatigued right now?
9. Am I cognitively overloaded or over-extended?
10. Am I stereotyping this patient?
11. Have I effectively ruled out "must not miss" diagnoses?

As I read through the article which contained the above bullet points I found myself dealing with several of the high-risk situations on a frequent basis, I now hope to slow down and be more thoughtful regarding diagnosis decision making. I hope you find this useful for your day-to-day clinical practice

Warmly,
Jan Purcell
President NPASD

It's all about the journey for Debra Burlage

Deb Burlage's journey through nursing has taken her from Pine Ridge to Peru, from college to cardiology, from bedside nursing to helping build a diabetes program and a heart hospital.

Deb always wanted to be a nurse, and started down that path right after she graduated from high school in Elkton, SD. She continued nursing and her education until she earned her CNP in 2007.

Along the way, she was a member of the leadership teams for the genesis of the Heart Hospital of South Dakota, the Disease Management Program at Avera Health and the Family Planning Program at South Dakota State University. Those are just a few of her accomplishments, though.

The most important part of her job is serving people with caring and compassion. Today Deb works as a traveling family nurse practitioner, primarily at Avera Brookings Medical Group and at the Flandreau Santee Sioux Tribe. In Flandreau, she sees both great disparity and a people who really take care of one another. "It's an amazing population," she says. "I've been blessed to work in so many different and diverse environments."

Deb says her journey is enriched by the lives that have touched hers – and those she has touched. "So many people have helped me along the way," she says, "and I

hope I can help others on their journey." Deb states, "Life is rich, it comes with both challenges and opportunities. Perseverance comes with the support of family, colleagues, friends, and faith."

The Journey...

While our paths seem an ambiguous discovery of adventure, challenge, ever tiring terrain, and quite often confusion between the uncertainty of unrelentless TOMORROWS...

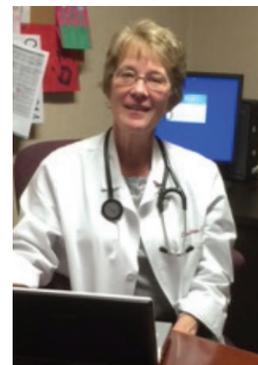
It is within the journey that we come to both understand and embrace the essence of the yesterdays and the tranquility of... TOMORROWS.

For it is with deep gratitude and song... And a glimpse within this journey that allows us the sense of "I walked"

And an even greater sensibility of... "I walked with you."

My gratitude to God and you, Thank you for enriching my journey.

Debra A. Burlage



NPASD APPAREL!

Be sure to stay tuned for an upcoming opportunity to purchase NPASD apparel! You don't want to miss this!



Have you "LIKED" our Facebook page?

Congratulations to the new members of the 2015 NPASD Board of Directors!

Vice-President:
Nicole Gibson

Secretary:
Kara Stapert

Board Members:
Robin Peterson-Lund
Lizann Laird



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 Harmelink at Executive.Director@npasd.org



*Katie Huff RN, BSN, MSN FNP Student
Mount Marty College
2014 NPASD Student Scholarship Recipient*

CLINICAL PEARL: Caring for Elderly, Homebound Patients

Elderly patients have complex needs that result in burdensome transports to clinic settings to seek healthcare. Increasing difficulty with performing self-care, lack of transportation, and decreased mobility all create barriers for frail and elderly patients to seek healthcare on a regular basis. As a result of patients' inability to seek regular follow-up, primary care providers lack the ability to assess the effectiveness of therapies, diagnose new problems or provide preventive care. Additionally, increased risk for hospital admissions result as providers are unable to fully coordinate patients' care.

It is projected that by 2030, 23.1% of South Dakota's population will be made up of adults over the age of 65 (Administration on Aging, 2013). As the number of elderly patients continue to increase, it is imperative that primary care providers adapt to close the gap in access to care for this population. Implementation of Home Based Primary Care programs is an effective method to improve the health and outcomes of our homebound elderly population. By providing services to elderly patients in their home settings, improved health outcomes occur. In addition to increasing access to health care, benefits in providing care in the home setting include the opportunity to assess environments for hazards, needed assistive devices, and methods of medication administration. Comprehensive in home assessments that include, physical, social, functional, mood, and cognitive assessments are essential in care coordination of the elderly patients we serve.

Legislative Update

Governor Dennis Daugaard has declared November 9-15 as Nurse Practitioner Week in South Dakota. NPASD will be submitting letters to the editor in newspapers throughout South Dakota to honor our colleagues who provide care to the citizens of our state. Please let your work sites know about nurse practitioner week and celebrate the care we provide to our patients. American Association of Nurse Practitioners has resources available to you on their website for nurse practitioner week. They can be found at <http://www.aanp.org/all-about-nps/np-week>. NPASD will also start our educational campaign for our legislators in November. If you signed up to help with our legislative efforts during our conference, you should have received an email from Robin Arends about opportunities for you to contribute. If you did not receive this email or would like to volunteer to help, please contact the NPASD board. The next few years will be very busy and important for South Dakota nurse practitioners.

By Robin Arends, NPASD Board Member



2014 Annual NPASD Fall Conference Summary

The 2014 Fall Conference was a success overall. This was my second year planning the event, and I felt it was more difficult. We had various schedule changes and last minute issues. We met as a planning committee and read through the evaluations. There were many good pieces of advice we will consider in the future.

The legislative discussion was excellent. Robin Arends, CNP brought awareness and education to the novice and experienced nurse practitioner. The coding/EMR discussion was a favorite for ICD 10 expectations. Dr. Stocks was back by popular demand with Travel Medicine and delivered an excellent presentation. The most common request throughout is increasing pharmacology hours. We will find more topics that include pharmacology in discussion. I suggested asking speakers to include pharmacology into their discussion. The majority of the evaluations felt the content of this conference was just right. Dr. Eliason had the most negative feedback. This is difficult because the topic was recommended to us and she was willing to speak. She was recommended to us by a colleague and speaks once a month to various groups. I agreed with the comments that she went over her time and the content was advanced to general practice. Other negative feedback revolved around posting handouts on the website and microphone issues.

I would like to address an issue to the NPASD organization in regard to the amount of time the board and planning committee spend on this conference. Participation and planning is very time-consuming and financially demanding. Please feel free to contact anybody on the board if you are interested in speaking or becoming involved in the planning process.

By Kara Stapert, NPASD Conference Chair



National Nurse Practitioner Week November 9-15, 2014

This special week holds numerous opportunities to bring recognition to the NP role and increase awareness of the exceptional contributions NPs make to the health of millions of Americans.

JOIN NPASD

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.

JOIN NOW FOR \$150

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

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Attention Students Why join NPASD?

- Access to current job postings
- Scholarship Opportunities
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 - 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!★