



NURSE PRACTITIONER ASSOCIATION  
OF SOUTH DAKOTA

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# NPASD

NURSE PRACTITIONER ASSOCIATION  
OF SOUTH DAKOTA

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## NPASD Board Members are a Changing!

Recently the NPASD Board of Directors has undergone some changes. As you may be aware, in the fall of 2014 the NPASD Board added two new Board of Directors Members, Robin Peterson-Lund and Lizanne Laird. These new members were voted by current NPASD members at the annual conference for two Board of Director Member positions, and it was a tight race. A short time later, Andrea Harmelink notified the NPASD Board that she was resigning from her position as Executive Director to focus on completing her PhD. The NPASD Board thanked Andrea for her dedication and effort to NPASD and Nurse Practitioners in South Dakota and wished her well. The Board posted the opening for this position has unanimously decided on one applicant to fill this position. Robin Arends was offered this position, and she accepted. With her acceptance of this position, this left her Board of Directors seat open. The NPASD Board went back and reviewed the votes from the election earlier in the fall and determined that Emily Hutchinson would fill this position. Please join the NPASD Board of Directors in welcoming Robin Arends as NPASD Executive Director and Emily Hutchinson as NPASD Board of Directors Member!

By Nicole Gibson

## Nominations!

Do you know an outstanding Nurse Practitioner or Advocate? If so, email Robin Arends at Executive.Director@npasd.org. The NPASD Board would like to recognize individuals who are making a difference in our profession and in the lives of the patients they serve! Individuals will be recognized at our annual Fall Conference!

## Are You Interested?

Are you interested in running for President, Treasurer or a Board of Directors' Position? Are you a student who would like to serve as a liaison to the Board of Directors? We will be holding elections during the Fall Conference for the President, Treasurer, Board of Director positions, and student liaison to the Board in the Fall. If you are interested, please contact Robin Arends at Executive.Director@npasd.org!

# MESSAGE FROM OUR PRESIDENT: Jan Purcell



## GREETINGS TO ALL!

2015 brings us into our 50 year anniversary for nurse practitioners.

I thought it may be of interest for us to review a brief timeline of our profession:

- 1965: First NP program developed at University of Colorado
- 1967: Boston College starts a masters program for NPs
- 1973: Over 65 NP programs started in the US, NAPNAP is established
- 1977: 15,000 NPs in the US
- 1980: Over 200 NP programs started in the US
- 1983: Approximately 22,000 - 24,000 NPs in the US
- 1985: AANP established
- 1994: Munding publishes "Advanced Practice Nursing- Good Medicine for Physicians" NEJM- supporting NP's (I encourage all to read this article)
- 1999: Approximately 68,300 NPs in the US
- 2001: Approximately 82,000 NPs in the US
- 2003: Approximately 97,000 NPs in the US
- 2009: "Did you know?" AANP video showcasing role of NP with national news coverage (I encourage all to watch this video)
- Approximately 130,000 NPs in the US
- 2014: Approximately 192,000 NPs in the US

As we continue to grow in our profession, I encourage each one of you to please stay current on the legislative issues here in South Dakota as well as at the national level. Healthcare continues to change and evolve, and as we are well-aware, nurse practitioners will continue to play a pivotal role in providing superior care to our patients.

Warmly,  
Jan Purcell  
President NPASD



Have you "LIKED"  
our Facebook page?



## Save the Dates:

September 18 & 19, 2015:  
NPASD Fall Conference in Sioux Falls

June 9-13, 2015:  
American Association of Nurse Practitioner's  
Annual Conference in New Orleans



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](http://www.npasd.org)

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

Email your professional  
contact information to  
Robin Arends at Executive.  
Director@npasd.org



## CLINICAL PEARL: When to Introduce "Highly Allergenic Solid Foods"

Many of us were taught that when introducing new foods to children we should refrain from giving "highly allergenic solid foods" such as eggs, peanuts, and fish until one or even two years of age. Current literature now reports it is safe to introduce these foods between 4-6 months just as you would with any new food, by introducing new foods at home and at a rate of one new food every 3-5 days.

In a retrospective study of 6905 children that were introduced to "cow's milk, hen's egg, peanuts, tree nuts, soy, and gluten before the age of 6 months, there was not significantly associated with eczema or wheezing at any age"(Tromp, Kieft-de Jong, Lebon, Renders, Jaddoe, Hofman, Jongste & Moll, 2011). Based on studies like this one, the official stance of the American Academy of Allergy, Asthma and Immunology is that "highly allergenic foods can be introduced to your baby between 4 and 6 months of age, just as you would introduce any other solid food" (2014).

Of course, if a family member has a significant food allergy, or the child has had a previous allergic reaction to food, discretion should be taken. Whole peanuts and tree nuts should not be given though for risk of aspiration.

By Bryan Wermers MSN, RN, CPNP-PC, CPN

### References

American Academy of Allergy, Asthma & Immunology (2014). Preventing allergies: What you should know about your baby's nutrition [Brochure]. N.P.  
Tromp, I. M., Kieft-de Jong, J. C., Lebon, A., Renders, C. M., Jaddoe, V., Hofman, A., Jongste, J., & Moll, H.. (2011) The introduction of allergenic foods and the development of reported wheezing and eczema in childhood; The generation R study. *Arch Pediatr Adolesc Med.* 2011;165(10):933-938. doi:10.1001/archpediatrics.2011.93 Retrieved from <http://archpedi.jamanetwork.com/article.aspx?articleid=1107604>

## Get to Know Your Board of Directors: Emily Hutchinson

Emily Hutchinson graduated from Augustana College in 2003 and from South Dakota State University with a BSN in 2004. She went on to receive a MSN as a Family Nurse Practitioner from South Dakota State University in 2011. In her nursing career, she has worked in Orthopedics, Neurology, and Emergency Medicine. Since becoming an FNP, she has worked for Sanford Neurology, primarily on the inpatient stroke team. In 2012, she obtained clinical appointment with the USD Sanford School of Medicine, and in 2013, she obtained certification as a stroke nurse. She has served as a preceptor for many student nurses and nurse practitioner students during her career, and has been a guest lecturer for the SDSU FNP program. Emily has been on the NPASD Board of Directors since 2013. She currently lives in Sioux Falls with her husband and two children. They are very active with their children's activities and their church. Together, they enjoy traveling and spending time with family.

## From the Executive Director: Robin Arends



I would like to briefly introduce myself as your new Executive Director. I obtained my BSN from Briar Cliff University in 2001 and worked in the Critical Care Unit at Sanford Medical Center in both full and part time capacities until 2008. I taught at the University of South Dakota in the ADN program from 2005-2008. In 2008, I graduated with an MS with a Family Nurse Practitioner Specialization from South Dakota State University and began work as a CNP at Falls Community Health. In 2011, I began to teach for SDSU in the Family Nurse Practitioner program while maintaining my practice site at Falls Community Health. I graduated with my Doctor of Nursing Practice degree in 2014 from SDSU. I continue to teach in the Family Nurse Practitioner program at SDSU and am the Graduate Curriculum Chair. I recently accepted a PRN position at Avera Telehealth for my practice site. I have completed the Faculty Policy Intensive through the American Association of Colleges of Nursing and am in the 1st cohort of the Future Leaders Program through the American Association of Nurse Practitioners. I live in Sioux Falls with my husband, Joel, and 3 children, Noah, Abigail, and Zachary.

There are many exciting things happening with NPASD. Our website continues to be updated. Soon, we will be able to email members to alert them of happenings in our association. In addition, there will be a membership portal where you will be able to see when you need to renew and sign up for our annual conference. Our Facebook page continues to grow and provides updates as our website is undergoing revision. Please be sure to LIKE and SHARE our page on Facebook.

The Conference Committee has been actively working on the Fall Conference and I would love to see all our members there! We have some exciting topics and great speakers! There is always room for our members to participate in the conference so if you have an idea for a topic or speaker, please contact our Conference Chair, Bryan Wermers at Conference.Chair@npasd.org! We would love to have our members speak on the topics they are passionate about!

As we continue to move our organization forward, we hope to increase our legislative visibility and membership base. I would love to hear from you regarding the needs and concerns you face in your practice. I look forward to working with the organization!

## Legislative Report

In the Fall of 2014, NPASD President Jan Pucell, now elected Board Member Robin Peterson-Lund, and I attended the American Association of Nurse Practitioners Region 8 meeting with our State Representative Kathy Zambo. This was an excellent time to network with the other states in our region- North Dakota, Montana, Wyoming, Colorado, and Utah. It was good to hear what other states are facing legislatively as well as hearing from the Association's federal and state lobbyists. The afternoon session focused on formal and informal partnerships needed to impact legislative change in our states.

The 2015 Legislative Session is underway! There are several bills that Nurse Practitioners should be aware of from parental consent for minors who wish to use tanning beds to Medicaid expansion. Please be aware of what is occurring in our state regarding legislation that will impact our patients and our practice. I would encourage all nurse practitioners to contact their representative and senators to introduce themselves and provide their perspective to legislation that impacts their patients and practice. As the saying goes- No action is an action.

By Robin Arends



## 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](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 [www.npasd.org](http://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!★