



NURSE PRACTITIONER ASSOCIATION  
OF SOUTH DAKOTA

PO Box 2822  
Rapid City, SD 57709

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

RETURN SERVICE REQUESTED

STANDARD  
US POSTAGE  
PAID  
PERMIT 618  
RAPID CITY SD



# NPASD

NURSE PRACTITIONER ASSOCIATION  
OF SOUTH DAKOTA

#### IN THIS ISSUE:

- Clinical Pearl* ..... pg 2
- Annual Fall Conference Information* ..... pg 2
- From the Executive Director* ..... pg 3

Spring 2016 • NPASD, PO Box 2822, Rapid City, SD 57709 • [www.npasd.org](http://www.npasd.org) • Volume 20, Issue 1

## MESSAGE FROM OUR PRESIDENT: Nicole Gibson



### NPASD MEMBERS

2016 is my inaugural year as President of NPASD and also the Chinese year of the monkey. The Chinese believe the monkey to be an ambitious and adventurous animal. I think this is very fitting for the goals I want the NPASD organization and membership to accomplish this year. The goals I would like the NPASD organization and membership to achieve in 2016 are advancing visibility if nurse practitioners in South Dakota (SD) and increasing our membership.

As healthcare continues to forge ahead into uncharted waters and face many challenges, such as reform, provider shortages, and access to care, nurse practitioners (NPs) now more than ever need to become involved in their professional organizations and in promoting their profession. Many studies have been completed demonstrating our ability to provide excellent care and provide access to care for patients. In SD, access to care is a top priority as our population continues to age and we are geographically considered a frontier and rural state by the U.S. government. I want to urge each one of you to set a personal goal this year of educating one representative about the care and innovation an NP can provide and for you to stay abreast of the changing political landscape and how it affects our profession and practice. Additionally, I would like to encourage each one of you to reach out to an NP colleague and educate them on NPASD and how they can support the efforts of SD NPs by becoming a member.

In order to support our members, I plan to increase networking and social activities throughout the year to foster collegiality and support amongst ourselves, to allow us to share our success and challenges, and to collaborate on innovative changes we can accomplish together. The organization is also looking at ways to streamline our website, increase our exposure as an organization through social media, and continuing to promote and highlight the activities of NPs in our state. Thank you all for affording me the opportunity to serve in this position, to support our profession, and to strive to achieve our goals.

*"ABILITY is what you are capable of doing. MOTIVATION determines what you do. ATTITUDE determines how well you do it."* -Lou Holtz

Nicole Gibson  
NPASD President



**September 30 and October 1, 2016**  
NPASD Fall Conference in Rapid City

**June 21-26, 2016:**  
American Association of Nurse  
Practitioner's Annual Conference in  
San Antonio, TX



Have you "LIKED"  
our Facebook page?



## 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 Secretary 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 Secretary, 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!



## 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

# Get to Know Your Board of Directors.

## Muriel Engbrecht

Hello everyone!

My name is Muriel Engbrecht. I am joining the board as your new treasurer this year. I am excited to network with all of you and assist in any way I can. I live in Marion, SD where I was born and raised. My father became the nursing home administrator in Marion when I was 5 years old and I feel like I have been in health care ever since! Working odd jobs at the nursing home supported me until I could obtain my Associates Degree in Nursing from the University of South Dakota in 1988. The nursing home is where I developed my love of working with the elderly. I have worked as an RN at Avera McKennan with orthopedics, rehabilitation, and behavioral health. I was also employed at Orthopedic Institute and spent most of my years as an RN working at the Tieszen Memorial Home in Marion. The same nursing facility I grew up in. I hold board certifications in both rehabilitation and orthopedic nursing.

I decided to return to school in 2001 and worked diligently to get my Bachelor's Degree in Nursing from Presentation College in 2003. I took one year off and missed school so much I returned to South Dakota State University for my Master's Degree, Family Nurse Practitioner program, graduating in 2008. It was with the help of the NPASD scholarship that I was able to finish my schooling. That is when I first learned about NPASD and have been grateful ever since for this organization. I am thrilled to give back to this great community of professionals. My nurse practitioner positions have been with Orthopedic Institute, Avera McGreevy Clinic/Avera McKennan, Curaquick Avera, and Midwest Ear, Nose & Throat. My present telemedicine position involves assisting long-term-care residents with urgent care needs and also to prevent hospital readmissions from these facilities. Our work includes over 30 skilled nursing facilities. Our goal is to provide excellent geriatric care while decreasing the costly burden of hospital visits to patients, Medicare and health systems. We also work with four large correctional facilities in South Dakota seeing inmates for urgent care needs. These facilities are located in Sioux Falls (2), Springfield, and Pierre. This telemedicine division has been involved with pilots such as eAccess for Hospitals (critical access) and the new AveraNow platform. I am board certified in family nurse practitioner by both AANP and ANCC. I am also a trained clinical sleep educator and will be starting an online educational program for insomnia patients in the very near future. Check out muriele.net!

From a personal side, I am single with no children. I have two amazing parents, two smart and caring sisters, and five grown nieces and nephews that I adore! I live to work most of the time. On those occasions that I try to relax, I enjoy going to movies with my best friend, reading, surfing the web, and attending as many Rick Springfield concerts I can afford to go to! I am lucky to have many fabulous and supportive friends.

I wish to thank Tonya Benson, CNP for her years of service to our organization and for her patience with teaching me the ropes of being a treasurer! I also wish to thank this organization for the opportunity to serve.

# Clinical Pearl: Transcranial Magnetic Stimulation

Amy Newstrom, CNP

Depression is a prevalent mental illness that presents in all care settings. According to the World Health Organization (2015) depression affects an estimated 350 million people globally, is the leading cause of disability worldwide and leads to over 800,000 suicides each year. Anti-depressants and psychotherapy have proven useful in treatment of the illness but results vary. Many patients struggle to find a treatment that relieves symptoms. Transcranial Magnetic Stimulation (rTMS) is a non-invasive option, FDA approved for the treatment of Major Depressive Disorder in adult patients who have failed to achieve satisfactory improvement from one prior antidepressant medication at or above the minimal effective dose and duration in the current episode (U.S. Food and Drug Administration, 2011).

Transcranial Magnetic Stimulation (rTMS) works by applying a highly concentrated magnetic field, switched rapidly on and off, to the left prefrontal cortex. The left prefrontal cortex is thought to play a role in mood regulation. The magnetic fields concentrated in this area produce very small electric currents that reach 2-3 centimeters into the brain directly beneath the treatment coil. It is thought that the electrical currents activate cells that release neurotransmitters like serotonin, norepinephrine and dopamine to treat depression (Clinical TMS Society, 2016). This is a non-invasive, non-systemic treatment that does not require sedation. Side effects are minimal and include headaches, uncomfortable scalp sensations or facial twitching. These tend to diminish over time and can be helped by readjustment of treatment coils (Johns Hopkins Medicine, 2016). There is a very low risk of seizure, approximately less than half of 1% (Harvard Mental Health Letter, 2010).

The average rTMS treatment lasts approximately 40 minutes and occurs five days per week for 4-6 weeks (Valente & Fisher, 2012). Cost varies according to insurance coverage and provider. Contraindications include non-removable metal within twelve inches of the treatment coil with the exception of braces or dental fillings (Johns Hopkins Medicine, 2016). Precautions and considerations should be given to patients with migraines, history of traumatic brain injury or seizure disorder. Further studies are needed regarding use during pregnancy. At this time, rTMS is available at Avera McKennan Hospital in Sioux Falls and Manlove Psychiatric Group in Rapid City.

### Resources

- Clinical TMS Society (2016). TMS Therapy. Retrieved on February 18, 2016 at <http://www.clinicaltmssociety.org/left/clinicaltmssociety/>
- Harvard Health Publications. (2010). Transcranial magnetic stimulation. Harvard Mental Health Letter, September 2010.
- Johns Hopkins Medicine. (2016). Transcranial Magnetic Stimulation. Retrieved on February 18, 2016 at [http://www.hopkinsmedicine.org/psychiatry/specialty\\_areas/brain\\_stimulation/tms/](http://www.hopkinsmedicine.org/psychiatry/specialty_areas/brain_stimulation/tms/)
- National Institute of Mental Health. (2010). Magnetic Stimulation Scores Modest Success as Antidepressant. Retrieved on February 18, 2016 at <http://www.nimh.nih.gov/news/science-news/2010/magnetic-stimulation-scores-modest-success-as-antidepressant.shtml>
- U.S. Food and Drug Administration Center for Devices and Radiological (2011). Health Guidance for Industry and FDA Staff - Class II Special Controls Guidance Document: Repetitive Transcranial Magnetic Stimulation (rTMS) Systems. Retrieved on February 22, 2016 at <http://www.fda.gov/RegulatoryInformation/Guidances/ucm265269.htm>
- Valente, S. & Fisher, D. (2012). Transcranial magnetic stimulation for major depression. The Journal of Chi Eta Phi Sorority, 56(1): 23-25. (3p).
- World Health Organization. (2015). Depression: Fact Sheet No 369. Retrieved on February 22, 2016 at <http://www.who.int/mediacentre/factsheets/fs369/en/>.

## From the Executive Director:

Last year was a busy year and a year of growth for nurse practitioners in South Dakota. This year, we hope to continue this trend as we enter into Spring. Full Practice Authority legislation was drafted last year. Though it was not introduced, the connections and networking made during the year as we drafted the language in the bill will serve us well as we continue this effort. We continue to look for nurse practitioners to assist us in this effort! In addition to legislative efforts, the board has been busy looking to enhance your membership to our organization. The organization continually strives to make your membership meaningful and meet the needs you have as a nurse practitioner in our state. Please let us know how we can best serve you. We have several new board members who bring enthusiasm and strength to the board. We thank the board members who left at the end of last year because without them, we would not be where we are today! 2016 should be a great year and I look forward to working with the board and our members to enhance our profession and serve the population of South Dakota.

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!★