



NURSE PRACTITIONER ASSOCIATION
OF SOUTH DAKOTA

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www.npasd.org

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IN THIS ISSUE:

Clinical Pearl.....pg 2

Get to Know a Board Member: Amy Newstrom.....pg 3

From the Executive Director.....pg 3

Summer 2016 • NPASD, P.O. Box 91442, Sioux Falls, SD 57109 • www.npasd.org • Volume 20, Issue 2

MESSAGE FROM OUR PRESIDENT: Nicole Gibson



NPASD MEMBERS

As we welcome spring and look forward to the summer, I would like to take a moment to discuss the value and importance of membership. The Nurse Practitioner Association of South Dakota (NPASD) has seen slow gains in our membership over the last few years. However, the increases we have made are not reflective of the growth of nurse practitioners in South Dakota.

The members of NPASD are the lifeline of this organization and support the only organization in South Dakota that solely represents nurse practitioners. Our members are the professionals that embody the standards and ethics of the nurse practitioner profession and care for the many diverse patient populations across our state. Many of us chose this profession to make an impact and do not require accolades.

The benefits members of NPASD receive include help with practice questions from our executive director and board of directors. They have access to our members-only information area through our website, as well as access to the latest updates on legislation, clinical practice, and job opportunities. Additionally, they have opportunities to serve as a leader in a variety of board of director member positions. The NPASD annual conference presents continuing education focusing on up-to-date clinical information from local professionals and a chance to network with colleagues from across our state. As NPASD looks to the future of nurse practitioner practice in South Dakota, members will also have the ability to unify their voice, advocate for and promote the legislative efforts of nurse practitioners, and educate the public on the nurse practitioner role.

In order to continue to support our organization and the legislative efforts of nurse practitioners in South Dakota, I would like to charge each of our current members with reaching out to their nurse practitioner colleagues and nurse practitioner students and share with them the benefits of NPASD and our vision for nurse practitioner practice in South Dakota and ask them to join. Members of NPASD become a part of an alliance of nurse practitioners who have made a personal commitment to high levels of professional standards, to their careers, and to their profession. We are very proud to support nurse practitioners and nurse practitioner students in South Dakota by providing them with valuable services, resources, education, and the networking opportunities they need to be successful.

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new." -Socrates

Nicole Gibson
NPASD President

Awards!

Do you know an outstanding Nurse Practitioner or Advocate? If so, email Robin Arends at [Executive.Director@ npasd.org](mailto: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.



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!

Are you interested in serving on the NPASD Board of Directors or as our secretary? We are looking for members who are willing to serve on our Board or Directors to help improve the organization for the nurse practitioners of our state! New this year- we will be electing a student representative to the board. If you are a student enrolled in a nurse practitioner program and interested in serving on the Board of Directors as a student member, please consider running for this open spot. We will be conducting elections this fall. Please email Robin Arends at Executive. Director@npasd.org for more information or to place a nomination for a position!

Scholarship!

The application cycle for the annual NPASD scholarship is open! Please visit www.npasd.org for more details



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 Robin Arends at Executive. Director@npasd.org



Clinical Pearl: Chronic Care Management

By Kara Stapert, CNP

Reimbursement for quality measures will be the future of our healthcare system. Our Medicare programs are looking for improved patient outcomes, improved value of care and improvement in the financial status. The chronic care code, 99490, was created to help with this process. Medicare implemented use of the chronic care management billing code as of 01/01/2015. This code is used for Medicare patients with 2 or more chronic conditions that are expected to persist for at least 12 months. Patients are to have a comprehensive care plan that is established, implemented, revised or monitored. Patients also need to have 1 encounter or chart note per month, and patients need to meet a minimum of 20 minutes of phone contact per month. There are many chronic diagnoses that benefit from this program, but we have identified four primary diagnoses that have proven to be the highest for hospital readmissions. Patients with diabetes mellitus, congestive heart failure, chronic obstructive pulmonary disease, and coronary artery disease are identified to need more advanced care plans.

Our clinic was notified of this code, and our providers wanted to utilize this program for our chronic patients. The reason for action was to improve the quality of life for patients. We also looked into decreasing hospital admissions and urgent care use. Chronic care management will help avoid the need for more costly face-to-face services in the future by proactively managing inpatient health, rather than only treating disease and illness. We also found that with these changes implemented, the providers would have a better availability in their daily schedules.

Since starting the program July 2015, we have met these matrices and noticed an improvement in in managing these chronic conditions. Our care manager has provided more touches and allowed patients to have better access to our providers. There was an added benefit to this program was increased satisfaction with our primary care provider's nurses. This allowed them to spend more time dealing with other clinic workflows and less time on the phone.

Please feel free to contact me if you are interested in more information about this program.
Kara K. Stapert, CNP, kstapert@regionalhealth.com.

Get to Know a Board Member: Amy Newstrom

BACKGROUND:

I started my academic career directly after high school and graduated from the University of Montana with a bachelor's degree in human biology in 2002. I then became a member of the first graduating class from South Dakota State University's Accelerated Nursing Program in 2003. I worked as a registered nurse at Avera McKennan from 2003 to 2005 on the Cardiopulmonary Neuro Acute Unit (1 East). Although I thoroughly enjoyed my time in Sioux Falls, I came home to the Black Hills in 2005 and began working as a nurse in the emergency department. I was president of the Sexual Assault Response Team and became one of the charge nurses. I greatly cherished my co-workers and the experience I cultivated during the five years I was there. Graduate school became a personal goal and I began working on my Master's in Nursing in 2006. I graduated with my FNP from South Dakota State University in 2010 and began work for Hospitalist Services at Rapid City Regional Hospital with Dr. Greg Smith. The experience I gained during my three years there was vast and rewarding. I left the hospital in 2013 in pursuit of a schedule that would allow a family and found a home at Manlove Psychiatric Group. I had always had a special interest in wellness and mental health. During my studies for my FNP, I simultaneously completed coursework for a Master's in Counseling, Human Resources and Development. I graduated from that program in 2015, after a brief hiatus, and am working toward my LPC at this time. I have a passion for learning!

PROFESSIONAL ROLES:

I am currently a care provider with Manlove Psychiatric Group. I work daily with Dr. Manlove to provide inpatient care at Regional Behavioral Health Center. I look forward to transitioning to office work in the fall of 2016 which will include outpatient care and Transcranial Magnetic Stimulation. I moonlight at Pennington County Jail when needed and teach a course in psychopharmacology at South Dakota State University. I thoroughly enjoy my current endeavors!

PERSONAL INTERESTS:

My greatest accomplishment is being a mother. I have a toddler and enjoy every minute of richness this role brings to my life! I have many personal interests as well. I love to travel! This September found me on my third romp through Europe. I was lucky enough to visit France, Italy and Switzerland. It was a wonderful journey. I like to hike, wakeboard and snowboard. I am also a member of Zonta of the Black Hills. This is a group of professional women who work to improve the status of women locally and around the world. We recently completed an employment series for inmates at the jail. I am excited and honored to have been selected to be on the Board of Directors for NPASD. I am helping with the annual conference and look forward to meeting many of you there!



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.

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!★

From the Executive Director:

The first half of the year 2016 has really flown by! We are now looking forward to next year's legislative agenda. We would love to have new members involved in this process. It is more important than ever to be aware of legislation occurring at the state and federal level. This year is an election year as many of you know. This means we can elect members to our state Senate and House of Representatives that can improve the health and access to care for citizens of our state! In addition, there are several federal initiatives at the federal level that impact access to care. For example, the VA is looking to allow full scope of practice to all APRNs. Please let me know if you need any help with contacting your representatives at the state or federal level. We are always looking to welcome new members to the organization and to the Board of Directors. If you have questions about how to join NPASD or looking to be more active in the organization, please let me know.

Robin Arends