

The Advocate

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ELEANOR HOBBS, PH.D., ANP, *Editor*

MESSAGE FROM THE PRESIDENT



As the end of the year approaches, I am always amazed at how fast time goes by. Looking back at 2011, the NPA LI has a lot to be proud of, and 2012 promises to be a great year, as we get closer to the end of mandatory collaboration for NPs in NY State.

This year we honored Joan Ginty as our NP of the Year.

Joan has been a long-standing member of the NPA LI, and a huge supporter of NPs and our organization. In fact, I joined the NPA in 1995 when I was a student at Molloy, as Joan encouraged all her NP students to become members (and still does). We celebrated her award at a wonderful dinner at the Jericho Terrace. We owe many thanks to Anne Klassert and her committee for once again organizing a great event.

Our dinner meetings are in full swing, and it is always nice to learn something new, see everyone, and have the opportunity to find out what is new on Long Island as well as in NY State. Debra Chalmers continues to organize interesting events at first-rate venues all over Long Island. Work is already in progress for our Annual Conference in March 2012. If you are interested in helping-out this year, please email Debra. I had the pleasure of attending The Nurse Practitioner

Association NYS Annual Conference this year in Saratoga Springs. If you have not attended this conference in the past, I highly recommend it. It is so interesting to meet NPs from all over NY State, the speakers are very interesting, the topics are always varied, and there is something there for everyone.

There is promising work by the NYS Medicaid Redesign Team, proposal #4, elimination of collaboration for NPs. We have started our legislative visits early this year. Peggy O'Donnell and Marion Golden had a very productive meeting with Senator LaValle recently. Pay attention to our legislative agenda this year, and please think

about making a legislative visit if Mary Beth Koslap-Petraco calls you and asks you to attend a visit. Mary Beth is our legislative leader, and a great resource. We always have at least one seasoned member on each visit, and Mary Beth provides talking points from NYS so you will never have to attend the visit alone and you will be well prepared. Please do not hesitate to contact her if you have

any questions. Thanks also to Jeanne Martin our Regional Representative to the NPA NYS and chapter Secretary who has organized our membership list by legislative district, making it easier to notify members when we have a visit to your representative. Also, please remember to donate to the PAC this year.

As the holidays are fast approaching, I want



SAVE THE DATE
ANNUAL CONFERENCE
2012 Practice Issues Conference
Friday, March 30, 2012
Crest Hollow Country Club
Woodbury, New York

LEGISLATIVE ISSUES COMMITTEE

to thank our Community Service Committee led by Linda Aumock and Deborah Deierlein who work tirelessly all year long to help our friends and neighbors who may be having a difficult time and need some assistance. Their most recent collection was for Toys for Tots, but they continually work throughout the year helping many people and bringing a little joy to their lives. If anyone is interested in working with this committee please email Deborah.

Congratulations to our President-Elect, Linda Aumock, and to Pat O'Hara who has agreed to remain Treasurer for another two years. I wish Pat Sullivan all the best as she begins her term as President of the NPA LI on January 1, 2012. I have had a great year as President! It was an honor to serve as President for this amazing organization, and I enjoyed meeting so many of you this year. I truly appreciate the Board of Directors and all of the Committee Chairs and members who make this organization run smoothly and successfully. A special thank you to Jeanne Martin, who always knows the answer to whatever question comes along and works assiduously behind the scenes to make it all happen.

I would like to wish everyone a Merry Christmas, Happy Hanukkah, Happy Kwanzaa and a very Happy and Healthy New Year! Best Wishes to each of you, your families, and loved ones.

Diane Massucci DNP, ANP- BC

SCHOLARSHIP COMMITTEE

The Scholarship Deadline was October 28th but the Committee will not meet until mid-November. The recipients will be announced the first week in December.

As always, you have to be in it to win it! If there are any questions, please do not hesitate to contact me at rmcass52@hotmail.com. As I have always said, **YOU HAVE TO BE IN IT TO WIN IT!**

Rose Cassidy - Scholarship Chair

**ARE YOU CHECKING OUR WEBSITE
FOR IMPORTANT INFORMATION?
VISIT US ON THE WEB AT
www.npali.org**

The NPA has advised us that they are using a very targeted lobbying plan aimed at legislators who have the most ability to move our legislative agenda forward, specifically our NP Modernization Bill. The NPA informed us that Senator Ken Lavallo is very high on the short list of Senators to visit. Lisa Grossman, who makes our lobby visits for us, was able to secure a visit with the Senator on November 22. We are very fortunate to have our own Marion Golden, the current Chair of The NPA, making this visit with Peg O'Donnell, who is our District Representative to the AANP. Marion is a constituent of Senator Lavallo! We will keep you posted as to the outcome of this visit by the NPALI's very own dynamic duo!

We just need to be tenacious with careful and targeted lobbying and we WILL get our NP Modernization Bill passed! It is worth repeating that Senator Dean Skelos told Peg O'Donnell last year, "it is just a matter of time". As we move forward with our legislative agenda I want to thank everyone who has taken the time this past Spring and Summer to make these very important visits. All of those who made visits made them for ALL of us. We owe each of those who made these visits a debt of gratitude for taking the time out of their busy schedules.

Our very aggressive legislative agenda will not move forward without the support to the PAC. The new PAC donation cycle begins each year in September, so it is time for every NPALI member to make the commitment again and send a donation to the PAC. The NPA asks each member to donate at least \$10. I do not think it is too much to ask each NPALI member to donate \$25. It is such a small price to pay for our very future! Money talks in Albany and we need to put our money where our mouths are. Please make your check out to "The NPA PAC." Please mail it to The NPA at 12 Corporate Drive, Clifton Park, NY 12065. All checks written to the PAC must either contain a preprinted address, or the home address of the member needs to be written on the check.

Below is the list of our bills. I will continue to include all of the bills and their numbers as we become aware of them in each Legislative Report.

- [A 5308 \(Gottfried\)/S.3289 \(Young\) - NP Modernization Act](#) : Establishes the nurse practitioners modernization act which allows the practice of registered professional nursing by a certified nurse practitioner to include diagnoses and performance without collaboration of a licensed physician.
- [A.2157 \(Gottfried\)/S.3881 \(Hannon\) - Valid Signature Bill](#) - An act to amend the education law, in relation to authorizing nurse practitioners to perform functions in conjunction with clinical services within their scope of practice. (Otherwise known as our Valid Signature Bill encompassing issues such as DNR, Death Certificates, etc.).
- [A.1603 \(Ortiz\)/S.4525 - Mental Health Bill](#) - Authorizes nurse practitioners to admit patients to Inpatient Mental Health Units on voluntary or involuntary basis.

*Mary Beth Koslap-Petraco
Legislative Issues Chair*

PROGRAMS COMMITTEE

I have listed below the tentative meeting schedule, so that you can plan accordingly. I make every effort to find CE programs, though it is not always possible. I have tried to rotate the nights of the week so that everyone has equal opportunity to attend. If unforeseen circumstances occur, these dates may have to be changed. You can take advantage of online registration or you can send a check to the Post Office (PO) Box. Please check the NPALI web site for the invitation postings. Please do not RSVP to a program until the event is posted. I will personally confirm all responses prior to the event. Remember, you are not registered until your check or credit card payment is received. Dinner meetings are for current NPALI members only unless otherwise noted.

The **Tuesday, November 15, 2011** program “Understanding Hyponatremia” at Rare 650 Prime Steak and Sushi was at capacity.

The **Thursday December 1, 2011** program “Management of Chemotherapy Side Effects for the Pri-

mary Care Nurse Practitioner” was at the Hilton Garden Inn in Melville. We received 1.5 contact hours from the Oncology Nursing Society.

The **Monday January 23, 2012** program “Diagnosis and Treatment of Gout and Hyperuricemia” at Mario Restaurant in Hauppauge is a CME program from an outside grant.

The **Wednesday February 29, 2012** program is “Pulmonary Assessment and Management” presented by Dr. Arunabh Talwar. It also is a CE program from an outside grant.

Friday March 30, 2012 is our Annual Conference, “Practice Issues 2012” with Wendy Wright and Peg Fitzgerald as guest speakers. We will receive 6.5 contact hours, including 2.5 hours of pharmacology from the American Academy of Nurse Practitioners. The conference will be at the Crest Hollow Country Club in Woodbury. First preference will be given to current NPALI members.

The **Thursday April 19, 2012**, program will be “Diagnosis and Treatment of Osteoporosis”. It will probably be at Mario Restaurant in Hauppauge, and is a CME program from an outside grant.

Tuesday May 15, 2012 TBA

Wednesday June 6, 2012 TBA

Please feel free to contact me with any questions or concerns regarding NPALI programs, or with suggestions for new venues.

Debra A. Chalmers - debrachalmers@nyc.rr.com

REGIONAL DIRECTOR'S REPORT

As the year is winding down, I would like to take this opportunity to reflect on the activities and accomplishments of The NPA for 2011. As you all may recall we started out the year with a paired down version of our legislative agenda going from 11 separate bills down to three bills that were fairly comprehensive. The bill to remove Mandatory Collaboration previously known as "The Nurse Practitioner Advocacy and Access bill" became "The Nurse Practitioner Modernization Act". Included in our legislative agenda was the "Valid Signature Bill" which was a type of omnibus bill that would clean up outdated legislation that would allow Nurse Practitioners to sign any NY State form that required a "physician" signature. Lastly, our Mental Health bill was put forth to allow Nurse Practitioners to admit patients to Inpatient Mental Health Units on a voluntary or involuntary basis. Many of you rose to the occasion and called upon your local legislators in their home offices when asked to do so to speak on behalf of these bills. For this, we are all very grateful and proud of how active our members have become when "called to duty" and how well informed our members are in speaking about the issues important to our practice. I know for many of you, it may seem like we have been fighting the same legislative battles repeatedly and for some of you, it may seem like we are standing still and not making much progress. I wanted to assure you that just because our bills have yet to be passed, it does not mean that we are not making any impact. It generally takes almost a decade for any piece of legislation to make its way through the legislature for a vote. We have only been pursuing removal of Mandatory Collaboration since 2008 and our other bills are new to the legislative cycle. The lobbying efforts of this year by both our local grassroots volunteers and our NPA lobbying team have definitely made an impact and inroads on the legislators. Even though this year we did not seek a separate Death Certificate bill (as it was to be part of the Valid Signature Bill), veteran legislators recognized that something needed to be done to ameliorate the need for Nurse Practitioners to be able to sign these important documents. As a result, the Death Certificate Bill was put forth in both houses (passing in the Senate 61-0) and ultimately passing onto Governor Cuomo's desk where he signed the bill into law which will become effective January 16, 2012. Governor Cuomo also signed into law A.7439A on July 21, 2011 allowing NPs and PAs to sign preadmission forms in Assisted Living Facilities and Adult Care Facilities. The bill amends Public Health Law S4657 allowing a Nurse Practitioner or Physician Assistant, not just a Physician, to conduct the medical exam and complete the report required prior to admission to an Assisted Living Residence. The bill also amends Social Services Law 461-c (7) making the same changes in relation to admission and return to an Adult Care Facility. The provisions of this bill take effect immediately.

Our voice is well heard and well-represented at both the State and National level. Two of our own NPA members, Dr. Joy Elwell and Dr. Susan Apold represented The NPA and Nurse Practitioners in general in respective forums. Dr. Elwell was appointed to the Governor's Medicaid Redesign Team, which has been charged at looking to fundamentally restructure the NY State Medicaid program in an effort to contain costs while maintaining quality and improving outcomes in a more efficient manner. Joy reported that nurse practitioner issues, including the removal of Mandatory Collaboration has been front and center, and in fact, out of 80 proposals put forth by this committee, removal of mandatory collaboration was scored 4th in importance. Only the top 5 to 10 scored proposals will be advanced to the Governor for consideration. The Governor plans to use the recommendations put forth to help shape the state budget for the next fiscal year.

Dr. Apold has been part of the Nurse Practitioner Roundtable since its inception. The NP Roundtable is composed of advanced practice nursing organizations, including the American Academy of Nurse Practitioners, American College of Nurse Practitioners, NAPNAP, National Organization of Nurse Practitioner Faculty, National Gerontological Nursing Association, and Nurse Practitioners in Women's Health. The formation of this group has been groundbreaking in the advocacy arena in Washington, DC. The NP Roundtable represents 140,000 NPs (Health Resources Services Administration, 2005). This group creates the power of numbers that is necessary in advocacy and is a common voice for the entire NP community

on the Hill. The NP Roundtable agrees with the Institute of Medicine's report of the Future of Nursing stipulating that

- Nurses should practice to the full extent of their education and training.
- Nurses should achieve higher levels of education and training through an improved education system that promotes seamless academic progression.
- Nurses should be full partners, with physicians and other health care professionals, in redesigning health care in the United States.
- Effective workforce planning and policy making require better data collection and information infrastructure.

Consensus Report, The Future of Nursing: Leading Change, Advancing Health; Institute of Medicine October 5, 2010

The Robert Wood Johnson Foundation has put forth the initiative to advance the IOM's report and in doing so, has facilitated meetings between the nursing stakeholders and organized medicine. Dr. Apold has been an integral part of these meetings and continues to represent Nurse Practitioners as autonomous healthcare providers who should not be encumbered by artificial practice barriers.

Good news on the local front.....after nearly a decade of trying to convince the NYS Empire Employee plan to include Nurse Practitioners as providers, we have made great strides! Both CSEA and PEF have recently ratified new contracts allowing over 122,000 employees and their dependents to see Nurse Practitioners as their healthcare providers. A lot of work over many years went into seeing this goal come to fruition. Most recently, Dr. Marion Golden, NPA Chair and NPALI member, and Margaret (Peg) O'Donnell met on several occasions with the Empire representative to discuss issues and concerns and it paid off! A big thank you to both for all your patience, persistence, and persuasion as it had tremendous results.

A special note of thanks goes to Dr. Virginia Beaton, FNP for being the Association's largest PAC contributor for this year. She was bestowed this honor at the Convention and I had the privilege of accepting the award on her behalf as she was unable to attend the event.

Lastly, I wanted to give a big "shout-out" to all of our members who attended The NPA's 27th Annual Convention in October in Saratoga Springs, NY,

especially the following members who also presented at the conference:

- Daniel Jacobsen, FNP
- Dr. Mary Beth Koslop-Petraco, PNP
- Dr. Diane Massucci, ANP
- Melissa Stockman-Lamb, ANP/PNP
- Diane Santangelo, ANP
- Dr. Bruce Zitkus, ANP/FNP

I want to wish the best of luck to all of you during this holiday season as we look forward to a productive 2012!

*Jeanne Martin, ANP, Regional Director/Region #7,
NPA NYS*

COMMUNITY SERVICE COMMITTEE

We have had a very busy and successful fall! Our members collected \$833.00 for the "Walk for Beauty, Walk for Breast and Prostate Cancer Research." This included money from our September dinner conference attendees' donations.

At the November dinner conference, food items, food gift cards and cash was collected and donated to the Suffolk County Perinatal Coalition servicing Pregnant and Parenting teens and their families. The 50/50 raffle proceeds of \$95.00 went to LI Cares, the Harry Chapin Food Pantry.

We had our annual "Toys for Tots" collection at the December dinner meeting. Our toy box was full! A few members gave us money, so Debbie and I went to Wal-Mart and purchased an addition \$85.00 worth of toys!

At the January and February dinner meetings, we plan to collect for our soldiers. It's wonderful hearing that the war in Iraq is ending, however, we will still have some troops there for a while. Also, we still have troops in Afghanistan.

I will be giving up my position as Community Service Co-Chairperson as I am the President-Elect for the NPALI. Debbie and I welcome anyone who would like to join the Community Service Committee. Being on the Committee has given me a really good feeling about myself as we help those in need.

Lastly, Debbie and I wish everyone has a wonderful Holiday Season and a Happy and Healthy New Year! See you in January!

Linda Aumock Debbie Deierlein

Innovations that Reverse Signs of Aging:
Use of Autologous Platelet-Rich
Plasma (PRP) with Dermal Heating
for Facial Rejuvenation



Author: Dr. Virginia Beaton, FNP

The popularity of non-invasive procedures for rejuvenating skin has led to many significant innovations. One of the latest techniques involves the use of plasma extracted from a patient's own blood, known as platelet-rich plasma or PRP as a soft tissue filler. The science behind this novel approach takes its lead from wound repair studies that indicate that PRP is rich in growth factors that activate and rejuvenate cells in the body. When these PRP growth factors are released, they induce the production of collagen, generate new capillary blood supply and increase retention of moisture, all adding to skin rejuvenation by helping skin to regenerate itself.

PRP is extracted from patients through a simple blood draw then spun down to separate the plasma from the red blood cells. The platelet rich plasma is withdrawn from the vial and injected into facial target areas. When the platelets in the platelet rich plasma are activated, there is a release of several different tissue growth factors. PRP is the only available product that contains elevated levels of all the patient's naturally occurring growth factors that are maintained in precisely the same ratios found circulating in the body. Since the PRP is made from a patient's own blood, it is insulated against the risk of disease transmission.

PRP has been used clinically for over a decade by clinicians in specialties such as Dental, Ear Nose and Throat, Facial Plastic & Reconstructive Surgery, Orthopedics, Cardiovascular, Plastic Surgery, and Wound Healing to provide a natural, bioactive growth factor combination that enhances repair of tissues. Although the use of PRP differs among procedure, it is generally applied topically to the wound site. In cardiovascular surgery, it can be used to control bleeding. It is used to stabilize bone grafts as well as increase bone growth in orthopedic and dental procedures. PRP is also used to seal wounds and accelerate healing in facial plastic and cosmetic surgery procedures [1,2].

In the field of cosmetic facial rejuvenation, the latest innovation is combining PRP with dermal heating using radio waves, ultrasound or laser light to resurface the skin, thereby increasing collagen production and tightening of the skin. A recent animal study concluded that PRP is effective in the rejuvenation of photoaged skin and suggest further in vivo research about the mechanism of PRP [3]. Clinicians have found that the addition of PRP at the time of dermal heating enhances the environment needed for skin healing and renewal. The two techniques work synergistically to enhance skin appearance with improvements seen within weeks and sustained for up to 18 months in certain cases.

In my own clinical practice, we are using dermal heating with the PRP and observed that the 25 patients who received the treatment so far have a more youthful and fuller facial appearance (see Figs. 1 & 2 below)



FIGURE 1A AND 1B



FIGURE 2A AND 2B

INNOVATIONS THAT REVERSE SIGNS OF AGING Continued

Although other centers have reported positive findings combining dermal heat and PRP, we are the first to report that there are also marked improvements in skin quality, most noticeably improved smoothness, decreased visibility of pores, and lightened dark spots. Our patients are carefully screened to ensure that this is the appropriate procedure for them and that they will be satisfied with the results. We have determined that this procedure can benefit properly selected patients and is ideal as a preventive approach for younger patients.

References:

1. Sclafani, AP. Applications of Platelet-Rich Fibrin Matrix in Facial Plastic Surgery. *Facial Plast Surg.* 2009; 25: 270-276.
2. Sclafani, AP. Safety, efficacy, and utility of platelet-rich fibrin matrix in facial plastic surgery. *Arch Facial Plast Surg.* 2011 Jul-Aug;13(4):247-51. Epub 2011 Feb 21.
3. Baek, RM et al. Effect of platelet-rich plasma on ultraviolet b-induced skin wrinkles in nude mice. *J of Plast Reconstructive & Aesthetic Surgery.* 2011, 64 (2): E31-E39.

The author would like to thank Dr. Renata J. Maslowski of OWLS for Science, Inc. with assistance in preparing this article.

Dr. Virginia Beaton FNP-BC is a board certified doctoral prepared nurse practitioner with master's degrees in family practice nursing from New York University and Long Island University with a PhD in primary care. She has advanced training past her post-doctoral work in esthetic medical procedures from the Esthetic Skin Institute in Fort Lauderdale, FL.

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As a convenience for our members, you are now able to pay for our monthly dinner meetings using a credit or debit card. You simply go to the website www.npali.org, click on the event that you want to attend, enter the registration information and then click submit. You will then be directed to the Paypal website which is a secure site where you enter your payment information. If you do not get a confirmation from Paypal then you have not entered the appropriate information and you are not confirmed as paid or attending. A reminder: if you are using a credit card with a different name on it, or paying for another member, you must let us know so we know who is attending.

If you have any questions, please contact Carol @ carolfnp@gmail.com.