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Virginia Council of Nurse Practitioners

RICHMOND REGION NEWSLETTER

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President's Message



Change! This is the battle cry that has been taken up by those in need of healthcare. VCNP which about to celebrate 35 years of promoting the advancement of Virginia Nurse Practitioner is on the cutting edge of change. We NP are poised to be a part of the movement for progress. However we must continue to prepare for the challenges ahead by participating in our professional organization.

There are many opportunities for participation by contacting your local legislator to identify yourself as a key contact, joining a committee (education etc) and importantly by renewing your membership to the VCNP. Membership has multiple benefits such networking, legislative updates and continuing educational units.

The October Pharmacology symposium was a resounding success! We doubled the number of participants and the reviews supported continuation of this member benefit. The goal of the pharmacology symposium is to assist our membership in achieving their biannual licensure pharmacology requirements. The small fee of \$25 provided 5 great lectures, lunch and a continental breakfast. This fee also gave access to the beautiful Lewis- Ginter Botanical Gardens. VCNP Richmond Region is committed to providing this member benefit, although we are now faced with the challenge of funding our educational events. The pharmaceutical guidelines have drastically limited the ability of companies to fund CE events. We anticipate the impact of the new guidelines will have an effect on the ability for the counsel to provide monthly CE meetings. We are encouraging participation from the membership on the educational committee to meet this challenge. The annual conference provides excellent opportunities for networking as well as awesome educational topics for a reasonable fee. The annual conference for the 2009 year will be in Williamsburg which is the Richmond Regions home turf! I am encouraging the region to make a strong showing as we celebrate our past and give a voice to change our future. There are legislative challenges ahead again these measure are for change that will allow NP to practice to our fullest scope. Mary Dungan at the state level and Elaine Farrey at the regional level are diligently monitoring the political climate

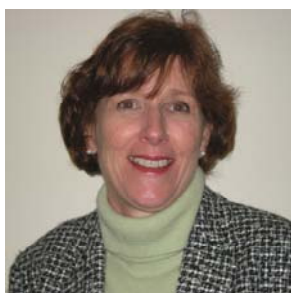
and are asking that the Richmond Region to be at the ready to take action if needed. If you have not done so please contact your legislator and identify yourself as a constituent and an NP.

Finally, Thanks to you for supporting me by attending the monthly dinner meetings and the pharmacology symposium! Thanks to my board for helping me transition into the presidency. I am excited about my remaining time and I hope that I will continue to grow and change with the VCNP!

Respectfully,

Stephanie Alexander MSN, ANP

From the President –Elect



My name is Maureen Flattery and I am currently the President elect of the Richmond region of the VCNP. The president-elect is responsible for organizing the educational opportunities for the membership. Historically the Richmond region has been able to provide monthly dinner meetings on various topics, which in addition to a good dinner provides our needed continuing education credits. There is no transition time in this job! I began in August with a program sponsored by United Therapeutics on Pulmonary Artery Hypertension. The speaker was Janet Pinson, ACNP from the VCUHS Division of Pulmonary Medicine and a member of the PAH team. We will continue to provide opportunities, however the laws governing the pharmaceutical industry will be changing in January. This may affect our ability to provide CEUs. Stay tuned as we see how this will affect our programs.

I have been a transplant coordinator in the Heart Failure/Heart Transplant Program at VCUHS since 1992 and completed my Masters/nurse practitioner training in 2000. In 2002 my job was “converted” to an NP position. So I do the same thing—only more of it! Unlike other aspects of cardiac disease, the prevalence of heart failure continues to grow so our practice is always busy. Part of this is due to the success of acute coronary care (those who formerly did not survive their MI now live to develop heart failure) and also the aging of those baby boomers. I see this as one of the issues we must face in health care. As the population ages, the prevalence of chronic disease rises and consequently the

cost to all rises. Nurse practitioners will need to be an integral part of the delivery of health care to those with chronic diseases.

As I continue through this year as president-elect, and later president, I hope to meet many of you and to continue the high standards of those who served before me. Please introduce yourself to me at the meetings. I enjoy putting faces to the names and would love to hear from you.

Maureen Flattery, ANP

Treasurer's Note



Our balance is approximately \$15,000, and we expect to continue to maintain a strong financial standing. All members are encouraged to contact me should they desire a full financial report.

We have recently presented the annual Pharmacology Symposium which was a huge success this year. The number of participants increased by at least 1/3 compared to previous years. Participants had the opportunity to earn 5 pharmacology credits for a nominal cost of \$25. The challenges for our organization to be able to present such a program will continue in the future as the support from the pharmaceutical industry diminishes as a result of changing laws that govern their ability to support continuing education. The cost to the organization for this event was just under \$2000. We will continue to explore other resources and opportunities which support this type of presentation for our membership. Please notify a member of the Board with any ideas.

Alison Ryan, ANP

Secretary Speak



Throughout the year and throughout this issue, change has been a central theme; change even has its own slogan “Yes We Can”. A chant really, a cheer, a way to build enthusiasm inspiring us to action. And because we live in the greatest free nation, we literally “can” do anything.

But what if the battle cry was “Yes We Will”? Now this is an action statement; a commitment really. **This** is the harder sell.

A very specific challenge confronts us all right now. It has been mentioned multiple times in online postings by the VCNP Government Relations Committee. There is potential unless we act, that physicians will control how we work; perhaps limiting our scope of practice and reducing us to subordinates rather than collaborating colleagues.

We have been requested to contact our legislators. And **yes, we can** do that. Maybe not in person, maybe it must be via email, snail mail or phone. We have the capacity; but do we have the **will**? Will we commit to our future as professionals? Or cast our care to the fate of other’s decision making prowess?

It is time we defend our role and promote our value within Virginia’s healthcare system. We are increasing access to care, providing excellence in service, and focus not only on disease management, but health promotion...the key to creating healthy communities.

~peace

Dawn M. Adams, MSN ANP



Pay Yourself First

In this season as Nurse Practitioners and as key members of our families, we are charged with preparing for the holidays while we work. Over the next few months, our commitments can make the difference between less stress and success, and defeat and need for retreat.

We have embarked on the holiday season in one of the most difficult economic environments our nation has known. We are charged with making holiday preparations from a financial frame of reference of attempting to do more with less. And of course, we, much like our patients, are at risk for minor health issues like colds, back pain, headaches, weight gain and similar manifestations of stress.

So what if we were to commit to change our behavior? What if we decided to pay ourselves first? To take care of ourselves before our families, our pets and our patients. What if we decided to heal the healer?

We might find by some small, simple, day to day behavior changes, we can do just that. The key is “will”, commitment and repetition. Below are five simple tips to help you **pay yourself first**.

- ✚ Take five. Take five minutes everyday to sit quietly and breathe. By slowing down enough to pay attention to your breath, you can actually feel tension release as you exhale.
- ✚ Drink more water. Real, plain, water. Better yet sip warm water all day for several weeks. Soon you will notice the positive effects of your body rehydrating.
- ✚ Slow down your eating speed. Put the fork or sandwich down between bites and focus some attention on chewing and tasting your food. You may find you need less to eat and experience less heartburn.
- ✚ Consider revising your bedtime. If you’re getting less than 7-8 hours sleep, you’re tired. Really tired. Adequate sleep helps boost energy, concentration, mood, and your ability to lose weight.
- ✚ Smile more. This takes a little practice if you’re not use to it, but very little time. Smiling is also contagious, and a returned smile can give you that little extra lift you need on a hard day.

There are of course many other health promoting tips. The larger message here however, is to make the commitment to “pay yourself first”. **Pay yourself first** as a person by taking the time to care for yourself. **Pay yourself first** as a Nurse Practitioner by being proactive and not letting others determine your professional future. It just takes a little **will**, because we already know you can.

Dawn M. Adams ANP CWHC
(an excerpt from “Heal the Healer”)

2008 VCNP Pharmacology Symposium Highlights







Mark your calendars for another great educational event!

**2009 VCNP 35th Annual Conference
Williamsburg Lodge
March 18-21, 2009**

VCNP 35th Annual Conference Preview

Pre-Conference Workshops

- **Clinical Procedures: Paracentesis, Thoracentesis and Line Placement**
- **Pediatric Emergencies: Assessment and Intervention in Respiratory, Neurologic, Infectious, Gastrointestinal and Cardiac Disorders**
- **Lesions, Rashes and Biopsies**
- **Lifestyle Counseling in Obesity and Diabetes**
- **Pharmacology Update: Infectious Disease**

Back by popular demand are our five clinical tracks!

General Session Topics

- **2008 ADA/ACC Consensus Statement on Lipoprotein Management**
- **Immunization Update from the CDC**
- **Asthma and Allergy Connection**
- **Reducing Cardiovascular Risks**
- **Hepatitis ABCs**
- **Peri-Procedural Management of Antithrombotic Therapy**
- **Caring for Virginia's Uninsured**

Concurrent Session Topics

- **Women's Health**
- **Pediatric**
- **Mental Health**
- **Acute Care**
- **Primary Care**

We will be celebrating our 35th Anniversary at our networking reception and honoring peers that have made significant contributions to the organization. Please share conference highlights with your colleagues and students so that they can take advantage of this premier educational event. **Mark your calendars now!**