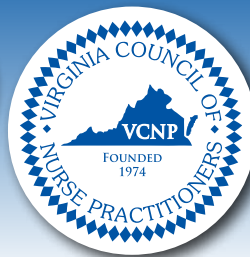


# REPORT



The Official Newsletter of the Virginia Council of Nurse Practitioners

## A Message from the President

Dear VCNP Members,

The winds are at our back! Passage of the Patient Protection and Affordable Care Act and the recently released Institute of Medicine (IOM) Future of Nursing: Leading Change, Advancing Health report has aligned to provide a great opportunity for nurse practitioners to lead change. We have the opportunity to play a pivotal role in transforming the health care delivery system to provide seamless, affordable and high quality care accessible to all citizens of the Commonwealth.

VCNP remains confident that efforts over the past year have laid a firm foundation for positive change for removal of scope of practice barriers. While negotiations with the Medical Society of Virginia (MSV) for a consensus language bill to decrease practice barriers and increase access to care did not yield an acceptable bill to put forth in the 2011 General Assembly, both groups have agreed to continued dialogue. Final recommendations of the Health Reform Initiative (VHRI) Advisory Council Capacity Task Force recognize that the health workforce capacity will have to be increased if all citizens of the Commonwealth are to have access to affordable, high quality care. Recommendations from the Capacity Task Force include:

- Re-organizing care delivery practices into “teams” that could leverage physician capacity by more extensive use of non-physicians in ways that are more consistent with their education and training than many current practices permit
- Changing scope of practice laws to

permit more health professionals to practice to the evidence-based limit of their training

- Expanding the use of information technologies, like telemedicine, electronic health records and health information exchange to extend the geographic reach of existing health professionals and enable more productive per unit time
- Increasing the supply of health professionals



*“VCNP remains confident that efforts over the past year have laid a firm foundation for positive change for removal of scope of practice barriers.”*

VCNP will continue work to define “team models” that are not hierarchical with the physician as the lead and allow nurse practitioners to practice to the full extent of their education and training.

Virginia Nurses Association (VNA) president, Shirley Gibson, has been one of our most ardent advocates over the past year. In her role as the co-chair of the VHRI Capacity Task Force she was a strong force to ensure that removal of scope of practice barriers were included in recommendations to Governor McDonnell.

Shirley’s advocacy efforts on behalf of nurse practitioners will be recognized with the Virginia Nurse Practitioner Advocate Award from the American Academy of Nurse Practitioners (AANP) at the VCNP Annual Conference and the AANP Annual conference. Shirley is also recognized as a “grasstops” leader – a trustworthy resource for advice and support by legislators and the current administration who can positively influence outcomes to advance the health policy agenda for nursing. We are very

*continued on page 2*

SAVE THE DATE

VIRGINIA COUNCIL OF NURSE PRACTITIONERS

**2012 ANNUAL CONFERENCE**

March 8-11, 2012 • The Homestead • Hot Springs, Virginia



Virginia Council of Nurse Practitioners  
600 Peter Jefferson Parkway • Suite 300 • Charlottesville, VA 22911  
(434) 977-3716 • Fax (434) 979-2439 • Email: vcnpr@vcnp.net  
www.vcnpr.net

Mark your calendars to  
join us next year at  
The Homestead!

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FIND US ON FACEBOOK

**From the President** (continued from page 1)

fortunate to have Shirley's leadership and support as we move forward.

VCNP has become a stakeholder group with the Virginia Regional Action Coalition (RAC) for implementation of recommendations of the IOM Future of Nursing report. This is a collaborative effort created by the Robert Wood Johnson Foundation and the AARP Foundation. RACs are organized groups of nursing and non-nursing leaders and stakeholders working at the local, state and regional levels to implement the recommendations of the IOM Report to affect long-term sustainable change by capturing best practices, determining research needs, tracking lessons learned and identifying replicable models. VNA has taken the lead for the Virginia RAC with Shirley Gibson, VNA president, and Bill Kallio, AARP state director, as co-leaders. Participation in the RAC will increase our stakeholder coalitions with

nursing and non-nursing groups and serve to strengthen these important relationships.

We have moved forward with hiring a new government relations firm, Hunton and Williams, to continue efforts to remove scope of practice barriers and to address reimbursement of nurse practitioners with private payors. We will need all VCNP members' assistance to advocate for removal of scope of practice barriers. We ask that you reach out to your legislators by setting up personal meetings in local offices, sending letters and making phone calls regularly to develop a partnership with your elected officials. Advocacy is a process that occurs over time, and we need to start the process now.

VCNP leadership just returned from the 18th National Nurse Practitioner Summit and Leadership Conference in Washington, DC sponsored by the American College of Nurse Practitioners (ACNP). Participants

were able to glean the latest information from national leaders on legislative, regulatory, advocacy and practice issues. We had the opportunity to network with national and state leaders, learn more about how various states are addressing legislative and regulatory issues and to visit Capitol Hill to discuss public policy priorities with the legislative health aids of our congressional members. We return home bolstered with knowledge and enthusiasm and look forward to leading positive change for nurse practitioners in Virginia.

This is an exciting time to be a nurse practitioner! Please become an active participant in this movement to advance the profession and transform the health care delivery system. +

Regards,  
Cindy Fagan, RN, MS, FNP-BC  
President, VCNP



**Introducing the  
VCNP  
Referral Program**

**Know Someone Who Would Benefit by Becoming a Member?**

Anyone who refers **five or more** new or past VCNP members within a member year will receive complimentary dues for the next year. **Make sure your referrals list your name on the application form.** "Referred by: \_\_\_\_\_." Person(s) referred cannot have been a member for at least one year.

**Your referrals may join online at [www.vcnp.net](http://www.vcnp.net)**

**MEMBER BENEFITS**

**VCNP is pleased to provide the following benefits to its members:**

- Coordinated health policy and regulatory advocacy through regional legislative activities and a paid lobbying firm to promote access to care, reimbursement parity and choice for healthcare consumers
- Collaboration with nursing coalitions, national NP organizations and other stakeholders to ensure a unified voice for nurse practitioners
- Professional development, continuing education and networking opportunities through local meetings and the annual state conference
- Reduced registration fees at our state conference
- Representing nurse practitioners with other professional, and community groups
- Members only section of the VCNP website, including job postings and other professionally relevant NP issues as well as an up-to-date member directory
- Information on current job opportunities and FREE job posting
- Find an NP - This new directory will allow the public and other nurse practitioners to locate you by specialty
- Members may receive FREE membership through a member referral program
- Quarterly electronic member newsletter
- Discounted legal review of Employment Contract
- Eligibility for VCNP Nurse Practitioner Educational Scholarship Award – look for NP Scholarship on the VCNP home page
- NEW - Marsh professional liability insurance at \$2m/\$6m



## VCNP Officers

President	Cindy Fagan
President Elect	Phyllis Everett
Past President/ Policy & Operations	Diane Walker
Secretary	Denise Chernitzer
Treasurer	HoChong Gilles
Government Relations	Mark Coles
Membership	Carola Bruflat
Bylaws & Resolutions	Maribeth Capuno
Public Relations	Stephanie Alexander
Education	Maureen Flattery
Nominations & Awards	Kali Shah
Historian	Ann Bennett

## Blue Ridge Region

President	Elizabeth Guilfoyle
Past President	Maribeth Capuno
President-Elect	Katie Katz
Secretary	Judy Hill
Treasurer	Cynthia Talton
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Membership	Sally Strauss
Public Relations	Debbie Cline
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	Nancy Harvey
Nominations & Awards	Debbie Cline
Conference Chair	Susan Donckers

## Central Region

President	Marilyn Phillips-Grossman
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Treasurer	Lydia (Kay) Shelton
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Legislative Chair	Debbie Erickson
Education/Programs Chair	VACANT
Nominations & Awards	Laura Mann
Public Relations	Rosie Taylor
Membership	Vickie Moore
Conference	Kim Grossman

## Fredericksburg Region

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Treasurer	Tiffany Simons
Secretary	Piper Schlessner-Foresman
Programs	Victoria Gantz
Membership	Karen Hlywa
Legislature	VACANT
Public Relations	Carol Dodson

## Northern Shenandoah Valley Region

President	Rose Jannuzzi
Past President	Marty Morrow
President-Elect	Miriam Birmiel
Secretary	Sallie Grundman
Treasurer	Ruth Holmaas
Education	Marty Morrow
Membership	Marie Jackson
Legislative	Jeanmarie Bechtle
Public Relations	Patti Krauskopf
Conference	Cheryl Kenney
Nominations & Awards	Sally Grundman

## Northern Virginia Region

President	Kathy Mares
Past President	Nicole Sofranko
President Elect	Louise Ritz
Treasurer	Marie Fugitt
Secretary	Cynthia Hersh
Conference	Carola Bruflat
Legislative	Connie Henry
	Lynn Poole
Membership	Kelly Sanderson
	Heidi Wilson
Program	Katie Colcher
	Julie Spencer
Public Relations	Dorothy Gresham
Nominations & Awards	Margaret Light

## Peninsula Region

President	Marge Stuppy
President-Elect	Jean Rilee
Past President	Chris Daley
Secretary	Cheryl Lombard
Treasurer	Joan Benton
Membership	Janice Porter
Conference	Patrice Malena
Government Relations	Gloria Engelberger
Public Relations	Lisa Riha
Nominations & Awards	Lisa Riha

## Piedmont Region

President	Charlene (Charlie) Exline
Vice President/ President Elect	Rebekah (Becky) Compton
Secretary	Mary Deivert
Treasurer	Gerald (Joe) Montoya
Legislative	Carol Lynn
	Maxwell-Thompson
Education	VACANT
Bylaws	VACANT
Conference	Nancy Lutz
Membership	Nancy Lutz
	Mitzi Thompson

## Richmond Region

President	Marie Gerardo
President-Elect	Alison Ryan
Past President	Maureen Flattery
Secretary	Katy Grubbs
Treasurer	Brenda Sawyer
Legislative Representative	Elaine Ferrary
Education/Programs	Maureen Flattery
Membership	Angela Starkweather
Nominations & Awards	Stephanie Alexander
Public Relations	Mary Baker

## Shenandoah Region

President	Margaret Upton
President Elect	Donna Schminkey
Past President	Sue Klassen
Secretary	Marion Sharp
Treasurer	Nancy Brubaker
Legislative	Paige French
Membership	Susan Becker
Education/Programs	Donna Schminkey
Conference	Amy Cannon
Public Relations	Susan Conaty-Buck
Historian	Trish Philon

## Southwest Region

President	Joan Mullins
Past President	Linda Davidson
President-Elect	open
Secretary	Misty Bendall
Treasurer	Deborah Ball
Nominating Committee	Donna Davis
Legislative	Rebecca Mullins
Conference	Angela Harrison
Membership	Emalene Cook

## Tidewater Region

President	Frances Allan-Martinez
Past-President	Michele Smith
President-Elect	Sharon Bodtke
Secretary	Mona Estes
Treasurer	Shari Wingate
Legislative	Mark Coles
Education/Programs	Sharon Bodtke
Public Relations	Brandy D'Antonio
	Heather Hallberg
Historian	Ann Bennett
By-Laws	Chris Sauer
Nominations & Awards	Margie Garcia-Garrett
Conference	Tammy Maloney
Membership	Beth Wolfinger
	Christi Fowler

**Virginia Council of Nurse Practitioners**  
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## From the Membership Chair

Based on the recent Membership Survey, look for a series of membership benefits promotions coming to your in-box over the next several months! It is our goal to generate interest in and to promote selected member benefits that are not getting recognition for their value. These promotions will be used as announcements, emails to our membership and reminders during the year. Included are:

- The Membership Referral Program  
(see page 2)
- Discounted legal review
- Marsh malpractice insurance program
- The NP educational scholarship
- Find An NP Directory

We also want to highlight those members who are contributing to VCNP by serving on Coalitions and other national groups, or by representing VCNP on other professional groups or Boards. If you know of someone fulfilling one of these roles, forward their

name to me, Carola Bruflat at [cbruflat@cox.net](mailto:cbruflat@cox.net) so they may be recognized.

The Committee's collaboration with the NP Schools was initiated this year as well. NP school leaders, regional leadership and members of the VCNP Board will be getting a matrix of information that we hope will serve to enhance our relationship with the schools, to promote sharing of information, and to provide areas of collaboration between the regions and the NP schools. We look forward to this effort continuing and growing in the future.

Lastly, look for some changes on the on-line printable membership brochure as we promote our Facebook presence and connect our membership to our regional leadership through a contact box on the back of the membership brochure. +

*Carola Bruflat, MSN WHNP/FNP  
VCNP Membership Chair*

### VCNP MISSION



## Our Mission

*To facilitate the advancement  
and foster the professional  
growth of nurse practitioners,  
and to advocate for the  
improvement of health and  
access to care for  
all Virginians.*

## Welcome Our Newest Members

### BLUE RIDGE

Andre Douglas, MSN, FNP-BC, LNP  
Lisa Faist, LNP  
Kerry McGrath, FNP, LNP  
Sherrie Doss, DNP, WHNP-BC, CNM, LNP  
Ruby Ford\*  
Sheree Riddleberger, FNP-BC, LNP  
Rebecca Hughes, FNP, LNP  
Susan Martin\*, RN-DNP/FNP  
Bridgette Williams, FNP-BC, LNP

### CENTRAL

Catherine Williams, NP, LNP  
Jesseka Bettenhausen, MSN, FNP-C, LNP  
Melissa Sullivan\*, FNP Student  
Katie Williams\*  
Amanda Pribble\*  
Regina Scott\*  
Fortunata Condecido, FNP-BC, LNP  
Kirsten Hinson\*, RN, BSN

### FREDERICKSBURG

Karen Owens, LNP  
Carol Anderson\*, RN, BSN  
Janelle Coughlin, MSN, FNP, LNP

### NORTHERN SHENANDOAH

Patty Good, FNP-C, LNP  
Stacy Konyar, FNP-BC, LNP  
Rich Casin\*, RN, MSN  
Patricia Oakley, NP-C, LNP

### NORTHERN VIRGINIA

Janet Williams-Janus, LNP  
Valerie Oare\*

Christiane Davenport\*, RN, BSN, CPN

Nancy Bell, FNP-BC, LNP  
Sarah Fessler, FNP, LNP  
Thanh Cao, ACNP, LNP

Ann Pirnat\*, RN, BSN, CCRN  
Blen Abdi, NP-C, LNP  
Barbara Frechette, PMHN, ANCC, LNP

Lauren Elder\*, RN, MSN  
Wendy-Lucy Ngassa\*, RN, BSN  
Jamime Magin\*, BSN, RN  
Debi Davis\*  
Alexis Walter, FNP-BC, LNP  
Carlos Fagbenro\*

Susan Peetros, ANP, LNP

Chandni Parikh\*  
Kimberly Manning, CFNP, LNP  
Kristine Kirkpatrick, MSN, ANP, LNP

### PENINSULA

Terry Guyton-Smith\*, RN  
Liahru Li\*, RN, BSN  
Todd McDaniel\*, RN, BSN  
Nancy Sullivan, CFNP, LNP  
Elise French, WHNP, LNP  
Angela Blackman\*, RN, BSN

### PIEDMONT

Veronica Hughes, MSN, APRN-BC, LNP  
Colleen Tuman\*, RN, BSN

### RICHMOND

Karin Hall, ACNP, FNP, LNP  
Angela Harvey, FNP, LNP  
Erin DeWeerd\*  
Allison Trevillian\*, RN, BSN, CNII  
Inna Tarasova, RN, ACNP, LNP  
Nathan Davenport\*  
Renee Tierney\*, ACNP  
Holly Isaacs\*, RD, RN, PCCN

Stacy Jones\*, MSN, RN

Kay Rogien\*, RN  
Wanalee Betts\*  
Renee Glisson\*  
Jennifer Schrecengost, LNP  
Renee Essary, AANP, LNP

### SHENANDOAH

Andrea Knopp, MSN, MPH, FNP-BC, LNP  
Pamela Crance, FNP, RN, MSN, LNP  
Cynthia Berselli\*, BSN, RN, CNOR

### SOUTHWEST

Ramona Boyd, FNP-C, LNP  
Laurie Jones, RN, MSN, FNP-BC, LNP  
Amanda Moore\*, BSN  
Nancy Vanhoozer\*, RN, BSN  
Sandra Vandyke, FNP-C, MSN, LNP  
Kellie Brooks, MSN, FNP, LNP

### TIDEWATER

Jacqueline Hunter\*  
Wendy Blagg\*

Elizabeth Pagtalunan, MSN, FNP-BC, APRN, LNP  
Erica Eberhard\*  
Cheryl Dizon, LNP  
Meaghan Lansley, ANP-BC, LNP

Mary Crutchfield\*, BSN, FNP Student  
Mary Crutchfield\*, BSN, FNP Student  
Michelle Cook\*, RN, BSN, ODU FNP Student

Sarah Darrow, NP-C, LNP  
Emily Forbes, FNP-C, LNP  
Donna Dowell\*, RN, BSN  
Anne Schreiber\*, RN, BSN, PCCN  
Mary Sutherland, LNP  
Jessica Morgan\*, RN, BSN

### OTHER NEW MEMBERS

Sue Cressel, FNP, LNP  
Julie Jenkins, BSN, RN, MSN, CPNP, LNP

\*Student Member

## Regional Government Relations Committees

### BLUE RIDGE

Donna Warner  
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### CENTRAL

Debbie Erickson  
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### PIEDMONT

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### SHENANDOAH

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### SOUTHWEST

Rebecca Mullins  
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Joyce Thompson  
jthompson@frontierhealth.org

### TIDEWATER

Vacant

## VCNP Goes to Washington



VCNP President Cindy Fagan, Government Relations Chair Mark Coles and President-Elect Phyllis Everett outside the Capitol Building.

VCNP and Virginia were well represented at the recent American College of Nurse Practitioners Summit and Leadership Conference in Washington DC.

Cynthia Fagan, Phyllis Everett, Mark Coles, Mary Duggan and Lynn Poole all attended the 3 day Summit held at the Westin Grand. Attendees were particularly honored to hear a presentation about the implications for NPs of the new Center for Medicare and Medicaid Services (CMS) Innovation Center delivered by the Director of the Center Dr. Richard Gilfillan.

On the Monday following the conference Cynthia, Phyllis, Mark and many other attendees proceeded to Capitol Hill to lobby their legislators regarding national bills of interest - including S227 to ensure more timely access to Home Health Services and S56 to improve access to Advanced Practice Nurses under Medicaid. We also talked about the importance of provider-neutral language in all legislation and inclusion of NPs in discussion of Medical Homes.

We first spoke to staff for Representative Hurt whose district includes Phyllis' Lynchburg area. We then marched across in front of the Capitol from the Longworth Building to the Russell Building where many Senators have their offices. While neither of the Senators were in their chambers that day, we spoke at length with the health care policy representatives for Senators Warner and Webb. Our messages were received very positively. Importantly, the staff were very interested as well to hear about the particular limitations faced by NPs in Virginia. One take-away from these discussions is that as an organization we will need to find ways to best leverage this potential support from federal legislators to influence the State-level dialogue.

All in all, this was a very worthwhile and productive conference. A few photos have been posted on Facebook! +

*Mark Coles,  
Government Relations Chair*

## What is a Nurse Practitioner?

What is a Nurse Practitioner? This remains one of the concerns of healthcare policy makers and reformers. The VCNP PR committee continues to focus on opportunities to educate Virginia's citizens on the safe effective practice of NPs.

The PR committee continues to work closely with our PR agents Brian Chandler and Alissa Poole to promote NP practice and the message of the VCNP. They have facilitated written and visual media opportunities for many regions. Richmond region VCNP members had the opportunity to dialogue on the merits of NP practice while participating in the consumer segment on NBC "Call 12" is a TV call-in program on the local evening news (visit VCNP's 'In the News' section of our web page to view the accompanying story). The Peninsula region oncology NPs were featured in the new start up journal "Hope". Cindy Fagan, VCNP president, has been interviewed and quoted in a number of newspaper stories and editorials.

There continues to be an enormous interest in NPs and NP practice as the health care reform debate rages. The PR committee is working with each VCNP committee to



further their agenda as well as the agenda of the group. Membership Committee conducted a statewide survey that revealed communication to be one of the concerns of our membership.

The PR committee has launched a Facebook page that is gaining interest daily. Several NP related articles and web links have been posted and many of these articles have stimulated commentary by those who view them. We are encouraging frequent visits to Facebook for information and professional networking. We also encourage members to alert the VCNP PR committee to articles or events in their regions for posting on the web page or Facebook. We are requesting

assistance with identifying opportunities to educate the general public as well as lawmakers on NP practice and position within the healthcare system.

The policy and procedure committee is in the process of adopting a "Media Contact" form that will provide practical instructions in the event that a VCNP member is contacted by the media. It is anticipated that this form would be accessible via our web page. The Web page has undergone a face lift and is dynamic and user friendly. If you have not seen it please check us out at [www.vcnp.net](http://www.vcnp.net)

The PR committee is excited and invigorated to be working with our new GR chairperson Mark Coles and with our new lobbyist group Hunton & Williams. We are committed to assisting this group with furthering legislative agendas.

It continues to be a great time to be a Nurse Practitioner! It is the mission of the PR committee to answer the question "What is a Nurse Practitioner?" The affirmative answer "a safe effective health care provider." +

*Stephanie Alexander, MSN, ANP  
Public Relations Chair*



## Reach Out and Read Virginia

During NP week VCNP had their first statewide service project that was a resounding success!

VCNP participated in Reach Out and Read Virginia. This organization is striving to increase literacy rates in Virginia. Each VCNP region was asked to donate new children's books to local underserved clinics via an online book drive or new or gently used books via direct donation.

We hope that this can become a VCNP honored annual tradition.

## Mentoring: Part of the NP Practice

The Northern Virginia Region of the Virginia Council of Nurse Practitioners has developed a 1:1 mentoring program meant to help new NPs link up with more seasoned NPs within our organization for encouragement and guidance.

Highlights of the process are:

- Announcing the program to the membership
- An application process to join – deadlines in November and April
- Applicants and mentors are paired by the Coordinator and mentors
- The mentee and mentor develop goals and boundaries for communication for the program
- The mentees submit three brief assessments throughout the year-long program
- Networking opportunities are presented at regional meetings
- A Google group is established for ongoing discussion
- An important note from Kelly: Mentors are trusted colleagues, who can offer guidance and encouragement when needed. Although a mentor might



provide direction regarding where to find clinical information, they are NOT expected to share clinical advice or serve in a preceptor capacity. This teacher-student type of relationship is outside of the scope of this mentoring program.

- Part of Kelly’s “vision” of this program is to provide mentor opportunities for all NPs in the program, and to link NPs with members who could serve as content experts for research, publishing, NP-owned businesses, and clinical content experts.

Kelly Sanderson will lead an evening session on mentoring at the Conference at the Hotel Roanoke and will present a poster about the first year of the program. I am happy to answer any questions about the program and, of course, Kelly’s email, [kelly.m.sanderson@gmail.com](mailto:kelly.m.sanderson@gmail.com), is still active. +

*Carola Bruflat*  
Membership Chair, VCNP  
[cbruflat@cox.net](mailto:cbruflat@cox.net)

## From the Education Chair

The Annual Conference will be held at the Hotel Roanoke March 30- April 2, 2011. Workshop speakers include Barbara Bancroft RN, MSN, PNP who will speak on Pharmacology, R. Mimi Secor, MS, MEd, FNP-BC, FAANP will offer insight into Gynecological Exam pearls, and Wendy Wright, MS, RN, APRN, FNP, FAANP will speak on Lab Interpretation. The General Sessions will begin on Thursday, March 31, 2011 with a keynote address by The Honorable Dianne Reynolds-Cane, MD, Director of the Virginia Board of Health Professionals who will discuss Virginia Healthcare



Workforce: Capacity Reform. The Leslie Herdigan Roher Memorial Session will feature Tay Kopanos, DNP, Director of AANP Health Policy/State Government Affairs who will address Climate Change: Health Care Reform is really Heating Up. There will also be many opportunities for networking

with friends and colleagues. So if you haven’t registered—it’s not too late! As of March 17, 2011, there are 437 registrants.

In addition the Education Committee has started approving continuing education programs as an approved provider through VNA. The first priority was of course the conference. Once the conference is over we will work towards refining our processes for applying for continuing education credit. So stay tuned! +

*Maureen Flattery, RN, MS, ANP*  
Chair, Education Committee

## Recognition of Judy Collins in the History of VCNP

Judy Collins, RN, MS, WHNP-C, FAAN, has had a significant influence in shaping and defining the NP role in women's health care, and the environment in which NP's practice. This has been over several decades and at the national, state, and regional levels. Since her CV is so extensive, the following focuses on a selection of career highlights in NP practice, education, certification, regulation, and policy-politics.

Judy's nursing career began when she entered the freshman class at the University of North Carolina – Chapel Hill, School of Nursing, with the author of this article being a classmate. Upon receiving her B.S.N., she began a hospital-based position in OB/Gyn. A year on the hospital ship Hope in Nicaragua followed. She describes this as “an unbelievable experience”, giving her thoughtful concern and the start of an enduring interest in health policy. Her next endeavor was to enter graduate school at Boston University, where she obtained her M.S. in Maternal Child Nursing. She subsequently became involved in establishing the OB/Gyn NP program at VCU/MCV in 1975 and completed the certificate program to become a NP. This experience further enhanced her interest in health policy. After becoming aware of the Robert Wood Johnson Foundation (RWJF) Health Policy Fellows Program, she applied, received a fellowship, and worked in Washington and in Congress for a year.

She expanded her interests when she completed the RWJ Fellowship in Health Policy. Her newly created position in the VCU/MCV Health Policy Office provided opportunity to bring about positive changes through government relations to influence health policy in legislation, education, and regulation of NP licensure and practice.

Involvement as a NP in delivery of women's health clinical care has been highly valued by her and maintained along with other professional roles in which she invested her talents and energy. This has added authenticity to her many endeavors to influence health care in the broader arena. She was the Founding Director of the VCU Women's Health Center at Stony Point, from 1993 to 2000.

Judy has been very active as a VCU/MCV School of Nursing faculty member in the Women's Health Nurse Practitioner Program.



She has achieved Associate Professor Emeritus status. In addition, an Endowed Distinguished Professorship in Women's Health has been established in her honor.

Her role as an educator has extended well beyond the walls of VCU/MCV. By invitation, she has given many presentations, provided consultation, and published in the area of women's health, health policy, and issues that influence the NP role.

Because she is so highly motivated and knowledgeable, and is quite skilled in working with people and within organizations, she has been highly successful in leadership and advisory roles. Examples include being the first NP on the Board of Nursing, a member of the Advisory Committee to the Joint Boards of Nursing and Medicine, member and the first Vice-President of NAACOG, Founding Board Member and Chair of Women's Health Virginia, and the first Chair of the National Alliance of Nurse Practitioners. Her membership in the later resulted in her participation and resolution of the NP malpractice insurance crisis in the 80's. She was also positioned to become an influential leader in the initial legislation giving prescriptive authority to Virginia NP's.

She retired in 2000 after 30 years service at VCU/MCV but remains very active. Her background and high visibility have assured that her advice remains in demand. She serves on many boards, including the MCV Foundation, VCU Institute of Women's Health, VCU School of Nursing Advancement Council, plus other

community based boards. She and her husband, Joe Tee Fey, were recognized at the Virginia Chapter Arthritis Foundation Gala in 2008 for their community service and for being long time leaders in health care and health policy. Judy volunteers as a WHNP at Cross Over Free Clinic and Mission trips through the River Road Baptist Church in Richmond. These efforts, on the part of both Judy and Joe, have provided needed health care to people in Brazil, Standing Rock Sioux Indian Reservation in the Dakotas, and Panama. Judy's latest adventure, Dancing with the Richmond Stars, benefitting the Children's Hospital of Richmond, shows her dancing talents! In their retirement, Judy and Joe have enjoyed travel for pleasure and expanding their horizons, and the opportunities to increase their time with family, which includes children and 6 grandchildren (among them a set of triplets).

Judy, a VCNP member, has been contributing as a NP in Virginia and in various roles for 30 or so years. Her participation has been constant and has resulted in significant positive changes. She considers some of her most influential contributions to be initiating the WHNP Program at VCU/MCV, promoting prescriptive authority for NP's (1991), and being the Founding Director of the VCU Women's Health Center to empower women in their health care. She was awarded the VCNP's Founders Award in 2008.

Some things have not changed through the years since she began nursing school at UNC. She has remained that highly functional, caring, and charming person that she was then. As a student, she was recognized and honored with top UNC student awards, the kind of acknowledgements that have continued to follow her throughout her career. Some might say that she has way too much energy! But for sure, it has fueled her contributions benefitting many. As a capstone of her career, Judy will be awarded the 2011 Presidential Medallion, one of VCU's highest honors in recognition of outstanding achievement. +

*Ann Bennett, RN, MS, ANP,  
Historian, VCNP*

*Sources: Conversation with Judy Collins, Judy Collins' CV, "From Nursing to Public Health Policy" on RWJF web site*

## Virginia Telehealth Network

The Virginia Telehealth Network (VTN) is a 501(c)(3) nonprofit public charity. VTN believes that all Virginians should have access to high-quality healthcare regardless of their location -rural, urban or suburban-and that their health information should be securely shared among providers using technologies that support safe and timely care delivery when and where it is needed.

VTN devotes its resources to advancing the adoption, implementation and integration of telehealth and related technologies into models of healthcare statewide, and promotes the integration of health systems to support the delivery of care for all Virginians.

In carrying out its work, the Virginia Telehealth Network is involved in many activities that are linked to its five top priorities:

- Facilitate the sharing of resources
- Support quality improvement initiatives through the use of technology
- Identify and address barriers to implementation
- Educate stakeholders
- Facilitate the development of model policies, procedures and protocols

The Second Annual Virginia Telehealth Summit will be held on Tuesday, April 5th at the Wintergreen Resort with a reception the evening before. Is the information you will hear, compacted and presented to you by experts in one day, and the opportunity to personally talk with people, such as the below, worth \$200.00 to your organization and those it serves in potential return – including potential financial return? We think it will be.

### Examples of Speakers

- **Sherilyn Pruitt**, Director, Office for the Advancement of Telehealth, Office of Rural Health Policy, HRSA (programs that Office funds, includes, but is not limited to, telehealth grantees and telehome grantees),
- **Patrick M. Hamilton**, Health Insurance Specialist/Rural Health Coordinator, U.S. Department of Health & Human Services, Centers for Medicare & Medicaid Services, Philadelphia Regional Office,
- **Rene Quashie**, Center for Telehealth and e-Health Law Regulatory Attorney



and Drinker, Biddle & Reath Government Relations Director/Regulatory Attorney,

- **Gary Capistrant**, Senior Director, Public Policy, American Telemedicine Association ,
- **Paloma Costa**, Program Manager of Outreach, Rural Health Care, Universal Service Administrative Company (USAC). This fund is maintained through contributions made by telecommunications providers across the country and is disbursed based on four primary support programs. The Rural Health Care Program of the Universal Service Fund makes discounts available to eligible rural health care providers for telecommunication services and monthly Internet service charges. The program is intended to ensure that rural health care providers pay no more for telecommunications in the provision of health care services than their urban counterparts.
- **Ellen Matthews Davis**, Virginia State Director Rural Development U.S. Department of Agriculture
- **Gregg A. Pane**, MD, MPA, Director, Virginia Department of Medical Assistance Services,
- **Karen Jackson**, Deputy Secretary of Technology, Commonwealth of Virginia, discussing results of the Virginia Healthcare Broadband, HIT and Telehealth Survey and next steps, and
- **Edward Brown M.D.**, CEO Ontario Telemedicine Network, Ontario, Canada will be joining us to talk about his experience as CEO of one of the largest telemedicine networks in the world, covering 415,000 square miles. Ontario has

one quarter of the whole rural and small town population in Canada, and also has a large mining business that employs over 100,000 people in the province.

A lot has changed since last year's Telehealth Summit. Virginia SB 675 was signed into law on April 5, 2010 and became effective on January 1, 2011. The Commonwealth of Virginia Healthcare Broadband Analysis was completed. HIT and "meaningful use" are on everyone's mind. President Obama notes that high-speed wireless is about patients having fact to face video chats with their doctors. Apple now offers 64,000 apps for its iPhones and iPads - mHealth (mobile health) has become ubiquitous: iPads and medical apps are being used more frequently in health care settings across the country. News headings like the following are seen increasing: "Agamatrix glucose meter may get FDA approval for direct iPhone connection," "Health Canada approves iPhone medical app for diagnostic imaging use – FDA to follow suit." "FDA approves mobile radiology viewer & smartphone ultrasound probe." The National Rural Health Association strongly recognizes the critical role that HIT and telehealth can play in improving access to health care among underserved populations. The role of social media in healthcare is increasingly recognized. Virginia members of the Mayo Clinic Center for Social Media's network include: Bon Secours Health System, Inova Health System and the Virginia Community Healthcare Association. Twitter is centuries past a place just to learn what someone had for breakfast. Twitters include: VCU Medical Center, Bon Secours, AHRQ, New England Journal of Medicine, CDC, Virginia's Governor, the Kaiser Family Foundation, Pew Research, the American Telemedicine Association, Reuters News, the Office of the National Coordinator for Health Information Technology, Medical Society of Virginia, and on and on.

This year's Virginia Telehealth Summit focuses on the current status of the infrastructure and policies in Virginia. It also includes information needed to implement

*continued on page 10*

## NOTEWORTHY

## MEMBERS IN THE NEWS



VCNP member, Eileen T. O'Grady PhD, RN, NP recently had two peer reviewed publications including "Health-care Reform: Opportunities for APRNs and Urgency for Modernizing Nurse Practice Acts." Which appeared in the *Journal of Nursing Regulation* and "Unleashing the Nation's Nurse Practitioners" which appeared in the *Journal of Rural Health*.

Dr. O'Grady was also a guest on Reach MD Radio on January 17, 2011.

Dr. O'Grady is a certified adult nurse practitioner and wellness coach and serves as Policy Editor for the American Journal of Nurse Practitioners. She writes a monthly column on health policy in Nurse Practitioner World News. She is currently a visiting professor at Pace University's Graduate School of Nursing in Manhattan where she teaches doctoral students health policy and wellness coaching.

She has authored numerous articles and book chapters on advanced practice nursing and health policy. She creates a compelling case for nurses, especially advanced practice nurses, to more forcefully engage in the policymaking process. She believes deeply that more attention must be paid to getting us unstuck from lifestyles that do not support wellness. She has an active public speaking calendar on both health policy and wellness coaching.

More information is available on her website [www.eileenogrady.net](http://www.eileenogrady.net). +

## VTN (continued from page 9)

programs – funding and legal information, and, of course information about “meaningful use.” The sessions cover: the recently completed healthcare broadband, HIT and telehealth survey and analysis, funding, sustaining programs and reimbursement, policy, legal and regulatory issues and health reform. There will be breakout-working sessions regarding telemental health, high-risk obstetrics, and how mHealth and social health media may be used to increase access to care. The speakers are all well known and prominent in their area of expertise.

This year we hope you will all leave empowered with the knowledge you need to begin to implement telehealth programs or to expand existing programs. We also hope that you will leave with a small glimpse of the future.

Why do we need to charge \$200 (which includes a reception the evening before, breakfast and lunch) when both sponsors of the Virginia Telehealth Summit are small

non-profit 501(c)(3) organizations? We are charging this because both sponsors are small non-profit 501(c)(3) organizations. There are about 20 speakers coming in from within and from beyond our borders to provide you the most up to date information about the status of broadband, HIT and telehealth in Virginia, how and where to get funding, sustainable models and reimbursement, legal and regulatory issues, HIT and Meaningful Use, the Virginia Healthcare Reform Initiative. We don't pay honoraria to any of our speakers but we do cover certain costs to bring these 20 experts to you, including (generally) covering their registration fees.

In summary, we think the Virginia Telehealth Summit will provide you, in one day, very valuable information and contacts that will prove to be of significant benefit to your organization and those it serves. We hope to see you there.

For more information visit the VTN website at <http://ehealthvirginia.org/>. +

## Affiliations with National NP Organizations

VCNP is a state affiliate organization of the national nurse practitioner organizations, the American Academy of Nurse Practitioners (AANP) and the American College of Nurse Practitioners (ACNP). Individual membership in these organizations is also important to strengthen the NP voice. As affiliate members, VCNP works collaboratively and in coordination with the national organizations to advance issues that are important to our patients and our membership. I urge you to consider membership in these organizations.

AANP provides NPs a unified way to network and advocate for NP issues. AANP has more than 29,500 individual members and 154 NP group members. AANP represents the interests of the over 140,000 practicing NPs in the U.S. and continually advocates at local, state, and federal levels for the recognition of NPs as providers of high-quality, cost-effective, and personalized healthcare. Elections are currently underway. If you are a member, please vote! For more information visit the website: [www.aanp.org](http://www.aanp.org)

ACNP's mission is to ensure a solid policy and regulatory foundation that enables NPs to continue providing accessible, high quality healthcare to the nation. ACNP's membership structure consists of both individual NPs as well as national and state NP organizations that unite the diverse practice specialties of NPs. ACNP has more than 30,000 individual members. For more information visit the website: [www.acnpweb.org](http://www.acnpweb.org)

Both national NP organizations work cooperatively to advocate and incorporate the NP perspective in legislative and regulatory policymaking efforts. Take time to check out the important work that these national organizations are doing! +

## Virginia Nurses Association Legislative Day

New Government Relations chair! New Reimbursement leadership! New lobbying firm! New patron! New legislation?

Effective this month, the Government Relations committee and Board of Directors welcomes a new chair, Mark Coles. Mark is from the Tidewater area and has been a member of the Government Relations committee for several years. He has just returned from the American College of Nurse Practitioners Legislative Summit in Washington, DC, and was accompanied by our President, Cindy Fagan and President Elect, Phyllis Everett.

Joanne Ianitto has agreed to serve as the leader for the Reimbursement task force. Other committee members are Pete Hill, Michele Minehart, Lo Lumsden and myself.

We also anticipate beginning work with a new lobbying firm. We expect that the contract with the new lobbying firm to be signed soon, but has not been signed at the time of this writing.

We will be seeking a new patron for possible future legislation as our former patron, Mary Margaret Whipple, will not be seeking



re-election. We are grateful to Senator Whipple for serving as the patron for our legislation last year, SB 1063.

Legislation that has passed this session and is expected to be signed by the Governor will allow nurse practitioners to sign death certificates, provided they have access to the patient's medical history and the death was due to natural causes. (SB 1117).

If the Governor signs this legislation, it will take effect on July 1, 2011. We will keep the membership informed as to any legislative changes that may affect their practice.

Please feel free to direct any questions to myself or Mark Coles. +

*Diane Walker, RN, MSN, FNP-BC  
Past-President/Policy & Operations*



## Virginia Selected as One of Ten New Regional Action Coalitions

Regional Action Coalitions (RACs) are the driving force of the Future of Nursing: Campaign for Action (CFA), a broad, national effort to implement the Institute of Medicine's (IOM) blueprint for ensuring that all Americans have access to high quality, patient-centered health care. The Campaign is a collaboration created by the Robert Wood Johnson Foundation (RWJF) and the AARP Foundation. With significant partnerships from diverse sectors in health care, including physicians, nurses, insurers, consumers, business, government, foundations, academia and health systems, the Campaign is building action to support a transformed health care workforce in which nurses contribute as essential partners in system-wide transformation.

In February 2011, ten new RACs were formed to join the five already working to transform health care. A Virginia RAC, co-

lead by the Virginia Nurses Association and AARP Virginia was selected to become RAC. The designation of the RAC allows Virginia to access resources and support being provided by the Robert Wood Johnson Foundation and the Center to Champion Nursing in America. These include planning tools and assistance, information resources, webinars, advocacy and media training and facilitated resource sharing and exchange with other RACs.

RACs are built to effect long-term sustainable change at the local, state, and regional levels. Comprised of diverse groups of stakeholders from a variety of sectors, RACs will capture best practices, determine research needs, track lessons learned and identify replicable models. With technical assistance from the Center to Champion Nursing in America (CCNA) and RWJF, RACs

are developing and implementing unique sets of regional goals and campaigns within the framework of the IOM recommendations. CCNA is an initiative of AARP, the AARP Foundation and the Robert Wood Johnson Foundation.

With the support of the Virginia Council of Nurse Practitioners, the Virginia Partnership for Nursing, the Virginia Organization for Nursing Executive and Leaders, as well as nursing education groups and state-wide healthcare and non healthcare related groups, the Virginia RAC will be able to implement the important work of improving access to healthcare for all Virginians. Workgroups are forming around the key messages of the IFN report to determine actionable goals and objectives that we can implement in Virginia. For additional information, visit [www.virginianurses.com](http://www.virginianurses.com). +

**SAVE THE DATE!**

*Shenandoah  
Region  
VCNP  
Spring  
Conference*

**Friday,  
May 13, 2011**



**MORE DETAILS COMING SOON  
VISIT [WWW.VCNP.NET](http://WWW.VCNP.NET) FOR UPDATES!**

## Duggan Appointed to AANP State Advisory Council

VCNP member Mary Duggan has been appointed to the American Academy of Nurse Practitioners (AANP) State Advisory Council. Mary is the Virginia state representative to AANP and is representing AANP region 3 on the Council (VA, MD, DC, PA, WV, DE). Council members include representatives from the AANP Board of Directors, AANP State Representatives, AANP Certification Program, Fellows, and the AANP Foundation.

The Advisory Council will provide advisory guidance to the AANP Office of Health Policy on developing best practice recommendations for state-level advocacy. The Council will focus primarily on identifying best practices for advancing full practice authority for nurse practitioners. AANP is currently assisting 8 states in legislative efforts leading to plenary authority for NPs. +



## VCNP Member Accepted for Publication



VCNP member Catherine Bishop, DNP, NP, AOCNP is an oncology nurse practitioner with Virginia Cancer Care in Lansdowne, Va. She cares for a wide variety of cancer patients in the office and has hospital privileges at INOVA Loudoun Hospital.

Her article entitled "Biomarkers in Breast Cancer" has been accepted for publication in the March/April 2011 issue of the *Journal of the Advanced Practitioner in Oncology*.

Dr. Bishop is certified by the AANP as a Family Nurse Practitioner. She earned a Master of Science in Nursing from Marymount University and a Doctorate in Nursing Practice from Chatham University in Pittsburgh, PA. She is also certified by the Oncology Nursing Certification Corporation as an Advanced Oncology Certified Nurse Practitioner. +

## Changes to the Commonwealth of Virginia School Entrance Health Form MCH 213

Effective January 1, 2011, the Commonwealth of Virginia School Entrance Health Form MCH 213G will replace the MCH 213F. Changes to the form include:

- “Concussions” was added to the list of conditions on Part I-Health Information Form, the parent/guardian completes.
- Instructions for completing Part II-Certification of Immunization, Section II-Conditional Enrollment and Exemptions, were added.
- Instructions for locating the current immunization requirements for Part II-Certification of Immunization, Section III-Requirements have been updated.

The following forms are available to download from the website <http://www.vdh.virginia.gov/Epidemiology/Immunization/requirements.htm>:

- MCH 213G school entrance health form
- MCH 213G school entrance health form instructions

Stocked forms of the Commonwealth of Virginia School Entrance Health Form MCH 213F (revised 04/07) may still be utilized; however, please note that Part II-Certification of Immunization, Section III-Requirements information is out of date. If you have questions or need additional information, please contact Janet Wright, School Age Health Specialist, at 804/864.7689 or via email at [Janet.wright@vdh.virginia.gov](mailto:Janet.wright@vdh.virginia.gov). +

## NP’s Tobacco Research Published

Dr. Shannon Cohen, an adjunct nursing faculty member in the Waldron College of Health and Human Sciences and Health Promotion Disease Prevention Program Director and nurse practitioner for the Veterans Administration, had her research on veteran tobacco usage published in the journal *Military Medicine*.



“Veteran Tobacco Use, Low-Density Lipoprotein, and Glycated Hemoglobin Levels” is a follow-up to Cohen’s doctoral dissertation research which she completed as a doctoral student at the University of Hawaii.

A retrospective review of the electronic medical records of 1,452 veterans with a history of smoking who received outpatient care was examined during this study. The five-year study confirms prior findings that there is a link between diabetes and smoking and

is the only longitudinal research of this kind among the veteran population.

Cohen reports that four million people die each year from health issues related to tobacco use and it is predicted that smoking will cause more than 10 million deaths annually by 2030.

The study concluded there are several factors that hinder the success of smokers who want to quit. Among those are “nagging, spending a lot of time with smokers, no perceived risk, nicotine addiction, and importance of the habit to the smoker.” The greatest concern by patients is that they will gain weight once they quit smoking.

Elaine Bellucci assisted Cohen in the study’s statistical analysis. To read the article’s text (tables excluded) visit: [http://findarticles.com/p/articles/mi\\_qa3912/is\\_201011/ai\\_n56443602](http://findarticles.com/p/articles/mi_qa3912/is_201011/ai_n56443602). +

## NP Novelist Helps Alzheimer’s Patients



the Alzheimer’s Association in honor of her Alzheimer’s patients past and present.

“Working with Alzheimer’s patients in my practice gave me the initial idea for my novel. I wondered if they could see things on a different plane because of the changes to their brains. What if they could see ghosts? That would make a great story,” Nance says. “I also wanted to write a novel where a nurse practitioner is the heroine, because in real life they are unsung heroines every day.”

From there the idea blossomed into a paranormal mystery with Alzheimer’s patients revealing many of the clues that solve the murders happening in the small

Novelist and VCNP member, Lara Nance has announced she will donate a portion of the proceeds of sales of her new novel, “Memories of Murder,” to

Virginia town, which used to be the site of an old insane asylum. The nurse practitioner heroine hooks up with the local sheriff to solve the mystery.

One of Nance’s Alzheimer’s patients was a link to the local Alzheimer’s Association. Because of how these patients touch her life, Nance thought this was a way to give back and raise awareness for this devastating disease.

Memories of Murder is published by Crescent Moon Press and will be available in both electronic and print versions. It can be purchased on the Crescent Moon website: [www.CrescentMoonPress.com](http://www.CrescentMoonPress.com) as well as Amazon.com and BarnesandNoble.com. The electronic version will be out the first of March 2011, and the print version in late April.

Her next novel, “Dealers of Light,” also features a Nurse Practitioner heroine and is scheduled to be published in May-June 2011. For more information on Memories of Murder, please visit her website [www.laranance.com](http://www.laranance.com). +

## Tools for the Healthcare Provider-The Change Cycle

BY JOAN SHEPHERD

Patients will frequently come to their health care providers during a crisis. Sometimes the crisis is an acute illness, or perhaps the diagnosis of terminal disease. It may be a tragedy in their family or the loss of a job.

Whatever event brings a patient to us during this vulnerable time, the Change Cycle Tool, created by Martha Beck, PhD, is a marvelous instrument for helping a person understand that this is a process.

Although difficult and painful now, they will survive. I love being able to give my patients some exercises to work on around this concept. They know that 'this too shall pass' and there are ways to experience the loss that will create growth that can exceed their wildest expectations. The concept is user friendly and concise, making it perfect for an office visit.

People enter the Change Cycle when a Catalytic Event occurs in their lives. This may actually be a joyful event, a tragedy or an important transition, but it is significant enough that the person must actually re-define him/herself. It is something that forces one to let go of his/her identity.

Often, simply knowing that all change follows a predictable course is extremely helpful. But sharing specific strategies to use in each square is priceless. Dr. Beck notes that learning the Change Cycle is a meta-skill for people. It can be applied again and again throughout one's life, because, the reality is: to live is to change. And while not all changes require a complete redefining of self, there are a few specific skills to know about in each stage.

### Square One: Death and Rebirth

This is the first phase, and in it, people often feel like everything they've ever known or experienced has suddenly disappeared. It is important in this phase for a person to move through the grief process. While everyone has their own timetable for this, applying some of the Limiting Beliefs Strategies from The Inquiry or Self Coaching 101 can expedite this move. It is a square of small



steps, and small decisions. It is not the time to make life-changing choices.

### Square Two: Dreaming and Scheming

Once a person is through Square One and the old life as he/she knew it is over and not coming back, he/she will enter Square Two. This is the phase where the beginnings of a new life start to enter the conscious and frequently the subconscious. This is the phase where a person can start to dream up the life they want to have, anticipating and making plans for the future. It is the time to create the blueprint. This can be fun, exciting and energizing. The tools available for this Square will speak to the little Creator in everyone!

### Square Three: The Hero's Saga

In this stage as Martha Beck says, "Things get brutally pragmatic". In Square Three, all the fun plotting and planning done in the previous square get put into action. It's called the Hero's Saga for a reason: it's hard work! The tools specific to this square instruct on how to break goals into bite-sized pieces, bribing oneself for successes achieved, being

willing to fail and start again, and how to learn from your mistakes.

### Square Four: The Promised Land

When a person finally arrives in Square Four, the idea is that the hardest work is over. Time and effort go into maintaining and tweaking; instead of building the new life, one simply has to tend it.

What I have just given you is a very brief overview of the Change Cycle. As I mentioned earlier, simply describing the concept to your patient can be a powerful intervention to move through the process. For a thorough description of each phase see Finding Your Own North Star by Dr. Beck. Please help yourself to a copy of the Change Cycle diagram on my website at <http://joanshepherd.com/for-health-care-professionals/>.

I'll have more information about my Top Ten Tools at the VCNP conference later this month. +

*Joan Shepherd is a Nurse Practitioner and Life Coach for Wild and Precious Life Coaching.*