

October 2007

Newsletter

# Minnesota Chapter of the National Association of Pediatric Nurse Practitioners

MINNESOTA CHAPTER OF  
NAPNAP

Pediatric Nurse Practitioners



Caring for Kids

## Board Members

- Mary York, President
- Peggy Neubeck, President-Elect
- Kathy Eide, Past President
- Jeanne Ranconne, Secretary
- Colleen Dobie, Treasurer

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Picture in Eagan Child and Family Care P.A.

**Greetings to all new and continuing members!** There is much **good news** to share with you about our MN chapter of NAPNAP.

**First** of all, we are extremely proud that Linda Lindeke was elected as our **National NAPNAP President!!!** Congratulations Linda!

**Second**, our membership is growing. We're now at 133 members (up 10 members from last year) ! For those of you not in attendance at our Spring Conference, you will find an opportunity to help with short-term or one-time projects (see the en-

## From the President – Mary York

closure in the newsletter).

**Third**, I am personally thankful that Peggy Neubeck **OFFERED** (there was no arm-twisting or threatening involved) to become our President-elect. She is filling Steve Robak's place since family and work obligations precluded him from continuing in the position. Peggy has worked very hard as our Secretary for the past two years and will bring that board experience to her position.

**Fourth**, our Public Relations Committee (who, by the way, could use more members!) is identifying events and ordering some "give-aways" for a booth

at which we can make a NAPNAP presence. If you signed up to help with an event, you may expect a phone call soon!

The Child Health Leadership Consortium will:

- Create a collaborative vision, synergy, and actions to improve the health of children in this region
- Address community-wide health care issues including quality access, and cost
- Advise and support the establishment of a provider-led "Children's Health Quality Improvement" statewide initiative.

## Gretchen Moen, MS, CPNP

Gretchen is the founder and CEO of Eagan Child and Family Care, P.A. – a primary care pediatric and family clinic in Eagan. Despite growing up in a medically oriented family, (her father is a physician and her mother and sister are both nurses), Gretchen came to nursing in a round-about way. After

completing her B.S. in Health, Physical Education and Recreation, she was one of the first of certified Therapeutic Recreation Specialists in the nation. Gretchen had vowed that she would never become a nurse because she did not like the subordinate roll that seemed to be the norm

for nurses during the years she was growing up. It took a life threatening event to change her mind.

During that time she saw the dedication, compassion and strength of the nurses and decided she wanted to "give back" to the profession. She completed her basic nursing at Normandale Com-

### Committee Members

- Angie Grabau—Communications Chair
- Colleen Carlson, Greater MN Member at Large Rep.
- Donna Amidon—Legislative Chair
- Vacant —Nominations Chair
- Andra Fjone—Program Chair
- Ruth Brink—Public Relations Chair

## MN NAPNAP Fall Conference Thursday, October 18, 2007 Effectiveness of a School-Based Physical Activity Program Tailored to Adolescent Girls

Each year Minnesota NAPNAP selects a recipient for its Research Award (members or PNP students). Recipients are selected by the executive board from a pool of applicants. Awards may vary from \$250 - \$2000 based on meeting established criteria.

Carie Braun, PhD, RN, is a past recipient of this award. Her data has been gathered, analyzed, and is

ready to present to our membership.

Carie's study reports on the differences in physical fitness and self-perception at the conclusion of an eighth grade physical education class.

One group of girls were in the traditional co-educational curriculum and the other group was in a tailored female-only physical education class.

The study looked for differences in pre or post-intervention physical fitness levels, body composition, self-regulatory efficacy, self-perceptions (social acceptance, physical appearance, athletic competence, and global self-worth), exercise frequency, barriers, benefits, and commitment to an exercise plan between the intervention and control groups. Results and implications are discussed and suggestions for health and physical education professionals are offered for promoting physical activity in this population.

So, on Thursday, October 18, 2007, Carie and her colleagues, Mary Neisen, MS, RN, FNP, and Linda Shepherd, MPH, RD, will present the results of this study.

### Shriners Hospital

**2025 East River Parkway  
Minneapolis, MN 55414**

The evening begins at 5:30 pm with appetizers, welcome and introductions, update on reimbursement issues, buffet dinner, DNP program, and the presentation. The evening closes approximately 8:30 pm, and one NP Contact Hour will be awarded to those in attendance.

To print a conference brochure, go to [www.mnnapnap.org](http://www.mnnapnap.org), click on calendar and click on Fall 2007 Conference pdf.



See you at the Conference!!!

## FROM THE PRESIDENT, Continued

**Last, but certainly not least** is the work that MN NAPNAP has done to address the Medica reimbursement inequities:

- We have an ad hoc group that has been meeting since last October to set a strategic direction for addressing the issue.
- We joined up with the Multi-State Reimbursement Alliance.
- We sent an "info-email" to over 4,000 APRNs in MN and have received a number of positive responses to help.

- We designated key individuals to represent us at a meeting on July 18<sup>th</sup> with Medica's CMO, Charles Fazio.

We have an alternate plan in the works if the Medica meeting does not meet our requests.

I have been proud to represent MN NAPNAP at the following organizations or meetings outside of NAPNAP:

- The Child Health Leadership Consortium
- The Multi-State Reimbursement Alliance phone

conferences

- ABCD II/Great Start Minnesota Stakeholders Advisory Committee to the National Academy for State Health Policy (NASHP) ABCD Screening Academy
- American Academy of Nurse Practitioners (AANP) Annual Region 5 Invitational Leadership Meeting  
Minnesota Board of Nursing APRN Roundtable

Thank you for the opportunity to work with all of you as your president.

Sincerely, *Mary*



## Gretchen Moen, MS, CPNP continued



munity College and promptly moved with her family to Colorado. It was there she first learned about Nurse Practitioners and realized that NP nursing was what she wanted to do. Two years later, the family moved back to Minnesota and Gretchen applied to the U of M graduate program.

Gretchen's first job as a PNP was, perhaps, the single greatest influ-



Waiting Area at ECFC

ence on her career choice. She was expected to do hospital rounds and take call in rotation with the MDs, cover clinic when no MD was available and to manage any type of patient need that should arise.

Eight years into her PNP career, Gretchen decided that the time was ripe for an NP primary care clinic in Minnesota. Too often she saw patients whose parents were as sick as they were and couldn't be seen in their own clinics. In addition, she felt patients were not always heard and that small changes to health care delivery would make both the patient and the practitioners happier with the outcomes. Her first endeavor failed due to a variety of elements but, on June 1, 2005 she opened Eagan Child and Family.

The patients and staff of Eagan Child and Family pride themselves in maintaining the

"small town" character of the clinic. The practitioners at ECFC approach health care in an individualized, holistic manner, partnering with their patients in making decisions regarding their health. Despite the continuing struggles with insurance, finances and growing the business, Gretchen believes that NP clinics are here to stay. She thoroughly enjoys precepting NP students from the U of M, College of St. Catherine, and Metro State who have the fortune (or misfortune) of seeing the business first hand during their clinicals.

When asked what her greatest achievement has been, Gretchen quickly refers to her family. Her husband, Dennis, an avid runner and computer scientist, is quietly supportive of her work; sons: Kyle is in his first year at William Mitchell; Eric is in sales with Ultimate Electronics in Woodbury, and Patrick will be graduating from the U in Physiology and Biology, with his sights on medical school.

Gretchen credits her long time friend and partner, Angie Grabau, CPNP, for sticking with her throughout the process of closing the original clinic and opening Eagan Child and Family Care, P.A. She extends an invitation to all her PNP colleagues to visit ECFC.



The Famous FROGGY ROOM

## MN NAPNAP MEMBERSHIP ON-LINE—Membership Access Areas

One of the "perks" of MN NAPNAP membership is the "Members Only" area in our website. Only members can gain access to:

**1. Your Electronic Membership Record**—you can update / edit your information anytime—open your electronic record to change your address or phone number or place of employment at your convenience. You have the ability to make changes anytime.

**2. Membership Directory—view it.** Need to look up someone's phone number? Or address? Or work phone number? It's all available—to mem-

bers only!

**3. Change your password** if needed.

**4. Read minutes from the most recent Business Meetings.** This is a great way to stay in tune with what's happening within the organization.

**5. Presently, newsletters** are available on the website. Soon they will be available to members only.

You are encouraged to take time to become familiar with the website. There are icons for: The history of MN NAPNAP since its inception in 1971.

Photo's from the Fall 2005 Gala Celebration

Photo's from the Spring 2006 Conference

Current News

What Are PNP's?

Board Members and Committee Chairs—who are they and how to reach them

Calendar—listing upcoming Business Meetings (members are always welcome to attend) and conferences as well as other special events

Service Projects from the most recent years

Research Grant Guidelines (remember that this is an annual **opportunity available to all members** to receive funding for approved research)

Awards: this years Outstanding PNP of the Year; the 2007 Organization Award; **AND the Award History of this organization**

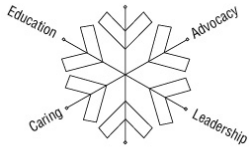
And finally, Membership, Newsletter, Networking and Links

This is your website—please use it and offer suggestions to improve it.

**MINNESOTA CHAPTER OF  
NAPNAP**

Pediatric Nurse Practitioners

3694 McKnight Road N  
White Bear Lake, MN 55110



Caring for Kids

**MN NAPNAP MISSION STATEMENT:**

**Advocate and promote quality health care to children (infants through young adults) and their families, and promote the role of the Pediatric Nurse Practitioner**

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We're on the web

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

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## ***WANTED:***

*Warm bodies that won't need to expend a lot of brainpower*

*NAPNAP could use your help in making a one-time or short-term commitment in one of the following areas:*

\_\_\_ Newsletter - 1 - 4 times/year

\_\_\_ Stamping and applying address labels on brochures - 1- 2 times/year

\_\_\_ Be a NAPNAP "Ambassador" at one community event - host a table or booth and hand out "freebies" to parents and children

Send an email or make a call to any of the Board Members to let us know your availability and enthusiasm.  
Thank you.

