

Minnesota Chapter of the National Association of Pediatric Nurse Practitioners

**MINNESOTA CHAPTER OF
NAPNAP**

Pediatric Nurse Practitioners



Board Members

- Mary York, President
- Steve Robak, President-Elect
- Kathy Eide, Past President
- Peggy Neubeck, Secretary
- Colleen Dobie, Treasurer

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From the President – Mary York

No one promised that being a PNP would be easy! We are poised on a precipice of change – for health care in general and for nurse practitioners in particular. How we make our voices heard will tilt the scales either in our favor or not. I am reminded of something I heard in school about “out of chaos comes opportunity”! Well, here it is, friends . . . our opportunity has arrived!

As some of you are aware, Medica has begun reducing reimbursement to PNPs and all other “mid-level” providers at some of the metro area clinics by 15%. We should all be very concerned about this practice because it threatens our job security. If you think about it, why would a clinic want to hire someone or, for that matter, keep someone who brings in 15% less revenue

than a physician? Our Board has decided it is time to “circle the wagons” and address this issue before other health plans follow the direction of Medica!

For that reason, an ad hoc reimbursement group will be formed to strategize how to address the issue. Several of your colleagues met on Nov. 28th and we intend to keep you informed of the action that will be taken and how you can help us. I hope a good number of you took the survey that was emailed to all members! There is strength in numbers and those with the loudest voice are the ones that are heard! (I also think those with the most \$\$ are the ones listened to . . . but, oh, well . . . we can be loud!)

I have been in communication with the **Multi State**

Reimbursement Alliance – a group of Advanced Practice Nurses (APNs) from 9 states who organized last spring to discuss and strategize mechanisms to secure equitable reimbursement for APNs in the multi state region via collective action.

The stated goals of the **Multi State Reimbursement Alliance** align with the reimbursement issues that we are facing in Minnesota:

- To utilize the legal, legislative and regulatory mechanisms needed to overcome the reimbursement barriers facing APNs
- To provide state and regional perspectives on the problems commercial payers create for APN providers due to inconsistencies in payment for services rendered

National NAPNAP Professional Issues Committee

The National NAPNAP Professional Issues Committee is looking for members who have been in the media related to nursing (i.e. TV, radio, newspapers, or magazines). They would like to applaud these members and ask them to share their experiences. They hope this will encourage more of the

PNP members to promote the role of NPs in the media.

The Committee is also looking for members with experience serving on a board. Some examples of boards are: Boards of Nursing, Health Department Boards, Health Care Boards, political or professional boards. They would like these members to share their

experiences and have the opportunity to contact them with specific requests in the future.

Interested / qualified chapter members can send their contact information via email to info@napap.org and reference "Media experience" in the subject heading, or call toll-free (877-662-7627).

Committee Members

- Donna Amidon—Legislative Chair
- Barb Andrews—Nominations Chair
- Andra Fjone—Program Chair
- Ruth Brink—Public Relations Chair
- Angie Grabau—Communications Chair
- Jane Larter—Web Design Chair

Immunization Action Coalition – Contributed by Patsy Stinchfield

Dear Colleague,

I am writing to invite you to join tens of thousands of health professionals and advocates who subscribe to free publications from the Immunization Action Coalition (IAC).

IAC is known for its accurate, timely, succinctly written immunization publications that are delivered electronically and by mail.

These publications are free of charge to you, thanks to the support of the Centers for Disease Control and Prevention and many other organizations and individuals.

Subscribing is simple. Just visit <http://www.immunize.org/subscribe> and check off any or all of the five publications you would like to receive.

Here is a short description of each publication:

- IAC EXPRESS: weekly

immunization news service arrives in your email inbox every Monday containing latest information about U.S. vaccine recommendations, policies, and resources.

- **NEEDLE TIPS:** Our semi-annual 24-page flagship publication includes the popular "Ask the Experts" section featuring CDC's widely acclaimed experts on immunization.

- **VACCINATE ADULTS:** semiannual 12-page print publication written specifically for adult medicine specialists.

- **VACCINATE WOMEN:** annual 12-page print publication written specifically for women's health specialists.

- **HEP EXPRESS:** monthly email news service focuses on viral hepatitis recommendations and information.

Your contact information is not shared with others. You may unsubscribe whenever you wish.

If you already receive one or more of IAC's publications, please fill out the form at <http://www.immunize.org/subscribe> indicating all the publications you wish to receive (including those you already receive). We'll remove duplicates from our mailing lists so that you don't get two copies.

Please forward this invitation to your colleagues who work in immunization, whether in medical practices, health departments, hospitals, health plans, corporations, or wherever people care about immunization information. IAC's goal is to get its information into the hands of all people who work on making sure everyone is vaccinated.

Please let me know at any time if IAC might be able to assist you.

I hope you decide to give us a try by signing up at <http://www.immunize.org/subscribe>

Warm regards, Deborah L. Wexler, MD, Executive Director, Immunization Action Coalition, deborah@immunize.org

Two MN NAPNAP Spring Conference Offerings in 2007

February 8, 2007: Happiest Baby on the Block

The program committee is pleased to offer 2 continuing education opportunities in Spring 2007.

On February 8 Colleen Dobie will present the Happiest Baby on the Block. Colleen is a certified Happiest Baby Educator. The Happiest Baby intervention was originally designed by Dr. Harvey Karp and is being embraced by pedi-

atric nurse practitioners around the country. Colleen will share these evidenced-based strategies for helping the infants and caregivers modulate infant state so that everyone is calm and happy. Enjoy dinner with friends and colleagues while learning these important techniques. Colleen will have Parent Kits (CD and DVD) and flannel wrapping blankets available for purchase.

Friday, April 27, 2007 Management of Pediatric Overweight: Beyond the Basics

This is the annual Spring Conference and includes topics on assessment and management of hyperlipidemia & metabolic issues, psychosocial & cultural implications, and motivational interviewing as an intervention strategy. Look for the conference brochure in

early March, but mark your calendar now for **Friday, April 27, 8 am to 4 pm**, at the Town and Country Club in Minneapolis.

Both programs promise to be exceptional, timely, and practical for all nurse practitioners working with children. The program committee is looking forward to both programs; we hope you will, too.

Message from the President—Continued

- To assure that fair and equitable reimbursement is guaranteed to all APNs in the Multi State geographic area (which will include Minnesota)
- To assure that patient access to APN services is not lim-

ited, restricted, or denied due to commercial payer rules and regulations.

Here are some other issues in Minn. that should concern us as PNPs:

- Aetna and Patient Choice will not let patients see NPs.

- Some out-of-state BCBS plans will not let NPs see patients who move to MN.
- United Health Care doesn't want patients to be seen for well care and acute care in the same visit. (I think this is in the discussion stage and

Please stand up and be counted!

Help us direct our own destiny before it is decided for us!

To offer your help, contact me at: msyork@earthlink.net or 612-341-2132.

Thank you.

PNP and Helping Paws Team Up – Joy Sandell

About 31/2 years ago my dog died. That was the end to a 27-year era of having a dog in my life. It only took me a few months to start to miss a canine friend, but I wasn't sure I wanted another 14-15 year commitment to another dog. It was around that time a friend introduced me to Helping Paws.

Helping Paws is a nonprofit organization that has been around since 1985. Its mission is to further the independence of individuals with physical disabilities through the use of service dogs. Since 1988 over 100 service dogs have been placed and there are over 60 dogs presently in training. When I saw how a service dog opens the door of life for a person confined to a wheelchair, and heard their stories of how much better their lives have been since they received their dog, my heart was snagged.

April 30th 2004, Bentley came into my life. He was a 7-week-old ball of fur. We started going to classes every week to learn together what it means to be a service dog. The whole training process is based on positive reinforcement. The word "no" was not to be used. I would use other expressions or voice tones to let him know his behavior was not acceptable. It is amazing to see puppies 6-8 months old be so well behaved in public.

We continued going to weekly classes for the next 2-½ years. Bentley went everywhere with me. He came to work and stayed in my office during the day. Staff would drop in frequently, especially if they needed some puppy loving!! I would bring patients and their families in to meet

Bentley almost everyday. If there were family members with during a visit that needed something to do they would hang out with Bentley and color pictures or look at books with him by their side. I would on occasion take him into exam rooms to calm or distract a child from a procedure being done. Bentley was a great asset to our setting.

When Bentley got old enough and we were given the all clear for public access we went everywhere together: restaurants, malls, grocery stores, department store, movie theaters to name a few. At the end of our time together Bentley was able to do up to 80 different commands. He could retrieve most anything including: keys, remote, phone, blanket, napkins, cans of food, coins, credit card, paper or mail to name a few. He could take off gloves, socks, coats or what ever he could tug off. He was great with handicap switches as well as door pulls. Turning the light switched on and off he would be a little hesitant about doing but continuing to work on. This is just some of what he could do. I was amazed at how this all pulled together.

The more I got into the training with Bentley, the more I realized how well this correlates with my PNP role. The basis of the program is your plain ole "positive parenting". I was finding myself talking with parents on how to deal with certain behaviors the same way I was teaching or correcting behaviors in Bentley. I can't say that any of this was new to me. It has given me a different way of looking at a behavior, and making suggestions on different tactics

to help redirect unwanted behaviors.

This summer started the matching process. Bentley would go to the center and work with applicants who applied to have a service dog. He worked with many different individuals. When it



Sol and Bentley

comes down to being matched it is usually the dog picking the right person for him or her. That is exactly what Bentley did. Sol is a 30-year-old gentleman who has been quadriplegic for 6 years. He lives alone in a handicapped apartment complex.

The team training started the beginning of October. Bentley would go into the center and work with Sol and the other 9 teams being trained. The individuals have 3 weeks to learn all the commands and skills we took two-plus years to teach. Sol commented that the first week he and Bentley were not on the same channel and Sol was wondering what he got himself into!

October 18th was a bittersweet day; Bentley was permanently going with Sol. Taking Bentley to the training center I was going to be strong. We were encouraged not to show much emotion in front of the graduate (person getting the dog) so they would



Team Training

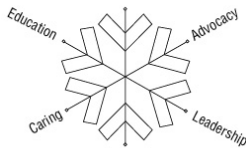
not feel bad about taking your dog away.

Sol wasn't there yet and the longer I stayed, hugged, and petted Bentley the more I started to cave in. Once the tears started coming I realized I needed to leave. It was then I started my grieving process.

The graduation ceremony was on October 27th. This was the pay back day! Sol commented on how much better they were working together. It seemed that the two of them clicked the third week. That night, Bentley was definitely excited to see us but when leaving with Sol he never looked back. To see Bentley with Sol and how Bentley responded to Sol made me realize how rewarding this really is.

I miss my constant shadow. It really feels different to go grocery shopping and not have my side kick with me, or sit at my desk and have legroom, or no one nudging my knee at a restaurant trying to get a treat from me. Sol states everything is going well and Bentley is learning new tasks everyday.

If you want to know more about Helping Paws check their website at www.helpingpaws.org or give me a call.



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

We're on the web

www.mnnapnap.org

**2006–2007
Membership Update**

Please extend a warm welcome to new / returning members:

- Peggy Gilbertson, Rita Korman, Sandra Nelson
- Barbara Peterson, Lynnea Piotter, Roxanna Plouff
- Amy Tannahill, Carolyn Veglia-Young

Directory information for these members is available at the mnnapnap.org website. Click "Membership Login" on the home page (located in the upper right corner) and log in. Click on the statement: [Print Directory of Members who joined after the Directory was mailed \(PDF: 18KB/2 pages\)](#) which is located at the bottom of the drop down box in the upper right area of the screen.

**Annual MN NAPNAP
Research Grant**

- Anne Boisclair-Fahey

It is time again to start thinking about applying for our Minnesota NAPNAP Research Grant. If you are a Minnesota NAPNAP member or a Minnesota PNP student (Masters or Doctoral candidate) and have a research project that you would like to submit to our research committee for possible funding please see the Research Grant Guidelines located on the www.mnnapnap.org website.

The research awards range from \$250.00—\$2000.00. The application deadline is March 31, 2006 and all materials can be mailed via the U.S. Mail to:

Anne Boisclair-Fahey
979 Caren Road, Mendota Heights, MN 55118

Swaddling Blankets Preview—Colleen Dobie

The MN Chapter of NAPNAP is now offering infant swaddling blankets with our chapter logo. They are the recommended large (approximately 42 inch) square blankets that allow for an even, balanced wrap. This large size accommodates infants up to 9 months of age. Flannel blankets are available in pastel blue, pink, and yellow; knit blankets are available in assorted colors as the fabric is available.

Swaddling is considered the cornerstone of calming in Dr. Harvey Karp's "The Happiest Baby" program for soothing fussy infants. If used with the proper swaddling technique, tight bundling will help to imitate the confines of the womb, reduce extraneous distractions and self-induced startling, and focus the infant on additional calming strategies. Swaddling is ancient art revisited.

It requires a precise approach to be effective. You are invited to the MN NAPNAP winter dinner conference, Thursday, February 8th, to learn



the art of swaddling as well as an introduction to "The Happiest Baby" program for calming fussy infants. This program is based on the study of baby-soothing methods used by different cultures around the world. It is researched, widely recommended, and incorporates the recommendations of the American Academy of Pediatrics on protecting babies from SIDS. It is a wonderfully sensible and natural method for PNPs to share with parents and caregivers. Your own children and grandchildren will benefit, too!