



Eastern Massachusetts Chapter

Volume 13, Number 2 ★ January 2003

President's Message

Cathy Sizer, President EMNAPNAP

Greetings!
As I write this, Thanksgiving is over and the Christmas season is in full swing. I find it somewhat difficult to be thankful for a world that grows more dangerous by the day, so I turn to family and friends and I pleasantly discover myself feeling closer than ever to them.

By now all of you should have received a letter from me about what I hope will become an annual project with the Bridge Over Troubled Waters organization. We got off to a good start at the recent chapter meeting. Thanks to all of you who contributed gifts and socks and staffing the van. Soon the board will begin calling you to ask what you might be able to contribute throughout the New Year. It is our hope that everyone will contribute something to this project. Linda Malone rides the van monthly, now, and I volunteered to ride the van again on January 3rd. We also want to continue to work on our liaisons with our governmental representatives.

The chapter meeting, which was a dinner event at the Dedham Hilton Hotel, went well. The food was great and the speaker from a local allergy and immunologist's office was quite informative about the management of asthma. I only wish more could have attended.

In October the board staffed the national booth at the AAP meeting here in Boston. Thanks to all of you who helped! This gave us a chance to meet briefly with many physicians and check out the exhibits. Most pediatricians who stopped at the booth already work with nurse practitioners and had nothing but praise for them. Others stopped by looking for information about hiring them. The editor of the SHOT CLOCK, published by the Massachusetts Chapter of the American Academy of Pediatrics Immunization Initiative, also visited the booth. She offered a grant that would allow us the ability to mail a copy to all members. It was a positive experience for all and the chapter earned \$500 for our efforts.

And finally, I was disappointed at the response to the survey published in the last newsletter. Only about 10 were returned to me. The purpose of the survey was to find out, firsthand, what you, the membership, want from this organization. We are trying out new formats and know that you all must have some idea about how we can serve you better. It is not too late to return the survey.



**Some lucky member
who attends the
January 23rd
Chapter meeting
will win
free registration
to the
NAPNAP conference in
Orlando in April!!!**

**It could be you . . .
if you attend!!!**

For membership registration forms
<http://www.emnapnap.org>

*Wishing you all a
safe and Happy
New Year!*

2003

**Check Out Our Website
<http://www.emnapnap.org>**

Hot topics . . .

Talking about the HIPAA-potomas in the waiting room

New HIPAA regulations on confidentiality have many offices in a buzz. The HIPAA legislation had four primary objectives:

1. Assure health insurance portability by eliminating job-lock due to pre-existing medical conditions
2. Reduce healthcare fraud and abuse
3. Enforce standards for health information
4. Guarantee security and privacy of health information

Healthcare employees are required to undergo training on these regulations. The deadline for privacy training is April 13, 2003. To find out more, the following websites contain information, products, and training:

http://www.med.miami.edu/education/hipaa_privacy_education.asp

<http://www.hcti.org/home/welcome.asp>

<http://www.hipaaplan.net/google/>

<http://www.aardvarkforms.com/main/products.html>

<http://hipaa-kit.com/hipaa-kit/>

<http://privacy.med.miami.edu/>

Plasticizer DEHP warning



Di(2-ethylhexyl)phthalate (DEHP) is the polymer that makes poly-vinyl chloride (PVC) pliable and is the major plasticizer in medical devices. The more procedures a person is exposed to, the higher the DEHP exposure. The amount of DEHP that leaches out of these devices is determined by temperature, lipid content, and duration of contact.

The FDA warns that in animal studies, negative effects have been observed on the male reproductive system and the production of sperm. Though no specific symptoms have been observed in humans, it is cautioned that exposure should be minimized in the more vulnerable male populations, such as fetuses,



neonates, and adolescents. The transfusion of blood products is associated with the highest release of this substance, though minimal amounts are detected from IV bags.

One source for identifying alternative devices that do not contain DEHP-plasticized PVC is <http://www.sustainablehospitals.org>, associated with the University of Massachusetts Lowell. The full DHHS notice can be read at: http://www.clinnutr.org/legislative/FDA_dehp7_12_02.pdf.

Handwashing revisited

CDC is releasing guidelines to improve adherence to hand hygiene in healthcare settings. In addition to traditional handwashing with soap and water, CDC is recommending the use of **alcohol-based handrubs** by healthcare personnel for patient care because they address some of the obstacles that healthcare professionals face when taking care of patients.

Handwashing with **soap and water** should be used when dirt is evident and remains a sensible strategy for hand hygiene in non-healthcare settings. The use of gloves does not eliminate the need for hand hygiene. Likewise, the use of hand hygiene does not eliminate the need for gloves. Gloves reduce hand contamination by 70 percent to 80 percent, prevent cross-contamination and protect patients and health care personnel from infection. Handrubs should be used before and after each patient just as gloves should be changed before and after each patient. When using an alcohol-based handrub, apply product to palm of one hand and rub hands together, covering all surfaces of hands and fingers, until hands are dry. Note that the volume needed to reduce the number of bacteria on hands varies by product. <http://www.cdc.gov/handhygiene/>



Continuing Education Opportunities and Educational Websites

Educational Opportunities

Jan. 23 **Chapter Meeting** 6:30 to 9:00 PM at Newton Wellesley Hospital in Bowles Classroom, adjacent to the Shipley auditorium, 2nd floor. **Some lucky attendee will win free registration to NAPNAP conference in Orlando in April!!! It could be you if you attend!!** Topic TBA

March 15 **Spring Pediatric Symposium** at Children's Hospital
Topics include:
• Pediatric Chest Pain
• What's New in Contraception
• Vaccine Update
• Sexuality Discussions in Pediatric Primary Care

March 20-23 **11th Annual Primary Care for the Underserved** email contact: m.beauchesne@neu.edu

March 28 **Caring for Children with Autistic Spectrum Disorder: Practical Approaches/ Current Topics** by Franciscan Children's Hospital and Rehabilitation Center. At Marriott Hotel in Burlington, MA. 617-779-1520

April 9-12 **NAPNAP's 24th Annual Nursing Conference**
Gaylord Palms Resort,
Orlando, FL 1-856-256-2300



Need help staying current with breakthroughs and treatment guidelines?

- Several websites provide continuing education to help us keep abreast with the latest research in Pediatrics. This list is by no means exhaustive. If you have any favorites, please share them in our newsletter.

- <http://www.cmelist.com/list.htm>

- Annotated list of online CME. Many different topics available

- <http://www.emedguides.org/>

- Connections to many resources, articles, etc.

- <http://www.medscape.com/px/urlinfo>

- Medscape performs regular journal scans, letting you access specialty related news. (For instance, did you realize that following Henoch-Schoenlein Purpura, the greatest long term complication is renal problems and that the presence of true nephritis one month post HSP is the greatest predictor of sequelae? See: Ronkainen J, Nuutinen M, Koskimies O. The Lancet. 2002;360(9334):666-670)

- <http://www.ahrq.gov/clinic/epcix.htm>

- Agency for Healthcare Research and Quality—evidence based practice guidelines.

- <http://www.nursingsociety.org/education/ceonline.html#cases>

- This is the site for Sigma Theta Tau. It offers case studies and CEU.

- <http://www.nursingcenter.com/about/>

- Lippincott's nursing center with links to their publications.

Getting Wired: Internet Resources for teenage girls

- <http://www.bam.gov/>
Body and Mind: for school age/adolescents from CDC
Information on fitness, mental health, diseases
- <http://www.sunrise.com>
Maturation information for teenage girls
- <http://www.youngwomenshealth.org>
From Boston Children's Hospital

National Monthly Observances

by Veronica Kane

January

National Birth Defects Prevention Month

<http://www.marchofdimes.com/professionals/682.asp>
The March of Dimes has several continuing education offerings about genetics

<http://waopbd.org/index.htm>
World Alliance of Organizations for the Prevention of Birth Defects. Provides links to parent support groups for numerous birth defects

February

Kids ENT Month and National Children's Dental Health Month

A day spent seeing pediatric patients doesn't seem to pass without at least one Acute Otitis Media diagnosis. AOM is the number two reason for acute primary care visits, closely behind, and frequently associated with, upper respiratory infections. In recent years, treatment guidelines have become more stringent in an effort to reverse the practice of over-prescribing antibiotics. Elemental is being able to accurately differentiate Otitis Media with Effusion (OME) from AOM. The presence of acute symptoms, such as fever or pain, in association with a red, bulging, immobile tympanic membrane makes the diagnosis of AOM.

Key to making this crucial distinction is pneumatic otoscopy (insufflator), tympanometry, and acoustic reflexometry. All of these instruments are used to assess mobility of the tympanic membrane. The information gained through pneumatic otoscopy can clarify an otherwise ambiguous diagnosis and specify a condition (AOM) needing antibiotic treatment from one requiring no treatment (OME). As clinicians, the serious threat of antibiotic resistance is well appreciated.

Amoxicillin remains the gold standard for therapy for AOM, but in many parts of the country, "including the Boston area,

the rate of penicillin-nonsusceptible pneumococci has risen above 25%" reports Jerome Klein, MD (Boston University School of Medicine). Recent studies by Block (2002) suggest that the administration of pneumococcal conjugate vaccine (Prenar, Wyeth) could potentially protect against most penicillin-nonsusceptible staphylococcus pneumoniae.

Education of parents around antibiotic resistance crisis and the self-resolving nature of most OM will gradually result in a paradigm shift within society. Cultural and practice change is, as ever, a difficult challenge. The evidence-based clinical guidelines for diagnosis and treatment of OM provide leverage to facilitate this change.

ENT Relevant websites and articles:

Pediatric Annals, December 2002
<http://www.slackinc.com/pedann.htm>

Infectious Diseases in Children, November 2002
<http://www.idinchildren.com>

Don't let a good tooth go bad

Children's dental health can have profound effects on their nutrition, speech, and general health and well-being. Dental information can be found at a number of websites:
<http://www.ada.org/public/topics/ncdhm/>
<http://www.healthyteeth.org/>
http://www.keepkidshealthy.com/welcome/treatmentguides/dental_health.html
<http://www.angelfire.com/nc/kidsdental/topic37ncdhm.html>

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Note:

We occasionally lend out our membership list. The board discusses each use as it comes up. Some of you may not be aware that this is done.

March

American Red Cross, Irish Heritage, Mental Retardation and Chronic Fatigue Awareness Month

Here's a totally fun way to support the efforts of the American Red Cross, for their website:

Enjoy a tasty and colorful treat and, while you're at it, help the Red Cross respond immediately to thousands of disasters nationwide each year. Your online purchase of a set of Red, White and Blue "M & M's" will help generate a \$50,000 donation from Masterfoods USA—makers of the chocolate candies—click on "Special Colors" to learn more and place an order.

For information on Mental Retardation:

<http://thearc.org/faqs/mrqa.html>

<http://www.aamr.org/>

http://www.familyvillage.wisc.edu/lib_cdmr.htm

- Tired teen or CFS? For information of chronic fatigue and fibromyalgia try some of these sites!

<http://www.co-cure.org/>

<http://www.fnmedcenter.com/ccis/cfstest.htm>

<http://www2.rpa.net/~lrandall/index.html>

<http://www.chronicfatiguesyndromenews.com/>

<http://home.bluecrab.org/~health/sickkids.html>

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- March is that time of year when everyone gets GREEN in envy of the Irish. Find out more:

<http://www.irishheritagetrail.com/>

• the Boston Irish Heritage Trail

•

<http://www.reagoso.com/irishdance.htm>

• links to many sites about Irish culture and dance

•

<http://boston.about.com/library/weekly/aa030201c.htm>

About.com information about finding Irish things to see and do in Boston

<http://www.inhp.com/>

Virtual tours of 9000 years of Irish history



EMNAPNAP Board's central telephone number is:

781-893-5405,

**press 3 to leave a voice mail message for
any board member and it will be forwarded to her.**

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Legislative Update

Amy Delaney, RN, MSN, CPNP

The following updates have been compiled from national and state affiliate groups. For more information and updates, log onto the Massachusetts Coalition of Nurse Practitioners website (www.mcnpweb.org), where links can be found for the national nurse practitioner organizations (American Academy of Nurse Practitioners and the American College of Nurse Practitioners). Other national updates can be found on the NAPNAP website. New efforts are underway to have any legislative updates on the Eastern MA chapter website.

State Update

Death Pronouncement Bill

The MCNP and its lobbyists are continuing efforts on the death pronouncement bill. Christine Canavan, RN (D-Bridgewater) has agreed to be the House sponsor and Senator Stephen Baddour (D-Methuen) has been approached to consider being the Senate sponsor. Please find in the newsletter a fact sheet on this bill, which reviews why the bill is needed, what the bill does, and what current law now states.

As this bill moves forward, it will be important to make calls to your legislators on Beacon Hill to ask them to support the bill. If unsure of who your senator or representatives are after the election this year, updated legislative directories are available free of charge (one copy/call) through the Massachusetts Taxpayers Foundation at 617-720-1000.

National Update

Medicare Long Term Care Restraints

- Under current Medicare regulations, nurse practitioners are unable to conduct admitting physical examinations for patients entering skilled nursing facilities. The result of this regulation is that patients have to wait as long as twenty to thirty days to be seen and evaluated for care when they are admitted to skilled nursing facilities. Patients are not receiving adequate and timely care because of this rule.
- This change would be a regulatory change, so constituents are being asked to write to their legislators to ask them to persuade CMS to adjust their rules to allow NPs to perform these examinations. A sample letter can be found on the AANP web site at www.aanp.org.

NPs Restricted from Ordering Home Health Care under Medicare

- Legislation is needed that will authorize home health agencies and hospices to accept orders from nurse practitioners. Since the Balanced Budget Act was passed by Congress and signed into law by the president in January 1998, nurse practitioners have been providing reimbursable care to patients as Part B providers. Despite their ability to provide and bill for services, they are still unable to refer patients for home health care or hospice care.
- A language change or expanded interpretation of the word “physician” is needed in Part A, Section 1814, of the Medicare law in order for agencies to accept NP referrals. Please call or write to your legislators to encourage them to address the need for Medicare reforms that include the provisions for NPs to be recognized by home health agencies.

Appropriations for Nurse Practitioner/ Nurse Mid-Wife Educational Programs

- Congress passed the Nurse Reinvestment Act last session.
- The Americans for Nursing Shortage Relief (ANSR) Alliance

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is requesting \$250 million dollars for the implementation of the nursing shortage bill. All on the national level are following this issue closely to assure that the appropriate funding is appropriated, despite tight budget constraints, and the NP education does not get cut from this appropriation.

Bioterrorism Bill

NAPNAP treasurer Lt. Col. Ric Ricciardi, MSN, RN, CPNP has been nominated to the CDC's National Task Force on Children and Terrorism.

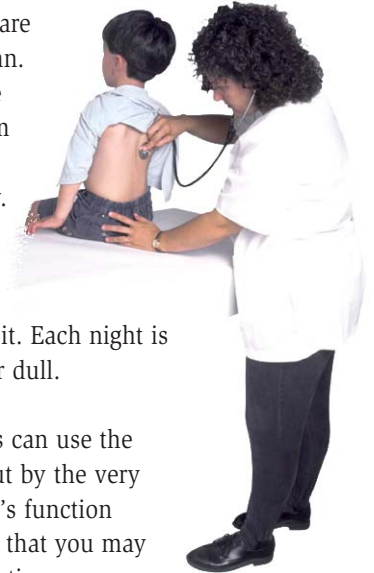
Update from Stacy Harbison, NAPNAP's Washington Representative

- In the 108th Congress, the coalition will work for re-introduction of legislation to create a National Media Campaign to Prevent Underage Drinking. Last year, this bill was H.R. 1509, which we supported. Congresswoman Lucille Roybal Allard (D-CA) has committed to reintroducing it in the House. We may wait until after the release of the NAS report to see if revisions should be made.
- The coalition will continue to push for Congressional hearings to examine whether voluntary alcohol media standards are working. The coalition is working to identify possible leaders.
- Finally, the coalition will oppose any move to reintroduce legislation that would slash the federal excise taxes on beer and liquor. In the 107th, these bills were H.R. 1305 and H.R. 1509. NAPNAP has not discussed these pieces of legislation or formed positions on them, so we'll need to bring this up during the next legislative call.

Volunteerism Projects

Bridge over Troubled Waters

In October, Cathy Sizer and Veronica Kane rode the van together and had a very interesting time. The care provided that evening ranged from measuring blood pressures to performing a urine pregnancy test to discussing the need for follow up for care for liver failure. Equipment and medications are stocked on the van. There is a private examination room and everything is clean and orderly. Linda Malone rides regularly, one evening per month and loves it. Each night is unique, but never dull.



Clients of all ages can use the van's services, but by the very nature of the van's function there is no worry that you may be faced with treating someone whose health needs exceed your comfort level. Situations that are complicated or beyond the scope of the van's services on any given evening get referred for care at a number of facilities. Referral information is on the van as are BOTW staff members who screen those allowed on the van. It is very safe environment and very rewarding. Whether you can contribute by riding, by donating socks, toothbrushes, or by making sandwiches, this is a wonderful opportunity to make a difference while spreading the good word about PNP's!

Tony Silva is the contact for those interested in riding the van. The van runs Monday through Friday, from 6 PM to 10 PM, and will gladly drop you back at your car or the T. Contact Tony by email (ynotsilva@hotmail.com) or call Tony at 617-423-9575 X 18.

Reach Out and Read

EMNAPNAP continues to support ROAR through the donation of children's books. New and gently used books can be dropped off at any EMNAPNAP meeting.

*Eastern Massachusetts Chapter
NAPNAP Newsletter*

*Veronica Kane, Editor
110 Garden St
Milton, MA 02186*

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*See you at the Meeting
January 23, 2003 at 6:30 pm
at Newton Wellesley Hospital, Shipley Auditorium*

*A lucky attendee will win free registration to NAPNAP
Conference in Orlando! It could be you!!*