



Eastern Massachusetts Chapter

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President's Message

Linda Malone, President EMNAPNAP

Greetings!

On behalf of the board, I want to wish all of you a happy holiday season. The chapter had two very successful meetings this fall and it was great to see so many old and new faces. We are trying a couple of new things as part of our effort to make this chapter better suited to the needs of its members. First of all, as always, we encourage members to come forward with ideas, issues, and events that may be of interest to the chapter. In addition, please let us know of any accomplishments, publications, or special things you or another member may have done. We need to share in one another's accomplishments and talents. Our plan is to have our members' accomplishments highlighted at our meetings and in future newsletters.

It was great to see so many students at our meetings. To the students, we thank you for participating and to those of you who "encouraged" the students to attend, we are grateful for your continued mentorship of future nurse practitioners. To keep the momentum going, the board is pleased to announce two new features which will continue to encourage this mentoring. First, we will begin to feature a "student nurse practitioner's column called "the student's perspective." In addition, this spring we will also institute a mentorship award. This award will be given to one of our members who has provided mentorship to other nurse practitioners. Please contact one of the board if you are interested in assisting us develop the criteria for this award. For the rest of you, watch for details on how to nominate your favorite mentor.

It has been an exciting time for our Bridge Over Troubled Water Project. Several members ride the van as part of our monthly commitment and countless other members have contributed food and toiletries to the project. A heartfelt thanks to all those involved; there is still time to participate in the project. If you are interested in riding the van on the third Tuesday of the month or assisting in any way, please contact me.

Lastly, I want to take a few minutes to thank all the board members who have been busy working behind the scenes this fall. We are fortunate to have many hard working volunteers who have already done so much. On a personal note, I want to thank all of you who were so supportive while I was a bit side-tracked during my family member's illness. I am constantly reminded how important this profession is and how great it is to know so many caring individuals. **Wishing you all a happy and healthy new year and we look forward to seeing you at our next meeting.**

Thanks . . .

to the

Committee Volunteers . . .

EMNAPNAP is a volunteer-driven organization.

We wish to express our gratitude to all of the members who have made an active commitment to the betterment of our chapter. If any other members have any ideas, or are interested in discovering how to support our chapter, just contact any of the board members.

We love to hear from you and are here to serve.

→ The Board Members of EMNAPNAP

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



Come to the January 22 chapter meeting for your chance to win registration to the National NAPNAP Conference in Dallas!!!

National Monthly Observances

January

Healthy Weight Loss Month

“Obesity epidemic” screams at us from headlines in journals, newspapers, and on the television. A major component to this plague of obesity is the decline in activity and fitness levels among children and adults. We can incorporate realistic fitness regimens into all weight management programs or instruction. The links listed below will help your clients get ready for May’s Physical Fitness Month and also help them make life changes that will result in healthy weight loss.



Jump Up & Go! is a community benefit program spearheaded by Blue Cross/Blue Shield of Massachusetts, Inc. (BCBSMA). Boston-area grantees include: CityKicks!, Healthy Bodies-Healthy Minds, Hip-Hop to Fitness, RISE, LPGA Girls Golf Club, Boston Chill Program, New England Scores Soccer Team, Color Guard, and Active Girls Initiative. Jump Up & Go! also funds Healthy Choices, a model school-based program that teaches middle-school students the benefits of good nutri-

tion and physical activity. In conjunction with a physical activity, students learn more about their overall health through fun exercises that take place during school. The stated goal is to "identify underactive students and introduce them to enjoyable physical activity and good nutrition." (From <http://www.girlscoalition.org/outspr01.html>)

<http://www.eatright.org/Public/Files/wellpoint.pdf>
Nutrition and Activity Guide for Parents

<http://www.ptgirlscouts.org/jumpupgo.shtml>
Patriots' Trail Girl Scout Council

http://www.shaws.com/create/bunches_of_fun/bunches_jumpup/
Shaw's Supermarkets

<http://www.bostonkids.org/connect3/leadership.html>
Children's Museum

http://www.apha.org/ppp/child_ob/professionals.htm
American Public Health Association on Obesity and Fitness

<http://www.cfah.org/habit/current/obesity.cfm>
Center for the Advancement of Health

<http://www.nhlbi.nih.gov/health/prof/heart/other/jumpstr.htm>
National Heart, Lung and Blood Institute

http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm
Clinical Guidelines for Obesity from NIH, downloadable for PDAs and for printing

<http://www.americanheart.org/presenter.jhtml?identifier=4596>
American Heart Association, Physical Activity for Children

<http://www.justmove.org/home.cfm>
American Heart Association, Fitness Center

<http://www.annals.org/cgi/content/full/137/3/208>
Annals of Internal Medicine, Clinical Guidelines

http://orthoinfo.aaos.org/fact/thr_report.cfm?Thread_ID=320&topcategory=Sports
American Academy of Orthopaedic Surgeons, Female Athletic Triad

<http://www.fitness.gov/adoles.html>
Government's site for fitness ideas for adolescents

February

14, National Condom Day; Wear one to show your love
email: Traada@ashastd.org; www.ashastd.org

1-29, Kids E.N.T. (Ears, Nose, Throat) Month
email: Kids@entnet.org; www.entnet.org/KidsENT
This is a great site, full of education for all levels—professionals to kids.

March

1-31, National Nutrition Month
www.eatright.org/Public/NutritionInformation/92_11422.cfm
This site offers suggestions for interesting nutrition-related activities.

Veronica Kane

Chapter Spotlight: Members in the News

The East Taunton Elementary School Fun and Fit Club used the **Go with the Grain for Kids** materials to develop six fun, kid-friendly whole grain education lessons. This program was co-developed by **Tracy Lawrence**, CPNP, MSN (with **Karen Tremblay**, BSN). These innovative pediatric nurses were named the Silver Winner of this year's **2003 Go With the Grain Distinction Awards**. The General Mills Bell Institute of Health and Nutrition (www.bellinstitute.com) awards three monetary prizes annually.

Way to go!!! (If you have received any awards or prizes, please share with us in the newsletter.)

Chapter updates

Our chapter meetings have been very productive and educational this year. **Barbara Kelley** gave us a wonderful presentation with slides of her time spent in India on a Fullbright Scholarship. We got an incredible look at Indian culture and how nursing education fits in. **Jan Hangen** also presented a fantastic lecture on Childhood and Adolescent Obesity and Eating Disorders. She is such a great resource for nurse practitioners struggling with how to deal with obese kids.

The next chapter meeting will be held at The Capital Grille in Chestnut Hill on **January 22, 2004** at 6:15 PM. We are excited for **Linda Carlson**, MSN, PNP, and a nationally renowned speaker to give us her lecture on **Pediatric ENT Puzzlers**. She uses actual case presentations to illustrate how to handle difficult upper respiratory infections in children. Be sure to sign up, as there are only 30 spots available! We look forward to seeing you there.

Ann Hession, Program Committee

Membership updates

We currently have almost 100 EMNAPNAP members! There are five first-time members and ten new student members from local colleges and universities. Welcome to all new members!

If you have not yet paid your dues for the 2003 - 2004 year, please do so (42 members from last year have not yet renewed—but it's not too late). Just a reminder to members, due to privacy rules, instead of your social security number, we need your mother's maiden name for CEU identification. Thanks for writing your email addresses legibly. We hope to have the membership renewal computerized in the future to make it easier for you to renew your membership.

Spread the word about our chapter to other NPs who work with children—even those certified by ANCC! And don't forget to invite students to participate. The meetings are a great way to network and pick up some CEUs as well.

Patricia Kent, Membership Chair

Chapter and Continuing Education Events

Jan 22	EMNAPNAP Chapter Meeting 6:15 pm; Capitol Grill, Chestnut Hill. Topic: ENT Puzzlers by Linda Carlson. Preregistration required due to limited seating. Register by email to program committee chair via our website. Raffle for registration to national conference.
Mar 4	Board Meeting 6:45 pm
Mar 8-11	National STD Prevention Conference; Philadelphia, PA www.stdconference.org
Mar 23-27	NAPNAP National Meeting, Dallas, TX www.napnap.org
Apr 3	EMANPNAP Spring Symposium
May 5 (Wed)	EMNAPNAP Chapter Meeting 6:15 pm; topic pending; Annual elections; Board Meeting to follow

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.



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.

EMNAPNAP Board Members

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AUTISM

SCREENING TOOLS

by Cathy Sizer

I am sure most of us currently working in primary care are not well-trained in the diagnosis of autism. Early diagnosis is essential, making routine screening for autism fundamental. Offering and performing at least one screening is another means of providing complete developmental assessment for our patients.



For a more complete look at the autism spectrum I refer you to two recent publications with autism articles:

1. Hudson, C. and Dixon, D. *Autism challenges in diagnosis and treatment* in **Clinician Reviews**. Vol. 13, No. 7. pages 46-52.
2. Nash, P. and Coury, D. *Screening tools assist with diagnosis of autistic spectrum disorders* in **Pediatric Annals**. Vol. 32, No. 10. pages 664-670. (This whole volume contains autism articles.)

Screening Instruments include:

- Checklist for Autism in Toddlers (CHAT and M-CHAT) which can be downloaded free from <http://www.nas.org.uk.profess/chat.html>.
- Pervasive Developmental Disorders Screening Test (PDDST), stage 1

Diagnostic Instruments include:

- Gilliam Autism Rating Scale (GARS)
- Childhood Autism Rating Scale (CARS)
- Autism Diagnostic Interview – revised (ADI-R)
- Autism Diagnostic Observation Schedule – Generic (ADOS-G)
- Pervasive Developmental Disorders Screening Test (PDDST) – stages 2 and 3

In my practice we have chosen to incorporate the M-CHAT screening questionnaire as part of the developmental assessment for all 18-month-olds who present for a routine physical. most articles about autism, 18 months seems to be the earliest age for diagnosis. The M-CHAT is a 23-item parent questionnaire with yes and no answers to questions such as: “Does your child point to items of interest that he/she wants?” The answers are then “scored.” Two or more ‘critical’ answers or any 3 “non-critical”

answers require further evaluation. It has high sensitivity, specificity, and positive predictive power. The drawback is that it relies on parental report alone. We do not intend to diagnose autism, but rather screen for it and then make the proper referrals.



Included in the Hudson and Dixon article are language deficits that indicate **immediate** autism-specific evaluation.

- No babbling, pointing, or other gesturing by 12 months
- No single words by 16 months
- No two-word spontaneous (ie, not echolalic) phrases by 24 months
- Loss of language skills or social skills at any age

Autistic disorder is only one part of PDD (pervasive developmental disorders). Others include Asperger’s syndrome, Rett’s disorder, childhood disintegrative disorder and pervasive developmental disorder not otherwise specified.

The DSM-IV describes the criteria for autistic disorder which includes two signs of impaired social interaction, at least one sign of impairment in communication, at least one sign of restricted behavior and interest and there must be a delay or sign of abnormal functioning in social interaction, language, or symbolic play prior to three years of age.

Anything we can do to help parents identify this devastating disorder warrants the few extra minutes it takes to do the screening.