



Association of Missouri Nurse Practitioners

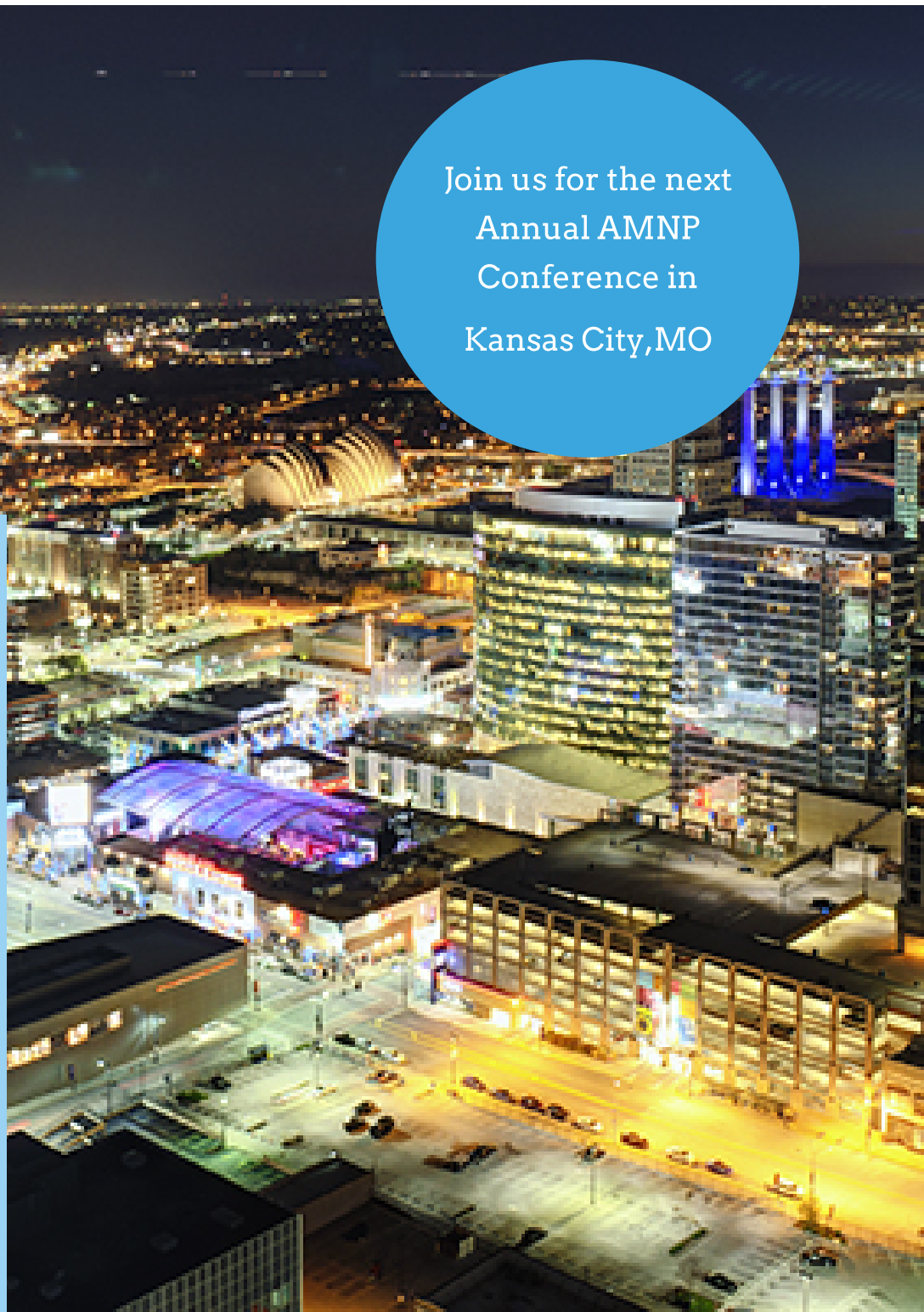
JUNE 2018 - Volume 3 Issue 3

## AMNP NEWSLETTER

Join us for the next  
Annual AMNP  
Conference in  
Kansas City, MO

### IN THIS ISSUE

- Annual Conference Information
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| LEARN |  
| NETWORK |  
| ENGAGE |

# 4th Annual Show Me Conference

**EARN**  
**7.0 CE Credits**  
(3.0 Pharmacology)

**CAREER FAIR**  
**NP Recruiters**  
**On**  
**Site**

## TRACKS INCLUDE

Pharmacology  
Population Health  
Dermatology  
Psychiatry

## AUGUST 3RD

Preconference  
3 CE's Offered

## AUGUST 4TH

Conference  
7 CE's Offered

**MARRIOTT KC**  
**775 BRASILIA AVE**  
**KANSAS CITY, MO**



REGISTRATION IS NOW OPEN!  
Register @ [www.missourinp.org](http://www.missourinp.org)





# AMNP 4TH ANNUAL SHOW ME STATE ANNUAL CONFERENCE

## Conference Information

When: Saturday, August 4, 2018 at  
7:00am CT - 5:00pm CT

### Topics:

Renal Pharmacology  
Population Health and the Role of the NP  
Political Action and Legislative Update  
Dermatology: Medical and Cosmetic  
Aesthetics  
Management of Migraine  
Psychiatric Presentation  
Pharmacology of Osteoporosis

## Pre-Conference Workshops

When: Friday, August 3, 2018 at  
6:00pm CT - 9:00pm CT

### Topics:

Aesthetics Live Injection Demonstration  
EKG Interpretation  
Intro to Radiology for the Primary Care  
Provider  
Billing and Coding

Register on our website  
[Click Here](#)



# AMNP NEWSLETTER

# VICE PRESIDENT MESSAGE



*JoAnn Franklin,  
APRN, FAANP,  
AMNP Vice  
President and  
Advocacy Chair*

Association of Missouri Nurse Practitioners needs to develop “grassroots” in the upcoming elections. Members should reach out to their local candidates and interview them to get a feel for their positions concerning Advanced Practice Nursing.

We developed simple questions to use in this process.

Questions for Candidates from AMNP:

1. Do you have family or friends who are nurses or nurse practitioners?
2. Do you or anyone from your family receive care from a nurse practitioner?
3. Did you have a positive experience with a nurse practitioner provider?
4. Would you be interested in knowing more about nurse practitioners ability to improve health care in Missouri?
5. Would you like to know more about nurse practitioner roles and education?
6. What are your concerns about the health care needs of your constituents?
7. Whom do you seek as a resource for health legislative decisions?

Volunteer to be an expert in health care for them.

Please contact us and give us feedback concerning information obtained.

In addition, Senator Rob Schaaf terms out on May 18. He has been a huge obstructionist for our cause and his leaving is of benefit.



Advocacy Day, April 18th



Advocacy Day, February 7th



# MEMBER SPOTLIGHT



Anniece Spencer was born and raised in St. Louis, MO. From 2002-2006 she attended Tennessee State University (TSU) in Nashville, TN. In the summer of 2006 Anniece completed a summer internship at The Pennsylvania State University School of Nursing MaCAN program. This program exposed minority nursing students to research and advanced practice/educational opportunities in nursing. During this time she was a research assistant for two NIH funded studies focusing on delirium superimposed on dementia with Dr. Donna Fick and Dr. Ann Kolanowski.

During her time at TSU Anniece was a member of the Women's track team that won Ohio Valley Conference Indoor track & Field Championships in 2003. Unfortunately, she had to stop running track in 2004 to pursue her nursing degree. This paid off in December of 2006 when she earned her BSN degree. Shortly after graduating from Tennessee State University Anniece worked as a registered nurse on the forensic medical surgical floor at Metro General Hospital in Nashville, TN. The plan was to work only for 5 years then pursue a MSN degree to become a nurse practitioner. However, just following doctor's orders was not enough and she decided to obtain her MSN degree sooner. In 2008 Anniece attended The Pennsylvania State University on a full scholarship and was inducted into Sigma Theta Tau International Nursing Honors Society. May 2010 she graduated with an MSN degree

specializing in Family Nurse Practitioner. In addition, her integrative review was published in *The Nurse Practitioner Journal* February 2012 issue titled "Hypertensive African American Women and the DASH diet." While finishing her MSN degree Anniece Spencer accepted a position as a Family Nurse Practitioner at Grace Hill Health Center in St. Louis, MO. During her 4 years here she was the clinician for the diabetes cluster class and member of the customer service team.

During her time working at Grace Hill Health Center she saw the high prevalence of uncontrolled type 2 diabetes and the complications of the disease that can be prevented with proper treatment. This is when she grew a passion for managing diabetes. At the same time she decided to pursue a Doctor of Nursing Practice degree (DNP). The University of Alabama Birmingham happened to have a DNP program where a student could specialize in Advanced Diabetes Management. In 2015 Anniece obtained her DNP degree, Advanced Diabetes Management Concentration, from The University of Alabama Birmingham. A month later she became board certified in advanced diabetes management. Currently she works for Medtronic in the advanced insulin management division as a diabetes clinical manager and district speaker. She is excited to educate health care providers and patients with type 1 and type 2 diabetes on Medtronic diabetes medical technologies (insulin pumps and continuous glucose monitors) proven through evidenced based research to improve diabetes outcomes.

Not only does Anniece commit her nursing skills in her work environment but also in the community. She was a team member from 2013-2014 for the CDC Community Transformation Team with the Gateway Region YMCA. The goal of this grant initiative was to implement strategies to reduce health disparities among African American and Hispanic communities in St. Louis City/County and select cities in Illinois. In addition, she is a member of the St. Louis Nurses in Advanced Practice where she served as a symposium committee member in 2017 and 2018. *She is a level 1 certified USATF coach and USATF certified official. She coaches youth athletes for the St. Louis Express Track Club. Recently Anniece was awarded with the American Association of Nurse Practitioners (AANP) 2018 State Award for Excellence for Missouri. She will be honored at an awards ceremony, along with other state award recipients, held during the AANP 2018 National Conference June 26-July 1, 2018, in Denver, CO.*

# AMNP NOMINATIONS

## BOARD NOMINEES

after our nomination process the following nominees have accepted the nominated role should majority vote elect them. In July there will be an electronic voting process to select our new leaders. Voting will begin July 1st through July 14th. The winners will be notified by our President Lila Pennington. JoAnn Franklin DNP will move into the President seat of the AMNP. Below you will find brief information on each candidate for the other board seats.

Voting begins July 1st and will end July 14th. Please plan to vote to let your voice be heard. Nominee information here.

### Vice President:



**Julie Long**

Family Nurse Practitioner with expertise in diabetes, chronic disease education and management;

well visits across the lifespan; GYN; pediatrics; NICU Diabetes Shared Medical Visit program coordinator Expertise in patient engagement and PCMH implementation. Current Treasurer for the AMNP Board.

### Treasurer:

Open

### Secretary:



**Carla Beckerle**

Carla Beckerle, DNP, APRN-BC, has 40+ years of experience in a variety of health care

settings. Early in her career, she managed critical care patients in a staff nurse role before expanding to leadership roles which included director of critical care and emergency services at Christian Hospital, a member of the BJC health system in St. Louis Missouri. She developed and implemented a clinical pathway program for chronic disease states and led the case management team to improve health outcomes and integrated the utilization review services in an integrated approach. She developed the first Nurse Practitioner staffed urgent care model in the emergency departments of Christian Hospital and as a result, decreased wait times and throughput for patient care. After 25 years in inpatient medicine, Carla transitioned to primary care at Esse Health as the first Nurse Practitioner in a North County internal medicine practice. She is committed to the model of excellence and precepts many Nurse Practitioner and DNP students during her clinical hours at a variety of Universities in the St Louis area.

Beckerle is a member of the Diabetes coalition between St Louis Department of Health and the ADA and is currently the President of the American Diabetes Association's Community Leadership Board. Beckerle was selected as one of the



St. Louis Business Journal's Health Care Heroes in the recent past and served as the Chair of the St. Louis Nurses Advanced Practice Association (StLNAP) from 2013-2015.

Her current role as the Vice President of Clinical Programs at Esse Health includes strategic planning and implementation of the company's case management team which includes home health, skilled nursing facility NP lead management of patient care, hospital case managers, dietitians, and wellness team initiatives. She also works as a nurse practitioner at one Esse Health Internal Medicine practice regularly and functions as a case manager with patients that are part of Esse Health's Compassion and Resources at Esse Health (C.A.R.E.) Program. She is a Certified Pump Trainer and focused on diabetes care during her doctoral work. She serves as a content expert reviewer for Diabetes spectrum magazine and is a member of NANDA International Expert clinical Advisory panel (ECAP). Carla has her Lean Six Sigma Certification/Black belt Certification and is committed to quality in the health care arena.

Professional organization memberships include, ENA, StLNAP, AANP St. Louis and State Chapters, MONA St. Louis and State Chapters, AMNP state chapter, Sigma Theta Tau (Delta Lambda Chapter).



## BOARD NOMINEES CONT.

### Advocacy Chair:



**Laura Kuensting**

Dr. Kuensting has been practicing as a pediatric nurse in the emergency department for

over 30 years in St. Louis. In 1994, she received a Master's degree in the Nursing of Children as a Clinical Nurse Specialist, then a post-master's certificate in 1997 as a Pediatric Nurse Practitioner. Laura has practiced as an APRN in the emergency department at Mercy Children's Hospital in St. Louis for over 20 years. In 2011, Laura completed her Doctor of Nursing Practice degree from St. Louis University. While maintaining her clinical practice part-time, she began a career in academic nursing as the Coordinator of the PNP program at the University of Missouri-Columbia. In 2015, Laura had the opportunity to serve as the first Director of the Institute for Emergency Nurses in Advanced Practice at the Emergency Nurses Association (ENA) in Chicago, IL. In 2016, Laura was offered a position back in St. Louis as the Director of the MSN/DNP programs at the University of Missouri-St. Louis where she is currently employed.

Laura is a nationally known speaker, has numerous publications, is an expert witness, consultant, and item-writer for board certification exams. Laura is an active member of the St. Louis Chapter of the ENA, St. Louis Nurses in Advanced Practice, Association of Missouri Nurse Practitioners and is the current President of the St. Louis Pediatric Nurse Practitioner group. She is

politically active in advocating for full-practice authority in the State of Missouri and she committed to enhancing the education and practice of APRNs.

Laura Kuensting  
DNP, APRN, PCNS-BC, CPNP, CPEN

### Membership Chair:



**Beth Dalton**

I was appointed to fill the vacant Membership Chair this year. It is my goal to

continue as your Membership Chair, to take part in the leadership process of change. Helping the organization to give NP's opportunity to network and grow is my goal. Promoting the only Missouri State Professional Organization dedicated specifically to nurse practitioners as well as working with other professional nursing organization gives voice that NP's are here to stay and give high quality care for residents of Missouri. Many NP's of Missouri have not yet heard of AMNP. Another of my goals is to make face to face visits to various schools, events and meetings to promote membership, and involvement. I am a fairly new NP, three years, however, I have 28 years of RN experience in multiple roles. My primary role as an NP is home based Palliative Care with Trade Winds Palliative Care and Safe Harbor Hospice. I work part time for Midwest Convenient Care walk in clinic and work part time for Beyer Medical Group. I am an AANP member, AMNP member and board member and also a member and secretary of the board my local NP organization, SNAP

(Southeast Missouri Nurses of Advanced Practice).

Beth Dalton, FNP-BC

### Professional Development/Philanthropy Chair:



**Tracy Clark**

Tracy Clark, DNP, APRN, FNP-C, ACHPN is active in the nurse practitioner professional community. She

has been an RN for over 30 years, practicing in various fields. She has been a nurse practitioner for over 10 years and completed her MSN and DNP at the University of Kansas. She works full time for the Saint Luke's Health System in Kansas City as the palliative and hospice nurse practitioner. She also owns and runs a practice with her husband in Shawnee, Kansas and works prn in the Saint Luke's Health System retail clinics. Birth to bariatrics to Botox to bereavement describes her practice.

Tracy has been the Professional Development Chair for AMNP this past term. She has been involved in planning the 2nd – 4th annual conferences. She manages the CE activities to insure strict adherence to the AANP guidelines. Tracy is the chair of the Saint Luke's Health System APP Council, is the Secretary of the Northeast Kansas Nurse Practitioner Alliance and is on the steering committee for the Midwest Hospice and Palliative Nurses Association. Tracy developed and implemented the Saint Luke's Health System APP OnBoarding for Success! program.

## BOARD NOMINEES CONT.

### Central Representative:



**Scott Barnes**

My name is Scott Barnes and I am proud to be your Central Region AMNP representative. I am a DNP

graduate of the University of Missouri and have lived in the Central Missouri region for over 25 years. I am a board-certified Family Nurse Practitioner and member of AANP. I have been a proud member of AMNP since its inception. One of my driving forces as an AMNP member and Central Region representative is to advocate for our profession in the legislature and to make sure that Missouri nurse practitioners have a voice. As your Central Region representative, I will continue to advocate for our profession while providing additional focus on nurse practitioner recruitment and education. My health care passions include spine, orthopedics, geriatric and bariatrics. My non-health care passions include family activities, sports, outdoor activities, and aviation. Thank you all and I look forward to working with everyone.

Dr. Scott Barnes, DNP, FNP-C

### Kansas City Representative (2 nominees):



**Karin Riepe**

I have been a nurse for 35 years. I graduated from Avila University in 1983 with BSN in nursing. At the urging of my twin sister who is also

a nurse, I returned to obtain my MSN in 1997 and became a Family Nurse Practitioner. I worked for 4 years in a family practice setting and was forced to find a different job when my collaborative physician retired and his replacement made the restrictions to practice so miserable that I started a new career as Nurse Practitioner in the Emergency Department at North Kansas City Hospital. I also work in a school based clinic and serve as a resource regarding collaborative practice issues.

I became actively involved in the advocacy and the legislative process in 2008. I wanted to see the barriers removed that make it difficult for patients to have access to care and remove constraints on NP practice. As a nurse practitioner in the emergency department, it is critical to be able to provide pain relief which with the current legislation is difficult. I advocate for nurse practitioners to practice to the full extent of their education and training. I also feel strongly that patients have a right to see the health care provider of their choice. As the Kansas City representative for AMNP, I have set up several meet and greets to introduce the organization to nurse practitioners. I have also coordinated a one day continuing education class in Kansas City area. I feel a strong grassroots effort will effect change in our profession.

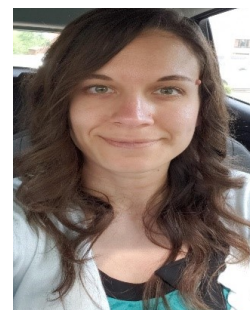


**Pamela Hertzog**

APRN working in a primary care environment for several years. Previously as

a Sane-A Nurse Established three rural hospital forensic programs. Site coordinator for four forensic hospital programs Interview, examine, and perform forensic exams on adolescents and adults. Photographs internal/external injuries and document findings. Collects and secures forensic evidence and maintains chain of custody. Staff training and community education.

### Southeast Representative (2 nominees):



**Megan Robison**

As a single mother to two wonderful little boys and a full-time psychiatric

RN at SMMHC in Farmington, I still wonder how I was able to complete the MSN this past December. But I very much look forward to moving on and learning with this exciting expanded role. There is so much I haven't gotten to experience yet, but if my ten years of nursing have taught me anything, it's that I likely never will stop learning. I've spent most of my life in southeast Missouri, and I hope to benefit the many scattered but united rural communities in our area as I progress through this new career. I am a member of AMNP and my local NP (SNAP) group.

### Anne Voss (no photo)

Worked as liaison for Advanced Practice Nurses at Mercy Four Rivers. Is a member of MONA and AANP in addition to AMNP.



## BOARD NOMINEES CONT.

### Southwest Representative:



**Rosanne Johnson**

With a passion for Emergency Medicine, the entirety of my career has been

served in Emergency Services, in which I started as a Registered Nurse nearly 20 years ago. These experiences have provided me with a strong foundation throughout my nursing career and encourage me to seek an Advanced Practice Nursing (APN) degree in 2012 through the University of Missouri-Kansas City. Currently, my practice includes services provided to patient throughout the Emergency Department and Urgent Care facilities at Cox Health Systems, Springfield, Missouri, where I have remain employed since 2001.

My greatest strength is the ability to effectively manage patients who have experienced acute trauma or severe life stressing events impacting their health. Throughout my career it has provided me with the critical thinking skills needed to focus and understand there is no single approach in delivering health-care needs to individualized patients. I have the determination and ambition to seek out opportunities which can help shape policy about how care should be delivered to all patients. Not only to improve their quality of life but to build the health, of not only the community, but our country.

### Northeast Representative (2 nominees):

#### Kathy Haycraft (photo next column)

I am an advance practice nurse and am certified in family, dermatology



and pediatrics as a nurse practitioner. I currently employed as a dermatology nurse practitioner. I completed my doctorate in 2011. In addition to the above areas of clinical experience, my passion is health care policy. My experiences in administration, education, and in the clinical setting have led to a strong sense of what health care is and what it needs to be. Specialties: Dermatology, Family, and Pediatric Nurse Practitioner. Current Northeast Representative AMNP, Current Region 7 Representative AANP, MONA



**Nora Hockman-McDowell**

I am proud to be a Mizzou prepared Family Nurse Practitioner since 1997 providing

primary and acute episodic care, wellness promotion and disease prevention as well as Long Term Care for rural populations. I became DNP prepared one year ago and am excited to employ my newly acquired DNP skills as Northeast Representative of the AMNP Board in an active role promoting access to health care for underserved rural populations. As we move forward advancing our profession of nursing to improve patient outcomes and population health, I anticipate exciting changes in health care for our patients with the focus of alleviating health care disparities for all populations we serve.

### Northwest Representative



**Sarah Knorr**

I am Family Nurse Practitioner and I work for a Federally Qualified Community Health Center

in St. Joseph. I got my Bachelor of Nursing from Missouri Western State University and my Master and Doctor in Nursing from the University of Missouri-Kansas City (UMKC). I also am adjunct faculty at UMKC. I am currently in a Clinical Scholars program for Midwest AIDS Training and Education Center. For a little over a year in addition to family practice, I have been treating HIV, Hep C, TB, Pre and Post Exposure Prophylaxis for HIV.

In 2010 I started Advanced Practice Nurses of Northwest Missouri and we continue to meet quarterly as a social group. I hope to transition my group to an AMNP group for Northwest Missouri.

### St. Louis Representative:



**Susan Dawson**

Susan Dawson has been an Advanced Practice Nurse in adult psychiatry for 20 years, first a CNS, then an NP.

She has taught nursing at all degree levels for 30 years. Susan has been involved with AMNP since the first e-mail was sent. She has served on the state-wide informational monthly phone call at the invitation of David LaFever. She had served as an officer on the board of directors of the American Psychiatric Nurses Association both Missouri Chapter and Nationally.

# POLYPHARMACY REDUCTION



*JoAnn Franklin, APRN,  
FAANP, AMNP Vice  
President and Advocacy  
Chair*

CMS defines polypharmacy as nine or more medications. I found this out by being involved in the Missouri Quality Initiative through the University of Missouri in Columbia. The Sinclair School of Nursing has a grant from CMS with four goals.

1. Reduce hospitalizations by recognizing illness early
2. Reduce polypharmacy
3. Eliminate antipsychotics in Dementia
4. Initiate Advance Directives.

We all must recognize that America is aging and many patients have multiple comorbidities that often are treated with many medications. Each addition of a prescription to go with prior medications ordered causes potential for adverse reactions. This needs to be an evaluation each time you prescribe. Many Health Electronic Records now have alerts of interactions. Applications are available to place multiple medications in a list to see interactions too. Developing a method to evaluate and eliminate medications is essential. Tips include looking at medications in the same class to see if multiples are necessary. Often medications are not at maximum doses and medication for the same purpose are medications to eliminate by raising the dose of one in that class. Many drugs that might be preventative are no longer necessary based on increasing age. Many people take medications without having had a gradual dose reduction. Medication added in a situation like a hospitalization may no longer be required. GERD treatment is an example of

over use of medications that has the possibility of side effects patients do not consider. Proton Pump Inhibitors can deplete calcium; lead to osteoporosis and cause fractures but so many people take them without regard. This type of medication needs careful withdrawal so as not to cause rebounding of acid making symptoms unbearable. PPIs also have a connection to heart disease. Aging can reduce renal function, decrease in vision and hearing and impact cognitive and functional abilities and these aging processes definitely are considerations in prescribing medications. Evaluate duplication, high doses, duration of medication and adequate monitoring. Drugs can cause sedation, falls, apathy and increase costs for this population. Life style changes instead of drugs often can decrease the risks involved in pharmaceuticals. Advanced Practice Nurses are experts in teaching patients how to make life style changes and that quality is something we should embrace as we see increasing elders in our practices.

Send questions or comments to  
[franklinjb@missouri.edu](mailto:franklinjb@missouri.edu)





## AMNP BOARD MEMBERS

President: Lila Pennington

Vice President & Advocacy Chairperson: Joanne Franklin

Treasurer: Julie Long

Professional Development Chair: Tracy Clark

Membership Chair: Beth Dalton

Secretary/Webmaster: Aleisha Breen

Regional Representatives:

Central: Scott Barnes

Kansas City: Karin Riepe

Northeast: Kathy Haycraft

Northwest: Patti Waddell

St. Louis: Margaret Benz

Southeast: Tammy Bartholomew

Southwest: Janice Jones

### JUNE 7TH

Southwest Region Meet & Greet  
Cantina Laredo, Springfield, MO  
6:30 PM

### JULY 1ST - 14TH

AMNP Board Nominations  
More information to follow. Be watching for an email.

### AUGUST 3RD

AMNP 4th Annual Show  
Me Pre-Conference  
Kansas City, MO

### AUGUST 4TH

AMNP 4th Annual Show  
Me Conference  
Kansas City, MO



**Association of Missouri Nurse Practitioners**

#### WEBSITE

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

#### PHONE

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AMNP

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Wardsville, MO 65101

We want to give a special thanks to Janice Jones for filling the Southwest Regional Representative role until the new board member is elected and officially takes office in January 2019.