



NURSE PRACTITIONER ASSOCIATION
OF SOUTH DAKOTA

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Summer 2018 • NPASD, P.O. Box 91442, Sioux Falls, SD 57109 • www.npasd.org • Volume 22, Issue 2



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MESSAGE FROM OUR PRESIDENT:

Nicole Gibson



As Nurse Practitioners (NPs), we continuously seek ways to improve the care we provide to our patients and communities. Pioneering nurses throughout history, such as Florence Nightingale and Loretta Ford, sought to improve the art of nursing and patient care and routinely engaged in self-assessment. Engaging in self-assessment is one tool we can utilize for self-improvement and care delivery.

Our educational journey to becoming an NP was filled with opportunities for feedback on our performance from foundational knowledge through complex concepts. We received feedback from professors, preceptors, peers, and ourselves. Often, many of us find ourselves to be our harshest critics. When an opportunity arises for self-assessment, the value of this reflection is immeasurable. In our current roles, whether they include clinical practice, education, community service, leadership, etc., formal opportunities for assessment may be limited, increasing the value of self-assessment.

Self-assessment provides a set of standards or goals we measure ourselves against. Taking the time to reflect on how we meet those standards or goals provides insight into the how, what, when, and why. Documentation of these achievements or areas for growth can exponentially inform us where we need to focus energy and seek new knowledge and skills. This reflection and growth transcends into the care we provide and enhances the experiences we share with our patients.

To continue to move the NP profession forward requires assessment and work. Identifying areas for innovation and growth requires flexibility in anticipation of the changes we are inundated with in our profession. It is up to us as members of this profession to define and set our standards and goals. Navigating this change and meeting our standards and goals truly is a part of the "art and science of nursing." Outside feedback is important, however it is our self-assessment that provides the richest opportunities to shape the future. I encourage every member to engage in self-assessment, so our profession can continue to thrive.

"Discovery consists not in seeking new lands but in seeing with new eyes."

- Marcel Proust



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Board Member Spotlight Brandy Smith

2018's new NPASD Board Member Brandy Smith's NP career was spurred by a desire to educate. While her grandmother's diabetes and subsequent complications was the reason for choosing a nursing career, her role as a diabetes educator at McKennan Hospital allowed her to visualize how an NP career could allow for her to comprehensively care for diabetes patients. To this day, she believes maintaining her Certified Diabetes Educator(CDE) and Board Certified Advanced Diabetes Educator(BC-ADM) designations as an NP, is one of the most important achievements of her career.

She started her career working in Family Practice for Comfrey, Mt. Lake and Windom, MN Sioux Valley Clinics in 2003 after graduating from South Dakota State's NP program. In 2005, she transitioned to specialty practice at Sioux Valley (Sanford) Endocrinology in Sioux Falls and worked there for the next 12 years. In addition to direct patient care provision and education, she also had a passion for promoting her internal and external colleagues to learn more about diabetes to, in turn, arm patients with knowledge. Brandy believes that her yearly diabetes/endocrine educational lecture series to SDSU's NP and USD's PA students is the best way she can give back to her profession. Her favorite quote is from Dr. Eliot Joslin of the famed Joslin Diabetes Center "the diabetic who knows the most, lives the longest". She tells students that in whatever capacity you choose to practice as an NP, you will touch the life of someone with diabetes and it's important to have that knowledge base.

For the past 4 years, she has worked in a pro bono capacity for South Dakota Urban Indian Health in Sioux Falls. She is also a Clinical Science Liaison for AstraZeneca pharmaceuticals covering Iowa, Minnesota, Nebraska, North Dakota and South Dakota. In her current role, she is part of a team of 30 NP and PA colleagues across the U.S Medical Affairs organization. The role includes being a scientific resource to health care professionals imparting medical information related to disease state and treatment guidelines, as well as future drug development and education on current product information. She is thankful to be able to translate her experience and passion for diabetes care to others. The greatest fulfillment has been working with researchers looking at the improvement of care, disease modification and potential cure of this disease, as well as other chronic diseases.

While Brandy has practiced and lived in Sioux Falls for the majority of her career, she is thankful for rural NPs that practice in the state. In her hometown of Burke, SD, NP providers like Deb Leibel have been her extended family's health care provider for decades. She credits Deb's astute NP emergency room skills for a successful outcome of her own brother's health when he was injured in a farming accident resulting in a TBI in 2001. While Deb is retiring this year, Brandy has a profound appreciation for her and all who give of their time and talents providing excellent NP care across the great state of South Dakota. Living in a rural state, we never know who will impact us, inspire us and care for us.

Brandy lives in Sioux Falls with her daughter Kayla, age 12 and son Henry, age 8. She enjoys running, hiking, bicycling, gardening and traveling.



Clinical Pearl: Poison Ivy and Insect Bites

By Coby Somsen

Summer is (finally) upon us! Now is a good time to remind ourselves (and our patients) about important steps to stay healthy and safe this season.

LYME DISEASE One common reason that patients come to visit my urgent care in the summer is the concern for contracting Lyme disease from a tick bite. The first question to ask is which type of tick the patient saw on their skin. Lyme disease is only carried by the deer tick, which is about the size of a poppy seed. Because of its small size, many patients may never see the tick at all, or they don't see the deer tick until it has been on them long enough for it to be already engorged. Many patients will find it reassuring that the big brown tick they saw crawling on their ankle, while disgusting, isn't dangerous. If you or a patient do find that a tick has bitten you, it's important to look closely at the tick to see what kind it is; this will direct further treatment.

SOLAR DERMATITIS Another summertime complaint that brings patients to urgent care is related to sun exposure. Aside from the pain and discomfort of sunburn, a less common but maybe even more annoying reaction to the sun is solar dermatitis. Solar dermatitis is an allergic reaction to the sun that starts within minutes or hours of sun exposure. The presentation of the rash itself is similar to a regular contact dermatitis--patients will complain of a raised, papular rash that itches, sometimes intensely. As with any skin complaint, it's important to look not only at the rash itself, but also at the skin around it. For instance, a patient may complain about their forearms being itchy, and on exam the provider might suspect contact dermatitis. Once the shirt sleeve is raised, however, you might note that the rash cuts off around the same level as their tan line. This clear demarcation of sun exposed areas gives you the diagnosis of solar dermatitis. While the treatments for solar and contact dermatitis are the same, being able to differentiate between the two can be helpful in forming a plan for the patient. Rather than the patient racking their brain trying to think of a new substance they may have been exposed to, an accurate diagnosis can help the patient make a plan for their next time in the sun.

The best treatment for both of the above concerns is prevention! Keeping yourself covered up when you spend time outside is the best way to prevent both solar dermatitis and tick bites. It's recommended that you wear closely woven clothes with maximum coverage, such as long sleeves, long pants, or long skirts. Clothing with a UPF (Ultraviolet Protection Factor) over 40 can block the sun's UV rays even better than sunscreens. Stay out of the sun when possible, and be sure to wear a broad-spectrum sunscreen on any exposed skin. When you are outside avoid sitting on logs or leaning against trees to avoid allowing ticks an opportunity to transfer from plants to your skin. Be sure to do tick checks right after any time outside. If you do find a tick, make sure you identify which type it is, or if you aren't sure, put it in a bag and bring it with you to your healthcare provider.



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