



AMNP

Association of Missouri Nurse Practitioners

SPRING 2021



PRESIDENT'S MESSAGE

Julie Long, MSN, FNP-BC, AE-C

REACHING PATIENTS IN UNPRECEDENTED TIMES.

THE VALUE OF AMNP

What a year it has been for nurses and nurse practitioners alike.

As I sit down to write this column, courageous NPs all across Missouri are conducting well checks, assessing patients, ordering tests, prescribing treatment, suturing wounds, counseling clients, educating NP students, and serving as the provider of choice for hundreds of thousands in every corner of our state.

Our highly trained and educated NPs and Clinical Nurse Specialists often serve as the only advanced practice provider that patients have an opportunity to see, leading to ample circumstances for APRNs to serve as the catalyst for health care improvements and the advocate that our patients need and deserve. Just as we advocate for our patients, we too need our own champion. That's where AMNP comes in.

As the sole statewide association specifically dedicated to APRNs, AMNP has served as a leading voice for NPs in multiple roles. While we have been eager and fortunate to partner with our sister nursing groups, we also seize any opportunities available to explicitly go to bat for APRNs in whatever way we're needed. Whether it's galvanizing support or opposition to legislation or finding new and creative ways for NPs to network and learn, AMNP approaches every one of those opportunities with our members in mind. Before we embark on any new journey, our first question is how will it benefit our members and your patients.

Sadly, the number of NPs participating in their own association that represents them is far less than you might expect. According to the Missouri State Board of Nursing, 8% of nurses in Missouri are considered APRNs, with 7 APRNs for every 10,000 residents. Of the APRNs, 79.2% are nurse practitioners with the remaining balance split between CRNAs, CNMs, and CNSs. Of the nearly 8,000 NPs in Missouri, only 4.6% choose to actively support their association and their advocate. That means that less than 5% of NPs are shouldering the burden of sustaining the NP profession for the remaining 95%. Contrast the NP association support with that of our physician counterparts and it's easy to see why their collective voice is

louder. Whatever the reason for the lack of engagement, **WE *HAVE* TO DO BETTER.**

In my last column I took the opportunity to detail the myriad number of things that AMNP is doing for the NP profession here in Missouri. In addition to the advocacy, the networking, and the education that are the hallmarks of all association functions, AMNP is actively pursuing new opportunities to recognize our members and to connect NPs with the resources that you need to help you thrive in your role as a health care provider. We recognize that your participation in AMNP is completely voluntary and that we must provide value to our members in whatever ways that we can. We have actively sought to do that since AMNP was formed only a few short years ago, and we are committed to doing everything we can to be THE resource that you need.

As we continue to push forward through the uncertainty that lies ahead, we want to hear from you. We want to know how we can best serve you, how we can add value to your profession, and how we can work to make Missouri a better place for you to live and work. That is our mission, our focus, and our passion and we are grateful to have you alongside us in our journey.

With Gratitude,

Julie Long

MSN, FNP-BC, AE-C

APRN STATS IN MISSOURI

- 79.2% of APRNs are NPs (7,868)
- APRN in every county
- 1% of APRNs have doctorates = 98
- 81.8% of APRNs have masters = 7,697
- 17.2% of APRNs are certificate holders = 1,616
- 43.6% of APRNs work in a hospital setting = 4,073
- 20.1% of APRNs work in Ambulatory Care = 1,880
- 2.1% unemployed

MISSOURI APRNs BY AGE

AGES	25-34	35-44	45-54	55-64	65+
#	1,333	2,655	1,751	1,309	441

Source: Missouri State Board of Nursing 2020 Workforce Report

EXECUTIVE DIRECTOR'S REPORT

Derek S. Leffert, Executive Director/CEO, Association of Missouri Nurse Practitioners



"The more things change, the more things stay the same"

You've probably heard that adage a number of times throughout your life and chalked it up to just another proverbial nugget of wisdom from someone who was much older and wiser than you. That sage advice probably rang hollow just as many other clichés often do. But there is a LOT of truth in that axiom that gets lost in the notion that the words are somehow redundant or repetitive. Just as that truth applies in most circumstances, it applies to your professional association too.

No one can doubt that we've all seen significant change over the past 12-18 months. Nearly every thing in our lives has been altered in some way/shape/form in response to something no one saw coming. But through that change, the core mission of your association hasn't changed. You could say that "the more things changed for AMNP, the more things stayed the same."

Our roles and responsibilities are just as essential as they have ever been. Professional associations are tasked with performing things for members that they cannot or should not have to burden themselves. While there is a desperate need for NPs to engage in all functions of the association, there is also a realization that your role as a nurse practitioner is to provide high-quality, skilled health care to patients throughout our great state. Worrying about the details of where legislation is at or how you can obtain the CE you need for re-licensure isn't at the top of your mind. Nor should it be.

Rather, you should join together with those in your profession to have someone else take care of those details that you are not educated or inclined to do. Just as you would take your car to a mechanic for minor repairs that you could do yourself but don't have time for or hire a housekeeper to deep clean your house a couple times a month, your association is working day in and day out to take care of those tasks so that you can take care of your patients.

Here are just a few things that AMNP is doing/has done for you over the past year or more (even amidst a global pandemic):

ADVOCACY

A key function of your association is to serve as your advocate. AMNP accomplishes this through legislative action, regulatory engagement, public relations, and a host of other initiatives designed to speak on your behalf.

- **Direct Lobbying** – AMNP is in the Capitol every day during the legislative session, establishing relationships and educating lawmakers on our positions on public policy proposals that can affect NPs and your patients. We have tracked over 125 bills and actively lobbied a substantial number directly related to APRNs
- **Administrative Rule Suspensions** – AMNP has been actively and successfully lobbying Gov. Parson to continue the suspensions on rules relating to geographic proximity, chart reviews, one-month collaboration period, and others.
- **Administrative Agency Engagement** – AMNP regularly interacts with the Board of Nursing, Board of Healing Arts, and other state agencies on administrative rules and proposals that will affect your practice.
- **Grassroots Coordination** – At strategic moments, AMNP's lobbying team sends out direct calls for action to thousands of NPs throughout Missouri. Requests vary from calls and emails to support legislation or calls and emails to oppose legislation in the various stages. Nowhere was the effectiveness of this more evident than in our calls to action on SB 8.

- **Media Outreach** – When opportunities present themselves, AMNP will conduct targeted and specific campaigns with various media outlets all over Missouri. Sometimes this outreach is in response to a focused objective, other times it is directed at raising awareness. Regardless of the reason, AMNP serves as the voice for NPs with the media, passionately advocating and informing the public about the safe, evidence-based care provided by our advanced practice providers.
- **AMNP PAC** – In order to level the playing field, AMNP has recently undertaken efforts to actively promote and encourage participation from NPs in AMNP PAC, the state's only statewide political action committee exclusively for Missouri NPs. NP support of this PAC will help support candidates for office that have been supportive of public policies to improve laws and regulations for the benefit of NPs and your patients.

EDUCATION

One of the other core services that AMNP provides for our members is continuing education. In this capacity, AMNP coordinates conferences, workshops, regional meetings, webinars, and other learning opportunities to help our NPs stay up to date on information, practices, challenges, and other elements that our members must contend with on a regular basis.

- **Annual Conference** – Even in the height of the pandemic, AMNP provided an annual conference to ensure that NPs in Missouri had options for continuing education. We quickly pivoted to offering a hybrid format for those that were not able to attend in person, and executed a safe, in-person event for those that could. AMNP will once again offer our annual conference on October 8th & 9th, 2021 at the beautiful Lake of the Ozarks. We'll have a strong lineup of speakers but limited space, so we encourage early registration.
- **Pre-Conference Workshops** – AMNP recognizes that there are some procedures that NPs perform where experienced instruction and education is needed. These may be things that you are tasked with regularly or things that you seldom have to do that you could use a refresher on. At the 2021 Annual Conference, AMNP will be offering workshops on suturing, office procedures (joint injections/digital block/field block/abscess incision and drainage/foreign body removal/etc.), and IUD insertion. Experienced instructors will provide classroom and practical guidance on how you can sharpen your skills for the benefit of your patients and your career.
- **Regional Workshops** – AMNP realizes that not all of our members can make it to the annual conference. Accordingly, AMNP will be hosting several one-day skills-based workshops (aesthetic derm injections/radiology/suturing) throughout the state to give our members additional opportunities for targeted education. Be watching for registration to open up.
- **Dinner Programs** – In conjunction with networking opportunities, AMNP partners with our pharma vendors to offer education and updates on disease state awareness and treatments for a broad set of topics that NPs encounter in practice every day. These events are held almost monthly in various regions and we strongly encourage members and non-members alike to sign up to attend.

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- Webinars - Throughout the pandemic, the ONLY way to reach people was through webinars. AMNP offered several webinars on COVID vaccines, advocacy, and other content to help members stay up to date on emerging developments that are relevant to your practice.

CONNECTION

NPs need to interact with likeminded colleagues. NPs should have opportunities to connect with others, outlets to vent frustrations to an empathetic ear, and identify options to find jobs, preceptors, and others that share your passions and expertise. AMNP has provided these forums in several different ways.

- Resuming Networking Events - After an extended break from in-person events, AMNP resumed our regular regional meet and greets in March to give NPs a place to connect and interact with others. These meetings are well-attended by everyone from student NPs to veteran NPs with years of practice. They provide a forum for the exchange of stories, information, ideas, and opportunities and have been lauded as instrumental in linking together the various generations, practices, and backgrounds of our diverse range of advanced care providers.
- NP Connect - As part of our efforts to identify opportunities for our members, AMNP launched the NP Connect initiative in late 2020. NP Connect has two separate components. First, the Career Connect piece provides AMNP members with access to a database of career opportunities from all over the state and beyond. In the next phase, the Career Connect will hold job fairs and webinars on how to negotiate contracts, write resumes, and hone interview skills. The second element of NP Connect is the Preceptor Connect component. We constantly hear from students that are desperately looking for preceptors and AMNP maintains a database of students AND preceptors and tries to link the two together to help fulfill the growing need.

To tie all of this together and ensure that AMNP is providing the value that our members need and want, the board of directors met in mid-April to strategically plan for the organization's future. This was the first time that AMNP has hosted a strategic planning session for the board, and was also the first time that many that serve on the board have gone through such an exercise. On a cold and cloudy weekend in Kansas City, your representatives from all over Missouri took time out of their very busy schedules to chart the course for NPs by leading robust discussions centered on creating value for our members. A number of fantastic ideas and exciting proposals came about as a result of those conversations, and a high-level overview will be shared with members in the coming days to articulate our board's vision for what's next. As your executive and your advocate, I am extraordinarily excited about what's in store and I look forward to putting these strategies into action for the benefit of our members.

As you can see, although things have changed, AMNP will continue to serve you in the days, weeks, months, and years ahead. I'll leave you with a few of those cliché proverbial sayings that are just as relevant today as they were the first time you heard them:

"Many hands make light work" - The work of your association is never done. It requires continuous, consistent investment and engagement from those who stand to benefit from the blood, sweat, and tears of those who have been in the trenches fighting for APRNs from the beginning. We need YOUR help, YOUR insight, and YOUR action. The more "hands" we have contributing to the work of the association, the stronger our resolve becomes and the louder our voice resonates.

"Rome wasn't built in a day" - The work of AMNP is a marathon, not a sprint. Although it seems like AMNP has been around for quite some time, the association is still in its infancy. Year after year, the organization continues to build upon the successes, learn from its failures, and chart the path towards a bright and promising future. Much of the early work of the founding NPs of AMNP serve as the cornerstones of the foundation upon which the association will continue to grow.

"Birds of a feather flock together" - People naturally gravitate towards those with similar interests and ideas. Although our members are diverse in every category, demographic, and specialty, we are united by our common mission and purpose. AMNP is the mother hen for advanced practice nurses in Missouri, protecting our members, corralling our interests, and keeping a watchful eye on what lies ahead. These are just some of our "feathers" that bond us to our members.

At the end of the day, your association is here for you. In whatever capacity we can serve our members, we can and we will. An African Proverb once said "If you want to go fast, go alone. If you want to go far, go together". We stand with you in your fight for improved practice, your endless quest for knowledge, and your passion and desire to serve your patients and your communities. Thanks for joining together with us through the challenges, the failures, and the successes.

IN SERVICE,

Derek S. Leffert

EXECUTIVE DIRECTOR/CEO

ASSOCIATION OF MISSOURI NURSE PRACTITIONERS



MEMBERSPOTLIGHT

Brandon Forester-MSN, FNP-C

Brandon K. Forester MSN, FNP-c is owner of Midwest Medical Consulting where he provides consultations for clients including the Veterans Administration and the Social Security Administration. He is an active member of AMNP and has an interest in advocacy for reduction of patient barriers to healthcare.

A registered nurse with over 20 years of experience, Mr. Forester has experience in a variety of clinical roles including emergency department, surgery, family practice, occupational health, travel/tropical medicine, and family practice. He also has 4 years of experience in international nursing working in Vanuatu on community health/development projects as well as mission related religious activities.

Brandon recently joined the AMNP Board of Directors in January of 2021 where he serves as the Southwest Region Representative. Brandon brings a wealth of knowledge, experience, and innovative ideas to the group and we are delighted to have him serve in a leadership role with AMNP.





Exhibitors



SCAN ME



LEARN | NETWORK | ENGAGE

Registration



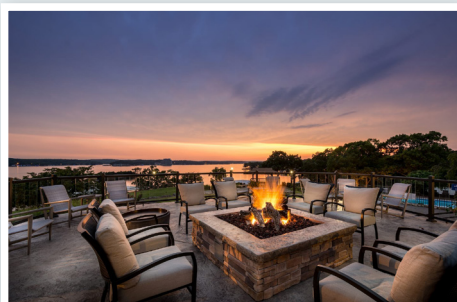
SCAN ME



The two-day conference will feature 13 CE hours with national speakers covering a variety of topics, including:

- Diabetes
- Mental Health
- Wound Care
- Advocacy
- Common Fractures in Primary Care
- Asthma
- Allergy
- COPD
- STD's
- Chronic Kidney Disease
- Dermatology
- Antibiotics
- & More

OCTOBER 8-9, 2021
LODGE OF FOUR SEASONS



The conference will also feature pre-conference workshops on office procedures, IUD insertion, & suturing in addition to hosting exhibits from a variety of vendors.

New this year, AMNP will also be hosting a fundraiser dinner for AMNP PAC, the political action committee formed to help support candidates for office that support Missouri's NPs.

All attendees are welcome and invited to purchase a ticket to attend.

All of these events will be set against a backdrop of the #1 ranked recreational lake in the United States with ample opportunity to explore all that the Lake of the Ozarks has to offer. Whether you want to shop at one of the many stores, boat and explore the sunsets, dine in one of numerous fine dining options that the Lake has to offer, or visit the Lodge of Four Seasons world-class Spa Shiki, the conference will have something for everyone.

REGISTER AT www.missourinp.org

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LEARN | NETWORK | ENGAGE

Due to CDC guidelines, space for the conference is limited, so your early registration is strongly encouraged. AMNP will close registration once we have hit maximum capacity.

Although we would love to see you in person and hope that you'll be able to network with other NPs, AMNP will again offer the option to participate virtually if you are unable to attend in person. You'll have access to the same great content and the same CE opportunities as our in-person attendees.

We look forward to reconnecting with you and we are beyond excited to offer continuing education options and in-person networking opportunities in one of the Midwest's best destinations.

REGISTRATION COSTS

- AMNP Member (In Person or Virtual) - \$395
- AMNP Student Member (In Person or Virtual) - \$325
- Non-Member (In Person or Virtual) - \$495





10/8/21 - 10/9/21
Lodge of Four Seasons
Lake of the Ozarks

CALL FOR ABSTRACTS & POSTER PRESENTATIONS

2021 ANNUAL CONFERENCE

The Association of Missouri Nurse Practitioners (AMNP) will be accepting poster presentations on clinical topics, case studies, innovative practice settings, research, and other topics related to advanced practice nursing in primary care and acute care. Preference will be given to those with clinical applicability, demonstrative innovative models of care, completed research with outcome studies, and future-oriented perspectives, that will develop and enhance the skills of the healthcare provider. We encourage students to submit topics of interest including case studies with strong teaching points.

Poster abstracts can be submitted from 4/1/21 - 7/31/21



GUIDELINES & INFORMATION

- Summary of proposed poster presentation of no greater than 200 words should be submitted for review. This summary should indicate how this is appropriate for advanced practice (needs assessment) as well as the main teaching point clearly stated.

- A copy of most current CV

- Please include contact information such as phone number and email address

- All correspondences should be emailed to Dr. Christopher Hemmer @ chrishemmernp@gmail.com with subject line AMNP Abstract

- You must also complete a disclosure form to prevent biased in poster presentation

- Applicants that are chosen will receive waiver of conference fees less workshops

- Applicants are responsible to provide their own housing, travel, and meals outside of the conference.

- No stipend beyond conference fee will be awarded.

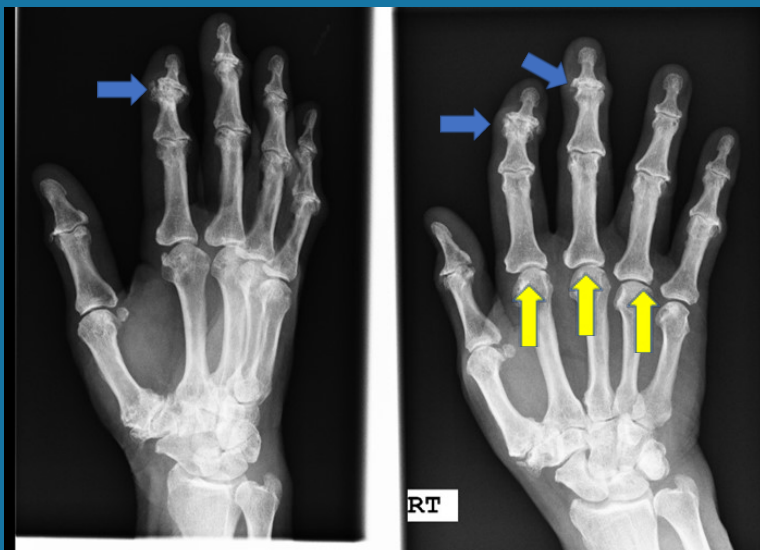
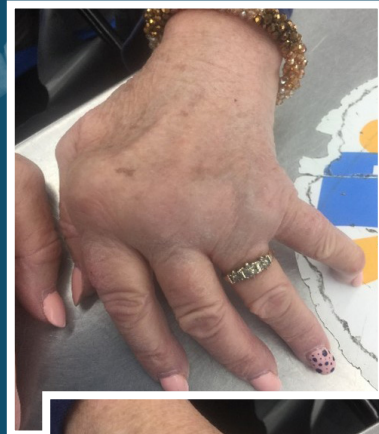
CLINICAL PEARL

OSTEOARTHRITIS

Article by Dr. Chris Hemmer

When evaluating patients, one cannot assume that the medical words the patient is using is the correct terminology. A very common misuse of terminology is the term arthritis. Many patients will circle rheumatoid arthritis when they actually have osteoarthritis arthritis!

When unsure most all rheumatoid patients will have significant metacarpophalangeal (MCP) involvement clinically. They may also have some osteoarthritis in the distal interphalangeal joint (DIP) and proximal interphalangeal joint (PIP). However, osteoarthritis patients will have changes only in the DIP or PIP and very rarely in the MCP. Notice the picture below, this patient has significant MCP swelling and little to no changes in the DIP and PIP which is classic RA presentation.



The blue arrows representing DIP arthritis changes common with osteoarthritis in this example.

The yellow arrows note normal MCP joints of a non-rheumatoid arthritis patient. This x-ray represents typical osteoarthritis.

AMNP PAC

ANNOUNCEMENT

Many times throughout your life, you've seen the incessant election year ads that seemingly run on a never-ending loop during election years. You've also seen newspaper advertisements for candidates, yard signs signaling support, and candidates walking in parades and door to door through neighborhoods to attempt to garner your vote. Not surprisingly, to do all this and run a successful campaign costs money. Lots and lots of money. That's where NPs face an uphill battle in the state Capitol.

Year after year, people who oppose removing barriers on NPs consistently contribute to candidates for office that support the idea that NPs should remain under the control of another profession. Put simply, physicians write checks to candidates and sadly, most NPs do not. We can chalk this up to any number of reasons, but we also must understand that if we want the candidates who support us to remain in office, they HAVE to have the resources to do it. People like Sen. Eric Burlison, Sen. Denny Hoskins, Sen. Cindy O'Laughlin, Rep. Hannah Kelly, Rep. Derek Grier, and Rep. Nick Schroer have all taken strong stands against those who seek to advance the cause of physician control of health care. These supporters deserve not only our thanks, but also our financial support.

To help level the playing field, AMNP established AMNP PAC. This political action committee uses voluntary contributions from NPs and NP supporters to help fund the campaigns of elected officials who have a proven track record of going to bat for APRNs in the Missouri Capitol. Any contributions, no matter how small, can add up to a stronger voice of support for NP legislative priorities.

New this year, AMNP PAC has issued the \$20 in 21 challenge to Missouri APRNs. With nearly 8,000 NPs in Missouri, if every NP contributed \$20 a year to AMNP PAC, our efforts would amount to \$160,000 annually, which would be a formidable war chest to help advance our causes. Some may want to contribute more, some may want to contribute less, and some may choose not to contribute at all. No matter which category you fall into, we sincerely hope you'll consider contributing amount to help.

To contribute, visit the AMNP website at:

www.missourinp.org and click on the AMNP PAC link. You can make your contribution online, or you can mail a contribution of any kind to:

AMNP PAC
PO Box 104853
Jefferson City, MO 65110

AMNP
Association of Missouri Nurse Practitioners
PAC

\$2  /2 

PAC LEVELS

Platinum - \$500*

Gold - \$250

Silver - \$100

\$20 in 21 - \$20

*(All platinum contributors will enjoy free registration to the AMNP PAC fundraising dinner and an evening boat cruise on the Lake of the Ozarks at the AMNP Annual Conference in October)

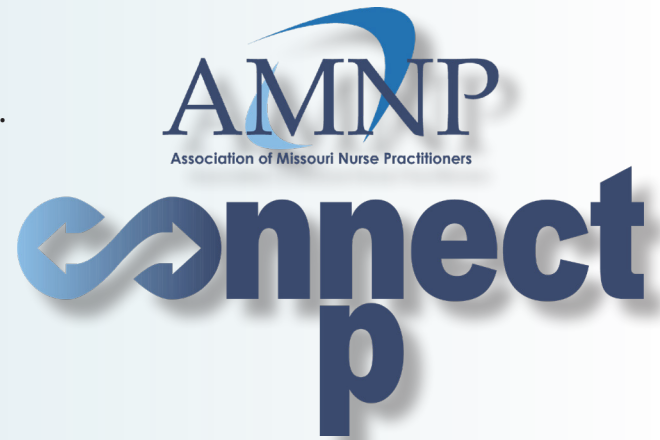
Contributions to AMNP PAC are not tax deductible.



NPconnect

NPs across Missouri need to be connected to opportunities. Whether that's connecting to career opportunities or more experienced NPs, the need for connection never goes away. Recognizing this, AMNP launched NP Connect back in the latter part of 2020/early 2021 that seeks to link practicing and student NPs to recruiters, mentors, and others who can help propel their personal and professional development. AMNP NP Connect has two components:

Career Connect – Hospitals, health systems, clinics, and recruiters are constantly looking for new and experienced nurse practitioners to fill the ever growing need for providers. As part of their recruitment efforts, these organizations look to associations like AMNP to help identify and connect them to potential candidates for those vacancies. When these organizations contact AMNP, we immediately direct them to our members that have been listed on our database as open to/actively seeking employment. In addition to connecting members to job opportunities, AMNP will also be hosting a job fair at the annual conference, workshops on resume writing and contract negotiations, and interview skills for NPs. These are just a few examples of how we can serve as a resource for our members.



Preceptor Connect – NP students need opportunities to connect with experienced clinicians that can help guide them and instruct them on various elements of clinical practice. Unfortunately, finding preceptors for students is getting increasingly more difficult as NP programs graduate record numbers of new NPs. To help remedy this, AMNP has created a database of students seeking preceptors and matched them with our existing list of those who have indicated their willingness to take on students. Our hope is that we can create strong practitioners that are well-informed, well-rounded, and eager to give back to students when they have reached the point in their career where they have sufficient clinical experience.

To inquire about career opportunities, add your name to the list of students seeking preceptors, or a preceptor willing to take students, please email us at nursepractitioners@missourinp.org. We would love to help our members grow, develop, and prosper and hope we can be a part of that solution for those who need it.