

The MOUNT BAKER NURSE PRACTITIONER ASSOCIATION *Newsletter*

October 2023



WHO ARE WE?

A non-profit association of Nurse Practitioners in Whatcom, Skagit and Island Counties. Founded in 2000, the association is an affiliate of ARNPs United of Washington.

YOU'RE INVITED!!

It's time to plan the 2023 **Annual Celebration!** We had a great turn out last year and a good time catching up.

With so much going on in the community, new board members and exciting plans for 2024, you won't want to miss it!

Save the date, Thursday, 11/16/23, and bring a fellow NP to join the celebration!

If you are interseted in serving on the planning committee for this year's annual celebration, please contact Rachel Lee at rachellee.arnp@gmail.com

Katie started her journey in healthcare as a dietary aide and CNA in high school in Iowa, inspired by her love of science, advocacy, and her grandmother's cancer diagnosis. After earning her BSN from Creighton University, she worked in clinical and supervisory roles as an oncology nurse in Utah. Katie obtained her MSN as a family nurse practitioner from Clarkson College and spent three years in Virginia at a rural health clinic, critical access hospital, and free clinic where she found her passion for chronic disease management, internal medicine, and social determinants of health. This provided a solid foundation for her next move to rural Northern California where she worked at an FQHC and served as the Medical Director for the first two and a half years of the pandemic. After moving around the country for her husband's job as a park ranger, they moved to Bellingham in late summer 2022, where they plan to stick around for good. Katie currently works as a clinical educator for population health at The Everett Clinic.

Beyond her love of nursing, Katie has a passion for policy and its many facets, including its impact on social justice issues. She is enrolled in a DNP program through the University of Nevada-Reno with a focus in health policy. Policy impacts our patients, practice, and ultimately personal lives, whether we engage in it or not; therefore, an urgent need exists for ARNPs to take part in policy at all levels- in the workplace, community, state, and federal levels. Katie looks forward to facilitating this participation for the members of the Mt Baker Nurse Practitioners Association.

When not working or doing schoolwork, Katie can be found spending time outdoors with her rescue mutt and husband, planning her next vacation, or trying to flex her creative muscles again- she has picked up weaving, joined a local choir, and enjoys trying new recipes.

Thanks for being a part of the Mount Baker Nurse Practitioner Association Katie!

Member Spotlight



Katie Wahler, MSN, FNP-C
DNP Student
Healthcare Policy
University of Nevada, Reno

Student Spotlight



Andy McMurray, MSN, FNP
Gonzaga University

Andy McMurray is a MSN student at Gonzaga University who is finishing the FNP program this summer. He completed his BSN at Johns Hopkins University. As a RN, he has worked in various aspects of the profession ranging from in-patient critical care to triage in the primary setting. He also volunteers with other medical professionals at the Mt Baker Aid Clinic in the winter.

He has always wanted to be a NP, exposed early in life as his mother ran a small rural family practice clinic in Iowa where he grew up. When not involved with healthcare, he is often outside in the mountains, rivers, and trails recreating with his wife and children. He is actively seeking employment in primary care but is not ruling out specialty positions as well. He can be reached at amcmurray@zagmail.gonzaga.edu

Welcome to the Mount Baker Nurse Practitioner Association Andy!

Policy Pearls that Impact Your Practice & Patient Care

Contributed by Katie Wahler, ARNP, FNP-C, CRC

Inflation Reduction Act How this Landmark Law Affects You & Your Patients.

- You may have heard that out-of-pocket insulin is capped at \$35/month. This was largely instigated by the passing of the Inflation Reduction Act in 2022, which capped the cost of all insulin for Medicare Part D recipients. Pharmaceutical companies have now followed suit: Eli Lilly, Novo Nordisk, and Sanofi have or will cap out-of-pocket costs for commercially insured patients at \$35 and decreased total costs of many of their insulin products.

- This act also required that Medicare Part D 100% cover vaccines recommended by the Advisory Committee on Immunization Practices (ACIP). This includes Shingles, Td, Tdap, hep A and hep B. In my practice, this was the single biggest barrier for my patients to get Shingrix, as it was often \$150 per shot (2-dose series). Now, there is no cost-sharing.

- The most recent benefit of this law is Medicare's first-ever ability to negotiate drug prices with manufacturers (in addition to several other drug and cost benefits that will be implemented over the next few years). They are starting with the top 10 most costly drugs, including Eliquis, Jardiance, Xarelto, Januvia, Farxiga, Entresto, Enbrel, Imbruvica, Stelara, & Fiasp/Novolog. In 2022, these 10 drugs resulted in \$3,400,000,000 in out-of-pocket costs to Medicare Part D beneficiaries alone. Negotiations will occur in 2023 and 2024, and the prices will be in effect in 2026. The government rarely moves quickly.

- Fun fact: two of the sponsors of the bill in the House are nurses (one is an NP!)



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Washington State Death with Dignity Act Updates to the original 2008 Law

This year, the Washington Legislature passed changes to the Death with Dignity law to include ARNPs and PAs to be either the attending or consulting qualified medical provider of a person with a terminal illness seeking medical aid in dying. The law also decreased the mandatory waiting period between the patient's first request and the writing of the prescription from 14 to 7 days; patients must make in total two oral and one written request. No matter your stance, it is important to be informed of this law to help guide patients who might ask questions. ARNPs United have a 1.5hr CE webinar for free on their website, and there is also a zoom training on WA DOH website, in addition to lots of information, forms, and FAQs.

**Be sure to follow our ENP
network website
mbnpa.enpnetwork.com/**

**Upcoming events
Continuing
Education
Board Positions
and more!**



**SAVE THE
DATE!!
NOVEMBER
16, 2023
6:30-8:30 PM
ANNUAL
MEETING**