



ARKANSAS NURSE PRACTITIONER ASSOCIATION

Quarterly Newsletter



To Unite, Support, Educate, And Enhance The Professional Identity Of Nurse Practitioners



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A Word from Our President

As I enter my final month as President of the Arkansas Nurse Practitioner Association (ANPA), I want to sincerely thank you for the opportunity to lead this incredible organization into our second decade. It has been a privilege to serve alongside a dedicated Board of Directors, hardworking committee chairs and members, our talented new executive director, and most importantly, you—our ANPA members.

In January, I outlined my vision for 2025 based on the ANPA mission.

Here's a look at where we stand:

Unite:

- While we didn't reach our goal of 800 members, we've consistently held strong at 650–680. Let's make a final push—please encourage a colleague to join this month.
- I've visited every District this year. I'm inspired by ANPA members' engagement and commitment. Thank you all for your warm welcome.
- Following our upcoming elections, we'll send out a member survey. Please take time to respond—your input shapes our direction.

Support:

- We continue to work closely with the Arkansas State Board of Nursing and other stakeholders to advance nurse practitioner priorities.
- Our support for students has grown, thanks to Student Representative Rhiannon Zerbe. We now offer discounted access to popular review materials from Sarah Michelle and APEA.

Educate:

- Thank you to all who attended our 2025 Annual Conference in April. Mark your calendars for next year's event in Hot Springs, April 16–19, 2026!
- Join us on September 26 for our Opioid Conference in Pine Bluff.
- We're also planning two virtual CME events—one in October, another in January. Stay tuned for details.

Enhance Professional Identity:

- Congratulations to Neil Langer on his recent appointment (see more inside).
- We also celebrate the ANPA members recognized as 2025 Great 100 Nurses and 40 Under 40 Nurse Leaders.

Advocate:

- Starting August 5, NPs will have the authority to delegate medication and immunization administration to medical assistants.
- Our Health Policy Committee and NP Ambassadors have done vital work in raising legislative awareness of NP roles and needs.

As I pass the torch to President-Elect Rebekka Amick, I'm filled with optimism for what lies ahead. Thank you for your trust and support—it has been an honor to serve.

— Leonie DeClerk, PhD, DNP, APRN, FNP-BC, FAANP
President, ANPA

Board Elections

Elections for the 2025-2026 Board of directors positions will begin August 1st and close August 15th. Please take part in the voting process by selecting the candidate you want to serve you on the next ANPA board. Be sure to check the email address associated with your ANPA membership to complete the ballot. Also on the ballot are several revisions to the bylaws to be approved by members too. Scan the QR code to submit your vote.

Member Achievements

Welcome

AANP ARKANSAS STATE LIASION

Nycole D. Oliver, DNP, MBA, APRN, RN,
FNP-C, ACNPC-AG, CEN, FAEN



Congratulations

Dr. Neil Langer DNP, APRN, FNP-C, CHC

MEMBER OF THE ARKANSAS PRIMARY CARE PAYMENT IMPROVEMENT WORKING GROUP



Member Spotlights

Do you know of any deserving NP, NP Students, or Business Owners who deserve recognition? Scan the appropriate QR code or click the link to recognize them.



Anal Cancer Screening: A Critical Prevention Opportunity for Clinicians

When we talk about HPV-associated anal cancer, who or what comes to mind? The reality may surprise you. This preventable cancer isn't limited to one group—and it's being diagnosed in people we see every day in our practices. In fact, postmenopausal women are now among the most frequently diagnosed. Yet many providers aren't screening at-risk patients because they don't know where it fits—or who's responsible for the anus.

Let's consider just a few patients you may already know:

- Morgan, a 57-year-old married woman, had an abnormal cervical Pap in her 20s but has had normal screenings since. She's never been told she's at risk for anal cancer.
- Lucas, a 38-year-old gay man in a long-term relationship, had genital warts in his early 20s but hasn't had any follow-up care related to HPV.
- Darlene, 45, received a kidney transplant at 35 and has been on immunosuppressive medications ever since. She's never heard of anal dysplasia.
- Ash, a 63-year-old transgender woman living with HIV, has been undetectable for over 10 years but hasn't been screened for anal cancer.

Each of these patients could benefit from screening—and potentially, early intervention.

HPV & Anal Cancer: A Preventable Threat

Human Papillomavirus (HPV) is the most common sexually transmitted infection worldwide. It's transmitted through sexual contact and skin-to-skin exposure—even without penetration. HPV 16 is the major cause of anal cancer, which continues to rise in incidence despite vaccine availability. The American Cancer Society estimates over 10,000 new anal cancer cases each year. The burden is growing, especially in women over 50, men who have sex with men, trans women with HIV, and other immunocompromised individuals.

New Guidelines Call for Action

The latest prevention guidelines emphasize routine screening for high-risk individuals using anal cytology (Pap) followed by High Resolution Anoscopy (HRA) when indicated. The ANCHOR study (2022) clearly showed that treating anal dysplasia can prevent progression to cancer—especially in those with compromised immune systems. Yet there remains a shortage of providers trained to perform HRA or even identify who needs referral. This is where nurse practitioners and primary care clinicians play a vital role.

Prevent Today vs. Treat Tomorrow

We've made progress in preventing cervical cancer through Pap, high risk HPV testing and vaccination. We can do the same for anal cancer. It starts with talking about it—openly, routinely, and without stigma.

Prevention includes:

- Recognizing at-risk populations
- Offering appropriate screening (digital anorectal exam, Pap and hr HPV

- testing)
- Referring for HRA or specialty care as needed
- Continuing education on HPV-related cancers

Clinical & Community Resources for HPV and Anal Cancer Prevention

Arkansas-Based Support & Services

These organizations provide direct services, education, vaccination, and referral support for clinicians and patients in Arkansas:

- Immunize Arkansas
- UAMS
- Diversity Family Health
- Arkansas Department of Health
- ARcare

Professional Societies & Clinical Guidelines

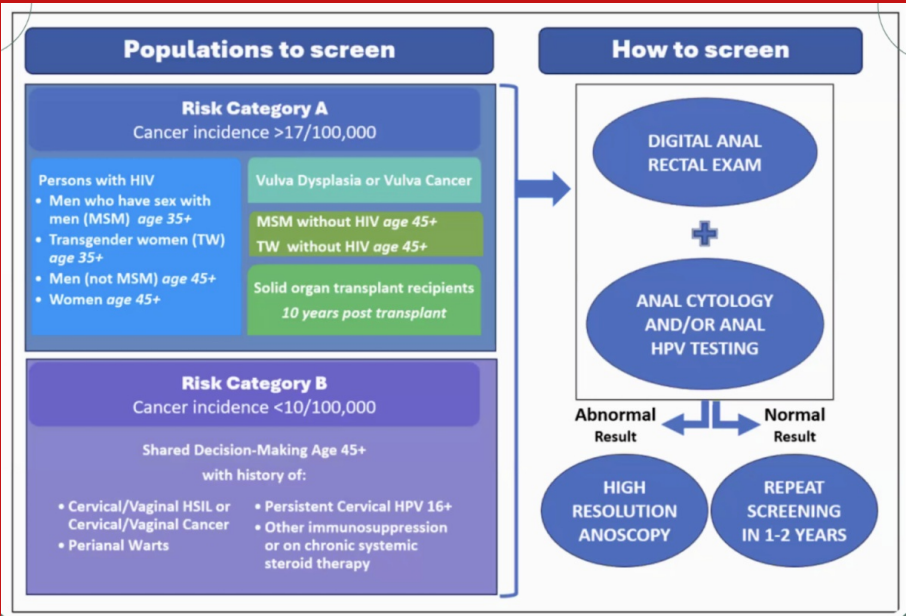
Explore evidence-based guidance, training, and research through these leading organizations:

- International Anal Neoplasia Society (IANS) – iansoc.org
- International Papillomavirus Society (IPVS) – papillomavirus.org
- European Society of Coloproctology (ESCP) – escp.eu.com
- ASCCP – HPV Guidelines & Provider Education – asccp.org
- Anal Neoplasia Clinic, Research & Education (ANCRE) – ancre.org

Awareness & Advocacy Organizations

These groups offer education, patient support, and campaigns to eliminate HPV-related cancers:

- Anal Cancer Foundation – analcancerfoundation.org
- Farrah Fawcett Foundation – thefarrahfawcettfoundation.org
- HPV Cancers Alliance – hpvcancers.org
- National HPV Vaccination Roundtable – hpvroundtable.org



International Anal Neoplasia Society's Consensus Guidelines for Anal Cancer Screening. International Journal of Cancer, 2024.

Article by: Taylor Kelamis, APRN, FNP-C



Honoring the Life and Legacy of Dr. Loretta E. Pfingstel Ford: A Nurse Practitioner Trailblazer



Dr. Loretta E. Pfingstel Ford (known as “Lee” for those near to her) was a nurse, pioneer, educator, and visionary leader. Her strong will and desire at a young age were the foundations that led her to co-founding the Nurse Practitioner role. This monumental change led to transformation of the nursing role, thus revolutionizing the landscape of the American health care system forever.

Loretta Pfingstel was born in New York City on December 28, 1920. She graduated at 16 years old, receiving the school’s Highest Honor Award and the Student Council Award demonstrating her early academic excellence and leadership. She wanted to be a teacher, but her vision was a constraint leading her into healthcare as a nurse’s aide at Middlesex General Hospital (now Robert Wood Johnson University Hospital) in New Brunswick, New Jersey. She earned her nursing diploma in 1941, setting the stage for her trailblazing career.

Loretta married William Ford in 1947. Their daughter, Valerie Monrad, was born in 1952. Dr. Ford retired in 1986 and moved to Wildwood, Florida where she mentored numerous nurse practitioners and spoke publicly on the future of health care. William was a supportive partner until his death in 2014.

Dr. Ford became a living legend. She passed away peacefully at her home on January 22, 2025, at 104 years old. Service, innovation, a steadfast dedication to public health, education, and the advancement of the nursing profession defined her life. Her legacy is stronger than ever and lives on in the over 400,000 nurse practitioners in America and beyond.

Forging a Path from Service to Scholarship

In 1942, Dr. Ford answered the call to serve her country during World War II. She joined the U.S. Army Air Force as a nurse. After the war, she attained a Bachelor of Science in Nursing (BSN) with a public health nursing certificate from the University of Colorado in 1949. She achieved a master’s degree in public health nursing in 1951. Finally, she earned her Doctorate in Education (EdD) from the University of Colorado in 1961 with funding by a National League for Nursing fellowship.

Dr. Ford’s earliest contribution to nursing occurred in 1965 while working with pediatrician Dr. Henry Silver. They co-founded the first Nurse Practitioner (NP) program in the United States at the University of Colorado. This innovative model expanded the role of nurses and laid the foundation for the NP profession. Their revolutionary work trained 64 nurse practitioners in Colorado.

The University of Rochester School of Nursing appointed Dr. Loretta Ford as the founding Dean in 1972. In this role, Dr. Ford’s guidance launched a pivotal moment in the evolution of nursing education and leadership. She introduced the Nurse Practitioner Unification Model that provides a more holistic education combining clinical practice, education and research. Also, she instituted the nation’s first nursing Ph.D. program, further solidifying nursing as a profession and an academic discipline.

Dr. Ford’s vision for nursing was beyond clinical practice and academia. She advocated for advanced education, professional autonomy, and health policy reform. Her leadership influenced the creation of the American Nurses Association’s Council of Primary Care NPs in 1974 and the establishment of NP certification in 1977.

Advancing Nursing: A Lasting Legacy

Dr. Loretta Ford’s influence is immeasurable. She empowered generations of nurse practitioners, redefined health care delivery, and proved that compassion, education, and bold thinking reshapes a profession. Through her sustained commitment and transformative leadership, Dr. Ford significantly advanced the professional scope of nursing practice and contributed to the evolution of patient care models both within the United States and internationally.

As we honor Dr. Ford’s legacy, we remember her as a visionary, a pioneer, and a nurse who never forgot the human heart at the center of health care. Her legacy lives on in every nurse practitioner, every patient cared for, and every student inspired by her example.

Dr. Ford was elected to the National Academy of Medicine in 1971. She was inducted as FAAN & FAANP. During her lifetime she received numerous accolades for her achievements:

- Ruth B. Freeman Award, American Public Health Association (1989)
- Gustav O. Lienhard Award, Institute of Medicine (1990)
- Living Legend Award, American Academy of Nursing (1999)
- Lifetime Achievement Award, The Nurse Practitioner (2003)
- Elizabeth Blackwell Award, Hobart and William Smith Colleges (2003)
- Induction into the National Women’s Hall of Fame (2011)
- Surgeon General’s Medallion, Public Health Service (2020, on her 100th birthday)
- VA Nursing Meritorious Service Medallion and White House Veterans Breakfast Honoree (2023)

Rest in peace, Dr. Ford. You changed the world - one patient, one nurse, one idea at a time.



Dr. Loretta Ford Scholarship



ARKANSAS NURSE PRACTITIONER ASSOCIATION



"You have to have a great deal of respect and belief in yourself. You will learn more from mistakes than you ever will from success."
Loretta Ford

ANPA
*Dr. Loretta Ford
Memorial Scholarship
Fund*

Supports Arkansas nurse practitioner students
All donations are tax deductible
Goal: \$25,000 to fully fund by ANPA 2026 Annual Conference
Employer matching funds available by calling
Arkansas Community Foundation: (501) 372-1116



\$25,000
\$20,000
\$15,000
\$10,000
\$5,000
\$1,000

District Updates

District 1:

We've been actively working with NEA Nurse Practitioners to encourage them to join ANPA, and overall things are going well! We're also reaching out to local APRNs who refer patients, inviting them to dinner and encouraging them to attend the Fall Opioid Conference.

Upcoming District Meetings

- August 21st
- September 18th
- October 16th
- November (Date TBA)

District 2:

We've been working closely with the Education Committee in preparation for the upcoming Fall Opioid Conference.

In July, we held two meetings. While turnout was moderate, we had valuable discussions around member recruitment within the district. Our ongoing goal is to spread the word and bring in as many new members as possible.

Upcoming District Meetings

- At this time, no upcoming meetings are scheduled, but stay tuned for future dates!

District 3:

We had a great turnout at our last meeting at Cache Restaurant in Little Rock, where we had an engaging discussion on Wegovy.

Elections

We're excited to announce two candidates running for District 3 Representative in the upcoming August election. Additionally, several members from our district are running for Member-at-Large positions. Be sure to read their bios once posted and cast your vote!

Upcoming Meetings

District 3 – Little Rock

- August 7th at 6:00 PM | Ya-Ya's Euro Bistro – Hosted by Deacon
- September | Date/Time TBA – Sponsored by Axsome
- October 9th at 6:00 PM | Sullivan's Steakhouse – Sponsored by Nova Nordisk
- Christmas Party | December 11th – Location TBA

Tri-Lakes Group – Hot Springs

- August 21st at 6:30 PM | 501 Prime – Sponsored by Nuzyra

District 4:

District 4 represents a vibrant and diverse group of counties in the southern region, each rich with culture, history, and community spirit. Spanning West Ashley, Calhoun, Clark, Columbia, Dallas, Hempstead, Howard, Lafayette, Little River, Miller, Montgomery, Nevada, Ouachita, Pike, Polk, Sevier, and Union, this district is a dynamic part of the Arkansas landscape.

Heritage Meets Progress From the rolling hills of Polk County to the historic landmarks in Columbia, the district offers a unique blend of rural charm and emerging innovation.

Agriculture, small businesses, and community initiatives form the backbone of these counties.

Community Representation District 4 serves as a voice for nurse practitioners across these counties, championing local interests and working to address the challenges faced by rural and semi-rural communities. We are excited to continue to build a group that is deeply engaged in building a better future.

Get Involved Residents and stakeholders are encouraged to reach out, share their concerns, and participate in district activities. For more information,

- Christmas Party | December 4th – Location/Time TBA

please contact the district representative Christy Wust APRN at district4rep@anpassociation.org

District 5:

Recent Meetings

- July 15 – Rogers (~10 attendees)| Topic: Tardive Dyskinesia Awareness & Treatment| Highlights: Karen provided a legislative update, answered questions, and encouraged group discussion.
- July 17 – Rogers (~10 attendees) | Topic: Bipolar Disorder I / Schizophrenia Management

Upcoming Meeting

- August 9 | 6:00–8:00 PM | Potluck Supper & Pool Party at Wilson Park Pool, Fayetteville | All are welcome—families, students, and non-members encouraged to attend! | Cost: \$5 per person to help cover the facility rental fee.

District 6:

We held successful meetings in Paragould and Mountain Home this past June.

Upcoming Meeting

- An upcoming event is scheduled for the end of August and is currently in the works—pending final promotional materials. Stay tuned for more details!

Health Policy Committee Updates

Arkansas Nurse Practitioner Association Celebrates Legislative Success and Ramps Up Advocacy Efforts

This year the Arkansas Nurse Practitioner Association (ANPA) is thrilled to announce the passage of Medical Assistant Delegation during the most recent legislative session. This milestone marks a powerful stride forward in improving healthcare delivery across the state and highlights the critical role of nurse practitioners in modernizing Arkansas’s healthcare system.

This success would not have been possible without the tireless dedication of the Legislative Committee, our passionate Ambassadors, and the enthusiastic support of ANPA members statewide. Your voices, advocacy, and leadership made the difference.

But we’re not stopping here.

As we look ahead to the upcoming Arkansas fiscal session, ANPA is already hard at work planning our next steps. We’re hosting monthly policy strategy meetings focused on building momentum and preparing new advocacy initiatives. These gatherings are open to members who are passionate about shaping health policy and ensuring nurse practitioners remain at the forefront of innovation and patient care.

Want to sharpen your advocacy skills? We’re now offering training sessions at meetings that teach members how to effectively engage with legislators, foster relationships, and build influence—especially during the off-session. Whether you're new to policy advocacy or a seasoned pro, these trainings are designed to empower you to speak out confidently and make an impact.

Get Involved: If you'd like to join our policy planning efforts and become part of a movement that continues to push boundaries, reach out to us at legislation@anpa.org. Your insight and energy are needed now more than ever.

Together, we are shaping the future of healthcare in Arkansas—one policy at a time.

NP Business Owners Monthly Meetings

Join Us Every 2nd Thursday!
When: Every 2nd Thursday of the month
Where: meet.google.com/vbp-dtzq-rkp

NP BUSINESS OWNERS' GROUP
VIRTUAL MONTHLY MEETING
August 14, 2025, 7:00 – 8:00 P.M.

Clinic Manager: Luxury or Necessity?

-Join Angela Simmons and Bill Wells to discuss this important topic.

Click this [link](#) to join this Google Meet

If you are interested in joining this group and unable to attend the Thursday evening meeting, please email director@anpassociation.org with your contact information.



Join Angela Simmons and Bill Wells for the NP Business Owners Group’s next virtual meetup on Thursday, August 14, from 7 PM to 8 PM CST. This monthly gathering, held every second Thursday, is designed specifically for nurse practitioner business owners to connect, share insights, and explore critical topics—from staffing efficiency and profitability to regulatory updates and growth strategies. Whether you're establishing your practice, scaling operations, or fine-tuning your business model, Angela and Bill will guide the conversation with practical advice and peer-driven discussion. To participate, simply join via Google Meet using the link above. If you're new to the group or didn't receive the link, please email director@anpassociation.org to be included. See you there!

ANPA 2025 Fall Opioid Conference

Fall 2025 Tackling the Opioid Crisis in Rural Arkansas: Continuing the Conversation

Location:
Pine Bluff Convention Center
1 Convention Center Drive
Pine Bluff, AR 71601

Date & Time:
Friday, September 26, 2025 at 9:30am CT - 3:00pm CT

Accreditation Info: continuing education information coming soon.

Additional Registration Information:
Registration Fee: \$10
*Students register for FREE! (Promo Code: Student25)



Sponsored By:



Tackling the Opioid Crisis in Rural Arkansas: Continuing the Conversation

This one-day seminar unites state and local community leaders, law enforcement, healthcare providers, and other key stakeholders to discuss ways to tackle the opioid crisis in Arkansas.



09:30 am - 03:00 pm
26 September 2025



1 Convention Center Plz,
Pine Bluff, AR 71601



Registration Fee: \$10
Students register for **FREE!*



Seminar Features:



**Continuing Education
Information Coming Soon**



Register Here



Get Involved – Volunteer with Us!

Looking for a way to make a difference? Join us during the Midday Mingle on May 9th to learn more about our volunteer opportunities! Whether you're looking for a small way to give back or want to dive into committee work, there's a place for you. The Health Policy Committee is especially in need of volunteers—come find out how you can help support their important work!

Scan the QR Code to get involved!



Why are there so many rules?

A colleague recently asked a practice question, and I couldn't find the answer in the Arkansas State Board of Nursing (ASBN) Rules. Has that happened to you? With 11 chapters, 17 position statements, and various other resources, it

can still be difficult to locate specific guidance.

ASBN rules are based on the Arkansas Nurse Practice Act (NPA). When legislation changes the NPA, ASBN must develop rules to implement those changes. However, new rules must be approved by the Arkansas Legislative Council and relevant committees before taking effect. While minor edits can be made, most significant changes require new legislation.

Part 123 – Advanced Practice Registered Nurse (formerly Chapter 4) is my go-to resource. Section 123-402 outlines standards for all APRN categories, including the signature authority list. Subpart 6 (starting on p. 13) addresses prescriptive authority. I don't prescribe scheduled medications in my current role, but I often get questions about them. Restrictions on prescribing these drugs come directly from state law and easing them requires legislative change.

Rules from the Medical Practices Act (MPA) are very similar. Rule 2 addresses pain management for physicians and PAs, and Rule 7 covers stimulant use. Topics like the Prescription Drug Monitoring Program, guidelines for anorexiant, telemedicine, and establishing patient relationships are governed similarly for APRNs, PAs, and physicians. For example, guidance on managing chronic nonmalignant pain is consistent across professions, though physicians have broader therapeutic options. I've never completed a death certificate, but MPA Rule 34 offers excellent guidance.

Other regulatory boards also influence my practice. The Arkansas State Board of Pharmacy's Lawbook incorporates both state and federal laws. For example, while nurse practitioners (NPs) can prescribe compounded medications, federal law prohibits them from prescribing compounded versions of drugs that are commercially available. This includes combinations such as semaglutide with B12, as both are available individually. If a patient requires alterations to a commercially available drug, a physician must issue the prescription, accompanied by documentation of the specific medical need—such as an allergy to ingredients or difficulty swallowing that necessitates an alternative formulation. Cost alone does not justify compounding. This rule is currently being enforced and would require legislative action to change. When the NPA doesn't directly address a situation, I turn to the APRN Scope of Practice Decision-Making Model on the ASBN website. I ask:

- Is the task prohibited? I stop there if it is.
- Is it within my FNP scope?
- Would a prudent FNP perform it?
- Do I have the knowledge, skill, education, and experience?
- Can I manage the consequences?
- Will the patient be safe?

If the answer is "yes" to those questions, I can proceed. As one of nearly 1,000 Arkansas NPs with full independent practice (without signed prescriptive protocols), this model helps me navigate gray areas—like deciding to prescribe a medication not specifically addressed in the NPA. For example, I wouldn't insert an IUD since I lack training, but I would prescribe emergency contraception when appropriate.



Arkansas Nurse Practitioner Association | | ,

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