



The Advocate

NURSE PRACTITIONERS OF NEW YORK

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WINTER 2014

From the President's Desk...



It is my pleasure to report that NPNY maintained a steady momentum after an energetic start to the 2013-2014 season. Our achievements thus far include enhancement of the NPNY monthly CE program experience, establishment of the NPNY Nurse Practitioner of Distinction Award and a fun-filled networking holiday event.

NEW NETWORKING QUESTION

Our highly regarded monthly CE programs have been transformed with the introduction of the Networking Question and pharmacology credits for select programs. The new Networking Question stimulates a lively discussion on a variety of subjects concerning the role of the Nurse Practitioner. We then use NPNY's social media network via Facebook, Twitter and ENPNetwork to share insightful answers from program attendees.

NPNY introduced pharmacology credits in our monthly CE programs to meet the board recertification requirements of our NP colleagues. We look forward to an exciting half-day conference, scheduled for Saturday, February 8, 2014, which offers pharmaceutical concepts tailored to the needs of NPs in the areas of der-

matology, infectious diseases and psychiatry. *Details are in the calendar, page 2.*

HONORING DISTINCTION

Our new annual NPNY Nurse Practitioner of Distinction Award honors individuals who demonstrate passion and commitment to empower and promote the role of Nurse Practitioners through excellence in leadership within legislative efforts, clinical care, research or education. The first two recipients are among the founding members of NPNY, Helen Ruddy and Irene Van Slyke continue to serve as mentors for junior leadership of our organization.

The NPNY Holiday Party on December 12 brought together NPNY members, online followers, old friends and new acquaintances for an evening of networking fun. We had a great turnout, enjoyed wonderful conversations, presented the first annual NPNY Nurse Practitioner of Distinction Award and gave away a secret gift to a lucky attendee.

To ensure long-term sustainability and growth, NPNY needs your continued support through membership, event participation and volunteerism. I hope to have you at one of our many upcoming events—and look forward to receiving your NPNY Nurse Practitioner of Distinction nomination in subsequent years.

—Annie D. Lu MSN, ANP-BC, ADM-BC

Advocacy Alert!

Two significant Advocacy & Policy Committee events are scheduled for 2014. **Join us for an Update: Chronic Disease, Obesity Prevention and Tobacco Control Policy**—on Thursday, February 20, by two speakers from NYC Department of Health and Mental Hygiene—addressing legal and policy issues. *See calendar, page 2.*

Don't miss our 14th Annual Advocacy Day on Wednesday, March 12—our day in Albany to discuss with our State legislators policy issues affecting practice and our patients. Earn 8.4 CEs and be an active part of history. *See calendar, page 2.*

Nearly 2.7 million New Yorkers under 65 years old are uninsured according to Washington, DC-based Urban Institute (UI). As part of President Obama's comprehensive health reform (The Affordable Care Act), New Yorkers have been enrolling for health insurance through the Marketplace since October 1, 2013, and UI anticipates that over 1 million New Yorkers will get health insurance through the exchange. In 2014 individuals with pre-existing conditions can no longer be denied coverage. There is a lot of work to do for us as NPs.

For details on the two events, or to be involved in the Advocacy & Policy Committee, please contact me at npsofny@gmail.com. —Rachael Lerner MSN, WHNP-BC

Two NPs Share 1st Nurse Practitioner of Distinction Award

HELEN RUDDY

In 1980, when Helen Ruddy graduated from the Pace University FNP program, Nurse Practitioners (NPs) in New York had no official recognition or prescriptive privileges. "We were providing care without statutory/legal authority," says Helen, "like 'skating on thin ice.'"

At that time NPs began to organize and lobby the State Legislature to revise the Nurse Practice Act to recognize the NP role. Helen attended early meetings in the Bellevue Hospital basement where Elaine Gelman—whom Helen calls "her hero and mentor"—spearheaded the NYC movement.

Finally in 1988 the Nurse Practice Act in NY was amended, making NPs legal with prescriptive privileges for all classes of drugs. However, the job was far from done. As Helen puts it, "If you're not at the table, you may be on the menu." NPs still needed a place at the table.

SCHOLARSHIPS FOR YOUNG NPS

From 1980 until 2000, as a member of the NYS Coalition of Nurse Practitioners (NYSCONP), Helen served on the legislative committee at the local and state level. Continuing her involve-

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IRENE VAN SLYKE

As a new NP, Irene Van Slyke participated in the founding of NPNY. She was attracted by the organization's "dedication to affordable quality health care for all, democratic structure and commitment to diversity"—the same mind set that inspired nurses during the 1960s to work together with MDs to provide primary care in underserved areas in school and community based clinics. This stimulus, she adds, is what spurred the development of the NP profession.

KNOWLEDGEABLE ABOUT THE LEGISLATIVE PROCESS

Even before NPNY came into being, Irene helped organize a lobby trip to Albany in 1997. Knowledgeable about the legislative process after working 12 years as an aide to State Senator Velmanette Montgomery (a staunch supporter of NPs), Irene believes "educating legislators in Albany and Washington to what NPs do is an integral part of being a professional." In 2014, NPNY will be celebrating its 14th annual lobby trip to Albany, and Irene will be there.

Since NPNY's inception Irene has been part of the legislative committee charged with researching issues and pending bills.

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Helen Ruddy, *continues from page 1*
ment in legislative and policy issues, Helen helped initiate and organize NPNY's annual Lobby Day, which serves as a forum to promote our Nurse Practitioner agenda in Albany, while providing opportunity for students and NPs to learn about the legislative process.

A FUTURE INVESTMENT

Helen served on the Board of Physicians for a National Health Program the decade prior to passage of the Affordable Care Act. She provided scholarships for young NPs to attend the American College of Nurse Practitioners Annual Policy Summit in Washington, DC.

Helen has consistently precepted NP students. She provides both a clinical and political experience. In recent years, Helen has been giving all her students an NPNY membership, calling it "a very good investment in the future."

Holiday Party Photo, right

NPNY Nurse Practitioner of Distinction recipients Helen Ruddy and Irene Van Slyke show off their awards. From L. to R: Jack Curran, Helen Ruddy, former NPNY President Susan Moscou, Irene and Richard Van Slyke and NPNY President Annie Lu.

Irene Van Slyke, *continues from page 1*

Some of the NPNY legislative successes that she feels deserve recognition include the organization's key support (1) for reforming the Rockefeller Drug Laws (to treat drug addiction as a disease rather than a crime); (2) for "opting out" of consent for HIV testing (the paperwork was a deterrent to getting tested); and (3) for allowing NPs to sign death certificates.

Over the years, Irene has served as president and treasurer of NPNY. Her wish now is "to see legislators drop the mandate that NPs must engage a collaborating physician!"

Holiday Party, 2013



EARN 4 PHARM CEs
for our new half-day program
on Saturday,
February 8, 2014, 10 AM

**Pharmacology
Essentials for Primary
& Acute Care
Nurse Practitioners**

Fee: NPNY members-\$50;
nonmembers-\$75, students-\$30

Location: Beth Israel
Friedman Conference Room
10 Union Square East

2014 NPNY CALENDAR: Earn CEs for Each Program

Monthly programs offering 2 CEs: free for members; nonmembers \$20; NP students \$5

◆ THURSDAY JANUARY 16, 2014

Program (2 CEs): Management of Atrial Fibrillation for Nurse Practitioners

Speaker: Aileen Ferrick RN, PhD, ACNP-C, FHRS, *Westchester Heart & Vascular Cardiac Electrophysiology Program Coordinator*

◆ SATURDAY, FEBRUARY 8, 2014

Half-day Program (4 PHARM CEs): Pharmacology Essentials for Primary & Acute Care Nurse Practitioners

Speaker: Roy Seidenberg MD, *General & Cosmetic Dermatology, NYU School of Medicine*; Marco R. Scipione PharmD, BCPS (AQ-ID) - *Clinical Pharmacotherapy Specialist, Infectious Diseases, NYU Langone Medical Center*; and Tammy Cohen Fetterman RN, MA, PMHNP-BC, NP-Psychiatry, ECT Coordinator, *NYU Langone Medical Center*.

Fee: members \$50, nonmembers-\$75, students-\$30 **Location:** Beth Israel Friedman Conference Room, 10 Union Square East

◆ THURSDAY, FEBRUARY 20, 2014

Program (2 CEs): Update: Chronic Disease, Obesity Prevention & Tobacco Control Policy

Speaker: Kevin R.J. Schroth JD, *Senior Legal Counsel for Bureau of Chronic Disease Prevention & Tobacco Control, NYS Dept. of Health & Mental Hygiene*, and Maura Kennelly MPH, *Director of Policy for Bureau of Chronic Disease Prevention & Tobacco Control at NYC DOHMH*

◆ WEDNESDAY, MARCH 12, 2014

Program (8.4 CEs): Advocacy Day in Albany

Hosts: Rachael Lerner MSN, WHNP-BC, *Board Certified Women's Health NP, Mt Sinai Dubin Breast Center*; and Annie Lu MSN, ANP-BC, ADM-BC

◆ THURSDAY, MARCH 20, 2014

Program (2 CEs): Hypertrophic Cardiomyopathy - More than Sudden Cardiac Death: Implications for Nurse Practitioners

Speaker: Milla E. Arabadjian FNP-BC, NP, *Hypertrophic Cardiomyopathy Program, St. Luke's-Roosevelt Hospital Center, Mount Sinai Health System*

◆ THURSDAY, APRIL 17, 2014

Program (2 CEs): Hypertension Management for Nurse Practitioners

Speakers: Vanessa Milne MS, FNP-BC, CLS, FPCNA, *Board Certified Cardiac Vascular Nurse & Family Nurse Practitioner, Clinical Lipid Specialist, Bellevue Hospital Lipid Clinic*

◆ THURSDAY MAY 15, 2014

Program (2 CEs): Neuroplasticity: What the Nurse Practitioner Needs to Know

Speaker: Sheree L. Loftus PhD, *Gerontologist/Nurse Scientist, Beth Israel Medical Center, NY*

SCHEDULE FOR 2 CE PROGRAMS

6:30 pm Light dinner, networking, NPNY business

7 - 9 pm CE Program

LOCATION: 2 CE meetings take place at Beth Israel PACC (Phillips Ambulatory Care Center), 2ND floor in Conference Room #1, located at 10 Union Square East.

SUBWAY: Union Square station on the L, N, Q, R, W, 4, 5, 6.

EARN 2 CEs for each program. Program CEs have been submitted to the American Academy of Nurse Practitioners for continuing education credits. Lisa Paplanus DNP, ACNP-BC, ANP-BC, is Program Committee Chair.

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