



United Advanced Practice Registered Nurses of Georgia

UAPRN.ORG



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State Officers

James Lawrence, *President*

Wanda Jones, *State VP*

Debi Gass, *Treasurer*

Michele Nelson, *State Secretary*

James F. Lawrence, Ph.D. APRN BC FAANP CPS

President's Message



I am optimistic that as our members read this message, you all are enjoying some time away from the stresses of your practice and/or teaching responsibilities. Please give yourselves permission to experience some "down time" by enjoying this beautiful planet we call "Mother Earth."

At this newsletter's publication, we are moving forward to achieving our 2014 membership goal. This goal consists of every active UAPRN member in the state to invite a colleague, a student, a manager, or an acquaintance to accompany you to one of our dinner meetings. We want to show your guest examples of our unity, collegiality, and fun that characterize our organization. By showing him/her first-hand, we hope that the individual will want to join us as a member and take that "professional leap" of faith. It's

often intimidating and uncomfortable to take that first step, but somewhat less stressful if a friend is by one's side. This is why we made coined our 2014 membership drive our "Buddy Membership Campaign". This is where personal and professional growth begins. It did when I made that investment in the organization.

Last week was the deadline for scholarship submissions and I am actively preparing the files to be placed in one folder so that I may email the folder to an anxiously awaiting committee for review. Other notable events I must recognize is the ever loyal political efforts of our hard-working sister organization, CAPRN, in the recent legislative session. It is just as important to celebrate our successes and victories no matter what their size and to learn from the victories as well as our defeats. I learned one of my most important daily mantras from Pastor Joel Osteen. He encourages us to remember that "Every set back, is a setup, for a comeback". I often recite that important yet encouraging and inspiring quote when I am moving about in the state capital and meeting with our representatives.

Continued on next page

Our efforts continue on working on our event planned during national Nurse Practitioner Week 2014 (November 11-17). The event, "Evening of Appreciation," is being developed under the watchful eye of Dr. Michelle Nelson. Its intent is to recognize our UAPRN members who tirelessly serve as preceptors, the academic community, and our legislators who continue to support our APRN agenda. Anyone interested in assisting Dr. Nelson in this special event is encouraged to email her at mnelson18@gsu.edu. As many of our members know, I have been very out-spoken about this organization and our members supporting our student members through precepting, mentoring, role-modeling etc. Please remember this pledge when you are approached by a CNS or NP graduate student seeking preceptors, and remember that you were in that exact situation at one time in your professional education.

Our organization continues its Nurse Practitioner Campaign which is ongoing. This is driven by AANP's national campaign of which I was contacted by its national office and provided recommendations on implementing at the state level. To date, despite my 20 months of efforts in trying to improve communication and collaborate with Georgia's CNS community, they remain uninterested. Many of you emailed me offering support on my recent state radio talk show that I did along with Ms. Dana Hickman, Gwinnett UAPRN president. It proved to be very successful and I will post it on our state webpage to listen to if you missed the broadcast. This was just one attempt at penetrating the media community to raise awareness of our presence in the state. There will be more of these projects before the year ends. I also encourage our membership to sign on to the state webpage. While every UAPRN chapter has its own webpage, the organization of UAPRN Georgia also has a webpage that I maintain. Please look at all the changes I have made to the site as well as the important links I have added.

I want to encourage our membership to contact me for suggestions on making our organization even stronger and I want everyone to try to attend our state conference that will be held next month. Central Georgia Advanced Practice Registered Nurses is our sponsoring chapter this year and the dates are September 12 and 13, 2014. To register, please go to our state webpage and locate the conference registration brochure. I will

lead our business meeting on September 13th where I will be covering a variety of very important issues. I would strongly encourage our student UAPRN members to attend. This is based on our successes last year when all UAPRN students in attendance left with preceptors for their entire remaining clinical rotations.

Since becoming your state president, we have seen huge successes and transformations throughout the state. The restructuring of our organization, the greater than 90% membership growth, the reaction from the healthcare community in the state and our nation with invitations to participate on key healthcare policy committees, two new UAPRN chapters forming, and two other UAPRN chapters working with me in revamping their local chapter with remarkable results in their own communities. Furthermore, there remains only 2 of our 12 chapters that I have not visited, but are scheduled before the end of the year.

My vision for where I want this organization at the local, state, and national levels still require more attention. We have strategically placed ourselves on the right path, but we are not there yet. Additionally, we still have some significant barriers of communications and accountability in local chapters that exist in our organization. With that said, there remains a lot of important work to be done. Thus, I would like to formally state that I will be seeking your support in running again as your state president for I believe these areas are too important to leave unresolved.

Lastly, please know I appreciate all of you, your participation in our organization locally and at the state level, and your commitment toward improving healthcare for all Georgians. As always, I encourage you to communicate with me via email or cell phone, and I encourage you to challenge your chapter officers in membership development with our end of the year goal set at 550 members.

I look forward to seeing old friends as well as meeting new friends in Macon, Georgia on September 13th!

Sincerely,

James

James F. Lawrence, Ph.D. APRN BC FAANP
State UAPRN President

Representative to Other Organizations for UAPRN

By Wanda Jones MSN, FNP-BC, *State Vice President of UAPRN*

As the representative for UAPRN to One Voice Collaboration (OVC) and Georgia's 21st Century Primary Workforce, below is an update concerning these two groups.

The OVC is composed of the President and Vice President of GNA, UAPRN and CAPRN. We have had three meetings to discuss how these three organizations can work together for the benefit of APRNs and all nurses. There are some exciting collaborative plans in the process and when they are finalized I will post the information on our UAPRN website. The mantra for this group is "Nurses don't stop at the end of their shift. Let's improve the health of your community starting now. BE ACTIVE."

The Georgia Primary Workforce group has only met once. The objectives, goals, ground rules, time commitments plus future meetings dates were discussed. This group is composed of doctors, APRNs, PAs and mental health professional, and social workers from multiple organizations across the state. I feel very pleased to be a member of this esteem group. The goal of this group is a collaborative dialog along with research and data collection for quality healthcare outcomes for the state of Georgia.

Congratulations and Much Appreciation

By James Lawrence, *UAPRN State President*

Cindy Rhinehart of the Atlanta UAPRN Chapter and one of UAPRN's founding members deserves a formal acknowledgement of my personal thanks as she has accepted the Executive Board's invitation to serve as Chair to the Nominating Committee for this year's upcoming election of state officers. She will then select 2 to 3 members to serve on the nomination's committee. Cindy and these member's charge will be to find qualified candidates to run for the following positions: State President, State Vice President, Director-at-Large, Secretary, and Treasurer. If anyone is interested in being considered for one of these elected positions, please review their office responsibilities and contact Cindy Rhinehardt at crinehart@chamberlain.edu for further details.

Words to Live By

By James Lawrence, UAPRN State President

In a commentary that I came across recently in one of the professional journals, Dr. Steven Gambers, Professor of Medicine at John Hopkins University made me stop in my tracks and ponder the following:

"Why is it that the only time in our lives we like to get old is when we are kids. I am four and a half, states the youngster proudly professing his age. One never hears an adult stating that he/she is forty-five and a half." The professor quotes the late comedian George Carlin in his suggestions of "10 Ways to Stay Young:"

1. Throw out nonessential numbers. This includes age, weight, and height. Let the medical provider worry about them as this is why you pay them
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening-whatever. Never allow your brain to become idle. An idle mind is the devil's workshop and the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire lives is ourselves. Be ALIVE while you are alive!
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, etc. Your home is your refuge.
8. Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Central Georgia APRN 2014 Fall Seminar Friday, September 12-13, 2014

Featuring Oncology, Dermatology, ICD 10, Cardiovascular & Diabetes

Location:

Macon Marriott City Center, 240 Coliseum Drive, Macon, GA 31217

For a more information and registration details, please download seminar brochure by clicking on the link:

https://s3.amazonaws.com/enp-network-assets/production/attachments/29721/original/Central-Georgia-Advance-Practice-Brochure_004.pdf?2014

Additional Resources and Articles of Interest

Below are links to additional articles of interest.

Treatment To Prevent Osteoporotic Fractures: An Update

An article by AHRQ (Agency for Healthcare Research and Quality)

http://effectivehealthcare.ahrq.gov/ehc/products/160/1048/lbd_clin_fin_to_post.pdf

Clinical Practice Guidelines by the Infectious Diseases Society of America for the Treatment of Methicillin-Resistant Staphylococcus Aureus Infections in Adults and Children

<http://cid.oxfordjournals.org/content/early/2011/01/04/cid.ciq146.full.pdf+html>

Nine Unseen Qualities that Create Exceptional Leaders

By Jeff Harden

<https://www.linkedin.com/today/post/article/20140212130137-20017018-nine-invisible-qualities-that-make-a-few-leaders-exceptional>

10 Characteristics of a Highly Effective Learning Environment

By Terry Heick

<http://www.teachthought.com/learning/10-characteristics-of-a-highly-effective-learning-environment/>

Racial Health Disparities Among People with Chronic Conditions in the US: Facts & Statistics

By Melody Wilding

<http://blog.ecaring.com/racial-health-disparities-among-people-with-chronic-conditions-in-the-us-facts-statistics/>

Costliest 1 Percent of Patients Account For 21 Percent Of U.S. Health Spending

By Sandra G. Boodman

<http://www.kaiserhealthnews.org/stories/2013/october/08/one-percent-of-costliest-patients.aspx>

8 Dietary Habits That Trigger Elderly Urinary Incontinence

By Melody Wilding

<http://blog.ecaring.com/6-dietary-habits-that-trigger-elderly-urinary-incontinence/>

From the Research Arena

By James Lawrence

First Ever Validated Tool to Identify Victims of Human Trafficking Released

In 2013, our organization supported legislation in the fight against Human Trafficking. Since Atlanta, Georgia is one of the major cities in our nation where this horrible crime takes place, I wanted to include the link for you to read that discusses this new instrument that identifies potential victims of human trafficking. The link is as follows: <http://www.vera.org/pubs/special/human-trafficking-identification-tool>.

Volunteerism.....Did you know?

In a research study titled "The Health Benefits of Volunteering: A Review of Recent Research (2007) located online at www.nationalservice.org, it was reported that volunteering is particularly beneficial to the health of individuals serving 100 hours annually. A meta-analysis reported that:

- Adults 65 years and older found the positive results of volunteering in physical and mental health due to the personal sense of accomplishments and individual gains from his/her volunteering activities
- Another study showed that volunteering led to lower rates of depression in 65 years and older.
- A study conducted by Duke University found post heart attack individuals reported reductions in despair and depression.
- An analysis of longitudinal data with individuals over 70 years old who volunteered approximately 100 hours had less decline in self-reported health and functioning levels, experienced lower levels of depression, and possess increased longevity.
- One study reported that volunteering strengthens the social ties that protects individuals from isolation during difficult times and leads to a greater self-worth and trust.
- Another study reported volunteers reported a greater life satisfaction and better physical health than non-volunteers.

Is it no wonder that we feel an intrinsic improved well-being when we volunteer ourselves? Hence, let's remember this as our individual chapters plan for their community service project this year with our designated **2014 Community Service/Volunteer Day to take place October 17-25, 2014**. Please remember to take pictures and email me your chapter service project.

As I am frequently being asked by the nursing community and lay community the differences between my Ph.D. and the newly created DNP, I edited this table to make a comparison between the two degrees and then insert the differences in a user-friendly table for everyone to read. For our UAPRN members debating on with path to take, I hope this provides a better understanding of the degrees and facilitates your matriculation.

By James Lawrence

Compare DNP and Ph.D.

<u>Domain</u>	<u>Ph.D</u>	<u>DNP</u>
Objectives	Prepares nurse scholars to conduct research that advances the theoretical foundations of nursing science and health care globally	Prepares nurses at the highest level of nursing practice who will lead in translating and applying research into practice
Research Competencies and Content	Knowledge and skills in theoretical, methodological, and analytic approaches to the discovery and application of knowledge in nursing and health care	Knowledge and skills in critically appraising, synthesizing research and determining if a body of research should be applied to practice; leads dissemination and integration of new knowledge in health care organizations
Program Outcomes	Nurse scientists preparing for a career in research in academia, or research intensive environments	Practice leaders caring for individual patients, and identified patient populations, and/or other practice leadership positions in nursing, health care administration, or academia
College of Nursing Program Hallmarks	An intense mentored research experience with a faculty investigator with an established funded program of research	An intense practice immersion experience with expert clinical faculty who lead and deliver patient care, translate research for practice, and design and/or revise systems projects and policy to improve patient outcomes/health care
Final Project	Completion and defense of an original research project	A practice application-oriented final DNP project
Types of Jobs After Graduation	<p>Academic tenure track faculty positions Eligible to be Principal Investigator for research grants</p> <p>Directors of research at health systems Leadership positions in health organizations</p> <p>Academic and leadership positions emphasizing research and teaching</p>	<p>Academic faculty positions at universities and colleges; tenure status will vary with type of university/college</p> <p>Directors of clinical nursing initiatives at health facilities, & health systems</p> <p>Expert clinicians in clinical practice</p> <p>Leadership positions in health organizations</p> <p>Academic and leadership positions emphasizing evidence-based clinical practice and teaching</p>

Reflections of Capitol Hill: Memories of My National Policy Experience

By Michelle A. Nelson PhD, RN, MS, FNP



The good fortune to represent UAPRN at a premiere AANP conference was bestowed upon me this year as your State Secretary. The 2014 AANP Health Policy Conference provided an amazing opportunity for all attendees and affiliates to learn how to promote, improve and expand the APRN scope of practice. The elimination of practice prohibitive laws dictating the role of the APRN was the central topic of the conference.

The first and second days of the conference included the topics: The Power of Grassroots and Media, Healthcare in the Media, The Affordable Care Act – Where Are We Now and an Update on Policy Initiatives in Child Health presented by our own Laura Searcy.

Conference day three was the most enticing. After an enlightening boot camp on lobbying the Hill, my group of Georgia representatives descended on the offices of Senator Johnny Isakson, Senator Saxby Chambliss and Congressman Tom Price for scheduled meetings. This was one of the most thrilling, powerful and surreal experiences of my life. Walking the historical Capitol Hill halls, while armed with my packets and core messages, the advocacy stage was set. I had become an NP leading the charge to ask for support to Pass the Home Health Care Planning Improvement Act (H.R.2504/S. 1332; Co-sponsor the Home Health Care Planning Improvement Act of 2013 (H.R. 2504/1332) and Co-sponsor H.R. 3833 which would Authorize NPs to Document Evaluations for Durable Medical Equipment.

APRNs must continue to strive to improve quality of care and access for all. Additionally, it is vital that we promote the integral role that NPs play in the health care system. Join me in getting involved, staying involved and encouraging the involvement of others. I look forward to my continual participation in the AANP health policy movement. Here are the AANP recommendations on what you can personally do to achieve this goal:

- Call your local lawmakers to introduce yourself.
- Attend a town hall meeting and invite others.
- Schedule a meeting during recess and invite others
- Offer yourself as a resource on health care issues. You provide an important perspective.
- Write a letter to your lawmakers.
- Follow and friend your lawmakers on Twitter and/or Facebook
- Write and Op-Ed or letter to an editor of your choice
- Answer the call of AANP grassroots action alerts
- Report back to AANP

Thank you to UAPRN for my conference sponsorship. The 2014 AANP Health Policy Conference was a transformative experience. I plan to be at next years' conference being held at the Hyatt Regency Washington on Capitol Hill on March 29-31, 2015. I invite all of you to attend with me.

Pictured with Michele is former Congressman Alan Wheat. Photo by AANP_News

Ten Principles All Great Advanced Practiced Registered Nurses Should Strive to Follow

By *HEALTHeCAREERS.com*

Good advanced practiced registered nurses (APRNs) are everywhere. According to a 2011 U.S. Bureau of Labor and Statistics report, there are more than 140,000 APRNs in the U.S. Therefore, it's easy to see why good APRNs are in ample supply. Great APRNs, however, are in very high demand, as they are the cream of the crop, and always follow these 10 principles to stay on top.

1. Maintain Integrity

APRNs are in the business of taking care of people. With lives on the line, there is no room for anything less than full disclosure and a forthcoming attitude. Although it is human to err — and APRNs are definitely human — truly being great is about the ability to acknowledge and learn from one's mistakes.

2. Be a Leader

In medical communities, APRNs have vital roles. After all, communities thrive best when members support one another. A great APRN takes the lead in helping others, knowing that supporting a fellow APRN keeps the collective ship running smoothly and fosters a better work environment.

3. Be Practical

Great APRNs are not at a professional best when overextended to the point of illness. Taking care of yourself ensures the future ability to take care of others.

4. Get a Life

It is important for great APRNs to separate their personal and professional lives. A January 2011 article from The Online Journal of Issues in Nursing (OJIN) highlights the prevalence and profound importance of compassion fatigue, and how it can severely hinder an APRN's abilities. Consequently, it's important to be proactive and establish healthy work-life boundaries to prevent this sort of professional burnout.

5. Keep a Good Sense of Humor

The type of life situations an APRN observes runs a gamut every day from joyous to tragic. It's important for a great APRN to use humor and remain lighthearted, as it can act as a helpful grounding mechanism in light of any tragedy.

6. Be Thorough

APRNs should always carefully review a patient's questionnaire. By remembering more information about a patient, it is that much easier to provide quality care.

7. Keep Stress Low

This harkens back to potential burnout that is frequent among APRNs with high stress levels. All great APRNs need to know how to take preventative measures to maintain low stress levels to stay great at their jobs.

8. Treat Co-workers Well

Great APRNs treat others as they want to be treated. Kindness is cyclical and is almost guaranteed to come back in a helpful way.

9. Be an Example

A 2012 Bureau of Labor and Statistics news release recently placed registered nursing as one of the 10 largest occupations in the U.S. Therefore, there are many chances to set good examples for co-workers. However, it's important to keep in mind that a great APRN does not just set an example, they raise the bar.

10. Remember the Mission

Most importantly, APRNs go into the field to take care of people. Great APRNs must never forget this. A good APRN follows the rules; a great APRN inhabits and defines the rules and the industry.

WHY JOIN UNITED ADVANCED PRACTICE REGISTERED NURSES?

The following are some examples of how a membership in UAPRN benefits you:

- Free access to online and current literature affecting specifically the APRN in Georgia
- Savings on local, state, and national conferences for the APRN
- Opportunities to develop your leadership abilities at the local, state and national levels
- Participation with other APRNs in and out of your specialty that practice in Georgia
- Access to discounted malpractice insurance
- Ongoing Continuing Education Credits in areas of your interests
- Opportunities to make an impact specifically for the APRN in Georgia
- Avenues that become available to fully realize as never before what the role of being an “Advanced Practice Registered Nurse” is all about
- Experiences to support grass root APRN and consumer advocacy
- Scholarship funds for the RN and the APRN who wish to broaden their education
- Political mentorships that will prepare the APRN to becoming a political advocate and leader for all APRNs at the state and national levels
- The satisfaction that you belong to a greater body of professionals who are representing you
- The opportunity to leave your mark, your legacy on the nursing profession in Georgia and in this country in a very unique way
- An investment in the future of healthcare in Georgia for you and your family

For more information regarding membership and to view the many opportunities that await you in taking the next professional leap in your role as an APRN, please go to

<http://uaprn.enpnetwork.com>