


# President's Message

## Heather Cook-Smith

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The NPA conference in Saratoga was quite exciting and educational this year. It was great to see so many NPs from Rochester there. We had a great time at the reception in the NPAGR suite. Thank you for coming!

As you know, the NP Modernization Act goes into effect on 1/1/15. This will eliminate the need for a written collaborative agreement with a physician for experienced NPs. This is another step towards increasing our autonomy. In 2015, the NPA will be focusing on allowing NPs to sign MOLST forms and NP empanelment with insurance companies. Lack of NP empanelment by insurance companies has been a major barrier for me personally. I have my own patient panel, but my patients have to list my collaborating physician as their primary care provider because the insurance companies do not recognize NPs as primary care providers. If you have a story to share about this problem, please share it with the NPAGR board. Perhaps if we join together as a group, we can get insurance companies to empanel us. The AANP is working to allow NPs to sign orders for home health care.

We will soon be holding elections for secretary and President-Elect. Please vote. If you have an interest in running for either of these positions, please contact the board. My term as president will soon be ending, and it has been an honor serving you. We have had a productive and busy year. I would like to thank the membership at large and the board for their support. The board of the NPAGR is a dedicated group of NPs, and it has been a pleasure working with them. I will remain active in the NPAGR board as we strive to continue our advocacy for NPs. I would strongly encourage any member who is interested in joining the board to do so. There is much we can do together. I encourage everyone to remember that *we need to be the change we want to see.*

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## Program Committee Report

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We are developing our programs for the first quarter of 2015. Please note that we are partnering with GVNA to coordinate program content and dates of programs in order to avoid some of the conflicts that occurred this past year with events scheduled on the same night.

**On December 4th**, we are happy to cosponsor a talk on “Hereditary Cancer Syndromes and How Cancer Family History can Impact the Care of your Patients” sponsored by Myriad Genetics. Meet us at the Back Nine Grill on 3500 East Avenue at 6 pm to get the evening started.

**On December 11**, we are having our second “Meet and Greet” at Amore Italian Restaurant and Wine Bar, 1750 East Ave, Rochester, NY 14610. This is an excellent time to share some food and drink while mingling with other NPA members.

In the new year, on **January 14**, we will be cosponsoring with Gilead pharmaceuticals a talk “Management and Treatment of Stable Ischemic Heart Disease” at Pomodoro Grill and Wine Bar, 3400 Monroe Ave.

Lastly, the Board of Directors will be sending out a survey via email to our members on our Greater Rochester Chapter. We value your input on this survey in helping us achieve our mission to promote and maintain an organization of and for Nurse Practitioners, which shall be devoted to the advancement and improvement of the Nurse Practitioner profession, and which shall consider and act upon matters related to the professional and scientific interests of Nurse Practitioners and the promotion of improved delivery of healthcare to all individuals. Article submitted by David Goede



## NPAGR Regional Conference Summary

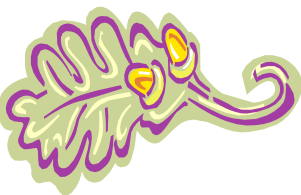
On Saturday, November 15<sup>th</sup> close to 100 Nurse Practitioners attended our “Contemporary Clinical Issues Across the Lifespan” region 1 conference! Despite it being a cold and cloudy day outside, the energy and enthusiasm from those in attendance was incredibly contagious. Presentations of the day touched on many current hot topics such as ADHD, menopause, syncope, chronic pain management and more. Each attendee earned over 6 contact hours for continuing education and was able to network with some of our region’s most engaged and influential NP’s!

We were honored to host Joy Elwell, DNP, FNP-BC, FAANP as our keynote speaker. Dr. Elwell currently serves on our NPA board of directors in the role of Treasurer and has been a key contributor and vital advocate for the Nurse Practitioner Modernization Act (NPMA) passage. During her keynote address, Dr. Elwell provided an historical overview of NP practice in NYS, highlighting most recently our work as an organization to improve practice conditions for NPs. The most noticeable change that the NPMA will bring is the elimination of the written collaborative practice agreement for those NPs who have completed 3600 hours of clinical experience. As Dr. Elwell so eloquently put it, “Healthcare is all about inter-professional collaboration”, stressing the fact that as NPs we already do this – and the piece of paper previously required is now history! Looking ahead to 2015, Dr. Elwell reviewed two of the important agenda items the NPA is planning to work on:

- Seeking approval for NPs to complete MOLST forms
- Working with insurance companies to recognize NPs as primary care providers who can have a panel of patients.

Later in the afternoon, Dr. Elwell shared her experience about “Owning Your Own Practice”. She spoke from her own experience, as she opened up her own practice in Scarsdale, NY, caring for and treating her own panel of patients. Our sessions with Dr. Elwell left those in attendance feeling empowered, inspired and courageous! She left us with a this reminder of why NPs are so uniquely positioned for success – “Nurse Practitioners bring the CURE and the CARE together”.

Before the afternoon sessions began, the Greater Rochester Chapter of the New York State Nurse Practitioner Association Board announced the selection of the 2014 Nurse Practitioner of the Year award. This year, the award was presented to Dr. Cynthia Ricci McCloskey, APRN, WHNP, BC, in recognition of her work with the NPAGR as *Communications Chair* and also in her role as the *Finger Lakes Action Coalition Nurse Lead* working to realize the recommendations of the Institute of Medicine Future of Nursing Report. When presenting the award, board member Susan Smith reflected that there are many NPs in our organization who are also making valued contributions to the profession and could be nominated in the future.



Article submitted by Julie Albert

## Member Spotlight: Terry Schwartz, NP

Terry (Theresa) Schwartz's professional career started out in the usual way...acute care and community health nursing (including an Indian Reservation) for a few years and then graduate school. As a new NP in 1981, she accepted a position as the first Vascular Surgical NP at Strong Hospital. Surgical positions are common for new NPs, because the protocols for patient care are fairly well-delineated. Assisting in the OR on vascular cases (prior to the First Assist legislation) and writing orders for inpatients on the service (before NPs in New York State had prescriptive authority) definitely pushed the envelope in terms of comfort, and established her comfort level with blazing new NP trails.

As this 80s were also a time when most employers frowned on part time positions for NPs, so Terry decided to do consulting work for a medical malpractice defense law firm, Harris Beach. This position taught her a lot about how NPs can stay out of legal trouble! Following this position, Terry taught nursing at MCC, but the plan was to return to being an NP eventually.

While teaching clinical with students for MCC, HIV research began to emerge, but since this was the pre-internet era, there was little information readily available. Terry began to volunteer as an NP at an HIV clinic, which allowed her to learn enough about HIV patients to teach her students how to care effectively for them on the acute hospital floors. The volunteer experience convinced her that she should enter this field full time, and a two year HIV fellowship sponsored by the NYS Department of Health prepared her for this role. One thing that became apparent during this intensive experience was that no one in Rochester (or anywhere in NYS outside of NYC) was prepared to perform High Resolution Anoscopy (HRA), similar to cervical colposcopy, to prevent anal cancer which is more prevalent in the HIV positive population than the general population.

The NYS DOH agreed that part of her HIV fellowship training would include time in NYC where a surgeon was performing and teaching HRA, and six months later, she started Rochester's first HRA practice within Rochester Colon and Rectal Surgeons, where she currently works. She also began Strong's first HRA clinic, known as the Dysplasia Clinic, which she ran for seven years. Prior to starting her HRA practice, Terry took a position managing the HIV care of the people of Geneva through Finger Lakes Migrant Health, and also traveled to the migrant camps to care for the HIV positive migrants during the summers when the migrants from Haiti were working in up-state New York. For a few years she juggled several jobs: HIV management, HRA, and filled in as needed at the Infectious Disease Clinic at Strong Hospital caring for HIV positive patients. Eventually, something had to give, and since there were more HIV providers in Rochester than HRA providers, Terry reluctantly gave up her HIV practice and her certification by the American Academy of HIV Specialists.

Today, Terry provides High Resolution Anoscopy with biopsies for the diagnosis of anal precancerous lesions, and Infrared Photocoagulation Ablation for the treatment of those precancerous lesions so they can not develop into invasive anal cancer, which is the disease that caused the death of actress Farrah Fawcett. In addition to direct care, Terry has also taught HRA and IRC to NP and MD providers in Chicago, Buffalo, Rochester, Syracuse and New York City, and has presented and published articles on the topic. Because anal dysplasia and anal condyloma are such troubling and stigmatized health problems, Terry raised money through *Kickstarter* for an on line support group, which is currently in its initial stages. Thanks to Terry for agreeing to be highlighted and contributing to this article!



## The 2014 NPA Conference

### Summary of the state conference in Saratoga

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The 30<sup>th</sup> annual conference of the NPA was a resounding success! The theme, *Years of Wisdom: A Commitment to Excellence*, held true with a wide variety of outstanding speakers keeping the attention of a large number of attendees, among the highest attendance in the last few years. The Saratoga Hilton provided a comfortable and convenient setting for participants who earned up to 31.25 ANCC Continuing Education hours including preconference offerings. Keynote speaker Sandra Ryan, CPNP, FAANP presented on her experience as the first chief nurse practitioner officer in the convenient care industry. As a founding officer of the convenient care clinics at Walgreens Sandra led over 1,500 board certified NPs at over 400 Take Care clinics throughout 19 states.

The large Greater Rochester contingent was treated to a meet and greet on Friday evening, hosted by President Heather Cook-Smith. Next year, we will have a shorter rip as the State conference will be held much closer to home in Niagara Falls, NY! Mark your calendars now, as the conference is earlier next year. The 31<sup>st</sup> annual conference will be held at the Conference and Event Center, Sheraton at the Falls, Niagara Falls, NY, on September 29<sup>th</sup> through October 4<sup>th</sup>, 2015.

Article submitted by C. R. McCloskey

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Let us highlight your practice!

We are looking for members to highlight in the monthly

*What's New at NPAGR* or in the biannual newsletter, *The NP Report*.

I will be at the next meet and greet and would love to discuss this opportunity with you. There are so many NPs doing great work in our community, and our members are interested in hearing about your work.

Cynthia McCloskey, Newsletter Editor and Communications Chair



# THE NURSE PRACTITIONER ASSOCIATION

New York State • Greater Rochester Chapter

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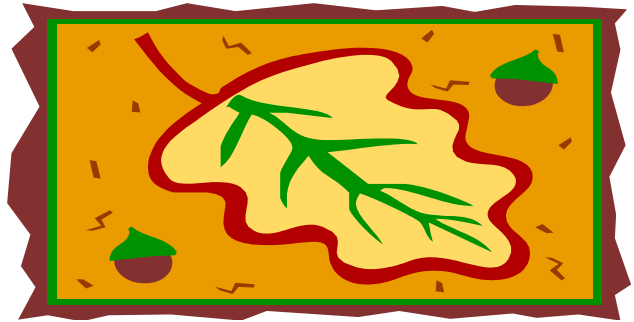
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**Contact The NPA of NYS at  
[www.thenpa.org](http://www.thenpa.org)**

## It is time to Give Thanks!

Thanks to our outgoing President and Secretary

On behalf of the board, a big Thank-you to our outgoing President, **Heather Cook-Smith** and our long standing secretary, **Diane Salipante**.

Heather is completing her second of a three year commitment to the board as President. The first year is President-elect, where one learns the ropes of the leadership position. During the second year, the President guides the chapter in the area of member initiatives and programming. We have made some great strides in the last few years with PR and marketing, while maintaining membership and offering quality programs. We have also transitioned to the state wide website, which is still a work in progress. The third year is spent serving as past-president, guiding the new President in his/her duties. There is always help close at hand. A **special thanks to the essential, yet behind the scenes job of secretary**, well done by Diane for the last few years. This person takes minutes at each meeting and then sends out a draft for review. If any corrections are needed, they are made and the final version is communicated prior to the next meeting. The Secretary and President work closely together to make sure that pertinent information and initiatives are recorded and communicated to the board, and then out to the membership. We are looking for more members to be involved on the NPAGR board. Help is needed on *Public Relations, Communication* and elsewhere. Look for your email ballot and be sure to vote for Secretary and President-Elect!

Article submitted by C.R. McCloskey