

From the President's Desk...



It has been an honor and a privilege to serve my third consecutive and final term as President of NPNY. It is my pleasure to welcome Cristina Martinez our President

Elect, former board member and membership committee chairperson, into our organization's executive office. Under Cristina's leadership NPNY will continue the mission to unite, empower and promote the role of Nurse Practitioners.

This is an exciting time for our profession as we bear witness to the historic changes to legislations governing Nurse Practitioner practice and health care provision in New York State and the nation. NPNY will continue to advocate on your behalf to remove current and future barriers to Nurse Practitioner practice and patients' access to timely high-quality care. Our voices grow stronger with each additional member. I encourage you to help educate your colleagues about NPNY and invite them to become a member of our organization.

CAREER DEVELOPMENT

NPNY supports your career development and professional endeavors. We offer lecturing opportunities, mentorship in organizational leadership, and postings of professional publications and research studies. Additionally, NPNY will continue to produce high-quality live continuing education programs to meet your re-certification and learning needs. Our lineup of diverse topics by accomplished multidisciplinary speakers includes pharmaceutical credits. Please refer to our 2015-2016 program schedule for more details.

NPNY has recently reached several milestones including a complete redesign of the NPNY.net web site to better serve our membership, an improved electronic and onsite conference registration process for our program attendees and a successful 15th annual Advocacy Day in Albany. All the above is made possible by a dedicated group of volunteer NPNY leaders and support from members like you. Thank you! I invite you to be involved and stay in touch.

—Annie D. Lu MSN, ANP-BC, ADM-BC

Supporting Nursing Colleagues On Social Media Can Benefit Your Career

In the ever-changing world of social media, there are constant updates as to what is trending and benefiting NPs. Social media platforms, such as Twitter, Facebook communities, podcasts, YouTube and blogging, are helping NPs promote themselves and the profession. These sites have grown

Supporting and following your colleagues' social media sites and reposting their posts gives them, and you, exposure.

in popularity in the past year as the ease of learning how to use these tools has increased.

So now that NPs and nurses are increasing their exposure through social

media platforms, how can we help each other at the same time we are promoting ourselves? Supporting and following your colleagues' social media sites and reposting their posts gives them, and you, exposure. It also links you to their followers, and your followers to theirs. This is a win-win situation. You may also be asked to be on their podcasts and YouTube videos or be invited to be speaker at their conference to showcase your niche or expertise, thus furthering your exposure.

Supporting your colleagues and getting to know the popular social media platforms that nurses are using to share information will help propel your career as well as the nursing profession as a whole.

—Carmen Saunders MSN, FNP-BC

NPNY Board Members Set Agenda for Upcoming Year



Board members enjoy a scrumptious lunch offered during the annual retreat by host Elizabeth Veneskey.

Weekend Conference on Women's Health

Earn 6 CEs, including Pharmacology Credits
Saturday, February 6, 2016, 9 am – 4 pm

*Diabetes Management ♥ Cardiovascular Disease ♥
 Birth Control, STDS and the new Pap Guidelines*

Speakers: Judith Schipper MSN, DNP; Julia Huff WHNP-BC;
 Dr. Laurie Jeffers FNP-BC, DNP

Fee: NPNY members \$75, nonmembers \$100, students \$50 (fee includes simple breakfast and light lunch)

Location: NYU Langone Medical Center - Alumni Hall B, 550 First Avenue, between 30th and 33rd Sts., Manhattan, NY 10016

Subway: #6 to E. 28th St.

Clinical Update

CONTRACEPTIVE NEWS

For every clinician who believed that withdrawal was *better than nothing*, new research shows that withdrawal is an effective method of birth control.

Jones, Fennell, Higgins, and Blanchard (2009) found that if the male partner consistently withdraws before ejaculating, 4% of couples will become pregnant in a one-year period with an 18% pregnancy rate in couples who typically use withdrawal. These rates are slightly less than those for condom use in which perfect and typical-use failure rates are 2% (perfect use) - 17% (typical use).¹ Typical use refers to how well withdrawal works when "real people in real life" use this method. Perfect use refers to how well this withdrawal works when used consistently and correctly.² Of interest,

¹ Jones, R.K., Fennell, J., Higgins, J.A., & Blanchard, K. Better than nothing or savvy risk-reduction practice? The importance of withdrawal. *Contraception*, 79, 407-410.

² Bedsider questions. Retrieved from <http://bedsider.org/en/questions/240-what-s-the-difference-between-typical-use-and-perfect-use>

many couples may use a combination of condoms and withdrawal methods.

So the next time you counsel your patients in monogamous relationships, why not discuss withdrawal as an appropriate birth control method. Knowing that withdrawal can be effective, only slightly less so than condoms, may help couples expand their contraceptive strategies.

—Susan Moscou FNP

HEPATITIS C TESTING³

What is the New York State Hepatitis Testing Law?

- ❖ The NYS Hepatitis C Testing Law requires a hepatitis C screening test must be offered to every individual born between 1945 and 1965, to meet the once per lifetime testing recommended by the CDC.
- ❖ If an individual accepts and the subsequent hepatitis C screening test is reactive, the health care provider must offer the individual follow-up health care or refer the individual to a health care provider who can provide follow-up health care that includes a hepatitis C diagnostic test (HCV RNA).

³ Source: https://www.health.ny.gov/diseases/communicable/hepatitis/hepatitis_c/

❖ The law went into effect January 1, 2014.

Providers who must offer hepatitis C testing include physicians, physician assistants and nurse practitioners providing primary care regardless of setting and without regard to board certification.

Why Screen for Hepatitis C?

While anyone can get hepatitis C, more than 75% of adults infected are baby boomers, people born from 1945 through 1965.

- ❖ Baby boomers are five times more likely to have hepatitis C.
- ❖ Liver disease, liver cancer, and deaths from hepatitis C are on the rise.
- ❖ The longer people live with hepatitis C, the more likely they are to develop serious, life-threatening liver disease.
- ❖ Treatments are available that can eliminate the virus from the body preventing long-term damage and death.

The medical settings where providers are required to offer a hepatitis C screening test are:

- ❖ Hospital inpatient and outpatient clinics
- ❖ Other health care settings where primary care services are being offered.
- ❖ Emergency Departments are not required by the law to offer hepatitis C screening testing, but are encouraged to do so. —Ellen Davis DNP, ACNP-C



Advocacy Day in Albany: NP members discuss several bills of importance to NP practice with State Senator Tony Avella. Photos: E. Veneskey

2015-2016 NPNY CALENDAR: Earn CEs for Each Program

Location (unless specified): Mt. Sinai Beth Israel Phillips Ambulatory Care Center (PACC)

10 Union Square East - 2nd floor - Subways: L/N/Q/R/4/5/6/ to Union Square

Monthly programs offer 2 CEs: free for members;

Nonmembers \$20; NP students \$5

Light dinner and networking at 6:30 PM, program from 7 to 9 PM

♦ THURSDAY SEPTEMBER 17, 2015

Program: Familial Dysautonomia

Speaker: Christy Spalink RN, MSN, ACNP-BC

Location: NYU Langone, Alumni Hall-Farkas Auditorium, 550 1st Av. btw E 30th/33rd Sts.

♦ THURSDAY, OCTOBER 15, 2015

Program: Women's Tele-Health and Access to Care

Speaker: Rebecca Callahan MSN, WHNP-BC

♦ THURSDAY, NOVEMBER 19, 2015

Program: Principles of Wound Healing: Where Do You Start?

Speakers: Barbara Delmore PhD, RN, CWCN, DAPWCA IHWCC-NYU

♦ THURSDAY, DECEMBER 17, 2015

Holiday Party (location TBA)

♦ THURSDAY, JANUARY 21 2016

Program: Renal Transplants

Speaker: Judith Bernstein MD, FASN, Assistant Professor of Nephrology, NYU Medical School.

♦ SATURDAY, FEBRUARY 6, 2016

All-day program (6 CEs): On Women's Health. Topics include Diabetes Management, Cardiovascular Disease, Birth

Control, STDs and the New Pap Guidelines. See box, page 1, for location.

♦ THURSDAY, FEBRUARY 18, 2016

Program: Harm Reduction and Working with Substance Abusers

Speaker: Norma Stephens Hannigan DNP, MPH, FNP-BC, DCC, FAANP with co-presenter L. Synn Stern MPH, RN

♦ THURSDAY, MARCH 17, 2016

Program: New Anticoagulants: Appropriate Clinical Indications, Safety, and Effectiveness

Speaker: Jerry Altshuler PHARM D, BCPS, Critical Care Clinical Pharmacy Specialist

♦ THURSDAY, APRIL 21 2016

Program: How to Navigate Successfully Through Your NP Career

Speaker: Lea Tal BS

♦ THURSDAY, MAY 19, 2016

Program: Palliative Care

Speaker: Phyllis Roach Sutton APRN, ACHPN

All program CEs have been submitted to the American Academy of Nurse Practitioners (AANP) for continuing education credits. Candace Lazarovits, Program Committee Chair.

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