

+ Utah NAPNAP Newsletter



Check us out on our website:
<https://utahnapnap.enpnetwork.com/>

Fall/Winter 2015

Board Members

President: Sarah Zobell
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Treasurer: Sarah Homer
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Continuing Education Chair: Barbara Faust
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+ Chapter News

Fall CE Dinner Recap: *Providing Care to Children with Autism*

The Fall CE dinner was hosted at The Paris Bistro in SLC on November 11, 2015. Dr. Carbone was a wonderful speaker and presented on ways to care for the child with autism in a variety of health care settings including behavioral centers and pediatric primary care.

Preceptors Needed!

We are trying to compile a list of providers who are willing to precept NP students. Please consider contributing to the education and experience of those who will carry on our mission, vision and work as Nurse Practitioners. If you are interested, please send your contact information to Sarah Zobell at sarah.zobell@gmail.com

Partnering with Utah AAP

Utah AAP offers an affiliate membership for \$75

Info link: <https://utahnapnap.enpnetwork.com/page/9581-utah-chapter-aap>

Click to access Application:

[http://www.aaputah.org/Utah AAP Chapter Affiliate Member Application.pdf](http://www.aaputah.org/Utah_AAP_Chapter_Affiliate_Member_Application.pdf)

Upcoming Events

Utah Chapter Winter CE Dinner

Date and topic to be determined.
Finalized details will be posted on our
website.

37th Annual National NAPNAP Conference in Atlanta Georgia



Date & Location:

Wednesday, March 16, 2016 – 8:00 am EDT to Saturday, March 19, 2016 – 1:00 pm EDT

Hyatt Regency Atlanta
Atlanta, GA

See this website for links to registration, accommodations & agenda:

<https://www.napnap.org/national-conference>

***Early bird registration expires 02/05/2016**



Clinical Corner

Recall on all Auvi-Q Epinephrine Auto-Injectors.

Sanofi Pasteur has issued a recall of all Auvi-Q Auto-Injectors (0.15 mg and 0.3 mg) due to possible inadequate dose delivery or failure of dose delivery.

E-Cigarettes & Adolescents

E-cigarettes are a new popular trend among teens, commonly referred to as “vaping”.

The primary component is the e-liquid, created by nicotine and mixed with a base, like propylene glycol, which is the same chemical found in fog machines. Some have added flavorings, colors and chemicals. The liquid is aerosolized and inhaled by the user. A common misunderstanding is that the exhaled vapor is “just water vapor” – exhaled vapor does in fact contain the nicotine and propylene glycol, which puts others at secondhand exposure risk. Many people believe that e-cigarettes are less harmful than regular cigarettes.

The ill effects of e-cigarettes are unknown, because they are not FDA regulated. There is no way of knowing what chemicals are actually



in the cartridges and how they will affect our bodies. However, we do know that nicotine is the main ingredient and that it can be very harmful to adolescent brain development. According to the CDC, e-cig use among teenagers tripled between 2013 & 2014. Teens can even buy e-cigarettes on the internet. E-cigarettes are being promoted as a safer alternative to cigarettes, and there are even cell phone cases that double as an e-cigarette, called a “vape case” Ninety percent of all smokers tried their first cigarettes as teens, and 3 of 4 of those teen smokers continued into adulthood. So lets be sure to educate our adolescent patients on the dangers of using any tobacco products, especially e-cigarettes, to prevent nicotine addiction.

Complementary and Alternative Medicine (CAM) use in Pediatrics: 5 Quick Tips

1. Providers should routinely ask about CAM use, remembering that a non-judgmental approach is best. You may yield a better history by asking about herbs and vitamins, rather than complementary and alternative medicine.

2. A good way to think about CAM from a provider perspective is to use a “harm/no harm & evidence/no evidence” table. This method of classifying helps you decide how to best advise parents and patients about the potential risks and benefits of using CAM.

	Evidence	No Evidence
Harm	Risperidone	Chelation
No Harm	Melatonin	Yoga

3. Remember: if CAM has the potential for condition improvement, it also has the potential for side effects

4. Regarding melatonin, a popular CAM in pediatrics, educate families about the different dose preparations and concentrations. The FDA lists melatonin as a supplement, so labeling requirements are not as stringent as with regular medications.

5. Helpful websites:

- WebMD is a great resource for checking CAM/drug interactions and side effects <http://www.webmd.com/interaction-checker/>
- The National Center for Complementary and Integrative Health (NCCIH) <https://nccih.nih.gov/>



+ Legislative News

The General Session meets every year January-March. Here are some bills introduced at the 2015 General Session that affect pediatrics:

- HB105 is Utah's Anti-Discrimination Act. Amendments were made to add breastfeeding mothers to the list of those protected. Additionally, HB242 requires that employers provide reasonable accommodations for breastfeeding mothers to pump milk, which does not include a bathroom.
- HR933 is a national bill under review requiring all children enrolled or planning to be enrolled in a Head Start or Early Intervention Program be compliant with the national childhood vaccine schedule.
- HB49 is a national bill introduced to the house that would required school buses older than 2002 to be replaced with a bus that operates with alternative/clean fuel.
- HB130 was not passed by the House, but this bill would have increased the age of using or possessing tobacco related products, including e-cigarettes, to 21 years.

If you'd like more information on other bills from the 2015 General Session, please visit: <http://le.utah.gov/DynaBill/BillList?session=2015GS>

Member Spotlight: Gina Capps

What do you enjoy most about being a PNP?

I enjoy the variety of learning opportunities and experiences being a PNP provides. Each day is a new challenge working with children and their families. I am inspired by what they teach me and how I can in turn teach them.

Can you tell us about your education and how you came to be a PNP?

I attended the University of Utah and started out as a Biology Major. I loved the sciences, but knew I didn't want to spend my days in a lab. I enjoyed learning, interacting with others, and teaching. Biology turned in to a stepping stone for nursing. I graduated with a BSN. My pediatric nursing instructor Caralee McNeil inspired me in the direction of pediatrics. Before this rotation I was ready to drop out of nursing school. She encouraged me and helped me develop confidence in my skills and helped me discover my love for children. I worked at PCMC on the Infant Unit and fell in love with Pediatric Nursing. I enjoyed bedside nursing and the close bonds and relationships with my patients and their families as well as my colleagues. I took care of many children with complex health care needs and realized I could further advance my role with an MSN and as a Pediatric Nurse Practitioner. I received my MSN and PNP from the University of Utah.

Where were you born and where have you lived?

I was born and raised in Ogden, Utah. I currently live in SLC.

What is your current role/position?

I am a PNP in a private pediatric clinic. I see children of all ages; my special interests are mental health, asthma, and bowel and bladder problems.

What has been the highlight of your career?

The highlight of my career has been the amazing families I have met and been able to help. Being in Primary Care for the past 18 years has given me the opportunity to watch my patients grow and develop and to help them through the various challenges in their lives.

What advice do you have for new PNPs about to enter practice?

My advice to new PNP's is to learn from the experience of others. Listen to other NP's and colleagues. Bring your unique skill set to the table, but remember to utilize your colleagues vast experiences and wealth of knowledge. Stay involved in your professional organizations. My involvement in NAPNAP has been instrumental in helping me to network with colleagues and stay connected to the needs of our community and those we serve.

If you had to name the most important skill of a PNP, what would it be?

I believe the most important skill we have as PNP's is listening to our patients and their families. One cannot make a good assessment without gathering all of the information. Taking time out to listen and observe our patients and their families helps us develop understanding and compassion for their needs and concerns.

Something about you that not very many people know:

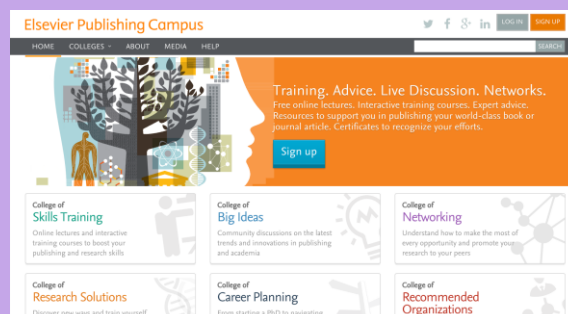
Something about me that not very many people know is that I love horses and used to compete in Western Showmanship.

What are your hobbies/interests/favorite things to do in your free time?

In my free time I enjoy being with my husband, 3 kids, and friends. I am most likely to be found at an ice rink watching my kids play hockey. I enjoy skiing, boating, playing tennis and being outdoors. I also enjoy volunteering in my children's classrooms and schools.

Thank you Gina!

+ Publishing Tips



Interested in writing or producing a publication? Elsevier has a terrific site for guidance and education about the process. It is free and easy to register. See:

<https://www.publishingcampus.elsevier.com/pages/1/Home.html>