



The Advocate

NURSE PRACTITIONERS OF NEW YORK

WWW.NPNY.NET

2016-2017

From the President's Desk...



I would like to take this opportunity to introduce myself. I am Cristina Martinez, NPNY president for the 2016-2017 term. Many thanks to Annie, our past president for her three terms of service and for helping me transition to this position.

I am a Family Nurse Practitioner with a background in Women's Health, Primary Care and Occupational Health. At present I am an Occupational Health Manager Nurse Practitioner at HUMC Mountainside Hospital.

NURSING THEORY AND PRACTICE

Does anyone remember nursing theory in school? Lately I find myself thinking about nursing theorists in light of current events: the presidential election, excessive violence in law enforcement and the new spotlight on existing racial tension through the lens of camera phones and social media.

Our time speaks to Martha Roger's theory that humans are integral to the universe; our patient and his/her environment are one. Many of us live in an atmosphere of fear, hatred and uncertainty. Countless individuals are dealing with trauma related to current events, which exacerbate conditions that we as Nurse Practitioners are responsible for treating: anxiety, depression and increasing comorbidities.

Irrespective of our personal and/or political beliefs, we need to take stock of our profession and appreciate how much we can do to support our patients psychologically and physically. Advocacy has always been a cornerstone of NPNY. By joining our organization, you can ensure your voice will be heard on issues affecting our patients.

Of immediate concern is the call to Congress to lift the ban on gun violence research which has been in effect for nearly 20 years. NPNY believes nursing research could make a significant contribution to preventing further gun violence, consequently altering the environment and promoting the well-being of our patients.

Thank you for your continued support—and let's have a great year!

—Cristina Martinez MS, FNP-BC

DISCOVER OUR NEW RESEARCH CORNER

NPNY promotes and encourages health care professionals to conduct research about issues affecting the nursing profession. We created the NPNY Research Corner so that qualified researchers may recruit NPNY members to participate in research projects.

Researchers interested in recruiting NPNY members should follow the data collection protocol listed below.

DATA COLLECTION PROTOCOL

Provide copies of the following documents (in PDF format):

1. **RESEARCH PROPOSAL** consisting of a purpose statement, significance statement, methodology (brief), data analysis and references; proposal should not exceed two pages, not including references page.
2. **COVER LETTER** to participants (this is the information about the research

project that will be posted on the NPNY website).

3. **RESEARCH INSTRUMENTS** (e.g., surveys, questionnaires, interview guide, and/or focus group guides).

4. **INSTITUTIONAL REVIEW BOARD (IRB) APPROVAL**

5. **PRINCIPAL INVESTIGATOR(S) CV**

6. **STUDENT RESEARCHERS** must provide **FACULTY ADVISOR'S APPROVAL** of the project.

Email all documents to: Susan Moscou at smoscou@mercy.edu

Researchers will be informed if their project is approved within two weeks of document submissions. If approved, project information will be posted on the NPNY website.

FEES

NPNY member: free; non-member: \$25

—Susie Moscou FNP

Annual Conference on Pharmacological Management of HTN, Atrial Fibrillation and Obesity for NPs Earn 6 CEs (includes Pharmacology Credits) Saturday, October 15, 2016, 9 am – 4 pm

Speakers: Caitlin Kennelly PHARM.D; Aileen Ferrick PhD, NP; Molly Bradshaw RN, DNP, FNP-BC, WHNP-BC

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

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

Subway: #6 to E. 28th St.

A TOKEN OF APPRECIATION



Photo: Elizabeth Veneskey

Annie Lu received a bouquet of flowers to thank her for her dedication to the organization during her term as President. *Front row, l to r:* newly elected President Cristina Martinez, outgoing President Annie Lu (holding bouquet) and Board Member Lisa Paplanus. *Back row:* Patrick Hoover and Board Member Audrey Hoover.

Opioid Overdose? Giving Naloxone (Narcan)*

The Department of Health and Mental Hygiene launched the Naloxone Saturation Project for 2016 — targeting specific zip codes in Harlem and the Bronx — to educate, train and distribute Naloxone kits to high-risk individuals.

Opioids are addicting substances that travel to the brain through the bloodstream. Some opioids are illegal (e.g., heroin and opium); others are prescribed (e.g., oxycodone, morphine, fentanyl, Percocet, Vicodin and suboxone). Individuals addicted to opioids are at risk for an

overdose, in particular those who have a tolerance to opioids (need more doses to control symptoms or feel the same level of a drug high), mix drugs, or use alone.

OVERDOSE RESPONSE

Signs and symptoms of an overdose are unconsciousness; breathing that is slow, shallow or non-existent; choking sounds, snore-like sounds or gurgling noises; fingernails and lips that turn blue or purplish black; and a person who is non-responsive after a sternal rub. Once you determine you are witnessing an overdose, take the following steps:

1. Call 911: inform the dispatcher that the person is overdosing and not breathing.
2. Give Naloxone nasal spray (1/2 spray each nostril) while person is on back with head tilted back.
3. If person responds, place in a recovery position.
4. If person does not respond, begin Rescue Breathing and/or Chest Compressions (both if CPR trained); *if not CPR trained*, Chest Compressions only.

5. If person is still not responsive, after 2 to 5 minutes, give second dose of Naloxone.

6. If person is not breathing normally, you can do Rescue Breathing and/or Chest Compressions (both if CPR trained); *if not CPR trained*, Chest Compressions only.

GOOD SAMARITAN LAW

Individuals giving Naloxone to an overdose victim **ARE PROTECTED, EVEN IF** you have the following items on your person:

- Controlled substances up to and including A2 felony offenses (anything under 8 ounces);
- Alcohol, where underage drinking is involved;
- Marijuana (any quantity);
- Drug paraphernalia; and sharing drugs.

GOOD SAMARITANS

ARE NOT PROTECTED FROM

- A1 felony possession of a controlled substance (8 ounces or more);
- Sale or intent to sell controlled substances;
- Open warrants for your arrest; and
- Violation of probation or parole
- Child Protective Services

For more information on how community organizations can implement an opioid overdose program, call 1.800.692.8528 or email overdose@health.state.ny.us

—Susie Moscou FNP

*Information summarized from New York State/Department of Health/AIDS Institute, Technician Working Group on Resuscitation Training in Naloxone Provision Programs: 2016 Report.



ADVOCACY DAY 2016

Hunter-Bellevue School of Nursing NP students and NPNY members posed on the Legislative Office Building steps in Albany with host State Senator Montgomery (far right) during Advocacy Day 2016. For the past 15 years NPNY and the School of Nursing have worked together to make the day meaningful while advocating for the NP role when meeting with legislators.

2016-2017 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 15, 2016

Program: Good Fences Make Good Neighbors—How Knowledge of Nursing Law and Authentic Leadership Skills Enhance Opportunities for Synergistic Practice with Allied Professions and Make You a Better APRN/NP

Speaker: Barbara DuPont RN, MSN, DNP, JD

◆ SATURDAY, OCTOBER 15, 2016

Annual program (6 CEs): Pharmacology Management of HTN, Atrial Fibrillation and Obesity for NPs

Speakers: Caitlin Kennelly PHARM.D; Aileen Ferrick PhD, NP; Molly Bradshaw RN, DNP, FNP-BC, WHNP-BC

See box, page 1, for location.

◆ THURSDAY, OCTOBER 20, 2016

Program: Pre-surgical Prep for Optimal Post-op Outcomes for NPs

Speaker: Mia Lofland ANP-BC

◆ THURSDAY, NOVEMBER 17, 2016

Program: Infectious Disease Update for NPs

Speaker: Molly Bradshaw RN, DPN, FNP-BC, WHNP-BC

◆ THURSDAY, DECEMBER 15, 2016

Holiday Party (Van Diemen's, 383 Third Ave., Manhattan)

◆ THURSDAY, JANUARY 19, 2017

Program: Pediatrics for NPs

Speakers: Michelle DeSomma PNP, Kelli Ann Naughton PNP, Jessica Mollard, PNP

◆ THURSDAY, FEBRUARY 16, 2017

Program: Need to Know Genetics for NPs

Speaker: Milla Abrabajian MSN, FNP-BC

◆ WEDNESDAY, MARCH 8, 2017

All-day program (8 CEs): Advocacy Day in Albany with Advocacy and Policy Committee: Chair Audrey Hoover MSN, FNP, WHNP; Rachael Lerner NP; Irene Van Slyke FNP, retired.

◆ THURSDAY, MARCH 16, 2017

Program: New Trends in T2DM Management

Speaker: Annie Lu ANP-BC, ADM-BC

◆ THURSDAY, APRIL 20, 2017

Program: Rheumatologic Disorders for NPs

Speaker: Eileen Lydon DNP, NP

◆ THURSDAY, MAY 18, 2017

Program: Screening for Health Promotion

Speakers: Ellen Davis DNP, ACNP-C NP; Audrey Hoover MSN, FNP, WHNP

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

NPNY Leadership 2016-17

Email: Npsosfny@gmail.com

President

Cristina Martinez MSN, FNP-BC

Past President

Annie D. Lu ANP-BC, ADM-BC

Treasurer (Interim)

Irene Van Slyke MSN, FNP-BC

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Lisa Paplanus DNP, MA, ACNP-BC, ANP-BC, RN-C, CCNR
Carmen Saunders MSN, FNP-BC

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Kennia Santiago MSN, FNP-BC
Elizabeth Veneskey MSN, AGPCNP-BC

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Lisa Paplanus DNP, MA, ACNP-BC, ANP-BC, RN-C, CCNR

Program Committee Chair Elect:

Jordana Cotton DNP, PMHNP-BC

Communication Committee Chair:

Carmen Saunders MSN, FNP-BC

Advocacy & Policy Committee Chair:

Audrey Hoover NP

Membership Committee Chair:

Ellen Davis DNP, ACNP-C