

MICNP

MICHIGAN COUNCIL OF NURSE PRACTITIONERS

NORTHERN MICHIGAN CHAPTER NEWSLETTER April 2024

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Legislative Meet & Greet August 2023



The Northern Michigan Chapter of MICNP held a Legislative Meet & Greet on August 11, 2023, at the Botanical Gardens in Traverse City. State Representatives Betsy Coffia and John Roth attended as well as Deputy Chief of Staff, Dakota Baker, from Senator John Damoose's office. Also in attendance were current MICNP President, Patrick Crane, Denise Hershey, Past President, lobbyists from MICNP and AANP and Northern MI members. The topic of the event was Senate Bill 279.

The bill recently had a Senate Health Policy hearing. Nurse Practitioners have worked for decades to pass Full Practice Authority for Michigan NPs. The event provided a great opportunity to network with each other as well as make our case to the legislators present. They were open and receptive. Another Meet & Greet is planned for late Summer. PLEASE keep your eye on your email for dates and important actions needed to move this Bill to the Floor.

President's Corner

April 2024

Happy Spring to all! This is one of the most beautiful times of year in northern MI. The Northern MI Chapter, Region 2 of MICNP, encompasses the northern lower peninsula, from Cadillac in the South to the bridge in the North, from Lake Michigan in the west to Lake Huron in the east!

The chapter team has many exciting events planned for 2024. Many thanks to Dr. Grace Jacek for the rescheduled CE Zoom meeting event held in March 2024. Please let us know if you have CE preferences or even better, would like to share your NP expertise with us in a CE event! Also, fun face to face evenings with **sponsored dinners are planned for April 25 in Williamsburg on Parkinson's Disease and on October 24 in Cadillac on Epilepsy.**

We not only want to keep you informed of important advocacy efforts at the state and national level, but hope to engage members for networking and fellowship as important providers of health care in our rural areas of Northern MI. You are the key to improving access to excellent, evidence-based healthcare for our patients.

Please see the opportunities to enhance your advocacy skills with the upcoming **Lansing Advocacy Day on June 5**, where you and your peers learn more on how to engage with your legislators. We also have a planned **Advocacy Event in August, more details to come**, to promote **SB 279 for Full Practice Authority** and a chance to interact with your local legislators that have been invited to attend, a great way to foster relationships and address health issues pertinent to your local area. We want you to be involved and value your input.

Lastly, our **Northern MI Chapter is in great need of representation on two state level MICNP committees** including the **Membership Committee** and **Education Committee**. Please consider committing some dedicated time to leading and enhancing your profession by becoming involved. We need your voice, and the time commitment is usually just a few hours with Zoom meetings. We are all in this together and together we can realize our goal of better health for all!

Dianne Conrad DNP, RN, FNP-BC, FNAP
Fulbright Scholar
4825 E. 32 RD
Cadillac, MI 49601
Cell 231-920-76863

Please contact me (conraddi@gvsu.edu, 231-920-7686), or any of the board members if you are interested in volunteering for any help in planning upcoming meetings, committee representation or future board positions!



Dianne Conrad enjoys her family times, especially with her 2 grandchildren, MI outdoor activities and is an equestrian.

Meet our New Treasurer



Hannah Popa, FNP, BC

Hannah Popa is an MSN graduate of Michigan State University with her FNP. She works at Munson Behavioral Health as an outpatient provider in addiction medicine. Supporting her patients in bettering their lives and helping them find hope again is a very exciting part of her work. She is invested in expanding substance use disorder treatment in the rural communities of Northern Michigan and sees expansion of the APRN role at the state level as playing an integral role.

Hannah is a Northern Michigan native living in Leelanau with her husband and daughters. She enjoys spending time with her family, being outside, cooking and enjoying summers on the water.



Your Northern Michigan Chapter Contacts

President: Dianne Conrad, DNP, FNP-BC, FNAP Fulbright Scholar, Cadillac

President Elect: MaryLee Pakieser, FNP-BC, Traverse City

Secretary: Patty Bauer, FNP-BC, Traverse City

Treasurer: Hannah Popa, FNP-BC, Cedar, Michigan

Regional Representative to MICNP Finance Committee:

Deb Griffin, GNP-BC, DNP, AOCNP, Harbor Springs

Region 2 Representative, MICNP Board of Directors:

Paula Anderson, PMHNP, BC, Traverse City

Saving Lives in your Daily Practice

Hannah Popa, FNP, BC



Hypertension, Diabetes, Anxiety, Depression, Chronic Kidney Disease, Substance Use Disorder, Acute Right Ankle Pain, Chronic Low Back Pain, Migraines, Dysuria, Acute Otitis Media, bilateral. What do all of these diagnoses have in common? They are all daily potential diagnoses a primary care provider may encounter on a typical weekday in the outpatient care clinic. Most providers would feel comfortable encountering and managing these without even missing a step in their day. But, if there was one diagnosis in the preceding list, that might give someone some pause, my guess is it would be Substance Use Disorder (SUD). Not only does this diagnosis come with its own host of stigma associated with it, it also comes with uncertainty in management in the average PCP. For so many years, SUD treatment was, well let's be honest, nonexistent, and when options for treatment did come about, they were either highly regulated, or not very helpful to the patient. Partially due to this, and partially due to stigma, treating SUD became very limited in the typical PCP clinic. Despite reevaluation of stigma, evidence-based treatment options that WORK, deregulation of some of these treatment options and MANY beautiful success stories from patients who have been in long-term recovery, this limitation of treatment of SUD in typical PCP clinics still exists.

Treating a patient with an SUD can be one of the most rewarding parts of your day. Although I will not begrudge you the fact that there may be many days where treating a patient with SUD may make you want to bang your head against a wall. Just because someone is taking the first step at recovery does not make it all sunshine and rainbows moving forward. There are many trials along the way. When you help a patient into recovery, you literally save a life. This is critical care in the primary care setting. If a patient with an SUD is sitting in front of you and you choose to work with them and give them life-saving treatment, you could be the difference between that person making it to the next day or not.

The risk of overdose is so great with the current substances that are out there. The fentanyl crisis is real. Drug mixing, whether known or unknown by the patient, is real. Xylazine being cut into people's substances is real.

The great news is there are a lot of resources available to help support providers engaging in treating SUD in any care setting. Mentors are available within your community. Reach out to myself and I can help connect you with more resources or run difficult cases or even easy cases as you get started in SUD care (hannahpopa22@gmail.com). There are many resources through PCSSnow.org which is a great training cite for SUD care. Another great resource is Boston Medical Center's OBAT guidelines (just updated in 2021). These sources can be utilized for the new DEA license renewal requirement that came out in mid-2023 as well. This requires a one-time 8-hour education on treatment and management of patients with SUD.

Since late 2022, the X-waiver requirement that restricted prescribing of buprenorphine products to patients has been removed. No longer are you required to have any sort of additional license to treat patients within your regular day-to-day care. This is great news and will hopefully continue to destigmatize and help providers feel more comfortable with less hoops to jump through to treat the patient sitting in front of you.

So, what does the list of diagnoses to start this article have in common? Normal day-to-day potential diagnoses a provider may encounter on any day. Encounters of these diagnoses, should be treated in any routine manner (well as routine as any bit of primary care). Treating these patients at the time they present to you is key. Stabilization is key. Creating trusting patient-provider relationships are key. Just like any diagnosis and any patient you encounter in your day. Please reach out if you have any questions or want any support getting started.

Mark your Calendar!!



**Thursday, April 11, 2024
7:00-8:00 PM**

LEGISLATIVE UPDATE WEBINAR

<https://micnp.org/events/EventDetails.aspx?id=1845099&group=>

Thursday, April 25, 2024

**Northern Chapter Dinner Program
Parkinson's Disease Psychosis**

McGee's 72

4341 M 72 E

Williamsburg, MI 49690

RSVP to **thersarowry@acadia-pharm.com**

MICNP Advocacy Day

Lansing, MI 48933

Heritage Hall

<https://micnp.org/events/EventDetails.aspx?id=1754917&group=>

AUGUST 2024

Legislative Meet & Greet

Details to be announced

MICNP State Conference

October 4-6, 2024

Amway Grand, Grand Rapids

<https://micnp.org/events/EventDetails.aspx?id=1825153&group=>

October 24

Epilepsy

Cadillac, MI

Announcement & Details coming soon

Fun at the annual MICNP Statewide Conference Amway Grand, Grand Rapids October 13-15, 2023

The annual MICNP Statewide Conference was held October 13-15, 2023, at the Amway Grand in Grand Rapids. A wide range of topics were covered from behavioral health to an overall update in pharmacology. It was a great chance to network with fellow Michigan Nurse Practitioners. The Mission of MICNP is to improve the health of all Michigan Residents through education, advocacy and engagement of its Nurse Practitioner members. Mark your calendar now for the 2024 annual Conference being held again, at the Amway Grand, in Grand Rapids from October 4-6. Plans are being made to hold the 2025 and 2026 annual Conference in SE Michigan.

Below are Northern Michigan chapter members having fun at the 2023 Conference.



Paula Anderson, Joey Haderer, Holly Hinds, Deb Griffin, Karla Giese, Tracy Texter, MaryLee Pakieser, Lori Schiller, Laura Schmidt

MICNP Annual Conference 2024

October 4-6
Amway Grand Plaza
Grand Rapids, MI 49503

Welcome!

NEW MEMBERS Northern Michigan Chapter

New Members

*Northern Michigan
Chapter Members*



JUNE 2023

Nalia Russell

AUGUST 2023

Mariah Moore

Holly Hinds

OCTOBER 2023

Emily Straw

NOVEMBER 2023

Kelly Ryan

MARCH 2024

Bonnie Druszka

Toni Fuentes

Student Members



Retired Members



We are only as impactful as our membership. Do you work with other NPs? Are they members of MICNP? Have you attempted to recruit members? Please consider reaching out and sharing with your colleagues about MICNP and the benefits of membership.

36th Annual APRN Legislative Update

For a comprehensive look at Full Practice Authority across the 50 states, please check out this article in ***The Nurse Practitioner*** from January 2024.

By Susanne J. Phillips
DNP, APRN, FNP-BC,
FAANP, FAAN.



ABSTRACT:

Advanced practice registered nurses (APRNs) across the US continue to remove statutory and regulatory barriers to patients' full access to APRN care. The status of APRN practice in each US state and Washington, D.C. is examined, with any updates to practice authority and reimbursement reported.

LINK:

https://journals.lww.com/tnpj/fulltext/2024/01000/36th_annual_aprn_legislative_update_improving.6.aspx

Phillips, S. (2024). 36th annual APRN legislative update. *The Nurse Practitioner* 49(1):p 21-46, DOI: 10.1097/01.NPR.0000997664.36722.49



It's time for Full Practice Authority in Michigan.



Access



Quality



Safety



Choice



It's time for Michigan to adopt Full Practice Authority (FPA) for nurse practitioners.

We need your help to make it happen!

Add your voice to MICNP's campaign to win FPA in Michigan. Scan the QR code to get started or visit:

mipatientsfirst.com/myvoicematters

“I support FPA because...”



Scan the QR code to add your voice!

Share this postcard with colleagues, physicians and patients who support FPA.



TALKING POINTS FOR SB 279

OBJECTIVE: To ensure that all Michigan residents have access to high quality, affordable healthcare

OUR SOLUTION: Full scope of practice for nurse practitioners (NPs) in Michigan prioritizes patient care needs, helping to relieve the shortage of health care providers and benefitting all Michigan residents.

FACT: Michigan has a shortage of physicians.

- Michigan's severe shortage of physicians is expected to worsen due to physician retirement. By 2025, it is projected that Michigan will have a shortage of approximately 1,000 primary care physicians.
- Michigan's aging population requires primary and specialty care to manage their chronic illnesses. Individuals who are uninsured and underinsured (Medicaid and Medicare) have increased difficulties in accessing specialty and mental health care.
- Primary care and specialist physician shortages are severe in the majority of rural and urban areas in the state, requiring residents to travel farther than the next county to receive appropriate care.
- Underserved rural regions are associated with higher chronic disease burden and higher cost of care.

FACT: Michigan is one of the most restrictive states for NP practice.

- Michigan is one of 11 states with the most restrictive scope of practice regulations, limiting nurse practitioner's ability to work at their full scope of education, training, and experience.
- Restrictive scope of practice regulations limit nurse practitioner's ability to practice in underserved rural and urban areas due to physician supervision requirements.
- SB 279 would eliminate a state mandated contract with a physician in order for a NP to practice. Recent study identified NP's may have to pay anywhere from \$75.00 to \$4000.00 per month or more to a supervising physician.

FACT: Nurse Practitioners will help fill the gap.

- Nurse practitioners are highly educated clinicians who traditionally practice in underserved rural and urban areas delivering high quality, cost-effective care equal to or better than physician-delivered care.
- Research shows that in states with full scope of practice, more nurse practitioners practice in health professional shortage areas.
- Full scope of practice for nurse practitioners in Michigan would ensure the most vulnerable Michiganders (older adults and children living in poverty) have greater access to healthcare
- Mortality rates for cancer, heart disease and stroke patients have been found to be lower in those parts of the U.S. that have increased access to primary care.
- In critical care settings, research has shown that NPs reduce length of stay, time to consultation and treatment, mortality, improved patient satisfaction and cost savings.

FACT: Significant support exists for full practice authority.

- The Michigan Task Force on Nursing recommended that the State remove barriers to nurse practitioner practice that put Michigan at a disadvantage in cultivating an adequate nurse practitioner workforce.
- The National Academy of Medicine recommended that nurse practitioners be utilized to their full potential based on their education and experience.
- Johnson & Johnson advocates for the use of nurse practitioners to fill the need for specialized, knowledgeable clinicians⁴.
- Several other national leaders and national organizations such as the National Academy of Medicine and AARP support full practice authority for nurse practitioners.
- Full Practice authority is consistent with Governor Whitmer's health agenda including expanding access to affordable care.

Meet your Northern Michigan Legislators

SENATE

Sen. Jon Bumstead, R 32nd
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Sen. John Damoose, R 37th
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Sen. Roger Hauck, R 34th
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Sen. Michele Hoytenga, R 36th
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HOUSE

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