San Diego Central Chapter
Quarterly Newsletter

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Message from our new President

I am excited to begin this journey as CANP-Central Chapter President! I thank our Past President, Barb Lome, for paving the way for success, and positively influencing our grassroots efforts. I also want to thank our members for their support and belief in my ability and potential.

This will be an exciting term with a hard-working group! We plan to expand awareness of the Nurse Practitioner role, engage in active communication with legislative representatives, and continue to work towards independent practice. I look forward to meeting with all of you and standing together as the powerful group of Nurse Practitioners that we are!

Freddy Espinoza, FNP-BC
President CANP Central SD

Start Networking!

Be sure to join our Linkedin profile page named: CANP - Central Chapter. This is a great way to network with others in your field, search for preceptorship, and seek out new and exciting career opportunities. As with the Facebook website, this site will be advertising CANP meetings and fun local healthcare related events. A new addition to our Central Chapter social network is Twitter… so let’s get tweeting!

For all of you new to the social media world, please refer to our basic “how-to” guide about the following sites: Facebook, Twitter, and LinkedIn. Click here to view these tips.
First Ever CANP-Central Photo Contest

CANP-Central held a month-long photo contest on its Facebook page featuring pictures of “Nurse Practitioners in Action.” We received a total of three submissions, all of which were tough choices! However, the winning submission belonged to Courtney Thompson and Andrew White, with 42 “likes” and over 400 people reached! A gift card for the restaurant of their choice was awarded in the amount $50. They will be eating happy this month!

Nurse Practitioners in the News

MaryLee Pakieser, NP of Michigan reports delays in care, especially for her rural patients, when it comes to medications and management due to the limitations on ARPN practice. Even though she may prescribe medications for her own panel of patients, it is her supervising MD’s name that appears on the bottle, requiring the pharmacy to contact the physician instead of APRNs for clarification. In most cases, the MD may have no idea what the patient was seen or treated for, yet they are the ones who are contacted to make life-changing decisions for these patients. Click here for the full link.

Health and Human Services provides over $240 million to the National Health Services Corps and NURSE Corps scholarship and loan repayment programs to increase the number of clinicians in primary care. Click here for the full article link.

Studies have shown NO increase in preventable hospital admissions when diabetic patients seek care from Nurse Practitioners. Nurse Practitioners are shown to spend more time with their patients and provide more frequent follow-up visits. Click here for the full article link.

Keeping up with Healthcare

There is a countless number of articles related to healthcare, disease, and medical management. Below are just a few of these fun health highlights:

Studies published in both Lancet and JAMA report sustained remission of type 2 diabetes after weight loss surgery. In addition, a new British study is following bariatric surgical patients for five years looking at this correlation. Click here for full article.

A study featured in Molecular Psychiatry discusses two screening questionnaires created by scientists at the Indianapolis VA Medical Center plus genetic analyses to predict the risk of suicide or psychiatric hospitalization. Click here for full article.

A Danish study that followed patients for up to 35 years suggests that the present of atopic dermatitis carries a 1.67-fold increased risk for acute myocardial infarction. Click here for full article.
**Legislative Highlights**

The most influential way to impact your community and nursing practice is to contact your elected officials. Click here for tips on how to talk to your legislator.

CANP follows bills that:
1. Affect NP’s scope of practice, or that of other advanced practice nurses
2. List who may be reimbursed for a medical procedure or services
3. Define the practice of medicine or nursing
4. Deal with prescribing of drugs
5. Use the term “physician” instead of “provider”
6. Impact our patient population

**AB 637 Campos D  Physician Orders for Life Sustaining Treatment forms.**

**Current Text:** Chaptered: 8/17/2015

**Status:** 8/17/2015-Chaptered by Secretary of State - Chapter 217, Statutes of 2015.

**Location:** 8/17/2015-A. CHAPETERED

**Summary:** Current law requires a physician to treat a patient in accordance with the Physician Orders for Life Sustaining Treatment form (POLST form) and specifies the criteria for creation of a POLST form, including that the form be completed by a health care provider based on patient preferences and medical indications, and signed by a physician and the patient or his or her legally recognized health care decisionmaker. This bill would authorize the signature of a nurse practitioner or a physician assistant acting under the supervision of the physician and within the scope of practice authorized by law to create a valid POLST form.

**AB 775 Chiu D Reproductive FACT Act.**

**Current Text:** Chaptered: 10/9/2015

**Status:** 10/9/2015-Chaptered by Secretary of State - Chapter 700, Statutes of 2015.

**Location:** 10/9/2015-A. CHAPETERED

**Summary:** Would enact the Reproductive FACT (Freedom, Accountability, Comprehensive Care, and Transparency) Act, which would require a licensed covered facility, as defined, to disseminate a notice to all clients, as specified, stating, among other things, that California has...
public programs that provide immediate free or low-cost access to comprehensive family planning services, prenatal care, and abortion, for eligible women. This bill contains other related provisions.

**SB 243**  
**Hernandez D**  
**Medi-Cal: reimbursement: provider rates.**

**Current Text:** Amended: 5/12/2015

**Status:** 5/28/2015-May 28 hearing: Held in committee and under submission.

**Location:** 5/28/2015-S. APPR.

**Summary:** Would require claims for payments pursuant to the inpatient hospital reimbursement methodology as described to be increased by 16 percent for the 2015-16 fiscal year, and would require, commencing July 1, 2016, and annually thereafter, the State Department of Health Care Services to increase each diagnosis-related group payment claim amount based, at a minimum, on increases in the medical component of the California Consumer Price Index. This bill contains other related provisions and other existing laws.

**SB 277**  
**Pan D**  
**Public health: vaccinations.**

**Current Text:** Chaptered: 6/30/2015

**Status:** 6/30/2015-Chaptered by Secretary of State - Chapter No. 35

**Location:** 6/30/2015-S. CHAPTERED

**Summary:** Would eliminate the exemption from current specified immunization requirements based upon personal beliefs, but would allow exemption from future immunization requirements deemed appropriate by the State Department of Public Health for either medical reasons or personal beliefs.

Please visit the CANP's Advocacy page for a full list of highlighted bills.
**Education Committee wanted!**

The BOD is currently looking for anyone interested in assisting the Membership Chair in educating NP students about CANP. This could include presentations at local NP programs, mentoring student CANP members, and/or finding ways to increase student involvement in CANP events. If you are interested please contact Courtney Thompson or Pam Sikes.

**Call for Preceptors**

We have many enthusiastic and motivated students who are working hard to build their career path towards that of a nurse practitioner - but they need your help! While some graduate programs have clinical coordinators to arrange preceptorship, many do not. Listed below is one of the many students who are actively seeking preceptors for the upcoming semesters. Please email Courtney Thompson if you, or someone you know, is willing to work with these great individuals!

Nga (Amy) Dwork:
Amy is a Nurse Practitioner student at Samuel Merritt University (Affiliated with Sutter Health). She is a hard worker and willing to travel long distances for a preceptor. She is also bilingual, with her second language being Vietnamese. She is looking for preceptors in Primary Care, Pediatrics, and Women's Health from April 2016 to April 2017.

**Connections Newsletter**

Connections is the California Association for Nurse Practitioners’ monthly electronic newsletter, delivering news about what's going on at every level of the organization, from individual chapters to statewide administration. It also includes items gleaned from the news media on topics of interest to CANP members. [Link to recent Connections Newsletters!](#)