Message from our Past President

Deepest Thanks -

Happy Summer to everyone! I can’t believe how quickly the past year has gone. Many exciting things have happened to CANP over the past year. We had an amazing educational conference in March 2015. Attendance for Lobby Day 2015 exceeded expectations. Most importantly is SB 323, which would allow NPs full practice authority! SB 323 successfully passed in the California Senate and will be heard in Assembly committees in the next 2 weeks. Thanks to everyone who participated in grassroots efforts with their legislators! Please continue communicating with your legislators, we need everyone’s support for the best possible chance for full practice authority.

Our chapter achieved a milestone this year with membership climbing to 152 members! Please continue to encourage your fellow NPs and NP students to join! Support the only organization in California whose primary function is expanding the NP profession through education, collaboration and political advocacy.

As I complete my term as President, I want to thank each board member for their hard work and commitment to CANP and our chapter. Our team was successful because of you! I also want to thank every member of our chapter for their support to our organization.

Regards,
Barbara Lome DNP ACNP
House of Delegates Update

This May, CANP members gathered in Sacramento, CA to vote on two resolutions:
Members decided to allow an additional 30 days for the financial budget to be submitted for the proceeding year.
AND
The question as to holding HOD yearly versus every other year was proposed. Evidence from both sides was put forth. Those in favor of a yearly meeting stated that this coming together shows strength of the nurse practitioner profession and allows us to discuss important organizational issues and vote on solutions. Those in favor of holding meetings every other year displayed evidence of declining organizational resolution numbers each year, and funding multiple members of each chapter to gather yearly can be a financial constraint for CANP.
In the final vote, it was decided to keep HOD as a yearly meeting at the capitol.

Lobby Day

This year’s Lobby Day took place on May 19th. This was an exciting coming together of nurse practitioners and nurse practitioner students throughout California who traveled to meet with legislators and discuss proposed health care bills. Attendants were lucky enough to hear Assemblymember, Susan Eggman and State Senator, Ed Hernandez speak about their introduced bill - SB 323.

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.

Nurse Practitioners in the News

New Orleans hosted the 2015 AANP conference. Watch how Sophia LeBlanc, NP explains the full scope nurse practitioners have and the holistic manner in which they do what they do. Click here to watch video.

US News names Nurse Practitioner as the number two job, stating that over 37,000 new NPs will be needed to fill the healthcare gap within the next seven years. Click here to view full list.
### More Detail on Legislative Updates

**Contact Your Legislator**

[Image of scale and gavel]

Have any ideas for our newsletter?  
[Contact Us]

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### 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

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### Keeping up with Healthcare

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

Inhaled corticosteroids are shown to be less effective in asthma patients over the age of 30 within a study group of 1,200 patients. The *American Journal of Respiratory and Critical Care Medicine* stated that 17% of those within this group were twice as likely to have treatment failure. Click here for full article.

An article published in *JAMA Internal Medicine* estimated that smoking is tied to half of the almost 350K cancer deaths noted in 2011. Cancer deaths studied were the 12 smoking-related cancers, such as lung, esophagus and bladder. Click here for full article.

Latinos suffering from type 2 diabetes, who are also of low-income and have food insecurity, have a greater risk of running high HbA1C levels. Worry of ability to feed their family plus less access to healthy foods contributed to these levels. Click here for full article.

Researchers at Washington’s University School of Medicine have linked vitamin D deficiency to both heart disease and type 2 diabetes. Click here for full article.
Highlighted Bill:

SB 323  Hernandez D  Nurse practitioners: scope of practice.

**Current Text:** Amended: 6/23/2015

**Status:** Defeated by the Assembly Committee on Business and Professions on 06/30/15 (4 in favor, 9 opposed, 1 committee member not voting)

**Summary:** Would have authorized a nurse practitioner who holds a national certification from a national certifying body recognized by the Board of Registered Nursing to practice without the supervision of a physician and surgeon, if the nurse practitioner meets existing requirements for nurse practitioners and practices in one of certain specified settings. The bill would have authorized a nurse practitioner, in addition to any other practice authorized in statute or regulation, to perform specified acts without reference to standardized procedures or the specific need for the supervision of a physician and surgeon.

AB 50  Mullen D  Medi-Cal: evidence-based home visiting programs.

**Current Text:** Amended: 5/21/2015

**Status:** 6/18/2015-Referred to Com. on HEALTH.

**Location:** 6/18/2015-S. HEALTH

**Summary:** Would require the State Department of Health Care Services, in consultation with specified stakeholders, to develop a plan on or before January 1, 2017, to ensure that evidence-based home visiting programs are offered and provided to Medi-Cal eligible pregnant and parenting women, and would require the department, on or before January 1, 2022, and every 5 years thereafter, to report to the Legislature, as specified. This bill contains other existing laws.

AB 73  Waldron R  Prescriber Prevails Act.

**Current Text:** Amended: 5/4/2015

**Status:** 5/29/2015-Failed Deadline pursuant to Rule 61(a)(5). (Last location was APPR. on 5/5/2015)
**Location:** 5/29/2015-A. 2 YEAR

**Summary:** Would, to the extent permitted by federal law, provide that drugs in specific therapeutic drug classes that are prescribed by a Medi-Cal beneficiary's treating provider are covered Medi-Cal benefits. The bill would require, except as specified, that a Medi-Cal managed care plan cover the drug upon demonstration by the provider that the drug is medically necessary and consistent with federal rules and regulations for labeling and use, as specified.

**SB 151**  
**Hernandez D**  
**Tobacco products: minimum legal age.**

**Current Text:** Introduced: 1/29/2015

**Status:** 6/18/2015-Referred to Com. on G.O.

**Location:** 6/18/2015-A. G.O.

**Summary:** The Stop Tobacco Access to Kids Enforcement (STAKE) Act, establishes various requirements for distributors and retailers relating to tobacco sales to minors. Current law requires the State Department of Public Health to conduct random, onsite sting inspections of tobacco product retailers with the assistance of persons under 18 years of age. This bill would extend the applicability of those provisions to persons under 21 years of age. The bill would authorize the State Department of Public Health to conduct random, onsite sting inspections of tobacco product retailers with the assistance of persons under 21 years of age.

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](#).

**Terry’s Top Test Taking Tips for Students**

Drive to testing center before your testing date so you know how to get there, where to park, and the like. This will eliminate getting lost on test day.
Construct a “cheat sheet” of acronyms and things you want to memorize. Memorize it. When prompted to take the exam tutorial on test day, do so. During this time, jot down your cheat sheet on the paper(s) provided. This way you don’t have to do it during the actual test.

Arrive to testing center with plenty of time to spare—at least 30 minutes before. Take two forms of ID with your picture on it. Make sure they are not expired.

Have a “no-matter-what” break time pre-scheduled. Take a break at the halfway mark, for instance. No matter how you think you might be doing, take it: have a drink of water, a couple pieces of chocolate candy to get the brain firing, and a bathroom break. This takes about 3-5 minutes, especially if you can use the bathroom, drink and eat simultaneously (smile).

Create a study calendar and plan. This will allow you to cover all body systems including practice questions. Personally, I studied a body system, then did practice questions based on that certain topic. I never mixed body systems during my studying—just a thought.

You can get a D and still pass the exam, sort of. I have read that the cut off is 65% for passing both exams.

Use an exam review course to help prepare for the exam. I not only took notes in a moleskine booklet, but also completed the workbook. APEA and Fitzgerald are two good ones that come to mind, with the former more straightforward than the latter in my opinion.

The AANP exam has only clinical topics, while the ANCC exam is roughly fifty-fifty on clinical and nonclinical topics. AANP gives you lab norms while ANCC does not.

Get plenty of sleep and eat well for several weeks before the exam. Exercise is a must for top-notch mental and physical health.

Look up all the national guidelines and know them well: asthma, COPD, HLPD, HTN, et cetera.

By Terry Hollowell, FNP

**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](#)!