

GAPNA Newsletter

Winter 2010
Volume 29 Number 4

The Official Newsletter of the Gerontological Advanced Practice Nurses Association — Founded in 1981

President's Message

Moving GAPNA's Mission Forward

I am honored to be leading GAPNA and it is with great enthusiasm that I write my first President's Message. I am passionate about the mission of GAPNA: To advance the practice of its members and the well-being of the public through advocacy, dissemination of knowledge, and provision of member growth. I have been a gerontological nurse practitioner for almost 30 years and I can't think of a time when we were offered more opportunities to make a difference. It takes the involvement of all of our members to meet this challenge. Vince Lombardi noted: "The achievements of an organization are the results of the combined effort of each individual." During the past year you worked hard to develop the SIGs, add chapters, and increase chapter activity. Our conference was one of the best ever and we are already preparing for our 30th Annual Conference in Washington, DC, next year. What a celebration that will be!

The GAPNA Board of Directors is looking forward to your input as we develop the strategic plan to help us move our mission forward. Even if you aren't in a SIG, cannot make chapter meetings, and weren't able to attend the annual conference, you can play an important role in the organization. Advanced practice nurses with expertise in the care of older adults are being sought for input in many different arenas. Health care reform, Medicare, HRSA, LACE, the DNP, each brings its opportunities and challenges. All of these are forces that affect your practice as well as the well-being of the public, directly and indirectly. Know what is happening in your neighborhood. Make sure the decision makers, whether they are in practice arenas, academic institutions, state boards of nursing, or certifying bodies, know what it means to care for older adults and the quality of care provided by advanced practice nurses with gerontological expertise. No one member can do everything that needs to be done by themselves, so take this opportunity to recruit three of your colleagues to join GAPNA and work with you. Your own membership will be free and you'll be a greater force in moving the mission forward (see Member-Get-A-Member Campaign on page 1). Let us hear from you. What do you want this organization to be? What are we doing well and what could we be doing better? Together we will continue to be the organization of choice for advanced practice nurses working with older adults.



Evelyn Duffy

Evelyn Duffy, DNP, GNP/ANP-BC, FAANP
President

Call for Abstracts: 2011 Conference

GAPNA is currently accepting clinical and research abstracts for the 2011 Conference, to be held in Washington, DC, from September 14-17, 2011. Project abstracts are due by **February 1, 2011**, and poster abstracts are due by **July 15, 2011**.

Please visit the GAPNA web site at www.gapna.org for abstract submission guidelines or contact the National Headquarters via GAPNA@ajj.com for more information.

New Member-Get-A-Member Campaign Launched

GAPNA is excited to announce the launch of a new Member-Get-A-Member campaign. Recruit three colleagues to join GAPNA and you'll receive a free 1-year membership.

It's as easy as 1, 2, 3!

1. Fill in your name next to "Who asked you to join GAPNA?" on the membership application.
2. Make copies of the application and give them to colleagues who may want to join GAPNA or have them join online at www.gapna.org. Just make sure your name is listed as a referral.
3. Ask them to let you know when they have joined. You'll be notified by GAPNA of your free 1-year membership and your account will automatically be credited.

Offer good until December 31, 2011. Questions? Contact GAPNA's National Office at gapna@ajj.com or 866-355-1392; or visit GAPNA's web site at www.gapna.org

Get three and you're free!

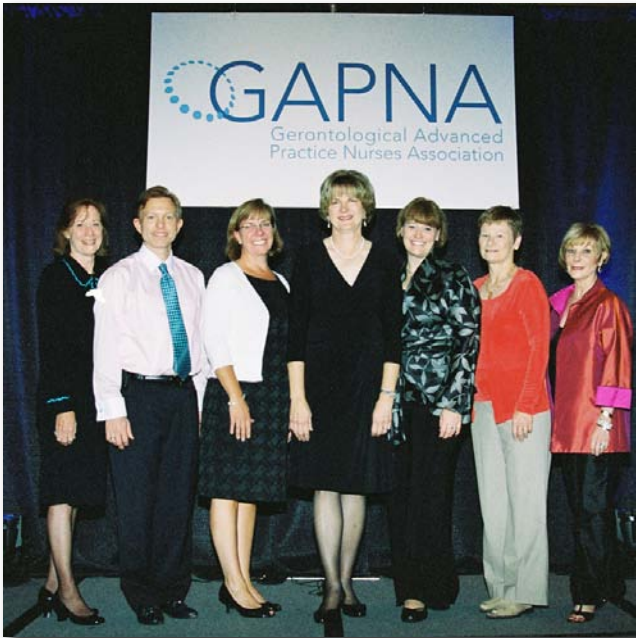
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GAPNA Members Come Together to Meet the Evolving Needs of Older Adults

2010 Annual Conference - Albuquerque, NM

Photos by May Pat Rapp, Ann Treinkman, and John Nugent



2009-2010 GAPNA Board of Directors (l to r): Charlotte Kelley, Secretary; James Lawrence, Director-at-Large; Susan Mullaney, Immediate Past President; Evelyn Duffy, President Elect; Marianne Shaughnessy, Treasurer; Alice Early, Director-At-Large; and Pat Kappas-Larson, President.



(l to r) MJ Henderson, Anna Treinkman, Charlotte Kelley, and Deb Bakerjian prepare for flight.

2009-2010 GAPNA President Pat Kappas-Larson (r) is recognized for her dedicated service by 2010-2011 President Evelyn Duffy.



Chicago Chapter members board the Sandia Peak Tram during a GAPNA Foundation event.



Sandy Kamp networks with a colleague in Albuquerque.



2010 Annual Conference - Albuquerque, NM



Bill and Kathy Carroll enjoy the bus ride to the Sandia Peak Tram for a view of the city lights.



Charlotte Kelley and friend visit The Anderson-Abruzzo Albuquerque International Balloon Museum during a GAPNA Foundation event.



Gulf Coast Chapter members Linda Kouba and Myla Magno attend the GAPNA Awards Ceremony.



2010-2011 GAPNA Board of Directors (l to r): James Lawrence, Director-at-Large; Alice Early, Director-At-Large; Marianne Shaughnessy, Treasurer; Evelyn Duffy, President; Beth Galik, President Elect; Barbara (Nikki) Davis, Secretary; and Pat Kappas-Larson, Immediate Past President.

Congratulations GAPNA Award Winners!

by Lisa Byrd, PhD, FNP-BC

Several GAPNA members were recognized for their outstanding contributions in meeting the evolving needs of older adults during the Annual Awards Reception/Dinner during GAPNA's 2010 Annual Conference in Albuquerque, NM.

Patty Kang was the first recipient of GAPNA's *Health Affairs Scholarship* and shared her experiences in attending the Annual American College of Nurse Practitioner's legislative summit in Washington, DC, this past summer. The audience learned how GAPNA's presence can affect legislation and assist in molding as well as changing legislation which affects NPs' ability to practice and care for older adults.



Patty Kang (l) receives the Health Affairs Scholarship from Pat Kappas-Larson.

Alicia Wolf, GNP-BC, was awarded *Excellence in Leadership* for outstanding leadership demonstrated through her commitment to geriatrics; through direct care, education, and research. She demonstrates the tenacity to advocate, through a variety of means, for geriatric education and care in a variety of settings that highlights leadership as an important element of the mission of nursing geriatric expertise.



Alicia Wolf (r) accepts the Excellence in Leadership Award from Barbara Phillips.

Mary Perloe, APRN-BC, GNP, was awarded *Excellence in Research* for demonstrating a commitment to research in nursing that benefits the geriatric community. She has shown her commitment through the development and participation in research projects that emphasize or go beyond the traditional service role of the profession. She exemplifies the nursing scientist by participating in research as an important element of the mission of nursing professionals.

Katherine Abraham, MSN, RN, NP-C, received the *Excellence in Clinical Practice Award* for demonstrating a commitment to geriatric clinical practice. She demonstrates, through the use of geriatric principles, outstanding geriatric care that goes well beyond the traditional service role of her profession. She incorporates clinical practice as an important element of her mission as a nursing professional and is an example of geriatric expertise.



Katherine Abraham (r) receives the Excellence in Clinical Practice Award from Barbara Phillips.

Carolyn Clevenger, DNP, GNP-BC, received the *Excellence in Education Award* for being involved in the teaching and designing of gerontologic nurse practitioner curriculum or course content. This faculty member demonstrates knowledge of the care of older adults and the ability to translate that knowledge to enhance students' understanding in innovative ways. Dr. Clevenger encourages and inspires advanced practice students to develop their excellence in gerontology. In addition to excellence in teaching, she exhibits excellence in practice and service to the community.



Carolyn Clevenger (r) accepts the Excellence in Education Award from Barbara Phillips.

The *Chapter Excellence Award* was awarded to the **Georgia Chapter** with Katherine Abraham accepting as president. This chapter has been promoting the goals of GAPNA through its member relationships, professional activities, and promotion of advanced practice gerontological nursing throughout the local, regional, and state during the past year.

Poster and Presentation Award Winners: Research and Practice Models

Margaret Wallhagen, PhD, GNP-BC, AGSF, FAAN, received the *GAPNA Research Presentation Award* for her presentation: "Nurses Knowledge of Age-Related Hearing Loss and its Treatment."

Sonia Lee, APN, GCNS-BC, and **Jill Swinning, APN, ACNS-BC**, received the *GAPNA Clinical Project Presentation Award* for their presentation: "Move It or Lose It: Patient Mobility Project."

Katherine Aldrich, PhD, NP, received the *GAPNA Research Poster Award* for her poster "Quality of Recovery in Older Adults Following Cardiac Surgery."

Diana LaBumbard, MSN, RN, ACNP-BC, received the *Clinical Project Poster Award* for her poster "Alliance for the Ages: Geriatric Interdisciplinary Teamwork Is Central to Quality Care and Improved Outcomes for Our Hospitalized Elders."

Jessica Marlowe, MSN/CNS, BSN, was awarded the *Student Foundation Award/Travel Award*. She completed an aging research or clinical project during her doctoral program for "The Effects of Low Frequency Non-Contact Ultrasound (LNFU) on Pain Management in Patients with Chronic Pressure Ulcers." GAPNA sponsor was Carol Brookshire, MS, GNP-BC, and co-authors were Deven Obenaus, BSN, RN, and Allison Williams, PhD, ND.

Meet the Board

Secretary

Barbara (Nikki) Davis, FNP-C

Braselton, GA

Current position: Nurse practitioner and clinical advisor

Current affiliation: Evercare - Georgia, an affiliate of United Health Group

What influenced you to enter your gerontologic practice area? I have had a special place in my heart for the elderly since working as a CNA in long-term care, while completing my BSN. I enjoy making a difference in my patient's lives by providing the continuity of care they so deserve.

What are the biggest challenges and joys of your current position? One of the biggest joys my job brings is being able to educate patients and families, and see positive outcomes.

List a few professional accomplishments you are most proud. Founding president of the Georgia Chapter of GAPNA, 2007-2009. National GAPNA Clinical Excellence Award Winner, 2009. National GAPNA Conference Planning Committee, 2009. iNspire Nurse Mentor for United Health Group, Center for Nursing Advancement, 2010.

What influenced you to be become involved in GAPNA leadership? After working with the 2009 Conference Planning Committee, I knew that I wanted to play a bigger role in the organization. I have grown professionally through the mentoring of other GAPNA leaders, and want to give back to the organization to help other clinicians thrive in their geriatric practice.

What do you look forward to most about serving on the Board of Directors? I believe GAPNA is the premier organization for geriatric excellence. I am looking forward to helping our organization continue its efforts to advance geriatric education, research, and health policy.

What/who are some of your hobbies, books, movies, family members, pets, etc. *Favorite hobbies:* Playing the flute, softball. *Favorite movies:* Comedy. *Family members:* Mike, husband of 9 years; Makaela, 6; Peyton, 2.

What excites you most about attending GAPNA's Annual Conference? Networking, meeting new members, learning new information to put into practice.

Contact info: Barbara_N_Davis@uhc.com

President Elect Beth Galik, PhD, CRNP

Baltimore, MD

Current position: Assistant professor

Current affiliation: University of Maryland School of Nursing with clinical practice as a NP at a continuing care retirement community focused on dementia symptom management.

What influenced you to enter your gerontologic practice area? Love of working with older adults, especially older adults with dementia and their families and care providers. Gerontological APNs are ideally suited to provide care for individuals with dementia and their families given their successful track record in the management of patients with chronic diseases, ability to manage both the medical and psychosocial issues that arise, demonstrated skill in patient and family education and advocacy, and dedication to collaborative practice with other health care disciplines.

What are the biggest challenges and joys of your current position? Biggest joys are helping to educate the next generation of gerontological APNs, clinical work with patients and families, designing and testing interventions designed to improve care for older adults with dementia, and networking and collaborating with colleagues of all disciplines. Biggest challenges, as for all of us, making the best use of our time.

List a few professional accomplishments you are most proud. Integrating clinical practice into my role as a nursing educator and scientist. Serving as President Elect and President of the Maryland Chapter of GAPNA. Currently, I am a Robert Wood Johnson Foundation Nurse Faculty Scholar whose research focuses on developing and testing interventions to improve functional performance, physical activity, and quality of life among long-term care residents with dementia, and clinical knowledge and job satisfaction of nursing assistants.

What influenced you to be become involved in GAPNA leadership? Becoming involved with GAPNA leadership will allow me to serve an organization whose mission of excellence in clinical practice, dissemination of knowledge related to the care of older adults, and dedication to the development of its membership is aligned with my personal beliefs about the role of the gerontological advanced practice nurse.

What do you look forward to most about serving on the Board of Directors? Working with the board to increase membership at the national and local levels by raising awareness of membership benefits and reaching out to advanced practice nursing students in particular and developing the next generation of leaders at the chapter and national levels in conjunction with the Member Services Committee.

What/who are some of your any hobbies, books, movies, family members, pets, etc. I live with my husband and 13-year-old daughter west of Baltimore, MD. I enjoy taking my dog, Angel, on long walks.

What excites you most about attending GAPNA's Annual Conference? Networking with members and hearing about all of the exciting things going in the local chapters and national committees.

Contact info: Galik@son.umaryland.edu

care • continuity • connection



GAPNA Foundation

Update 2010

Albuquerque, New Mexico was the 2010 site for the GAPNA Foundation, Inc.'s (GAPNAF) Golf Tournament, Fun Run/Walk, and Member Foundation Event held at GAPNA's 29th Annual Conference. Under the orchestration of MJ Henderson, Anna Treinkman, and Debra Bakerjian, the events were flawless. Members, guests, and sponsors were very generous in their support of these fundraising events.

An enthusiastic group of 16 golfers

Sandia Peak for a view of the city lights. Those who adjusted well to the elevation and altitude enjoyed a meal on top of Sandia Peak, while the remainder headed to the base of the tram and Old Town for dinner.

The Foundation recognized Elizabeth Galik, PhD, RN, with the *Dave Butler Spirit of GAPNA Award*. Butler was passionate about the judicious use of medications and the inclusion of behavioral interventions to optimize quality of life of

Carol Brookshire, MSN, RN, was awarded the *Member Travel Award* to attend the annual meeting and present the clinical project poster, "The Effects of Low Frequency Non-Contact Ultrasound (LNFU) on Pain Management in Patients with Chronic Pressure Ulcers." Members of GAPNA were particularly interested in learning more about this minimally invasive method to address persistent pain.

The annual meeting of the Board of Directors and Board Members for the Foundation was held on September 25, 2010. Reappointed to 3-year terms were Barb Resnick, vice chair; Cathie Taylor, Community liaison; and MJ Henderson,



Fun Run/Walk participants stretched their legs while supporting the Foundation.

enjoyed six rain-soaked holes of golf before giving up and heading back to the club and hotel for hot tea and warm showers. The Foundation extends a special thank you to Geriatric Associates of America for sponsoring the Longest Drive for a Woman which was awarded to Mary Jane Favot. Cathie Taylor had the longest putt, Jeff Doyle was closest to the pin, and Chris White out drove all the men in the Long Drive Contest. The winning team included MJ Henderson, Patty Kang, Cathie Taylor, and Chris White. The Fun Run/Walk was again a success with over 60 members supporting the event. The GAPNAF wishes to thank Johnson & Johnson Health Care Systems (JJHCS) for their generous donation to support the Fun Run/Walk at our annual conference. JJHCS has been a long-time supporter of the GAPNAF.

On Friday evening, September 24, over 160 members and guests were treated to a trip to the famous Albuquerque Balloon Museum. Sandia Peak, which is named for its sunset pink hue, was the beautiful backdrop for the Balloon Glow. Members watched as balloons were inflated and then lit up against the deep blue sky. A steep vertical tram ride took us to 11,000 feet elevation to the top of

patients with dementia and their caregivers. Beth's clinical work and research focuses exclusively on care of older adults with cognitive impairment and in her work she carries on the spirit of Butler in the ways in which she manages individuals. A local champion in the Maryland GAPNA Chapter, Beth is recognized for her dedication to the local organization and her dedication to educating the next generation of advanced practice nurses.

Ruth Palan-Lopez, PhD, RN, was awarded a *Research Grant* to explore "The Influence of Nursing Home Culture on the Use of Burdensome Interventions." Dr. Palan-Lopez states that many nursing home residents who die with advanced cognitive impairment experience burdensome interventions and painful symptoms at the end of life. The purpose of this ethnographic study is to explore the influence of nursing home culture specifically on the use of feeding tubes and hospitalization among nursing home residents with advanced cognitive impairment near the end of life.



The GAPNAF Board enjoyed their ride up Sandia Peak.



Carol Brookshire (r) accepts the Member Travel Award from Mary Pat Rapp.



Beth Galik (r) receives the Dave Butler Spirit of GAPNA Award from Mary Pat Rapp.

treasurer. Currently, all Foundation Board positions are full. The Board will seek nominations to fill vacancies as they occur.

The goals of the foundation include supporting members in education, practice, and research. On behalf of the Foundation I would like to thank you for your ongoing donations and for your generous support of the Foundation activities. Please join us next year in Washington, DC.

Mary Pat Rapp, PhD, RN
Chair, GAPNA Foundation, Inc.
marypatrapp@gmail.com

Chapter News

Chicagoland

In mid-October, we held our second annual networking meeting for APN students. As many of us know the transition from student to practitioner can be challenging and leave us with many questions concerning credentialing, collaborative agreements, prescription authority, and billing. The purpose of this informal meeting is to allow APN students to ask questions, obtain information, and to network with members of GAPNA. Our chapter meetings continue to be held quarterly. Fortunately, the presentation at our November meeting will be "Leadership/Management Skills for the APN," which was a topic offered at the GAPNA conference this year. The next quarterly meeting will be offered in February.

Anne Maynard
maynard78@yahoo.com

Georgia Chapter of GAPNA Gives Back!



Georgia Chapter members volunteer in the Open Hands nutritional outreach program.

In August, GAPNA's Georgia Chapter showed yet again its commitment to the community by beginning a year-long volunteer program with Project Open Hand of Atlanta. Open Hand helps persons manage their chronic diseases through its nutritional outreach program which combines home-delivered meals and nutrition education as a means to reinforce the connection between informed food choices and improved quality of life. With a large percentage of their target population being older adults, the Georgia Chapter committed itself in volunteering its time, energy, and money to this worthy cause every quarter for the next year!

Chapter President Katherine Abraham was excited that all the chapter officers along with several new members of GAPNA turned out and reported the attendance will increase as the volunteer campaign progresses.

Chapter President-Elect Dr. Carolyn Cleveniger stated the chapter echoes Open Hand's vision in seeking to eliminate disability and untimely death due to nutrition-sensitive chronic disease.

Way to go Georgia Chapter!

James F. Lawrence
jflaprn@bellsouth.net

Georgia's 2nd Annual CE Day Slated

The Georgia Chapter has been diligently planning for our 2nd Annual Continuing Education Day to be held at the Emory Nell Hodgson Woodruff School of Nursing on Saturday, February 26, 2011. The keynote speaker will be Lisa Gwyther, director of the Duke Alzheimer's Family Support Program and author of *The Alzheimer's Action Plan*. Registration will begin in January for this exciting day of education and networking.



Georgia Chapter President Katherine A. Abraham (r) accepts the Chapter Excellence Award from GAPNA President Evelyn Duffy during the 2010 Awards Ceremony.

The chapter had over 15 members at the Georgia GAPNA reception held during the Georgia Medical Director's Association (GMDA) Conference. This continues to be an important partnership, emphasizing collaboration for the benefit of our patient population. During this conference, Georgia GAPNA President Katherine Abraham was elected to the GMDA board as the nurse practitioner representative.

The next quarterly business meeting will be held Tuesday, November 9, 2010, featuring Lance LoRosso of the Lorosso Law Firm. Lance will be speaking on medical malpractice, including how to avoid a lawsuit and steps to take if a lawsuit is filed.

Katherine A. Abraham
Chapter President

Florida

Our quarterly meeting was held on August 21, 2010 at the Marriott West Palm Beach. The board meeting was open to members and was attended by Jo Ann Fisher, president; Charlene Demers, treasurer; Barbara Phillips, director-at-large; Karen Jones, director-at-large; Michelle Lewis, Marva Edwards-Marshall, Jennifer Parell, and Debra Hunt. First-time attendees, Jessie Quick and Robin Wiksten from the West Palm Beach area attended the membership meeting.

Jo Ann announced that Wendy Huckery regretfully submitted her resignation as secretary as personal issues will prevent her from meeting the requirements of the position. Michelle Lewis offered to assume the role as interim secretary and Marva Edwards-Marshall stated she would be willing to run for the office. All approved Michelle's offer and Jo Ann will post the Call for Nominations on our state web site. Voting was scheduled to take place at our October meeting.

Chapter members Jo Ann, Charlene, Karen, Barbara, and Wendy attended GAPNA's Annual Conference in Albuquerque. All agreed we should send in nominees for Chapter Awards at next year's national conference and acknowledged members who were deserving of the different awards this year. Members verbalized that the process was a little intimidating when never done before and Barbara acknowledged there needed to be

some education about the award process and that the written nomination may be too lengthy.

Debra Hunt updated us on legislative issues and advised that one of the doctoral students had chosen “prescriptive authority” for her research topic. She will get information to Jo Ann Fisher for the letter that FMDA is willing to present to legislators. This will hopefully be in motion before the end of the year.

We will be an exhibitor at FMDA, with information and banner supplied by GAPNA. Several members have volunteered to staff the booth and we will do this jointly with the Florida Gulfcoast Chapter. We are still working with our web site manager Andrew Keller and will continue to try to reach out to our members, beyond the core group that has been attending.

Jo Ann Fisher
Chapter President

North Carolina Triad

The chapter announces its first fall conference, “21st Century Issues and Trends in Managing Care of Older Adults,” 9:00 am to 3:00 pm at UNCG’s Elliot Center. Topics include “Heart Failure Management in the Geriatric Patient,” “Palliative Care of the Elderly in LTC and Community,” “Mama’s not Right – Dementia Care,” and “Health Care Reform and What it Means for NPs.” Space is limited to the first 100 paid registrants. Download the registration brochure at www.gapna.org and click on “Events.”

Margo Packheiser
Chapter President

Great Lakes Chapter



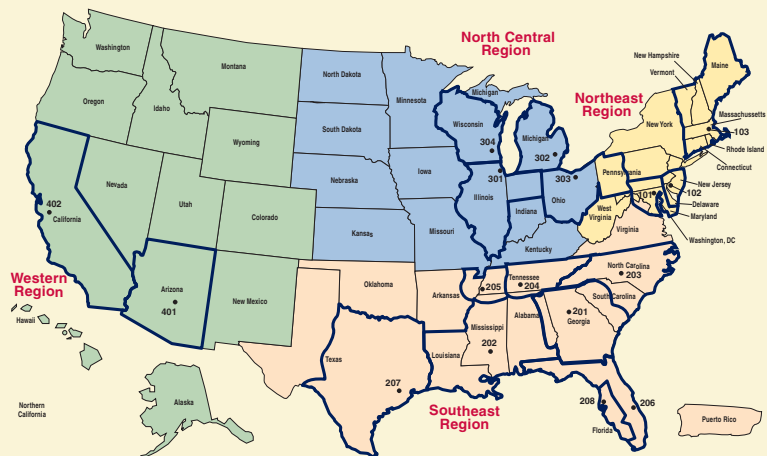
The Great Lakes Chapter held its annual awards dinner and presentation on September 16, 2010. Chapter President MJ Favot presented the chapter’s Clinical Excellence Award to Phyllis Collier.

Looking for a CHAPTER NEAR YOU?

GAPNA

Interested in
Starting a Chapter?
Contact the
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Committee News

Historical

GAPNA (formerly NCGNP, formerly Western Conference of Gerontological Nurse Practitioners) will celebrate its 30th year at next year's conference in Washington, DC. The Historical Committee has been busy this past year sorting and organizing accumulated boxes of historical papers and materials in preparation for archiving. The committee met in New Mexico during GAPNA's Annual Conference and expanded from three to 13 members! This meeting was largely spent brainstorming ideas of how to best celebrate and showcase our 30-year history in 2011. Some general ideas included having a general session focused on the history of the role of the GNP, displaying a general timeline of significant accomplishments, and creating a streaming history video near the registration desk.

The committee plans to have a conference call for further discussion and planning. The co-chairs welcome any suggestions. If you have documents of historical significance, please contact us.

Kathy Fletcher (krf9d@virginia.edu)
Trudy Keltz (takgnp@aol.com)
Co-Chairpersons

Member Services

As a way to encourage membership growth in our organization, years ago the chapter presidents became members of the Member Services Committee to help them encourage the growth of their local chapters. Since that time, the Members Services Committee holds monthly teleconferences with the chapter presidents to help address any concerns regarding how to run their chapters effectively. Over the past year, we worked hard to make the transition to dual dues go as smoothly as possible for our chapters. We also welcomed a new chapter, the Florida Gulf Coast, to our membership. In the next year, we hope to:

1. Help our chapters find new ways to engage members who live in outlying areas, using tools such as virtual meetings and conference calls.
2. Develop a Chapter President's Toolkit to help the chapter presidents with their duties.
3. Continue to encourage leadership development in GAPNA.
4. Continue to encourage membership growth, as well as develop effective member retention strategies.

If you are interested in helping the Member Services Committee, contact the GAPNA National Office for more information.

Jennifer Serafin, MSN, GNP, RN
Chairperson

Research

The Research Committee presented a pre-conference at the GAPNA Annual Conference. It was a great success with plans to offer a similar program at the next conference. Congratulations to the following people for winning the GAPNA presentation and poster awards for research and clinical projects.

Margaret Wallhagen, PhD, GNP-BC, AGSF, FAAN – *GAPNA Research Presentation Award: "Nurses Knowledge of Age-Related Hearing Loss and its Treatment"*

Sonia Lee, APN, GCNS-BC, and Jill Swinning, APN, ACNS-BC – *GAPNA Clinical Project Presentation Award: "Move It or Lose It: Patient Mobility Project"*

Katherine Aldrich, PhD, NP – *GAPNA Research Poster Award: "Quality of Recovery in Older Adults Following Cardiac Surgery"*

Diana LaBumbard, MSN, RN, ACNP-BC – *GAPNA Clinical Project Poster Award: "Alliance for the Ages: Geriatric Interdisciplinary Teamwork Is Central to Quality Care and Improved Outcomes for Our Hospitalized Elders"*

Joanne Miller, PhD, APN/GNP-BC
Chairperson
Joanne_M_Miller@rush.edu

— Advertisement —

Geriatric Medicine NP Wanted

Wenatchee Valley Medical Center in Wenatchee, WA, is seeking a full-time Geriatric Medicine Nurse Practitioner to join a growing multi-disciplinary team, who care for elderly patients primarily in nursing homes, but also in assisted living facilities, their homes, and in the office. Excellent referral base from among our primary care and specialty partner physicians. Electronic medical records.

WVMC is a comprehensive and collegial multi-specialty where midlevels are supported and respected. Very good salaries and excellent benefits, including retirement and CME. Physician-owned and patient-centered since 1940.

Wenatchee is nestled in the foothills of the Cascade Mountains. The Columbia River runs through town for plenty of summertime fun; in the winter, our local ski and snow boarding resort, Mission Ridge, is just minutes away. We enjoy many of the advantages of urban living as Wenatchee is a hub for shopping and entertainment. At the same time, our community has a distinct "small town" feel. Come see why Wenatchee Valley is a great place to work and play!

Send CV to JoinUs@wvmedical.com. Learn more at www.wvmedical.com

Call for Nominations: 2011 Election

GAPNA is seeking qualified and dedicated candidates for the following positions in the 2011 election: president-elect, treasurer, director-at-large, and nominating committee member (two positions).

A candidate must have been an active member of GAPNA for a minimum of 1 year preceding nomination. Nomination does not guarantee that a person's name will appear on the final slate.

Position descriptions and a Nomination and Consent Statement can be downloaded from GAPNA's web site (www.gapna.org). Completed candidate packets must be returned by **April 1, 2011**.

Member Spotlight

Katherine Abraham, MSN, RN, NP-C

Katherine Abraham, MSN, RN, NP-C, is the president of the Georgia Chapter of GAPNA. Under her leadership the chapter has expanded in membership, excelled in state recognition, increased its community service projects, and launched its first annual CE Day last April. The Georgia Chapter received the GAPNA Foundation Chapter Excellence Award in 2010. She is also currently on the GAPNA Nominating Committee and will serve as chair in 2012. During the 2009 GAPNA conference in Savannah, GA, Katherine spoke on "End Stage Heart Failure in the Frail Elderly Patient." She received the GAPNA Foundation Award for Clinical Excellence in 2010.

Katherine received her BSN from The University of Memphis and graduated magna cum laude in 2000. She then went on to obtain her MSN from Emory University in 2003 where she was president of the Graduate Council. Her background in nursing includes the intensive care unit and a wide variety of cardiovascular medicine including cardiac rehab, cardiac cath lab, and preventive cardiology. She managed inpatient and outpatient cardiac patients as a provider as well as starting and managing a lipid clinic. Katherine has also published an article on childhood obesity in *The American Journal for Nurse Practitioners*.

Her love of geriatric patients was always evident. Katherine spent a great deal of time with her grandparents growing up and has always treasured the geriatric population. She jumped at the opportunity to focus her career on geriatrics with Evercare. She is currently a nurse practitioner and clinical advisor at the Evercare Georgia site.



Katherine Abraham

Katherine has served as a preceptor to countless nurse practitioner students, and is a resource for her peers who are interested in learning about precepting students. Katherine also serves as adjunct faculty at Emory University Nell Hodgson Woodruff School of Nursing, where she regularly gives lectures to GNP and undergraduate nursing students. She has also served as a mentor to new-hire nurse practitioners within her company. Katherine teaches segments in the Evercare NP orientation program for new-hire NPs across the country.

Katherine continues to remain active in a variety of nursing organizations. She was chair of the Nominating Committee for the Alpha Epsilon chapter of Sigma Theta Tau for 4 years and continues to be an active member. Katherine also continually advocates for nurse practitioner practice through active involvement in her state NP organization. She serves on the board of the Georgia Medical Directors Association (GMDA) as the nurse practitioner liaison. Katherine has worked alongside GMDA to form a strong partnership ensuring good communication and collaboration across disciplines. She spoke at the 2009 GMDA Summer Symposium on the topics of CHF and physician/NP collaboration.

Katherine lives in Atlanta with her husband and two daughters, ages 3 and 5. She is active in her girls' schools and enjoys reading to their classes and participating in school events. Katherine is an avid cook and enjoys entertaining her friends and family at her home.

Sacred Encounters, Far from the Medical Miracles

Laura E. Rodriguez, MSN, FNP, GNP-BC, is a member of the House Calls Special Interest Group, and is a gerontological nurse practitioner in the House Calls Program, Santa Rosa Memorial Hospital, Santa Rosa, CA. She authored an article describing her work of house calls with frail elders. The article was published in *The Press Democrat* on November 1, 2009. The following is excerpted from Laura's article.

"What will it be like when I wake up there?" asked my 92-year-old patient, who was at the end of her life. "I don't know, that's one of life's great mysteries," was my reply. She paused, and then quietly said, "It will be better than now." I agreed and continued to hold her hand.

This is what we call a *sacred encounter* in my workplace. I have been

blessed to have many. I am a gerontological nurse practitioner and I make house calls. I visit my patients in the home and provide their health care. This is no office practice with its limited time and exhausting waits; instead, each patient has their living space with its history and stories. It's different what I do in this world of modern medical marvels. Yet, it gets to the heart and soul of providing health care to a vulnerable and often-invisible population. I go to elders' homes and give them my time and respect. My care is patient centered, meaning I see my patients at their convenience and give them the time they need to build trust and get through their 70, 80, 90, or 100-plus years of life history.

Impossible, you say! Impractical to replicate because of the time needed and limited financial payoff.

Absolutely necessary is my argument...

So, I advocate. I write and meet with my representatives. I work within my professional organization to help advance my profession to help meet the needs of this growing patient population. I give thanks daily for the existence of my program and the compassion and expertise of my colleagues on the House Calls team that allows for this care.

What really matters most to me as a human being and health care provider is the *sacred encounter*. The shared laugh, the celebration of a 60-year marriage, the stories of the young lives that are now old, and those final conversations before we say goodbye. Those things, to me, put any concern into its proper perspective.

Clinical Research Corner

Depression and Suicide Risks in Older Adults

Lou Etta Hicks, MSN, ARNP, GNP-BC, and co-author published an article in September 2009 entitled "Depression and Suicide Risks in Older Adults: A Case Study" in *Home Healthcare Nurse*, 27(10), 642. Lou Etta is a home-based primary care nurse practitioner at Bay Pines VA Healthcare System, Bay Pines, FL.

In the article, the authors noted "Depression and suicide are significant problems encountered by home health clinicians caring for older, homebound individuals. Mr. F. was an 85-year-old retired police officer who was assessed to be at significant risk for suicide after his wife's death." The authors presented a case study outlining the home-based primary care team's successful interdisciplinary treatment plan to reduce Mr. F.'s suicide risk.

Lou Etta also presented a poster at GAPNA's 2010 Conference in Albuquerque, NM, on a research study using medication boxes with elderly veterans. A manuscript on this research is under review.

Treating Nausea and Vomiting and Sleep Disorders in Hospitalized Elderly

GAPNA member Rita LaReau, MSN, GNP-BC, geriatric clinical nurse specialist, Bronson Methodist Hospital, Kalamazoo, MI, recently co-authored two articles in *Geriatric Nursing*. In "The Initial Examination of the Efficacy of Low-Dose Promethazine for the Treatment of Nausea and Vomiting in the Hospitalized Elderly," the authors assessed efficacy and safety of three doses (6.25 mg, 12.5 mg, 25 mg) of intravenous (IV) promethazine in treatment of established nausea and vomiting (N/V) in hospitalized elderly patients. This study suggests a starting dose of 6.25 mg IV promethazine is as effective as higher doses and has fewer adverse drug reactions. See McClintock, G.H., LaReau, R.M., Watcharotone, K., & DeMaagd, G. (2010). *Geriatric Nursing*, 31(2), 115-122.

In "Examining the Feasibility of Implementing Specific Nursing Interventions to Promote Sleep in Hospitalized Elderly Patients" the authors examined the feasibility of implementing specific nursing interventions to promote sleep in hospitalized older adults. This pilot provides initial support for the feasibility and utility of implementing a sleep protocol in an acute

care setting. For details see Lareau, R., Benson, L., Watcharotone, K., & Manguba, G. (2008). *Geriatric Nursing*, 29(3), 197-206.

Cholesterol and Diabetes Drugs Lead Drug Spending for the Elderly

Purchases of cholesterol and diabetes prescription drugs by elderly Medicare beneficiaries reached nearly \$19 billion in 2007 — about one-fourth of the approximately \$82 billion spent for medications for the elderly, according to the latest data from the Agency for Healthcare Research and Quality (AHRQ). Metabolic drugs, which are used to lower cholesterol levels, keep diabetes under control, and for weight and thyroid problems, topped the list of the five leading categories of drugs purchased by the elderly.

The other four drug classes in the top five in 2007 were:

- Cardiovascular drugs, including blood pressure medicines, diuretics, and drugs to control abnormal heart rhythms, such as atrial fibrillation (\$15 billion).
- Central nervous system drugs, such as arthritis and other pain medications (\$8 billion).
- Gastrointestinal drugs, which include anti-acid medications (\$7 billion).
- Hormones to treat osteoporosis, cancer, and other conditions (\$5 billion).

These data are taken from the Medical Expenditure Panel Survey, a detailed source of information on the health services used by Americans, the frequency with which they are used, the cost of those services, and how they are paid. To read "Expenditures for the Top Five Therapeutic Classes of Outpatient Prescription Drugs, Medicare Beneficiaries, Age 18 and Older," go to http://www.meps.ahrq.gov/mepsweb/data_files/publications/st280/stat280.shtml.

A Guided Care Approach Helps Curb Health Care Costs of Elderly Patients with Chronic Conditions

Care for the elderly with chronic health conditions can be very expensive. One way to help provide high-quality, cost-effective care to these individuals is by employing an approach known as guided care (GC). This care is delivered by a team consisting of a practice-based, specially trained, GC nurse who works with two to three physicians and

office staff. The goal is to offer eight important clinical services that are needed by 50%-60% of the highest-risk older patients in a practice. This innovative approach to care improves health, reduces care use, and nets savings in health care costs, reveals a new study.

See "Guided Care and the Cost of Complex Healthcare: A Preliminary Report," by Leff et al. (2009). *The American Journal of Managed Care*, 15(8), 555-559.

Caregiver Dissatisfaction Affects Outpatient Care for the Elderly with Dementia

Taking care of family members with dementia and Alzheimer's disease can place a great strain on family caregivers. Most individuals with some form of dementia (7 out of 10) live at home and receive 75% of their care from their families and friends (informal care). However, how satisfied family caregivers feel with their lives can have a direct impact on their loved one's receipt of professional outpatient care, reveals a new study. Researchers found that low levels of caregiver satisfaction were linked with less likelihood that patients with dementia received outpatient primary, specialty, and mental health care.

See "Barriers to Outpatient Care in Community-dwelling Elderly with Dementia: The Role of Caregiver Life Satisfaction," by Thorpe et al. (2009). *Journal of Applied Gerontology*, 28(4), 436-460.

Published an Article Recently?

We are looking for GAPNA members who have recently published clinical or research articles. Let us know the title, publication, volume, and issue number of your article, along with a brief abstract/ summary, and we'll share it with your fellow members in the *GAPNA Newsletter*. Keep us updated at GAPNA@ajj.com

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