



the review

North Dakota Academy of Physician Assistants Newsletter

Cindy Renner, PA-C, Editor

April, 2011

President's Message:

As I sit looking out the window at the gleaming sunshine gleaming off the deep snow banks, anticipating yet another rain to ice to snow storm. I'm glad April is here and spring is (hopefully) soon to come. Our thoughts turn to residents in the many areas of "flood country" around the state, hoping that we will have a slow thaw that will not be as devastating as other years have been.

Thoughts of spring also bring to mind the upcoming NDAPA Spring Conference which will be held at the Holiday Inn, Fargo, ND on May 5 and 6, 2011. Lori Dockter and the CME Committee have put together another very interesting and worthwhile CME workshop. {See schedule on page 3.} This is also such a great time to catch up with old friends, meet new ones and do a little networking. If you have not already blocked time out of your busy work and personal schedules to attend this, I would encourage you to do so now.

Every year at the NDAPA Spring Conference we have our Academy's Membership Annual Meeting. It will be held on Friday, May 6th, 2011 at the noon break. I would like to encourage all of you to take the opportunity to attend this meeting and see what the NDAPA has been up to and to vote for the candidate(s) of your choice for the Board of Directors and for Chief, Junior and Alternate representatives for the AAPA House of Delegates for 2012.

Every year at the NDAPA Spring Conference we ask our members to consider volunteering for a Board or Committee position. I would like to extend that invitation to you now, before the conference, so that you might seriously consider it and research it. If you have ever considered volunteering your time to NDAPA, now is a great time to step forward to run for a board position or volunteer your time to the committee of your choice. I understand that everyone is very busy with work, family and other obligations. However, some positions take less time than others and getting involved in our state association is very rewarding. A description of the responsibilities and duties for these positions can be found at the NDAPA website in the Bylaws by going to our new updated website at <http://ndapa.net/bylaws> or by contacting any of the current Board or Committee members <http://ndapa.net/board> or Terri Lang, Executive Secretary, 1412 Cottonwood Avenue, Minot, ND 58701 Phone: (701) 720-5010 • Fax: (701) 839-0967.

I hope you have all received the recent letter that was sent out to our membership by both e-mail (to those of you for whom we had current e-mail addresses) and by US mail explaining just how hard our Legislative Committee (Kate Larson and Scott Barry) has been working the last couple of Legislative sessions. Please take a minute to read Kate's update in this newsletter. She spent several hours testifying at different legislative committee hearings on our behalf again this year to help bring these accomplishments into being. Rodney Sigvaldson, who also works as a physician assistant in a rural setting, was in attendance on March 15, 2011 to help support Kate when she testified at the committee hearing on Bill #2293, which will allow PAs to sign death certificates. This bill was introduced by Jeff Brose, funeral director in Mohall, ND. He also testified at this committee hearing on behalf of the PAs. He was very helpful getting this bill passed and very elated when it did pass. Thank you Kate, Scott and everyone for all your time and dedicated work.

It's difficult to talk about the accomplishments of our Legislative Committee and all the positive legislative and regulatory accomplishments achieved over the past three years without thinking about membership. Let me explain. At our recent Board of Directors meeting, Kate Larson explained that when she testifies for a bill at legislative committee hearings, she is frequently asked how many of the Physician Assistants in North Dakota are actual members of NDAPA. Current NDAPA members know that this kind of effort takes every PA in the state to get involved and stay involved. It is so important that every PA in North Dakota belong to NDAPA.

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Membership in NDAPA will help show that we are all unified in promoting and improving our great profession! If you are not currently a member of NDAPA, please consider joining today. Joining NDAPA is fast, easy, and affordable! Membership in the NDAPA not only gives you access to the members only site to get updates on what is happening within the PA profession in North Dakota, continual updates on legislative action that involves us, access to the Medical Letter on-line, ongoing updates to upcoming news, and networking opportunities to name a few. Let your voice be heard!! There are two easy ways to join or renew your membership. Either with your registration for the NDAPA Spring Conference or by going to: <http://www.ndapa.net/membership> click on the application form, print it out, fill it out, and then send your check and completed form to: Terri Lang, Executive Secretary, 1412 Cottonwood Avenue, Minot, ND 58701. Remember to add your current e-mail address so that we will have a way of notifying you with important updates and messages. If you do not wish your e-mail address to be rented or shared, remember to check the "no rent option" on the form. However you choose to join or renew your membership in NDAPA, please remember to print, fill out, and then send your completed form (with your check if joining separately from the NDAPA Spring Conference) to Terri Lang so we will have current information on all of our members. We look forward to you becoming a member of the NDAPA!

If you have any ideas, suggestions, questions or concerns, membership questions, if you would like to be a part of the board or one of our many committees, please feel free to contact any of your Academy's board and/or committee members, Terri Lang, or myself. I would like to take this opportunity to thank all of you for all that you do both on the local and state level to positively promote our profession and health care. I would also like to thank the NDAPA Board of Directors members and our committee members for all of their time and dedication that they give.

Have a happy, healthy, safe Spring!! See you all in Fargo in May at the NDAPA Spring Conference and our Academy's Membership Annual Meeting!!

Cheryl

KATHY OHLY MEMORIAL SCHOLARSHIP FUND AND SILENT AUCTION

Submitted by: Cheryl Ulven, PA-C,

The NDAPA Spring Conference which will be held at the Holiday Inn, Fargo, ND on May 5 and 6, 2011 is fast approaching. And this year like past years we will hold a Silent Auction to raise money to benefit the Kathy Ohly Scholarship Fund. The Kathy Ohly Scholarship Fund is used to award two \$500.00 scholarships to two deserving North Dakota residents that are enrolled in the Physician Assistant Master's Program at UND.

As you know, higher education is very expensive. Remember how tight things were when you were in school? These funds are used to help out deserving students by giving them a financial boost! I would like to encourage and challenge each of you to help make this year's Silent Auction even more successful than last year's. **Won't you consider helping??**

Some great ideas that have been used in the past include gift baskets; gift certificates to almost anything – stores, movies, a round of golf, etc. Other ideas include computer items; clothing; candy; music CD's; golf putters/clubs; books; a signed UND hockey jersey (remember it's almost certain that they will be changing their logo! Any collectors out there?!); home made items – food, crafts, embroidery; home grown/farm fresh eggs; cards; pictures... just about anything goes. What are your interests or hobby's?? Perhaps you could share one of them with us. So think about it and bring something if you can, or support the auction by bidding and buying!! You may also consider discussing it with your employers or local businesses. Maybe they have an item they would be willing to donate!! If you have any questions please contact me.

Again, I would like to thank everyone for your participation in our Silent Auctions. Without your generosity, we would not be able to provide these scholarships.

**Primary Care Seminar
Holiday Inn, Fargo, ND
May 5 & 6, 2011**

To Register: <http://conferences.und.edu/primarycare/>

Thursday, May 5, 2011		
		Speaker
7:00 am – 7:30 am	Registration & Breakfast: Location: Atrium	
7:30 am – 7:45 am	Welcome & Announcements: Location: Royale/Embassy	
7:45 am – 8:45 am	Title: VITAMIN D	Presenter: DR. WILLIAM NEWMAN
8:45 am – 9:45 am	Title: TRAUMATIC BRAIN INJURY	Presenter: DR. RONALD JOHNSON
9:45 am – 10:00 am	Break: Location: Hallway	
10:00 am – 11:00am	Title: PATIENT SAFETY: ARE WE	Presenter: SALLY MAY RN,BSN
11:00 am – 12:00pm	Title: PREVENTABLE MEDICATION-RELATED ADVERSE EVENTS: POTENTIALLY INAPPROPRIATE MEDICATIONS AND DRUG TO DRUG	Presenter: RICK CLARENS
12:00 pm – 1:00 pm	Lunch * NDAPA Silent Auction * Exhibitor Showcase Opening Location Sterling/Crowne	
1:00 pm – 2:00 pm	Title: DIFFERENTIAL DIAGNOSIS OF	Presenter: DR. WILLIAM ORR
2:00 pm – 3:00 pm	Title: EVALUATION AND MANAGE-	Presenter: DR. WILLIAM ORR
3:00 pm – 3:30 pm	Break * NDAPA Silent Auction * Exhibit Showcase Location: Sterling/Crowne	
3:30 pm – 4:30 pm	Title: OSTEOPOROSIS	Presenter: DR. KEITH HAPPLE
4:30 pm – 5:30 pm	Title: PAIN TOPIC (TITLE TBA)	Presenter: DR. TODD HESS
Friday, May 6, 2011		
		Speaker
7:00 am – 7:45 am	Registration & Breakfast: Location: Atrium	
7:45 am – 8:00 am	Welcome & Announcements: Location: Royale/Embassy	
8:00 am – 9:00 am	Title: PTSD	Presenter: DR. ANDREW MCLEAN
9:00 am – 10:00 am	Title: “UPDATES IN PEDIATRICS AND LOCAL COMMUNITY HEALTH ISSUES”	Presenter: DR. BARBARA BENTZ
10:00 am – 10:30am	Break - Location: Sterling/Crowne	
10:30 am – 11:30am	Title: “EPILEPSY-BEYOND PHAR-	Presenter: RANDY PERKINS PA-C
11:30 am – 12:30 pm	Title: PFT’S	Presenter: BARB HEIER PA-C
12:30 pm – 1:30 pm	Membership Meeting & Non-Member Meeting: Location: Sterling/Crowne-	
1:30 pm – 2:30 pm	Title: RECOGNITION OF OPPOR-	Presenter: DR. PABLO MARIANI
2:30 pm – 3:30 pm	Title: MINORS AND THE LEGAL IMPLICATIONS OF PROVIDING CARE	Presenter: KATIE RIZZO

LEGISLATIVE UPDATE MARCH 2011

The North Dakota Legislative Session for 2011 is underway and has brought forth some hopeful changes for the practice of Physician Assistants. We currently are following several bills at this time. I will try to highlight these bills for you.

BILL # 2154-This bill has been introduced by the North Dakota Board of Medical Examiners. This bill will add a Physician Assistant to the North Dakota Board of Medical Examiners. This person will be appointed by the Board of Medicine. This bill was introduced in the Senate and has passed without any opposition. It has been sent to the House committee and has been sent to the floor as a recommended do pass so we should know this outcome shortly.

BILL #2293-This bill adds Physician Assistants to be included to sign for death certifications. The bill has passed the Senate and has been sent to the House Committee for hearing on March 15, 2011.

BILL #4143-This bill relates to the medical advice to the department of transportation. This bill outlines a licensed medical person to make decisions for issuance, renewal, suspension or revocation or cancellation of a driver's license. This bill language has been changed to include physician assistant's. This bill has passed the senate and the house and is ready to be signed.

BILL #2035-This bill would add physician assistants to provide orders to pharmacists, along with physicians and nurse practitioners, to give immunizations to children.

To follow these bills log on to www.legis.nd.gov/assembly/62-2011/ and find the area with legislative info. Click on bills and resolutions, then click on senate bills. The bills will come up and just click on the bill number. You will be able to follow the bills closely every day. We are delighted to continue to make some strides in medical practice changes for the state of North Dakota. Please let Scott Berry or myself know if there are other issues that you are aware of that are creating problems in the workplace. We know that there are issues that are challenging in practice and please know that they are challenging in this situation also. Please encourage other Physician Assistants that you are working with to join the North Dakota Academy of Physician Assistants to help our voice stronger. Many times I am asked, how many Physician Assistants in North Dakota are members of the Academy? You don't know how important this is.

Thank you,

Kate Larson



Welcome Julie Andersson, PA-C to UND Physician Assistant Program

Julie began working as UND Faculty in 2010 and is a graduate of the Program. She helps coordinate the clinical experience of the students while on campus and during the clinical phases. She maintains clinical practice one to two days per month in a rural Emergency Department. Prior to her work at UND, she practiced as a PA in Grantsburg, WI working in family practice, urgent care and ER.

Evidence-Based Medicine

*Submitted by: Susan Kuntz, PhD
Assistant Professor UND PA Program Faculty*

Evidence-based medicine (EBM) has quickly become one of the best tools available to medical practitioners and according to Straus, et al., (2005), “requires the integration of the best research evidence with our clinical expertise and our patient values and circumstances.” With the constant advancement of medical technology and pharmacological treatment options, EBM allows providers to access the most current diagnostic and treatment options available backed by current medical research. The need for EBM was fueled by what Owen, (1995), referred to as the divide between research and clinical practice. Owen noted that researchers often had the answers to predictive information based on patient symptoms and medical history that could reduce morbidity and mortality, but the format in which the information was presented was “impenetrable” to most clinicians.

EBM is a 5-step process that results in a dramatic decrease in the time required for clinicians to access and utilize medical research:

Step 1 requires converting the medical query into an “answerable question.” The question format is designed based on whether the query is regarding disease prevention, diagnosis, prognosis, treatment or causation and uses the PICO format (P = patient population or problem, I = intervention, C = comparison, O = outcome). Consider a new drug for type II diabetes (drug X), that you would like to use in your treatment resistant patients to lower their A1C value. The PICO question would be: In patients with treatment resistant, type II diabetes, does drug X as compared to metformin, significantly lower A1C values. Along with this would be questions of cost and harms. The answerable question can then be used to determine search terms that will assist in accessing the medical research.

Step 2 is tracking down the best evidence to answer your question. Fortunately, there are many evidence-based medical databases that are designed to assist providers with this task. For example, EPIC users have access to Up-to-Date which is an EBM database that provides medical evidence along with the level of evidence and references. The University of North Dakota has access to several databases such as Dynamed, PubMed, Cochrane, First consult/MD consult, etc. that are available to Physician Assistant students, faculty and physician preceptors.

Step 3 is critically appraising the evidence. Again, EBM databases such as Up-to-Date or Dynamed provide this information to clinicians in a concise, user-friendly format. There are EBM workbooks and texts available to educate providers, in a stepwise format, on the terminology necessary to evaluate the medical literature.

Step 4 is applying the evidence to the patient. Clinicians must decide if the evidence is consistent with their clinical expertise, the patient’s history and physical findings and patient values. This step is important when working with each unique patient. Does the patient’s biology match the evidence provided? Will the patient consider this a viable treatment option? Are there preexisting conditions that would limit the usefulness of the evidence? What are the potential harms? Etc.

Step 5 involves evaluating how the process went. During this phase, the clinician should ponder how effective the search was and what could be done to improve the process in the future.

The EBM process becomes easier with practice. Initial searches can be time intensive and may be best performed outside of clinic hours, but with practice EBM can be integrated into scheduled patient encounters. Sharon Straus, et al., (2005), have been credited with some of the earliest EBM work and the group has published a very clear, readable text that is invaluable to practitioners, students and teachers of

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EBM principles (Evidence-Based Medicine: How to Practice and Teach it, 3rd edition). Glasziou, et al., 2007, published the Evidence-Based Practice Workbook that presents the EBM process in a stepwise, user friendly format with examples and exercises throughout the text. The workbook has been developed from workshops taught by the authors for the Centre for Evidence-Based Medicine at the University of Queensland and Oxford.

There are many EBM texts in print, but for the EBM novice I found the above texts to be very helpful in developing useful clinical skills. Learning the EBM principles and terminology will greatly enhance any practitioner's ability to access and utilize medical research even with existing medical databases and guidelines.

Hosting a Legislator at Your Practice

“Article provided by Liz Roe, Director of State Advocacy and Outreach for AAPA”

One great way to educate elected officials is to invite them to your practice. Hosting a legislator is not only a useful way of informing office holders about the issues that are important to you and the patients you serve. It can also help you build a relationship with that legislator, which can be helpful down the road when you want to express an opinion about health care legislation that is being considered. Here is a step-by-step guide that you can use if you want to host a state legislator at your practice:

1. Check with your clinic administrator and supervising physician to be sure they approve. Discuss ideal dates and times. Do some background research on the legislator. You can usually find biographies on state legislature Web sites. If you are having trouble getting information on your legislator, contact David Ashner on the AAPA staff at dashner@aapa.org. If you find that your legislator has a particular interest that is relevant to your clinic (i.e. care for the elderly, women's health, care for recent immigrant populations), be sure to emphasize that during the visit.
2. Contact the legislator or a member of his or her staff either by letter or phone. If this is after an election, congratulate them on their success and invite them to see “health care in action” at your clinic. Your message should be that you know health care is an important issue to them, and you'd like to give them the opportunity to see where health care is provided in their district and to discuss some of the challenges facing health care providers and their patients. Make sure that they know that you are a physician assistant and that they are aware of any PA-related bills that will be debated in the coming legislative session.
3. Confirm a date and time for their visit. Thirty minutes to an hour should be sufficient.
4. Prepare materials to give to the legislator. AAPA has fact sheets and issue briefs on a wide variety of topics, and Academy staff can help you pick the right materials for your situation. These materials are also available at AAPA's Web site. Giving the materials to the legislator in a file folder with “Physician Assistants” printed on the tab will make it easy for the legislator to put the information in the right place once he or she is back at the office. Be sure to include your contact information or business card.
5. Spiff up the office and alert the staff. Consider making a "Welcome Representative/Senator _____" banner or poster for the office.

Invite the media, if it's okay with the office administrator and your supervising physician. Also, be sure that inviting the media is acceptable to the legislator. If everyone agrees, contact David Ashner (dashner@aapa.org) on the AAPA staff for information on making the visit a media event.

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Make a detailed schedule for the visit. Here's a sample agenda:

9:00 - Legislator arrives, PA host greets the legislator, introduces staff and physicians, and introduces the legislator to patients in the waiting room.

9:10 - Tour of office and description of population served, special interests and roles of clinic staff. Be sure to mention any areas of particular interest to the legislator (i.e. "Dr. Jones is board certified in geriatric medicine," or "Mrs. Miller is both our receptionist and our translator").

9:20 - Legislator, PA, and physician convene in conference room or office to discuss health issues in district. Coffee is served. Legislator is invited to share his or her health agenda for upcoming session and discuss other issues of particular interest. The PA's role in the clinic is described by the physician-PA team. Physician discusses the importance of PA legislation (if applicable) to the legislator's constituents (remember that the message must be about why the PA legislation is important *to the legislator*). Clinic group asks how they might help the legislator with health issues the legislator has identified. Someone takes notes for follow-up.

9:30 - Media (if invited) arrives. Clinic staff and legislator pose for photos. Legislator is given opportunity to discuss health issues and the importance of the visit. If the media is not invited, have a staff person available to take pictures.

9:45 - Legislator is thanked by everyone for taking time from his or her busy schedule to visit. Additional photos of legislator at clinic and with staff are taken.

Host the visit.

The same day - Contact your chapter's Legislative Coordinator to review the visit.

The next day - Check the media for any mention of the event.

Two days later - Send a personal note thanking the legislator for the visit and include copies of photos.

The following week – Begin follow up on any items mentioned by the legislator.

So, there you have it: it's as easy as one, two, thirteen. Remember, personal experience is the most significant motivator for legislators. Hosting a legislator at your practice takes less than an hour, but the experience of meeting a PA will stay with them for years beyond. For more information, or for help preparing for an upcoming visit by a legislator, please contact David Ashner (dashner@aapa.org) on the AAPA staff.

PA of Year Nominations Due April 11th, 2011

Please submit your nomination for PA of the Year no later than April 11, 2011 to **Terri Lang, Executive Secretary, NDAPA; 1412 Cottonwood Avenue; Minot, ND 58701. Fax: 701-839-0967 or e-mail: terri.lang@med.und.edu**. This award will be presented at the NDAPA Primary Care Conference in Fargo on May 6th. Nominees do not have to be NDAPA members. The Physician Assistant of the Year nominee may be a Physician Assistant who works or resides in North Dakota and who provides excellent care and service not only to their patients but also to the community and to the profession. Other areas of attributes/qualities that you may want to consider for your nominee as North Dakota Physician Assistant of the Year may include:

Educator - This is not limited to the academic setting. It is equally applicable to the Physician Assistant educating the public and their patients on health-related issues or the Physician Assistant profession

Humanitarian - This may include the Physician Assistant whom you feel is giving of himself or herself in the service of others, not only to their patients but also to their community, a third world community, and/or their profession.



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The mission of NDAPA is to promote quality, cost-effective, accessible health care to enhance the health and well-being of the people of North Dakota and to promote the professional and personal development of Physician Assistants.