



the review

A quarterly newsletter of the North Dakota Academy of Physician Assistants

Cindy Renner, PA-C, Editor

April, 2008

Message from the President

I tried very hard to think of a clever piece to write which would inspire everyone to get involved in the academy, but it just didn't happen.

So basically I would just like to ask YOU to consider volunteering for a committee or board position. We urgently need more members to take on leadership roles in our academy. Some of us have been involved for a long time, (*editor's note: see Randy Perkin's article on page 6*) and while we want to remain active, we NEED to be training and mentoring our replacements for when we retire or Expire – whichever comes first.

We also need to try to recruit new members to help make our voices heard, especially as we look at legislative issues. Bigger numbers have a bigger and more powerful voice. This year, the legislative committee has been very active working with the medical community, and some exciting changes may be announced soon.

Board members and committee members give of their time and effort and I applaud them for the work that they do. The CME chair and committee do a huge job organizing the conference and analyzing data from previous conferences to give attendees the speakers and topics they want. This year's conference is again bringing a wide variety of dynamic speakers who are experts in their fields, and should have something for everyone.

If you are even remotely interested in getting involved in the academy, we invite you to attend the preconference board meeting Wednesday evening, April 30th in Fargo. Call me or any of the board members for more details, or if you have items for the agenda. We look forward to seeing you at the conference.

Wayne Kartes,
President, NDAPA



"Spring Conference CME Offerings"

By Corwin Jones, NDAPA CME Committee Chair

The planning committee has worked hard to get good quality lectures for the upcoming NDAPA Primary Care Seminar being held May 1 & 2 at the Holiday Inn, Fargo, ND. Some of the topics for this year include diabetes, x-rays, skin cancer, MRSA and lipids. There will be breakout sessions on upper and lower extremity orthopedic testing, eating disorders and child abuse. Conference favorites Dr. Todd Hess and Dr. Gordon Leingang will also return this year - their lectures are always inspiring, educational AND entertaining!

Register on-line at www.conted.und.edu/primarycare or phone 701-777-2663 or toll free 866-579-2663.

Letter from the Editor...

"Sometimes laughter IS the best medicine..."



Some friends recently were talking about coming to realize that they had not been doing much laughing lately. They were actively trying to find ways to increase the laughing in their day to day lives. That started me thinking about the importance of laughter and humor to our feelings of well-being.

Humor can be a helpful tool in dealing with our patients – especially those we see often and know well because of a chronic illness. Having to deal with the mundane day to day tasks involved in managing say... diabetes can become tiresome and boring, and may not even seem worth it to some patients after awhile. Their clinic visits almost need to include positive “pep talks”, like a coach at halftime trying to keep the team fired up and motivated to keep going. Humor can be used to break the ice and let them see we are not judging their lack of progress, weight gain, or worsening lab reports.

I made a poster for my exam room with a paragraph from an actual study done several years ago which concluded that “...laughter lowers blood sugar!” I have another plaque that says “A cheerful heart is good medicine”. I found a similar verse when reading a few days ago: “A cheerful look brings joy to the heart and good news health to the bones” (Prov. 15:30).

My father’s sense of humor actually helped me with a patient situation recently. I try to find a promotional item for a certain pharmaceutical product (little blue pill...starts with “V”...) to give my dad each year, like a pen or cup or key chain. One year I was even able to give him a clock where the little blue pill goes around the dial on the minute hand, and a necktie covered with “little blue pills” which he wore to a Navy reunion. His favorite was a whole pack of pens with the name of the specific product on them. He proudly handed one out to each of his friends and when they asked him how he got them he said “for every 30 pills you buy they give you a pen!” I related this story to a patient who is about the same age as my dad with similar health issues. He got a kick out of it and referred to it at several follow up appointments. Over the winter he began to struggle with depression and was not his usual jovial self. He was losing weight, getting weak, not sleeping, moody and sad. When I suggested to him that his symptoms were consistent with depression he was offended, since that generation tends to see it as a weakness of character. I told him how my dad’s symptoms improved after he started medication for depression and that he was enjoying life again. He said “...the same dad with the pens?” When I said yes, he said “if a guy like that can take medication for depression, I guess I can try it too”.

The ability to find joy in life can be a tremendous benefit. Several weeks ago my husband and I were riding in the car and something funny happened. I cannot recall what struck us as funny, but we both laughed so hard he had to pull over and stop the car. This was at a time when we really hadn’t laughed for quite awhile – difficult circumstances had overshadowed us and without even realizing it we just weren’t finding much to laugh about. When we finally got back in control we looked at each other and commented on how GOOD it felt to laugh. We felt energized and refreshed and were reminded of that song our kids used to sing “The Joy of the Lord is Our Strength...”

There can be a fine line between “funny” and “insensitive” and we need to be careful not to seem to be making light of a serious situation, but helping our patients have a good laugh now and then might work better than some of their medications.

PA of the Year Awards for 2007

Once again we have had excellent nominations for PA of the Year – CONGRATULATIONS to all the nominees. We can be proud of the fellow PA's in North Dakota – Each of these candidates are excellent! Good luck to each of you and congratulations!!

Here is a little information on each candidate:

Humanitarian PA of the Year:

Sharon Ries, PA-C

Nominated by: Charles Hartz, MD

Ms. Ries works in the Orthopedic Department at the VA Medical Center in Fargo. She started in 2005 with previous experience in Family Medicine. Comments from Dr. Hartz in the nomination letter include her excellent care, good judgment and skills with inpatient care and in the operating room, Also her ability to interact with all members of the health care team. She serves on a committee to improve clinic access and efficiency in seeing new patients. Dr. Hartz states: "Ms. Ries has become an outstanding member of the Orthopedic Services and the Fargo VAMC and I take great pleasure in recommending her for the distinct honor."

Outstanding PA of the Year:



Nikki Anvinson, PA-C

Nominated by: Paula Osowski PA-C

Nikki Anvinson has worked at the Center for Psychiatric Care in Grand Forks for over 8 years, providing psychiatric medication management for children, adolescents, adults and geriatric patients, along with inpatient and outpatient care. She is very dedicated to her work and is described as a "critical thinker" in her ability to effectively work with even the most difficult of patients. She lectures on suicide and depression at UND and also speaks to local schools to raise awareness of mental health issues. Ms. Anvinson also serves as a preceptor of PA students.

Brooke Arndorfer, PA-C

Nominated by: Sue Karen Wink, MD

Ms Arndorfer is a PA in Otolaryngology with Dr. Wink at MedCenter One Health Systems in Bismarck. She sees patients of all ages in the clinic, assists in the operating room and performs consults in the hospital setting. Dr. Winks' comments include: PA Arndorfer's work is always outstanding, she is dedicated to our patients. Her work-ups are timely and thorough. She is also a leader among PA and NP's at our hospital co-chairing their committee.




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PA of the Year Awards for 2007 (Continued from Page 3)*Shellie Wright, PA-C**Nominated by Colin MacColl, Bariatric Surgery Director.*

Ms. Wright is a PA with Altru Health System working with bariatric medicine. Comments received include the following: Ms Wright...“has been a big part of the development of our comprehensive bariatric program and ALTRU Health System. She sees patients pre-op and post-op, does lap band adjustments, and provides education to patients, families and nursing staff, and teaches the graduating surgery residents how to work with bariatric patients.”

PA of the Year awards will be announced at the Spring CME in May 2008.

Heidi Olson-Fitzgerald PA
NDAPA Public Relations and Awards



Happy Mothers Day... Written by Kids!

HOW DO YOU DECIDE WHO TO MARRY?

- φ You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. -- *Alan, age 10*
- φ No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. -- *Kristen, age 10*

WHAT IS THE RIGHT AGE GET MARRIED?

- φ Twenty-three is the best age because you know the person FOREVER by then. -- *Camille, age 10*

HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

- φ You might have to guess, based on whether they seem to be yelling at the same kids. -- *Derrick, age 8*

WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?

- φ Both don't want any more kids. -- *Lori, age 8*

WHAT DO MOST PEOPLE DO ON A DATE?

- φ Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. -- *Lynnette, age 8*
- φ On the first date, they just tell each other lies and that Usually gets them interested enough to go for a second date. -- *Martin, age 10*

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KATHY OHLY MEMORIAL SCHOLARSHIP FUND AND SILENT AUCTION

**Submitted by: Cheryl Ulven, PA-C,
Kathy Ohly Memorial Scholarship Fund and Silent Auction Chair**

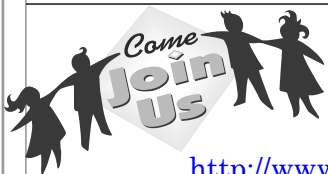
It is already the first part of April and this year's Spring CME meetings and Silent Auction are less than a month away!! Sooooo, it is definitely time to contemplate the items you will donate for the **Kathy Ohly Memorial Scholarship Fund Silent Auction** which will once again be held in conjunction with this year's Spring CME meeting May 1st and 2nd, 2008.

Last year's Silent Auction raised approximately \$598.00 for the Kathy Ohly Scholarship Fund which annually awards two \$500.00 scholarships to North Dakota residents attending the UND Physician Assistant program. The scholarships are totally funded through cash donations and the annual Silent Auction, so any donated items are greatly appreciated.

Consider providing an item yourself, talk your employer or a pharmaceutical rep into donating something, or go together with a friend! Donated items do not need to be large or expensive. They could be the product of your hobbies such as jewelry, framed photography, chocolate, food, or flower arrangements. You might put together a gift basket with items like coffee beans, coffee grinder, candles, scent diffusers, and a good book. You might be able to contribute a helpful medical item, a sweatshirt, sports memorabilia or music. Gift certificates for retail stores, movies, a round of golf, a day at the spa, a bottle of wine or a massage are very popular items. Just think of something YOU would like to receive as a gift and let your imagination run wild!!

For those of you who may not have had the pleasure of knowing her, the scholarship was established in 1994 in memory of Kathy Ohly who died August 15, 1993 after a long and courageous battle with breast cancer. A very active member of NDAPA, Kathy graduated from the University of North Dakota Nurse Practitioner/Physician Assistant Program in 1976. She served as President of NDAPA from 1982-1984, Public Education Committee Chair from 1987-1991, and was the Bylaws Committee Chair and a CME Committee member in 1985-1987. She was also active at the national level serving as a NDAPA representative to the AAPA House of Delegates during several national conventions. Kathy also found the time to organize and accompany an Orthopedic Surgical Team to Brazil which provided care for Brazilian children suffering from various orthopedic conditions. She received the AAPA Humanitarian Award for this in 1987.

I would like to thank everyone in advance for your participation in this year's Silent Auction, whether you plan on contributing an item or two, bidding and/or buying items, or all of the above!! Without your generosity, we would not be able to provide these scholarships each year.



Membership

July 1, 2008—June 30, 2009 annual membership drive is now in progress. To join or renew your membership, you can find an application on-line at

<http://www.ndapahome.org/membership.htm> or you can include your membership with

your registration for the Primary Care Seminar to be held in Fargo, May 1-2, 2008. NDAPA dues are \$50/year for fellow, affiliate, and physician members, \$25/year for sustaining members and \$10/year for students. If you are including your membership with your conference registration, you will still need to fill out an application form which will be available at the conference in order to keep our database up to date.

North Dakota Prescriptive Practice History and Our Military Roots by Randy Perkins, PA-C

The North Dakota Physician Assistant Prescriptive Practice Act was signed into law by Governor George Sinner in 1989 (as was the equivalent nursing legislation on the same date).

Getting to that date was, in part, due to our brothers and sisters with military service backgrounds. By the 1970's, many of the military were back from the engagement in Southeast Asia and were transitioning their military experience to civilian health care careers.

In 1989, the United States was in the middle of a health care revolution. Health care was evolving in ways that required the cooperation of many diverse groups. The definition of a health care provider had already changed from the physician only model. The military model became part of both the health care evolution and revolution.

Many states, including North Dakota, were developing different models of health care delivery, especially as it related to rural health care and prescriptive practice. Several states had already passed various types of physician assistant prescriptive practice laws and regulations.

Physician assistants were not alone in this effort. Nursing was also developing advanced practice regulations. Various North Dakota groups advocated for prescriptive practice as a means to better serve health care consumers. The advancement of prescriptive practice in North Dakota was therefore developed through a consensus of many groups, including physician assistants, physicians, nurses, pharmacists, consumers, legislators, various health care regulatory agencies, and health care facilities. Many individuals from these groups had military training. That rainy day in 1989 was a small moment in time but it was part of many health care changes yet to arrive. Physician Assistant Larry Tessmer, a Vietnam veteran, is part of that picture with Governor Sinner.

The ceremonial signing of the PA prescriptive practice legislation occurred in Bismarck at the capitol building. Official pictures were taken. My son, Matthew, not yet in school, was able to ride along with me on the trip from Jamestown to Bismarck. As we assembled for the picture, Governor Sinner noticed Matthew standing alone against the wall out of picture range. He invited Matt to join us for the photo. Years passed and Matt grew up, went to college and joined the National Guard. Matt had always told us, even in his high school years that he hoped to become a pharmacist. In March Matt was informed by the NDSU School of Pharmacy that he was selected to start in their 2008 program. Currently, Matt is deployed to Iraq with the North Dakota National Guard 817th (Sapper).



Seated: Barb Senske-Heier, PA-C, Governor George Sinner, Matthew Perkins, Les Kimele, PA-C.
Standing: Larry Tesmer, PA-C, Randy Perkins, PA-C.

North Dakota Prescriptive Practice History and Our Military Roots (continued from page 6)

Those early veterans were part of a core group of health care professionals who started NDAPA. Other men and women, several with military training, would follow in their footsteps. There were and continue to be other professionals (physicians, nurses, pharmacists, consumers, legislators and other civilians) with military service who have advocated for our practice laws. As we continue our evolution as health care providers we need to remind ourselves from time to time how fortunate we are for the dedication and commitment of those men and women who have and continue to serve.



(from left) Spc. Jordan Nygaard (Matt's friend and our next door neighbor- also with the 817 th in Iraq) and Spc. Matthew Perkins.

Happy Mothers Day...Written By Kids (continued from Page 4)

WHAT WOULD YOU DO ON A FIRST DATE THAT WAS TURNING SOUR?

φ I'd run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns. -- *Craig, age 9*

WHEN IS IT OKAY TO KISS SOMEONE?

φ When they're rich. -- *Pam, age 7*

φ The law says you have to be eighteen, so I wouldn't want to mess with that. -- *Curt, age 7*

φ The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. -- *Howard, age 8*

IS IT BETTER TO BE SINGLE OR MARRIED?

φ It's better for girls to be single but not for boys. Boys need someone to clean up after them. -- *Anita, age 9*

HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

φ There sure would be a lot of kids to explain, wouldn't there? -- *Kelvin, age 8*

And the #1 Favorite is.....

HOW WOULD YOU MAKE A MARRIAGE WORK?

φ Tell your wife that she looks pretty, even if she looks like a dump truck. -- *Ricky, age 10*



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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.

