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NMNPC News

Caring for New Mexico

Dec 2018
Volume 2
Issue 4

News in Brief

NMNPC Spring Conference
March 31 to April 2 2019 to be at Hotel Albuquerque

The 2019 NMNPC Spring Conference will be at Hotel Albuquerque near historic Old Town. Registration will open in January. Check our website for more information soon.



2019 NMNPC Elections Drawing Tremendous Interest

The NMNPC Nominating Committee is getting an usual amount of interest in the positions up for election in 2019. We already have multiple individuals willing to put their names on the ballot for nearly every position. With NMNPC doing more than ever to support NPs around New Mexico, this interest is welcome. If you or a colleague want to join others in becoming more professionally active, contact any member of the Nominating Committee. For more information see [page 12](#).



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If you or a colleague want to join others in becoming more professionally active, contact any member of the Nominating Committee. For more information see [page 12](#).



President's Message

NMNPC Bids Goodbye to 2018 & Says Hello to 2019

We're getting ready for anything & everything 2019 will bring

Amanda Conley, FNP-BC

As 2018 comes to a close, I find myself reflecting back on the great accomplishments of this Council. I've watched dedicated individuals come together to form a tapestry of strength and unity.

Reflecting on work done

As part of the Board of Directors, I've shared in discussions and decisions which continue to support your thoughts and beliefs. Our stellar Region Representatives have worked hard to unify nurse practitioners in their geographical areas, ensuring that the NPs of New Mexico speak with one clear voice.

Preparing for 2019

As we prepare to embrace 2019, we need the momentum we've gathered in this past year. Starting in January with the legislative session, we must support Linda Siegel, our lobbyist and champion as she navigates the political scene in Santa Fe.

Only two of the important issues of this legislative session are the opening of the nurse practice act a bill addressing end of life options.

Many other issues will also need our attention during upcoming 2019 legislative session. With the structure and resources NMNPC has worked hard to put in place, we're confident that NPs will be well represented.

Gratitude

I want to thank each of you for your valuable contributions to this organization. Regardless of your beliefs, remember the Reason for the Season, be grateful.



Toys Are the Tools of Play for Children

Why & how to choose & use them wisely

Kathy Lopez-Bushnell, EdD, MPH, MSN, FNP-BC

The American Academy of Pediatrics Committee on Early Childhood, Adoption, and Dependent Care (the “Committee”) published a clinical report in 2003 that provided information to assist pediatricians in educating parents about **selecting appropriate toys** for their young children. Because NPs also provide health-care to many young children, this article also offers useful information for us.

The importance of toys

Children learn from the moment of birth. The Committee’s report states that parents and guardians provide “the most important aspect of nurture – warm, loving, dependable relationships” that help the children in their care learn. Play is necessary for children’s learning and toys are their “tools of play” so play materials need to be appropriate for the child’s developmental level as well as safe and affordable. The Committee noted that toys don’t need to be expensive but “should be appealing to engage the child over a period of time”.

Toys can be the bridge to play, bringing parents or caregivers and children together. These relationships improve early brain development. Parents often ask health care providers for advice about appropriate toys, including games and books, that can enhance their child’s development. NPs can use this discussion to help parents understand how the role of play

may impact many areas of development, including cognitive progress, improved language and physical skills, as well as emotional and social development. Unconditional attention during these interactions can enhance learning through play.

Tailor the toy to the child

The Committee further noted that “play materials should match the developmental and individual needs of each child.” NPs can also suggest to parents that they should consider their child’s learning style when choosing toys for play and remind them that many toys encourage physical activity. If the child has a disability, parents can adapt toys to accommodate the disability. Parents and caregivers need to be aware of toys or games that may pose emotional or social risks. Some examples include computer or video games that depict violence, toy weapons that promote violence, or other toys that glamorize aggression or violence. NPs need to educate parents that toys they provide can send their children a message about what they value. The Committee noted

that a toy may support “negative racial, ethnic, cultural, or gender stereotypes.”

Regulating toys

Although the Committee notes that “there is no scientific evidence to suggest that any toy is necessary or sufficient for optimal learning,” government regulations provide safety standards for manufacturing and using toys, and product testing

has made most toys safe for specific ages and stages of development. However, it’s still important to educate parents about how the toy may be used or abused and how much supervision they

may need to provide in order for their children to play with the toy safely. NPs should be familiar with current recommendations about toy safety and guidelines on the safe cleaning and maintenance of toys. **Advise for Parents and Caregivers** is available from the American Academy of Pediatrics and provides recommendations on choice and use of toys that are not only safe and appropriate, but also educational.



Studies support effectiveness of evening primrose

Melissa Reitz, MSN, FNP-BC

Evening primrose is a native North American plant with yellow flowers that bloom in the evening. The seeds of the plant are the source of the oil which contains fatty gamma-linolenic acid (GLA). There are several studies that have evaluated evening primrose oil (EPO) for its use in various conditions:

- eczema
- PMS
- hemorrhoids
- diabetic peripheral neuropathy
- breast tenderness
- symptoms associated with menopause

Safety, side effects & characteristics

Evening primrose is safe when taken for short periods of time but pregnant women should not take this supplement. Female patients may be taking supplements that they haven’t discussed with you, so specifically asking about daily supplement intake is incredibly important when completing a patient history and intake. If they occur, side effects with evening primrose are mild and may include an upset stomach or headache. It may increase bleeding, so patients taking dicoumarol or any other anti-coagulant require close monitoring.

Dietary supplements don’t cause an immediate effect and most results take from six to eight weeks for any benefits to appear. Evening primrose oil comes as an oil or in capsules. When purchasing this supplement, look for a product certified as organic and a container which is light-resistant. The standard adult dose is 500 mg twice daily. It’s generally recommended

to stop a supplement if there’s no therapeutic benefit noted within two months.

Studies of evening primrose

A study conducted in 2011 by Cameron et al. found that, “There is moderate evidence that oils containing GLA (evening primrose, borage, or blackcurrant seed oil) afford some benefit in relieving symptoms for RA.” EPO has also shown potential for people who suffer from atopic dermatitis. Evening primrose is very high in the essential fatty acid gamma-linolenic acid, or GLA. A study of 1,207 patients found that EPO helped to relieve itching, crusting, and redness of skin when taken orally.

Another study conducted on 56 menopausal women (2013) found that, “The application of oral evening primrose oil compared with placebo for controlling hot flashes may decrease more the intensity of attacks as well as ameliorating the HFRDIS [hot flash related daily interference scale] score.” Given the multiple potential benefits of this supplement and the low risk of side effects, evening primrose may be an excellent adjunct to standard treatment.

References

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Morse NL, Clough PM. *A meta-analysis of randomized, placebo-controlled clinical trials of Efamol evening primrose oil in atopic eczema. Where do we go from here in light of more recent discoveries?* Curr Pharm Biotechnol. 2006; 7(6): 503-24.



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NP Spotlight

Carol Lee Taylor

December Member Spotlight

Carol Lee Taylor, DNP, RN, FNP-BC, obtained bachelor's and master's degrees in nursing from the University of South Florida in the 1980s. She practiced as a rural FNP in Missouri and Wyoming before coming to New Mexico in 1999 where she opened Rural Health Care, LLC, the first NP independent practice clinic in Lea County.

Advocate & model for other NPs

As a clinic owner, Carol was passionate about encouraging others to pursue the independent practice afforded by New Mexico's favorable NP practice environment. Accordingly, she was instrumental in mentoring and supporting an additional NP independent practice site in Hobbs. With the recent

push to raise the entry-level requirement for NPs to a doctorate, Carol completed a Doctor of Nursing Practice (DNP) program through Rocky Mountain University in Utah. In doing so, she was again a pioneer, becoming the first NP to pursue such a degree in Lea County and inspiring others to follow suit.

Professional activities

Carol always strived to be informed and effective in her efforts to protect and promote nurse practitioners' professional interests. In 2000, she joined the Lea County Nurse Practitioner Group and served throughout the years in

various capacities, including President. She was also a member of NMNPC, serving as Region 4 Representative and Member at Large. She consistently encouraged others to join such professional organizations.

A different kind of NP

Carol marched to the beat of her own drum. She was eccentric and occasionally unconventional in her practice, known to barter for services and it wasn't unreasonable for her to make house calls. She had a vast patient following, adored by her patients and respected by her colleagues. A pioneer in her own right, she paved the way for many NPs.

Tribute to Carol

Carol died at her home on September 2, 2018 at age 61, surrounded by family and friends. She leaves a lasting legacy and will be sorely missed. This year, the Lea County Nurse Practitioner Group honored Carol during their celebration of National NP Week and Region 4 included a memorial tribute in the NP Week Proclamation from the City of Hobbs. Carol was an outstanding FNP, a true NP proponent, and a voice for nurse practitioners throughout New Mexico.



Carol Taylor

The spotlight is on ...

NP Spotlights in October & November

Brenda Murray & Johnathan Palmer recognized by their colleagues



Brenda Murray
October



Johnathan Palmer
November

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December is Safe Toys & Celebrations Month

Toy safety is clearly an important issue - in fact, December is Safe Toys and Celebrations Month. The American Academy of Ophthalmology (AAO) notes that according to the US Consumer Product Safety Commission, over 250,000 injuries treated in emergency rooms in 2014 were toy-related. The AAO provides a list of toy safety tips focusing on the risks of eye injuries. Key recommendations include:

- Avoid purchasing toys with sharp, protruding or projectile parts.
- Make sure children have appropriate supervision when playing with potentially hazardous toys or games.
- Ensure that laser product labels include a statement that the device complies with 21 CFR (the Code of Federal Regulations) Subchapter J.
- Along with sports equipment, give children the appropriate protective eyewear with polycarbonate lenses.
- Check labels for age recommendations and be sure to select gifts appropriate for a child's age and maturity.
- Keep toys made for older children away from younger children.

For more information from the AAO about Safe Toys and Celebrations Month, click [here](#).

NMNPC features a member on our website every month, but we only publish our newsletter quarterly. Our member spotlights for October & November were Brenda Murray & Johnathan Palmer. Click on their names above to link to their spotlight pages.

Seeing Connections Without Looking

Adding wonder to the season

Kate Goldblum, MSN, FNP-BC

My husband says I've become "obsessed" with politics recently. The reality is, this isn't new for me. I've always been obsessive – sometimes about nursing unions (aka politics), sometimes about soccer, sometimes about cooking, sometimes about dog training, sometimes about . . . well, you get the idea.

Seeing relationships between seemingly disparate things

In putting 68 years behind me, I've noticed along the way that there are relationships that link everything that touches us – if we're open to seeing them. We can't really look for them – they hide from us when we do. If we're open to seeing the linkages, suddenly they'll be there



– always apparent, sometimes even obvious.

As an example of this phenomenon, if I deliberately look for a relationship between nursing unions and dog training, I begin to think I've lost my mind. But I have absolutely no doubt that at some moment when I'm with my dogs (very well-behaved dogs, as you can imagine knowing one of my past obsessions), I'll suddenly make some connection to nursing unions that will seem obvious. (Please let me know if you can find one, because I can't at the moment.)

Here's an example from the other end of this spectrum – that is, not looking for relationships but finding them anyway. As I'm trying to put the finishing touches on this newsletter and move on to a new project this morning, I engage in the usual process of also looking at my email to weed out the unimportant stuff and end up intrigued by some of it. I find myself clicking on interesting-sounding links that end up leading me all over the place. (My sweet daughter calls this getting "de-railed" and regularly points out my frequent de-railings.) And voilà – relationships appear.

The connections of the day

One link I clicked this morning led me to read [An Open Letter to Those Elected Last Month](#). This article implores newly-elected officials in New Mexico to commit to greater transparency. That resonated with me on every level – I know there are

circumstances in which complete openness may not be optimal, but it's my firmly-held belief that those are very far and few between. It's almost always better to know than not to know.

That made me think about something else I heard this morning as I listened to a talk-show segment. As I write this, a [trial](#) is starting in Florida. This trial relates to child abuse by powerful men who managed to get a federal prosecutor to keep a plea deal secret from the many victims of those men. That plea deal gave those abusive men immunity

from federal prosecution and let one of them serve a minimal term in a local jail while permitting him to enjoy a liberal work-release provision. The law doesn't permit work release provisions in child sex abuse cases, but it happened anyway. This situation certainly lacked transparency and it resulted in child-abuse victims being victimized again. They had no opportunity to protest the plea deal letting their powerful and well-connected abusers off the hook. The connection to the [Open Letter](#) and its plea for transparency jumps out at me.

Hearing about the trial this morning made me think about another linkage – donations my husband and I made a few days ago to an organization dedicated to preventing child abuse. These were our Chanukah gifts to two of our granddaughters – adults for whom it's difficult to buy presents but who are compassionate and caring young

women who will be very happy with our gifts.

If I had I looked at the recent November elections, a trial starting today in Florida and Chanukah gifts, then tried to find connections, I don't think I could have done it. But I wasn't looking. Those connections just seemed to sneak up on me this morning.

Relating connections to NMNPG

So how do these connections relate to an editorial for this newsletter? Let me walk you through my thinking. Our state NP organiza-

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tion is becoming more and more active – something I'm very happy and proud to see. NMNPG is doing more than ever for NPs in New Mexico. We're providing information about policy and legislative issues that can help our members make informed decisions at the ballot box (November elections). We're advocating for patients when they lack power to advocate for themselves (powerful men on trial). And we're supporting New Mexico's NPs so we can do more for our patients (preventing child abuse). See? It all hangs together.

Some of you probably think I'm nuts – but just let this connection idea lay gently in your mind and someday, somewhere, you'll see or hear something that will make you think of this. I think you'll see a connection you might never have imagined. In fact, I'm sure of it.

Never lose your sense of wonder

joy



I wish you all a joyous holiday season full of peace, wonder, love and unexpected but special connections.

Pre-Exposure Prophylaxis (PrEP): A Wrench in the Wheels of HIV Infection

Using everything in our toolbox to prevent new HIV infections

Tam Saimons, MSN, FNP-BC

I went to my doctor and he said he didn't know about it . . . My doctor asked me why I needed it . . . I'm not comfortable talking to my doctor about being gay . . . I can't find a primary care provider I feel safe with . . .

These are actual comments from patients who tried to access HIV pre-exposure prophylaxis (PrEP). Currently, HIV infects about 40,000 people in the United States and 2.5 million people worldwide annually. In New Mexico, there are an average of 143 new HIV infections every year and there are approximately 3,000 people in the state living with HIV.

Diagnosis of HIV infection has profound implications

While the management of HIV is less complicated today than it used to be and far fewer deaths occur, it's still a diagnosis that has profound implications for lifelong health and well being. Antiretroviral medications have the best tolerability and the least toxicity they've ever had and yet, they require a 95% adherence rate and remain exorbitantly expensive.

Finding a competent HIV provider can be very challenging in many parts of the United States and HIV continues to be accompanied by significant stigma and shame. Additionally, a person with a late diagnosis is more vulnerable to morbidity and mortality from HIV-related opportunistic infections and is more difficult and expensive to medically manage.

HIV PrEP is a once-daily single pill comprised of two medications: tenofovir disoproxil fumarate (TDF) and emtricitabine (FTC). Together, they're known as TDF/FTC and by the brand name Truvada®. In July of 2012, the Food and Drug Administration approved TDF/FTC for daily use as pre-exposure prophylaxis in uninfected individuals at high risk of acquiring HIV. Healthcare providers should offer PrEP in culturally competent ways to men who have sex with men (MSM), transgender women, intravenous drug users and others at risk of HIV acquisition.

Not just a pill - it's a program

HIV PrEP is best viewed as a program and not just a pill. It's imperative to schedule patients on PrEP at 3-month intervals for:

- 4th generation HIV antibody and antigen testing;
- triple-site STI screening;
- appropriate lab work to assess kidney function;
- assessment for medication adherence and side effects.

Healthcare providers should not write prescriptions for more than three months of medication and should discuss sexual risk reduction with condom use as often as possible as well as educate patients about STI prevention and detection.

Monitoring & managing toxicities

Potential toxicities of PrEP include renal impairment due to proximal tubulopathy and loss of bone density. Patients should not use

TDF/FTC if their creatinine clearance is less than 60 ml/minute and providers should recommend weight-bearing exercise, especially for older patients who may already have osteopenia. Common side effects of TDF/FTC are almost always mild and transient and usually of a gastrointestinal nature.

Severe, acute exacerbation of chronic hepatitis B can occur after discontinuation of TDF/FTC so baseline labs must include hepatitis serologies, including a hepatitis B surface antigen to evaluate for chronic hepatitis B infection. If patients are not immune to hepatitis A and/or B, they should be vaccinated. Current guidelines to initiate and monitor patients on HIV PrEP are on the CDC website.

What's in your toolbox?

We need to use everything in the toolbox to prevent new HIV infections. We know that HIV acquisition risk can be reduced by at least 85-90% just by patients taking TDF/FTC every day.

This could be a giant wrench in the wheels of the HIV epidemic. In addition, there are other benefits to PrEP besides HIV prevention. Because patients follow up in clinic every three months, we can presumptively treat them for STDs if they're symptomatic and test for syphilis

and hepatitis C every 6 months or as needed. Many people who are at greatest risk for HIV acquisition do not access regular medical

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HIV PrEP isn't difficult or medically risky for the great majority of patients & it's not rocket science for providers.

Monthly Meeting Highlights

September 2018

- Membership Ad Hoc Committee is gathering information on employment &/or volunteer opportunities for retired NPs who need clinical hours to maintain certification. Also working on getting information on why memberships lapse.
- All Region Representatives reported on their respective activities, continuing to have local meetings with sponsored presentations or social networking gatherings.
- Education Committee reported that Fall Conference received approval for 7.5 contact hours & that planning for the 2019 spring conference continues.
- Policy & Procedure Ad Hoc Committee continues to work on developing policies to document and standardize procedures to improve organizational functioning.
- AANP Representative Melissa Rietz reported on opening of nominations for Excellence Awards, NP Week activities & upcoming Health Policy Conference in Washington, DC.
- NMNA representative reported on issues surrounding opening the nurse practice act during the next session of the NM legislature, including a push from veterinarians to have their techs be renamed as registered veterinary nurses. There are concerns regarding the APRN compact and participation by NM. NMNA annual meeting will be September 28.
- Old business included ongoing discussion of request for NMNPC to support Medical Aid in Dying legislation & report that NMNPC's eNP Network site is down. This was necessary because their focus on advertising NP jobs conflicts with our efforts.

October 2018

- Linda Siegle's analysis of the APRN Compact was sent to members of the NM BoN Advanced Practice Advisory Committee. Will review with APAC Committee at meeting on 11/9/18.
- Region Representatives present reported on plans for their respective next meetings. (Information on Region meetings is always available on the NMNPC website.)
- Committee Chairs reported on current status of committee work. Education Committee continues planning & getting speakers identified for the 2019 spring conference. Work on policies & procedures continues with attention to prioritiz-

ing items needed.

- AANP & NMNA representatives reported on current activities of those organizations.
- Board discussed attendance priorities at the AANP Health Policy Conference.

November 2018

- Executive Director reported that marketing company Boomtime is no longer providing services & that NMNPC has hired Simple Design, recommended by our accounting firm.
- Upcoming legislative issues discussed included assisted aid in dying & CRNA full practice authority.
- All Region Representatives reported on activities in their areas, both past activities & those planned for the future. Several Regions report increasing involvement in activities.
- Standing & ad hoc committee work is ongoing with Education, Newsletter, Website, Policy & Procedure, all actively pursuing projects.
- AANP Representative reported on winners of the 2019 State Excellence Awards.
- New business included recognition that website requires extensive maintenance & discussion of how to begin supporting this financially.



Representative Report

AANP

Outstanding NPs receive AANP State Excellence Awards

Melissa Rietz, MSN, FNP-BC

This month we received the announcement for the recipients of two very prestigious awards from AANP.

NP State Award for Excellence

The NP State Award for Excellence recognizes an individual NP who has demonstrated excellence in NP clinical practice. This year the award will be going to Annette Randlemon from Farmington, New Mexico.

Advocate State Award for Excellence

The second award is the Advocate State Award for Excellence given to an individual who has made a significant contribution toward increasing awareness and recognition of NPs. The recipient for 2019 is Anita Ralstin, a current NMNPC member and former AANP State Representative.

Honoring the recipients

NMNPC will highlight the accomplishments of these incredible women at our annual spring conference in April 2019 and AANP will do so at the National Conference in Indianapolis in June 2019.

Each year we request nominations from around the state and I was thrilled to have four individuals nominated for the clinical practice award and three nominated for the advocacy award. I'm frequently amazed by the accomplishments and tremendous dedication of the nurse practitioners from the state of New Mexico and it was a true joy to read these nominations. I look forward to just as many nominations in 2019!



Policy initiatives

Policy work for the 2019 legislative session is well on its way and I'm working closely with the NMNPC lobbyist, Linda Siegle, the NMNPC Public Policy Committee, and our national representatives in AANP to ensure that we're able to practice to our full scope as NPs. If you have any policy issue that you think is impacting your ability to practice, please reach out to me.

AANP events & programs

Don't forget about the AANP Health Policy Conference which will take place in Washington D. C., February 3-5, 2019. This is an incredible opportunity to lend your voice, make a difference, and advocate for our profession. For more information or to register, click [here](#).

If you haven't already registered at NPFinder on the AANP website please consider registering by clicking [here](#). This is a free service from AANP and an excellent way for patients to find NPs in their area!

And finally, have you seen the new ad campaign from AANP? If not please take a few minutes and watch it [here](#) today!

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care and often lack a primary care provider so PrEP can be a gateway to primary care for those who need it. HIV PrEP is not difficult or medically risky for the great majority of patients and it's not rocket science for providers. All it takes is a willingness to learn and a commitment to end new HIV and other sexually transmitted infections.

Conclusion

HIV PrEP is an essential component in the effort to stop new HIV infections in at-risk groups. Nurse practitioners can and should be on the leading edge of being champions for HIV prevention using PrEP just as we champion prevention in many ways for other chronic complex diseases.

Resource

Centers for Disease Control and Prevention: US Public Health Service (March 2018): *Preexposure prophylaxis for the prevention of HIV infection in the United States—2017 Update: a clinical practice guideline*. (Click [here](#) to download.)



CELEBRATE

Region 3 Observed 2018 NP Week With Proclamation from the City of Hobbs



Hobbs Mayor Sam Cobb issued a proclamation for NP Week and presented it to members of Region 3. From left: Jeannene Wagner, Barbara Lane, Shawna Read, Mayor Cobb, Tiffany Garcia and Francine Williams.

Committee Reports

Education Committee

We're still seeking speakers in several areas for the Spring 2019 conference including stroke prevention & treatment, women's health & several topics for our all-pharmacology day on Monday, April 1st. Please submit an abstract or suggestions for speakers in these areas to [Lisa Taylor](#) or [Rachel Bevan](#).

Scholarship Committee

Did you know NMNPC supports four \$500 scholarships in memory of Candelario Garcia? Candy was one of the original nurse practitioners involved in creating an organization for NPs in New Mexico. He championed the role of NPs in our state and served as a mentor to many. NMNPC also established a Myrna Wood Founder's Scholarship in 2014 to honor the memory of a long-standing member of NMNPC, Myrna Wood. Myrna was a pioneer in the nursing field, becoming one of the first family nurse practitioners licensed in New Mexico. She was a founding member of NMNPC and served as treasurer for more than 15 years. These scholarships are available to students currently enrolled or accepted in a nurse practitioner program. The Scholarship Committee is currently accepting applications. Deadline for submission is January 30, 2019. More information and applications are available [here](#).

Public Policy Committee

Joyce Powers has been participating in the small nursing group meetings delineating our approach to the upcoming legislative session. The nurse practice act will open in an attempt to acquire independent practice for nurse anesthetists & to improve the language related to conscious sedation. The Committee is now forming a legislative group to see what else the committee needs to do.

Membership Ad Hoc Committee

The Committee is currently focusing on lapsed memberships. With the change from our marketing firm, Boom-time, we're trying new marketing uses for our existing data bases.

Nominations for 2019 Now Open

Do you want to be more involved with your statewide professional organization? 2019 positions open for election are:

- Treasurer
- Member at Large
- Region 3 Representative
- Region 4 Representative
- Region 5 Representative
- Nominating Committee

Opportunities for professional involvement & leadership

The available positions offer interesting and valuable opportunities for professional leadership. This year we're having an exceptional amount of interest resulting in a slate that will have competition for almost every position. We believe this signifies the increase in NMNPC activities that support NPs around New Mexico in many ways.

Responsibilities of the positions

Board of Directors meetings are monthly and available by tele-

conference for easy participation. Board members must attend at least 80% of meetings and participate in expected activities on a regular basis. There's more information available on our website. Click [here](#) to read more

about the responsibilities and expectations of the positions. Additional information about NMNPC, including the terms of each position are detailed in our bylaws [here](#). If you have questions, please contact any member of the Nominating Committee.



Nominating Committee

[Aisha Jones](#)
[Cheryl Brubaker](#)
[Kate Goldblum](#)



HOTEL ALBUQUERQUE
at old town



March 31
to
April 2

2019

Save These Dates!

Plan Now to Attend the
NMNPC Annual Conference

Changing Lives: Knowledge, Skills & Simple Acts of Caring

For more information click [here](#).

Regional Corner

News & Activities

Region 1 Counties

San Juan • Rio Arriba • McKinley • Sandoval • Los Alamos • Cibola • Valencia

Rose Saltclah, FNP-BC

1 Region 1 is having our next meeting & a non-CE presentation sponsored by Gilead on February 21, 2019. The meeting is at Fuddruckers (4601 East Main, Farmington, NM) at 5:30 PM. The presentation on HIV will be presented by Julia Green, MS, NP-C, ACRN, CCRP. If you have any questions or suggestions, please contact me at Region1@NMNPC.org.



Region 2 Counties

Taos • Colfax • Union • Santa Fe • Mora • Harding • Torrance • Guadalupe • Quay • Curry

Kimberly Lopez, FNP-BC

2 Season's greetings from Region 2! For those of you who attended the Fall Conference in Taos on November 16, thank you for experiencing one of the beauties in our region. Region 2 members met for brunch the day following the conference & enjoyed a presentation by Cindy Hartsfield, PhD on *Advanced Fibrosis Due to NASH: Unmet Medical Needs*. It was quite a success. Stay tuned for the next meeting – tentatively scheduled for January 17, 2019 in Santa Fe with the Prostate Cancer Support Association of New Mexico. Enjoy the holidays & have a Happy New Year – looking forward to seeing you all in 2019! You can contact me at klopez@lfmctr.org, or (505) 690-3771.



Do you have ideas for how NMNPC can more effectively involve NPs throughout the state in important issues? If you do, contact your Regional Representative.

Region 3 Counties

Catron • Dona Ana • Grant • Hildago • Luna • Sierra • Socorro

Elicia Currier, ACNP-BC

3 The next Region 3 meeting will be January 10, 2019 at 6:30 PM, location to be determined. If you have questions or suggestions, contact Elicia at Region3@NMNPC.org.



Region 4 Counties

Lincoln • De Baca • Roosevelt • Otero • Chavez • Eddy • Lea

Shawna Read, ACNP-BC, FNP-BC

4 Greetings from southeast New Mexico. Region 4 has been bustling with activity lately. We held a 4th quarter social October 15, 2018, & accepted a National NP Week Proclamation November 5 from Hobbs City Mayor Sam Cobb. We also had great representation at the NMNPC Fall Conference in Taos, NM. Coming up, we've scheduled our 2019 1st quarter meeting at 6:30 PM on Monday at the Pacific Rim Restaurant in Hobbs, NM. Our dinner presentation will feature Julia Green, MS, NP-C, ACRN, CCRP, HIV Prevention Medical Scientist, covering *Implementing TRUVADA for PrEP™ in a Clinical Setting*, discussing HIV pre-exposure prophylaxis & implementation steps. Come join fellow NPs for food, networking and CE!

See [page 11](#) for a photo of us receiving our NP Week Proclamation from the Mayor of Hobbs.



Region 5 County

Bernalillo

Michelle Peacock, FNP-BC

5 Hello, Region 5 members! 2018 flew by fast & now it's time to set goals and intentions for 2019. We've been busy at the New Mexico Nurse Practitioner Council planning events, advocating at the local & national levels & looking at proposed legislation that affects all of us as nurse practitioners. Our most recent meeting on October 18 was a social networking event. We brainstormed ideas for future meetings, discussed legislative concerns for 2019 & recruited new members. Our next meeting will be January 17, 2019 at Savoy Bar & Grill. This will be a dinner & non-CE presentation hosted by Gilead. The presentation by Julia Green, MS, NP-C, ACRN, CCRP will be on HIV. As always, my goal as your Region 5 representative is to be your advocate & your voice. Our meetings provide an opportunity to build our nurse practitioner community & maintain our professionalism & growth. If you have suggestions or topics you would like to know about &/or have suggestions for speakers, please email me at Region5@NMNPC.org.



Social Media

NMNPC

Be sure to follow us on Facebook, Twitter & LinkedIn!

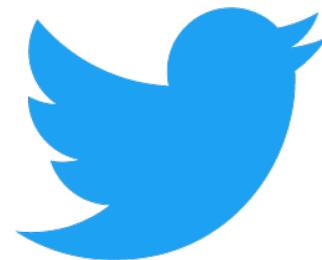
@NMNPCouncil on Twitter

@NMNPC on Facebook

Our Facebook, Twitter & LinkedIn accounts have been very active and we're regularly posting the monthly Regional meetings happening around the state. It's a great way to get everyone engaged in events at the regional level!

NMNPC Spring Conference hash tag
#SpringConf2019

Keep in touch with other members attending & see pictures of the event!



Find us on
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