**President’s Message**

**We’re together in the coronavirus storm**

Amanda (Sam) Conley MSN, FNP-BC

September... hard to imagine it’s been six months since our world changed so dramatically! We’ve learned to adapt to uncertainty (some days we’re better at this than others). It feels like we’re walking along a moving surface forcing us to concentrate on remaining balanced and able to move forward.

**Our first virtual conference**

In spite of this, the New Mexico Nurse Practitioner Council is flourishing! We just conquered our biggest hurdle by hosting our first virtual conference and it exceeded our expectations for success! Our virtual conference in August was very well received by participants and vendors, many of whom had some doubts prior to attending. Success is spelled “dedication and oversight” provided by our Education Committee and Executive Director. Thank you all!

**Same storm, different boats**

Moving forward along this unsteady path we must maintain momentum and focus. Fatigue is creeping in as we strive to find balance within our jobs, educate our kids and remain sane. I like the saying, “We’re all in the same storm, but each of us is in a different boat,” It certainly describes the current situation.

We’re together as we seek a common goal – remaining safe as we care for others. We’re not alone – we have each other and I’m very proud to be part of NMNPC.
Nurse practitioners (NPs) serve our communities in so many unique and different ways. This month we’re highlighting Taffeta Troutner, MSN, FNP-C, from Farmington, NM. Taffeta has one of these unique roles, specializing in neurology and working at San Juan Health Partners (SJHP) Outpatient Neurology.

Taffeta graduated from the LPN program at Skagit Valley College in Oak Harbor, WA in 1998, and then moved back to Farmington. She graduated from the RN program at San Juan College and started working at San Juan Regional Medical Center in 2000. Taffeta continued her professional education, receiving a Bachelor of Science in Nursing (BSN) in 2005 from UNM and a Master of Science in Nursing (MSN) in 2014 in the executive nurse track from Chamberlain College of Nursing. In 2016, she completed her MSN/FNP, also from Chamberlain College. Taffeta believes this is one of her greatest achievements.

Taffeta initially started her nursing career in 1998 as an LPN a long-term care facility and started on a surgical floor in 2000 as an RN. She transitioned to the emergency department in 2001 where she remained until completing her FNP. She was the course director for the ENA programs until 2018. In 2016, she started as an NP with physiatry at SJHP and in 2018 she transitioned to her dream job in neurology, also at SJHP.

The thing Taffeta loves most about being an NP is being able to provide care to patients in an autonomous environment. To provide the best care for these patients, Taffeta strives to continue to grow in the neurology field and to provide exceptional care to that diverse population.

As an experienced NP, Taffeta would like to tell RNs thinking about advancing their degrees to just do it! She would also like to encourage new NPs entering the profession to be proactive and advocate for yourself and your profession as well as seek leadership roles and always welcome new NPs, making sure to be a good mentor.

When she’s not caring for her community, Taffeta spends time with her 4-year-old having grand adventures as well as reading, crafting and quilting.

Taffeta’s full profile is here.
NMNPC features a member on our website each month. Find out more about your colleagues honored in July & August following publication of the June newsletter issue. Click on the month for more information about these members.

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Kathleen Cathey
July

Pilar Anllo
August

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Monthly Meeting Highlights

June 2020
Agenda items discussed:
• Board Secretary resignation and appointment of Andrea Owens to fill position
• Bylaws amendments proposal for requirements for Board positions
• NMNPC response to Black Lives Matter movement
• Joint effort with NMNA to provide hand sanitizer to legislators during 2021 session; also supplied to SANE, reservations around Gallup and Farmington
• Incentive approved for ED’s performance on number of registrations and exhibitor
• Budget updated and approved
• Region meetings held virtually
• Postponed spring conference conversion to virtual format progress

July 2020
Agenda items discussed:
• Update on Black Lives Matter response
• Request from AANP Representative in Florida for information on history of NPs in New Mexico
• Request for collaboration on increasing primary care spending referred to Public Policy Committee
• Limitation on number of emails to membership
• Potential professional services change
• Regions continue virtual meetings
• Virtual conference registrations still coming in
• Upcoming AANP State Excellence awards
• Issues with implementation of HB280
• Potential 2021 legislative issues

August 2020
Agenda items discussed:
• Update on history of NP practice in New Mexico
• Switch to Zoom for Board meetings; will purchase
• Recap of NM Board of Nursing and Advanced Practice Advisory Council meetings focused on Rule 9 issues relative to COVID exceptions
• National Council of State Boards of Nursing revised Compact License proposal
• 2020 donation to non-profit organizations
• Funding for Region meetings
• Virtual conference assessment
• Passage of bylaws amendments
• AANP State Awards
ACT Advocate Program: Fighting Child Trafficking

Kate Goldblum, MSN, FNP-BC

Jessica Peck, DNP, CPNP-PC presented a workshop at our 2020 Virtual Conference. Her workshop focused on the Alliance for Children in Trafficking (ACT) program and raising awareness to identify victims of human trafficking in the clinical setting. ACT is a program by the National Association of Pediatric Nurse Practitioners (NAPNAP) Partners for Vulnerable Youth. By attending the workshop, participants completed the ACT Advocate Training – the first step in becoming an official ACT Advocate. The additional pre-requisites are free and available online from NAPNAP.

What is the scope of the problem?

Dr. Peck’s description of the scope of the problem was startling. She noted that human trafficking is the fastest growing and second largest criminal industry in the world. Although grooming victims can be a long process, the financial return for the trafficker is enormous – the trafficker can “sell” each victim over and over, generating up to $300,000 yearly income from one victim. She noted that although the full economic revenue picture is incomplete, the estimated yearly profit of human trafficking worldwide is $150 billion and in the United States is $32 billion. Putting that figure in perspective, Dr. Peck noted that the yearly income for Starbucks is $20 billion. With a Starbucks on every corner, that’s an amazing comparison.

Who is vulnerable?

Although warning that it’s important to avoid stereotyping who might be a victim of human trafficking, Dr. Peck said that teens, runaways and those in foster care or with a history of abuse are at greatest risk in the United States. Evidence suggests that greater than 2/3 of trafficking victims have remained unidentified despite having had multiple healthcare encounters.

What is an ACT Advocate?

ACT Advocates agree to conduct at least two training sessions a year for three years. This commitment furthers NAPNAP’s goal of creating a pool of healthcare providers who can help close an educational gap and end child trafficking by improving healthcare providers’ awareness of trafficking. The objectives of the workshop included:

• Identifying risk factors and potential signs of labor and sex trafficking in pediatric victims
• Identifying state and local organizations that help victims and survivors
• Discussing why a trafficking protocol is important and describing the role of healthcare providers in prevention, identification, referral, treatment, aftercare and advocacy for trafficking victims.

Want to know more?

For more information about the ACT Advocate program, including how to become an official advocate, visit the NAPNAP Partners for Vulnerable Youth website by clicking on their logo below.

To find out more about the Health Security Act, join a Zoom meeting for healthcare providers on Saturday, September 19 from 10 am to 12 pm.

For more information about the meeting, go to the NMNPC website (click our logo below).
NP Week, AANP State Awards & the Revised NCSBN Compact License

Melissa Rietz, MSN, FNP-BC, AANP Representative

National Nurse Practitioner Week

We’re excited to share that we’ll celebrate 2020 National NP Week from November 8 – 14. In preparation for the week, AANP has drafted a proclamation that honors the work being done by nurse practitioners in New Mexico. NMPNC Board Members are actively communicating with local officials to obtain proclamations from around New Mexico.

The 2020 NP Week Resource Guide will be available in early September on the AANP NP Week site. The Guide will have great ideas to help you make plans to celebrate the NP role in your community. You’ll find a sample press release, talking points, an NP fact sheet, suggestions for community activities, a template for creating a letter to the editor, scripts for radio public service announcements and posters and other unique ideas to bring awareness to the vital role NPs play in your community.

Have a great time celebrating the NP role this year. Let’s make 2020 NP Week the best one ever!

AANP State Awards

Nominations are now open for the prestigious 2021 AANP State Awards for Excellence. You can see the 2020 award recipients from around the country and nominate an exceptional colleague for the 2021 awards on the AANP website from one location here.

Each year, AANP gives the NP State Award for Excellence to an individual NP in each state who has demonstrated excellence in NP clinical practice and the Advocate State Award for Excellence to an individual in each state who has made a significant contribution toward increasing awareness and recognition of NPs.

Examples of past recipients of this award are physicians, legislators and educators. NPs are also eligible for the advocate award for non-clinical practice initiatives related to leadership, precepting, policy, politics, research, education or community affairs.

Nominators must submit all nominations electronically to AANP on the official 2021 State Award Nomination Form. If you’re a member of AANP you can log in and submit a nomination yourself (it is very easy to do). If you’re not a member of AANP, please gather the information (listed below) for your nominee and yourself and email it to either Rachel Bevan or Melissa Rietz and we’ll submit it for you.

- Nominee’s full name and credentials
- Nomination category (NP or NP Advocate)
- State to represent (New Mexico)
- Nominee’s street address, city, state, zip
- Email address and telephone number
- Your full name
- Your street address, city, state, zip
- Supporting evidence – description of nominee’s qualifications and accomplishments (maximum 1200 characters)
- Two points highlighting the achievement of nominee
  - Achievement 1 (maximum 250 characters)
  - Achievement 2 (maximum 250 characters)

Nominations are due by the end of September, but we’re requesting that you send your nominations to us no later than September 15th.

We appreciate your efforts in continuing the success of this very important program. It’s a great way to recognize and bring visibility to exceptional NPs and NP advocates who make a difference!

Opposition to the NCSBN Compact Licensure Proposals

If you’d like to read the revised National Council of State Boards of Nursing (NCSBN) Compact Licensure proposal, you can find it in their Annual Meeting Business Book. The redlined version begins on page 26 and the clean version on page 48.

Although a large majority of delegates voted to adopt the revised compact (79.6%), we don’t know how the states voted. AANP and NMPNC do not support this compact.

Some key points to consider:

- AANP is already looking at how we can assist states to manage this change and address some message points we anticipate organized medicine will use as a result of the revision and comments made by regulators. We’ll be coordinating with our NP Roundtable and other APRN association partners. Please let us know if you start hearing about these issues in your area.

AANP — continued on page 5
• As when the NCSBN revised and replaced the Nurse Licensure Compact for LPNs and RNs (NLC) with the Enhanced Nurse Licensure Compact (eNLC) model, this new APRN compact invalidates the last version of the APRN Compact. The three states that had adopted the previous APRN Compact (Idaho, North Dakota and Wyoming) will have to create and pass new legislation if they want to adopt the revised version.

• The revised compact resets the state count to zero, again requiring seven states to adopt the compact before it is in force.

• There were other changes to the APRN Compact and items that warrant a deeper discussion as we look to 2021 sessions. AANP plans to provide more information to me and I’ll share that with NMNPC members and other NPs in New Mexico.

If you have questions please do not hesitate to email me, Rachel Bevan or our lobbyist, Linda Siegle. It’s imperative that we all remain vigilant and informed to ensure that we’re able to continue to practice with full scope authority.
Bylaws Committee - Kate Goldblum

The NMNPC membership voted to accept all the proposed bylaws amendments. The revised bylaws are now in effect and posted on the NMNPC website.

Education Committee - Melissa Rietz

We had an incredibly successful 2020 Virtual Conference. Thank you to everyone who was able to attend and who assisted us in promoting this first ever event! We would never be able to have such success without the support of our membership and we appreciate all feedback to ensure that we can continue to create high-quality continuing education opportunities for our members.

Considering the ongoing issues arising from the coronavirus pandemic, our plan for the fall conference is to create an enduring continuing education (CE) activity offering 4 contact hours FREE to members. This will serve as a celebration of NP Week and a thank you to our members. We’re also going to make this activity an incentive for NMNPC membership.

We’ll need your help to promote this opportunity and look forward to creating a CE activity to include information on relevant topics at this unusual time in our history. The Education Committee will share additional information with our members over the coming weeks.

Of note, I want to again reiterate the amount of work that went into creating this conference. The bulk of the work fell on our Executive Director, Rachel Bevan and she exceeded all expectations. Our organization is incredibly lucky to have such an exceptional leader.

What some attendees had to say:

“I surprised myself with how much I enjoyed it! I was so disappointed that it had been moved to a virtual event, and thought to myself... ‘Well this will be painful!’ However, it was great! I managed the technical glitches on my end, and the speakers were great. THANK YOU! You are amazing!”

“The virtual platform was great. Less cumbersome than the in-person conference.”

“I enjoyed all of the day’s presentations I attended and learned something new from each one!”

“Well done and met my needs. All the presenters were fabulous!”

“Very well done. Excellent introduction to the virtual world of conferencing. Very sophisticated and not complicated. The live polling was interesting given some of the presentations were prerecorded.”

Nominating Committee - Joyce Powers

The Committee will issue the Call for Nominations by December 15. Positions open for election in 2021 include:

- Treasurer
- Member at Large
- Representatives for Regions 3, 4 and 5
- Nominating Committee (one position)

If you’re interested in helping your profession by serving in an elected position for NMNPC, review the information about the 2021 elections on our website.

Public Policy Committee - Joyce Powers

We’re concentrating on two issues for the 2021 legislative session: 1) removing the requirement in the Nurse Practice Act (NPA) for NPs to maintain a formulary and 2) revising the laws regarding NPs dispensing drugs.

Our lobbyist, Linda Siegle will help us find sponsors and write the legislation.

The other areas under consideration are the hospital privileges bill (HB280) signed into law last year and the rural health care tax credit for NPs. It’s not a good year to request anything that increases costs due to the current gross underfunding situation.

HB280 addressing hospital privileges is now correctly under the Department of Health and we hope the state will enforce it. With the Department of Health currently extremely busy with the pandemic, they may not be able to pursue compliance at this point. However, please notify the Legislative Committee or Linda Siegle promptly if you know of any issues of non-compliance with the law.

There is no way to currently know how the legislative session will appear this year, so we’ll need to wait and see.

Public Relations Committee - Michael Archuleta

We’re working with Vitalant to have a “blood drive” consistent with the current situation caused by the COVID-19 pandemic. We’ll have more information about this soon. Please read the article on page 9 for more information about the importance of blood donations and share it with your patients.

Scholarships & Awards Committee - Shawnna Read

NMNPC would like to recognize Madison Lutz (page 9, left) and Karla Moya-Crites (page 9, right) as recipients of the 2020 Virtual Conference subsidies. Congratulations on receiving these valuable subsidies!

NMNPC currently offers financial assistance for the spring conference in the form of subsidies to two members each year. These subsidies allow members who may not otherwise be able to benefit from the continuing education offered to attend the conference. NMNPC also offers a third subsidy for the spring conference in honor of Lacy Houdek.
Blood Donation 101

In 2018, Blood Systems (the parent company of United Blood Services) merged its existing brands under the Vitalant name. Vitalant is a nonprofit organization originally founded in 1943 and “exists to help people realize their life-transforming potential by offering convenient blood donation opportunities.” The COVID-19 pandemic has resulted in cancellation of many blood drives, so individual donations are more important than ever right now.

As healthcare professionals, NPs can donate blood ourselves and encourage appropriate patients to be blood donors. Vitalant tests all donors for antibodies to COVID-19 and convalescent serum may be helpful for patients with the virus. Whether an individual donates whole blood or plasma, it can be lifesaving. According to the Vitalant website:

Every day in the US, patients in hospitals, surgical centers and emergency treatment facilities need approximately:

- 36,000 units of red blood cells
- 7,000 units of platelets
- 10,000 units of plasma

About 6.8 million volunteers give blood in the U.S., which is nearly 26 percent fewer donors than at the beginning of this decade. The result is nearly 4.2 million fewer donations each year. Together, we can reverse this trend and help more people realize their life-transforming potential.

All Vitalant donation centers collect whole blood and some also accept apheresis donations, allowing separation of red blood cells, platelets or plasma. The chart below from Vitalant lists uses of these products.

<table>
<thead>
<tr>
<th>Type of Apheresis Donation*</th>
<th>Double Red Cell (Power Red)</th>
<th>Platelet</th>
<th>Plasma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examples of patient need</td>
<td>Traumatic injuries</td>
<td>Cancer treatments</td>
<td>Burns Blood disorders</td>
</tr>
<tr>
<td></td>
<td>Pediatric patients</td>
<td>Organ transplants</td>
<td></td>
</tr>
<tr>
<td>Optimal donor blood types</td>
<td>O-, O+, A-, B-</td>
<td>O+, A+, B+, AB+</td>
<td>AB+, AB-</td>
</tr>
<tr>
<td>Total estimated time commitment</td>
<td>About 1.5 to 2 hours</td>
<td>About 2.5 to 3 hours</td>
<td>About 2 hours</td>
</tr>
<tr>
<td>Actual estimated donation time</td>
<td>About 30 to 45 minutes</td>
<td>About 2 hours</td>
<td>About 1 hour</td>
</tr>
<tr>
<td>Shelf life</td>
<td>42 days</td>
<td>5 days</td>
<td>1 year</td>
</tr>
<tr>
<td>Minimum donation intervals</td>
<td>Every 112 days</td>
<td>Every 7 days</td>
<td>Every 28 days Up to 13x max**</td>
</tr>
<tr>
<td></td>
<td>Up to 3x max**</td>
<td>Up to 24x max**</td>
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</tbody>
</table>

*Not all donation types are available at all locations. Final eligibility for any blood donation is determined on the day of donation.
Currently all Regions have transitioned to virtual meetings in response to the issues raised by the COVID-19 pandemic. The meeting schedules & locations can change, so please check the NMNPC calendar webpage to be sure you have the most current information.

Region 1
San Juan • Rio Arriba • McKinley • Sandoval • Los Alamos • Cibola • Valencia
Heidi Ruybalid, FNP-C

1 We’ll hold a virtual meeting on October 28 at 6:30 pm. Please watch your email or check the calendar page of our website for more information. If you have any questions or suggestions, please contact Heidi at Region1@NMNPC.org.

Region 2
Taos • Colfax • Union • Santa Fe • Mora • Harding • Torrance • Guadalupe • Quay • Curry
Kimberly Lopez, FNP-BC

2 We held a virtual event in June & had a small but engaged group in attendance. Our next meeting will be in conjunction with NP Week on November 14. Stay tuned for more details. As always, please contact me at klopez@lfmctr.org, or (505) 690-3771 if you have any questions or concerns.
Region 5

Bernalillo

Michelle Peacock, FNP-BC

Greetings Region 5 members. We recently sent all of you a survey to help us understand how we could serve you better. Thank you to everyone who responded. Based on your input, when we have virtual meetings, we’ll use the Zoom platform. We also wanted feedback on what presentations we could offer. There was interest in 1) ubrogepant (Ubrelvy™) as an acute treatment for migraines, 2) COVID-19 and obesity and 3) autosomal dominant polycystic kidney disease. Our next meeting is October 15 at 6:00 pm. We’ll have a presentation on Ubrogepant (Ubrelvy): Acute Treatment for Migraines. We’re currently exploring the possibility of partnering with local restaurants for pick up food orders for our Zoom meeting.

Our last meeting was brief but did give us the opportunity to meet Darlene Hess, a coach, consultant, educator, holistic nurse psychotherapist and owner of Brown Mountain Visions, a consulting and private practice in Los Ranchos, New Mexico.

The year 2020 certainly has been impressive with many changes in how we provide healthcare. I want to offer sincere thanks to all of you for your work every day in New Mexico. Please contact me at Region5@NMNPC.org with any questions.
2020 Fall Online Mini Conference

November 13 - Free CE to Celebrate NP Week!

Celebrating NP Week & staying safe
Virtual activities all week
Online CE activities with relevant & interesting topics