

President's Message

Thanks for having me back! I am privileged to be able to once again serve as your President. The timing is perfect. My ask of you is to think about NPAM's mission and strategic plan and how these are reflected in your daily practice.

Promote the high standards of health care delivered by nurse practitioners.
Represent the interests of nurse practitioners to local, state and federal governments.

Conduct continuing education programs for nurse practitioners.

Educate other health professions and the general public about nurse practitioners.

Disseminate information concerning the profession and issues relating to nurse practitioners.

Everything you and I do relates back to the mission of NPAM. You deliver high quality care that is no longer questioned by physician centric establishments. You promote your practice to your local community. Your interaction with specialty providers demonstrates your value to patients' overall health and quality of life. You precept, mentor, and participate in professional activities that promote the profession of Nurse Practitioners. YOU carry out NPAM's mission every day! Thank you!

I invite you to register for NPAM's Fall CE Conference with a pharmacology focus on October 12, 2019. We are excited to return to Howard Community College, Rouse Company Foundation Student Center. NPAM's continuing education programs have always been an all-important mission and I am confident that you will gain much at this year's conference including the opportunity to network with friends.

The Legislative Committee has been very active this summer on conference calls and meeting with stakeholders to discuss an important issue affecting patient quality and safety. As you recall, in the last legislative session, NPAM worked very hard with our legislators to pass SB 635 – Mental Health – Involuntary Admissions – Procedures. COMAR currently requires a patient to be evaluated by a psychiatrist within 24 hours of an involuntary admission. The current regulation prohibits psychiatric nurse practitioners to testify to the treatment of a patient during an administrative law hearing. If a psychiatrist is unavailable, which is often the case in rural and medically underserved areas, patients are released without treatment. These COMAR regulations were not updated

INSIDE THIS ISSUE:

President's Message	1
Message from our lobbyist	2
Message from the Oracle editor	3
NPAM Fall CE Conference	4-5
District Updates	6-7
District Highlights	8-9
Committee Updates	10-11
Mission Trip to Haiti	12-13
Leadership highlights	14
Nigerian NP Gala	14-15
National NP Week 2019	16
AANP Statement on Gun Violence	16
Guidebook for Maryland NPs	16

when Full Practice Authority was passed in the State of Maryland in 2015. Psychiatric Nurse Practitioners currently complete the same evaluation on voluntary admissions so it's time to modernize the current regulation. This issue has far reaching consequences that goes beyond the patients and nurse practitioners. Often times, patients waiting for evaluation are boarding in an emergency department and are not receiving the care they need. We are currently building a portfolio of examples where patients are waiting longer than 24 hours. This is a barrier to quality care and no patient should ever have to wait longer than 24 hours. If you have patient exemplars that reflect this problem, let NPAM know.

In 2015, Nurse Practitioners across the State were campaigning for Full Practice Authority and we were successful in achieving that! We have more work to do and You are critical to our mission. Thank you for all that you do!

Tonya Appleby, DNP, CRNP



CONTACTING NPAM**Phone:**

1-888-405-NPAM toll free

Website:WWW.NPAMonline.org**Management Address:**5372 Iron Pen PL
Columbia, MD 21044

Association Manager:

Marty BuonatoNPAM@npedu.com**Tonya Appleby,
President**TonyaAppleby@gmail.com**Roseann Velez,
Past President**RoeVelez@comcast.net**Kathleen Herberger,
President Elect**KMHerberger@gmail.com**Veronica Quattrini,
Treasurer**quattrini@umaryland.edu**Barbara Biedrzycki,
Secretary**npbiedrzycki@aol.com**Beverly Lang, Ex Director**NPAMExDir@npedu.com**Legislative Consultant**Law Office of J. William Pitcher
410-268-0842Bill@marylandlobbying.com**A Message from Bill Pitcher Esq., NPAM Legislative Consultant**

For the past many years (I won't embarrass some of you by saying how many) I have had the honor and pleasure to represent NPAM in Maryland. From the early days, when we were trying to modernize the law to bring NP's legal status up to where it is today, I have collaborated with a succession of wonderful and talented Associates, from Pam Metz, to Deron Johnson, and for the past 12 years, my daughter Julia Worcester. In fact, Julia was for the past few years your "prime" lobbyist and I was more of an assistant to her.

Recently Julia made a career change to accommodate her growing family, and to take advantage of an opportunity to develop her government relations and policy skills in a national arena by going to work as a Policy Director for the Pharmaceutical Research and Manufacturers of America. Knowing that I would not be able to "replace" her, I decided to merge with another Annapolis firm that could take on some of my other responsibilities and allow me to pick up the ball for NPAM once again. Effective this October, I will join the Bellamy Genn Group, one of the leading lobbying firms in the State Capital. I have known and worked with both Lorenzo Bellamy and Gil Genn for many years on a myriad of issues and have the utmost respect for their intellect, ethics and experience. They have a number of talented Associates that will be there to help me represent NPAM on your issues, and I will continue to work with them to develop the expertise you have come to expect.

Since Julia's departure, the Legislative Committee and I have been working hard preparing for our legislative agenda for the 2020 Session. I just returned from two conventions of State Legislators, an experience which leads me to predict that it will be a very busy year. Most of the new legislators elected last year (remember the 40% turnover) now feel compelled to introduce many new bills. I just wanted you to know that we are getting ready for them and I look forward to working on your behalf to improve the profession of Nurse Practitioners.

Bill

J. William Pitcher
Attorney At Law

The Bellamy Genn Group

Bill Pitcher is pictured second from the right.
Susan Pitcher, Bill's wife, is in the center.

The Editor's Comments

As the new editor of NPAM's *Oracle*, I am more attuned than ever to how we communicate, in print, by spoken words, and through the internet. All three formats can produce facts and fiction that are discussed casually and can make impactful memories.

A recent editorial by Waldrop and Neal-Boylan in *The Journal of Nurse Practitioners* stressed the professional correctness (a different type of "PC") of four terms: *mid-level provider*, *physician extenders*, *independent practice*, and *doctors*. One is the long-term challenging use of *mid-level provider* and *physician extender* to refer to a nurse practitioner. If a healthcare provider labels us a *mid-level provider*, ask them, "well then, what level are you?" Hopefully, they will get the picture and realize that using that term disgraces all healthcare providers. And, certainly, we do not extend the work of physicians as we have our own profession.

However, as Waldrop and Neal-Boylan mention in their editorial, although oral communication is changing, "written occurrences are slower to follow" (p.A6). A written recruitment from a Maryland hospital stated "must have an approved written agreement with a physician. That is two steps behind the progress nurse practitioners have made in Maryland. No longer do we need a collaborative written agreement with a physician, nor do we need an attestation. We are now able to provide health care independently.

Perhaps you will be surprised that saying *independent practice* is "like waving a red flag at the bull of the medical establishment" (p.A6). Although *independent practice* never meant that we do not need other health care professionals to help us care for our patients, it does seem to be reflective of what we have achieved as nurse practitioners. This represents our independence from physicians. Now, the professionally correct (PC) language is *full practice authority*.

The public seems to be using the term *mid-level provider* less as more people are being cared for by nurse practitioners who provide education about their role and title. However, convincing people that the meaning of the words *doctor* and *physician* are not equivalent can be more challenging. As more and more nurse practitioners are receiving doctorate degrees, it is important to educate the public that *doctor* refers to an academic title and not a healthcare role.

Your response to this editorial or any article within this issue is appreciated. I encourage you to write about events within your Districts and practice. Please help to make *The Oracle* the newsletter you really want to read.

Send your words to me,

Editor Barb Biedrzycki
NPBiedrzycki@aol.com.

Reference

Waldrop J, Neal-Boylan L. (2019). Language makes a difference. *The Journal for Nurse Practitioners*. 2019; 15(7): A6-A7.

Letters to the Editor..... New Feature for the Next Issue!

Write about:

- your opinion on the use of "independent practice" vs. "full practice authority";
- your NP Week celebration; or,
- something you want to share with the NPAM membership.

Send to NPBiedrzycki@aol.com

Editorial Team

Seeking NPAM members for newly formed Editorial Team of *The Oracle*. Contact NPAM Secretary and Oracle Editor Barb B. at NPBiedrzycki@aol.com, if interested. Editorial experience desired, but not required



Advocating for Maryland NPs since 1992
Fall CE Conference—Pharmacology Focus
October 12, 2019 7 am–5 PM
HCC, Columbia, MD

NPAM's Fall CE Conference - Pharmacology Focus will be held Saturday, October 12, 2019 7 am- 5:00 pm* at Howard Community College, Rouse Company Foundation (RCF) Student Center room 400 in Columbia, MD. We are delighted to return to HCC after many glowing attendee reviews. It is both a central location for many of our members and it offers ample & free parking as well as a state-of-the-art conference room.

Application has been made to the American Association of Nurse Practitioners for 7 CEs, with the majority including pharmacology CE. Please use this landing page <https://www.npamonline.org/page/FallCE2019> for all information, registration link, and schedule updates for the conference.

Schedule

- 7:00-8:00 AM Registration & Continental Breakfast & Visit with Exhibitors
- 8:00-9:00 AM Session 1 AANP National Speaker Susan Tofte, BSN, MS, FNP-C: Peeling Back the Layers: A Best-Practice Approach to Managing Atopic Dermatitis
- 9:00-10:00 AM Session 2 – AANP National Speaker: L Davis, PhD, RN, ANP-BC, FPCNA, FAHA, FAANP
Managing Heart Failure: Implications of Changes for Clinical Practice
- 10:00-10:30 AM Break/Visit with Exhibitors
- 10:30-11:30 AM Session 3- Dale Jafari, DNP: Menopausal Management: Therapeutic Options
- 11:30-12:30 PM Session 4 - Sharon Praissman Fisher, MS, APRN-BC: Mental Health Meds in Primary Care
- 12:30 -1:30 PM Lunch/Visit with Exhibitors
- 1:30 - 2:30 PM Session 5 - Cherokee Layson-Wolf PharmD: Facts about Vax:
2019 Immunization Update
- 2:30 - 3:30 PM Session 6 - Susan Camardese RDH, MS: Incorporating Oral Health in Routine
Medical Care
- 3:30 – 4:00 PM Break/Visit with Exhibitors
- 4:00 – 5:00 PM Session 7 – Alexander Pappas, MD: Opioid Use Disorder Treatment Update: from
X-Waiver to Expert Care

If you are a member, sign in to your NPAM membership to get the NPAM discount. Past members can renew and then register and still receive the discount. Contact NPAM@npedu.com for help with renewing your lapsed membership

Session Descriptions

Peeling Back the Layers: A Best-Practice Approach to Managing Atopic Dermatitis

Don't miss Susan Tofte as she presents the latest information on how to incorporate new guideline recommendations for the evaluation and management of atopic dermatitis based on history and severity. Deepen your knowledge of the new pharmacotherapies approved for treatment of atopic dermatitis and enhance your ability to collaborate with patients on ways to improve their quality of life by addressing comorbidities and adhering to individualized treatment regimens.

Managing Heart Failure: Implications of Guideline Changes for Clinical Practice

Don't miss Leslie L Davis, PhD, RN, ANP-BC, FPCNA, FAHA, FAANP as she presents the latest information on how to incorporate patient selection criteria, dosing, and practical considerations for use of valsartan/sacubitril, an angiotensin receptor neprilysin inhibitor (ARNI), and ivabradine, a sinoatrial node inhibitor. Dr. Davis will also reinforce the use of Guideline Directed Medical Therapy (GDMT) and assist the provider in devising strategies that promote treatment adherence.

Menopausal Management: Therapeutic Options

Menopause is the final stage of the reproductive cycle. Navigating the ten-year period of perimenopause and the impact of menopausal symptoms on various body systems can be a daunting task. This presentation will provide you with a sound overview of the many pharmacologic, non-pharmacologic, systemic, and topical interventions to improve quality of life in your menopausal patients. Traditional and non-traditional therapies will be reviewed. You will leave with several evidence-based treatment options for this challenging population

Mental Health Meds in Primary Care

Primary care providers (PCPs) are often the most trusted health professional and have the longest history with their clients, many serving them through the lifespan. It follows then that many patients feel most comfortable turning to their PCP when they are experiencing depression. Conversely, sometimes patients have somatic complaints that are not explained by a physical illness and their PCP must identify and treat depression as a cause. This talk will enable the PCP to accurately diagnose MDD and safely start treatment as well as help the PCP understand when to refer to a specialist.

Facts about Vax: 2019 Immunization Update

This session will provide a review of vaccinations including influenza, pneumococcal, and herpes zoster and updates on hepatitis A, B, meningitis and HPV. Indications, mechanisms of action, side effects, adverse effects and immunization schedules will be reviewed, and any recent ACIP recommendations will also be included in the reviewed vaccinations.

Incorporating Oral Health in Routine Medical Care

Oral health and general health are interconnected. Research evidence links poor oral health like periodontal disease with diabetes, cancer, heart and lung diseases, and progression of dementia and Alzheimer's, among others. Yet, few health professionals integrate oral health in their clinical practice.

Nurse practitioners (NPs) are in a prime position to improve the oral health of their patients and to address these health disparities. Two Institute of Medicine reports advocated the use of nondental health professionals to improve oral health through assessments, patient education, and preventive care within the context of primary care settings. The purpose of this presentation is to provide NPs with concrete information regarding caries risk assessment for children and adults, chemical therapy to prevent progression of the dental caries process, and appropriate patient education to prevent caries.

Opioid Use Disorder Treatment Update: from X-Waiver to Expert Care

Session will focus on useful information for practitioners who have obtained or are considering obtaining their DEA-x waiver for outpatient OUD treatment including: current trends in opioid use, what this means for related harms, considerations for diagnosis, testing, and treatment initiation, and medications for OUD in clinic-based settings.

District Updates

NPAM Leadership

Baltimore District Director

Suzette Heptinstall
Catonsville, MD
sheptin1@jhmi.edu

Capital District Co-Directors

Elizabeth Joyal
Adelphi, MD
ejoyal45@gmail.com

Cherie O'Neil
Gaithersburg, MD
cherieoneil@gmail.com

Central District Co-Director

Lindsay Ward
Edgewater, MD

LindsayJWard@hotmail.com

Patricia McLaughlin

Eastern Shore District Co-Directors

Nancy Smith
Whaleyville, MD

NMSMITH@salisbury.edu

Sharon Stagg
Easton, MD
SStagg@umm.edu

Howard County District Co-Directors

Jisoon Hwang
Woodbine, MD
2jisoon@gmail.com

Baltimore District

When: Monday 9/16/19 at 6:30pm
Where: Lebanese Taverna at Harbor East
Topic: Hypercortisolism: Diagnosis and Consequences of Disease.
Speaker: ROBIN ANDERSON, NP-C
Commercial Support: Corcept Therapeutics.
Please register via one of the following methods:
Phone: 973-352-6764
Online: www.hlxregister.com Email: jhalter@hlxusa.com Code: RE-HWVO

Capital District

When: Sept 17, 2019, 6:30 PM RESCHEDULED DATE
Where: Ruths Chris, Gaithersburg, MD
Speaker: Andrea Singer, MD, Fracture Liaison Svc, Georgetown Univ. Hospital
Topic: Postmenopausal Osteoporosis
Commercial Support: Radius Health
RSVP: <https://www.npamonline.org/events/EventDetails.aspx?id=1237085&group=>

Central District

When: September 10, 2019 6:30 PM
Where: Paladar Latin Kitchen & Rum Bar, Annapolis, MD
Speaker: Lana Konigsberg, PharmD, Sr. Regional Medical Liaison, U.S. Medical Affairs, Cardiovascular
Topic: Emerging Challenges and Opportunities within the Management of AF
Commercial Support: Sanofi
RSVP: <https://www.npamonline.org/events/EventDetails.aspx?id=1252693&group=>
This is an NPAM Members Only activity. Please remember to log in in order to register. Questions, NPAM@npedu.com
There are additional Central District Meeting listed on our [Calendar](#)

Eastern District

When: 10/3/19 6 PM
Where: Fagers Island, Ocean City, MD
Speaker: Anurag Maheshwari Clinical Assistant Professor of Medicine UMSOM, Mercy Medical Ctr
Topic: The ABCs of PBC: An Overview of Primary Biliary Cirrhosis, Also Known as Primary Biliary Cholangitis
Commercial Support: Intercept Pharmaceuticals, Inc.
RSVP: by Sept 30, 2019 to: Email: info@interceptmeetings.com

Howard District

Our district directors are in process of scheduling meetings. Please monitor Monday Announcements and our website [Calendar](#)

District Updates

Mountain District

When: 9/11/19 6:30 PM

Where: Puccini's Restaurant, Cumberland, MD

Speaker: Rebecca Roma, MD Psychiatrist Pittsburgh Mercy Health

Topic: Identifying Tardive Dyskinesia: A Patient-Centered Approach

Commercial Support: Neurocrine Bioscience

RSVP: <https://doodle.com/poll/nh4ihixdgpw46r>

Northwest District Meeting

When: 9/24/19, 6:00 PM

Where: The Valley Inn 10501 Falls Rd, Lutherville-Timonium, MD 21093

Topic: Current Trends in Infertility

Speakers: Wendy Allen PA-C, Loretta Trumble, NP

Commercial Support: Shady Grove Fertility

RSVP: limit 18, rsvp by 9/20

<https://www.npamonline.org/events/EventDetails.aspx?id=1273925&group=>

Southern District Meeting

Our district directors are in process of scheduling meetings. Please monitor Monday Announcements and our website [Calendar](#)

Western District Meeting

When: September 17, 2019, 6:00 PM

Where: Dutch's Daughter's Restaurant, Frederick

Speaker Rodolfo Oviedo MD, FACS, FASMBS, Valley Health

Topic: How Robotic Technology and Materials Are Changing Outcomes and Trends

Commercial Support: W L Gore & Associates

RSVP:

<https://www.npamonline.org/events/EventDetails.aspx?id=1273764&group=>

District Meeting Etiquette

1. RSVP required for all district meetings. Go to calendar at www.NPAMOnline.org to register.
2. As there may be a waiting list, please notify the person accepting RSVPs if plans change and you are unable to attend.
3. NPAM members are given priority in attending district meetings.
4. **National professional guidelines prohibit the attendance of non-healthcare professionals at these educational meetings. Due to popular demand of our meetings, we are now limiting attendance to practicing NPs, new grads, and active NP students only.**
5. If you are a "no show" for 2 meetings in 6 months, you will be asked to provide a credit card to hold your reservations for any subsequent meetings.

Visit http://www.npamonline.org/events/event_list.asp for full listings

NPAM Leadership

Mountain District Director

Cathy Chapman

LaVale, MD

chapman.cathy@gmail.com

North West District Director

Sharon Praissman

Baltimore, MD

sharonpfisher@gmail.com

Southern Maryland District Co-Director

Ellen Farrell

Cheltenham, MD

woodbine8@aol.com

Naila Russell

LaPlata, MD

nailarussell@gmail.com

Western Maryland District Director

Linda Muehl

Frederick, MD

plmuehl@comcast.net

Teri O'Neil

Frederick, MD

teri.oneilnp@gmail.com

Conference Committee Chairperson

Kristen Bobloch Rose

Parkville, MD

kbobloch@gmail.com

Legislative Committee Co-Chair

Claire Bode

Sandy Spring, MD

ecvbode@gmail.com

Dale Jafari

Easton, MD

dalejafari@gmail.com

Membership/PR Committee Chair

Mary Ellen Connolly

Clarksville, MD

mconnolly@som.umaryland.edu

Accolades to All District Directors....

NPAM appreciates the volunteer work of all the District Directors who make NPAM a thriving NP organization throughout the fine state of Maryland. Although we wish we could hall-mark every District Director now, we will highlight only a few District Directors in each issue. This issue features Sharon P. Fisher, Northwest District Director, Naila Russell, Southern District Director and Jisoon Hwang, Howard County District Director.



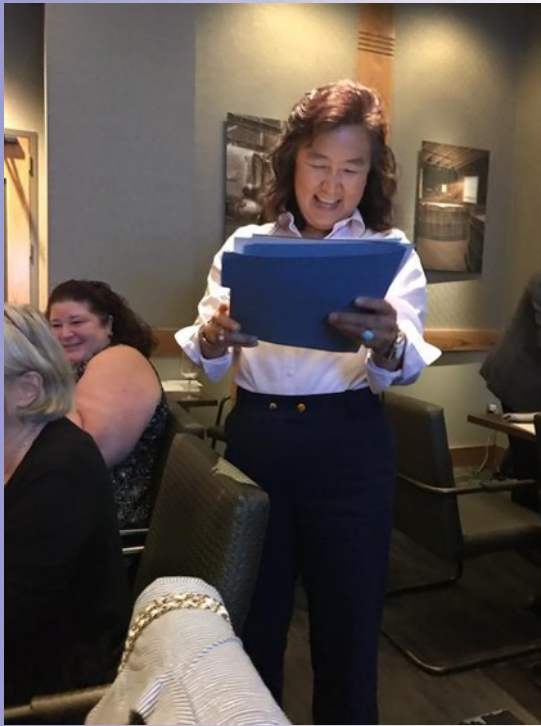
I first joined NPAM as an ANP student over ten years ago. I'm now thrilled to serve NPAM as the Psych SIG facilitator and Northwest (NW) DD. The NW district encompasses northern Baltimore County to Carrol County. We tend to have events in Towson or Reisterstown to increase accessibility. I plan the Psych SIG events mainly downtown to draw Psych NPs from points south and north of the city. We have great conversations and learn from each other and our expert speakers at these meetings! I strive for new and interesting topics. This fall, the NW group will have presentations from Shady Grove Fertility and Polarity TE. The Psych SIG will have a special surprise (details soon!). When I'm not running my own women's mental health practice, Nurtured Well, LLC, I can be found writing, sailing, or playing with my two little girls. I am the co-author of *Beyond the Egg Timer: A Companion Guide to Having Babies in Your Mid-Thirties and Older* and I blog at nurturedwell.com, beyondtheeggtimer.com, and Psychologytoday.com.

Sharon P. Fisher
Northwest District Director
SharonPFisher@gmail.com

Greetings fellow NPs. My name is Naila Russell and I have been Director of the Southern District since March of 2019. I joined NPAM in 2017 when I moved from Michigan. I was a member of the Michigan Council of Nurse Practitioners and one of my first priorities in moving to Maryland was to join the professional organization. I am passionate about the role nurse practitioners play in advocating for patient care. I also believe it is equally important that we advocate for our profession. That is why I joined the NPAM Legislative Committee during the 2018 legislative session and remain active on the committee today. The Southern District brings together nurse practitioners from three counties: Calvert, Charles, and St. Mary Counties, each with separate needs and issues. My goal is to see the membership of the Southern District grow. Currently, I am working with multiple reps to coordinate meetings for the Southern District in the fall and into the winter. I hope to foster collegiality and professional bonds in the Southern District through increased member participation and by being available to dialogue with any nurse practitioners in the district.



Naila Russell
Southern District Director
NailaRussell@gmail.com



Jisoon Hwang, CRNP
Howard County District Director

2jisoon@gmail.com

Hi my name is Jisoon Hwang, and I am a new Director of the Howard County District. I have been a member of NPAM since I joined as a student member. NPAM has been very helpful and supportive to me. I needed a lot of guidance and direction in my practice since nursing is my second degree. I was a high school math teacher, then pursued graduate degrees in criminology. I was teaching and researching at the University of Baltimore. After so many interactions with “criminals” in the justice system, I realized that my “true calling” was to become a nurse.

As a nurse my experience included working in orthopedics, pulmonary, nephrology, oncology, forensic nursing as well as teaching in various levels of nursing. In addition, I am also a board certified medical-surgical nurse. After many years of working in nursing, I felt the need for more knowledge and experience, so I decided to return to school once again to become a nurse practitioner. I graduated from University of Maryland and I worked in neurology & neurosurgery department post trauma & rehab care. After five years, I transferred to Johns Hopkins Hospital Occupational Injury Clinic.

As a new District Director, I found many nurse practitioners and NP students are still not aware of NPAM. My goal is to inform my nurse practitioner colleagues about the mission of NPAM and to encourage them to join NPAM. In addition, I am working on spreading the word about NPAM to a variety of different healthcare vendors through inviting them to become a sponsor of our district meetings.

I am excited to announce that at our next district meeting, we will be learning about the legal and clinical aspect of prescribing cannabis in Maryland. This is a topic of great interest to many Maryland NP's. According to the Maryland Medical Cannabis Commission website, there are currently almost 400 NPs are listed as registered providers. Check the NPAM website for details about our next district meeting. All NPAM members are welcome to attend.

The Eastern Shore District, under the leadership of Sharon Stagg, District Director, met on 8/20/19 at The Bistro in St. Michaels, MD. Attendees were very interested in the changes in our Lobbying Group over the past few months as well as the robust proposed Legislative agenda. Sharon reminded us to register early for the NPAM Fall Conference 2019 at Howard Community College on 10/12/19.

In attendance L-R:

Sharon Stagg, Upper Eastern Shore District Director, Dale Jafari, PAC Chair and Leg Co-Chair, Gail Shorter, Melinda Payton, Christine Durham-Pressley, and Jill Burgholzer.



Committee News

NPAM PAC (Political Action Committee)

Dale Jafari & Kamala Via, Co-Chairs

Many thanks to our NPAM colleagues who have volunteered to be members of the PAC: Co-chair: Kamala Via; PAC members: Janet Selway, Tanya Ivey-Bloom, Judy Greengold, and Barbra Bonsu. We have been working in close association with the Legislative Committee and Legislative Consultant, Bill Pitcher this summer to prepare for an active 2020 Legislative session. The PAC has supported the following legislators: Senator Paul Pinsky, District 22; Delegate Robynn Lewis, District 46; and Delegate Harry Bandhari, District 8.

We are focused on educating members of the House Health and Government Operations Committee and the Senate Health, Education, and Environmental Affairs Committee who will be hearing our Bills to support the Psychiatric Nurse Practitioners in improving care to the patients they serve in the ED and the clarification of the MA delegation requirements for Nurse Practitioners. We, along with the Legislative Committee, will continue to carefully follow evolving legislation once the session begins.

I ask that you consider a donation to the PAC. As little as \$20 from NPAM members will quickly add up to support our legislative efforts this legislative session. [Donate now!](#)

Legislative Committee

Dale Jafari & Clarie Bode, Co Chairs

The Legislative Committee has been busy with committee changes and preparation for the next legislative session in Annapolis. We have 14 Legislative Committee members who have agreed to serve for 2 years. Dale Jafari and Claire Bode are the co-chairs of the committee.

Julia Pitcher Worcester is no longer our lobbyist, as she has moved on to another opportunity and is no longer with the firm, The Law Office of J. William Pitcher. We are very fortunate to have J. William (Bill) returning as our lobbyist. He is now getting NPAM, and particularly the Legislative Committee ready for the 2020 legislative session and is busy contacting Maryland legislators and making key contacts in Annapolis in preparation for the passage for our bills. Additionally, he and other members of the Legislative Committee and the NPAM PAC are supporting our legislators and attending fundraising events for key legislators this summer.

We are busy strategizing for two bills for the next session that will begin on January 8, 2020. NPAM is resubmitting two bills: the first bill corrects an oversight in the Nurse Practice Act and will allow Nurse Practitioners to delegate to Medical Assistants; the second bill clarifies the role of the Psychiatric/Mental Health Nurse Practitioner (PMHNP) in the admission process of involuntary patients to inpatients psychiatric facilities and to permit those PMHNPs to be present at and testify at administrative hearing within 48 hours of admission and will improve patient access to much needed care and will decrease overcrowding in the emergency departments. We will need your help as we plan and strategize on how to get these important bills passed. Workgroups are being formed, and a point person is being assigned to each of the two bills, in the hope that communication will be streamlined. Stay tuned and please answer the 'Calls to Action' as you receive them as we approach the legislative session, and plan on attending our next NPAM NP Lobby Night.

NPAM's lobby night has been scheduled on Monday, February 10, 2020. Mark your calendars now, and plan to attend, as we need a strong showing of NPs in Annapolis to lobby for these two bills. This will be your opportunity to meet with your legislators with NPAM's support. NPAM strongly supports these bills, and supports you in becoming active in Maryland's legislative process. If you have never participated in Lobby Night before, you should. In addition to making a legislative difference there are opportunities to network with your colleagues, and, it's fun! Watch for more information on the NPAM home pages and in the weekly email blasts as the date nears.

Save the Date for the 2020 NPAM NP Lobby Night - February 10, 2020



Pictured above are some of the many NPAM members who lobbied in Annapolis in 2019 at Lobby Night. We would love to see YOU in the next photo!

NPAM PR/Membership Committee Mary Ellen Connolly, Chairperson

The PR/Membership group has been working on increasing our media presence with the NPAMPR Instagram account. During the spring, conference attendees were introduced to the account and encouraged to download and follow NPAMPR. We encourage you to follow us on Instagram! Send any postings/photos to Jean Chung (jeanchung143@gmail.com) who will post on Instagram.

Recently, members of this committee, along with Tonya Applebee and Veronica Quattrini, gave a presentation to graduating NP students at UMSON to introduce them to the benefits of NPAM membership. Several students joined NPAM during the presentation. The committee is continuing to work with the Board to develop a speaker series for NP students on such topics as CV development, interviewing techniques and contract negotiation. These topics were selected based on a survey of NP students. Stay tuned for more information!

The "3 for Free" membership recruitment program is ongoing and rewards members with free tuition to an NPAM conference when they invite colleagues to join NPAM. If 3 NPs join NPAM as new full members and name you as their referring member on their enrollment form, you will receive free tuition to either the Spring Membership Meeting or the Fall Conference.

Why Should YOU Belong to NPAM?

We urge all NPs and NP students to check out what NPAM has done for the practice environment in Maryland since 1992. You can visit our website to explore all of the benefits of membership in the only professional association in Maryland that advocates solely for NPs! While you are visiting our home pages, you can get to know NPAM leadership and some of the most recent happenings. Go to <http://www.NPAMonline.org> to see what is new! You can also call us at 888-405-NPAM if you have any questions.

Top 10 Reasons to Join NPAM

10. District dinner meetings held near where you work or live in all areas of Maryland from Ocean City to Garrett County and all parts in between on a year round basis..
9. Continuing education events, including conferences at a discounted member price.
8. Weekly email announcements sent to your inbox each Monday and action alerts and this electronic newsletter, *The Oracle*, keep you up-to date and in the know.
7. Active committees offer you opportunities to get involved: Conference Committee, Membership/PR Committee, Legislative Committee, and PAC Committee.
6. Legislative advocacy with legislators in Annapolis - watch for news about our NP Lobby Night in Annapolis on **February 10, 2020**.
5. Free subscription to the *Journal for Nurse Practitioners*.
4. Special interest group (SIG) meetings (psych/mental health, acute care, student, NP owned practice)
3. A members only Facebook group, Instagram and Twitter.
2. Support from an experienced board of directors, Executive Director, Association Manager, and legislative consultant to help you when you have that practice question that nobody else will answer.
1. The number one reason to join NPAM: YOU are an NP in Maryland. Join your colleagues, network, learn, lend your voice, and be a part of the evolution of YOUR chosen profession.

Education on a Mission Trip Bars None

Roseann Velez, Past-President Shares Her Story

The Community Coalition for Haiti (CCH) is a faith-based, non-profit organization whose aim is to enhance the quality of life for Haiti healthcare, education and community. More than half of the people living in Haiti survive on less than we may spend on a small coffee for breakfast. While we empty what is left in our water bottles, Haitians are challenged to find a clean glass of water, shelter, food, and refrigeration to store pediatric medications. Despite extraordinary poverty, political unrest, and environmental disasters, Haiti's quality of life is enhanced by CCH Haitian employees who collaborate with surgical mission teams to deliver care to those in need. The mission effort is supported by individuals, churches, organizations, businesses, and schools from across the United States. I had the unique opportunity to spend one week in March, 2017 and March, 2019 with a surgical CCH team in Jacmel, Haiti.

Travel to Jacmel takes about 16 hours, yet the third and last plane ride from Port au Prince to Jacmel is enthralling. The eight seated plane is flown by two American pilots who say a prayer for the surgical team before ascending. As the plane flies over Haiti's beautiful mountainous landscape and then lands in poverty stricken Jacmel, my sense of those in need became palpable. A pick-up truck staffed by CCH Haitian employees transports the CCH surgical team to the Isiah House of residence. The eight team members from various medical disciplines who became acquainted during travel, are assigned to small cots in rooms where two members share a fan, shower, and sink. The water is very cold and refreshing, so showers are quick and simple. The medical director, a surgeon, coordinates the week and guides the team.

Traveling to the surgical clinic each morning in the back of the pick-up truck allows members to see beautiful sites of children in uniforms walking to school and family members on mopeds darting across the dirt roads. Haitian women carry large baskets filled with food on their head holding a posture so erect it looks like they are carrying a feather. Wave gestures are exchanged between the CCH members and those observed although the cutest sights are the children waving sheepishly to us as the truck passes them on the road. Upon arrival to the clinic each morning, CCH Haitian medical team employees and the mission team meet in the pre-op suite to gather in a circle and hold hands to pray for strength to guide their work and serve patients and each other.

During the week I was there in 2019, the two uniquely gifted American surgeons and one Haitian medical physician who assisted one of the surgeons performed over 30 cases to include mastectomy, amputation, thyroidectomy, parotidectomy, hernia, and other major surgeries. The only air conditioning in the clinic is in the pre op and OR suites. Despite having just met, the two anesthesiologists and the Haitian nurse anesthetist befriended one another and spent long hours each day working with the surgeons to assure each patient was successfully extubated and stable before the team left the clinic each night.

I performed pre-op history and physicals the day I arrived for patients previously scheduled for surgery by our team. I also worked in the medical clinic seeing patients of all ages. The team made every effort to add any patient to the schedule who required urgent surgery. When patients could not be added on to the surgical schedule, they were scheduled for follow-up with the next surgical CCH team. I also worked with nurses in the pre- and post-op area, assisted in the OR as a scrub nurse, and first assisted on a Laparoscopic Cholecystectomy. It seems I made the right choice not going into the surgical world to practice, as the Haitian nurses found quite a bit of humor when I tried to do the "sponge count".

Patients travel for miles in sandaled feet for treatment in the medical clinic or for next day surgery. Some patients sleep outside the night before their appointment in a hut near the surgical clinic if they traveled longer distances. After working long days and the late hour of evening approaches, I could still hear team members asking who needs help with patient care. I assisted with transporting patients from the recovery room down a ramp into a non-air-conditioned room where a Haitian RN cares for them for one night and one night only. The drive home in the pick-up truck is quiet and calm. Dinner is waiting for us at the Isiah house where we dine together, and new sheets and towels are laid out on our clean beds. Water from a water cooler quenches our thirst, and Prestige beer is available for a small fee. Sleeping in a small cot in a small room with a fan, a very cold

shower, and no computer to work on in the evening is delightfully refreshing. Team members wake up happy, relaxed, and ready to start the day with a hearty home-made breakfast.

Most days I held back tears of concern, yet each day I laughed so hard it was ridiculous. I occasionally worked with an extraordinary medical physician when seeing medical patients in the clinic. The Haitian translator spent almost five minutes with one patient discussing her concern. The translator was getting a bit frustrated and finally took a deep breath and looked at us bewildered. The physician looked up at me and said very seriously, "I think she has a 13th cranial nerve problem". Although the patient and the translator could not appreciate the humor, all four of us just laughed for another five minutes.

Imagine practicing in an environment with no bells, alarms, violence, administrative, and managerial constraints. There is no button to click or need to type incessantly while the patient searches to maintain eye contact with the you in the examining room. What is in Haiti is you and the patient with a Haitian translator and a family member or two. You can observe the patient/family interactions of love, concern, and appreciation. You can laugh as the translator tries to explain to you and the patient what communication is lacking. And, you can learn more than you would as a student in any doctoral class about medicine, interprofessional collaboration, social determinants of health, clinical acumen, diagnostic reasoning, end stage disease, resilience, and perseverance. Ethics and morals are not challenged. You will appreciate how blessed we are to have vehicles to drive in traffic, access to food, medications, and healthcare. You will see thyroids the size of grapefruits due to no iodine in the water; liposarcomas the size of softballs; thigh and sacral pitting edema from end stage congestive heart failure, extreme failure to thrive; breast lumps as hard as a rock; and more. When doing morning post-op day one rounds, patients express a sincere look of appreciation as they reach out to touch your hand and speak to you in Creole and say, "thank you so much." They then walk downstairs to a moped with two narcotic pills and 30 motrin tablets and a family member drives them home.

One of the most beautiful sites I witnessed was the waiting room full of medical patients encircling together, holding hands with the Haitian physician, translators, pharmacist, nurses, technicians, and family members who pray daily before the medical clinic opens. Patients who have traveled on foot or moped for hours to see medical team members. After treating a patient, I could walk my patient down the hall and speak directly to the "pharmacist" who searched through a room of expired medications stocked with donations from generous American healthcare workers and explains to the patient how to take the prescribed medication. Team members schedule the patient for follow up with the next surgical team. I went to sleep at night without wondering if the patient was given the right follow up appointment or would receive follow up quality care. I used my hands, senses, and stethoscope to perform a preoperative exam without extensive laboratory testing or an EKG.

My CCH experience was transformative albeit not easy. I met some of the kindest, proficient, health care professionals in my 40 years of working as a nurse and learned more than I thought possible. Despite the challenges of adjusting to a lack of "basic needs" (shall we call these coffee, exercise, hot showers, water) available at home, it was delightful to practice in Haiti. The patients are gracious, calm, and understanding. I was surrounded by incredibly inspiring, strong, resilient, patients and team members who shared a common theme of hope.

More information can be found at: Info@cchhaiti.org.

I would like to acknowledge Beverly Lang, Executive Director of NPAM, for asking me to contribute this work.

The author, Roseann Velez has been practicing for 20 years as a Family Nurse Practitioner and has experience in urgent care, family practice, and orthopedics. She has worked as an assistant professor and is a Fellow of the American Association of Nurse Practitioners. She is the recent Past President of the Nurse Practitioner Association of Maryland and currently practices at the University of Maryland Medical Center.

Continued from page 13

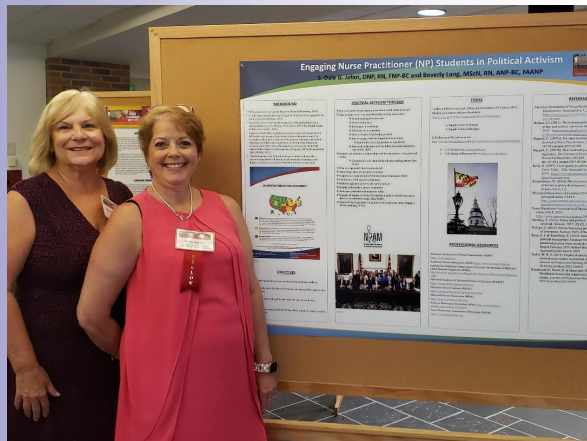


NP Roseann Velez working in a Haitian OR,



sharing a laugh with her husband, Dr. Francis Joseph Velez, a general surgeon.

Nurse Leadership Institute Fellows program at the University of Maryland



Left, Dale Jafari and Beverly Lang participated in the Nurse Leadership Institute Fellows program at the University of Maryland during 2018/19. This intensive year long program enabled networking with leaders from around the state and explored and honed leadership skills. On August 1, 2019, Dale and Bev officially "graduated" and presented their work. Working together, during the past several months, they researched and developed a topic of mutual interest - engaging nurse practitioner students in political activism. Pictured here with their poster is Beverly Lang and Dale Jafari.

NANNP USA-DMV Holds Inaugural Ball *Celebrating Nigerian Nurse Practitioners*

On August 3, 2019, the National Association of Nigerian Nurse Practitioners USA-DMV held an inaugural ball at Best Western Hotel in Lanham, MD.

The National Association of Nigerian Nurse Practitioners USA (NANNPU) is a professional non-profit association of advanced practice nurses of Nigerian origin in the United States. The DMV (District of Columbia, Maryland, Virginia) is the local chapter of the NANNPU and was founded in 2017 by Nikki Ezeani, DNP, MSN, APRN, ANP-C, as a support group for indigenous nurse practitioners (NPs) who have acquired or are in the process of acquiring a minimum of a Master's degree in their different practice specialties.

Following an inaugural address by President and Founder Dr. Nikki Ezeani, a keynote address was given by Beverly Lang, MSN, RN, ANP-BC, Executive Director of the Nurse Practitioner Association of Maryland (NPAM), who addressed the practice barriers for nurse practitioners in Maryland and the legisla-

tive initiatives that are being planned by NPAM for the 2020 legislative session in Annapolis.

The mission of the NANNPU-DMV is to empower all Nigerian nurse practitioners to promote evidence-based, high quality and safe health care through practice, education, collaboration, advocacy, mentorship, scope of practice protection, research, and leadership. The goals of the NANNPU-DMV are:

Bring together indigenous Nigerian nurse practitioners in the US.

Support, mentor and educate one another and students as they transition to new roles.

Promote the standards of nurse practitioner practice, education, and profession as established by the American Association of Nurse Practitioners (AANP).

Support NANNPU programs through grant acquisitions, donations, and fundraising.

Since the founding in 2017, members of the NANNPU-DMV have served as preceptors for over 20 nurse practitioner (NP) students through a mentorship program; directed and served as references for more than 10 members in securing jobs; participated in the Maryland Association of Nigerian Physicians Health Fair in 2019; donated items to the Women and Children Homeless centers; participated in the Medstar Health Large-scale Community Health Fair; and, participated in the Montgomery County African-American Health Heritage Health Fair.

The NANNPU-DMV Executive team includes President, Nikki Ezeani DNP, MSN, APRN, ANP-C, Vice President, Rita Chioma MSN, APRN, ACNP, Secretary, Chinyere Ekekwe DNP, MSN, APRN, FNP-BC, Assistant Secretary, Uche Ifeji, MSN, APRN, FNP-C, Assistant Secretary, Catherine Nwokeafor, MSN, APRN, FNP-BC, Treasurer, Elizabeth Obi, DNP, MSN, APRN, FNP-BC, Financial Secretary, Eucharia Enyinna-Nwogu, MSN, APRN, FNP-BC, and Public Relations Officer, Josephine Emeagwali, DNP, MSN, APRN, FNP-BC.

For more information about joining the NANNPU-DMV contact Dr. Nikki Ezeani at nkezeani@gmail.com.



(to the left)
Attendees at the National Association of
Nigerian Nurse Practitioners. USA-Districts
of Columbia, Maryland & Virginia

(to the right)
NPAM's Executive Director Beverly
Lang (left) with President and Founder
of the NANNP Dr. Nickki Ezeani (right)



Happy National Nurse Practitioner Week: Celebrate November 10-16, 2019

Here are a few ideas to make your NP Week special

- Plan a special event with you NP colleagues.
- Invite legislative officials to tour your practice site.
- Share the Governor's Proclamation (details below).
- Contact the media to let them know about NP Week.

Post your NP Week celebrations on NPAM's and your personal social media

In 2019, 96 proclamations were obtained, the most ever recorded per AANP's records.

American Association of Nurse Practitioners (2019). Retrieved on August 23, 2019 from <https://www.aanp.org>

Check NPAM's website in early November for Governor Larry Hogan's Proclamation of November 10 to 16, 2019, as Nurse Practitioner Week. If you want a pdf of the Proclamation to display at your District meeting, practice, school, or other site, contact Marty Buonato at Martybuonato@npedu.com. Let's see how many Districts can send Marty a photo with your District colleagues holding up the Proclamation to be posted on NPAM's social media.



American Association of Nurse Practitioners (AANP) Statement on Gun Violence

On August 16, 2019, after fatal and critical bodily damage in Texas and Ohio, AANP released a statement on gun violence. It reads "AANP continues to support policymakers putting politics aside and focusing on common-sense reforms that reduce access to automatic weapons and high capacity magazines, increasing the age to purchase certain firearms and strengthening the federal background check system, while maintaining the individual's right to keep and bear arms under the Second Amendment."

Pathway to Practice: A Guidebook for Nurse Practitioners in Maryland

Did you know you can purchase your own personal copy of the *Pathway to Practice: A guidebook for nurse practitioners in Maryland*? Written by NPAM members and Nurse Practitioner experts, this guidebook will answer your questions about licensure and certification in Maryland, scope and standards of practice, insurance and billing, malpractice, hospital admitting privileges, employment, advanced practice education, legislative achievements, and so much more.

If you are a student wishing to practice in Maryland, a Nurse Practitioner currently employed in Maryland, an educator teaching NP students, or just interested in practice in Maryland, this resource guide is for you! For just \$40.00 you can quickly get your questions answered and have the resources you need at your fingertips. Just go to this link and order your copy today <https://npam.site-ym.com/store/ViewProduct.aspx?id=2660457> or visit NPAM at <http://www.npamonline.org/> and go to **Resources** on the home page and click on **Guidebook for NPs**.

