

newsletter

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Highlights from
Fall Conference

PAs talk to the
Farmington Daily
Times

Fourth Quarter
October 2014

NMAPA

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CHAPTER ADMINISTRATION

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PAs and NPs—Differences and Similarities

Nurse Practitioners and Physician Assistants are both health care providers who take care of the patient in a similar way. However, there are some major differences that need to be conveyed.

The Physician Assistant (PA) is a licensed health care provider who practices medicine and has completed a PA program through an accredited PA school and met requirements of certification through the National Commission on the Certification of Physician Assistants (NCCPA). The PA is trained under the medical model within a medical school program and is licensed by the State Medical Board to practice medicine. The PA works with Physician(s) who oversee the PA and there is a vicarious relationship with the (those) Physician(s). The PA laws vary somewhat from state to state, but the graduation and certification programs are standardized so that all PAs have

the required degree and training. Prospective PAs must obtain formal training through an educational program approved by the Accreditation Review Commission on Education for the Physician Assistant (ARC-PA). PA programs generally take 26 months of full-time study to complete. Currently, there are over 170 PA programs in the United States and these are now required to be Master's level programs.

A Nurse Practitioner (NP) is a Registered Nurse who is trained within a College of Nursing and Licensed to practice Nursing by the State Nursing Board. The NP is "independent" in that the NP can function outside of the Medical Board(s) (State Board of Medical Examiners and Osteopathic Board) to practice Advanced Nursing skills. There are several different subtypes of NPs and programs of various requirements in the training and regulation of the profession. NPs do not necessarily have to complete the same requirements in order to practice advanced nursing. Some NPs have much more sophisticated training than others. Some NPs can take more time to achieve their degree than others and some take courses offered through on-line education. NP programs are Master's level and some are going toward Doctorate Level. State regulations



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PAs and NPs

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also determine whether an NP can work independently or if he/she must collaborate with a licensed physician.

In years past, both NPs and PAs have been called “mid-level” providers. This was done to clarify billing and reimbursement issues. To date, there are still institutions which use this term. It is not necessarily accurate for either health care provider in many cases. For example, if an MD performs a Physical Examination it can be reimbursed at a higher level even if the exact same examination is performed by a PA or an NP. There still is confusion over this and often times, the NP or the PA is reimbursed at a lower rate. Procedures which are performed are based upon what the particular institution or health care organization allows and can generally be reimbursed at the same rate regardless of the health care provider performing the procedure.

Recertification is different between NPs and PAs. Physician Assistants must maintain the PA-C designation by earning 100 continuing education credits every 2 years and are required to pass the PANRE (Physician Assistant National Recertification Examination) every six years.*

In addition to receiving specialized education in a program, NPs can earn voluntary certification through a credentialing organization such as the American Nurses Credentialing Center of the Academy of Nurse Practitioners.

The licensing requirements are different between the NP and PA. In New Mexico, State license renewal occurs every 2 years for both. For NPs, this varies among the type of NP and the state in which the NP practices. Nonetheless, the NPs are generally licensed under the Nursing Board

within their state, while PAs need to be licensed under the State’s Medical Board. Federal employees who are NPs or PAs do meet some different requirements and the licensing is somewhat different. Usually these NPs and PAs can continue the state license renewal process within their original state of licensure even if they move to a different state. Federal employees follow rules of the federal government when providing health care.



Both NPs and PAs can specialize. NPs can be graduates of specialty programs from the outset. PAs must still complete the requirements to become a PA and then can either undergo specialty or fellowship training. Because the PA requires physician oversight, PA specialization is decided upon by their overseeing Physician(s) and the institution in which they work. The NPs may or may not require physician oversight, so they may be able to practice immediately within their specialty depending upon the state law and/or the institution in which they are employed.

Median salaries for NPs and PAs are fairly similar. The national mean annual wage for NPs in 2013 was \$95,070 and \$94,350 for PAs. The median annual wage was \$92,970 for PAs and \$92,670 for NPs. Both professions are expected to grow over the next 10–20 years. (source: Bureau of labor Statistic Occupational Employment Statistics from May 2013). 🍷

*For all those who take the PANRE or PANRE in 2014 or after, the new requirement will be every 10 years for recertification.

Another Successful Conference Wraps Up

by Stacey Smith, PA-C

This year's CME conference was another great success! Festivities began Thursday morning with presentation of the colors by UNM's US Air Force ROTC. Also in celebration of Patriot Day attendees paid tribute to all those who have sacrificed so much with a moment of silence.

The annual membership meeting was well attended and members unanimously voted to proceed with updating language to modernize the laws that govern PAs in this state.

Thursday evening's Award Gala was the first of its kind and a great way to end a fabulous day. It was held pool side with fabulous food and music. Awards were presents to Matthew Probst, PA-C for PA of the Year, Edward Childers, D.O. and Bill Walhert, PA-C for PA/Physician

Team of the Year, Dan Otero, PA-C for Distinguished Fellow of the Year, and May Goldenberg, PA-C received the Lifetime Achievement Award. What amazing PAs!

Friday continued with another round of excellent speakers and presentations. Liz Roe, AAPA Director of Constituent Organization Outreach and Advocacy, joined us for a lunch panel discussion regarding new legislation and direction of our organization. She has assisted the Academy in formulating language that we can then present to the legislature. Friday ended with more great speakers and door prizes.

Saturday's half day welcomed a student track. Students received information on how to study for the PANCE, write a resume and many other helpful top-

ics. To end the conference, the annual student challenge bowl was held. What a great group of students in attendance this year!

NMAPA's annual conference is a great time to meet up with old friends and meet new. It is also a time for us to create a mission for the coming year. If you missed it this year, I hope you will mark your calendar for next September and join us.

A special thank you is extended to Kathy Johnson. Without the direction of Kathy this conference would not be the success that it is. The CME Committee is always looking for new members and or suggestions. Please feel free to contact us through nmphysicianassistant@gmail.com.

CONGRATULATIONS NMAPA 2014 AWARD WINNERS!



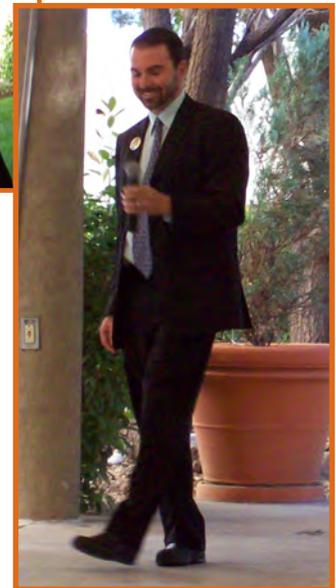
May Goldenberg, PA-C
Lifetime Achievement Award



Edward Childers, D.O. and
William Walhert, PA-C
PA/Physician Team of the Year



C. Daniel Otero, PA-C
Distinguished Fellow of the Year
(pictured with his wife)



Matthew Probst, PA-C
PA of the Year

NMAPA Fall Primary Care Update 2014





See you next year!

Physician Assistants help doctors with heavy patient loads

Week honors PAs, educates people about their role in health care

By Hannah Grover *The Daily Times*

FARMINGTON — When Mark Limback first became a physician assistant in Farmington 21 years ago, there were only two other PAs in town.

"It's amazing how the profession has changed," Limback said.

Limback is now seeing his third generation of patients at Farmington Family Practice.

And PAs are now common in every doctor's office, helping the doctors meet with more patients.

But there is still confusion about what PAs do, which is why the American Academy of Physician Assistants celebrates Physician Assistant Awareness Week every Oct. 6 — the birthday of the field's founder, Dr. Eugene Stead.

Physician Assistants are nationally certified and state-trained medical practitioners who work under a supervising physician in a team-like setting. The PAs can meet with patients and prescribe medications.

In the early 1960s, Stead used former military medics to help run specialty units at Duke University.

"They didn't have a position (for) them in the civilian field," Karassa Yeomans, a PA at Farmington Family Practice, said.



Mark Limback, a physician assistant at Farmington Family Practice, talks about his job on Sept. 26 at the office in Farmington. (Alexa Rogals — The Daily Times)



Physician assistants with Farmington Family Practice speak on Sept. 26 about the differences between doctors and physician assistants. (Alexa Rogals — The Daily Times)

Stead decided to create a 2-year curriculum to train the corpsmen to be physician assistants. The first formal program began in 1965 at Duke University.

The flexible profession allows PAs to specialize in certain fields or to be general or family practitioners.

"The beauty of the PA field really, though, is we have such latitude," Yeomans said.

Mary Jane Gallahan, also a Farmington Family Practice PA, says she started at a family practice in Farmington and then became a PA for a cardiologist before returning to family practice a few years ago.

"I wanted to learn more," she said.

The concept didn't take off in this country until recently. When Gallahan wanted to become a physician assistant in the 1990s, there were no training programs in New Mexico. Gallahan decided to try to change that by writing letters to the governor and petitioning for the University of New Mexico to create such a program.

In response to letters from people like Gallahan, UNM started a PA program, but only accepted a handful of students a year. Both times Gallahan applied, she narrowly missed the cutoff.

Then the University of St. Francis in Albuquerque started a program. Gallahan applied and was the first student accepted into the private university's program.

She has been a PA in Farmington for 10 years.

PAs help doctors treat more patients and have become more vital as the Affordable Care Act, also known as Obamacare, is implemented. The act, which provided affordable insurance for many uninsured Americans, triggered an increase in patients.



Mary Jane Gallahan, a physician assistant at Farmington Family Practice, talks about Physician Assistant Awareness Week. (Alexa Rogals — The Daily Times)

"It's opened the flood gates," Gallahan said.

She said more and more people are getting insurance.

Limback said many of these people have put off getting medical care for years and are now finally seeing doctors about conditions that have plagued them for years.

Gallahan said the Affordable Care Act was necessary to "break the barrier."

"It finally happened," she said. "It's not without its problems, but it finally happened."

She pointed out that most First-World countries have a health care system similar to Obamacare.

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Karassa Yeomans, a physician assistant at Farmington Family Practice, speaks on Sept. 26 about the requirements for physician assistants at the practice on Maple Street in Farmington. Yeomans has worked as a PA for the past 12 years. (Alexa Rogals — The Daily Times)

The act also signaled a change in the medical field that Limback said doctors are still learning about.

"There are things in the Affordable Care Act that we aren't aware of that's going to change the way we practice," Limback said.

Carol Miller, a PA for Dr. Herald McFarling, said they probably will not truly understand how much it will change their profession for a while.

"It takes so long for the effects to trickle down," she said. 🍀

Editor's Note: This article was originally published in the Daily Times (Farmington, NM) on 10/5/14. Republished with permission.

CME OPPORTUNITIES

New Mexico Regional Diabetes Symposium: Focus on Early Interventions, Patient Engagement, and Current Treatment Strategies

When Saturday, October 25, 2014
7:00 am – 1:00 pm

Where Hyatt Regency Albuquerque

Cost Free

The prevalence of type 2 diabetes mellitus (T2DM) continues to rise despite current knowledge and interventions. Current statistics from the Centers for Disease Control and Prevention indicate that 29.1 million US adults have diabetes, and a staggering 86 million U.S. adults have prediabetes, 15–30% of whom — without lifestyle modification — will progress to T2DM within five years.

In New Mexico, an estimated 13% or 204,030 adults have either diagnosed or undiagnosed diabetes. When combined with diagnosed or undiagnosed prediabetes estimates of 528,250, the total burden of these conditions surpasses 732,000. Among racial/ethnic groups for diagnosed diabetes, rates were highest in Native Americans (18.9%), followed by Hispanics (12.3%). The cost of diabetes in New Mexico is over \$2

billion annually and represents the sixth leading cause of death.

Diabetes treatment is continuously evolving, influenced by many factors including government healthcare reform, updated treatment guidelines, and new pharmacotherapies. In addition, the Diabetes Attitudes, Wishes and Needs second study (DAWN2™), demonstrated that therapeutic gaps in psychosocial care have a direct impact on treatment outcomes.

This interdisciplinary symposium will address topics based on identified practice gaps and strategies to overcome clinician and patient barriers that hinder optimal outcomes. Clinicians will assess case studies using an interactive audience response system to increase knowledge, improve competence and help facilitate change in performance and professional practice.

For more information and registration, visit <http://www.mandatoryce.com/nmdiabetes/>.

OAPA 41st Annual CME Conference for Physician Assistants

When October 22–24, 2014

Where Hard Rock Hotel & Casino
777 West Cherokee Street
Catoosa, OK

CME Pending

Info <http://www.okpa.org/>

23rd Annual Topics in the Tropics: A CME Conference for Primary Care Providers

When December 10–13, 2014

Where Paradisus Cancun Resort
Cancun, Mexico

CME 18 hours AAPA

Info 800-272-6692
[Download Brochure](#) or email NMAPA to request more info

33rd Annual Winter CME Conference — Physician Assistant Academy of Vermont

When January 22–25, 2015

Where The Equinox Resort
Manchester, VT

CME 31.50 hours of AAPA
Category 1

Info <http://www.paav.org/>



Miscellaneous. . .



Congratulations to the 2014 Challenge Bowl Winners: Laura McCutcheon, Leslie Dunlap, and Viki McCoskey!



UNM celebrates PA Week

PA's Practice Medicine

AAPA
www.aapa.org

MEDIAN AGE 38⁺

AGE RANGES*

Younger than 30	17.5%
30 to 39	36.4%
40 to 49	23.2%
50 to 59	15.4%
60 or older	7.6%

YEARS AS A PA*

AVERAGE: 10.6 Years

1 Year or Less	9.6%
2 to 4 Years	23.9%
5 to 9 Years	24.6%
10 to 14 Years	8.6%
15 to 19 Years	16.9%
20+ Years	16.4%

TOP SPECIALTIES*

Primary Care	32.1%
Surgical Subspecialties	26.6%
Other Specialties	18.6%
Emergency Medicine	10.8%
Internal Medicine Subspecialties	10.2%

Primary care includes family medicine with and without urgent care, general internal medicine, OB/GYN and general pediatrics.

COMPENSATION*

Median Salary	\$90,000
Median Bonus	\$6,000
Receive Bonus	45.6%

Compensation refers to PAs who work full-time, are not self-employed and receive a salary as their primary form of compensation.

PRIMARY EMPLOYER*

Physician (Solo or Group Practice)	60.4%
Physician (University or Other)	32.1%
Military Branch	2.6%
U.S. Dept. of Veterans Affairs	1.8%

NUMBER OF PATIENTS*

On average, PAs see **61-70** patients per week.

Numbers vary by setting and specialty.

NUMBER OF PRESCRIPTIONS*

On average, PAs write **51-100** prescriptions per week.

Numbers vary by setting and specialty.

* Source: AAPA 2013 Annual Survey
 † Source: NCCPA 2013 Statistical Profile of Certified Physician Assistants

AMERICAN ACADEMY OF PHYSICIAN ASSISTANTS www.aapa.org

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