

newsletter

Inside:

The New Board of Directors

CME Pain Management Requirement—What You Need To Know

Interview with a 2013 Grad

July 2013

NMAPA
PO Box 40331
Albuquerque, NM 87112
888-862-0325
www.nmapa.com

CHAPTER ADMINISTRATION
Briana Ross
nmphysicianassistant@gmail.com

AMA Resolution Proposing Restrictions to PA Practice Defeated

Recently, the American Medical Association Board of Trustees proposed a resolution for its House of Delegates that would severely restrict PAs' ability to provide care to patients. Among other restrictions, the resolution expands the definition of surgery to include repair and removal of human tissue and stated that surgery as defined in the resolution is to be performed *only by physicians*. If adopted as presented, the resolution would have called into question procedures like suturing, punch biopsies and vein harvesting, which PAs perform on a daily basis across

many medical specialties. The resolution also proposed that only physicians should perform invasive procedures that utilize radiologic imaging.

AAPA and PA's across the country quickly sprung into action to voice their concern over the proposed resolutions. The AMA House of Delegates convened on June 15 to discuss the resolution and on June 19 they released a recommendation that pulled back from the statements that would have restricted all surgical procedures by non-physician providers. The statement

(continued on p. 5)

NMSIIS Reporting Requirement

There is an important change to immunization reporting in New Mexico starting July 1, 2013. The 2013 New Mexico Legislature passed an Amendment to the New Mexico Immunization Act that makes data entry of immunization records in New Mexico Statewide Immunization Information System (NMSIIS) mandatory, and on April 1st, Governor Martinez signed legislation making it effective:

"Physicians, nurses, pharmacists and other health care providers shall report on immunization to the immunization registry unless the patient, or the patient's guardian if the patient is a minor, refuses to allow reporting of this information."

Data entry will be for both children and adults. This change in law means that entering immunization data into the

New Mexico Department of Health's Statewide Immunization Information System (NMSIIS) is required and no longer optional. NMSIIS believes that the change will better serve New Mexicans by creating a complete immunization record for each of them.

If you need an account in NMSIIS so that you can do this data entry, you will first need to complete NMSIIS training. Training will be provided around the State. Visit www.immunizenm.org to find training in your area. Registration forms can be found on this website also. You can begin your registration process by emailing a request to the NM Department of Health Help Desk asking to become an active NMSIIS site. The email address is: DOH-HELP-DESK-MAIN@state.nm.us.

Welcome
your new Board
of Directors
2013-14!

PRESIDENT

Laura Grimes, PA-C

PRESIDENT-ELECT

Sabrina Johnson, PA-C

**IMMEDIATE PAST
PRESIDENT**

Howard Diaz, PA-C

TREASURER

Kathy Johnson, PA-C

RECORDING SECRETARY

Yvonne Ellington, PA-C

MEMBERSHIP SECRETARY

Jaime Bailon, PA-C

**AAPA HOUSE OF
DELEGATES**

Kathy Johnson, PA-C

Nguyen Park, PA-C

STUDENT REPRESENTATIVES

Lisa Payant, PA-S (USF)

Timothy Ahearne, PA-S
(UNM)

DIRECTORS-AT-LARGE:

REG 1 NW REP

Mary Jane Gallahan, PA-C

REG 2 NE REP

Heather Neil, PA-C

REG 3 SW REP

Julie Fitzgerald, PA-C

REG 4 SE REP

C. Dan Otero, PA-C

REG 5 ABQ METRO REPS

Christopher Gavaldon, PA-C

T. Sean Diesel, PA-C

Rule on Management of Pain with Controlled Substances

The New Mexico Medical Board website has posted new rulings regarding pain management continuing education. Between November 1, 2012 and no later than June 30, 2014, all New Mexico medical board licensees who hold a federal drug enforcement administration registration and licensure to prescribe opioids shall complete no less than five continuing medical education hours in courses that include topics such as the pharmacology and risks of controlled substances, a basic awareness of the problems of abuse, addiction and diversion, awareness of state and federal regulations, and pain management.

Practitioners who have taken continuing medical education hours in these educational elements between July 1, 2011 and November 1, 2012, may apply those hours toward the requirement.

Biennial requirements for physician assistants start with the July 1, 2014 biennial renewal date. This requirement is to complete three continuing medical education hours.

The courses toward fulfillment of the CME requirement is subject to medical board approval. These hours may be earned at any time during the two-year period immediately preceding the renewal date. Three of the five continuing medical education hours completed prior to July 1, 2014, may be included as part of these required three continuing medical education hours in pain management in either the biennial cycle in which these hours are completed, or the biennial cycle immediately thereafter. Any or all three of these hours may also be applied to satisfy NCCPA requirements for certification.

A list of approved pain management CME courses may be found at: [http://www.nmmb.state.nm.us/pdf-files/Pain Management CME Approved 02-21-13.pdf](http://www.nmmb.state.nm.us/pdf-files/Pain%20Management%20CME%20Approved%2002-21-13.pdf).

CME for Drug Abuse

The number of prescriptions filled for opioid pain relievers has increased dramatically, leading the CDC to identify prescription drug abuse a problem of "epidemic" proportions. To better equip physicians assistants and other health professionals against this crisis, the [National Institute on Drug Abuse](#) offers two free online CMEs/CEs:

[Safe Prescribing for Pain](#) (1.25 credits) teaches the prevalence of prescription opioid abuse and explores ways to effectively screen for and prevent abuse in patients with pain.

[Managing Pain Patients Who Abuse Rx Drugs](#) (1.75 credits) identifies the prevalence of opioid addiction and dependence in patients with chronic pain, and assists health care providers in identifying emerging abuse behaviors.



Region 1 (Northwest) News

by MJ Gallahan, PhD, PA-C

On Friday, May 24th the Northwest Region 1 Sector held its first meeting for PA's in this region.

Over 30 invites were sent out. Many called to express their interest, but were unable to attend. 3 PA's did come, and were excited to "meet and greet", and hear of

all the state news happenings. There was much interest in having another meeting, which will hopefully be planned late summer.

If anyone is interested in this region, and "spreading the news", please contact me at: mjgallahan@msn.com. The more knowledge we can share, the more prepared we will be!

From Equine to ER— One Recent Grad's Path to the PA Profession

Valerie Webb spent her childhood dreaming of working with animals. She even has a Pre-Vet Agriculture degree from New Mexico State University. So how did she end up becoming a PA? This native from Mimbres, NM, who was awarded Outstanding Clinical Student of the 2013 graduating class of the University of St. Francis, tells us how she's now looking forward to beginning an exciting career in ER at the Gerald Champion Regional Medical Center in Alamogordo.

NMAPA: What made you decide to become a PA?

Valerie: After a years of dreaming to become a Veterinarian, obtaining a Pre-Vet Agriculture degree at New Mexico State University, and working numerous hours in a vet clinic—the more I loved it, although I felt something was missing—the lack of communication with the animals. You cannot simply ask an animal what is bothering them. During my time in undergrad (at) a small horse facility owned by an orthopedic surgeon, he mentioned the idea of crossing over into human medicine. He advised me to research and compare three different possibilities: becoming a Veterinarian vs. MD vs. PA... a what... PA?! After doing some research on each career, the PA profession was most attractive due to time required to complete the program, versatility in the job, educational costs, and still being able to be hands on with all fields in medicine—and the ability to talk with your patient!

NMAPA: You were awarded Outstanding Clinical Student at St. Francis. Congratulations! What was the best part about clinical rotations?

Valerie: The best part of clinical rotations was the feeling you are actually doing something!! After 15 months of preparation, you finally go out and put your stethoscope on a real patient, or do a physical exam on someone other than your classmate. To me the best part was working with

such great mentors. I had absolutely amazing preceptors for every rotation, the friendships formed with them as they helped me face the challenges of medicine, and taking care of each patient was the best part to me. Learning hands on, and having these mentors coach me day by day was so encouraging, it made me want to be just like them!

NMAPA: What was the worst part of clinical rotations?

Valerie: The worst part for me was the first day of each rotation! I was always nervous. Not knowing the people, the clinic, the hospital etc!! But it usually went away after that first day, and (I) realized that each facility and all the people had the same goals—helping the patients! After I met the staff and was shown the facility, I could always hardly wait to go back day 2, and would quickly shake the first day jitters!

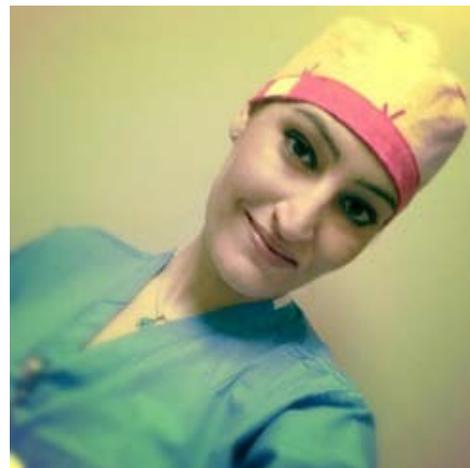
NMAPA: Did anything funny or interesting happen to you during clinicals?

Valerie: One that stands out was during my second rotation, my preceptor who was what I would call a “work-a-holic” suddenly, and painlessly lost vision in one eye... She mentioned it to me in passing like it was no big deal, but remembering some buzz words from EENT “painless monocular loss of vision...” I insisted and fought with her to go to the Ophthalmologist next door... after a serious lecture in which I felt like her mother—she went, and was diagnosed with central retinal artery occlusion.

NMAPA: What was your favorite rotation?

Valerie: My favorite rotation was Emergency Medicine. I loved it so much I repeated it with the same preceptor for my elective. He challenged me in the already challenging environment of the ER every shift! I remember reading, reading, reading, after each shift about all the diseases, drugs, treatments etc...

so I could go in and discuss our cases from the day before with him in detail, and him drilling me with nonstop questions. I loved this rotation because of the excitement of the ER, never knowing what was going to come in, but mostly because I had the best mentor—his influence on me in that ER has stayed with me, and fueled my desire to work in an ER!



Webb scrubbing in for a C-Section during an OBGYN rotation

NMAPA: What do you think is the most challenging part of PA school?

Valerie: By far the most challenging part for me was passing on fun opportunities that came up in exchange for studying, and the time required for studying. One of my mentors told me the best way to be a great provider is to “read everything, and read often ...” There is no way you can learn everything you need to know in the 8 hours of class per day, it takes a lot of reading each night, and each weekend.

NMAPA: What advice would you give to someone who's just about to start?

Valerie: Be as organized as you possibly can!! I felt as long as I stayed organized I was more productive, which allowed me to get in something other than studying all day—like exercise, or dinner with a friend.

NMAPA: Why did you decide to stay

(continued on p. 5)



USF PA students as Team TATA box for Making Strides Against Breast Cancer



University of St Francis
P.A. Class of 2015

Looking back at the last two quarters, the long cadaver labs, the maze of the brachial plexus, the foreignness of medical Spanish, and the stress of physiology oral finals, all seemed to melt away. What the class of 2015 at University of St. Francis remembers most are the bonds made with each other and with the Albuquerque community. We participated in events that touched us both personally and reminded us of why we put in the long hours studying. We were proud to raise \$1200 for the Susan G. Komen Making Strides Against Breast Cancer 5K. We were also excited to challenge the upper classmen to a Road Runner Food Bank donation drive. We collaborated with the upper classmen to donate Teddy Bears to the University of New Mexico Children's Hospital. As we enter our 3rd quarter, we are ready to pick the pace back up and to hit the ground running.

AMA Resolution Proposing Restrictions to PA Practice Defeated

(continued from p. 1)

does support restrictions to interventional pain management practices, saying that only physicians should perform these procedures.

The PA voice was heard by the AMA HOD with the reference committee stating, “Your Reference Committee heard the concerns raised, including those related to the practice of physician assistants in phy-

sician-led healthcare teams, and believes the proffered amendments address these concerns.”

However, the AMA has left the option open to re-examine this issue in the future. AAPA advises PAs to “remain aware and engaged in all potential proposals that other medical groups may bring forward that impact PA practice”.

From Equine to ER

(continued from p. 3)

in New Mexico to work and why did you chose Alamogordo in particular?

Valerie: I am a die hard New Mexican. I love this place. I love our people, and the simplicity of our culture. I chose the Alamogordo ER because it is a Trauma Center that has staffed PA's for several years. I got the impression they knew the role of a PA, and how to implement them in their very busy ER. I wanted to work with a team that was comfortable working with PA's and after interviewing with them, that is exactly the impression that I felt.

NMAPA: What made you chose ER?

Valerie: I chose the ER as my specialty for numerous reasons; because of the challenging, exciting—‘never know what your gonna get’ environment, set working hours, longer shifts (I love!!) which means more days off, and the gratification. Often in the ER our role is helping an individual

or family with what may be the scariest moment or day of their lives. Even if you deal with non-life threatening routine medical conditions, if a person presents to the ER—they are usually scared. I like being the person to help comfort them, and possibly alter their outcome for the better.

NMAPA: If you could have two super powers, what would they be and why?

Valerie: I have always wished I could just take off and fly like a bird, you can see the same things but from a totally different perspective & save lots of time! Secondly, I wish I had the power to see 3D through a persons skin... instead of sending patient through a CT scanner I could just meticulously track the circle of willis and its branches, or see an enflamed and angry gallbladder... of course I would only want this if I could turn it off when not needed!!

Publications

2013 New Mexico Hospital Guide
A free guide to hospitals, health centers, and federal health contacts around New Mexico can be found at <http://www.nm-hospitals.com>

The Physician Assistant: An Illustrated History (2013, Sadler et al).

A concise history of the people, places, and events that have propelled the concept of the physician assistant from its inception at Duke University in 1965 to its position as a major force in American medicine today.

List price \$15.95. NMAPA members \$12, orders of 15+ \$10. For an order form, contact NMAPA at nmphysicianassistant@gmail.com.

Know an outstanding PA? Help recognize their achievements by nominating them for a NMAPA Award. Go to www.nmapa.com/#!about/vstc5=award-nominations or contact the NMAPA Administrator.





CME Opportunities



NMAPA Fall Primary Care Update

September 12-14, 2013

Albuquerque Marriott Uptown

Excellent Speakers and Diverse Topics, including:

- New Beers Criteria
- ADHD
- Update on Bronchiolitis
- Gamma Knife Radiosurgery
- and more!



Visit www.nmapa.com or email nmphysicianassistant@gmail.com to find out more.

NOLA Fall
Conference
September 17-21,
2013
New Orleans, LA

MAPA Fall
Conference
September 5-8, 2013
Boston, MA

2014 Fundamentals of
Hospital Medicine
Thursday, January 23, 2014
Sunday, January 26, 2014
Scott & White Hospital
Temple, TX
512-557-2400