

OUTCOMES

THE E-NEWSLETTER OF DOCTORS OF NURSING PRACTICE, INC.



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September 27-29, 2018



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Editor:
David Campbell-O'Dell DNP

REGISTRATION IS NOW OPEN!

The Chronic Problem of Chronic Pain

I have recently started seeing patients in an addiction medicine clinic. For me, this is a very part-time job – only 4 hours a month. But for my patients, it's a 24/7 commitment.

Some of the patients are fighting off addiction of illegal medications, but many others are fighting the addiction of legally prescribed medications such as oxycontin.

Finding health care providers who are willing to treat addicted patients can be difficult for many reasons. One reason is because of DATA2000.

The Drug Addiction Treatment Act (DATA 2000) was an amendment to the Controlled Substances Act signed into law in 2000. DATA made it possible for qualified physicians to prescribe buprenorphine for opioid detoxification and maintenance therapy. The law allowed physicians to be granted a waiver from the special registration requirements of that act, which allows them to prescribe, dispense, or administer buprenorphine to patients in their office, greatly expanding the availability and accessibility of opioid addiction treatment. It also described regulations that govern this prescribing.

However, the Comprehensive Addiction and Recovery Act of 2016 (CARA) was signed into law by then President Obama. CARA was aimed at

- Expanding prevention and educational efforts —particularly aimed at teens, parents and other caretakers, and aging populations—to prevent the abuse of methamphetamines, opioids and heroin, and to promote treatment and recovery.
- Expanding the availability of naloxone to law enforcement agencies and other first responders to help in the reversal of overdoses to save lives.
- Expanding resources to identify and treat incarcerated individuals suffering from addiction disorders promptly by collaborating with criminal justice stakeholders and by providing evidence-based treatment.
- Expanding disposal sites for unwanted prescription medications to keep them out of the hands of our children and adolescents.
- Launching an evidence-based opioid and heroin treatment and intervention program to expand best practices throughout the country.
- Launching a medication-assisted treatment and intervention demonstration program.

- Strengthening prescription drug monitoring programs to help states monitor and track prescription drug diversion and to help at-risk individuals access services (<http://bit.ly/1VX5Vou>).

According to the Ohio Substance Abuse Monitoring Network (OSAM)(<http://bit.ly/2DAjf9>), in January of this year, prescription opioids remain moderately to highly available for illicit use throughout OSAM regions, although street availability for these drugs has decreased during the past six months for Akron, Cincinnati, Toledo, and Youngstown regions. In Columbus, there was no change reported.

Respondents in regions with a perceived decrease in street availability discussed that doctor prescribing has tightened, making opioids for illicit use increasingly more difficult to find while doubling the street prices for these drugs. Participants and treatment providers discussed users changing preferences from illicit prescription opioid use to use of other drugs that are cheaper and easier to obtain (i.e. heroin and methamphetamine).

How do we, the health care professional make an impact? We educate our patients about other ways to manage their pain. We keep the lines of communication open with our patients who need prescription opioids to manage their chronic pain. And we let our patients know that we are here to help. These reasons are why I've written my 1st book: *Chronic Pain Decoded: Thriving and Surviving with Chronic Pain*. This book will help anyone with chronic pain or anyone who takes care of someone with chronic pain. If you'd like a free pdf copy of my book, just email me at drjbkirby@gmail.com.

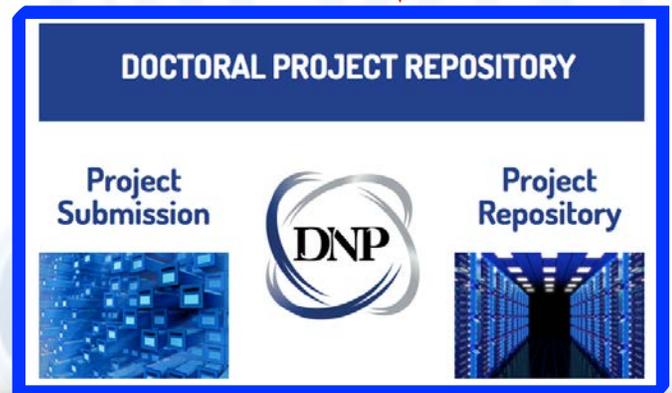


**Jill Beavers-Kirby
DNP, MS, ACNP-BC**

received her Doctorate of Nursing Practice at The Ohio State University in May 2011. She currently serves Coordinator of Nurse Practitioner Programs and Associate Professor at Mount Carmel College of Nursing; she has served in this role since November, 2015. She also serves as a Visiting Professor for Chamberlain University in 2014. She has been a Board Certified Acute Care Nurse Practitioner since 2005 and she is also Board Certified as an Adult Nurse Practitioner. She has worked in a variety of patient settings most recently in hematology working with patients who had leukemia and lymphoma. She is licensed as a Registered Nurse in 12 states which permits her to educate students across the U.S. She has an extensive teaching history which includes Health Policy, Health Assessment, and Transition to Professional Roles for Nurse Practitioners. Dr. Beavers-Kirby is a founder, past president, and president elect for the Council for Ohio Health Care Advocacy (COHCA). She is also a devoted patient advocate and is actively involved with the Ohio Nurses Association Legislative Committee and she is an Ambassador for the Arthritis Foundation Policy.



**NEW FOR 2018
FROM *DNP, INC.***



- *Showcase DNP practice projects to share outcomes with colleagues and consumers.*
- *Educate patients, organizations and health care systems on the contributions of the DNP prepared nursing professional.*
- *Support DNP educational programs and practice partners to demonstrate the influence of the DNP prepared nurse.*
- *One time charge per student listing of \$30 to defray cost of repository development and maintenance.*



**CLICK [HERE](#)
FOR MORE
INFORMATION**

DNP Project: 3 Tips for Success

So, you have decided to go back to school for your Doctorate of Nursing Practice degree. Now you are trying to balance the class work, professional work, and a personal life. Bet you weren't expecting the demands of this DNP project were you? Are you freaking out? I know I was when I first learned about the DNP project and what it required. It is not as scary as you may think, and I am here to give you three survival tips to help you get started with your DNP project:

1. Pick a topic that you are interested in so that you can fully invest yourself.
 - You will be researching and working on your topic of interest until you graduate. Start with a broad topic, like addiction or diabetes. Take that broad topic, and perform an extensive literature review. You might consider scientific journal or magazine articles, websites, professional society resources, books—anything to gain a thorough understanding of the topic. Through your research, you will build fluency in your topic and eventually identify gaps worthy of further exploration as a DNP project.
2. Stay on top of your work.
 - The project is huge, and you do not want to fall behind. This project requires 500 hours of logged time at minimum. While this may sound like a lot of time, it only becomes overwhelming if you do not plan carefully from the beginning. Now, I am not saying that you can plan every minute of your project, but you can start logging your hours sooner than later. Do not leave it until your last semester. Map out which activities you can do to increase your number of hours (i.e., attending conferences, talking to experts, meetings with your chair, etc.), and log everything. Your project chair will let you know if certain activities do not count.
3. Go with the flow.
 - As with many situations, things change. Remember to go with the flow. I know it is easier said than done, but maintaining this mindset will help you through the process. The focus of a project may change as work progresses. In my experience, the main focus changed four times in half of a semester before I finally settled on the specific goals of my project. Hang in there. Accept change and ideas from your professors. Be understanding. Your professors are there to help you, and they want you to succeed. Take advantage of this and seek their guidance throughout the process. Most importantly, they can help you define a project that is possible to complete in a reasonable amount of time before graduation.

Do not fear this project because it will cause unnecessary anxiety. Pick a topic you are interested in and be reasonable so you can complete the work and graduate on time. Follow up work can be taken on post-graduation. You have your entire career to perform groundbreaking research in health care. Remember, it is a school project, so don't take anything personally. No one is out to get you. In fact, take the help and the criticism equally because it will make you a better student, a better nurse, and a better nurse practitioner. Lastly, remember to have fun with this project. Treat it as a learning experience instead of a requirement because, as the saying goes, time flies when you are having fun.



Christine Leithead BSN, RN
 DNP student at Rutgers School of Nursing
<https://cmleithead2.wixsite.com/website>



CONVERSATIONS OVERHEARD IN THE DNP ONLINE COMMUNITY

[Management of HTN in Primary Care](#), contributed by Blessings Isiguzo. This is valuable information from a valued colleague.

[Should we be called “Dr.”?](#) started by Dr. Lori B. Elliot in the DNP and Policy/Legislation form. This is an on-going challenge. See what colleagues are saying.

[Do you need a Mentor?](#) - - - [Who is willing to Mentor a colleague?](#) Two conversations in the Forums section of the DNP Online Community designed to assist colleagues in connecting. Join and share to see how we can support each other’s efforts.

[Nursing credentials are they really necessary?](#) By Charles Medina. This is another discussion of issues that affect us all.

[Imposter Syndrome](#), started by Margaret Baker in the DNP Practice Issues forum addresses a topic that many have discussed and is still timely.

[The DNP may see you now... “I would rather see a physician”](#) started by Francesca Walters in the DNP Practice Issues forum hits a nerve for many in advanced practice nursing.

DNP Groups of Interest:

- [Executive Leadership DNP](#)
- [Pediatric DNPs](#)
- [CNM/OB/GYN/Women’s Health DNPs](#)
- [Independent Practice DNPs](#)
- [Population/Public Health DNPs](#)
- [Geriatric Specialization DNPs](#)
- And others.

February, March and April 2018 Events:

- [AANP 2018 Health Policy Conference](#)
- [AACN: CNL Research Symposium, Summit and Master’s Education Conference](#)
- [AACN Master’s Education Conference](#)
- [American Nurses Association National Conference](#)
- [AACN: Nursing Advancement Professionals Conference and Deans Annual Meeting](#)
- [QACN: Graduate Nursing Admissions Professionals Conference](#)
- [2018 ISPN Psychopharmacology Institute and Annual Conference](#)
- [The Art of Life Care Planning](#)
- [AACN: Business Officers of Nursing Schools Annual Meeting](#)

If you know of an event that supports the growth and development of nursing colleagues, please post it to the EVENTS page. It’s free, and reaches thousands every month. Click the ADD button on [this page](#) to post an event.

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JANUARY 2018 DNP, INC SURVEY RESULTS

January 2018 Survey Results: Optimism in Nursing and Health Care

The January 2018 survey sought to gather information about perceptions of optimism about the health care delivery and the role of the DNP prepared professional. Most respondents are optimistic about health care yet are tentative about progress being made in 2018. See the questions and responses below.

Requested thoughts on the use and value of some of the services and features of the DNP Inc. web site. The site, overall, is helpful but not accessed by the majority of respondents. The idea of Continuing Education and a Foundation show promise and are desired services.

Question 1: I am optimistic about my career as a professional nurse.
95% very much to absolutely, 5% somewhat to not at all

Question 2: The New Year brings opportunities that we have not seen in the past for our patients.
66% very much to absolutely, 34% somewhat to not at all

Question 3: Healthcare delivery will be improved in 2018.
31% very much to absolutely, 69% somewhat to not at all

Question 4: Doctoral education and preparation for practice will flourish in 2018.
60% very much to absolutely, 40% somewhat to not at all

Question 5: Practice as a DNP prepared nurse will address new challenges this year and beyond.
78% very much to absolutely, 22% somewhat to not at all

What do you think? Do these findings reflect your point of view?

Click [HERE](#) to take the February 2018 survey



ORGANIZATIONAL UPDATE

Several functions and departments within Doctors of Nursing Practice, Inc. are in motion to help support the professional development of nursing professionals. The national conference efforts are moving forward thanks to the support and talents of many dedicated colleagues. Efforts to support marketing, maximizing social media and building networks are also growing thanks to the contributions of time and talent from volunteers.

Please visit the DNP Inc. web site (www.DNPInc.org) for more information about the services offered to enhance practice and improve outcomes. We invite all nursing colleagues, faculty, students and graduates to view [this page](#) listing the services offered.

The mission of DNP Inc. is to improve health care outcomes by promoting and enhancing the doctorally prepared nursing professional. This is accomplished through multiple channels and opportunities including: Annual Conferences, Continuing Education, Scholarly Practice Project Repository, Listing of DNP Programs, DNP Foundation, and the DNP Online Community.

All are welcomed to participate in any and all of these services to assure the on-going growth and development of the nursing profession and the improved outcomes resulting from the skills and talents of doctorally prepared professionals.

Useful Links

[DNP PROGRAM LIST](#)

[FACULTY
RESOURCES](#)

[INDIVIDUAL BLOGS](#)

[VALUABLE LINKS](#)

[CAREER LISTINGS](#)

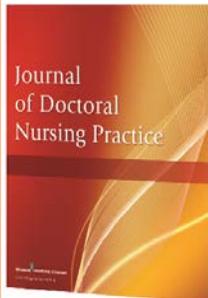
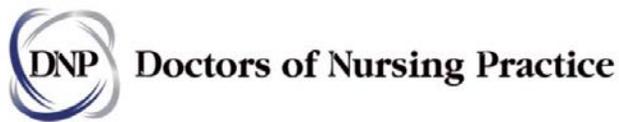
[GROUP PAGES](#)

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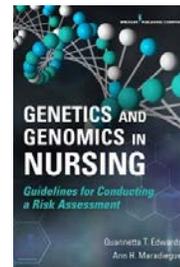
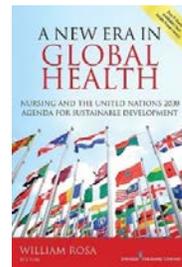
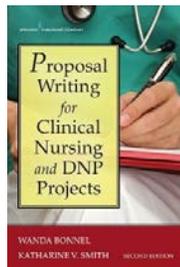
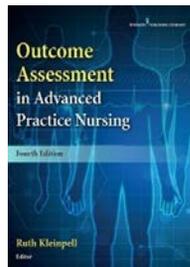
The *Journal of the Doctor of Nursing Practice (JDNP)* and **Doctors of Nursing Practice, Inc.** (DNP Inc.) are working together to promote the profession of nursing and enhance the doctoral nursing practice.

Since 2007 the *JDNP* (formerly known as *Clinical Scholars Review*) has published peer-reviewed articles that demonstrate clinical excellence in the application of evidence-based practice of doctoral nursing, while reflecting the expertise and impact of the DNP prepared nursing professional.

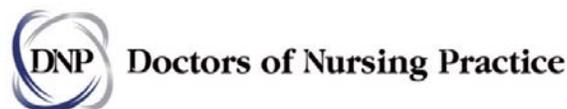
Springer Publishing Company, Dr. Stephen Ferrara (Editor-In-Chief of the journal), and leaders in **DNP Inc.** are committed to supporting the advancement of the doctoral nursing practice.

To that end, members of the DNP Online Community are eligible for discounts on the following:

- Online access to the *Journal of the Doctor of Nursing Practice* for **\$15 per year USD**
 - Contact journals@springerpub.com and mention the DNP Springer Publishing and DNP Inc. collaboration online rate in your email
- **15% off** brand new books:
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FACULTY:



Shannon Idzik, DNP, CRNP, FAANP
Associate Professor
and Associate Dean
for the DNP Program



Shari Simone, DNP, CPNP-AC, PPCNP-BC, FCCM, FAANP
Assistant Professor

ALUMNA :

Karen Swisher Kesten, DNP, APRN, CCNS, CNE, CCRN-K

DNP STUDENT:

MiKaela Olsen, MS, APRN-CNS, AOCNS

They join six other faculty and alumnae being inducted this year and 19 faculty and faculty emeriti who are existing Fellows of the American Academy of Nursing.

Want to join these elite faculty? We are seeking faculty at all levels to join our team of accomplished professionals committed to preparing nurses to excel in the field.

Learn more at nursing.umaryland.edu/hr.

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The Journal of Doctoral Nursing Practice

You Are Invited to Subscribe to the Journal of Doctoral Nursing Practice: At a Discounted Rate

I am delighted to announce that online access to the Journal of Doctoral Nursing Practice (JDNP) is now being offered to members of Doctors of Nursing Practice, Inc. (DNP, Inc.) at the reduced rate of \$15 per year. Our relationship creates a synergistic effect for the DNP community as a whole. The JDNP will serve as the peer-reviewed scholarly journal for the DNP community and DNP Inc., will connect graduates, students, and educators in numerous ways to help us further define our role as the health care system becomes increasingly complex and more requiring of DNP acquired talents. This complexity is ripe for DNP-led solutions. We are also hopeful that our relationship will attract additional subject matter expert peer-reviewers for the JDNP (see instructions for signing up), as well as increase the number of quality manuscript submissions. Further, we collectively want to support the DNP community and will soon offer resources to assist authors with helpful suggestions for manuscript submission and acceptance.

The mission of Journal of Doctoral Nursing Practice is to support the advancement of the doctoral practice of nursing. The JDNP is a biannual, peer-reviewed publication focused on presenting articles that demonstrate clinical excellence in the application of evidence-based practice of doctoral nursing. Articles submitted for consideration discuss clinical practice and patient care; case studies; practice issues, including management, scope of practice, and reimbursement; ethical dilemmas, legal issues, and business practices; and innovative methods of teaching and evaluating advanced practice and profiling the scholarly nature of the clinical practice of nursing. For more information and author guidelines, visit: <http://www.springerpub.com/media/springer-journals/9418-guidelines.pdf>

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To purchase access to the JDNP at the discounted rate,

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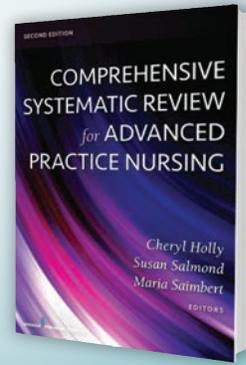
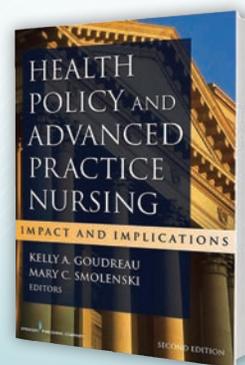
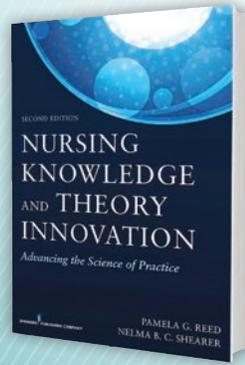
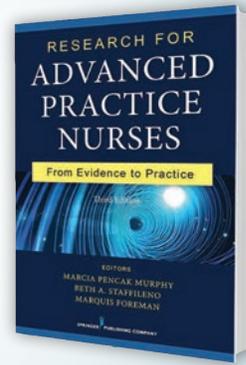
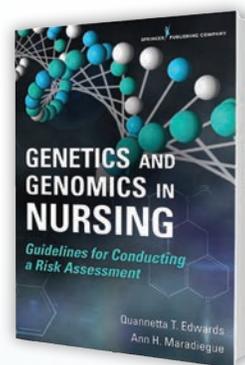
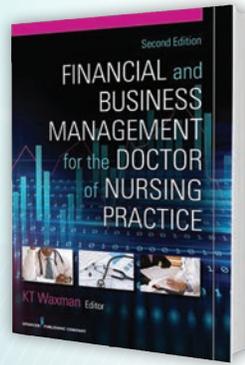
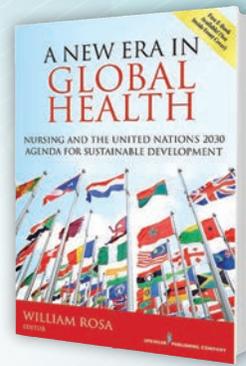
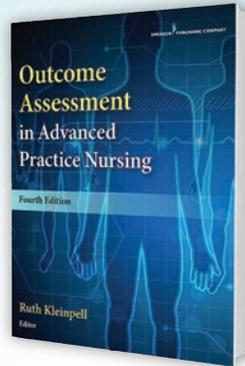
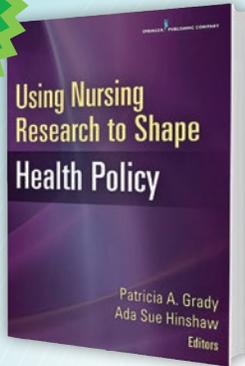
We are very excited about the many possibilities this collaboration will produce in the near future. Should you have any questions, feel free to contact me at the e-mail address below.

Stephen A. Ferrara, DNP, FNP, FAANP
Editor-In-Chief, Journal of Doctoral Nursing Practice
Associate Dean, Assistant Professor, Columbia University School of Nursing
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Sustaining the DNP: Strategies for the Future in Clinical and Administrative Practice

ABSTRACT SUBMISSIONS ARE NOW OPEN

Meet our 2018 Keynote Speaker



Bob Dent
DNP, MBA, RN, NEA-BC, CENP, FACHE, FAAN
2018 President
American Organization of Nurse Executives

