



The Advocate

NURSE PRACTITIONERS OF NEW YORK

WWW.NPNY.NET

FALL 2009

From the President's Desk ...

Hello everyone. Thank you for electing me as the new president of **NPNY**. I look forward to serving this venerable organization, which I joined in 1993 when I was a nurse practitioner student. Before I explain my vision for the organization, I would like to thank our outgoing president Otuodichima Christy Nwankpa for her excellent work during her term. We saw an increase in membership as well as outreach to NPs in their work environments.

GET INVOLVED AND ORGANIZE

My goals for my term in office are to develop a new membership application (this has been done – it is on our web site) and change the organization to a 501(C)(3), which will allow members to make tax-deductible donations and apply for grants, thus boosting membership and increasing our participation in health policy issues.

It is an exciting time to be president of **NPNY**. In 2008, we elected Barack Obama as the 44th president of the U.S. Health

care reform is on the agenda. **NPNY** has been very involved in working toward ensuring universal health coverage and has often made alliances with other organizations working on this issue. As nurse practitioners, we understand the importance of health insurance and the repercussions for our patients without health insurance or adequate health insurance. Health reform gives us an opportunity to examine how health care is structured in the U.S. as well as our role as NPs within this system. It is essential that **NPNY** contribute our voice to this debate.

PLAY AN ACTIVE ROLE

Many of our members have been in the health care trenches for a long time and feel strongly about enacting a single-payer health care financing system, such as Medicare and Medicaid. However, this option does not seem doable to our elected officials and a public option has been suggested as an alternative. A public option would be an insurance plan, estab-

lished and maintained by the government and available to individuals whether they are employed or unemployed. Employers would offer the public insurance plan as part of their existing plans. Individuals would either keep their private insurance or participate in an insurance exchange, which would allow them to choose from several private insurance plans and a public insurance plan.

Achieving health care reform requires that NPs play an active role. I am asking that we participate in health care forums, rallies, letter writing and educational activities about reform. Further, we can call our representatives and make it clear that health care reform must embody these core principles:

- Guaranteed quality coverage for all;
- Choice between a private insurance and a strong public health insurance option;
- Affordable care for all; and
- Equal quality of care for all.

I look forward to being the president of **NPNY** during these exciting times.

—Susan Moscou, FNP

Take Action for Health Care Reform

Nurses, like all Americans, are part of the health care debate. Every day at work, we see the negative effects of our broken health care system. As citizens, we have our own life stories and struggles to keep and afford health insurance for ourselves and our families. This positions us well to speak out for change, especially for reform that includes a strong public option. Nurses have historically ranked high in the public trust, therefore when we participate in health care reform activities, it lends credibility and importance to the issue.

GET INVOLVED AND ORGANIZE

Because I believe that real health care reform will happen only with the ongoing effort of common citizens, I have been working with Organizing for America (OFA). Over the past few months my partner Jerry and I have been organizing various events (health fairs, phone banking, rally work) through OFA—formerly Obama for America, the grass roots organization that helped get Obama elected. It is easy to get involved and organize events. Once you have an event idea, you can post it on the OFA web site. People, looking to participate, go to the OFA web site, click on “find an activity” and

after putting in their zip code, discover a list of events in their area. We have met and worked with many new people. It is inspiring, useful and, we believe, an important piece in achieving health care for all.

WE ARE GRASS ROOTS

On Saturday, August 29, I walked from the Queens side of the 59th Street Bridge to Times Square to a rally, sponsored by many organizations including OFA. Community groups from diverse areas of the City converged—with all of us carrying signs and talking to folks along the way. At the rally, we encountered strong support for both a Public Insurance Option and a Single Payer System. Several people spoke of the importance of this

moment in the history of our country for real change in health care. Congressional representative from Manhattan's West Side Jerry Nadler relayed his commitment for getting the health care reform we need, reporting that he is one of a group of 65 congressional representatives who have vowed not to sign any bill without

a strong public option insurance. We learned that more than 70 organizations had signed on in support of health care for all. NYC for Change, one of the umbrella groups that helped organize the rally, identifies its mission on its web site: <http://nycforchange.org>:

• “We are a grass roots group committed to building upon the Obama community network to

continue to bring change to America.

- “Our current priority is to help

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Nancy Murphy, NP, former **NPNY** board member (2nd from left), organized some of her neighbors to march for health care reform and joined thousands of demonstrators in Times Square on August 29.

NPNY CALENDAR: Earn CEs for Each Program

Everybody welcome.

Free for members; \$15 for non-members; \$5 for NP students.

◆ THURS., SEPT. 24, 2009

Program: Current Wisdom for Common Culprits: Otitis, Sinusitis and Tonsillitis (Earn 1.5 CEs) As an assistant professor at Columbia University College of Physicians and Surgeons, Dr. Cho has given numerous lectures on otitis, rhinitis, sinusitis, pharyngitis and tonsillitis. She has published many articles and her work in progress includes a study on the effects of oral contraceptives on voice.

Speaker: Jenny Youngnan Cho, MD, FACS, is an Ear, Nose & Throat specialist certified by the American Board of Otolaryngology. She has had her own practice in Midtown Manhattan since 2002. She is an attending physician at St. Luke's-Roosevelt Hospital and Columbia Presbyterian Medical Center. She is an in-house physician at the Metropolitan Opera House, the New York State Opera House and the Jazz at Lincoln Center.

◆ THURS., OCT. 15, 2009

Program: NYC Poison Control Center: The Local Picture (Earn 2 CEs)

Speakers: Maria Mercurio-Zappala, MS, BS, has been Managing Director for NYC Poison Control Center since 1999 and is a PhD candidate in Toxicology. She is a registered pharmacist certified as a Poison Information Specialist and a Diplomat of the American Board of Applied Toxicology. President of the NYS Association of Poison Control Centers, she has published numerous articles and conducted several symposia.

Lauren Schwartz, MPH, has been the

Public Education Coordinator of the NYC Poison Control Center since 1999. In that capacity, she conducts various research activities and develops education campaigns. She has published many articles and been a presenter at professional symposia.

◆ THURS., NOV. 19, 2009

Program: The Role of Integrative Medicine in Health and Well-being (Earn 1.5 CEs) The focus of integrative medicine is to find out who you are, how you live and what your personal goals may be, as well as how your lifestyle impacts illnesses, injury and chronic medical conditions.

Speaker: Kathy Sanders, FNP, MPH, is board certified as a family nurse practitioner. She has a master's in public health and completed a fellowship in integrative medicine at the University of Arizona with Dr. Andrew Weil through a scholarship from the Bravewell Collaborative. Ms. Sanders works at the Center for Integrative Medicine and Wellness at Stamford Hospital in Connecticut.

◆ Time:

6 - 6:30 pm Networking & light dinner

6:30 - 7 pm News and announcements

7 - 8:30 pm Program

◆ **Location:** Board Room, 18th floor, Pace University. Approach security at Spruce St. entrance of Pace (Schimmel Center).

◆ **Subway:** 2, 3, 4, 5, J, M, Z, A, C to Fulton/Broadway/Nassau or 6 to Brooklyn Bridge.

◆ **Details:** More information: check NPNY web site. These activities have been submitted to the New York State Nurses Association (NYSNA) for approval to award contact hours. NYSNA is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Looking for a Leader: Scholarship Available

Are you interested in attending a national Nurse Practitioner policy conference?

Each February, the American College of Nurse Practitioners (ACNP) hosts an annual Policy Summit. Details can be found on the web site: acnpweb.org.

SUBMIT YOUR STATEMENT

For this February, 2010, I am offering a scholarship for the cost of registration for the ACNP Summit. Any NPNY member who is interested can submit a statement regarding his/her interest in policy to my email: hruddy@nyc.rr.com, or send it by U.S. mail to Helen Ruddy, Legislative Chair, 21-26 21st Road, Astoria, NY 11105.

I will be attending the regional meeting of the American Academy of Nurse Practitioners in Hartford, Connecticut, on October 3 and 4, 2009; a report on that meeting will follow in the next newsletter.

—Helen Ruddy, FNP



Helen Ruddy with ACNP President Thad R. Wilson, PhD, FNP-BC, at the ACNP public policy Summit in February 2009.

Take Action

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achieve quality, affordable, and guaranteed choice of health care for all Americans."

INVEST IN PREVENTION

As many of us are too well aware, 47 million Americans are uninsured, premiums for health insurance are growing four times faster than wages, and half of all personal bankruptcies stem from medical expenses. President Obama has told the American people that he wants Congress to pass real health care reform in 2009 that upholds three basic principles:

- Reduce costs by improving efficiency and investing in preventive care.

- Guarantee every American the right to choose their plan and doctor – including a public insurance option.

- Ensure quality, affordable care for every American.

Recently, he added a fourth principle: deliver health care reform without increasing national debt.—Nancy Murphy NP

Election Results

This spring, NPNY requested nominations for candidates for officers and board members. The new board was elected by 50 ballots mailed during August. Thank you to all members for participating.

The following Board Members were elected for 2009-2011:

Susan Moscou, FNP - President
Amanda Brei, ANP - President-Elect
Otuodichinma Nwankpa, MS, FNP-BC - Past-President

Wendy Kong, FNP - Secretary
Board Members: Rebecca Fry, FNP;
Ann Marie Bova, FNP; Anna Acee, ANP; and Joanna Hutchinson, ANP.

Continuing on the Board are Claudia LaTouche, FNP; Helen Ruddy, FNP; and Irene Van Slyke, FNP - Treasurer. All were elected last year for 2008-2010.

—Joanna Hutchinson, ANP
NPNY Nominations Chair

NPNY-The Advocate

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