Hello!

Welcome to our first APRN newsletter. It will serve to connect APRNs from across the system and highlight our professional and personal achievements.

BSWH is fortunate to have strong nursing leadership at many levels in our institutions including direct patient care, education, leadership, and more!

We all have demanding roles and it seems overwhelming to consider adding on additional professional activities.

There is a wealth of resources available to APRNs for research, evidence based practice implementation, and other activities to exemplify our contributions as nursing professionals to our peers, other professions, and the public. Those are some of the highlights included in this edition of the newsletter!

~ Stacy Tackett, MSN, RN, ANP-BC, ACHPN
Chair, BSWH North Division APRN Council

Save the Date!

**Texas CNS Conference**
May 29 & 30, 2015
Round Rock, TX
4 hr pharmacology pre-conference available.
Click here.

**Geriatric Pharmacology**
March 5, 2015
BRMC-Plano
Sign up available on the Baylor Learning Network [BLN].
Podiums, Posters, Publications, & Professional Achievements
Regional, State, National, and International
January through July, 2014

### Poster Presentations

### Podium Presentations
**Texas Clinical Nurse Specialist Conference – January 2014**
- **Mae Centeno**, DNP, RN, CCNS, ACNS-BC, BSWH. Transitional Care for Geriatric Patients with Chronic Illness
- **Sonya Flanders**. Practice Implications of Health Literacy & Patient Education for Older Adults
- **Barbara Leeper & Sonya Flanders**. Earning Our Keep: Strategies to Articulate and Demonstrate Outcomes as a CNS
- **Jame Restau**, MSN, RN, ACNS-BC, OCN, ACHPHN, BMCI, & **Pamela Green**, MSN, APRN, FNP-C, BMCC. Integrating Palliative Care in the ICU: Quality Care for Patients, Families and Staff
- **Susan H. Smith**. Demonstrating our worth. The essential role of the clinical nurse specialist in the prevention of hospital acquired pressure ulcers

**Association for Gerontology in Higher Education – March 2014**
- **Sonya Flanders**. Moving Forward: Innovation in Health Education Delivery for Geriatric Persons & Their Caregivers

**National Association of Clinical Nurse Specialists Conference – March 2014**
- **Barbara Leeper**, & **Susan Smith**. Salty Takes of Hyponatremia: Chapter II
- **Barbara Leeper**. Transformation of a Cardiovascular Intensive Care Unit
- **Barbara Leeper & Susan Smith**. Best Practices in Acute & Critical Care for Bariatric Patients: CNSs Leading Innovative Health Changes

**Current Issues in Critical Care, Sacramento Chapter of AACN – March 2014**
- **Barbara Leeper**. Obtaining Valid Pressure Measurements: What is Your Practice
- **Barbara Leeper**. Advances and Innovations in Cardiovascular Care

**AACN National Teaching Institute – May 2014**
- **Sharon Gunn**, MSN, RN, ACNS-BC, CCRN & **Sonya Flanders**, BSWH – North Texas. Here Comes the Grey Tsunami
- **Barbara Leeper**. Pulmonary Artery Catheters: Evidence-Based Strategies.
- **Barbara Leeper & Susan Smith**. Stepping Forward with Obese Critically Ill Patients
- **Barbara Leeper, Susan Smith & Sonya Flanders**. Salty Tales of Hyponatremia

**University of Ottawa Heart Institute Medical Grand Rounds – June 2014**
- **Barbara Leeper**. Implementing a Nurse-Run ECMO Program

### Publications
- Foster, J., & **Flanders, S**. (2014). Challenges in Clinical Nurse Specialist Education and Practice. OJIN, 19(2). DOI: 10.3912/OJIN.Vol19No02Man0

### Professional Achievements
- **Marygrace Hernandez Leveille**, PhD, RN, ACNP-BC. Vice President Southern Nursing Research Society.
- **Susan Smith**, DNP, RN, ACNS-BC. Past-president Texas CNS (January 2014) & Earned DNP (May 2014)

Share your professional accomplishments achieved between July 1 & December 31, 2014 for the next APRN newsletter. Email details to sonyaf@baylorhealth.edu
Resources

Research and Evidence-Based Practice

Evidence-based clinical practice (EBP) is a cornerstone of what we, as APRNs, offer our individual patients and families, patient populations, nurses and other clinicians, BSWH, and the health care system. Sometimes it can be helpful to identify additional resources beyond our own areas of expertise to guide us in providing EBP, or to help us find answers through the research process. Fortunately BSWH has a plethora of resources we can access by email if guidance is needed for EBP or research projects.

Contacts for Nursing Research

**BSWH North Division**

- Director of BSWH Nursing Research ~ Susan Houston, RN, PhD, FAAN, NEA-BC
- Baylor All Saints Medical Center & Andrew’s Women’s Hospital ~ Suzy Lockwood, PhD, MSN, RN, OCN, FAAN
- Baylor Heart and Vascular Hospital ~ Sandra DeJong, BSN, RN-BC
- Baylor Institute for Rehabilitation ~ Beth Hudson MS, RN, CRRN
- Baylor Medical Center at Carrollton ~ Theresa Kaplan, MSN, RN
- Baylor Medical Center at Garland ~ Ruth Robert, PhD, MSN, RN, FNPC, CMSRN, PCCN
- Baylor Medical Center at Irving ~ Penny Huddleston, MSN, RN, CCRN
- Baylor Medical Center at McKinney ~ Linda Tjiong, MSN, RN, DBA
- Baylor Medical Center at Waxahachie ~ Suzanne Crumpton, RN
- Baylor Regional Medical Center at Grapevine & Baylor Regional Medical Center at Plano ~ Kathleen Ellis, PhD
- Baylor University Medical Center ~ Marygrace Leveille, PhD, RN, ACNP-BC
- Our Children’s House & Baylor Specialty Hospital ~ Susan Houston, PhD, RN, FAAN, NEA-BC
- The Heart Hospital Baylor Plano ~ Alaina Tellson, BSN, RN, CAPA, NE-BC
- Quantitative Sciences ~ Neil Fleming and Huanying Qin

**BSWH Central Division**

- Chair EBP Nursing Research Council ~ Phyllis Hart Tipton, PhD, RN
- Vice-Chair EBP Nursing Research Council ~ D’Ann Orr, MSN, RN, CHTS-CP, CCRP
- Chair Hillcrest Nursing Research Council ~ Jan Abens, BSN RN, DC

The Baylor Health Sciences Library offers:

- Electronic journals and eBooks
- Many databases including Up-to-Date & Epocrates
- Get it for me (inter-library loan)
- Medical librarians as resources and to assist with literature searches!

BSWH has a dedicated recruiter for Advanced Practice Professionals, Samantha Oakley. If you know someone who is looking for a position with BSWH or HTPN, you can email Samantha or view job listings at [www.baylorhealthjobs.com](http://www.baylorhealthjobs.com)

Did you know there is an intranet site just for BSWH North APRNs?

There you will find content relevant to APRNs, so check it out and check back often! Just click on the image to visit the page now!
Advanced Practice ~ Similarities and Differences

You’re already aware of the broad category APRN, which includes
- Certified Registered Nurse Anesthetists (CRNAs)
- Certified Nurse Midwives (CNMs)
- Clinical Nurse Specialists (CNSs)
- Nurse Practitioners (NPs)

Each APRN role has unique attributes including scope of practice, population served, and more. To complicate matters, there are sub-specializations within each role above. There are also areas of overlap amongst the groups, so APRNs with different titles may provide the same services. The most important thing is knowing and adhering to your APRN scope of practice and qualifications as allowed by Texas Board of Nursing Rules & Regulations.

More recently you may have heard the term APP, which stands for advanced practice provider or advanced practice professional. APPs include all APRNs as well as physician assistants (PAs).

There are similarities between APRNs and PAs in terms of certain regulations and what care they can provide. Differences include educational preparation and which agency governs professional practice.

As BSWH increases the number of APPs serving our patients and APRNs and PAs work side by side in many locations, you may be asked to explain similarities and differences to patients, families, and other clinicians.

Monica Foote, MPAS, PA-C, ATC, Manager of Advanced Practitioners for HTPN, provided these key points about PAs.

**PA Education:**
- Prerequisites vary from institution to institution, but typically a student entering an accredited PA program has a bachelor’s degree and approximately four years of healthcare experience.
- The average PA program takes 26 months to complete and nearly all award master’s degrees.
- Between classroom instruction, lab instruction and clinical rotations, PA students take more than 75 hours in pharmacology, 175 hours in behavioral sciences, more than 400 hours in basic sciences and nearly 580 hours of clinical medicine.
- On average, PA students complete more than 2,000 hours of clinical rotations.

**PA Scope of Practice:**
- PA scope of practice is determined by training, experience, state law, facility policy, and patient needs. Physicians may delegate medical services to PAs.

**PA Licensure:**
- In Texas, PAs are licensed by the Texas Medical Board. Prerequisites for licensure include graduation from an accredited PA program and successfully passing the PA National Certification Exam (PANCE). To maintain their state license, PAs in Texas must complete 40 hours of CME annually. To maintain a national certification, all PAs must complete 100 hours of CME every two years and take a recertification exam every ten years.