



September 2023

Hello National Jewish Health colleagues, here is our Special Edition of the *Advanced Practice Updates* newsletter celebrating **National Advanced Practice Provider (APP) Week!**

This edition will provide background on APP roles and educational preparation and highlight some of our outstanding APP practices here at our institution. Please take a moment to thank your APP colleagues for their contributions during National APP Week, September 25-29!

This issue showcases National APP Week, provides background information about APP roles and highlights several outstanding APPs here at National Jewish Health.

Future monthly issues will include articles about all our diverse APP teams across the organization.

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Please join us in celebrating APP Week.

National Advanced Practice Providers Week



This annual celebration recognizes and celebrates providers who are certified and licensed to assess, diagnose, treat, and manage illnesses, prescribe medications, perform clinical procedures, and conduct clinical research in management of the whole individual. This important group of providers elevate the fields of medicine and nursing to ensure our patients and communities receive safe, high-quality, evidence-based care. APPs include:

- Physician Assistants
- Nurse Practitioners
- Certified Registered Nurse Anesthetists
- Clinical Nurse Specialists
- Certified Nurse Midwives
- Certified Anesthesiologist Assistants

We utilize this week to celebrate the hard work of these professionals and to raise awareness of their unique roles in health care.

Advanced Practice at National Jewish Hospital

There are over 50 advanced practice providers (APPs) in diverse clinical and research roles across National Jewish Health departments, divisions, and programs. APPs comprise approximately 30% of the medical staff clinical providers, providing excellent care and continuity for patients and families. APPs are integral members of our expert care teams across the organization.

Advanced Practice Roles

The advanced practice workforce consists of several professional roles, including physician assistants (PA), anesthesiologist assistants (AA), and advanced practice registered nurses (APRN). The APRN profession includes four distinct roles, including certified registered nurse anesthetist (CRNA), clinical nurse specialist (CNS), certified nurse midwife (CNM), and nurse practitioner (NP). The NP role is further differentiated by population including neonatal, pediatric, family, adult/gerontology, psychiatric/mental health, women's health, as well as acute and primary care focus.

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APP Education and Preparation

Advanced practice graduate education programs include 500-1000 hours of clinical training. Physician assistant (PA) degree programs are typically master's level programs that provide generalist education across the lifespan. Some PA programs offer specialty tracks for more focused clinical education. Advanced practice nurse (APRN) programs are master's or doctoral level, conferring a doctor of nursing practice (DNP) degree. APP practice requires state licensure and board certification through national accrediting organizations.

While physicians must complete several years of residency with additional fellowship training for specialty practice, APPs enter the workforce with approximately 500-1000 hours of clinical precepting. Additional training is necessary to prepare APPs to deliver high quality care for the acutely ill and complex patients referred to National Jewish Health from across the country. Best practice for APP preparation is to provide three to six months of structured onboarding and orientation (more for subspecialty and critical care practice), continuing education, and ongoing maintenance of procedural and clinical competencies. Professional development may also include mentorship for participation in quality or process improvement projects, research, or development of evidence-based practice guidelines.

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Advanced Practice Highlights

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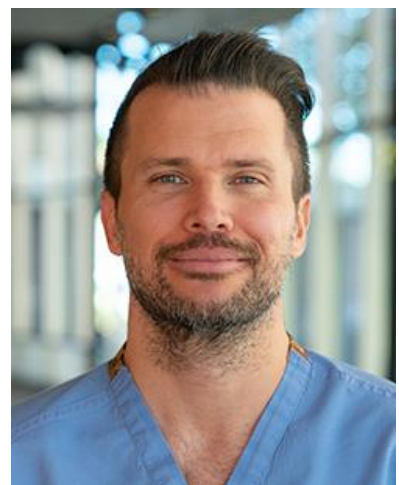
Anesthesia

Jeffery Zimmerman, MS, APRN, CRNA

Our certified registered nurse anesthetist (CRNA) team practices in the Minimally Invasive Diagnostic Center (MIDC) providing high quality anesthesia care for patients undergoing procedures at National Jewish Health. Jeffery serves as the Lead APP for anesthesia.

Other APPs on this team include:

- Annabelle Flanagan, CRNA
- Gabrielle Heckman, CRNA
- Stephanie May, CRNA
- Janna Mendoza, MS, APRN, CRNA
- Vinh Nguyen, MS, APRN, CRNA
- Alison Seders, MS, APRN, CRNA
- Jessica VanderKwaak, MS, APRN, CRNA



As CRNAs, we collaborate with proceduralists, nurses, and techs to provide pre, intra and post anesthesia care for patients in the MIDC. This is an outpatient procedural area located on the first floor in the Smith Building. Most of our patient population are people with varying levels of respiratory dysfunction. We provide sedation and general anesthetics to assist the proceduralists (pulmonologists, gastroenterologists, and cardiologists) in gathering more objective data to assist in diagnostic criteria and assessing baseline/progressing disease processes for our patients.

Our team of anesthetists are responsible for performing comprehensive assessments of patients' physical and anesthetic histories days prior to their procedure. As an outpatient center, we have clinical guidelines patients must meet to ensure optimal patient safety and outcomes. Therefore, the notes written by our colleagues in the clinical setting and other tests such as echocardiograms are imperative to our pre-anesthetic assessment to certify that the patient is an appropriate fit for the MIDC.

A unique part of our job is meeting our patients for the first time in the preoperative interview. This is the brief opportunity we get to build a connection with our patients and reassure them that they are in some of the best hands in the country. We skillfully guide them through their preoperative, intraoperative, and postoperative care until we give our handoff to the recovery area nurses. It is such a delicate continuum of care and one that we proudly excel at here at National Jewish Health.

Our CRNA team recently made significant contributions to patient safety by creating and implementing a prescreening tool with criteria to identify patients at higher risk for anesthesia complications. This tool has improved patient safety by ensuring that patients are appropriate for anesthesia at an ambulatory center.

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Mycobacterial and Respiratory Infections

Jennifer Faber-Gerling, MS, ACNS-BC, ANP-BC (left below)

Maria Rahardja, DNP, APRN, ANP



The Division of Mycobacterial and Respiratory Infections is a collaborative team of providers including physicians, nurse practitioners, respiratory therapists, dietitians, and nurses that services a primarily out of state patient population with pulmonary and extra pulmonary (soft tissue) mycobacterial infections and underlying bronchiectasis.

We are located on the second floor of the Goodman building. Our new out of state patients participate in an Adult Day Unit program (ADU). This a 10-day ambulatory

evaluation to evaluate their underlying lung disease of bronchiectasis and determine what predisposes them to bronchiectasis.

We review all the intakes for prospective patients to determine what will be needed during their evaluations. We reach out to referring providers when needed and collaborate with consultants that may be needed to service these patients upon arrival.

Additionally, Jennifer is a paid consultant for Insmad and provides disease state presentations and branded talks for Arikayce with providers nationally. In this role she has also collaborated with physician and pharmacy partners to provide grant funded educational programs thru large educational firms on mycobacterial disease.

This team provides valuable education for patients to have ownership of their disease process and be able to advocate for their health needs at home and thru this very comprehensive evaluation at National Jewish Health.

Maria joined the Division of Mycobacterial and Respiratory Infections in July 2023. She comes to us from the University of Washington in Seattle with clinical experience in pulmonary, critical care and sleep medicine, pulmonary infections, oncology, bone marrow/stem cell transplant, immunotherapy, as well as plastic and reconstructive surgery for oncology patients.

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Palliative Care

Bronwyn Long, DNP, MBA, ACHPN, AOCNS, ACNS-BC (left below)

Katie Rosen, MSN, APRN, ANP-C

The Palliative Care team is comprised of nurse practitioners and a licensed social worker who provide palliative and supportive care to patients with lung and other cancers, chronic obstructive pulmonary disease, interstitial lung disease, pulmonary hypertension, neuromuscular disorders, cystic fibrosis, and autoimmune diseases.



The Palliative/Supportive Care practice is located on the main campus. Our providers manage symptoms, assist with advance care planning, and offer psychosocial support. We provide an intake visit and follow up at one month to discuss the plan of care. If the plan includes controlled substances, per CDC guidelines we meet with patients every three months, in person or via telehealth. While we manage some patients' pain associated with a condition treated at National Jewish Health, we are not a primary pain service. National Jewish does not have a pain clinic or a pain physician. Patients who have chronic pain or a pain disorder should be referred to an outside pain clinic.

Bronwyn was awarded a \$10,000 grant from American Nurses Foundation & Hospice and Palliative Nurses Association in 2012. She served as principal investigator conducting a pilot study, "Improving Quality of Life in Chronic Obstructive Pulmonary Disease by Integrating Palliative Approaches to Dyspnea, Anxiety, and Depression." Study results were published in the December 2014 issue of the *Journal of Hospice & Palliative Nursing*.

Katie recently completed a master's certificate and palliative care, and she is currently expanding her practice to provide palliative care for patients with chronic lung disease, or other diseases which cause respiratory failure, including pulmonary hypertension, and amyotrophic lateral sclerosis (ALS).

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Exercise and Performance Breathing Center

Lizzie Fan, MS, PA-C (left below) and Cori Fratelli, MSN, APRN, FNP-C



The mission of the National Jewish Health Exercise and Performance Breathing Center is to empower children and adults of any athletic or activity level to exercise to their fullest capacity and overcome related medical and psychosocial barriers now and in the future through visionary, curious, collaborative and elite clinical care, discovery and education.

The vision of this program is to become the clinical world leader in the management of exertional breathing problems across the age spectrum through growth of the Exercise Induced Laryngeal Obstruction (EILO) program, and expansion of clinical programs at the interface of exercise/activity and respiratory disease.

The EILO program is located on the main campus and includes a dynamic interdisciplinary team of physicians, APPs, speech therapists, behavioral health specialists and nurses who work collaboratively to evaluate and manage patients with EILO throughout a week-long program. The program includes diagnostic and therapeutic laryngoscopy to identify EILO and train patients how to manage this problem through a novel breathing technique.

National Jewish Health and the University of Denver partnered to host the 2023 International Exercise & Breathing Conference here in Denver. The two-day conference featured expert speakers and best practices from our EILO program.

Pediatric Day Program

Elizabeth Gyorkos, MS, PA-C

The Pediatric Day Program in the Division of Pediatric Allergy & Immunology is located on the 2nd floor of the Smith building on National Jewish Health main campus.

The Pediatric Day Program provides intensive outpatient therapies for complex allergic and immunologic conditions such as asthma, eczema, environmental allergies, food allergies, food protein-induced enterocolitis syndrome (FPIES), immune deficiency, bronchiectasis, and rare pulmonary diseases. Our patients are generally with us for one to two weeks at a time for all day (8 a.m. – 5 p.m.) appointments that include patient education, therapies, diagnostics and care. This is the only program of its kind in the nation and families come from across the country for the intensive and expert care that we provide.



Within the Day Program, Elizabeth Gyorkos developed an asthma adherence program, called the Asthma Tune Up Program, which uses a device that connects asthma medicine to a cell phone app. This program has helped children become more adherent to their asthma medications leading to overall improved control.

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Pediatric Research

Patricia (Trish) Taylor, FNP-C, MPH

Our ambulatory clinical practice includes the main campus and community practice studies with newborn babies and their families. We have a team approach. Some of our team members have moved on to diverse education and experiences, and several of our team members have been involved in the Clinical Translational Research Center (CTRC) for decades!

Our protocols encompass all age groups from birth to the elderly, although most of our studies are in the pediatric population.

Our clinical practice team has been instrumental in assisting new drugs to come to market, participating in novel treatments for disease entities, and contributing to a multitude of cited publications in the asthma/allergy/eczema/immunology field. Most of our work involves pharmaceutical research and National Institutes of Health consortium projects in addition to investigator-initiated trials in house. During the pandemic when a lot of research had to be halted, our team was able to pivot into the study of COVID vaccines in highly allergic patients and studying the response to the vaccines in this group.



Legislative Updates

SB23-083 Physician Assistant Collaboration Requirements

The Colorado Department of Regulatory Agencies (DORA) and the Colorado Medical Board finalized rulemaking for [SB23-083](#). **Rule 1.15** (formally Rule 400) **is finalized, effective as of Aug. 17, 2023** and implements changes to physician assistant (PA) collaboration requirements.



This new law removes the requirement that a PA be supervised by a physician or podiatrist except in certain circumstances. These revisions can now be found in [Medical Board Rule 1.15](#). The Board also has developed a [Frequently Asked Questions document](#) that may clarify any uncertainty created by these changes.

Please review these documents to familiarize yourself with the nature of collaborative agreements, and when supervising agreements are instead appropriate.

Do you need a Collaborative Agreement? [Sample Collaborative Agreement](#)

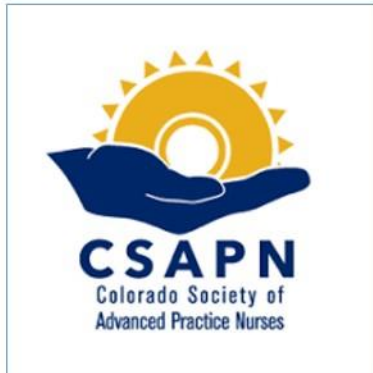
Need more information? [FAQ PA Collaboration](#)

Want to learn more about Collaborative Practice? [Attend CAPA's PA Professional Day](#)

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Changes to Regulations for Prescriptive Authority

The Colorado Board of Nursing held a virtual Stakeholder Meeting on Sept. 8, 2023, to receive feedback on several bills and proposed changes to Rule 1.15 Rules and Regulations for Prescriptive Authority for Advanced Practice Registered Nurses. The Permanent Rulemaking Hearing will be held on Wednesday, Oct. 25, 2023, at 9:30 a.m. (MDT)



The Colorado Nurses Association and [Colorado Society of Advanced Practice Nurses](#) have been connecting with advocates, and encourage individuals to correspond with the BON directly about how these proposed changes will affect their practice. The proposed changes will have the greatest impact on family practice NPs. Please see the outline below for specific proposed changes as well as the [link to the full draft rule](#).

To obtain Full Prescriptive Authority in a Population Focus, the following shall be documented as part of the required 750 hours of Mentorship.

Family and Individuals Across the Lifespan:

- Primary Care - 350 Clinical Hours with a corresponding mentor
- Pediatrics - 150 Clinical Hours with a corresponding mentor
- Adult - 150 Clinical Hours with a corresponding mentor
- Geriatric - 50 Clinical Hours with a corresponding mentor
- Women's Health - 50 Clinical Hours with a corresponding mentor

Written comments may be submitted online [here](#) or emailed to dora_dpo_rulemaking@state.co.us

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