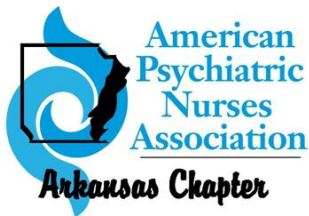


September 2015

APNA Arkansas Chapter



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President's Message



Dear Colleagues,

It is with much excitement that we present to you our first APNA, Arkansas chapter newsletter! September marks the 2 year anniversary of our chapter, and there are many plans taking root! Our first annual state conference was last November, and was a great success! We offered 8 speakers, along with 5 contact hours, and had over 60 in attendance from 3 states! Now, we aim to provide more regular contact with our members through a bi-annual newsletter, with hopes of soon distributing it quarterly.

Our chapter currently serves 93 members in Arkansas, which is a 35% increase since our inauguration! To celebrate our 2 years, we would like to set a goal of 100 MEMBERS in 2015! We can only do this with the help of all our members! To begin, you can invite your colleagues to join APNA by visiting www.apna.org. You can also invite them to our Facebook page: APNA, Arkansas Chapter. Visit our chapter webpage and member bridge for more information: www.apna.org/arkansas.

A main perk of joining this year will be our 2nd Annual State Conference, *Mental Health Nursing: A Common Thread Across Specialties*! The date has been set for Saturday, November 7th, 2015, to be held at the Embassy Suites in Little Rock. This year we have the renowned nursing theorist, **Dr. Margaret Newman**, as our keynote speaker! She will be sitting down with one of our board members in an armchair session, sharing her theory, *Health as Expanding Consciousness*, and how its implications for mental health nursing are the common thread across specialties.

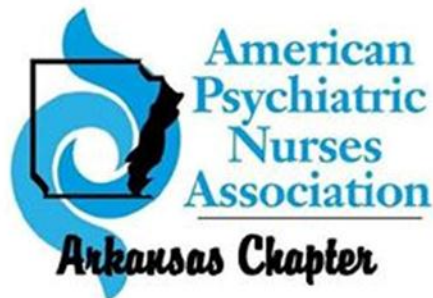
Additionally, if you have not heard yet, the APNA 29th Annual Conference is in Florida this year, October 25-31! APNA annual conferences always prove to be the most educational, applicable, and FUN conferences that I ever attend! Lake Buena Vista is a lake resort near Disney and there are some amazing park packages being offered to the attendees. For more information, visit the APNA homepage. If you've never attended, I highly recommend it! I would love to see some of you at the Chapter meeting while there as well!

I am so proud to be a part of this growing community of psychiatric nurses across Arkansas! As a part of APNA, we have access to invaluable resources and a support system of nearly 10,000 colleagues. It is my hope that we continue to grow as a chapter, as nurses, and as a driving force to provide effective, evidence-based mental healthcare to all of our patients!

To you all, the very best,

Sara Jones, PhD, ARPN, PMHNP-BC

SAVE THE DATE!!!



2nd ANNUAL STATE CONFERENCE:

*“Mental Health Nursing: A
Common Thread Across Specialties”*

NOVEMBER 7, 2015

8:00-4:00

Embassy Suites
Little Rock, Arkansas

Keynote Speaker:

Dr. Margaret Newman!

Health as Expanding Consciousness & its implications
for mental health nursing as a common thread across specialties

Program will also include:

2 concurrent tracks, RN and APRN
with 8 additional speakers
and **Continuing Education Hours**

Visit our webpage for Registration: www.apna.org/arkansas

The 1st Annual Arkansas Chapter APNA Conference was a huge success in 2014!

Thanks to the contributions of our great sponsors:

Arkansas Psychiatric Clinic

Central Arkansas' most comprehensive provider of behavioral health care



Last year's conference:

- Great information
- Great fun
- Great networking
- Great door prizes



Genetics and Precision Medicine:**APNA 13th Annual Clinical Psychopharmacology Institute**

By Jessica L. Fowler, MNSc, APRN, PMHNP-BC, Arkansas Chapter Member-at-Large

THE APNA 13th Annual Clinical Psychopharmacology Institute (CPI) was held from June 11th through June 14th in Baltimore, Maryland. This year's theme was "From Discovery to Recovery: Transforming Psychopharmacologic Nursing Practice." This was my first year to attend the conference, and I have to say that I definitely plan to go again next year. The speakers were prestigious, and the information they presented was applicable to current practice and also provided a "sneak peek" of sorts into the future of psychiatric/mental health care. Eric Green, MD, PhD, Director of the National Human Genome Research Institute (NHGRI) discussed his role in the Human Genome Project and mapping the human genome. This feat was accomplished in 2003 at a cost of \$1 billion. Twelve years later, practitioners are able to order a map of a patient's genome costing roughly \$1,500 to \$3,000 for a variety of purposes including identifying risks for rare disease, identifying types of cancer, and perhaps most relevant to psychiatric/mental health nursing practice, pharmacogenetics.

With the increasing ease of access to such testing, the International Society of Psychiatric Genetics – Genetic Testing Task Force created guidelines for the general psychiatric community in regards to genetic testing (guidelines can be found here: <http://ispg.net/wp-content/uploads/2014/04/Summary-Recommendations.pdf>) with the bottom line being that while genetic testing can map the human genome, there is not enough research to consider how this map impacts the individual patient. Questions such as "How do environment and lifestyle factor into the equation?" or "What are the total ethical and legal ramifications of psychiatric genetic testing?" remain largely unanswered. Francis McMahon, MD, a member of the ISPG task force, presented these guidelines and the rationale behind them at the APNA CPI conference. If you currently use genetic testing or are considering the use of genetic testing in your practice and would like to hear more about the ISPG guidelines, Dr. McMahon's presentation should be posted on the APNA website at this link <http://elearning.apna.org/cpi.php> very soon (it was not posted as of 7/20/15). At the very least, I highly recommend reviewing guidelines at the link posted above. Dr. McMahon stressed that a detailed family history is one of the most reliable tools when predicting "risk and response to treatment."

While there remains an abundance of areas needing more research, the good news is that Dr. Green and his team at the NHGRI have been appointed by President Obama and funded in the current federal budget to launch the Precision Medicine Initiative. In fact, the President discussed his intentions for the future of genomics through the Precision Medicine Initiative in his State of the Union Address in January of this year. To help explain the individualized treatment for specific diseases that precision medicine could provide, Dr. Green used the analogy of the very specific eye glasses prescription that is given to fit the needs of each individual patient treated for vision impairment. In the same manner, precision medicine will allow for standard practice to include a treatment plan that is specifically tailored to the individual's genetic, lifestyle, and environmental variables that contribute to expression and treatability of the disease.

In summary, while the use of such an innovative tool as genetic testing can be exciting and ground breaking, the presenters at the APNA-CPI conference highlighted the crucial component of remaining up to date with practice guidelines and evidence surrounding its use. With the testing being so new, the evidence has yet to answer some important questions regarding the impact of the testing on patient outcomes, how to apply the knowledge of the human genome to clinical treatment, and how to protect both the patient and the provider from unintended consequences of the testing. If you would like to know more information, here are a few links:

www.ispg.net - International Society of Psychiatric Genetics

www.g-2-c-2.org – Genetics Competency Center: provides learning resources for various disciplines and specialties in health care and using genetics in practice

www.g-3-c.org – Global Genetics and Genomics Community: provides free case studies with CEUs on the use of genetic testing (includes psychiatric diagnoses)

<http://www.nih.gov/precisionmedicine/> - National Institute of Health Precision medicine page; presents long and short term goals, announcements, and events for Precision Medicine research

<https://www.whitehouse.gov/precision-medicine> - The White House's Precision Medicine page; presents definition and mission of Precision Medicine Initiative.



We are looking for a few good people to join us!

The goal of 100 Arkansas APNA Chapter members in 2015 is possible!

We only need 14 more new members to reach our goal.

Please encourage your colleagues to join the American Psychiatric Nurses Association

It's easy to join. Click the link:
<http://www.apna.org/i4a/pages/index.cfm?pageid=3295>



Find us on Facebook @
APNA, Arkansas Chapter
INVITE YOUR FRIENDS!



Important Dates to Remember:

- APNA National Conference
October 29-31, 2015
Disney's Coronado Springs Resort
Lake Buena Vista, Florida
- 2nd Annual Arkansas Chapter APNA
Conference
November 7, 2015
Embassy Suites
Little Rock, Arkansas
- There will also be COMPLEMENTARY
DINNERS Friday (Nov. 6th) and Saturday night
of the conference! ALL welcome to attend!
More information to come soon!
MARK YOUR CALENDARS NOW!

Are you utilizing all the **SUPER**
benefits offered to APNA members?

- Over 220 online continuing education
sessions
- Grants and scholarships
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- Access career advice
- Networking and discussion forum
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Nurses Associations, evidence-based
PMH nursing research
- Savings at national and state APNA
conferences
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certifications, and exams