

SHAC NEWSLETTER

Student Health and Counseling Center (SHAC)

November 2015

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National Nurse Practitioner (NP) Week

NP Week 2015 November 8-14

National NP Week is held annually to celebrate and bring recognition to the NP role and to increase the awareness of the exceptional contributions NPs make to the health of millions of Americans.

What is a Nurse Practitioner (NP)?

A nurse practitioner is an advanced practice registered nurse who has completed graduate level education. All NPs in California are registered nurses licensed by the California Board of Registered Nursing (BRN) who have an expanded scope of practice over the traditional registered nurse role.

Components of NP practice include:

- Diagnosing, treating, evaluating and managing acute and chronic illness and disease
- Prescribing and furnishing medications for acute and chronic illness
- Performing or assisting in minor surgeries and procedures
- Counseling and educating patients on health behaviors, self-care and treatment options

The Future of NPs

NP training programs were first developed over 40 years ago due to a shortage of physicians. Working collaboratively with other healthcare professionals, NPs improve the quality and efficacy of our health care system. The National NP Week also reminds lawmakers to remove outdated barriers to practice so that NPs will be allowed to practice to the full extent of their experience and education. If you are, or know someone who is a NP/PA student, please show them your support and appreciation this week.

Great American Smokeout

What is the Great American Smokeout?

The Great American Smokeout is an event that takes place annually on the third Thursday of November. This event challenges people to stop using tobacco and helps people to learn about the many tools they can use to help them quit and stay tobacco free.

History of the Great American Smokeout

- Idea grew from a 1970 event in Randolph, MA, at which Arthur P. Mullaney asked people to give up cigarettes for a day and donate the money to a scholarship fund.
- In 1977, Berkeley, California, became the first community to limit smoking in restaurants and other public places.
- In 1990, the federal smoking ban on all interstate buses and domestic flights of 6 hours or less.
- In 1994, Mississippi filed the first 24 state lawsuits seeking to recuperate millions of dollars from tobacco companies for smoking-related illnesses paid for by Medicaid.

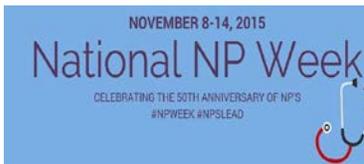
Quitting Tobacco is difficult

Research shows that quitting smoking is most successful when smokers have support, such as:

- Telephone smoking-cessation hotlines
- Stop-smoking groups
- Online quit groups
- Counseling
- Nicotine replacement products
- Prescription medicine to lessen cravings
- Guide books
- Encouragement and support from friends and family members

Using 2 or more of these measures to quit smoking works better than using any one of them alone

Ready to quit? Schedule an appointment with a SHAC provider to discuss quitting plans and/or receive resources or [click here](#) to learn about the steps to quitting smoking.



Source:
<http://www.aanp.org/all-about-nps/np-week>

Source:
<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/history-of-the-great->