

EL AVISO

January 2003

FNP, PA, MD – Who should I see and why?

Many clinic patients are used to “going to the doctor’s office” and seeing a doctor. But today it is common to have many medical visits with a family nurse practitioner (FNP) or physician’s assistant (PA). Our clinic offers the services of two MDs (Drs. Rowena Archibald and Rogelio Rojas), two FNPs (Catherine Auckland and Annie Smith) and one PA (Ray Galley). This article answers some frequently asked questions about the differences between the training these health professionals receive and the services each can offer.

What training does each type of provider have?

Medical Doctors (MDs) receive training in medical school after they have gone to college for four or more years. The studies before medical school are in classrooms, and can be in any subject, though it is common to choose biology or chemistry as a college major. Through medical school they receive four or more years in classroom and hands-on settings in clinics and hospitals. After medical school they must complete at least one-year of post-graduate residency training at which time they can take their Medical Board Examination. After they pass this exam they become General Practitioners. They may go on for further training in a specialty. While they can diagnose, treat, and work with you on most simple or complex medical problems, the additional

training gives them more skill for specific situations. For example, Dr. Archibald has that training in occupational health (injuries and illnesses related to work) and acupuncture. Dr. Rojas is an internist (relating to internal organs of body) and rheumatologist (joints, bones, muscles).

Nurse Practitioners (NPs) are Registered Nurses with additional training. Most have several years of work experience in hospitals or clinics and a bachelor’s degree in nursing before going to nurse practitioner school. Advanced schooling usually lasts two years and results in receiving a college master’s degree in nursing. Specialties can be chosen (e.g. family, child, adult). Our nurse practitioners are Catherine Auckland and Annie Smith; they are *family* nurse practitioners, who are trained to see people of all ages. Hence their title is FNP, with the letter “F” referring to “family.”

Ray Galley is our system’s Physician Assistant (PA). Physician Assistants receive intensified hands-on training along with classroom work. Their classroom studies can be as short as two years and result in an associate’s degree, though bachelor’s and master’s degree programs are more common.

What can NPs and PAs do?

NPs and PAs are trained to treat the majority of health problems and injuries that bring people to a medical clinic. They diagnose, treat, order tests, write prescriptions, refer to specialists, and provide education to patients. NPs and PAs regularly consult with and refer patients to MDs whose medical situations are more complex and need additional review. This is similar ⇒

LAS CLINICAS DEL NORTE: A Community Health Center, Established in 1972

Serving the communities of Abiquiu, Ancones, Barranco, Cañon, Carson, Chili, Cañones, Cañon Plaza, Duranes, El Llanito, El Pueblo, El Rito, Gallegos, Gavilan, Ghost Ranch, La Cueva, La Madera, La Mesa, La Zorro, Las Casitas, Las Tablas, Los Pinos, Medanales, No Agua, Ojo Caliente, Olguin, Petaca, Placitas, Plaza Blanca, Rio Chama, San Miguel, Servilleta, Servilleta Plaza, Silvestres, Tierra Azul, Tres Orejas, Tres Piedras, Tusas and Vallecitos and Youngsville

⇒ to how the family doctor will refer patients to a specialist when they believe further work-ups is needed. In some states and hospitals, NPs and PAs also work in specialized areas like cardiac and pediatric intensive care units.

What can NPs and PAs not do?

Each state sets its own rules for how much NPs and PAs can do independently of an MD. In New Mexico, NPs can have their own practices and write prescriptions without MD supervision, while PAs must have some supervision. At Las Clinicas del Norte, NPs and PA are part of a complete health care team that also includes MDs, nurses, counselors, medical assistants, and promotoras (lay health workers).

So who do I need to see?

Many studies have shown that patient satisfaction, whether the health care provider is a FNP, PA, or MD, is the same. As noted in the content so far, all the health care providers at Las Clinicas can see patients for most kinds of problems. As noted before, an MD visit for a small number of situations may be appropriate, such as for seriously ill patients with many complex health conditions, or people requiring more specific testing and review of specific parts of the body. Whether this is needed can be the subject of a conversation started by either the patient or health care provider.

Give it another try...

Begin the New Year as a Non-Smoker!

Join the next Quit Smoking group beginning Tuesday, January 7th at 6:30 pm in El Rito at Las Clinicas del Norte.

The program is one hour long and continues every Tuesday for 6 weeks. The program uses proven techniques from the American Lung Association's Freedom from Smoking program. Each smoker will develop an individual plan for quitting.

The first session is a "Thinking About Quitting" session and gives you the opportunity to find out more about how to quit. You may join the group the first or second session.

Participants in the program will receive 2 weeks of FREE Nicotine Patches to help them deal with nicotine dependence. For information, contact Mary Ann DeBoer in the El Rito clinic at 581-4728.

IMPORTANT INFORMATION ABOUT HOW TO RECEIVE DISCOUNTS AT LAS CLINICAS

Las Clinicas del Norte is *NOT* a government run clinic. No medical, dental, or counseling services are free, though they can be discounted. To be able to provide the many services, we depend on fees that patients pay, insurance monies from Medicare and Medicaid, and grants from both private and government sources.

We offer a discount that is based on income.

- In order to receive the discount, patients *must* give proof of income to the Receptionist. If you do not have this proof by the second visit, services will be charged at the full rate, without any discount.
- Patients must bring in proof of income every year by July 1st, or they will not receive the discount.
- If you need help obtaining this proof of income, please ask the Receptionist to help you set an appointment with one of our Case Managers.

Announcements & News Briefs

Congratulations to Ray David Martinez for the Poster he created for the 3rd Annual Traditional Healing & Substance Abuse Conference.

VISTA volunteer, **Amanda Sandoval**, has been at the clinic since May 2002 and will stay until May 2003. Each Monday she helps out with medical assistant duties and outreach at the El Rito clinic. When her Vista assignment is complete she will subsequently begin medical school at Cornell University in Manhattan, NY.

Amanda, who is from Denver, Colorado, is enjoying her stay in northern New Mexico. She particularly loves the staff at Las Clinicas del Norte and our New Mexican cuisine.

Our new medical assistant is **Ivan Wright**, M.A. who was trained in the navy where he served for 8 years as a medical assistant. He is also a Certified EMT. Ivan is a Tewa Indian now living back home in San Juan Pueblo.

Cecila Chavez is changing positions to become the Abiquiu promotora. **Luz Gomez** recently left that position. LCDN now has a Administrative Assistant position available.

A **AMERICORP POSITION** is still open at LCDN. This is a contracted job for 11 months, and there is a bonus towards college when their time is completed. The AmeriCorps office where one can inquire about the jobs is 747-5921.

Dental Department NEW HOURS IN JANUARY

Monday
9:00-7:00 pm
Tuesday, Wednesday, Thursday
8:00-6:00 pm

Notice from Counseling and Community

Services: If anyone is charged a visit for Environmental Intervention, please notify the Billing Department for an adjustment. Although printed as a charge, it is considered in-kind service and will be adjusted.

⊗ Community Events ⊗

Contact Person, Joan Tollefson, Editor, 776-8778 or 581-4728

Las Clinicas 24-hour Emergency Number – 1-888-678-6160

El Rito

Las Clinicas del Norte Board Meeting – every 3rd Monday,
7 pm, El Rito clinic Community Room

El Rito Library – Tues, Wed, 11 am – 5 pm, Thurs, 11am – 8
pm Sat, 11 am – 3 pm.

El Rito Library Board Mtgs. – every 1st Wed, 6:00 pm at
Library

Tutoring –El Rito Save the Children Ctr, call 581-4516

AA Meetings El Rito – Tues, & Thurs, 8pm – 9 pm, at Catholic
Church Parish Hall, open discussion. Contact Linda, 747-8043

El Rito Fire Dept. Mtgs. – every 2nd Wed, 7 pm, at the El Rito
Fire Station, open to the public

Recycling El Rito – 4th Saturday every month, 9 am – 2 pm,
behind Martin Store Gas Station

Abiquiu

Recycling Abiquiu – 4th Sunday every month, 9 am-2 pm,
Abiquiu Las Clinicas parking lot

Al-Anon Meetings Abiquiu – Monday 5:00 pm, call for
location., contact numbers, 581-4471 or 685-4503

Abiquiu Library – Mon, Tues, Wed, Thurs, 2 pm – 6 pm,
and Sunday, 9 am – 12 noon, on the Plaza

Abiquiu Fire Dept. Mtg. – every 2nd Thurs, 7 pm at Fire Dept.

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. – every 1st Wednesday,
7 pm, Ojo Caliente Fire Dept.

Medanales

Medanales, Rio Chama, Tierra Azul Community Mtg. – every
1st Monday, 7 pm, Medanales Comm. Ctr., ph.#, 685-9416

Northern New Mexico Community College
El Rito Campus

Northern New Spring Semester (2003)

Jan. 13 Classes Begin for our Spring Semester
Remember come on by and register for
classes.

For more information, please contact Donald
Martinez, 581-4120 or Dorothy Duran, 581-
4115.

REMEMBER

THE RURAL BOOKMOBILE

Using the Bookmobile is quite a neat thing,
actually. They carry an excellent
assortment of fiction and non-fiction books
for children and adults, with an extensive
collection of books in Spanish as well.

PLEASE NOTE: They also provide Inter- Library Loan services free of charge.

That is, if you want to borrow a book which
is not commonly found on the shelf, you
bring the librarian the citation (title, author,
publisher, ISBN#) and they'll request the
book from a cooperating library and either
send it to you or bring it the next time the
Bookmobile come to town. They even
provide return postage. (I've used this
service several times, to borrow books on
subjects as varied as the Vietnam War and
ceramic glaze chemistry. It's especially
handy if you need information out of the
mainstream. The Librarians do a very
competent job of locating obscure subject
matter.

Current schedule is:

Tuesday Jan. 7, Feb. 4, Mar. 4

Abiquiu @ Bode's – 1:15 – 2:00 pm

El Rito @ P.O. – 2:20 – 3:15 pm

La Madera @ P.O. – 3:35 – 4:15 pm

Ojo Caliente @ P.O. – 4:30 – 5:15 pm

Wednesday January 8

Tres Piedras @ P.O. – 9:00 – 9:45 pm

Tierra Amarilla @ P.O. – 11:00 – 2:00 pm

EL RITO PUBLIC LIBRARY

**Your Local Resource for Books-Videos-
Computers-Books on Tape-Literacy for all
Ages!**

New Winter Hours:

Tuesday, Wednesday, Thursday

11:00 am to 6:00 pm

Saturday

11:00 am to 3:00 pm

HAPPY 2003 EVERYONE!!!!

2002 was a remarkable year for the El Rito Library! Our staff has a few new faces, **Christine Trujillo**, Co-Director, **Manya Snyder**, Bookkeeper, and **Jeronimo Alire**, student helper. Both **Martha Yates** and **Christine Trujillo** are Co-Directors, Manya Snyder replaced Karla Conlin as the bookkeeper, Maxine Fine and Jane Kramer are our Librarians, and Jeronimo Alire is our teenager who is a Senior at Mesa Vista High School and works two hours a week. Please come by to see our friendly staff and let us help you with whatever your needs are. The El Rito Library Board of Directors are: Robert (Bob) Snow, President; Kathleen Ellsworth, Louie Martinez, Tracy McBride, Merry McIntyre, Felipe Ortega, Veronica Ortiz, Bill Page, and Virgil Vigil.

The library is now subscribing to *La Herencia*, a quarterly magazine of Hispanic culture north of Mexico. The first issue has arrived and it's filled with many interesting articles and photos. One we especially enjoyed was a piece called "Los Pachucos y su Lenguaje". In addition to *La Herencia*, we also have subscriptions to *Consumer Reports*, *The Horseman's Voice*, *National Geographic*, *The Smithsonian*, *The Nation* and *The Taos News*. So stop by, make yourself a cup of tea, pull up a chair and enjoy.

SPANISH CLASS will begin on Tuesday, January 7, 2003. The class is free and will start at 6:30 p.m. to 8:00 p.m. We will be meeting in the computer lab area of the library. If you are interested in attending, please call the library at 581-4608 and register so that we can prepare enough materials for all the students.

THANKS to more community members who help keep the Library going. **Tracy McBride** for her volunteer work, **Joe (Ross) Lopez** and **Naomi Naranjo** for cleaning up the leaves in the front yard of the Library, **Joey Vigil** for coming numerous times to light the pilot and turning on the gas heater. And of course, **John Snyder**, who is always here to help us whenever we call him for any little/big project we need.

CALLING ALL BOOK REVIEWERS...!

Did you check out a book or video from the library that you would like to comment on to others? Write a paragraph or two about it and we'll include it in the library news that come out in the monthly *El Aviso*. Include your name with the review and give it to any one of the library staff.

Here is our first Children's Book Review: *Arthur, For the Very First Time*, by Patricia MacLachlan. It is a young person's book filled with humor even an adult would enjoy. Arthur, ten years old, is having a very bad summer. He goes to live with his great aunt and uncle on their farm and life is turned upside down. I especially like the pet chicken that only understands French. Review by Jane Kramer.

BOOK DONATIONS: We would like to thank the following persons for their donation of books: **Natalie Goldberg, Ginger Legato, Marilyn Reeves of the Espanola Library, Albuquerque Journal, Jeanne Bonnadette, Charlotte Karotkin, Charles Knight, and Theresa Archuleta-Sagel.**

FRIENDS OF THE LIBRARY: Become a "Friend of the El Rito Library". No money down, just invest your time in making a good library even better. We need help in: publicizing the library, determining how best to serve El Rito and nearby communities, volunteer work, and raising funds. We will have our next meeting on **Monday, January 13, 2003 at 7:00 p.m. at the Library.** We are looking for a new leader, someone who is motivated, someone who has organizational skills. If you are interested, please call Christine Trujillo at 581-4608 or 753-1117.

REMINDER: If you would like to make a tax deductible donation, please drop off your donation at the library or mail it to: El Rito Library, P.O. Box 5, El Rito, NM 87530.

Abiquiu Public Library

Now that the Holiday season is over and all the guests have all gone home, you can sit down and have a nice quiet time at home under a nice warm blanket by the fireplace, with a Great BOOK! Sound like a good idea? Come in to the library and see what great books can do for the winter blues. You can find yourself in a nice warm place far away from the ice cold chill of the outside in James A Michener's book titled MEXICO. Or even if you like that cold winter weather you can find the book titled ALASKA by the same author. If those two titles do not catch your attention come in and see what kind of ABC mystery novels were written by Sue Grafton. Romances are always fun ask anyone who reads Danielle Steel's novels, she has great books like Going Home, Once in a lifetime, or The Wedding. These are just a few book titles and authors that you can find in the library. If there is something that you are interested in and we do not have it here in our library, we can find it for you through the Inter Library Loan system via internet.

Don't forget those of you who have questions on health issues we have many ways to help answer them. We have a vast collection of books from diabetes to breast cancer, along with other self-help books such as Body for Life: 12 Weeks to Mental and Physical Strength, by Bill Phillips. You can also find books on exercising, aging, co-dependency and even help with eating and dieting questions. We believe that we have something that will interest everyone, and if we don't have what you are looking for, we have many ways to find what you want or need. (Inter library loan or the Internet).

ITS ALMOST TIME FOR THOSE SCIENCE PROJECTS! For all of you kids, teachers, and parents: we may have what you need to research for that upcoming science project, class project or just that question that someone asked and you didn't know the answer to. We have lots of books, magazines and Internet access to help. Don't wait until the last minute.

THANK YOU FOR YOUR SUPPORT!

We thank all of you who have sent donations during the Christmas Holiday season to support

of our library. Your donations are always needed and GREATLY APPRECIATED! "Thank you for helping us to help you and yours."

A GRATEFUL THANKS to LCDN and Andy Lopez for contributing to the Santo Thomas Inditas Program, where 8 local girls were trained on the traditional style of old dances and participated in our annual fiesta on the weekend after Thanksgiving. Because of this a collection was started of moccasins and capes, bells and feathers, and the costumes that will be ready for the upcoming years. Thank you to all those who helped, danced and played drums. YOU ALL DID GREAT!

A SPECIAL THANKS FOR THE HELP WITH THE COMMUNITY PARISH HALL

A great big **THANK YOU** goes to **Salamon** and **Raul Manzanares** for their volunteer work in the repairing of the Parish Hall roof. Another GRATITUDE of THANKS goes to **Judy Lopez** at the Georgia O'Keefe Foundation for lending the helping hands of **Dexter Trujillo, Margarito Lopez** and **Belarmino Lopez** in the renewal of the steps in front of the Parish Hall. Also THANKS for the help of **El Sueno Del Corazon: Pete Hansen, Stephen Gallegos, Gene Serrano** and **Abel Martinez**. Thank you to Volunteers: **Tony Tuero** and **Virgil Trujillo**. A SPECIAL THANK YOU goes to the Project Manager, **Seledon Garcia**, who also participated in all the hard work.

Remember to give a nice big "**THANK YOU**" to all those who helped in the greatly needed repairs of our Community's Parish Hall. With their help the building will survive many, many more years to come.

The repairs of the Parish Hall are coming along in phases; the next step is the gas lines. Clean up date for the Parish Hall is in the planning phase, and we will need all the volunteers we can get. Let us know if you can come to help. Everyone is welcome.

Remember that the Parish Hall is a meeting place for all of our community (for one reason or another). Please help keep the building standing strong. If you think you can help in any way, please contact Isabel Trujillo at 685-0572.

We will reopen on Monday, January 5, 2003