



TLG MONTHLY

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PHYSICIAN ASSISTANT AND ADVANCED PRACTICE REGISTERED NURSE (APRN) NEWS AND INFORMATION



OLYMPIAN MIKAELA SHIFFRIN

HER JOB IS WINNING MEDALS

This month, the Winter Olympics begin in Pyeongchang, South Korea. One athlete to watch is 22-year-old Mikaela Shiffrin from Vail, Colorado. The American World Cup alpine ski racer is the reigning Olympic and world champion in slalom. She takes daily naps and credits sleep as the most important part of recovery. For more on her life, click [here](#). A few notable Olympians have gone onto careers in medicine: Eric Heiden, a speed skater who won five gold medals in 1980, is a physician in Wisconsin. Dot Richardson is an orthopedic surgeon in Florida. She won gold medals for softball in 1996 and 2000. In 1988, figure skater Debi Thomas became the first African American to medal at the Winter Olympics. She later became a surgeon but has since fallen on hard times.

Get your dream job in 2018

According to [U.S News and World Report](#), physician assistants and nurse practitioners rank at the top of the list of best health care jobs for 2018. “Over the next decade, health officials are projecting a severe shortage of health care professionals, brought about by an aging baby boom generation.”

The magazine projects 39,700 jobs available for physician assistants with a median salary of \$101,480. For nurse practitioners, the outlook is even brighter: 56,000 projected jobs, median salary of \$100,910. “Many of the highest-paying jobs are among the Best Health Care Jobs. The Bureau of Labor Statistics predicts that employment growth in this sector will be much quicker than the average for all jobs by 2026.”

See next page for more information on job hunting.





How to conduct a confidential job search

According to a recent survey, more than half of all workers who are employed, but looking for a job change, said their biggest concern was colleagues and supervisors learning about their job search. Here are [some tips](#) to conduct a confidential search while still focusing on your current job.

1. Don't use your work email address for job hunting.
2. Don't use your employer's computers or phones.
3. Keep your résumé, email correspondence, etc on your home computer.
4. Use your personal smartphone for most of your job search activities.

More job-hunting tips:

- [PA INTERVIEW QUESTIONS/ANSWERS](#)
- [BEST WEBSITES FOR PA JOB SEARCH](#)
- [SALARY NEGOTIATION TIPS](#)
- [ACE THE VIRTUAL INTERVIEW](#)
- [CHOOSING A NICHE JOB BOARD](#)

YOUR CAREER

HOW LINKEDIN CAN WORK FOR YOU

There are over 1.5 million health care professionals on LinkedIn, the professional networking site that has seen tremendous growth over the last fifteen years. With a few easy steps, you can grow your network of industry professionals and use the site to aid in your job search. According to the website, verywell.com, "healthcare hiring managers often post open positions on LinkedIn, and use the site to help identify potential candidates through the postings and referrals in addition to networking." Here are some tips for healthcare job seekers.

- 1. Proofread your profile.** Potential employers see your profile as a cover letter, so proofread and highlight your accomplishments, and include a professional-looking photo.
- 2. Ask and answer professional healthcare questions.** LinkedIn has a "Q&A" module, which may help your profile get more views.
- 3. Provide recommendations.** Online recommendations by colleagues and supervisors act as virtual references and help to validate your accomplishments.

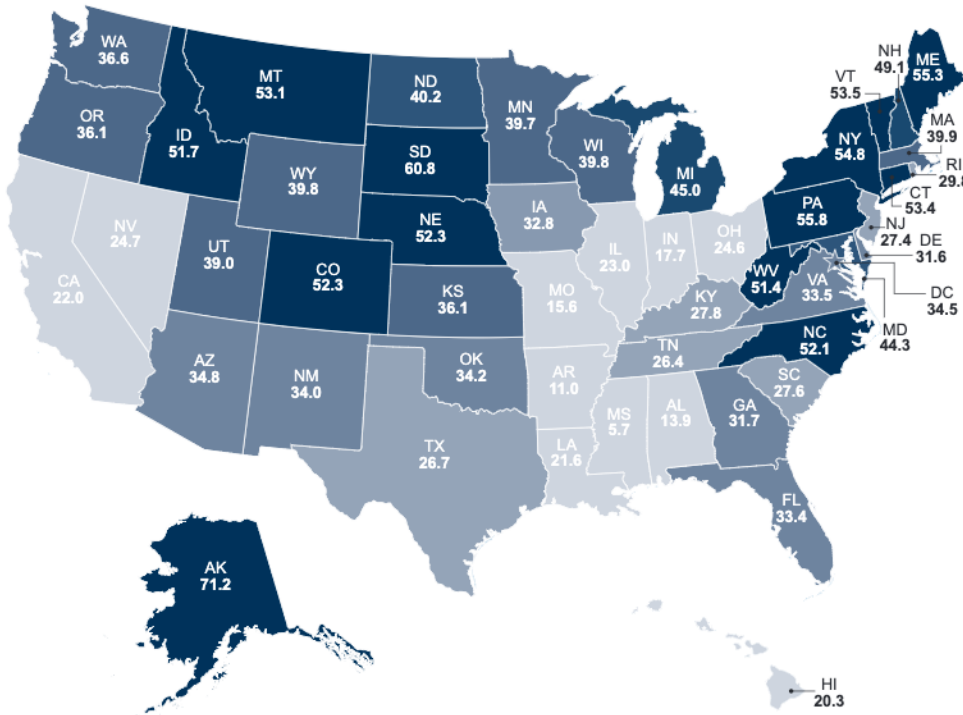


Go to pa-exchange.com, a specialized PA and ARPN job board. Every job posting comes with a money-back guarantee.

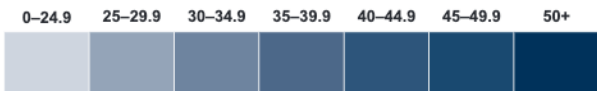




DISTRIBUTION OF PAs PER CAPITA BY STATE



Numbers in states refer to number of PAs per 100,000 population



STATISTICS

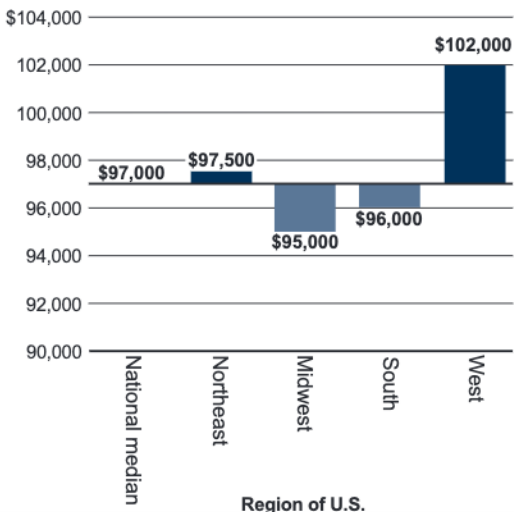
AAPA SALARY REPORT AT A GLANCE

The American Academy of PAs recently released a comprehensive report providing a detailed snapshot of PA compensation and benefits information in the U.S. Figures are for 2016. The profession has doubled in size every decade since 1980 with no end in sight.

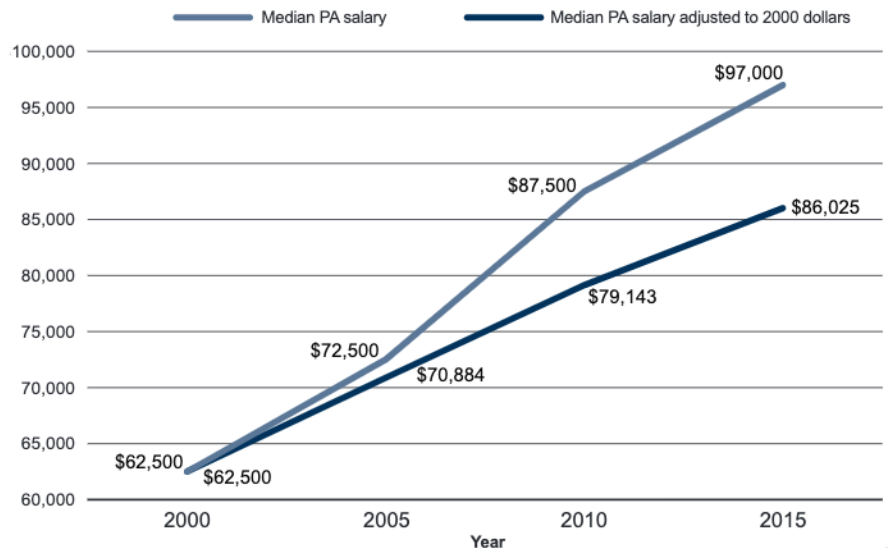
PA MODE OF COMPENSATION



MEDIAN BASE SALARY BY REGION



PA SALARY TRENDS OVER TIME





HOT JOB OF THE WEEK

PHYSICIAN ASSISTANT, GROWING URGENT CARE, MYSTIC, CONNECTICUT

Growing Urgent Care center is looking to add dynamic team-oriented Physician Assistant to staff. Providers should have a passion for patient care and enjoy treating a variety of cases. Providers should have strong inter-personal and critical thinking skills. Terrific compensation, bonus, benefits, CME, 401k and much more. The Mystic Connecticut area is one of the most desirable locations to live and work in New England. New England charm, Mystic Seaport Aquarium, beaches, boating activity, terrific restaurants and school systems, hiking and biking trails, and close proximity to Boston, Watch Hill, RI and Newport, RI. Don't forget to grab breakfast at Kitchen Little, the best breakfast location east of the Mississippi.

SUPER HOSPITALS



The Philadelphia Eagles beat the New England Patriots in Super Bowl LII in Minnesota last Sunday. The state is the site of another champion—the No. 1-ranked hospital in America: Mayo Clinic in Rochester. Here's a [list](#) of the best hospitals in the state.



LATEST NEWS AND HEADLINES

▶ Three corporate behemoths — Amazon, Berkshire Hathaway and JPMorgan Chase — announced late last month that they would form an [independent health care company](#) for their employees in the United States. ▶ La Jolla Institute Professor Dr. Alessandro Sette has been awarded a \$340,000 grant by The Michael J. Fox Foundation for Parkinson's Research (MJFF) to follow up on an earlier MJFF-supported study, which provided the strongest evidence to date that autoimmunity plays a role in Parkinson's disease. ▶ Oklahoma City hospitals are near capacity partly due to the flu epidemic. ▶ Syracuse, N.Y. hospital emergency rooms are so swamped with flu patients they have been temporarily turning away ambulances. ▶ An Army veteran is suing the Department of Veterans Affairs (VA) in U.S. District Court after a scalpel was found inside him from a surgery performed in 2013 at VA Connecticut Healthcare System - West Haven Campus.

Forbes

[10 Flexible Jobs With Big Potential in 2018](#)

Post and Courier

[As Physician Assistant Programs Proliferate, Schools Find Trouble Training Students](#)

Nurse.org

[2018 Top 10 Best Nursing Schools in California](#)

Nurse.org

[You Might Be a Nurse if You Do These 10 Things](#)

Nurse.org

[RN Launches Custom Gift Box Service for Nurses](#)

Bloomberg

[CVS's \\$68 Billion Bid to Bring](#)

Businessweek

[One-Stop Shopping to Health Care](#)





PA/ARPN PROGRAM SPOTLIGHT OF THE WEEK

BAYLOR SCOTT & WHITE HEALTH / TEMPLE, TEXAS

By Susan Schooleman

After essentially tripling its number of advanced practice professionals (APPs) — from 138 in 2008 to 376 in 2014 — Baylor Scott & White Health, Temple, Texas, saw almost immediate results. The multispecialty practice consists of more than 70 primary care and specialty clinic locations, 140 clinics and 13 acute care hospitals in a 29,000-square-mile service area across central Texas. Its APPs (also known as nonphysician providers) include physician assistants (PAs), advanced practice nurses (APNs) and certified registered nurse anesthetists (CRNAs).

“I think that ratio will continue to increase as we go forward in the future,” predicts Andrejs E. Avots-Avotins, MD, PhD, former chairman of the Scott & White Clinic board of direc-

tors and current senior vice president, Medical Affairs, and associate professor, Department of Medicine, Division of Gastroenterology, Texas A&M Health Science Center.

APPs can provide more routine care measures, such as physical exams, and free physicians to handle more challenging cases and technically demanding aspects of their profession, such as surgery, he explains. Scott & White, founded in 1897, has been known as Baylor Scott & White Health since a 2013 merger.

The decision to increase and enhance APP use at Scott & White started in 2008. “There was a mismatch between access and capacity in some areas, and we needed to figure out how we were going to address this,” Avots-Avotins explains. “As a gastro-

enterologist, I saw this firsthand. We had so many consults coming through, yet our endoscopy lab was not always full because most of the physicians were too busy in the clinic taking care of patients.”

Adding APPs to a practice allows physicians to devote more time to more challenging, high revenue-generating procedures. For example, a PA in a dermatology office can check patients for suspicious moles and allow a dermatologist to focus on biopsying a mole or on operations. APPs can also spend more time explaining discharge instructions and being available for patient follow-up questions after leaving the hospital. The physician would be involved only if there was a serious condition that an APP could not manage.