

# News You Can Use!!!

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## Telehealth: Iowa Administrative Code Chapter 6 and 7 Rules

by Jimmy Reyes, DNP, Ph.D.(c), AGNP, RN, FRE

Telehealth rules in Chapters 6 and 7 became effective on June 22, 2022 and the purpose is to provide guidance to licensed practical nurses, registered nurses, and APRNs on the practitioner provider relationship, consent to telehealth visits, the use of technology, record keeping, and follow-up care. In essence, the rules provide additional guidance on the effective and safe use of telehealth technology. According to the literature, telehealth is the use of digital information and communication technologies to access health care services remotely and manage the health care of a patient (ATA, 2019; Kruse et al., 2017; NONPF, 2018). Technologies can include computers and mobile devices, such as tablets and smartphones. This may be technology the patient use from home.

In addition, a nurse or other health care professional may provide telehealth from a primary care office or federally qualified health center, such as in rural areas. Telehealth can also be technology that the health care provider uses to improve or support health care services. Per Iowa Administrative Code, Chapter 7.9(5), Prior to providing services through telehealth, the licensee shall first establish a practitioner-patient relationship. A practitioner-patient relationship is established when:

- The person with a health-related matter seeks assistance from the licensee
- The licensee agrees to provide services
- The person agrees to be treated, or the person's legal guardian or legal representative agrees to the person's being treated, by the licensee regardless of whether there has been a previous in-person encounter between the licensee and the person.

In addition, a practitioner-patient relationship can be established through an in-person encounter, consultation with another licensee or health care provider, or telehealth encounter. Some services may be provided through telehealth without first establishing a practitioner-patient relationship in the following settings or circumstances:

- Institutional settings
- Licensed or certified nursing facilities, residential care facilities, intermediate care facilities, assisted living facilities, and hospice settings
- In response to an emergency or disaster
- Informal consultations with another health care provider performed by a licensee outside of the context of a contractual relationship, or on an irregular or infrequent basis, without the expectation or exchange of direct or indirect compensation
- Episodic consultations by a specialist located in another jurisdiction who provides

consultation services upon request to a licensee

- A substitute licensee acting on behalf and at the designation of an absent licensee or other health care provider in the same specialty on an on-call or cross-coverage basis; -□ When a sexually transmitted disease has been diagnosed in a patient, a licensee prescribes or dispenses antibiotics to the patient's named sexual partner(s) for the treatment of the sexually transmitted disease as recommended by the U.S. Centers for Disease Control and Prevention.

A licensee who provides services through telehealth shall be held to the same standard of care as is applicable to in-person settings. A licensee shall not perform any service via telehealth unless the same standard of care can be achieved as if the service was performed in person. Prior to initiating contact with a patient for the purpose of providing services to the patient using telehealth, a licensee shall:

- Review the patient's history and all relevant medical records
- Determine as to each unique patient encounter whether the licensee will be able to provide the same standard of care using telehealth as would be provided if the services were provided in person.

Additionally, prior to providing services via telehealth, the licensee shall obtain consent from the patient, or the patient's legal guardian or legal representative, to receive services via telehealth. Lastly, a licensee who provides services through telehealth to a patient physically located in Iowa must be licensed by the Iowa board of nursing. A licensee who provides services through telehealth to a patient physically located in another state shall be subject to the laws and jurisdiction of the state where the patient is physically located.

Telehealth rules and regulations may be reviewed in the following web links:

<https://www.legis.iowa.gov/docs/iac/rule/05-18-2022.655.6.4.pdf>

<https://www.legis.iowa.gov/docs/iac/rule/05-18-2022.655.7.9.pdf>

### References:

American Telemedicine Association. (ATA). (2019). Telehealth basics. Retrieved from <https://www.americantelemed.org/resource/why-telemedicine/>.

Iowa Administrative Code. (IAC). (2022). 6.4(152) Telehealth. Retrieved from <https://www.legis.iowa.gov/docs/iac/rule/05-18-2022.655.6.4.pdf>

Iowa Administrative Code. (IAC). (2022). 7.9(152) Standards of practice for telehealth. Retrieved from <https://www.legis.iowa.gov/docs/iac/rule/05-18-2022.655.7.9.pdf>

Kruse C. S., Krowski N., Rodriguez B., Tran L., Vela J., Brooks M. (2017). Telehealth and patient satisfaction: A systematic review and narrative analysis. *BMJ Open*, 7, e016242.

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## Yearly Reminders

by Kathleen R. Weinberg, MSN, RN

As a licensed nurse you are responsible for following the laws, rules and regulations which govern your profession. The following are reminders of what you need to do to retain your license and suggestions to involve yourself in the nursing profession.

1. Routinely check the IBON Online Verification System to determine your license expiration date.
2. Remember the Board of Nursing no longer issues paper nursing licenses.
3. A licensee may renew a license beginning 60 days prior to the license expiration date on the wallet card.
4. At the time of renewal make sure you have completed your continuing education requirements.
5. For renewal of a three year license, the requirement is 36 contact hours.
6. For renewal of a license that has been issued for less than three years, the requirement is 36 contact hours.
7. Maintain records of the continuing education you have received in your licensing cycle.

8. If you are chosen for a random audit of your continuing education, complete the audit following the directions.
9. If you regularly examine, attend, counsel or treat dependent adults or children in Iowa, have you completed the Mandatory Training course for dependent adults and the Mandatory Training course for children within the last 3 years? These courses must be completed every 3 years.
10. At the time of initial licensure or renewal answer all questions honestly, specifically relating to your continuing education and criminal history.
11. Does the board office have your current address on file? If not, submit your current address in writing to the board office or submit by email.
12. Do you know the address for the Iowa Board of Nursing's website? [www.nursing.iowa.gov](http://www.nursing.iowa.gov) Mark it as a favorite and refer to it often!
13. Do you know where to find the Iowa Administrative Rules for nursing, 655IAC? They can be found on the IBON Website!
14. Do you know who your legislator is?
15. Have you explored the option of joining a professional nursing organization and asked yourself how you can become involved in your profession?
16. Board staff is here to help answer your questions, it is always better to ask than to assume you have the correct answer. The main number to the board office is 515-281-3255.

#### **Specific to the Advanced Registered Nurse Practitioner (ARNP):**

1. ARNPs must hold an active RN license.
2. For an Iowa ARNP license you must submit a copy of your current certification card from the applicable national certifying body and documentation of your RN license if from another compact state.
3. The continuing education required by the national certifying body is deemed to meet the continuing education requirement mandated by Iowa law for license renewal. Documentation of current certification in itself verifies compliance.
4. ARNP's who regularly examine, attend, counsel or treat children or adults in Iowa are required to complete the Mandatory Training course for dependent adults and the Mandatory Training course for children every 3 years.

In summary nurses are accountable and responsible to follow the rules and regulations which govern their licensure and practice. I encourage you to stay informed and to follow these reminders for licensure.

As always, thank you for your continued commitment to the nursing profession and for the wonderful care you provide to Iowa citizens.

I wish you all a safe, healthy and happy 2023!!!

Best regards, Kathy

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## **Additional Information**

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### **988 Fast Facts- National Suicide Prevention Lifeline**

- 988 is confidential, free, and available 24/7/365, connecting those experiencing a mental health, substance use, or suicidal crisis with trained crisis counselors.
- Access is available through every land line, cell phone, and voice-over internet device in the United States and call services are available in Spanish, along with interpretation services in over 150 languages.
- The 988 dialing code is available for call, text, and chat starting on July 16, 2022. The previous 1-800-273-8255 number will continue to function even after the transition.

- The nationwide transition to 988 is just an initial step in reimagining crisis support in the U.S.

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States. You can call, text and/or chat by dialing 988.

published by Substance Abuse and Mental Health Services Administration (SAMSHA)

Retrieved from: <https://suicidepreventionmessaging.org/988messaging/framework>

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## The Iowa Nurse Assistance Program (INAP) Offers Support for Physical, Mental, and Substance Use Issues

INAP is a resource for individual nurses who are impaired as a result of substance use or by any mental or physical condition. It is a voluntary, confidential program and provides an opportunity for licensed professionals to receive proper treatment and maintain their professional status, while protecting the safety of the public. For more information regarding the INAP program please visit our website: [INAP webpage](#) or [INAP@iowa.gov](mailto:INAP@iowa.gov)

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## Iowa Center for Nursing Workforce: The United States Surgeon General Advisory on Building a Thriving Health Workforce

by Kendra Lindloff, MSN, RN, CNE

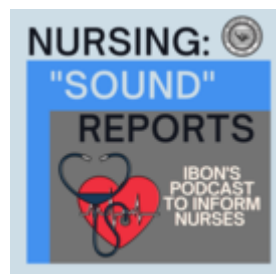
In May of 2022, the United States Surgeon General released an advisory statement informing the public of the urgent issue of health worker burnout. This statement is a call to action to strengthen the nations public health infrastructure by addressing health worker burnout and to build a thriving workforce. Themes of this statement include:

- A safe and inclusive health care environment
- Investing in a diverse and empowered health workforce
- Human centered technology
- A culture of healing, community, and connection
- Organizational values and leadership commitment to health workers needs
- Reducing administrative burdens during care delivery
- Community partnerships
- Accessible mental health and substance use care for all including health workers

As we look for solutions to health worker burnout, we must learn from the past and focus on the changes that we can make for a brighter future.

If you would like to read more: <https://www.hhs.gov/surgeongeneral/priorities/health-worker-burnout/index.html>

If you would like to learn about actions that can be taken: <https://www.hhs.gov/surgeongeneral/priorities/health-worker-burnout/index.html#action>



### Nursing: "Sound" Reports - Podcast

#### Telehealth: Are you following the rules?

Listen as Associate Director of Education, Jimmy Reyes discuss telehealth rules.

[Listen to the episode here](#)

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# Important Events, Information & Dates

## **IBON Holiday Hours**

The IBON office will be closed on January 16th, in observance for Martin Luther King Jr. Day.

## **Upcoming Board Meetings Scheduled**

January 18, 19, 20, 2023. (All day) Regularly scheduled quarterly Board Meeting. This will be an in-person meeting. Please see the IBON website for details on the public accessing the meeting.

February 22, 2023, (3 p.m.) Iowa Board of Nursing Conference Call

## **Board Meeting Records**

Agendas (posted no later than 24 hours before a meeting) and approved minutes are posted as they are approved by the Board.

## **Iowa Nurse Assistance Program Advisory Committee Meetings**

February 14, 1:00PM, 2023 is the next regularly scheduled Zoom conference call of the INAP Advisory Committee.

March 7, 2023 is the next regularly scheduled all day in-person meeting of the INAP Advisory Committee. If you or someone you know is impaired as a result of substance use or by any mental or physical condition, there is help.

Please see the [INAP webpage](#) for more information