

LETTER OF TESTIMONY – EVELYN G. KIELTYKA, MSN, MS, FNP  
IN SUPPORT OF LD 295 An Act To Repeal Restrictions That Prohibit Certain Advanced Practice Registered Nurses  
from Providing Essential Health Care Services  
BEFORE HEALTH COVERAGE, INSURANCE AND FINANCIAL SERVICES COMMITTEE  
Public Hearing: February 18, 2020

Good morning Senator Sanborn, Representative Tepler and distinguished committee members, my name is Evelyn Kieltyka. I am a family nurse practitioner and member at large for the Maine Nurse Practitioner Association. I live in East Winthrop. I am here today to testify in support of LD 295 “An Act “To Repeal Restrictions That Prohibit Certain Advanced Practice Registered Nurses from Providing Essential Health Care Services”..

Twenty-six years ago, this June, in 1995, the 117<sup>th</sup> legislature passed an AA to Provide Greater Access to Health Care. This legislation removed restrictive language thus permitting nurse practitioners to diagnose and treat patients and prescribe medications without a physician’s involvement. Simply put it as allowed nurse practitioners to practice to the full extent of their education and training.

As a result, nurse practitioners in Maine are significant providers in the health care system. Currently, there are over 2,300 NPs in Maine. We play an essential role in care for rural Mainers, Medicaid beneficiaries, and uninsured patients. Nurse Practitioners are indispensable as Maine faces many healthcare challenges, including an aging and increasingly diverse population, more patients with more chronic conditions, soaring costs, and a shortage of providers. Not to mention the current pandemic.

This legislation before you is the next critical step to ensuring that nurse practitioners practice to the full extent of their education and training. These outdated barriers limit qualified NPs from fully providing care to their patients.

In fact, no study establishes a basis for requiring physicians to supervise nurse practitioners. There is no evidence that NPs care is better in states with more restrictive physician oversight.<sup>i</sup>

I was there in 1995, when the 24 months was added to the current statute. As you might imagine the opposition by certain medical organization was fierce and powerful. Nurses were challenging a lot of norms. Only four other states at the time had full unrestricted practice for nurse practitioners. Today, 22 states, the District of Columbia, two U.S. territories, the Veterans Hospital Administration and Indian Health Service, NPs are authorized to directly provide these services.

The 24 months was added to maintain support for the bill. It’s intend is obsolete in today’s health care environment. All of us practice in a health care system with many colleagues for consultation. The 2-year supervisory period serves as impediment to getting health care to the citizens of Maine. This outdated regulation needlessly bottlenecks the workforce by making it illegal for an NP to provide these services unless they have a collaborative or supervisor contract with a physician.

Please support the passage of this LD. I appreciate the opportunity to provide you my testimony today in support of LD 295.

Sincerely, Evelyn Kieltyka, P.O. Box 367, E. Winthrop, Maine 04343

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Center to Champion Nursing in America. *Improving access to primary care: the growing role of advanced practice registered nurses*. Washington, DC; 2010.  
[http://campaignforaction.org/sites/default/files/2010.FS\\_ImprovingAccessstoPrimaryCareAPRNs.pdf](http://campaignforaction.org/sites/default/files/2010.FS_ImprovingAccessstoPrimaryCareAPRNs.pdf).