Advanced Practice Nursing

Definition:

- Registered Nurse
- Graduated from accredited NP program
- Passed National Certification
- Obtained License to Practice

- Diagnose
- Manage acute and chronic illness
- Advanced clinical training

(Advanced Practice Registered Nurses Joint Dialogue Group Report, 2008)
Primary Types of Nurse Practitioners

* Nurse Practitioner - NP
* Clinical Nurse Specialist - CNS
* Certified Registered Nurse Anesthetist - CRNA
* Certified Nurse Midwife - CNM

(Advanced Practice Registered Nurses Joint Dialogue Group Report, 2008)
History of Nurse Practitioners

CNS
Certified Nurse Specialist

• 1880 Psychiatric Nursing Program at McLean Hospital
• 1954 Rutger University – first Masters program
• 1970 American Nurses Association recognized CNS
• 1995 Direct Medicare Reimbursement

(Zaccagnini, 2017)
NP
Nurse Practitioners

18, 105 total active Advanced Practice Nurses

- 1965 University of Colorado first NP program
  (Short, 2017, pp. 334)
- 1971 First independent nurse practice
  (Banigan, 1998)
- 1975 Nursing Training Act  (Banigan, 1998)
Certified Registered Nurse Anesthetists

- First clinical nursing specialty late 1880’s
- 1877 – first documented anesthesia case
- 1909- first school of anesthesia at St Vincent’s Hospital in Portland, Oregon
- 1931 – first professional organization: American Association of Nurse Anesthetists
- Primary anesthesia for military since WWI

(Peterson, pp. 340-343)
CNM
Certified Nurse Midwife

✧ Primarily immigrants in 1800-1900
✧ 1925 Mary Breckinridge introduced midwifery model of care
✧ 1930 obstetrics became a medical specialty
✧ 1931 First nurse midwifery education program opened
✧ 1970 midwifery transitioned to middle class

(Ringdahl & Saftner, 2017, pp. 356-357)
Specialty areas include:

- Acute Care
- Adult Health
- Family Health
- Gerontology Health
- Neonatal Health
- Oncology
- Pediatric/Child Health
- Psychiatric/Mental Health
- Women's Health

(American Association of Nurse Practitioners, 2013)
Sub-specialty areas include:

- Allergy & Immunology
- Cardiovascular
- Dermatology
- Emergency
- Endocrinology
- Gastroenterology
- Hematology & Oncology
- Neurology
- Occupational Health
- Orthopedics
- Pulmonology & Respiratory
- Sports Medicine
- Urology

(American Association of Nurse Practitioners, 2013)
Comparison

Nurse Practitioner

* Nursing model
* Masters or Doctoral degree
* Patient-centered
* Practice independently in 21 states and DC

Physician Assistant

* Physician model
* Masters degree
* Disease-centered
* Licensed to practice medicine with physician supervision – on site supervision not required

(Practicing Clinician Exchange, 2016)
Role of Nurse Practitioner

- Evaluate
- Diagnose
- Manage
- Collaborate
- Ordering tests
- Prescribing medications
- Referrals

(Nurse Practitioners in Women’s Health, n.d.)
Focus on

- Prevention
- Health promotion
- Education

(American Association of Nurse Practitioners, 2013)
Education

Admission Criteria:

* Must be an RN
* GPA 3.0
* 1 year nursing experience

(Curriculum:

* 2 years / full time (includes summers)
* 46 credits
* 520 clinical hours

(Frontier Nursing University, n.d.a.)

(Frontier Nursing University, n.d.b.)
Program Basics

First step –
- Foundation
  - Pathophysiology
  - Health Assessment

(Frontier Nursing University, n.d.c.)

Second step -
- Specialty Courses
  - Pharmacology
  - Primary Care

(Frontier Nursing University, n.d.c.)

Third step –
- Clinical
  - 675 clinical hours

(Frontier Nursing University, n.d.b.)
Nurse Practitioner Outcomes: Systematic Review

- 107 studies were included
- 56 Randomized Controlled Trials
- Patient outcomes compared to physician
  - Emergency Department
  - Hospitalization
  - Length of Stay
  - Patient satisfaction
  - Patient perceived health
  - Glucose control
  - Lipid control
  - Blood Pressure

(Newhouse et al., 2011)
Outcomes
Nurse Practitioners

High Grade of Evidence

* Blood glucose levels comparable or better
* Lipid levels better
* Patient Satisfaction equivalent
* Patient rates of hospitalization/rehospitalization equivalent
* Mortality equivalent
* Blood Pressure levels equivalent

(Newhouse et al., 2011)
High grade of Evidence

- Episiotomy rates are lower
- Lower to comparable vaginal vs operative deliveries
- Less analgesia
- Rates of third and forth degree perineal lacerations were lower

(Newhouse et al., 2011)
Patient Satisfaction:

* Emergency room nurse practitioners positively impact patient satisfaction (Jennings, Clifford, Fox, O’Connell, & Gardner, 2015)
* A collaborative effort between NP’s and physicians will lead to a higher quality health care systems. (Newhouse et al., 2011)
* Patient satisfaction is equivalent between nurse practitioner and physician (Newhouse et al., 2011)

Care Outcomes:

* Patient outcomes are better with care provided by NP’s and CNM’s than care by physicians alone. (Newhouse et al., 2011)
* ARNP’s provide effective and safe care. (Newhouse et al., 2011)
* Emergency room nurse practitioners improve patient quality of care. (Jennings et al., 2015)
Scope of Practice

- Boundaries nurse practitioners are legally allowed to practice within
- Each specialty has its own boundaries
- Each state has different laws regarding scope of practice
Nurse Practitioners can:

- Diagnose
- Treat
- Preform minor operations

Florida Regulations:

- Prescribe drug therapies
- Order diagnostic tests

➤ under a board approved protocol between certified nurse practitioner and Florida licensed physician

(Florida Board of Nursing, 2007)
State of Florida received a Grade of “F” rank for patient access

* Mandated physician involvement

Ranked – A

- DC
- Alaska
- Maine
- Montana
- New Hampshire
- North Dakota
- Oregon
Nurse Practitioners are not Authorized In State of Florida

* Sign a Death Certificate
* Sign a DNR
* Prescribe schedule I Narcotics
New Florida Regulations:

Effective July 1, 2016
• Order controlled substances
  • Pharmacist available to dispense antagonist
  (Florida Board of Nursing, 2016b)

Effective January 1, 2017
• Prescribe controlled substances
  • Schedule II, III, or IV
  (Florida Board of Nursing, 2016a)


Contact Information

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Any Questions?