



INP / APN NETWORK BULLETIN

International Council of Nurses • Conseil international des infirmières • Consejo internacional de enfermeras
3, place Jean-Marteau • CH-1201 Geneva

Issue 20 November 2013

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Greetings from the Chair:

What a busy year it has been with the ICN 25th Congress conference in my home town, Melbourne. Our Finnish colleagues had a large contingency at the conference and did a fabulous Nordic presentation with standing room only. At the end of the conference I hosted the Finnish nurses to a day visit at my hospital. They spent the morning meeting with advanced practice nurses/nurse practitioners across two hospital sites and then we all met up in the afternoon for lunch and presentations from Australia and Finland on the development of the nurse practitioner role. Needless to say our INP/APN Network conference in Helsinki next year is shaping up as an exciting event. We had over 630 abstracts received!

The Practice subgroup has been very busy in putting together short summaries of the nurse practitioner practice from different countries. I'm sure the co-chairs, Melanie Rogers and Daniela Lehwaldt, would be delighted to receive a summary from your country! The co-chairs of the Research subgroup, Lorna Schuman and Beverly Bird, had a very productive meeting in Melbourne and have decided their group will embark on an international research study for the network. We will keep you informed of their progress.

Maureen Horsley from the fundraising subgroup is starting preparations to offer, for the third year, a grant to assist nurses from countries who are developing the nurse practitioner/advanced practice nursing role to attend our conference in Helsinki next year. Please keep an eye on our website for details of how to apply for the 2014 grant.

I receive many emails from people asking questions about development of nurse practitioner roles in various countries. I do not have the answers to such questions, however it would be worthwhile registering to post these questions on our forum. We now have over 19 topics with between 3000 to 5000 views for each topic. A great way to communicate to our international colleagues! See www.icn.ch/forum/. Looking forward to catching up with you in Helsinki 2014.

Anna Green, Chair
International NP/APN Network
International Council of Nurses

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2013 ICN Congress Report

Anna Green, Chair, INP/APNN

The official opening ceremony began on Saturday evening with the Traditional Parade of National Nurses Associations. Always guaranteed to be a colourful event with people wearing their traditional costumes and we were not disappointed.

With close to 4000 delegates from 120 countries, the four days went very quickly with not enough time to attend all the presentations of interest. Some of the highlights were the following talks:

- a) The Policy subgroups research was presented on Sunday – The research represented 36 countries and showed there were multiple titles being used for Advanced Practice Nursing. A large number of countries reported nurses were being prepared for advanced practice at the masters level with under half having title protection. The nomenclature continues to be an issue and there is wide variation between countries.
- b) Madrean Schober shared some of her PhD work on developing advanced practice nursing in Singapore. We look forward to hearing more from Madrean when her PhD is finished!
- c) An interesting session was held on nurse practitioner regulation in Australia, and
- d) There was standing room only for the Nordic countries' presentation on developing nurse practitioner roles of practice.

These are only a small sample of the many varied and high quality presentations available over the four days.

On the Tuesday afternoon we held our INP/APN Network meeting where we shared with the audience the activities of the core steering group and subgroups and then

opened up to the audience for comments and discussion.

There was ample opportunity to network and catch up with international colleagues over coffee or a bite to eat. All too soon the closing ceremony approached whereby the chain of office was transferred to Judith Shamian, the 27th president of office for the 2013 to 2017 period. Judith's watch word is 'Impact' as it embodies action and outcome.

The 2015 ICN conference will be held in Seoul, Korea. The 2017 ICN Congress will be in Barcelona. But don't forget our INP/APN Network conference next year in Helsinki, Finland from 18-20 August 2014.

Featured Countries

Germany

Author: Daniela Lehwaldt, RGN RNT, Ph.D. Student, MSc, PGDipClinical Health Sciences Education, BNS (Hons), Cert. Intensive Care and Anaesthetic Nursing

Advanced Practice Nursing in Germany

Compared to developments internationally, Advanced Practice Nursing (APN) in Germany is still in its infancy. The expert group 'Sachverständigenrat zur Begutachtung der Entwicklung im Gesundheitssystem', discussed potential developments within the German health care system in 2007. The group recommended that nurses should widen their scope of practice and that nurses should practice with greater autonomy. Since then, several political, educational and practice developments have taken place.

The German networking group, Deutsches Netzwerk APN & ANP e.V. (DN APN & ANP) was founded in 2008. DN APN & ANP facilitates professional discourse and offers networking opportunities for practitioners/parties who are interested in the development of APN in German speaking countries (including Germany, Switzerland and Austria). The group recommended seven APN sub-roles: practitioner, expert, advisor, researcher,

representative, leader and educator. Each role will be briefly discussed.

Practitioner: The APN is a practitioner working in direct patient care. The APN has an individual caseload of patients, defined by care phenomena or patient groups and assesses, diagnoses, treats and evaluates the care provided. The APN practices with a greater level of autonomy and accountability than other nursing practitioners.

Expert: The APN makes decisions based on extensive clinical experience, level of training, academic nurse education (minimum Masters degree) and local practice level agreements. The APN has expertise in Evidence-Based Nursing and is able to transfer knowledge from research/ evidence into practice while considering individual practice knowledge, intuition, and patient preferences.

Advisor: The APN is an advisor to patients/clients and relatives, providing safe and effective advice, conducting health assessments and implementing positive patient pathways. The APN educates and promotes health to patients/clients and relatives independently and through liaison with wards and interdisciplinary team members throughout the health care system. The APN develops patients/clients and relatives' skills, regarding their own care.

Researcher: The APN is a researcher, initiating clinical research studies or participating in large scale research projects. APN studies are mainly concerned with evaluating care provided to patient caseloads, improving patient outcomes, and optimising clinical care delivery. The APN also initiates research evaluating roles including scope of practice, decision making and level of autonomy in practice. Research findings are presented and published to disseminate new knowledge into a wider clinical practice arena.

Representative: The APN represents her field of nursing practice locally, nationally and internationally, building bridges between nursing and medical practice and advocating and supporting the development of Advanced

Practice Nursing. The APN also advocates for equality in care delivery and for needs-based high quality care for everyone.

Leader: The APN is a professional leader expanding personal and colleague based practice boundaries. The APN may, for example, initiate, develop and provide nurse-led care and clinics to ensure timely and effective patient care delivery. The APN advises and assists with the development, review and evaluation of clinical guidelines and policies relevant to individual practice areas and is a role model and clinical leader for colleagues.

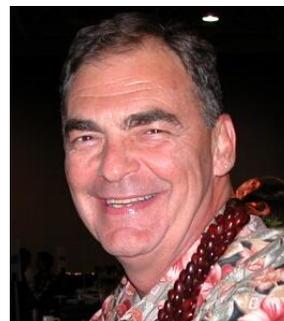
Educator: The APN teaches clinically to develop colleagues' (nurses, APN students and interdisciplinary team members) knowledge, skills and attitudes. The APN is a mentor and an assessor in clinical practice and is involved in transferring knowledge in the classroom through teaching at universities and universities of applied sciences.

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United States



Author: Wailua Brandman MSN APRN
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Describing an Advanced Practice Nursing Role in the United States

Since 2003, I have worked in an advanced practice nurse (APN) role in a solo private practice setting in Honolulu, Hawaii. My practice involves the provision of a number of mental health services including psychotherapy, medication management, health promotion education and case management. The mind-body therapy of Holographic Memory Resolution (www.healingdimensions.com/practitioners.htm), used to treat trauma of all types, is also integrated into my practice. While many of my patients have psychiatric problems including bipolar spectrum disorders and a wide range of psychological co-morbidities, as an APN I also deliver primary care services that have been integrated into a mental health caseload. Patients who are treated in this setting include individuals recovering from alcohol and/or illicit substance abuse and convicted sex offenders on probation from the criminal justice system. I also work with men with chronic illnesses, including HIV, and patients with disabilities. It is important to note that many of the patients in my practice setting receive financial assistance in the form of federal and state funded programs including Medicare and Medicaid.

In addition to the elements of my advanced practice role as previously described, I also sub-contract with a Community Based Case Management company (CBCM) providing services for the Hawaii State Department of Health, Adult Mental Health Division. This relationship allows me opportunities to work with case managers in the delivery of services to adults recovering from a number of mental health problems. One tool that I use to help these patients achieve balance in their lives is a self-help book that I have authored exploring, in part, energy and happiness.

I have integrated many professional leadership activities in my APN role. These include the following: former President of the Honolulu District of the Hawaii Nurses Association; co-

founder and founding President of the Hawaii Association of Professional Nurses; and co-founder and past President of the American Psychiatric Nurses Association Hawaii Chapter. Currently, I serve as a Board Member at Large for the American Psychiatric Nurses Association.

In describing elements of my APN role, I want to note the importance of Hawaii as a plenary state, meaning that in Hawaii, APNs have independent authority to practice to our full scope and education. Hawaiian APNs also have global signature authority to sign a number of state documents for our patients. Barriers to APN practice still persist in Hawaii, however, due to the presence of practice laws based on federal rather than state statutes. Some Hawaii state departments have not updated legislation since Hawaii became a plenary state, creating additional practice barriers. Hawaiian APNs continue to work to identify and resolve these state legislative issues to enhance their advanced practice.

United States

Authors: Lea Ann Purvis, MPA, American Nurse Practitioner Foundation and Kay Todd, PhD, CAE, CEO American Nurse Practitioner Foundation

White Paper Offers NPs New Findings on Patient Obesity

In the United States, currently one in three adults is considered clinically obese. The seriousness of this major health problem prompted a recent national summit and subsequent white paper from the American Nurse Practitioner Foundation (ANPF) focused on the role of US Nurse Practitioners (NPs) in addressing obesity. Findings of successful patient interventions were also identified and discussed.

The 2013 summit reviewed scientific data, included practical insights and tools for diagnosing, treating and managing those who are obese. One over-arching tenet from the summit identified treating obesity as a chronic disease with the development of timely, long-

term and individualized plans. Other highlights included:

- Present concrete, clinical data to patients such as body mass index and healthy target weight
- Word choice is critical so that the patient feels supported and motivated
- Early intervention has better health outcomes (before morbid obesity)
- Obesity discussions should be switched from short-term to lifelong
- Tailor assistance to each patient's contributing factors, when and why they want to change
- Provide specific options, diet customization, exercise plans and community resources for each patient

Overall discussion and research suggests that obese patients lose weight and gain a fit lifestyle if treated as individuals. "Effective treatment of obesity moves away from seeing it as an episodic problem with a one-size fits all solution," says Kay Todd, CEO of ANPF.

The Obesity Summit was attended by NPs who conduct research or provide leadership in the field. While childhood obesity was a sub-topic, a key Summit recommendation was to address this area with a specialty focus and in greater detail at a future date.

Funding for the Summit and development of the white paper was provided by an unrestricted grant from VIVUS, Inc. For more information and to read the Obesity White Paper, visit <http://anp-foundation.org/tools-resources/obesity-whitepaper>.

The **International Council of Nurses (ICN)** is a federation of more than 130 national nurses associations representing the millions of nurses worldwide. Operated by nurses and leading nursing internationally, ICN works to ensure quality nursing care for all and sound health policies globally.

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Upcoming ICN INP/APNN Conference



The 8th ICN INP/APNN conference will be hosted by the Finnish Nurses Association, 18-20 August in Helsinki, Finland. Welcome!

The Helsinki conference aims to highlight the role of advanced practice nurses in promoting health care access and achieving intended outcomes. The focus will be on the impact of APN roles on patient and health care outcomes, at the society and global level. Questions related to patients' equality, advanced career possibilities, evidence based practices, and prerequisites for practice will be of interest.

See further details www.nurses.fi

Join us also in Facebook!

Announcements:

Would you like to communicate with NPs and APNs from around the world? Why not join the INP/APNN discussion forum, hosted by ICN. It's free, fun and interactive. Go to the following link, register and join a topic that interests you or create a new topic.

www.icn.ch/forum/viewforum.php?f=47&sid=7d51a21fe5b9ca7220e1b23ff9279e4f