

THE NURSE PRACTITIONER

A Strategy for Healthcare System Improvement



THE ISSUE

Nurse Practitioners (NPs) can be better utilized to improve healthcare system efficiency, access and quality. NPs contribute to **better care** for individuals, **better health** for populations and **lower healthcare costs**.

BACKGROUND

- ▶ NPs are registered nurses who are licensed in all provinces and territories to autonomously diagnose, prescribe medications, order and interpret diagnostic tests, and perform specific clinical procedures.
- ▶ NPs focus on health promotion, disease prevention and acute and chronic illness management.
- ▶ NPs provide services to patients across the lifespan, families, groups and communities.
- ▶ NPs have existed in Canada for over 40 years. They work collaboratively within interprofessional teams in primary healthcare, long-term care and acute care settings.

KEY MESSAGES

Better Care for Individuals

- NPs increase access to high quality care in primary healthcare clinics, reduce wait times in emergency departments and increase timeliness of care in nursing homes.
- In the community, NPs promote wellness by providing preventive care, treating minor acute illness, and managing chronic diseases.
- In hospitals, NPs enhance continuity of care for seriously ill and complex care patients.
- NPs coordinate patient treatment and initiate appropriate and timely consultation or referral when the problem exceeds their scope of practice or expertise.
- Physicians and NPs working together improve continuity of care, interprofessional team planning, hospital discharge processes and post-discharge follow-up.
- Patients consistently report high levels of satisfaction with NP care.

Better Health for Populations

- The presence of NPs in a variety of healthcare service delivery models is associated with high-quality disease

management for chronic but stable conditions like diabetes or high blood pressure and improved patient outcomes.

- NPs increase access to primary healthcare for vulnerable isolated groups, people living in rural and remote regions, and Aboriginal Peoples.
- NPs in acute care improve the health outcomes of high risk patient populations in units such as neonatology, cardiology, neurosurgery, and intensive care.

Lower Costs

- In the community, NPs reduce costs in the care of general practice patients and specific patient populations such as those with diabetes, eczema, and those who live in rural areas.
- In hospitals, NPs improve patient readiness for discharge which leads to shorter length of stay and fewer re-admissions.
- In long-term care, NPs provide timely assessment, diagnosis and treatment for acute and episodic conditions and injuries which reduces avoidable transfers of residents to the emergency department.

Investment in the NP role will lead to health system improvements through better access to high quality cost-effective care.

For more information: www.apnnursingchair.mcmaster.ca

THE NURSE PRACTITIONER

Briefing Note References, 2012

www.apnnursingchair.mcmaster.ca

- Allen, J.K., Himmelfarb, C.R., Szanton, S.L., Bone, L., Hill, M.N., Levine, D.M. (2011). COACH trial: A randomized controlled trial of nurse practitioner/community health worker cardiovascular disease risk reduction in urban community health centers: rationale and design. *Contemporary Clinical Trials*, 32(3):403-411.
- Bryant-Lukosius, D. & DiCenso, A. (2004). A framework for the introduction and evaluation of advanced practice nursing roles. *Journal of Advanced Nursing*, 48(5): 519-529.
- Bryant-Lukosius, B. (2009). Designing innovative cancer services and APN roles, Toolkit. <https://www.cancerca.on.ca/cms/one.aspx?pageId=9387>
- Canadian Institutes for Health Information. (2011). Seniors and the health care system: What is the impact of multiple chronic conditions? <https://secure.cihi.ca/estore/product-Family.htm?locale=en&pf=PFC1575>
- Canadian Nurses Association. (2009). Position statement: The nurse practitioner. Ottawa, ON: Canadian Nurses Association. http://www2.cna-aiic.ca/CNA/documents/pdf/publications/PS_Nurse_Practitioner_e.pdf
- Canadian Nurse Practitioner Initiative. (2006). Implementation and Evaluation Toolkit for Nurse Practitioners in Canada. http://www.npnw.ca/initiative/Default_e.aspx
- Cowan, M.J., Shapiro, M., Hays, R.D., Afifi, A., Vazirani, S., Ward, C.R., Ettner, S.L. (2006). The effect of a multidisciplinary hospitalist/physician and advanced practice nurse collaboration on hospital costs. *Journal of Nursing Administration*, 36(2): 79-85.
- Delamaire, M-L., Lafortune, G., (2010). Nurses in advanced roles: A description and evaluation of experiences in 12 developed countries. OECD Health Working Paper No. 54. http://www.oecd.org/document/25/0,3746,en_2649_33929_2380441_1_1_1_1,00.html
- DiCenso, A., Bourgeault, I., Abelson, J., Martin Misener, R., Kaasalainen, S., Carter, N., Harbman, P., Donald, F., Bryant-Lukosius, D., Kilpatrick, K., (2010). Utilization of nurse practitioners to increase patient access to primary healthcare in Canada: Thinking outside the box. *Canadian Journal of Nursing Leadership*, 23(special issue): 239-259.
- Dierick-van Daele, A.T., Metsemakers, J.F., Derckx, E.W., Spreeuwenberg, C., Vrijhoef, H.J. (2009). Nurse practitioners substituting for general practitioners: Randomized controlled trial. *Journal of Advanced Nursing*, 65(2): 391-400.
- Dierick-van Daele, A.T., Steuten, L.M., Metsemakers, J.F., Derckx, E.W., Spreeuwenberg, C., Vrijhoef, H.J. (2010). Economic evaluation of nurse practitioners versus GPs in treating common conditions. *British Journal of General Practice*, 60(570): e28-35.
- Donald, F., Bryant-Lukosius, D., Martin Misener, R., Kaasalainen, S., Kilpatrick, K., Carter, N., Harbman, P., Bourgeault, I., DiCenso, A. (2010). Clinical nurse specialists and nurse practitioners: Title confusion and lack of role clarity. *Canadian Journal of Nursing Leadership*, 23(special issue): 189-210.
- Donald, F., Martin Misener, R., Bryant-Lukosius, D., Kilpatrick, K., Kaasalainen, S., Carter, N., Harbman, P., Bourgeault, I., DiCenso, A. (2010). The primary healthcare nurse practitioner role in Canada. *Canadian Journal of Nursing Leadership*, 23(special issue): 88-113.
- Ducharme, J., Adler, R.A., Pelletier, C., Murray, D., Tepper, J. (2009). The impact on patient flow after the integration of nurse practitioners and physician assistants in 6 Ontario emergency departments. *Canadian Journal of Emergency Medicine*, 11(5), 455-461. Retrieved from http://www.cjem-online.ca/sites/default/files/pg455_0.pdf
- Ettner, S.L., Kotlerman, J., Afifi, A., Vazirani, S., Hays, R.D., Shapiro, M., Cowan, M. (2006). An alternative approach to reducing the costs of patient care? A controlled trial of the multidisciplinary doctor-nurse practitioner (MDNP) model. *Medical Decision Making*, 26(1): 9-17.
- Fanta, K., Cook, B., Falcone, R.A., Jr, Rickets, C., Schweer, L., Brown, R.L., Garcia, V.F. (2006). Pediatric trauma nurse practitioners provide excellent care with superior patient satisfaction for injured children. *Journal of Pediatric Surgery*, 41(1): 277-281.
- Harris/Decima. (2009). Canadians very comfortable with expanded role for nurse practitioners. Press release, August 13, 2009. Ottawa, ON. http://sdnpc.ca/images/stories/canadians_very_comfortable_with_expanded_role_for_nurse_practitioners.doc
- Horrocks, S., Anderson, E., Salisbury, C., (2002). Systematic review of whether nurse practitioners working in primary care can provide equivalent care to doctors. *British Medical Journal*, 324(7341): 819-823.
- Houweling, S. Kleefstra, N., van Hateren, K., Kooy, A., Groenier, K., Ten Vergert, E., Meyboom-de Jong, B., Bilo, H. (2009). Diabetes specialist nurse as main care provider for patients with type 2 diabetes. *Netherlands Journal of Medicine*, 67(7): 279-284.
- Irvine, D., Sidani, S., Porter, H., O'Brien-Pallas, L., Simpson, B., McGillis Hall, L., Graydon, J., DiCenso, A., Redelmeir, D., & Nagel, L. (2000). Organizational factors influencing nurse practitioners' role implementation in acute care settings. *Canadian Journal of Nursing Leadership*, 13 (3): 28-35.
- Kaasalainen, S., Martin-Misener, R., Kilpatrick, K., Harbman, P., Bryant-Lukosius, D., Donald, F., Carter, N., DiCenso, A. (2010). A historical overview of the development of advanced practice nursing roles in Canada. *Canadian Journal of Nursing Leadership*, 23(special issue): 35-60.
- Kilpatrick, K. (2010). Perceptions of team effectiveness following the introduction of a cardiology acute care nurse practitioner role. Doctoral dissertation, McGill University, 238 pages.
- Kilpatrick, K., Harbman, P., Carter, N., Martin Misener, R., Bryant-Lukosius, D., Donald, F., Kaasalainen, S., Bourgeault, I., DiCenso, A., (2010). The acute care nurse practitioner role in Canada. *Canadian Journal of Nursing Leadership*, 23(special issue): 114-139.
- Kilpatrick, K., Lavoie-Tremblay, M., Ritchie, J.A., & Lamothe, L. (2011). Advanced practice nursing, health care teams and perceptions of team effectiveness. *The Health Care Manager*, 30(3): 215-226.
- Kilpatrick, K., Lavoie-Tremblay, M., Ritchie, J.A., Lamothe, L., Doran, D., & Rochefort, C. (in press). How are acute care nurse practitioners enacting their roles in healthcare teams? A descriptive multiple-case study. *International Journal of Nursing Studies*.
- Lau, A., Tse, Y. (2012). NPSTAT: A novel nurse practitioner acute care model in the community for Canada's current and future aging population. Health Council of Canada. Retrieved from http://70.33.204.227/hcc/Aaron-Lau-and-Yvonne-Tse_HIC_Essay_Group_Health_Practice.pdf
- Martin-Misener, R., Downe-Wamboldt, B., Cain, E., Girouard, M. (2009). Cost effectiveness and outcomes of a nurse practitioner-paramedic-family physician model of care: The Long and Brier Islands Study. *Primary Health Care Research & Development*, 10(1): 14-25.
- Martin-Misener, R., Bryant-Lukosius, D., Harbman, P., Donald, F., Kaasalainen, S., Carter, N., Kilpatrick, K., DiCenso, A. (2010). Education of advanced practice nurses in Canada. *Canadian Journal of Nursing Leadership*, 23(special issue): 61-84.
- Martin-Misener, R., Crawford, T., DiCenso, A., Akhtar-Danesh, N., Donald, F., Bryant-Lukosius, D., & Kaasalainen, S. (2010). A survey of the practice patterns of nurse practitioners in primary health care in Nova Scotia. College of Registered Nurses of Nova Scotia and Dalhousie School of Nursing. <http://www.crns.ca/documents/PracticePatternsStudy-Jan31-2010.pdf>
- Ministry of Health and Long-Term Care. (2009). Bill 179. An Act to Amend Various Acts Related to Regulated Health Professions and Certain Other Acts. http://www.ontla.on.ca/bills/bills-files/39_Parliament/Session1/b179ra.pdf.
- Ministry of Health and Long-Term Care. (2010). NPSTAT (Nurse Practitioners Supporting Teams Averting Transfers: Central East LHIN' NP LTC Outreach Program. Retrieved from http://www.centraleastlin.on.ca/uploadedFiles/Home_Page/Connected_with_Care/NPSTAT_Introduction_One-Page.pdf
- Newhouse, R., Stanik-Hutt, J., White, K., Johantgen, M., Bass, E., Zangaro, G., Wilson, R., Fountain, L., Steinwachs, D., Heindel, L., Weiner, J. (2011). Advanced practice nurse outcomes 1990-2008: A systematic review. *Nursing Economics*, CNE Series: 1-21. Retrieved from www.nursingeconomics.net/ce/2013/article3001021.pdf
- Paez, K.A., Allen, J.K. (2006). Cost-effectiveness of nurse practitioner management of hypercholesterolemia following coronary revascularization. *Journal of the American Academy of Nurse Practitioners*, 18(9): 436-444.
- PRA Inc. Research and Consulting. (2009). Evaluation of the Sudbury District Nurse Practitioner Clinics, final report. <http://www.sdnpc.ca/>
- Russell, G.M., Dahrouge, S., Hogg, W., Geneau, R., Muldoon, L., Tuna, M. (2009). Managing chronic disease in Ontario primary care: The impact of organizational factors. *Annals of Family Medicine*, 4(4): 309-318.
- Schuttelaar, M.L., Vermeulen, K.M., Druker, N., Coenraads, P.J. (2010). A randomized controlled trial in children with eczema: nurse practitioner vs. dermatologist. *British Journal of Dermatology*, 162(1): 162-170.
- Sidani, S., Doran, D., Porter, H., LeFort, S., O'Brien-Pallas, L.L., Zahn, C., Laschinger, H., Sarkissian, S. (2006). Processes of care: Comparison between nurse practitioners and physician residents in acute care. *Nursing Leadership*, 19(1):69-85.
- van Soeren, M.H., Micevski, V. (2001). Success indicators and barriers to acute nurse practitioner role implementation in four Ontario hospitals. *AACN Clinical Issues*, 12(3): 424-437.