Nurse Practitioners: A Role in Evolution Past, Present and Future

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Objectives

- Describe and discuss the evolution of the role of the nurse practitioner
- Describe and discuss the scope and standard of practice of the acute care nurse practitioner
Disclosures

I have no disclosures at this time
Overview

- Evolution through the Decades
  - Shortage of Physicians
  - Primary Care Setting
  - Rural Area
  - Medicare Reform
  - Health care cut backs
1960’s

- Late 1950’s thru 1960’s
  - Dr. Loretta Ford and Dr. Henry Silver
  - First NP program at the University of Colorado
- Boston College
  - Masters Program for Nurse Practitioner
- 1968 - First Nurse Practitioner Program began
1970’s

- 1973
  - More than 65 Nurse Practitioner Programs existed in the United States

- Documentation
  - Increasing availability in the primary care setting
  - Patient and physician satisfaction
During this time period it was estimated between 15,000 to 20,000 Nurse Practitioners were in practice in the United States.
1990’s

- 1993: AANP forms Certification Program
- 1999: Estimated 60,000 NP (more than doubled from the 24,000 in 1984)
2000

- Acute Care Nurse Practitioners joined the AANP
- Nurse Practitioners celebrated 40 years of practice
- It was estimated 106,000 nurse practitioner in the US
2010

- AANP developed health policy activities targeting Health Care Reform, CMS regulations, Medicare Payments all geared toward the importance of nurse practitioners and the impact on patient care.

- AANP participated in Health Care Reform meeting at the White House reviewing preventive care, quality care and the importance of recognizing all health care providers as a solution to the health care crisis.

- American Academy of NP and the American College of NP joined to form the America Association of NP.
Advanced Practice Registered Nurse

- Certified Registered Nurse Anesthetist
- Certified Nurse-Midwives
- Clinical Nurse Specialist
- Certified Nurse Practitioner
  - Family
  - Adult/Gerontology
  - Neonatal
  - Pediatrics
  - Women Health
  - Psychiatric
Certified Nurse Practitioner

- Provides Care along the wellness continuum
  - Primary Care
  - Acute Care

- Health Care Delivery Systems
  - Practice Autonomously
    - Family
    - Pediatrics
    - Internal Medicine
    - Geriatrics
    - Women Health
Certified Nurse Practitioner

- Provides in Primary and Acute Care
  - Initial, ongoing and comprehensive care
  - Obtaining a comprehensive history and physical

- Diagnose
  - Differential Diagnosis

- Treatment
  - Ordering, performing, supervising and interpreting labs and imaging studies
  - Prescribing Medications and Durable Medical Equipment
  - Making appropriate referrals
Certified Nurse Practitioner

- Management
  - Health Promotion
  - Disease Prevention
  - Health Education and Counseling
  - Acute/Chronic Diseases

- The Primary Care and Acute Care NP
  - Separate National Consensus based competencies
  - Separate Certification Process
Competencies

- APRN may add new procedures
  - Identifying a benefit for the procedure
    - Standard of Safe Practice
    - Consumer Demand
    - Interest of the Advance Practice Nurse
  - Demonstrate competency
    - Ensure that State and Federal Regulations are not restrictive
    - Maintain documentation of the patient care activities completed
      - Records reflecting acquisition and maintenance of competency
    - Identify established professional standards supporting the new activity

Texas Board of Nursing; 2014
Advanced Practice Registered Nurse has meet the 4 essential elements (LACE)$^{3,4}$

- **Licensure**
- **Accreditation**
- **Certification**
- **Education**
What is the Scope of Practice?

- According to the Texas Board of Nursing, "APRNs roles are dynamic."\(^3\)

- **Scope of Practice Evolves**
  - Evidence Based Practice
  - Changes in Health Care Delivery Systems
  - Technology Development
  - Acquisition of Knowledge/Experience
“Advanced nursing practice builds on the competencies of the registered nurse and is characterized by the integration and application of a broad range of theoretical and evidence-based knowledge that occurs as part of the graduate nursing education”¹
Determining the Scope of Practice

- Advance practice education
  - Role
  - Specialty

- Professional Scope
  - Defined by APRN organizations
    - Role
    - Function
    - Population served
    - Practice Setting
Determining the Scope of Practice

- **Individual Scope**
  - Professional Lifetime education of the individual
    - Clinical Experience
    - Various Clinical Settings
    - Continuing Nursing Education
    - New Developments in Healthcare

- **Legal Implications**
  - Title/designation
  - Changes can only take place through formal education and meeting the requirements set forth by the BON
The Texas Board of Nursing is in recognition of the individual scopes of practice within the same specialty and role however the “Board holds all APRNs accountable for knowing and practicing within their own professional and individual scope of practice”. 3
Acute Care Nurse Practitioner is a registered nurse that has completed an accredited graduate level education. This higher level of education allows the ACNP to independently perform a comprehensive health assessment, formulate differential diagnosis, order and interpret diagnostics and evaluate the outcomes of the patient intervention.

The ACNP purpose is to provide advanced nursing care in patients with critical, acute or complex chronic health conditions. 2
ACNP Standard of Practice

According to the American Association of Critical Care

- Advanced Assessment
  - Comprehensive or problem focused health history
  - Comprehensive or problem focused physical examination
  - Prioritization of data collection
  - Application of data collected according to patient need
  - Assessing possible interventions
    - Pharmacological
    - Nonpharmacological
ACNP Standard of Practice

- Advanced Assessment (cont)
  - Accurate documentation
  - Identifying Patient Individuality
    - Cultural Belief
    - Spiritual Belief
    - Ethnicity
    - Race
    - Sexual Orientation
    - Socioeconomic Status
  - Transitioning to a higher level of care
The ACNP independently analyzes the history of present illness, the assessment and all of the data collected in determining a differential diagnosis for the acute, critically ill patient. 4

- **Differential Diagnosis**
  - Formulate the working diagnosis and other differential diagnosis
  - Recognizes rapid deterioration of the critically ill patient
  - Diagnose the acute illness
• Differential Diagnosis (Cont)
  • Orders, supervises, performs and interprets diagnostics test
  • Prioritizes diagnosis in collaboration
  • Consults with other interprofessional health care teams
  • Reformulates the diagnosis based on patient clinical status
  • Individualizes the diagnostic process
  • Performs specific technical skills to monitor and sustain physiologic function such as radiographic interpretation, respiratory support, hemodynamic monitoring, line and tube insertion, lumbar puncture and wound debridement
ACNP Standard of Practice

ACNP identifies goals and outcomes for the acute/critically ill patient

- **Outcome Identification**
  - Establish goals that are evidence based practice
  - Collaborate with patient/family and interprofessional team to identify the desired restorative goals
  - Monitor the outcome progression
  - Modify goals and outcomes based on patient’s condition
  - Facilitate optimal outcomes by minimizing risk and protecting the patient’s health

American Association of Critical Care; 2012
The ACNP develops a Plan of Care geared towards achieving goals and outcomes.

- **Plan of Care**
  - Formulate the plan of care that incorporates the patient/family and interprofessional teams that is individualized and mutually agreed upon.
  - Continuous revision to the plan of care according to the patient’s physiologic needs.
  - Modification according to the patients response and treatment goals.

American Association of Critical Care; 2012
ACNP Standard of Practice

Plan of Care
- Prescribes and monitors treatments including but no limited to initiating bi-level positive airway pressure (BiPAP), splints, and durable medical equipment
- Initiates referrals and consultations
- Accurately and confidently documents medical decision making and patients response in an understandable manner
- Communicates the progression of plan of care to the patient and interprofessional teams

American Association of Critical Care; 2012
ACNP Standard of Practice

ACNP evaluates patient progression in meeting the goals and outcomes

- Evaluation
  - Performs an ongoing evaluation of the patient condition and responses to the therapeutic interventions
  - Uses quality indicators, evidence based practice, risk-benefit ratio and clinical judgment as patients move towards goals and outcomes
  - Modify the plan of care based on the evaluation of goals and outcomes

American Association of Critical Care; 2012
Current Trends

- **Evaluation**
  - Most academic centers have developed a model where the NP report to and are evaluated by their collaborating physicians for clinical progression/assessment

- **Reimbursement**
  - Currently, ACNP are reimbursed for the services they provide at 85% of the amount the physician would receive for the same services

- **Affordable Care Act**

- **Pay for Performance Initiatives**
What does the future hold?

- ACNP will be at a doctoral entry level expected by 2025
- Consensus Model integration (LACE) expected to start in 2015
  - APRNs will only be allowed changes in the scope of practice only through formal education and certification
  - Work experience will not be permitted to provide the training necessary to change the scope of practice
- ACNP in specialty areas
1 Curley MAQ. *Synergy: The Unique Relationship Between Nurses and Patients*. Indianapolis, IN: Sigma Theta Tau International; 2007


Questions

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