

Nursing Advanced Practice Management Nurse Practitioners in the United States

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Jean Moore, Director
Center for Health Workforce Studies
School of Public Health, SUNY at Albany
<http://chws.albany.edu>

Advanced Practice Registered Nurses (APRNs) in the U.S.

- Includes:
 - Certified Registered Nurse Anesthetists
 - Nurse Midwives
 - Clinical Nurse Specialists
 - Nurse Practitioners (NPs)
- APRNs must complete post-baccalaureate nursing education and pass a national certification examination
- APRNs possess advanced clinical knowledge and skills in their areas of specialty

Historical Perspective on Nurse Practitioners

- Developed in response to primary care physician shortages in the nineteen sixties
- First program began in Colorado in 1965
 - initial emphasis on health promotion and disease prevention
- NPs are now recognized in all U.S. states
- NPs are practitioners who diagnose and treat acute and chronic illnesses, and have prescriptive authority

NPs in the U.S. Practice in Many Specialties and Settings

■ Specialties include:

- adult health
- women's health
- family health
- school health
- geriatrics
- pediatrics,
- palliative care
- mental health
- acute care

■ Settings include:

- Hospital inpatient, outpatient, & emergency departments
- Health centers, nursing homes, private physician practices, private NP practices, school based health centers, retail clinics

2 Key Issues Related to Full Scope of Practice for NPs

- **Autonomy**
 - Requires the knowledge and clinical skills necessary for independent decision making and sound clinical judgment
 - Prescriptive authority independent of physician supervision
- **Direct reimbursement from public and private insurers**

NP Core Competencies

- Scientific foundation
- Leadership
- Practice inquiry
- Technology and information literacy
- Policy
- Health delivery system
- Ethics
- Independent practice

Educational Requirements for NPs Have Increased Over Time

- Initially required a post-RN certificate
- By 2007, requirements for NP certification included a master's degree with supervised clinical experience
- Doctor of Nursing Practice (DNP) may become the new entry level educational requirement for NPs

Research on NP Outcomes

- A systematic review of 37 studies examined patient outcomes of care by NPs compared to care managed exclusively by physicians and found high levels of evidence to support:
 - Equivalent levels of patient satisfaction
 - Equivalent levels of self-reported patient perception of health
 - Equivalent patient functional status outcomes
 - Equivalent levels of patient glucose control
 - Equivalent rates of hospitalization and emergency department visits
 - Better management of patient serum lipid levels by NPs

Newhouse, Robin P., et al. "Advanced practice nurse outcomes 1990-2008: a systematic review." *Nursing Economics* 29.5 (2011): 1-21.

Health Reform in the U.S. is Increasing Interest in NPs

- Health reform shifts the focus of the health care delivery system to primary and preventive care
- Increases emphasis on effective management of chronic diseases
 - e.g., support for strategies to improve health literacy and increase patient engagement in care
- Payment reform, moving away from fee for service and toward managed care arrangements
 - e.g., incentives for keeping people healthy and penalties for poor outcomes, e.g., inappropriate hospital readmissions

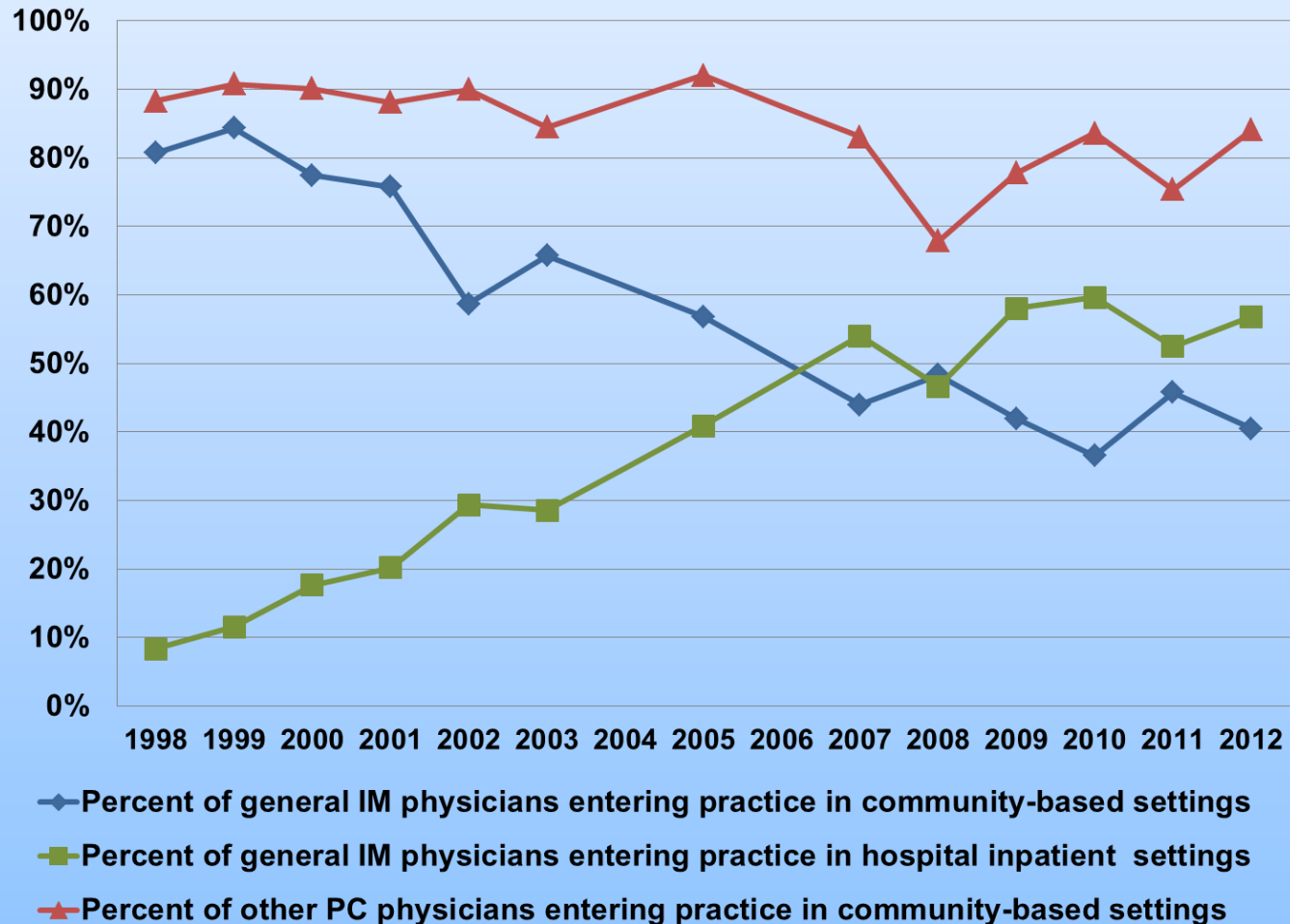
Health Care Delivery Under Health Reform: Guiding Principles

- Patient-centered care
- Coordinated care across different providers
- Active management of transitions across care settings
- Increased provider communication and collaboration
- Clear accountability for the total care of the patient

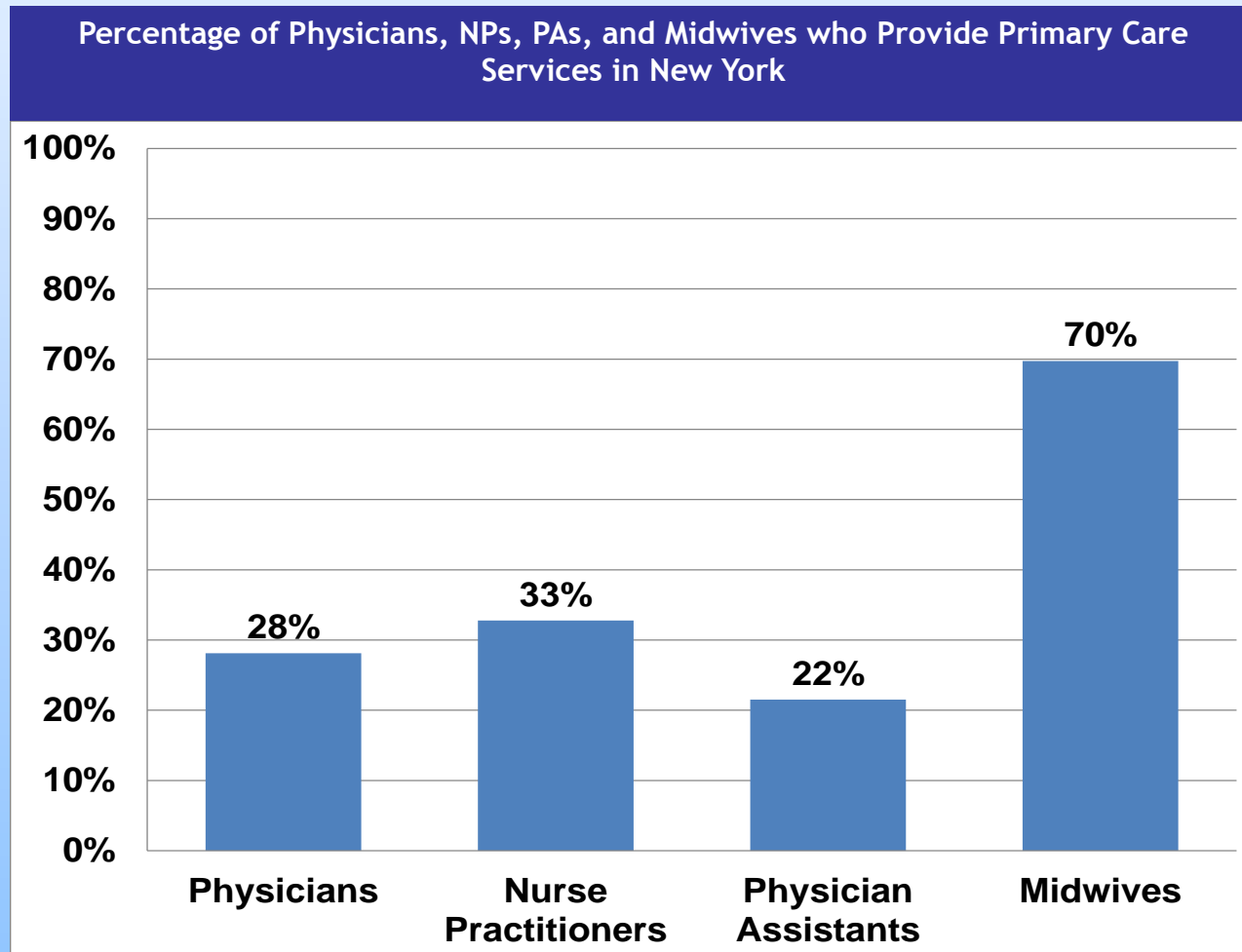
Challenges to Primary Care Service Expansion

- Primary care physicians are poorly distributed in the U.S.
 - Few practice in rural and inner city communities
- Currently about 58 million people in the U.S. reside in nearly 2,700 federally designated primary care shortage areas
- NPs are important providers of primary care services, particularly for underserved populations

More New PC Physicians Plan to Work in Inpatient Settings in New York

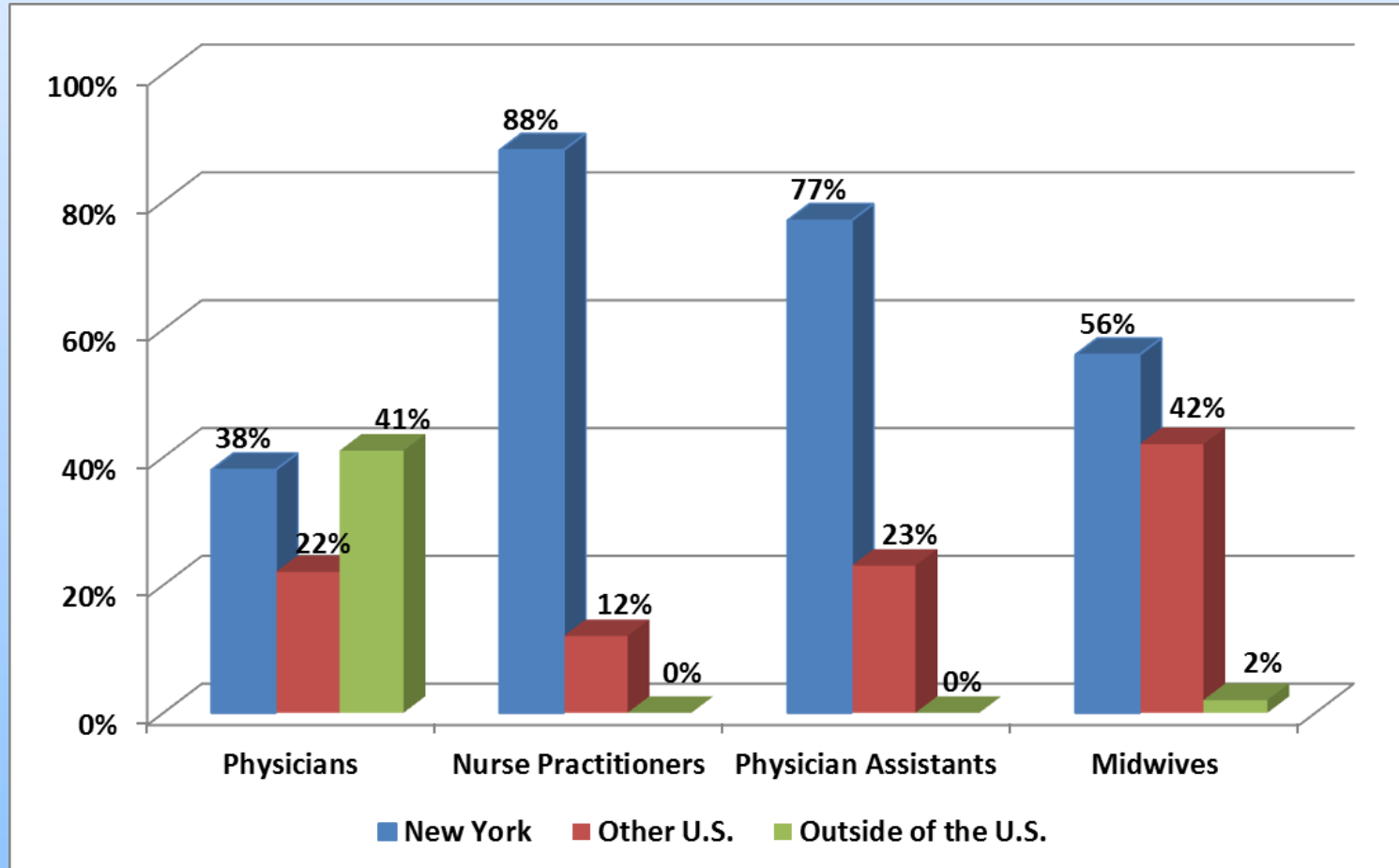


Who Are New York's Primary Care Practitioners?



Does NY Grow Its Own Primary Care Practitioners?

Training Location of Physicians, NPs, PAs, and MWs Who Provide Primary Care in NY



NY NPs: Providers of Primary Care in Specialty Settings

- Active NPs who work in primary care practice settings report spending 68% of their time providing primary care services
- Active NPs who work in all other practice settings report spending 58% of their time providing primary care services
- Setting clearly affects access, and may also impact on cost

Source: Center for Health Workforce Studies, NP Re-registration Survey

NPs Have a Seat at the Policy Table

- NPs are a well-established profession with strong and direct links to nursing
 - NPs must be RNs
 - The associations (ANA, AACN, NCSBN, etc) representing registered nursing also support NPs
 - Embedded structural support – e.g., HRSA's Division of Nursing
- The issue of state-to-state scope of practice variation for NPs is widely known and increasingly the subject of health workforce research

Looking Ahead

- In the U.S., demand for NPs is expected to grow
- Workforce data and research can inform strategies:
 - To ensure that NP training and education curricula reflect population health needs
 - To support the most effective use of NPs in emerging models of care
 - To evaluate impacts of NPs on access, quality and cost of health services

Thank You

Questions?