ADVANCED PRACTICE NURSE - APN

in primary health care
Medizentrum Schüpfen AG

APN - a task analysis

Masters thesis

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Master of Science in Nursing 2010
Background and Problem Description

• A medical centre for outpatients in the rural environment of a large city in Switzerland had identified a need to implement an ANP-role within a short period of time.

• In Switzerland the concept of Advanced Nursing Practice (ANP) is partially implemented in inpatient and outpatient settings.

• APN role definition and terminology vary worldwide:
  e.g.: Advanced Nurse Practice (ANP), Advanced Practice Nurse (APN), Clinical Nurse Specialist (CNS), Nurse Practitioner (NP)
APN – a task analysis

APN-Concept by Hamric et al. (2009)

seven core competencies by Hamric et al. (2009), own representation
APN – a task analysis

Question
What are potential areas of activity and activities/tasks of an APN nurse in a primary care setting for outpatients in a rural area of Switzerland?

Research design and methodology
Descriptive analysis of activities with participant observation

<table>
<thead>
<tr>
<th>Process 1</th>
<th>Data collection: activity grid</th>
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</thead>
<tbody>
<tr>
<td>Process 2</td>
<td>Data analysis: DACUM model, portfolio</td>
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<tr>
<td>Process 3</td>
<td>Validation process</td>
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<td>Process 4</td>
<td>Association in terms of expertise and complexity, as well as classification of the potential APN activities with weighting</td>
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</tbody>
</table>
Activity grid 1. process step

25 patient situations were observed through participant observation (9 outside the medical centre / 16 within the medical centre)

Main actors: doctor/physician, assistant physician, members of a freelance community nursing care, physician assistants (MPA)

A patient has been discharged from hospital to home. A member of a freelance home healthcare visits this patient to assess her general health condition...
DACUM-Modell und Portfolios 2. Prozessschritt

- APN – eine Tätigkeitsanalyse

Maßnahmen

- Stufe 1
- Stufe 2

$25 \text{ Portfolios}$

Abstraktionsniveau

Portfolio 7
Validation process 3rd step

Validation committee has validated nine situations (sample selection)

spectrum of potential APN activities → gray zone

SITUATION 7: Hausbesuch

7.1: Freiberufliche Spitex-Pflege
Erster Patientenkontakt. Einschätzung durch Inspektion des Allgemeinzustandes nach Spitalexantheme

7.2: Freiberufliche Spitex-Pflege
Medizinsozialplanerische Ebene: Patienteneinschätzung, systematisiert Anamnese; Wachbeobachtung und Clinical Assessment Herz und Lunge

7.3: Freiberufliche Spitex-Pflege
Medizinsozialplanerische Ebene. Interventionen Quick- und BZ-Kontrolle.

7.4: Freiberufliche Spitex-Pflege
Therapeutische und psychosoziale Ebene: Bezugspersonen-Pflege, Beratung, Coaching, Angehörigenbetreuung, Überwachung der Bühneren, sowie Medikation

7.5: Freiberufliche Spitex-Pflege

7.6: Freiberufliche Spitex-Pflege
Krankengeschichte elektronisch aktualisieren
Activities allocation 4th step

validated
Serving-added opportunities, classified according ...

rather high complexity of the activity

rather high professional competency

similar, equal ...

results

<table>
<thead>
<tr>
<th>Sammelbegriff für Tätigkeiten</th>
<th>Tätigkeiten (Situation) Gewichtung 1</th>
<th>Tätigkeiten (Situation) Gewichtung 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Systemfokussierte Anästhesie, Clinical Assessment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychosoziale Betreuung, Beratung und Coaching</td>
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</tbody>
</table>

collective name

Clinical Assessment durchführen, Herz-Lunge (Tätigkeiten 6.2, 7.2) und Inspektion (Tätigkeit 1.3)
Fachgerechte Beratungen, Thema Therapie (Tätigkeit 6.2)
## Results: rather high level of expertise

<table>
<thead>
<tr>
<th>Collective terms for activities</th>
<th>Activities (situation) weighting 1</th>
<th>Activities (situation) weighting 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triage, patient assessment</td>
<td></td>
<td>decide autonomously</td>
</tr>
<tr>
<td>System focused history, Clinical assessment perform</td>
<td>Interpretation blood values</td>
<td>Assessment of musculoskeletal abscess</td>
</tr>
<tr>
<td>Intervention</td>
<td></td>
<td>Knowledge about perfusion therapy, therapy frequency and respective follow-up (e.g., blood values) and subsequently perform and develop adequate care plan</td>
</tr>
</tbody>
</table>
Results: rather high complexity of activities

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<thead>
<tr>
<th>Collective terms for activities</th>
<th>Activities (situation) weighting 1</th>
<th>Activities (situation) weighting 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical assessment, system focused and medical history</td>
<td>Clinical assessment perform ear-lung inspection</td>
<td>Professional consultations, topical therapy</td>
</tr>
<tr>
<td>Psycho-social support, consulting and coaching of patient?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Results: rather equal/similar complexity and competency?

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<thead>
<tr>
<th>Collective terms for activities</th>
<th>Activities (situation) weighting 1</th>
<th>Activities (situation) weighting 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical decision-making</td>
<td>Make autonomous decision about the inclusion of patients regarding medication adjustment</td>
<td></td>
</tr>
<tr>
<td>Intervention</td>
<td>Perform INR and adjust blood sugar, control medication</td>
<td></td>
</tr>
<tr>
<td>Treatment procedure</td>
<td>Interpret blood values in consultation with the specialist procedure?</td>
<td></td>
</tr>
</tbody>
</table>
Comparison with the literature: APN model by Hamric et al.

<table>
<thead>
<tr>
<th>Hamric et al. (2009) Kernkompetenzen</th>
<th>potenzielle Tätigkeitsbereiche</th>
</tr>
</thead>
<tbody>
<tr>
<td>direkte klinische Tätigkeiten</td>
<td>Komplexe Pflegepraxis</td>
</tr>
<tr>
<td>Zusammenarbeit</td>
<td>interdisziplinäre Zusammenarbeit</td>
</tr>
<tr>
<td>klinisches und professionelles Leadership</td>
<td>Leadershipfunktion, Management, Administration (medizinisch-pflegerische und betriebliche Ebenen)</td>
</tr>
<tr>
<td>ethische Entscheidungsfindung</td>
<td>medizinisch-ethische Entscheidfindung</td>
</tr>
<tr>
<td>Coaching und Unterstützung</td>
<td>psychosoziale Betreuung, Beratung und Coaching</td>
</tr>
<tr>
<td>Beratung</td>
<td></td>
</tr>
<tr>
<td>Forschungstätigkeit</td>
<td></td>
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</tbody>
</table>
### Sketch of potential APN activity and potential APN activities/tasks

<table>
<thead>
<tr>
<th>potential APN activity</th>
<th>potential APN activities/tasks</th>
</tr>
</thead>
<tbody>
<tr>
<td>complex nursing practice</td>
<td>Systemfokussierte Anamnese, Clinical Assessment</td>
</tr>
<tr>
<td>interdisciplinary collaboration</td>
<td>Zusammenarbeit mit APs, z.B. Sprecher-Pflege, Assistenten, Fachärzte, Koordination interdisziplinärer und -externer Prozessschritte</td>
</tr>
<tr>
<td>Leadership, management, administration (med.-nursing and operational levels)</td>
<td>Patientenmanagement, Terminverwaltung, interdisziplinäre Kooperationen, interdisziplinäre Entscheidungsfindung und -implementierung</td>
</tr>
<tr>
<td>medical-ethical decision making</td>
<td>Behandlungsprozeduren definieren, autonome Entscheidungen treffen, Beratung und beratungsorientierte Therapieplanung</td>
</tr>
<tr>
<td>psychosocial support, counseling and coaching</td>
<td>Bezugspersonenunterstützung, fachgerechte Beratung, z.B. bei Infusionstherapien, Therapien, Coaching der Patienten betreuen, z.B. bei Schmerztherapien, der Angehörigen und der Familie, Fokus der Therapien</td>
</tr>
<tr>
<td>Evidence-based practice/research</td>
<td>Evidence-Based Practice, Evaluation der implementierten APN, aktiv in zukünftigen Forschungsprojekten sein</td>
</tr>
</tbody>
</table>
What happened 3 years after the implementation of this pioneering study about potential APN activities and tasks?

The APN in the Medizentrum Schüpfen AG
 MediZentrum Schüpfen AG

- "Doctors/physicians and therapists are located under one roof and offer a comprehensive range of outpatient medical services (MediZentrum). “

- The MediZentrum was developed 20 years ago out of a group practice of two doctors/physicians.

- Today it is unique in Switzerland and encompasses about 40 full-time and part-time employees.
MediZentrum Schüpfen AG

The main director of the MediZentrum is the senior physician, Dr. Blunier. He supervises the following structure:

- Medical services offered by six physicians including one physician assistant
- Mental health services and other therapeutic services offered by one psychologist, one psychiatrist, one nutritionist, physiotherapists and a diabetic nurse
- Physician assistants (MPA) and nursing staff with general nursing training (ACP) constitute a total of 11 employees, and one APN
- Five medical consultants working part-time
- Independent, professional home care consisting of five professional women (dipl. Nursing women and «Höfa» I
- Administration: one accountant, two secretarial/administrative assistants and two students in administration
Current Implementation of the APN role in the MediZentrum Schüpfen

APN practice role - within the centre:
- perfusion therapy
- ear wash
- wound management
- Clinical Assessment
- care of rheumatic patients
- measuring INR with subsequent drug regulation/adaptation

APN practice role – outside the centre:
- conduct assessments of patient situations during home visits
- interventions – perfusions, drug adaptation, wound dressings etc.
- support to patients
- support as well as coaching the patients and their family members
- case management
Practice examples

Example/situation 1:
A patient calls in to the centre. She has abdominal pain and wants to be visited by a physician:

Response:
• A visit by the APN
• Assessment of the history
• Clinical assessment of the abdomen
• Consultation with doctor by the phone or in the praxis
• Perform interventions; bring the medications, if need, organize professional nurse (Spitex)
Practice examples

Example 2:
Care of patients in a nursing home.
• Regular INR checks and subsequent adaptation of medication
• Case Management → therapy overview and information/exchange with oncologist, nursing home and the responsible physician: coordination → APN is the first contact person

Care of patients in another nursing home.
• Visit together with the physician: → perform consultation together
APN – a task analysis

Practice examples
Practice examples

Example 3:

- Care of rheumatological patients
- Remicade perfusions with regular controlling of the blood values
- Methotrexat therapy with regular controlling of the blood values
Problems

• financial compensation not yet solved

• No clear definitions of APN skills with MPA's and community nursing care

• In the law, the prescription by APN is not yet included
Future

• The APN will play an increasingly important role in primary care

• Clearly defined role of the APN, the MPA's and nurses

• Refining and deepen the skills for conducting clinical Assessments

• Billing system
Bibliography


DACUM., 1-5. Retrieved from ERIC: Education Recourses Information Center website: http://eric.ed.gov/ERICWebPortal/search/detailmini.jsp?_nfpb=true&_&ERICExtSearch_SearchValue_0=ED419155&ERICExtSearch_SearchFieldType_0=no&accno=ED419155, konsultiert am 10.11.2011


Thank you for your attention!

Do you have any questions?