Advanced Practice Nurses: Leading to Build a Culture of Health and Well-being

August 28, 2018

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Disclosure

• Nothing to disclose
Global Health Challenges

• Scarce resources
• Rising burden of chronic diseases like diabetes
• Climate change
• Migration
• Aging populations
• Spread of Western lifestyles
• Infectious diseases
• Global health care worker shortage
Landmark report:

• Offers recommendations to transform health through nursing
• Re-conceptualizes roles for nurses

“All nurses should practice to the full extent of their education and training”

#1 Report since inception at: www.nationalacademies.org
Campaign Vision

Everyone in America can live a healthier life, supported by a system in which nurses are essential partners in providing care and promoting health.
Nurses provide an immediate and cost-effective solution to care shortages

• All clinicians should be able to practice to the full extent of their education and training
• Barriers that limit nurses from expanding access to care must be removed
The Evidence

Nurse practitioners with full practice authority are:

1. More likely to provide key primary care services
   • Preventive care and chronic disease management (Morgan et al., 2014)
   • Education with community health centers (Hing et al., 2011)

2. More likely to practice in underserved settings
   • Rural areas (Buerhaus et al., 2015) (Graves et al., 2015)
   • Wider range of community settings (Buerhaus et al., 2015)
   • Medicaid patients (Buerhaus et al., 2015)
The Evidence

Medicare beneficiaries cared for by NPs have lower costs and fewer inappropriate hospitalizations, emergency department visits and less low-value care (Buerhaus et al., 2018; Perloff, DesRoches, Burhaus, 2016)

Full practice authority is linked to:

• Higher supply of nurse practitioners (Reagan et al., 2013)
• Greater access to care (Strange, 2014)
• Fewer avoidable hospitalizations and hospital readmissions (Oliver et al., 2014)
• Fewer emergency department visits for ambulatory-care sensitive conditions (Tracznynski and Udalova, 2014)
Progress: Removing Barriers
Progress: Veterans Administration

- Certified nurse practitioners
- Clinical nurse specialists
- Certified nurse midwives

Can practice to full extent of their education and training without supervision of physician, regardless of state’s restriction

Result: more timely access to care for veterans
Removing Institutional Barriers

When a state enacts full practice authority, insurers or providers may lag

Providers and insurers can make sure:
- Bylaws support full practice
- Organizational culture promotes full practice and enables nurses to lead care teams
- New nursing care models are developed and implemented
The Campaign and a Culture of Health

The Campaign’s efforts to advance the IOM recommendations are giving all nurses tools to build a Culture of Health.
Health and Social Spending

Notes: GDP refers to gross domestic product.
Health and well-being tied to:

- How much money people make
- How much school they’ve completed
- Neighborhoods they live in
- How much food they have
- Their access to care
- Their access to housing and transportation

The choices we make are based on the choices we have
RWJF Vision

We, as a nation, will strive together to build a Culture of Health enabling all in our diverse society to lead healthy lives, now and for generations to come.
Sustainable Development Goals

1. No Poverty
2. Zero Hunger
3. Good Health and Well-being
4. Quality Education
5. Gender Equality
6. Clean Water and Sanitation
7. Affordable and Clean Energy
8. Decent Work and Economic Growth
9. Industry, Innovation, and Infrastructure
10. Reduced Inequalities
11. Sustainable Cities and Communities
12. Responsible Consumption and Production
13. Climate Action
14. Life Below Water
15. Life on Land
16. Peace, Justice, and Strong Institutions
17. Partnerships for the Goals
Nurses and a Culture of Health
We Need Nurses to Lead!

- Form **multisector** partnerships
- Develop political and policy skills to promote health
- Sit at policy-making tables
- Join boards
- Consider high level health/social service/technology system CEO positions

www.nursesonboardscoalition.org
Strengthen APN Practice

Promote policies that strengthen APN practice:

• Standardize definition of APN role
• Improve educational curricula for APNs
• Remove barriers that prevent APNs from practicing to the full extent of their education and training
• Reform health care funding mechanisms to allow for APN-based practice models
• Collect data and share information on APN quality and outcomes in a variety of countries/settings

Source: Global APN Symposium, 2014
Be a Leader: Be an Entrepreneur

SHOW UP and SPEAK UP…with all sectors.

ACT LIKE YOU BELONG!

Danielle Pendergrass APN/CEO examines patient in health clinic she started
Source: Brandon Flint
Mentor and Be Mentored

- Share knowledge
- Create a culture of support and respect

We are all in this together...so let’s act like it!
We Need You!

May we hope that when we are all dead and gone, leaders will arise who have been personally experienced in the hard, practical work, the difficulties and the joys of organizing nursing reforms, and who will lead far beyond anything we have done

-- Florence Nightingale
Many Factors Affect Health

Health Outcomes

- Length of Life (50%)
- Quality of Life (50%)

Health Factors

- Health Behaviors (30%)
  - Tobacco Use
  - Diet & Exercise
  - Alcohol & Drug Use
  - Sexual Activity
- Clinical Care (20%)
  - Access to Care
  - Quality of Care
- Social & Economic Factors (40%)
  - Education
  - Employment
  - Income
  - Family & Social Support
  - Community Safety
- Physical Environment (10%)
  - Air & Water Quality
  - Housing & Transit

Policies & Programs
**Nursing Now! Campaign**

**Nursing Now!**
Aims to improve health globally by raising the profile and status of nurses worldwide – influencing policymakers and supporting nurses themselves to lead, learn and build a global movement.

*Kate Middleton helped to launch the NursingNow! Campaign*
Nurse-managed Health Centers

The Network

• Offers primary and behavioral health care, health education classes and programs
• Offers variety of providers

Takes a preventative approach to neighborhood’s health problems
Retail Clinics

Clinics staffed by APNs can:

• Expand access at lower cost
• Offer greater convenience
• Provide quick care during nights and weekends

Roughly 8% of ER visits could take place at retail clinics, saving $3.5 billion each year


There are more than 2,400 clinics in over 44 states + D.C.
Potential for APNs to Improve Care

- Countries where APNs have a well-defined role and greater practice authority are using nurses to improve access to primary and preventive health care
- APNs can create innovative programs to improve health
- APNs can be a cost-effective solution to existing health care access and quality problems
- More data are needed to capture value of their services

Barriers Facing APNs Worldwide

- Lack of defined role for APNs
- Inconsistent education and training standards
- Inconsistent or unnecessary regulation
- Unstable health care funding from government or third-party payers