

The RN (EC) Role in a Community-Based Primary Health Care Practice

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Nurse Practitioners Association of Ontario

INTRODUCTION

In this document, the term “Nurse Practitioner” (NP) refers to the Primary Health Care Nurse Practitioner (PHC NP), who is a Registered Nurse, with the College of Nurses of Ontario (CNO), in the Extended Class or RN(EC). The PHC NP is governed and regulated under the Regulated Health Professions Act (RHPA), 1991, the Nursing Act, 1991, and the Expanded Nursing Services for Patients Act (ENSPA), 1997. The NP is an autonomous community-based Primary Health Care practitioner whose scope of practice includes providing health care services to individuals of all ages, to families and to communities. (S)He is an RN with advanced knowledge and decision-making skills in assessment, diagnosis, and health care management, who provides comprehensive health services encompassing health promotion, prevention of diseases and injuries, cure, rehabilitation, and support services. For example, NPs provide wellness care, acute care to clients with common minor illnesses and regular monitoring and assistance to those individuals living with chronic illnesses. The NP can be the first level of contact for the individual, the family and the community with the healthcare system and provides the first element of a continuing care process. This document is to illustrate how the NP role can be applied in a community-based practice.

The NP practice offers an expansion of the nursing role, thus enhancing primary health care services. In addition to the three controlled acts authorized to nursing in the Nursing Act (1991), the NP has the authority to perform three additional controlled acts. NPs can communicate a diagnosis, such as pneumonia or a urinary tract infection, identified from the patient’s history, or from the results of any laboratory tests or other tests and investigations that they are authorized to order or perform. NPs can also prescribe a range of medications listed in the regulations, and order specific lab tests, X-rays and diagnostic ultrasounds. The Vital Statistics Act is also being amended to authorize the NP to complete and sign medical certificates of death in specific circumstances. Currently, many nurses perform diagnostic and prescribing activities under the authority of a physician, often by means of a medical directive. Registration in the Extended Class permits the NP to assume sole accountability for the activities within the NP’s scope of practice.

Collaboration, the cornerstone of multi-disciplinary care, is a component of all interactions among health care professionals. Collaboration means working together with one or more members of the health care team with the recognition that each makes a unique contribution in achieving the common goal of best health care for all clients. In inter-disciplinary care, each individual contributes from within the limits of her/his scope of practice and cooperates in meeting the client’s health care needs. The goal of the NP’s collaborative practice is to provide care that maximizes quality of life and comfort and improves health outcomes. The NP’s approach requires both assertiveness and cooperation in order to ensure important medical and nursing aspects of client care. Health care is provided by a multi-disciplinary team with NP practice focusing on health promotion and disease prevention. Within her/his legal scope of practice, the NP provides some of the medical services that physicians offer. The *Standards of Practice for Registered Nurses in the Extended Class* emphasizes a primary health care approach to integrating these health care services. **The NP is not a physician substitute as both practitioners provide care from different perspectives with different scopes of practice.**

A summary of the NP’s legally authorized scope of practice is included on page two. Specific examples are given in the following tables of how the autonomous NP’s scope of practice can be implemented.

The implementation of the NP role into the health care system provides the opportunity to improve the individual's, family's and community's direct access to a broad range of primary health care services, with a strong nursing focus. The NP is authorized to:

- perform comprehensive or focused health assessments for the purpose of diagnosing and treating an individual;
- place an instrument beyond the point in the individual's nasal passage narrowing, individual's larynx, or the opening of the individual's urethra for the purpose of assessment or treatment, or assisting an individual with health management activities;
- place an instrument, hand or finger beyond an individual's anal verge or into an artificial opening into the individual's body for the purpose of assessing or treating an individual with health management activities or making a diagnosis with respect to an individual;
- place an instrument, hand or finger beyond an individual's labia majora for the purpose of assessing or treating an individual, assisting an individual with health management activities or making a diagnosis;
- order electrocardiograms for patients in non-urgent, non-acute circumstances;
- order respiratory therapy testing and treatments;
- order lab tests as listed in Appendix 3 of the Standards of Practice for RN(EC)s;
- order x-rays of the chest, ribs, arm, elbow, wrist, hands, legs, knees, ankles and feet;
- order a mammogram;
- order breast ultrasound;
- order diagnostic abdominal ultrasound;
- order pelvic ultrasound;
- order an obstetrical pelvic ultrasound;
- communicate health findings and/or the diagnosis of a disease or disorder to the client and discusses the prognosis and options for treatment for these conditions within the NP's scope of practice to treat;
- prescribe specific drugs as listed in Appendix 2 of the Standards of Practice for RN(EC)s and recommend over the counter (OTC) pharmaceutical products (may prescribe OTC products for private insurance purposes);
- prescribe immunizations as listed in Appendix 2 of the Standards of Practice for RN(EC)s ;
- initiate intravenous therapy and decide the type of solution, and the infusion rate and duration;
- make the independent decision that suturing is required and to choose the appropriate suturing material and local anesthetic from the list of drugs in Appendix 2, Standards of Practice for RN(EC)s ;
- to complete and sign medical certificates of death in specific circumstances (Vital Statistics Act amendment pending);
- implement strategies to promote health and prevent illness and accidents with individuals, families and groups while providing support for "self care";
- perform interventions relating to the assessment and care of families and provides support for informal caregivers within families; and
- participate in community assessments and assist in community-driven development and program planning.

HEALTH ASSESSMENT AND DIAGNOSIS

The NP performs a comprehensive health assessment and synthesizes data from multiple sources to make a diagnosis of a disease or disorder within the Primary Health Care Nurse Practitioner's scope of practice to diagnose.

COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
<p>a) The NP completes a comprehensive health assessment, including an appropriate health history and physical examination.</p>	<p>The NP completes a comprehensive health assessment, including a complete health history (Hx.) and physical exam (P/E) for the purpose of collecting baseline data on the health status of new clients.</p> <p>The NP completes a focused Hx. and P/E for the purpose of collecting data on the health status of a client, given a presenting problem.</p> <p>The NP is authorized place an instrument beyond the point in the individual's nasal passage narrowing, individual's larynx, or the opening of the individual's urethra for the purpose of assessment or treatment, or assisting an individual with health management activities.</p> <p>The NP is authorized to place an instrument, hand or finger beyond an individual's anal verge or into an artificial opening into the individual's body for the purpose of assessing or treating an individual, assisting an individual with health management activities or making a diagnosis with respect to an individual.</p> <p>The NP is authorized to place an instrument, hand or finger beyond an individual's labia majora for the purpose of assessing or treating an individual, assisting an individual with health management activities or making a diagnosis</p>	<ul style="list-style-type: none"> ➤ provides appropriate periodic health examinations, such as a well-child examination, a well-woman examination, etc. ➤ performs a focused history and physical exam related to a presenting problem (such as a cough). ➤ investigates urological symptoms by ordering or performing urethral catheterization to measure residual urine. ➤ performs a complete abdominal exam including a digital rectal exam as part of an investigation of gastrointestinal or urogenital symptoms. ➤ performing a vaginal exam with a speculum and/or a bimanual pelvic exam as part of a health assessment or investigation of vaginal discharge or pelvic pain.
<p>b) The NP demonstrates sound clinical judgement and diagnostic reasoning abilities in synthesizing health information in order to identify that a health problem or medical diagnosis within the NP's scope of practice.</p>	<p>The NP integrates, and critically evaluates, the information from a client's health assessment and diagnostic testing to confirm and make a clinical diagnosis of a disease or disorder within the NP's scope of practice.</p>	<ul style="list-style-type: none"> ➤ assesses and diagnoses acute common illnesses (e.g., urinary tract infections, skin rashes, etc). ➤ identifies important risk factors during wellness care (e.g., growth and development problems; breast and cervical cancer risks; etc).

HEALTH ASSESSMENT AND DIAGNOSIS

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COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
<p>c) The NP modifies assessment techniques according to the client's condition, culture and stage of development</p>	<p>The NP provides client-centred care by adapting assessment techniques, considering the client's age, physical and mental abilities.</p> <p>The NP focuses on verbal and non-verbal communication skills as outlined in the <i>Standard for the Therapeutic Nurse-Client Relationship (College of Nurses of Ontario, 1999)</i> and <i>A guide to Nurses for Providing Culturally Sensitive Care (CNO, 1999)</i>.</p>	<ul style="list-style-type: none"> ➤ when seeing a child, assessment of the child's stage of development is used to direct the NP's approach when taking the history and doing the physical exam. ➤ when seeing an elderly person, the NP may conduct an in-depth comprehensive assessment which may include a holistic health history but concentrating on the client's and family's perspectives, and may perform a mental status and assessment of functional status including daily activities of living. ➤ modifies assessment when seeing individuals, families and communities with different cultural backgrounds taking into consideration their beliefs, values, and expectations. ➤ modifies assessment when seeing individuals with different disabilities taking into consideration their beliefs, values, strengths, and expectations.
<p>d) The NP applies the principles of pathophysiology, including etiology, developmental considerations, pathogenesis and clinical manifestations of commonly encountered acute and chronic illnesses and injuries, in order to diagnose a disease or disorder within the NP's scope of practice.</p>	<p>The NP makes a diagnosis, within the NP's scope of practice, using her/his knowledge of epidemiology, pathophysiology, the behavioural and social sciences.</p>	<ul style="list-style-type: none"> ➤ the NP integrates a wide range of complex information: <ul style="list-style-type: none"> ➤ from the client's history and physical exam ➤ from a relevant psycho-social Hx. ➤ from the community's incidence and prevalence of diseases ➤ from the social and behavioural sciences ➤ from the prevailing health determinants in order to make a diagnosis
<p>e) The NP determines the need for diagnostic or screening laboratory tests; she/he appropriately orders from an approved list of tests and accurately interprets the results of relevant screening and diagnostic tests to:</p> <p>i) diagnose a disease or disorder within the NP's scope of practice; and,</p>	<p>The NP is authorized to order lab tests as listed in Appendix 3 of the <i>Standards of Practice for RN(EC)s</i>.</p> <p><i>Other testing includes:</i></p>	<ul style="list-style-type: none"> ➤ orders screening and diagnostic laboratory tests (e.g., blood sugar, pap smears, urine for culture and sensitivity, etc.) for the purpose of diagnosing or to rule out an illness (e.g., diabetes, cervical cancer, urinary tract infection, etc.) and consults or refers appropriately according to the results.

HEALTH ASSESSMENT AND DIAGNOSIS

The NP performs a comprehensive health assessment and synthesizes data from multiple sources to make a diagnosis of a disease or disorder within the Primary Health Care Nurse Practitioner's scope of practice to diagnose.

COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
ii) monitor clients who have a previously diagnosed disease or disorder.	The NP is authorized to order electrocardiograms for patients in non-urgent, non-acute circumstances. The NP is authorized to order respiratory therapy testing.	<ul style="list-style-type: none"> ➤ provides follow-up care & appropriate lab testing such as electrolytes, creatinine, blood sugar, etc. to monitor clients with chronic diseases like renal failure, diabetes, etc. <p><i>Other:</i></p> <ul style="list-style-type: none"> ➤ ordering an ECG for pre-op assessment, private insurance purposes, etc. ➤ ordering spirometry to evaluate respiratory conditions and effectiveness of treatments.
f) The NP determines the need for, appropriately orders and interprets reports of chest and limb x-rays and diagnostic ultrasounds to: <ul style="list-style-type: none"> i) diagnose a disease or disorder within the NP's cope of practice; and, ii) monitor clients who have a previously diagnosed disease or disorder. 	The NP is: <ul style="list-style-type: none"> • Authorized to order x-rays of the chest, ribs, arm, elbow, wrist, hands, legs, knees, ankles and feet; • Authorized to order a mammogram; • Authorized to order breast ultrasound • Authorized to order diagnostic abdominal ultrasound; • Authorized to order pelvic ultrasound; and, • Authorized to order an obstetrical pelvic ultrasound. 	<ul style="list-style-type: none"> ➤ to rule out or confirm, the diagnosis of a short term, episodic illness or injury as suggested by the client's history and/or physical findings, (e.g., pneumonia, ankle fracture, pelvic inflammatory disease, etc.) ➤ to rule out or confirm a diagnosis that, if present, would result in consultation with a physician for treatment, (e.g., cancer, gall bladder disease, etc.) ➤ to assess/monitor ongoing conditions of clients with chronic illnesses, (e.g., COPD, TB, etc.) ➤ to screen for diseases, (e.g., breast cancer, etc.) ➤ appropriately orders prenatal ultrasound when providing prenatal care.
g) The NP effectively communicates health findings and/or the diagnosis of a disease or disorder to the client and discusses the prognosis and options for treatment of those conditions within the NP's scope of practice to treat.	The NP is authorized to communicate the cause of a patient's symptoms, health findings and/or the diagnosis of a disease or disorder and discusses the prognosis and options for treatment, which includes consultation or referral.	<ul style="list-style-type: none"> ➤ communicates the cause of a patient's symptoms, health findings and/or the diagnosis of a disease or disorder, (e.g., urinary tract infections, respiratory tract infections, ear and eye infections, extremity trauma, etc.) and discusses prognosis and treatment options.

THERAPEUTICS

The NP initiates and manages the care of clients with diseases or disorders within the Primary Health Care Nurse Practitioner's scope of practice and/or monitors the ongoing therapy of clients with chronic stable illness by providing effective pharmacological, complementary or counselling interventions.

COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
a) The NP critically appraises and applies current, relevant research into clinical practice.	<p>The NP utilizes evidence-based decision-making and supports the appropriate use of information technology to improve the quality and appropriateness of care.</p> <p>The NP utilizes relevant resources such as evidence-based clinical practice guidelines in her/his clinical practice while recognizing that no two clients are the same and that the guidelines are to "assist" in clinical problem-solving and evidence-based decision-making.</p>	<ul style="list-style-type: none"> ➤ uses appropriate clinical practice guidelines to assist in the assessment, diagnosis and management of hypertension, diabetes, osteoarthritis, etc. ➤ uses the <i>Anti-Infective Guidelines</i> to assist in the treatment of skin infections, urinary tract infections, respiratory tract infections, etc. ➤ uses appropriate research for health promotion and teaching regarding client's self-care and use of complementary therapies. ➤ uses appropriate research in advocating for cost-effective modes of care.
b) The NP applies knowledge of pharmacology, including pharmacokinetics and pharmacodynamics when selecting/prescribing drugs included in the Schedules of the Regulations to treat diseases or disorders within the NP's scope of practice.	<p>The NP is authorized to prescribe specific drugs as listed in Appendix 2 of the Standards of Practice for RN(EC)s and recommend over the counter (OTC) pharmaceutical products (may prescribe OTC products for insurance purposes) always considering efficacy, cost, safety, invasiveness, simplicity & acceptability of regimen to client.</p> <p>The NP is also authorized to:</p> <ul style="list-style-type: none"> • Order respiratory therapy treatments; and • Initiate intravenous therapy 	<ul style="list-style-type: none"> ➤ prescribes medications in accordance with the <i>Standards of Practice for RN(EC)s</i>, (e.g., treatment of common infections, common skin conditions, contraceptives, etc.) ➤ interventions may include pharmacological, and/or complementary therapies, and counselling regarding the use of the chosen therapies (e.g. smoking cessation) ➤ order respiratory therapy treatments, (e.g., ventolin in an acute situation, chest physio, etc.) ➤ order IV therapy to treat dehydration in community care settings (e.g., urgent care, long term care or home care).
c) The NP appropriately incorporates/suggests complementary therapies	<p>The NP demonstrates and promotes holistic healing skills, is aware of the suggestions in <i>Complementary Therapies: What is your role?</i> (CNO) and considers information about efficacy, cost, safety, invasiveness, simplicity and acceptability of complementary therapies.</p>	<ul style="list-style-type: none"> ➤ supports self-care by assisting the client to access and understand information so that the client makes the best decision regarding the risks and benefits of complementary/alternative therapies (e.g. acupuncture, herbal remedies, etc.)
d) The NP provides effective counselling to individuals, families or groups	<p>The NP engages in an educational activity with the client(s), on an individual or group basis, and assists in the planning and implementation of therapeutic methods for prevention, health promotion, and/or management.</p> <p>The NP promotes self-reliance and self-determination by assisting</p>	<ul style="list-style-type: none"> ➤ assists the client/family with healthy living through counselling (e.g., menopause counselling, smoking cessation, etc.). ➤ assists clients in appropriately utilizing local community health resources, (e.g., cardiac rehabilitation programs,

THERAPEUTICS

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COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
	<p>groups in developing skills necessary for participating in community health decision-making.</p> <p>The NP provides counselling considering the client's level of motivation, strengths, capacities and the need to have positive experiences when accessing health care, (e.g., counselling re menopause, diet, life style, self care, planned parenthood, etc).</p> <p>The NP provides counselling that assists clients in using healthcare resources appropriately, where and when to seek care in order for clients to better manage their own care: and where and when to seek professional health care, (e.g., acute care, support and rehabilitation programs, wellness programs, etc.)</p> <p>The NP supports client and family self-care by sharing knowledge, facilitating learning and personal development by encouraging reflection, self-awareness and problem identification, helping the person to build support networks and providing a supportive environment, (e.g., well-disability programs, stress management programs, etc.).</p>	<p>parent support groups, etc.).</p> <ul style="list-style-type: none"> ➤ assists groups with strategies to influence healthy public policy.
<p>e) The NP manages the treatment of clients with diseases or disorders within the NP's scope of practice to treat by:</p> <ul style="list-style-type: none"> i) assisting/supporting/facilitating clients to design, follow and evaluate recommended therapeutic regimes ii) monitoring the effect of the chosen therapy, making necessary adjustments within the NP's scope of practice iii) evaluating the effect of selected treatments and interventions using sound diagnostic reasoning skills. 	<p>NP services offer a broad range of health services including support for self-care and evidence-based curative treatment services that complement those provided by physicians and other health service providers.</p> <p>The NP provides client-centred care which includes development of a plan of care with the client, health education, encouragement and support for self-care.</p> <p>The NP assesses the effectiveness of a treatment and continues, adjusts or withdraws the treatment as necessary.</p> <p>When managing the treatment for clients, the NP is authorized to perform certain therapeutic procedures by:</p> <ol style="list-style-type: none"> 1. Placing an instrument beyond the nasal passages narrowing, individual's larynx, or the individual's urethra for the purpose of treatment (includes the authority to perform activities for the purpose of treating an individual, RN is limited to assisting an 	<ul style="list-style-type: none"> ➤ The NP and the client design a smoking cessation program which is reasonable and achievable and which is modified by the client when necessary. ➤ The NP assesses the effectiveness of amoxicillin in the treatment of otitis media and withdraws the treatment when a rash develops. ➤ Some therapeutic procedure examples include: ordering and/or performing a urethral catheterization; ordering and/or performing ear syringing; performing foreign body removal from the nose; removal of an intrauterine device; etc.

THERAPEUTICS

The NP initiates and manages the care of clients with diseases or disorders within the Primary Health Care Nurse Practitioner's scope of practice and/or monitors the ongoing therapy of clients with chronic stable illness by providing effective pharmacological, complementary or counselling interventions.

COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
	individual with health management activities). 2. Placing an instrument or finger beyond the individual's anal verge or artificial opening for the purpose of treatment (the authority to perform activities for the purpose of treating. RN is limited to assessing or assisting an individual with health management activities). 3. Placing an instrument or finger beyond an individual's labia majora for the purpose of treatment, (authority to perform activities for the purpose of treating, RN is limited to assessing or assisting an individual with health management activities.)	
f) The NP manages the treatment of clients with chronic stable diseases or disorders diagnosed by a physician by: i) assisting/supporting/facilitating clients to follow and evaluate recommended therapeutic regimes. ii) monitoring the effect of the chosen therapy, making necessary adjustments within the NP's scope of practice. lii) evaluating the effect of selected treatments and interventions using sound diagnostic reasoning skills.	As a member of the multi-disciplinary team, the NP provides services for clients with chronic diseases and disorders. These services consist of a broad range of interventions, that complement the care provided by physicians and other providers and community services needed to support the client. In collaboration with a physician, and other community services, the NP provides ongoing education, positive reinforcement to, and monitors, sometimes with the help of lab. tests, those clients with chronic illnesses such as hypertension, diabetes, asthma, etc. The NP supports the client in self-care by giving clear information and appropriate feedback that rewards positive change or holds clients accountable for health behaviours, (e.g., assists client in self-monitoring of health behaviours in order to see changes in behaviour).	<ul style="list-style-type: none"> ➤ monitors the condition and therapeutic regime for clients with diabetes to improve blood sugars and decrease complications for the purpose of improving health outcomes, client satisfaction, and quality of life. ➤ for clients with coronary artery disease, contributes to secondary prevention by reviewing client's symptoms, drug treatment, blood pressure and lipid management, physical activity, dietary fat intake, smoking, promotion of aspirin use; provides cardiac rehabilitation program referral; suggests behavioural changes when appropriate.
g) The NP determines the need for, and competently sutures tissue in and above the fascia.	The NP is authorized to make the independent decision that suturing is required and to choose the appropriate suturing material. Chooses appropriate local anesthetic from the list of drugs in <i>Appendix 2, Standards of Practice for RN(EC)s</i> .	<ul style="list-style-type: none"> ➤ assesses a laceration on the hand, cleans the wound and sutures the laceration using appropriate suturing material. ➤ consultation is required for lacerations that extend below the fascia and/or when significant underlying damages is suspected.

ROLE AND RESPONSIBILITY

The NP practices autonomously, offering the full scope of the Primary Health Care Nurse Practitioner's practice. The NP consults with a physician or other health care professional when the client's condition requires care beyond the NP's scope of practice.

COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
<p>a) The NP is able to articulate the role of the NP within the nursing profession and the responsibilities/accountability inherent in autonomous practice and in relation to other health care professionals.</p>	<p>The NP participates in academic and clinical activities for the purpose of educating new NPs. The NP provides educational and professional consultation to individuals, organizations, corporations, and governments to assist them with understanding the role and scope of practice, and in assessing the need for the Primary Health Care NP role, and in planning, implementing and/or evaluating the NP role.</p>	<ul style="list-style-type: none"> ➤ demonstrates and promotes Primary Health Care nursing practice, (e.g., demonstrates advanced practice; provides info. re:accessing health care; demonstrates health promotion and illness prevention, support for public participation, support for a collective approach to solving health care issues, etc.). ➤ speaks at conferences and meetings about the Primary Health Care NP role in primary care
<p>b) The NP appropriately consults with a physician in accordance with the <i>Expectations for Consultation with Physicians by Registered Nurses in the Extended Class</i> (Primary Health Care Nurse Practitioners) and/or appropriately refers a client to another health care professional.</p> <p>Consultation or referral can occur at any point in the assessment of the client or when planning, implementing or evaluating the client's care, whenever the client's condition requires care beyond the scope of practice of the NP.</p>	<p>Expectations for Consultation with Physicians by NPs</p> <ol style="list-style-type: none"> 1. When the diagnosis and/or treatment plan is unclear or beyond the scope of the NP to determine. 2. When a client's chronic condition destabilizes. 3. In potentially life-threatening situations (consultation may not be required depending on the client's advanced directives and if death is not expected in the plan of care). 	<ul style="list-style-type: none"> ➤ when appropriate, the NP consults with a physician for: <i>an opinion and recommendation</i> (e.g. an unusual presentation of a contact dermatitis); <i>an opinion, recommendation, and concurrent intervention</i>, (e.g., persistent UTI) <i>or for transfer of care to the physician or hospital</i>, (e.g., head injury). ➤ the NP collaborates with the physician, home care team, dietician and community services about the care of a newly diagnosed diabetic.

HEALTH PROMOTION AND DISEASE PREVENTION

The NP implements strategies to promote health and prevent illness with individuals, families and groups

COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
<p>a) The NP determines the need for, and implements health promotion and primary and secondary prevention strategies for individuals, families and communities, or for specific age and cultural</p>	<p>The NP provides primary health care with goals of health promotion being to: promote positive self-esteem of individuals, families and communities; to help people understand the determinants of health; and to empower them to increase their control over</p>	<ul style="list-style-type: none"> ➤ provides smoker with information about lifetime risk of lung cancer, cardiovascular disease, etc. ➤ provides primary prevention to the pediatric population at ages 2, 4, 6, 12, 18 months; 4-6, 12 and 15 years,

HEALTH PROMOTION AND DISEASE PREVENTION

The NP implements strategies to promote health and prevent illness with individuals, families and groups

COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
groups.	<p>the determinants of health and their own well being. The NP implements strategies to promote and support self-care and self-reliance, and to foster a feeling of control and more hope. The NP is authorized to prescribe immunizations as listed in <i>Appendix 2 of the Standards for Practice for RN(EC)s.</i></p>	<p>including immunizations, accident prevention, etc. ➤ evaluates statistics relating to the population served and participates in the implementation of preventative programs, (e.g., STD prevention, pregnancy prevention, smoking cessation, immunization programs, etc.).</p>
b) The NP applies theories of teaching and learning when providing health education to individuals and groups.	<p>The NP role provides the opportunity for improving client's direct access to primary health care services and to more fully be involved in decision-making re: health care. The NP develops a relationship with the client where the client is the expert and the NP is a resource. The NP supports the client in self-care by giving clear information in order for the client to make the best decisions. The NP also provides appropriate feedback that rewards positive change or holds clients accountable for health behaviours. The NP empowers clients to use their problem-solving and creative skills to achieve their life goals.</p>	<p>➤ provides clients with a supportive, age-appropriate and culturally appropriate environment for learning (e.g., adult learning principles are considered for educational programs for adults; use of images for illiterate or where language barriers exist; etc.). ➤ suggests community resources for grieving family; ➤ relies on diabetic's knowledge and expertise R/T ongoing care;</p>

FAMILY HEALTH

The NP is proficient in interventions relating to the assessment and care of families.

COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
a) The NP synthesizes information from individual clients to identify broader implications for health within the family.	<p>The NP works with a multi-disciplinary team to assess, plan, develop and implement actions to address identified family health issues or problems.</p>	<p>➤ performs a family assessment when a family crisis exists (e.g., a death of a family member), or when a health concern has an impact on the family (e.g., a child diagnosed with diabetes), or when family relationships are jeopardized (e.g., abuse), etc. without compromising individual members of the family. ➤ facilitates family meetings to address issues of interest or concern, (e.g., support for elder caregivers, etc.). ➤ assesses a family when a member has been diagnosed with a terminal illness and participates in the coordination</p>

FAMILY HEALTH

The NP is proficient in interventions relating to the assessment and care of families.

COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
		of care for the member and relevant services for the family (health education, home care, palliative care, etc.).
b) The NP uses family assessment tools to evaluate family strengths and needs. She/he reinforces family strengths.	The NP provides the first level of contact between family and the health care system. The NP provides an approach to family assessment which recognizes family strengths and abilities.	<ul style="list-style-type: none"> ➤ utilizes a family assessment model, (e.g., the Calgary Family Assessment Model) that aims to empower the individual and family at all times. ➤ assesses the family's health education needs for client care and self-care issues, (e.g., family members' strengths for enhancing self-care, etc.)
c) The NP applies theories of family dynamics, interactions, and role expectations when managing the care of families.	The NP provides care using nursing and family intervention models that assist the individual or family in situations where family dynamics may become detrimental to health.	<ul style="list-style-type: none"> ➤ explores family roles, the different relationships in the family which may be healthy or not in order to determine whether the family can cope with the young child dying of cancer.

COMMUNITY DEVELOPMENT AND PLANNING

The NP is proficient in interventions relating to community assessment and program planning.

COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
a) The NP synthesizes information from individual clients to identify broader implications for health within the community.	The NP identifies community health patterns or trends, in client population, affecting the health of the community. The NP raises awareness of the community's identified health issues. The NP supports clients in their attempt to organize/support health services. The NP provides professional support in a group's attempt to implement and evaluate the program.	<ul style="list-style-type: none"> ➤ In clinical practice, the NP notices that a number of clients who have had a myocardial infarction are not involved in any formal cardiac rehabilitation program. ➤ The NP discusses this with representatives from the target population and with health professionals and suggests a meeting to raise awareness within this population. ➤ The NP (as an educator and consultant) participates in organizing (and possibly facilitating) the meeting. ➤ The NP provides support to form a self-help group once the community has determined the need. ➤ The NP collaborates with the group to define the group's needs and priorities.

COMMUNITY DEVELOPMENT AND PLANNING

The NP is proficient in interventions relating to community assessment and program planning.

COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
		<ul style="list-style-type: none"> ➤ The NP assists the group to make linkages with the Heart and Stroke Foundation of Ontario, with other relevant provincial or national associations and with health professionals in order to gain more support and expertise. ➤ As the self-help group requires, the NP, and others, will provide professional advice and support to plan programs, (e.g., a program with the goal of developing a Self Help Centre in the small community to run their own cardiac rehabilitation program with the assistance of health professionals, corporations and associations).
<p>b) The NP uses community assessment data and knowledge of the determinants of health to identify community needs and resources when developing and implementing age and culturally sensitive community development programs.</p>	<p>The NP assists communities in determining what community programs are needed, by providing the community with info. about the necessary local statistics, health trends, demographic data regarding the communities health strengths and problems, and knowledge about determinants of health.</p> <p>The NP utilizes different “voices” from the community when assisting the community with program development to reflect adequate representation from different cultures, age groups, etc.</p>	<ul style="list-style-type: none"> ➤ Promotes community development using a primary health care approach by participating in activities such as: community initiatives (such as parent support programs) that integrate community services with institutional services; uses multi-sectoral discussions (involving schools, police, etc.) when addressing family violence in a community; challenges the community, when it is developing, implementing, and evaluating health care to consider quality, appropriateness and the cost of the program to the community. ➤ Collaborates with the community and appropriate stakeholders in the assessment, planning, implementation, and evaluation of community programs that address the effects of the determinants of health, and other factors such as: poverty and adequate income levels needed to support individuals, families and communities; housing; education; self-esteem; social networks/supports; ethnicity; a sense of control over one’s life; risk behaviours; etc. ➤ Participates in the evaluation of community health and social programs.
<p>c) The NP applies principles of epidemiology and demography to clinical practice.</p>	<p>The NP applies the principles of epidemiology in clinical practice such as assessing the incidence and prevalence of disease in a</p>	<ul style="list-style-type: none"> ➤ Collaborates with the health unit in determining plan of action related to a TB epidemic.

COMMUNITY DEVELOPMENT AND PLANNING

The NP is proficient in interventions relating to community assessment and program planning.

COMPETENCIES	NP SERVICES	EXAMPLES (includes but not limited to)
	<p>given population.</p> <p>The NP interprets the results of screening activities and in collaboration with the community, and other health professionals (e.g., Public Health), analyses the significance of the incidence and prevalence of a health concern within the community served. Action is then taken to address the broader health and social implications for the community at large, (e.g., high incidence of sexually transmitted diseases, teenage pregnancy, diabetes, TB, etc.)</p>	<p>➤ Assesses the pattern and spread of disease (such as COPD) within the community and is aware of the high risk and vulnerable populations according to their individual demographic characteristics, (e.g., age, gender, health status, occupational hazards, etc.) and group characteristics (single moms; people living in poverty; recently or permanently unemployed; frail elderly; disabled; chronically-ill children, adults and their families; those in dangerous occupations; the very young; immigrants; migrant workers; etc.)</p>

References:

- College of Nurses of Ontario (1998). Standards of Practice for Registered Nurses in the Extended Class. Toronto: Author
- College of Nurses of Ontario (1999). Standard for the Therapeutic Nurse-Client Relationship. Toronto: Author
- College of Nurses of Ontario (1999). A Guide to Nurses for Providing Culturally Sensitive. Toronto: Author
- College of Nurses of Ontario (1996). Complementary Therapies: What is your role? Toronto: Author