STEP IT UP: DEVELOPING A UNIT-BASED NURSE PRACTITIONER ROLE

Presented by:
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SCOTTSDALE HEALTHCARE®
World-Class Patient Care
Learning to Dance

http://www.youtube.com/watch?v=e0OX1ZAB
Tow
Changes in Healthcare

need health insurance
people Medicare cost
Get companies

affordable dollars

Scottsdale Healthcare
World-Class Patient Care
Step It Up STEEEP
IOM Six Aims for Quality and Safety

Patient Centered
Equitable
Efficient
Effective
Timely
Safe
Lessons Learned: Systems Review

- **Purpose:** Describe the development, testing, modifications and results of the Quality Cost Model of Advanced Practice Nurses Transitional Care
- **Method:** Seven Randomized Clinical Trials
- **Findings:** Improved patient outcomes and reduced health care costs across all groups
- **Conclusions:** To improve health over time, NPs must have a depth of knowledge, excellent clinical skills, interpersonal skills, understanding of systems, sufficient patient contact

(Brooten et al, 2002)
Putting the Steps Together: Our Story
A Theoretical Framework
Lewin’s Theory of Change

- Ensures that employees are ready for change
  - Unfreeze

- Execute the intended change
  - Change

- Ensures that the change becomes permanent
  - Refreeze
## Pilot Study to Assess Hypothesis: Nurse Practitioner Model will Decrease Patient Length of Stay

<table>
<thead>
<tr>
<th>Patient Services</th>
<th>Nurse Practitioner</th>
<th>Physicians that contract with NP</th>
<th>All Obstetric Physicians</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vaginal Deliveries</td>
<td>37 hrs 30 min</td>
<td>40 hrs 17 min</td>
<td>39 hrs 48 min</td>
</tr>
<tr>
<td>Cesarean Sections</td>
<td>64 hrs 2 min</td>
<td>63 hrs 15 min</td>
<td>66 hrs 53 min</td>
</tr>
<tr>
<td>Weighted Average</td>
<td>45 hrs 46 min</td>
<td>47 hrs 18 min</td>
<td>47 hrs 09 min</td>
</tr>
<tr>
<td>For patient type</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Variance</td>
<td>1 hr 32 min</td>
<td>1 hr 23 min</td>
<td></td>
</tr>
</tbody>
</table>
Risks and Benefits of the Nurse Practitioner Model

Nurse Practitioner

Patient Experience

Advance Practice Nurse
Lewin's Change Theory
Nurse Practitioner
Physician Satisfaction
Nurse Practitioner
LOS
EBP
Connecting
Staff Satisfaction
MDNP
Collaboration

Multidisciplinary
Nurse Satisfaction
Lower Costs
Research
Connect
Communication
Evidence Based
Network
Mentoring
Education
Reduced Length of Stay
STEP IT UP: TODAY’S NURSE MANAGER

Presented by:
Sarah Dent, RNC, MSN
Nurse Manager, L&D
Dancing Solo
Nurse Manager Stress
Nurse Manager Stress Research

NPs Promote Professionalism of the Nursing Staff
Research in Labor and Delivery

Peanut Ball Study
Choose Wisely
Technology is your Friend
NP as Physician Educator
STEP IT UP: HOW UNIT-BASED NURSE PRACTITIONERS CAN IMPROVE PROFESSIONALISM AND QUALITY OF CARE

Cheryl K. Roth, RNC, MSN, WHNP-BC, RNFA
Nurse Practitioner, L&D and Couplet Care
Step It Up

http://www.youtube.com/watch?v=uWQkmrusHo8
NP’s Where?
Where’s the Evidence?


- Evidence-based practice is considered the optimal goal and was encouraged by Melnyk & Fineout-Overholt (2011).

- Nurse Practitioners can lead the staff to higher levels of understanding of the need for evidence-based practice and encourage staff participation in education and research.
What to do?
Antepartum High Risk
Postpartum Rounds
Education

- Perinatal Symposium
- Brown Bags
  - Marijuana in Pregnancy
  - Serotonin Syndrome
  - Chiari Malformation in Pregnancy
  - Myasthenia Gravis in Pregnancy
  - Horizontal Violence in the Workplace
- AWHONN Fetal Monitoring
- Students & Staff Mentoring: Go Back to School!
Research/EBP

- Mentoring to “Ask the Question”
- Promote EBP
- Research Projects – Nurse Initiated/Nurse PI
  - Peanut Ball Study
  - Cord Blood Study
  - ACLS-OB Quant and Qual Studies
  - Antepartum Welcome Book Study
- Publication