

The Nurse Practitioner in Urology Specialty Practice

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Objectives

- Discuss issues with NPs expanding into specialty practice
- Characterize the emerging issues for the NP who wishes to maintain a specialty practice
- Assess the potential impact of NPs on utilization of urology services

Disclosures

- Consultant for Coloplast

Defining the Nurse Practitioner

United States: since 1965

- Registered nurses who obtain graduate education, post-master's certificates, and doctoral degrees
- Licensed, independent practitioners
- Assess, diagnose, treat, and manage acute episodic and chronic illnesses
- Order, conduct, supervise, and interpret diagnostic and laboratory tests
- Prescribe pharmacological agents and non-pharmacologic therapies
- Teach and counsel patients
- Experts in health promotion and disease prevention
- Health care researchers, interdisciplinary consultants, and patient advocates

Canada: since 1967

- Registered nurses who have additional education and nursing experience
- Autonomously diagnose and treat illnesses
- Order and interpret tests
- Prescribe medications
- Perform medical procedures
- Addressing needs relating to a person's physical and mental health
- Gathering medical history
- Focusing on how an illness affects a person's life and family
- Offering ways for a person to lead a healthy life
- Teaching persons how to manage chronic illness
- Education, research, consultant

Nurse Practitioners work...

United States

- Serve individuals, families, groups, and communities
- Compared to other primary care disciplines, NPs are most likely to practice in rural communities
- Retail clinics

Top Practice Setting

Hospital Inpatient Clinic	33.3%
Hospital Outpatient Clinic	15.2%
Hospital Inpatient Clinic	43.3%
Hospital Outpatient Clinic	18.7%
Private Group Practice	12.7%
Long-Term Care Facility	16.6%
Hospital Inpatient	69.1%
Hospital Inpatient	38.2%
Hospital Outpatient Clinic	18.7%
Psych/Mental Health Facility	23.0%
Psych/Mental Health Facility	25.8%
Hospital Outpatient Clinic	15.7%

Canada

- Community care (community clinics, health-care centers, physicians' offices and patients' homes)
- Long-term care (nursing homes)
- Hospitals (outpatient clinics, emergency rooms and other patient areas)
- NP-led clinics

NP specialization

- Currently, there is no particular formal structure or progression for NPs who wish to specialize
- Obstacles for NPs who wish to specialize are largely similar to those for the general NP population
- Liability is a concern: obstacles include insurance companies
 - NPs not fully accepted by all insurers yet
- Full practice authority (FPA) remains an impediment to highly accomplished NPs

NP specialization

- Recent estimates place **approximately 1/3 of NPs** in the US are working in specialty clinical environments
- → specialty practices that are not solely based on the population-based focus of their primary certification
 - Urology
 - Allergy
 - Diabetes
 - Nephrology
 - ENT
 - Etc....

(Chattopadhyay, Zangaro, & White, 2015; Coombs, 2015; Health Resources and Service Administration [HRSA], 2014)

...and for the Urology NP?

- A specialty area of practice is ***developed by the professional organization*** and is not regulated by boards of nursing
- Professional organizations determine the expected competencies for the specialty and establish certification or assessment requirements
- **It is not required but recommended that the NP practicing in a specialty area of practice seek specialty certification if available**



Added benefit

- **Removes an additional potential barrier to empanelment as a specialist and reimbursement as a specialist**



The NP and Expanded Specialty Practice in Urology

NP specialization

- Division of advanced nursing practice into population foci occurred to meet the anticipated healthcare needs of the public
- Resulted in the standardization of graduate-level curricula
- ***...but this is been to the detriment of specialties that concentrate on particular disease categories, such as urology...***
- Argue that the NP focusing on urology takes his/her population focus one step further
 - providing patient care throughout the urology continuum
 - maintaining their expertise in assessment, diagnosis and treatment
 - but focusing these skills toward GU symptom management and supportive care

Educational Needs

- Specialty designation as a Urology NP requires additional post-graduate education and training both independently and as part of a urology team
- New graduate NP has significant knowledge deficits when entering this specialty field
 - genitourinary issues are minimally covered in the NP curricula
 - lack of standardized curricula for advanced nursing roles
- Crowe (2014) brought this lack of education for nurse practitioners in urology to the forefront, noting that expansion of APNs into urology has occurred without any curricula changes to formally incorporate didactic content

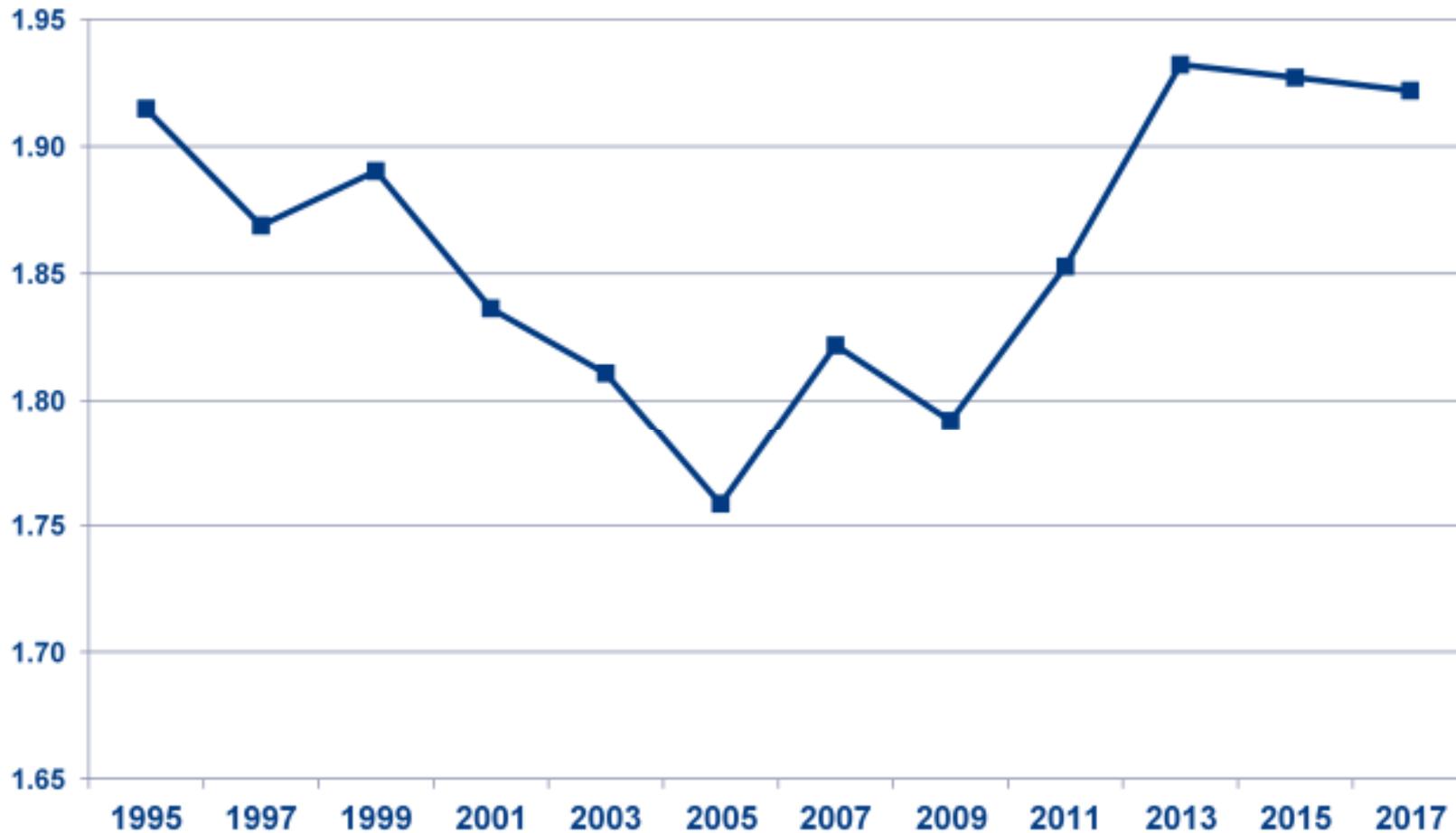
Educational Needs

- Due to the rapidly changing nature of contemporary healthcare, residency and fellowships for NPs will have increased significance especially for areas that are not the focus of present NP curricula or the APRN consensus model
 - Bush & Lowery, 2016; Chaney, Harnois, Musto, & Nguyen, 2016; Harris, 2014; Martsof, et al., 2017
- Respect boundaries of the generalist certification and original APRN consensus model population focus

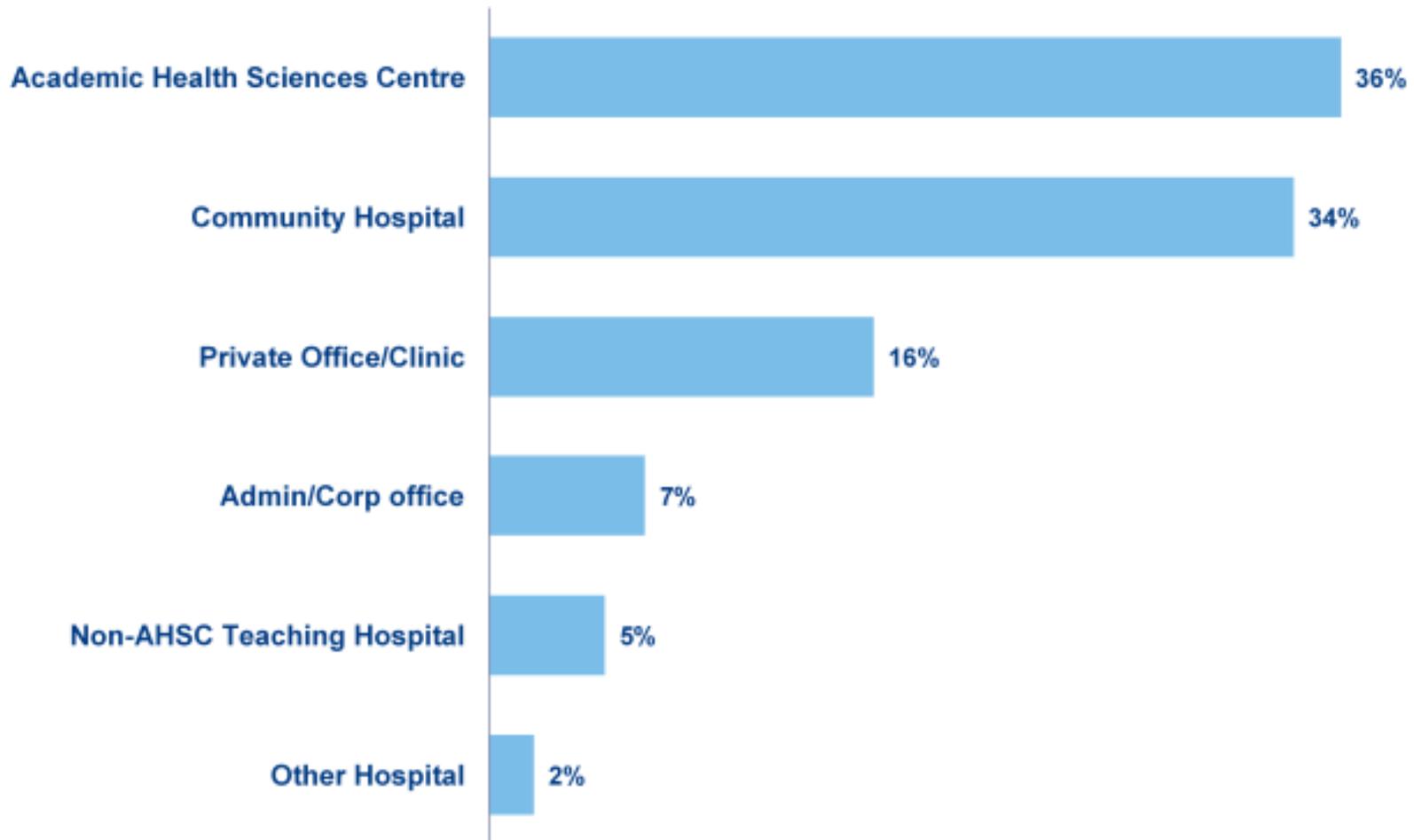
Context for a Urology NP Role

- 16.9% of the population is over age 65 (Canadian Census, 2016)
 - 23,376,530 people aged 15-64
 - Burden of urologic diseases rises with the aging population
 - Implications for the intersection of urology and geriatrics
- Urologists as a group are older than other surgical specialists
 - age and retire at a rate that outpaces the number of urology residents that complete their training and achieve board certification
- 1.9 urologists per 100,000 population in Canada
- 3.9 urologists per 100,000 population in US

Number Urologists in Canada per 100,000 population, 1995 to 2017



Percentage by main work setting, 2017



Context for Urology NP Role

- Specialty care environments are seeing an expansion of the use of NPs
 - aging population
 - mandated decrease in resident/fellow work hours
 - influence of the PPACA
 - physician shortages and/or retirement rates
 - Access/waittime issues
- Targeted utilization of NPs in specialty environments can address multiple needs by encouraging the collaborative team model for patient care
- Consistent with the goals of improving affordability and availability, promote a partnership for comprehensive care between patient/family/provider

Context for Urology NP Role

- American Urologic Association (2014) estimated that there were 3,338 NPs working in urology practices and institutions across the U.S
- Growth of the NP workforce will continue to outpace the growth of the urologist workforce
- Obvious role for NPs in addressing patient care and continuity deficits
 - improved access
 - continuity of care
 - Improved throughput
- 2014 AUA White Paper endorses the inclusion of NPs and PAs in urology care environments

Context for Urology NP Role

- Sparse data on outcomes and NPs in surgical environments
- Sparse data for NPs in urology environments
 - Outcomes
 - Roles
 - Efficacy
 - Cost-effectiveness
- NPs can efficiently bridge the access gap for urology patients, especially in environments where surgeon is only available 1-2 days a week

Progression of Urology NP Role

- NPs as first point of contact for many urologic conditions may improve access



- Many nonoperative urology conditions benefit from chronic, episodic long-term care
- Capitalize on NP role related to
 - patient education
 - communication skills
 - length of visits
 - use of evidence-based practice guidelines

Progression of Urology NP Role

- Division of labor: collaboration or team-based approach
- May increase utilization of urology services:
 - offering opportunities for people who might have gone without GU care to enter into the system, in a more timely fashion, by having an initial consultation with an NP
- Potential to focus GU care on screening and prevention, rather on urgent or acute treatment
- Existing data suggests that this arrangement will increase outcomes, while decreasing cost and simultaneously improve access and delivery of services

Scope of Practice

- Scope of practice is defined by the state practice act broadly
- Is further defined by the NP training and experience
- Needs to be appropriate for NP practice
- Needs to be a recognized NP role in the community
- Consider subspecialty certification if this is your niche and it is available

Defining the Urology NP Role

- Concise definition for the role of the **Urology Nurse Practitioner** does not yet exist
- Urology NPs perform a wide range of expected activities in the urology environment
 - comprehensive history and physical exams
 - ordering and interpreting diagnostic studies
 - diagnosing and treating illness
 - promoting wellness
 - providing patient/family education and counseling
 - coordinating care with other specialties
 - Procedures...
- Urology NPs engage in GU research, advocacy, and administration, all while functioning as part of an interdisciplinary collaborative team

Defining the Urology NP Role

Research

Procedure Competencies and Job Functions of the Urologic Advanced Practice Nurse

Jo Ann Kleier

Advanced practice nurses (APNs) are being extensively employed as mid-level providers in primary care, acute care, and medical specialties. The educational preparation for advanced nursing practice provides intro-

A 2-round modified Delphi study recruited a panel urologic advanced practice nurse experts to identify the procedure competencies and job functions unique to the role of the advanced practice nurse specializing in the care of urology patients.

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Urologic Nursing, pp. 112-117.

AUA Consensus Statement on

**ADVANCED PRACTICE
PROVIDERS**

Research

A Survey Evaluating the Current Role of the Nurse Practitioner in Urology

Suzanne A. Quallich

There are over 140,000 nurse practitioners (NPs) in the United States [American Academy of Nurse Practitioners (AANP), 2011], a profession that is expected to grow. In addition to an increased number of NPs, the role of the NP is expected to

The role of the nurse practitioner (NP) continues to expand into the care of specialty populations. This article presents results of a survey that allowed NPs who self-identified as working specifically with people diagnosed with urologic conditions to describe their clinical role. The purpose of identifying NP-specific clinical tasks was to provide evidence to be used in revising the urology specialty certification examination for NPs.

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Urologic Nursing, pp. 328, 330-335.

Competencies for the Nurse Practitioner Working with Adult Urology Patients

Susanne A. Quallich, Sherry M. Bumpus, and Shelley Lajiness

It is widely recognized that with the aging population in the United States there is a growing need for urologic care that exceeds the capacity of

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Quallich, S.A., Bumpus, S.M., & Lajiness, S. (2015). Competencies for the nurse practitioner working with adult urology patients. *Urologic Nursing*, 35(5), 221-230. doi:10.7257/1053-816X.2015.35.5.221

- These competencies address the specific care needs of a urology population
 - reflect knowledge base, scope of practice and interdisciplinary nature of the emerging model for care delivery
 - emphasize the NP's ability to provide both primary and acute GU care
- Acknowledges **independent** role of the nurse practitioner
 - accommodate role of professional collaboration and the urology team in efficient and cost-effective care of urology patients

Urology NP Competencies

- **Do not** describe a scope of practice
 - that is a legal description of NP practice determined by individual states and national certifying bodies
- **Are not** permission to expand one's NP practice beyond the bounds of the original generalist certification

Urology NP Competencies

- **Do** support NPs seeking a role, or clarifying a current role, within urology practice environments
- **Do** offer a framework for progression in the Urology NP role
- **Do** represent specific aspects of NP practice unique to the care of patients with GU issues
 - few specialty NP groups globally have competency documents
 - Support NONPF criteria for NP specialization

Urology NP and Procedures

- These activities will require additional education, training, and supervision as designated uniquely by each state's scope of practice
- **NPs are held to the same level of care as physicians, despite training and licensing differences**
- Procedures such as prostate ultrasounds, urodynamics, cystoscopy, vasectomy, and stent removal as part of NP role

Medicolegal Issues

- Can depend on individual state/practice environment
- Best practice guidelines have not created a practice environment that has improved quality of healthcare and medical procedures, or decreased healthcare costs
- Legal risks are increased when standards, protocols and guidelines are not used
 - Procedures...



Urology
Can a Nurse
Practitioner
Do That?



What's Next for the Urology NP?

The future for NPs in urology

- Continuing to define the role
 - **WE should be doing this**
- Authorship
- Reviewers



The future for NPs in urology

- ? Post-grad Fellowships
- Funding
- Standardization of training
- Salary



The future for NPs in urology

- Practice expansion
 - Specialty practice *within* urology
- → Procedures
- Billing & reimbursement issues



The future for NPs in urology

- Certification

- Certification is the only way to let patients, peers, collaborating providers, and the public know that you have expertise in the science and practice of caring for urology patients

- www.CBUNA.org

- Professional scope of practice

- Only a nursing specialty is able to document both the competence and professional scope of practice for its members claiming proficiency within that specialty

The future for NPs in urology

- Research agenda
 - Advocate for UNC to develop and prioritize evidence-based clinical practice from a nursing perspective
- Policy
 - responsibility to remain aware of policies both locally and nationally that may impact scope of practice, access and insurance coverage issues.
 - includes working toward removal of various barriers to practice

Take Home Points

- NPs in urology environments can address multiple needs of a specialty practice by encouraging the collaborative team model for patient care
- Many urologic conditions benefit from episodic but long-term medical management, which is a role well-suited to the NP
 - Focus in specific areas, eg survivorship, continence care, ED
- The well-documented future shortage of urologists allows NPs an opportunity to define themselves as vital members of the larger team providing (specialty) urology care

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The Future for NPs in Urology

