Nurse Practitioners Changing Health Behaviors: One Patient at a Time

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Esther Sangster-Gormley, PhD, RN Associate Professor, School of Nursing
April Feddema, BA, Project Coordinator University of Victoria
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* NPs who voluntarily participated in the study

* Patients & co-workers who voluntarily participated
Research Team

Co-Principal Investigator  Brenda Canitz RN, MN

Co-investigators:
* Rita Schreiber, RN, DNS, Professor, School of Nursing, UVIC
* Elizabeth Borycki RN PhD, Assistant Professor, School of Health Information Science, UVIC
* Alex Kuo, PhD, Assistant Professor School of Health Information Science, UVIC
* Noreen Frisch, PhD, RN, Professor & Director of the School of Nursing, UVIC
* Linda Sawchenko RN, BSN, MSHA, Interior Health Authority
* Lynn Guengerich, MN, NP, BCNPA
* Karla Biagioni, Ministry of Health
* Marnie Johansen, MD

Research Assistants:
April Feddema, Project Coordinator, Joanne Thompson, Janessa Griffith, Jin Zou, Emma Hannah
NPs are health professionals who have achieved advanced nursing practice competencies at the graduate level of nursing education. NPs provide health care services from a holistic nursing perspective, integrated with the autonomous diagnosis and treatment of acute and chronic illnesses, including prescribing medications (CRNBC, 2010).

- Masters degree (2 years to complete)
- Legislation proclaimed in 2005 in British Columbia
Evaluation of the Integration of Nurse Practitioners into the BC Healthcare System

* What changes result for patients & what are the implications for the healthcare system when NPs become part of the care process?

* What is the impact of adding an NP on the functioning of collaborative healthcare teams?

* What are the practice settings & scope of practice of NPs in BC?
Methods

* 3 year Mixed Methods Study
* Data collection strategies included:
  * NP practice patterns survey
  * Focus groups with NPs and employers of NPs
  * Interviews with NPs, patients of NPs
  * 3 Case studies
  * Patient & Co-worker surveys
## Nurse Practitioner Practice Patterns

<table>
<thead>
<tr>
<th>Practice Locations</th>
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<tbody>
<tr>
<td>Community/Primary Health Care Centre</td>
<td>42</td>
</tr>
<tr>
<td>Aboriginal Health Centre</td>
<td>9</td>
</tr>
<tr>
<td>Physician Office</td>
<td>10</td>
</tr>
<tr>
<td>Home Care</td>
<td>3</td>
</tr>
<tr>
<td>Long-term Care Facility/Residential Care</td>
<td>7</td>
</tr>
<tr>
<td>Ambulatory Clinic/Outpatient Department</td>
<td>13</td>
</tr>
<tr>
<td>Hospital - in patients</td>
<td>8</td>
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</tbody>
</table>
Patient Populations

- FN/Inuit
- Newcomers
- Homeless
- Homeless
- Pt. w/1 c/o
- all ages
- seniors
- women
- adults
- peds
- other
Purpose: To understand types of patients for whom NPs are caring & how patients feel about the care they receive from NPs

Recruitment: NPs participating in NPPPS & direct to consumer ad

Responses n=148 (n= 100 Direct/n=48 NP practices)

Survey: Cole Satisfaction Scale
Cole Satisfaction Scale

* 15 items
* High internal consistency & content validity
* Three factors
  * Inattentiveness (6 items)
  * Comprehensiveness (6 items)
  * Caring (3 items)
* 4 point scale
  * 1=Strongly agrees-4=strongly disagrees

I feel I understand pretty well the NPs plans for helping me.
The NP gave me a thorough checkup.
The NP gave directions too fast when he/she examined me.
The NP gave me a chance to say what was really on my mind.
I feel the NP did not spend enough time with me.
The NP was not friendly to me.
The NP was too rough with me when he/she examined me.
The NP seemed rushed during his/her examination of me.
I felt free to talk to the NP about private thoughts.
The NP I saw today would be someone I would trust with my life.
I felt that the NP did not take my problems very seriously.
Once I saw the NP, he/she spent enough time with me.
The NP was concerned about me as a person.
The NP was careful when he/she treated me.
I easily felt understood by the NP.
Patient Demographics

- N=148
  - 117 female 31 males
- Co-morbid conditions: 0–6 (average 2)
- Frequency of OV: 3–6 months
- Length of time seeing NP: 6mos–8yrs

- Mean age 63 years
- Age ranges: 16–91
  - under 30=7 (percentage)
  - 31–40=8
  - 41–50=32
  - 51–60=41
  - 61–70=45
  - 71–80=35
  - 81+ = 13
Self-report Most Common Conditions

- CVD-HTN, hypercholesterolemia
- MSK- arthritis, fibromyalgia,
- Endocrine- DM, thyroid
- Respiratory- asthma, COPD
- Mental health- depression, bipolar, anxiety, dementia
- GI- acid reflux, GERD
- GU- kidney disease, menopause
- Chronic fatigue syndrome
- Obesity
Patient Satisfaction

The NP gives me a chance to say what was really on my mind

- Strongly agree: 1%
- Agree: 20%
- Disagree: 78%
- Strongly disagree: 1%

The NP gives me a thorough checkup

- Strongly agree: 61%
- Agree: 34%
- Disagree: 2%
- Strongly disagree: 1%

I felt free to talk to the NP about private thoughts

- Strongly agree: 34%
- Agree: 61%
- Disagree: 2%
- Strongly disagree: 3%
Patient Satisfaction

The NP I see would be someone I would trust with my life.

<table>
<thead>
<tr>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>62%</td>
<td></td>
<td>29%</td>
<td>5%</td>
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</table>

I feel I understand pretty well the NPs plans for helping me.

<table>
<thead>
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<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
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<tbody>
<tr>
<td>71%</td>
<td></td>
<td>26%</td>
<td>2%</td>
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I feel that the NP does not take my problems very seriously.

<table>
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<tr>
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<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
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<tbody>
<tr>
<td>79%</td>
<td></td>
<td>16%</td>
<td>3%</td>
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Patient Interviews

- Ethics amendment
- Recruitment: n=20 (indicated willing to participate)
- Purposeful sampling to include: Diverse locations, age & number of co-morbidities
- RA contacted via email or phone to arrange interview
- 20 minutes telephone interviews
- Transcribed, imported into Nvivo-9
- Thematic analysis
Health Behavior Changes

* Dietary Changes/weight lose
* Knowledge & understanding of health conditions/medications
* Increased physical activity
* Greater responsibility for personal health
* Inspired to make changes
“I’ve given up non-dairy creamers in my coffee which saves me many calories, changed my thoughts about portion control. I’m much more in touch with what the size of the serving is.”

“I’m starting to take control and responsibility for my own health. Realizing that as I’m approaching 50 I need to do that just to have a better life and that’s what I’m trying to do.”

“I more or less understand better what diseases I have and what I have to do to make them better or live with them.”

“I understand what my medications are about more clearly than I got before. A lot of the medications that I had before, I didn’t understand really what they did. Now I know what my medications are doing and what they’re trying to do for me.”

“I’m more educated and more aware of my symptoms of bi-polar. I think I have a better understanding and can better deal with it now than before I saw my NP.”
Next Steps

* Complete data analysis
* Write up the report
* Dialogue with Ministry of Health
* Submit articles for publication
Thank you,

Questions?