Advanced Nursing Practice in the care of older people and it’s impact on quality of care

Vicky Williams
Consultant Nurse in Gerontology
University Hospitals Coventry and Warwickshire NHS Trust
Coventry
UK
'a level of practice delivered by registered nurses who have acquired an expert knowledge base, complex decision making skills and clinical capabilities for expanded collaborative practice. The achievement of an appropriate masters’ degree is essential at the outset of achieving this status. Specific characteristics are shaped by the context of practice, but demonstrate autonomous and collaborative working. Clinical leadership is at the heart of Advanced Clinical Practice and adjusts the boundaries of practice, pioneering and innovating to ensure timely response to changing needs. This is underpinned by advancing clinical practice research and education to enrich professional practice, and provide a significant contribution to health policy development and management.'

Gerontology

- The care of people with diseases prevalent in old age and the complexities of ageing and frailty

- Often conditions which by themselves may be easy to manage/treat are complicated by frailty and a reduction in physiological function

- Patients that are at increased risk of harm are reliant on high quality nursing care more than any other intervention for a positive outcome

So…….How do we “advance practice” in gerontology nursing?
The vision:
The four pillars of Advanced Practice

- The clinical role
  Identification and response to need and prevention of deterioration

- The management/leadership role
  An enabler, challenger and supporter

- The education role
  Equipping of colleagues with necessary skills

- The research/innovator role
  Developing practice, knowledge and services
The Clinical role

The vision – unwell older people have complex needs and multifactorial influence on their clinical condition. Nursing has a massive impact on outcome for these patients. Advanced level nurses have a greater impact on outcome.

- The complexity of frailty: Geriatric giants!
  - Falls
  - Immobility
  - Incontinence
  - Cognitive Impairment- Delirium/ Dementia  Isaacs (1992)

- The focus - ‘Care’ not ‘Cure’ – can things be “fixed”
- What do our patients need? What are the gaps?
Leadership and Management role

- Clinical Leadership and management
- Inspiration / role modelling
- Support and guidance
- Role development
- Consultant Nurse – strategic developments/influence
- Governance – CAEs/ RCAs, complaints – themes and trends

To do a common thing uncommonly well brings success’
Henry J Heinz (1992)
**Education role**

Clinical Education

Day to day influence – professional challenge

Role modelling/ teaching - ‘from practice for practice’

- Building confidence
- Develop recognition skills
- Understanding frailty and its management
- Training plan, career pathways, degree pathways, personal development
- Networking/liaison – MSc Advanced Nursing Practice Programme

**Competency development**

- Generic/ Speciality
- Advanced practice
Research and innovation

- Research agenda
- Evaluation of advanced practice impact
- Developing strategy Advancing practice
- Service innovation
- ANP service: Community outreach / ED in-reach
- Trust wide and beyond
- Conference presentations – ANP roles and gerontology as a speciality
How does that work in practice?

- **ANP assessments** - what is happening to the patient – current plan – nursing, medical, social, psychological

- **Head to toe assessment** – what do we find – physiological review as well as nursing intervention review. Did we expect to find this?

- **Review of interventions and documentation** – risk assessments, medication concordance and efficacy – are achieving what we set out to?

- **Plan and communication** – as a team how can we improve our care?

Identification of themes and trends – feeds into education strategy, identifies development needs of ANP, identifies needs of patients that are/are not being met and requirements for innovation, education or research.
The ANP role in Gerontology

- Models and facilitates **high quality clinical care**
- Inspires and informs practice through **Education**
- Responsive visible **Leadership** - supports and enables professional growth
- **Innovation** and **research** at the heart of continuing improvements

ANPs offer clinically based roles that can provide high quality nursing and clinical care, clinical leadership and education reflective of patient need and responsive to challenges faced whilst providing motivation and inspiration to the whole multidisciplinary team.
Thank you – any questions?
References


