Building a Healthier Australia and a Healthier Profession

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Today we will discuss

- Create a **burning platform** for developing ourselves **individually** and as a **profession**
- Providing a **framework** for that development that enables **innovative** and **reformative** nursing practice
Our State by the numbers

- **4.9 million** Queenslanders
- **5.7 Million** by 2026
- **29%** of state **budget** spent on health
- **$32.1 billion** (State and Commonwealth)
- **$6319** per person
What's the future look like?

- More than 74% of Females and 61% of Males living in Queensland right now will live into their 80’s.

- Death rates continue to decline due mainly to a reduction in rates of death for lifestyle related chronic diseases.
Unless your Indigenous
Managing Risk

- 50% of Queenslanders have a chronic disease
- 40% aged over 45 have 2 or more
Managing Risk

- 9 in 10 deaths have chronic disease as an underlying cause (AIHW 2014)

- 48% of all deaths in QLD are directly attributable to poor management of risk factors (CHO Report 2016)

What is the role of the Nurse?
Diabetes

- One amputation every 2 hours due to poor management of T2DM.

- 90% of new diagnosis's could be avoided by better management of risk factors.
Mental Health

- 1 in 5 Adults (16-85) have had an acute mental health illness in the last 12 months
- 1 in 7 Children (4-15) have had an acute mental health illness in the last 12 months
- Most common comorbidity
Chronic Respiratory Disease

- 1 in 4 adults have CRD
- **Second** leading cause of avoidable admission
- Average **cost of admission** for CRD in public hospitals is **$12400**
- Most **common cause** of CRD admission?
Dementia

- Most common cause of disability in Queensland

- Prevalence is going to increase 4 fold over the next 30 years

- Why?
As the largest healthcare workforce, nurses and midwives have a significant influence on the optimisation of health service productivity and effective patient health outcomes (Buchan & Aiken, 2008; Cathcart, 2008).
What’s the problem?

- More often than not, the disease is treated, not the patient.
- Health is delivered in a transactionary siloed manner.
- System dictates care not the patient.
- Victims of our own success!!
Health Service Reform

- **Specialist Training** is at the pointy end of health care
- Has **overshot** the health care needs of HC consumers
- **Nursing** workforce is **underutilised**

Prof Gardner 2013
Our Current System is Providing

Too little care

Too late

For too few people

At too high a cost
What do Consumers Want?

- Service models must meet the needs of the consumer
  - Can I get the care I need
- Workforce reform models must be driven by community needs rather than discipline interests
  - I don’t mind who the provider is – I want competent care when I need it
- Models of care that are responsive to economic imperatives
  - Is this health care affordable

» Prof Gardner 2013
“What if we don’t change at all ... and something magical just happens?”
Nursing must Innovate

What we have done in the past is not always going to solve our future challenges

Best Practice Thinking

Next Practice Thinking
Next Practice

- **Best practice** is about what works best for now
- **Next practice** thinking is about what works for the future:
  - Innovation
  - Developing and testing new service models
  - Using an ongoing inquiry process
  - Being courageous
  - Removing barriers, hurdles and distractions
Using next practice thinking

- We need to **expect more** of NP service than doing medicine cheaper or being a medical substitute.

- **Nurse practitioner service** is about doing nursing differently.

- **Challenging** outdated paradigms of Health Care.
What is Advanced Practice?

- Internationally and locally APN is frequently used as an umbrella term to delineate nursing roles and levels that are considered above that of the foundation practice of the registered nurse.

- Historically there has been much confusion about what it is and what it isn’t.
What Advanced Practice isn’t

- It is not a specific skill

- It is not about practicing in a particular environment

- It is not a particular pay grade – although the new QLD Award does expect you to be working at Advanced Practice level when you’re employed at CNC level and above
What Advanced Practice is

Strong Model of APN Practice

To establish an operational framework for differentiating and describing advanced practice nursing for the Australian health service context and future development of the nursing profession.  

Gardner, Gardner and Duffield, 2013

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Domain 1 – Clinical Care

- Activities carried out on behalf of individual patients/clients focusing on specific needs, including procedures, assessments, interpretation of data, provision of physical care and counselling.

- Clinical Care also includes care coordination, care delivery, and guidance and direction to others relevant to a specific patient population.
Domain 2 - Optimising Health Systems

- Contribute to the effective functioning of health systems and the institutional nursing service including role advocacy, promoting innovative patient care and facilitating equitable, patient-centred health systems.

Gardner et al., 2017
Domain 3 - Education

- Enhancement of caregiver, student and public learning related to health and illness.
- This also includes aiding patients and families to manage illness and to promote wellness, informal staff development and formal presentations to healthcare professionals.

Gardner et al, 2017
Domain 4 - Research

- Support a culture of practice that challenges the norm
- Seek better patient care through scientific inquiry and promote innovative problem solving to answer clinical questions.
- This includes conducting clinical research, identifying funding sources and using evidence to guide practice and policy.

Gardner et al., 2017
Domain 5 - Leadership

- Promote nurses, nursing and healthcare and include disseminating nursing knowledge, serving in professional organisations, and acting as a consultant to individuals and groups.

- Leadership also includes setting directions and modelling standards towards optimising population and patient care outcomes.

Gardner et al, 2017
How to Develop Yourself

The Australian Advanced Practice Nursing Self-Appraisal Tool

The ADVANCE Tool

In Conclusion

Using the Advanced Practice model provides a framework for nursing to

- Champion next practice thinking
- Be innovative and reformatative
- Focus on delivering HC outcomes that deliver on unmet need
- Provides a consistent pathway
- Challenge the dominant, out-dated HS paradigm
Questions

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