

Role *Second Edition* Development *for the* Nurse Practitioner

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I am fortunate to have loving and supportive children, Kirstin, Karine, and Tyler, who all have wonderful spouses and children. My grandchildren, always increasing in numbers but as of today include Kyle, Kaia, Kaden, Kolton, Juliana, Lucien, Mackenzie, Elida, and Warren—they are the most amazing loves of my life.

To Jack, who has been supportive of my professional career and passion about the role of nurse practitioners. I also offer my sincere gratitude to my colleagues who are a joy to work with and true scholars who I admire more than they realize. Finally, and importantly, my dear friend and colleague without whom I would never have made it to this point in my profession. Sue DeNisco, thank you for supporting and encouraging me through the good times and the not-so-good times, and for being my professional partner in everything I do.

Julie G. Stewart (MorMor)

Life is full of changes; therefore, I want to dedicate this book to my mother who was my first editor during my early writing days. By passing on her love of learning, gift of writing, and resilient spirit I have had the fortitude to sit at the computer for exorbitant periods of time. I miss her every day but know that she is sitting at my shoulder.

It goes without saying that my children, Alison, Michael, Spencer, Sarah, Brooke, and granddaughter Lenore, are major sources of pride and invigorate my spirit. They are all amazing human beings with unique gifts and talents to share. There is never a dull moment!

I have been very fortunate in my both my clinical and academic career to have interfaced with amazing nurse colleagues who have been students, friends, fellow clinicians, mentors, and mentees. Julie Stewart is a nurse educator, nurse practitioner, and nurse leader who I call "the triple threat." Her passion for life, sense of humor, and vision for the future of nursing keep me at her side.

And lastly Rick, you continue to amaze me with your patience, kindness, and support. I know how much you have sacrificed to have a wife that is a self-proclaimed workaholic. I love you always and forever.

Sue (Mom, Yia Yia)

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Foreword

This unique and timely book was inspired and developed by two doctor of nursing practice alumni from one of the most prestigious DNP programs in the country. Collectively, with more than 7 decades as nurse practitioners in primary care practice and education, the authors took on the task of summarizing the key aspects of their roles, including preparing for NP certification and licensure as well as often overlooked areas such as consultation, collaboration, billing, and reimbursement. Critically important clinical information on cultural aspects of practice, the intersection of primary and mental health care, and the NP–patient relationship is also highlighted. Chapters on mentoring and professionalism, the hallmark activities of any high-level occupation, are included.

Throughout the text, case vignettes and interviews with nurse practitioners are used to highlight key information and inspire critical thinking. The information outlined in this publication will provide the foundation needed to practice at the highest level of NP preparation in order to meet societal needs for quality, cost-effective, and outcome-driven health care. This book will serve as a resource for the NP at a variety of stages from student to expert clinician.

*Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN, DCC
President, Fitzgerald Health Education Associates, Inc.*

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Preface

Educating colleagues, family, and friends about what a nurse practitioner is and does has been an important and frequently needed topic since the day I applied to graduate school, so this book was a natural outcome for me.

I vividly remember when I was 8 years old, I set up my “medical office” in a spare bedroom, opening my little plastic medical equipment bag to find my durable plastic stethoscope while wearing my nurse’s cape. I called my first patient in, my patients being all the neighborhood children I could coerce into making “appointments.” Unfortunately for me, my mother put a stop to the comprehensive physical exams that day, but I remained determined that one day I would take care of people.

Fast-forward to the intensive care unit where I relished in providing comprehensive care to critically ill patients and supported their loved ones. I loved being a critical care nurse. After numerous years in that arena, it was time for a change. The hospital had hired a nurse practitioner to run our employee health department. I found it fascinating that a nurse could be my doctor! So off I went to graduate school to become a family nurse practitioner. It was hard, I remember that clearly; however, I also remember very well the evening we started history-taking and physical assessment. This was my “AHA!” moment. I drove home thrilled that I had finally found my professional role.

Over the past 20 years after graduating from the FNP program, I have experienced the joys of successful patient–provider relationships and health outcomes, as well as the frustrations of being a healthcare provider in such tumultuous times. I am most proud of my ability to teach students in both the classroom and clinic. Watching each one develop into a competent primary care provider is a highlight in my career. I have been fortunate to work with my colleague, mentor, and dear friend to help you as you develop your role as a nurse practitioner.

Julie G. Stewart

As a new graduate nurse I was very interested in working with medically underserved populations and was influenced by the work of Mary Breckenridge, a nurse–midwife who founded the Frontier Nursing Service. Off I went to my first professional nursing role as a surgical nurse in a small country hospital in eastern Kentucky. On weekends a physician friend of mine and I traded the “horse” for a “Jeep” and visited many families that had few resources and no transportation out of the “hollers” to obtain medical care. Following the 2 years spent in Appalachia, I solidified my interest in primary care by working for the U.S. Public Health Service on the western slope of Colorado where I set up clinics for migrant Mexican farm workers. I was then hooked and decided that I could make the largest impact on vulnerable populations by becoming a family nurse practitioner. My 31 years as a primary care provider has afforded me the opportunity to provide direct patient care to both rural and urban

populations in a wide variety of settings. Each patient I have been honored to care for has taught me so much and helped fuel my passion for “nurse practitionering.” A large part of my career has been spent on passing on my knowledge to the next generation of NPs. I have precepted many NP students over the years and enjoy seeing them blossom from neophyte, entry-level nurse practitioners to those that practice with competence and compassion.

In the words of Khalil Gibran, “Generosity is giving more than you can, and pride is taking less than you need.”

Susan M. DeNisco

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