

# ROLE DEVELOPMENT FOR THE NURSE PRACTITIONER

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# Dedication

My children, Kirstin, Karine, and Tyler, have been the most loving and supportive children I could ever have dreamed of having. I am certain that they can barely remember a year where I wasn't taking a class, or seeking a new degree during their formative years. It is wonderful to see how they have grown into caring, responsible young adults. I thank them from my heart. To Jack, who has helped me remain calm and focused as I discovered how much work and effort there is to writing a book, I offer my sincere gratitude for putting up with me. I love you all. Thank you.

*Julie G. Stewart (Mom)*

This book is dedicated to my friend Dr. Julie Stewart, who had the vision for this exciting book and coined the model “nurse practitionering” while we were in doctoral studies. Julie exemplifies “out of the box” thinking and I am happy to see this idea in print. She is an inspirational colleague, mentor, and clinician who is committed to nursing education and the care of her patients.

Also want to thank my children, Alison, Spencer, and Sarah, who have always had to endure the ups and downs of having a “working mom” and discussion about “nursing” around the dinner table. You are the loves of my life and I enjoy watching you celebrate your own successes as you embark on your own career paths.

Mom, thanks for passing on your love of learning and gift of writing—you have planted the seeds for my success.

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)*



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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 the 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.*



# 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 16 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 not only in the classroom, but in the 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 27 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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