Contents

Foreword xi
Preface xiii
Contributors xv
Reviewers xvii

Part I Scientific Underpinning of the Nurse Practitioner Role 1

Chapter 1 The Nurse Practitioner: Historical Perspectives on the Art and Science of Nurse Practitionering 3
Julie G. Stewart
  Historical Perspective 5
  Nurse Practitioner Education and Title Clarification 6
  The Master’s Essentials 7
  Nurse Practitioner Core Competencies 8
  Doctor of Nursing Practice (DNP) 11
  Nurse Practitioners’ Approach to Patient Care 14
  Nurse Practitioners’ Unique Role 23

Part II The Nurse Practitioner–Patient Relationship 35

Chapter 2 Family-Focused Clinical Practice: Considerations for the Nurse Practitioner 37
Susan M. DeNisco
  Introduction 37
  Family Theory 37
Contents

Family Resilience and Capacity Models  41
Family Structure, Function, and Roles  47
Family Development  49
Divorced Families  50
Nontraditional Families  51
Structural Assessment and Family Interviews  54
Family Problem List  66
References  70
Additional Resources  73

Chapter 3  Mental Health and Primary Care—A Critical Intersection  75
Brandi Parker Cotton
Health Disparities in Mental Health  76
Patients with Co-occurring Disorders  78
Children and Mental Health  81
Housing Instability and Homelessness  87
Vicarious Traumatization  91
Risk Assessment  93
Managing Bipolar Disorder in the Primary Care Setting  97
Understanding Scope of Practice  98
The NP Role in Caring for Vulnerable Populations  99
References  102

Chapter 4  Culture and Clinical Practice  105
Michelle A. Cole & Julie G. Stewart
Introduction  105
Global Diversity  106
Cultural Competency and Clinical Education  107
Cultural Humility  109
Cultural Competence and the Clinician  111
Cultural Immersion Experiences  115
Demystifying the Cultural Competence Puzzle  117
Language and Communication  120
Community Partnerships  123
Pulling It All Together  124
Evaluation  126
References  127
Part III  
Clinical Education for the Nurse Practitioner  131.

Chapter 5  
Clinical Education in Nurse Practitioner Programs  133
Julie G. Stewart & Michelle Johnson

- The Role of Faculty  135
- The Role of the Student  137
- The Role of the Preceptor  143
- Evaluation and Clinical Time Documentation  145
- Pathways to the DNP  146
- Final Project  148
- The Future of NP Clinical Education  148
- References  149

Chapter 6  
Case Presentation, Consultation, and Collaboration in Primary Care  151
Susan M. DeNisco & Holly B. Bradley

- Introduction to the Case Presentation  151
- Organizing the Oral Case Study Presentation  154
- Collaboration, Consultation, and Referral in Primary Care  162
- Interdisciplinary Collaboration  168
- Collaborative Health Management Model  172
- Barriers and Benefits to Effective Interprofessional Collaboration  174
- References  175

Chapter 7  
Evidence-Based Practice  177
Kerry Milner

- What Is Evidence-Based Practice?  177
- Nursing and EBP  178
- How to Translate EBP into Practice  181
- Searching Databases for Best Current Evidence  186
- What Counts as Evidence?  191
- Critical Appraisal of Evidence  194
- Evidence Synthesis  201
- Critical Appraisal of a Single Intervention Study  204
- Barriers to EBP  207
- Summary  208
- References  211
Chapter 12  Mentoring  301

Julie G. Stewart

Preceptor  301
Role Model  303
Coach  303
Mentor  304
References  313

Chapter 13  Reimbursement for Nurse Practitioner Services  315

Lynn Rapsilber & Susan M. DeNisco

Introduction  315
Important Steps in Reimbursement Eligibility  316
Coding and Billing Resources  317
Medical Record Documentation  319
Payment for Services  322
Evaluation and Management Documentation Guidelines  323
General Coding Guidelines  323
Key Components of Reimbursement  326
How to Bill for a Visit  331
Coding Conundrums  331
References  338

Chapter 14  Professional Employment  341

Julie G. Stewart & Susan M. DeNisco

Nurse Practitioner Certification  341
Nurse Practitioner Licensure for Prescription Privileges  344
Malpractice Insurance  345
Résumé vs. Curriculum Vitae Development for Nurse Practitioners  346
Job Satisfaction  347
Collaboration  348
Empowerment  349
Interviewing Skills  350
Negotiating an Employment Contract  352
Credentialing  353
Collaborative Agreements  354
The Consensus Model—Stay Tuned!  356
References  357

Index  361
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
Contributors

Holly B. Bradley, DNP, ANP-BC, APRN
Assistant Professor, Nursing
Sacred Heart University
Fairfield, CT
Hartford HealthCare Medical Group
Wethersfield, CT

Michelle A. Cole, DNP, MSN, RN, CNP
Assistant Professor, Sacred Heart University
Fairfield, CT

Brandi Parker Cotton, MSN, PMHNP-BC
Gateway Healthcare, Inc.
Pawtucket, RI

Harriet Fields, EdD, EdM, RN
Health Care Policy Professor; Global Health Nursing Consultant
Washington, DC; Rwanda, Africa

Michelle Johnson, EdD, RN, CPNP-PC
Assistant Professor, Nursing
Sacred Heart University
Fairfield, CT

Kerry Milner, DNSc, RN
Assistant Professor, Nursing
Sacred Heart University
Fairfield, CT

Linda S. Morrow, DNP, MSN, MBA, CNOR, CPHQ
Assistant Professor, Program Director
Patient Care Services Administration, Department of Nursing
Sacred Heart University
Fairfield, CT

Lynn Rapsilber, MSN, ANP-BC, APRN
Litchfield County Gastroenterology Associates
Torrington, CT
Reviewers

Lucie J. Agosta, RNC, PhD
Adult/Family Nurse Practitioner
Assistant Professor & Coordinator, Family Nurse Practitioner Track
Southeastern Louisiana University
Baton Rouge, LA

Claudia Anderson Beckmann, PhD, APNC
Associate Professor
Specialty Director Women's Health Nurse Practitioner
Rutgers University College of Nursing
Newark, NJ

Freida Fuller, RN, DSN, FNP-BC
FNP Program Coordinator
Mercer University, Georgia Baptist College of Nursing
Atlanta, GA

Gina Crawford, MS, APRN, FNP-C
Clinical Instructor of Nursing
Oklahoma City University, Kramer School of Nursing
Oklahoma City, OK

Greg Brooks, DNP, APRN, FNP-C
Assistant Professor of Nursing
Director, Family Nurse Practitioner Program
Oklahoma City University, Kramer School of Nursing
Oklahoma City, OK

Gwendolyn S. George, DNP, APRN, FNP-BC
Assistant Professor and DNP Program Coordinator
Loyola University New Orleans
New Orleans, LA
Reviewers

S. Renée Gregg, MSN, FNP-C
Ball State University
Muncie, IN

Frances Johnson, DNP, APRN, NNP-BC
Professor of Nursing
Southern Adventist University
Collegedale, TN

Katherine Kenny, DNP, RN, ANP-BC, CCRN
DNP Program Director
Arizona State University
Phoenix, AZ

Laura LaRue, DNP, FNP-BC
Assistant Professor,
FNP Coordinator
Radford University
Radford, VA

Eileen McCann, DNP, FNP-BC
Director of Family Nurse Practitioner Program and Assistant Professor
St. Xavier University
Chicago, IL

Cynthia Ricci McCloskey, DNS, APRN-BC, WHNP
Associate Professor and Graduate Program Director, Nursing
Wehmans School of Nursing
St. John Fisher College
Rochester, NY

Debra Miller-Saultz, DNP, FNP-BC
Assistant Professor of Nursing
College of New Rochelle
New Rochelle, NY

Patricia A. Nielsen, DNP, DNP, FNP-BC
Program Director of Nursing Programs for School of Graduate and Continuing Studies
Olivet Nazarene University
Bourbonnais, IL

Debbie Nogueras, PhD, MSN, APRN-BC
Associate Professor and Coordinator of FNP and DNP Programs
Northern Arizona University
Flagstaff, AZ

Cindy Parsons, DNP, PMHNP-BC, FAANP
Associate Professor of Nursing
University of Tampa
Tampa, FL

Alberta Peters-Herron, DNP, FNP-BC, RN
Goldfarb School of Nursing
St. Louis, MO
Erin Shankel, MSN, RN, FNP-BC
Adjunct Professor
Belmont University School of Nursing
Nashville, Tennessee
Nurse Practitioner
Allergy and Asthma Associates of Middle Tennessee
Franklin, TN

Jennifer Sipe, RN, MSN, ANP-BC
La Salle University School of Nursing and Health Sciences
Medical Office of Michael J. Palazzolo, MD
Philadelphia, PA

Dellarie L. Shilling, DNP, FNP-BC
Georgia Southern University School of Nursing
Statesboro, GA

Carole G. Traylor, DNP, CPNP, CAE
Assistant Professor
Beth-El College of Nursing and Health Sciences
University of Colorado
Colorado Springs, CO

Barbara Wilder, DSN, CRNP
Professor
Auburn University School of Nursing
Auburn, AL

Diane Wink, EdD, ARNP, FNP-BC, FAANP
Professor and Hugh F. and Jeannette G. McKean Endowed Chair in Nursing
University of Central Florida
Orlando, FL