Chronic Conditions and the Role of the Clinical Nurse Specialist

NACNS CHRONIC CARE TASK FORCE

NACNS Chronic Care Task Force Members

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BACKGROUND

1. CHRONIC CONDITIONS TASK FORCE DEVELOPMENT
   - Charge from NACNS
   - Identify activities/resources
   - Wellness to acute care
   - Across care transitions
   - Life span approach
2. Steps
   - Define “Chronic Conditions”
   - Relevant concepts/key words
   - Robust literature review
   - Identification of best practices of CNS competencies
DEFINITIONS OF CHRONIC CONDITIONS
- Uncertain etiology
- Multiple risk factors
- Prolonged course of care
- Functional impairment and disability
- Long latency period
- Noncontagous origin
- Incurability
- No physical outward signs
- Impairment in ADLs and community experiences

STATE OF CHRONIC CONDITIONS
- Most common, costly, preventable health issue (Ward, 2014)
- Leading cause of death and disability (Ward, 2014)
- 50% of all health care (Ward et al., 2013, 2014, Senate Committee on Finance, 2015)
- 86% of all healthcare costs (Green et al., 2014)

STATE OF CHRONIC CONDITIONS
- Management of single chronic condition
  - pathophysiology
  - pharmacology
  - support/therapies
  - interdisciplinary
  - self care practices
- 1 in 4 adults = 2 or more chronic conditions (CDC, 2013, Ward, 2014)
- Reasons: aging population, poor nutrition, increase obesity, etc.
LEGISLATION AFFECTING CHRONIC CONDITIONS MANAGEMENT

- Affordable Care Act
  - Avoidance of hospital readmissions
  - Cost savings (improved coordination/management)
  - Funding (education)
- Chronic Care Billing Codes
  - Case Coordination
  - Patient Communication
  - Medication Refills
  - Remote Care by Telephone
  - High Severity Chronic Care (Bipartisan Chronic Care Working Group)

PRACTICE SETTINGS

- Transitional
  - Hospital to home
- Ambulatory
  - Clinic
  - Community
- Home Care
  - Patient’s home
  - Home care agency

DIRECT CARE COMPETENCY

- Home visits to develop in-depth comprehensive needs assessment and early identification of problems (Buch & Schmidt, 2013; Adams, 2015)
- Early screening and identification of patients at risk for chronic conditions in the community (De Jong & Veltman, 2004)
- Management of transitions from acute to ambulatory care with nurses and other health care team members (Adams, 2016; Negley et al., 2016)
CONSULTATION COMPETENCY
- Translation of patient needs to nurses and other health care professionals (Ulch & Schmidt, 2013)
- Leading health care team members to integrate patient needs in plans of care (Ulch & Schmidt, 2013)

SYSTEMS LEADERSHIP COMPETENCY
- Development of policies and standardization of care among high cost diagnostic groups (Negley et al., 2016)

COLLABORATION COMPETENCY
- Leads collaborative efforts among health team members (Dejong & Veltman, 2004; Negley et al., 2016)
COACHING COMPETENCY

- Use of motivational interviewing techniques (Ulch & Schmidt, 2013)
- Provides formal education for community-based nurses in the management of chronic conditions. (Policicchio, Nelson, Duffy, 2011)

RESEARCH COMPETENCY

- Conducts research on early identification of chronic conditions in the community setting. (DeJong & Veltman, 2004)
- Uses data to assess the quality and effectiveness of CNS-led clinical programs. (DeJong & Veltman, 2004; Negley et al., 2016)

ETHICAL DECISION MAKING, MORAL AGENCY, ADVOCACY COMPETENCY

- Facilitates patient/family understanding of the risks, benefits, and outcomes of the proposed healthcare regimen
- Advocates for the CNS/APRN role in chronic care in the community settings. (DeJong & Veltman, 2004; Negley et al., 2016)
NEXT STEPS

“White Paper” Recommendations
- NACNS should actively advocate for the formulation of policies that impact the population of patient’s with chronic conditions and their families
- Resources to ensure licensure, independent practice (prescriptive authority), reimbursable services (billing/coding)
- Promote role in chronic conditions (cost reduction, better patient outcomes)
- Additional research on role of CNS in chronic condition management

For more information, contact info@NACNS.org

REFERENCES
- Senate Committee on Finance, 2015