

Enhanced Role Improves Outcomes for Rural Women

Prepared and presented by: **Lorna Scott & Carolyn Enks**

Women's Health Nurse Practitioners

Hunter New England Health

NSW

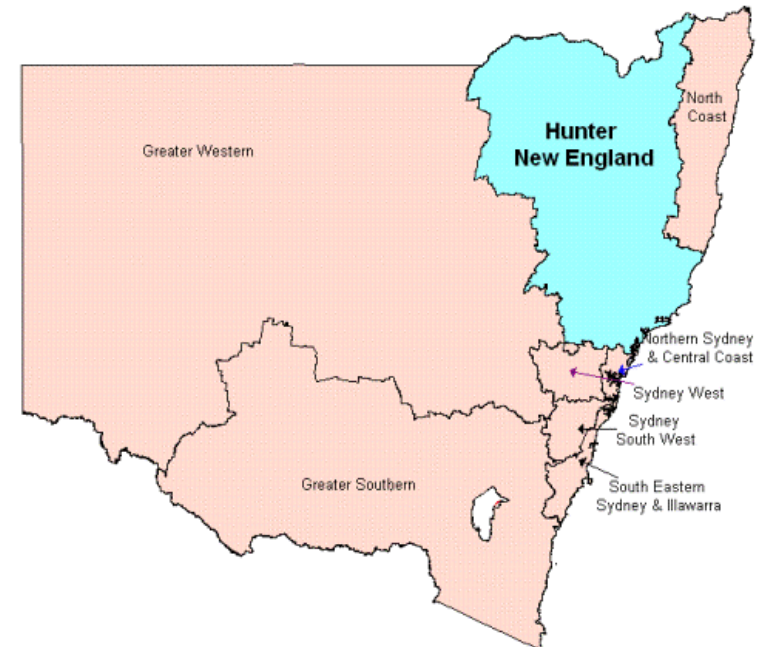
April 2010

Service Area

- Female Population-

- Upper Hunter 18,400

- Lower Hunter 76,000



HUNTER NEW ENGLAND
NSW HEALTH



HUNTER NEW ENGLAND
NSW HEALTH

Background

- Lorna was one of the first Women's health Nurses appointed in NSW Health in 1986 and Carolyn commenced in 1991
- Role has progressively changed over the years
- Lorna authorised as a Nurse Practitioner in women's health 2001
- Carolyn authorised as a Nurse Practitioner in women's health 2005
- Currently in NSW there are only four nurses authorised as Nurse Practitioners in the specialised area of women's health

“a registered nurse educated and authorised to function autonomously and collaboratively in an advanced and extended clinical role. The role includes assessment and management of clients using nursing knowledge and skills and may include, but is not limited to, the direct referral of patients to other health care professionals, prescribing medications, and ordering diagnostic investigations. The nurse practitioner role is grounded in the nursing profession’s values, knowledge, theories and practice and provides innovative and flexible health care delivery that complements other health care providers. The scope of practice of the nurse practitioner is determined by the context in which the NP is authorised to practice”

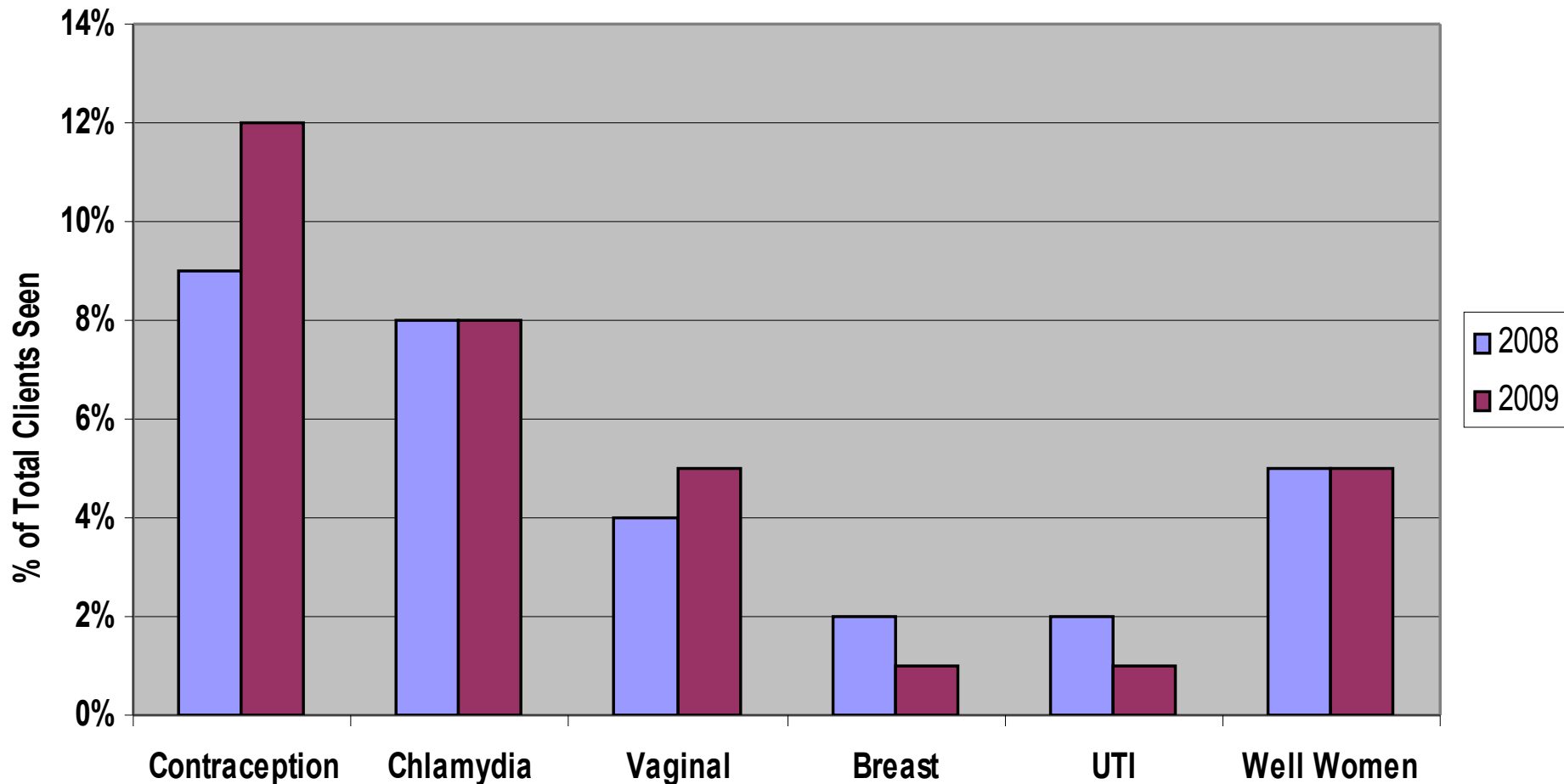
(ANMC 2006).

Guidelines

- Well Women
- Management of Contraception
- Management of Vaginal Symptoms
- Management of Chlamydia
- Management of Breast Symptoms
- Management of Urinary Tract Infections

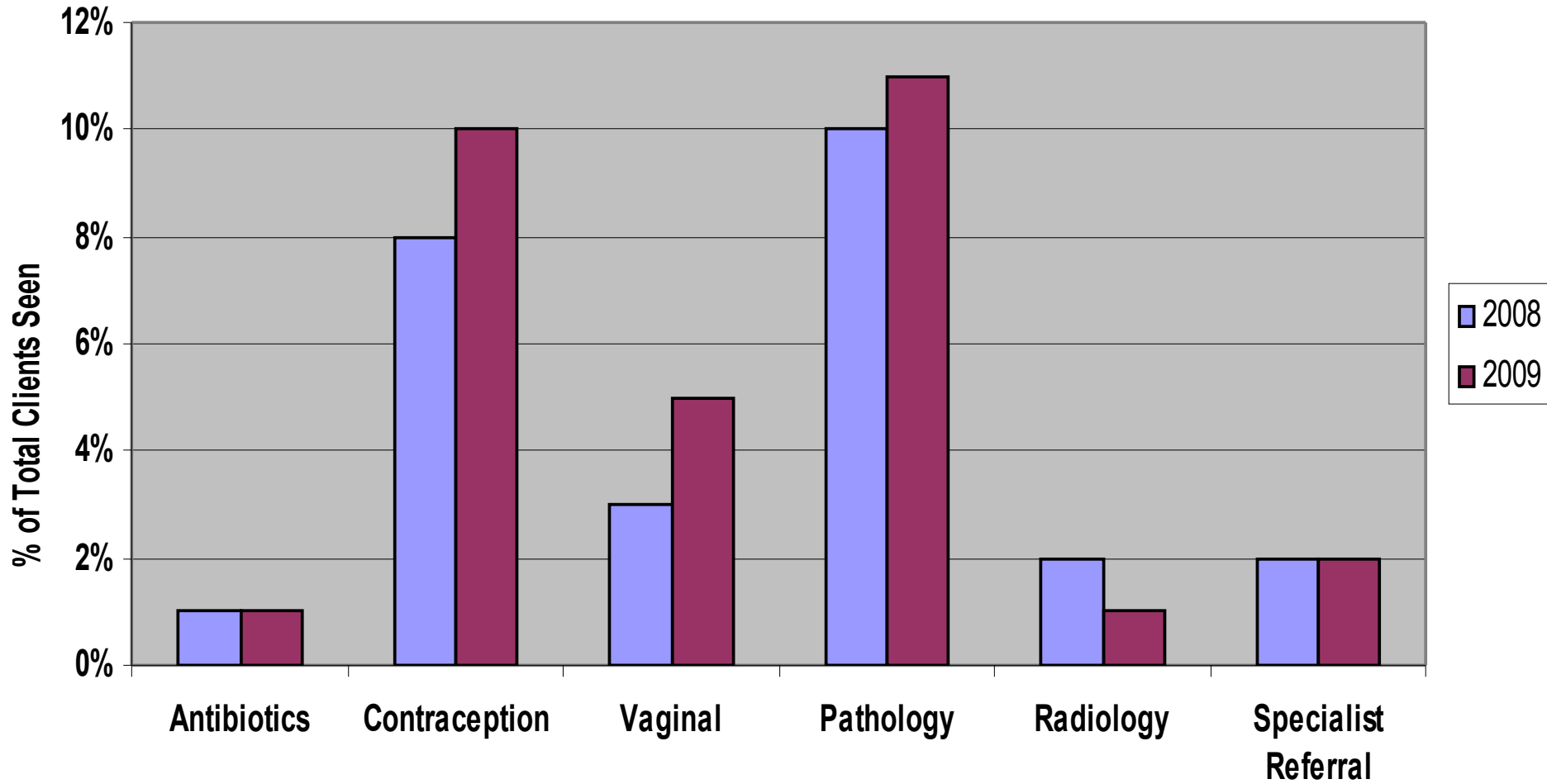
Guidelines used

GUIDELINES USED



Management Treatment/Investigations

TREATMENTS/INVESTIGATIONS



Clinic Numbers

- Number of Women seen in clinics
 - 2008 1,098
 - 2009 1,313
- NP guidelines used on clients
 - 2007 17%
 - 2008 27%
 - 2009 30%

Issues Discussed

TOPIC	% Clients 2008 (1,098 clients)	% Clients 2009 (1,313 clients)
Breasts	30%	24%
Vulva/vaginal	11%	12%
Cervical	19%	16%
Gynaecology	13%	13%
Pelvic floor/Incontinence	19%	14%
Menstrual/PCOS/PMS	5%	3%
Menopause	28%	26%
Pregnancy/fertility, postnatal	6%	7%
Contraception	19%	20%
Sexual problems	4%	3%
Sexual health	8%	8%
Mental health	10%	11%
DV	1%	1%
Sexual assault	1%	1%
Lifestyle	7%	8%
General health	19%	16%

Conclusion

Extended practice
for Nurse Practitioners
improves
Primary Health Care Outcomes
for rural women