The Role of the Clinical Nurse Specialist

Presented by

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- Maternal Child Health
- Public Health
- Healthy Living/Chronic Disease
- Regional Practice Consultant Adolescent Mental Health
Outline

1. Introduction
2. Overview of Organizational relationships/maps/communities
3. Integrated Systems (FTP/FN), Nursing Medicine
4. Components of the CNS Role & Current Activities
5. Summary & Contact Information
Goal:
The participants will be familiar with:

- Organizational Relationships – Federal/Provincial/First Nations
- Definitions of Remote/isolated communities
- Components of the CNS role
- Current activities
- How to contact the CNS
Definitions

• Advanced Practice Nursing
• Nurse Practitioner
• Clinical Nurse Specialist
• Health Centre/Nursing Station
• Remote/Isolated/Remote-Isolated
Lax Kwilaams
Quatsino Health Centre
Interface of Nursing and Medicine

**Nurse Practitioner (RN)**
- Direct client care
- Advanced nursing practice autonomy
- Autonomy for some medical functions
- Shared responsibility for medical orders, delegation

**Nurse Generalist (RN)**
- General nursing practice autonomy
- Shared responsibility for medical orders, delegation

**CNS (RN)**
- In depth knowledge, skills, advanced judgement in nursing care for specific population
- Within RN scope of practice
Integrated Systems

Health Canada - FNIHB

Provincial /Territorial Health Authorities

CNS

First Nations Health Society

First Nations Communities
Role of the CNS

The role of the CNS includes four components (2008)*.

- Consultation (Education)
- Clinical Practice (Education)
- Leadership (Education)
- Research (Education)
CLINICAL NURSE SPECIALIST ~ ROLES AND FUNCTIONS

**Transformational Leader**
- Clinical Practice Expert
- Role Model

**Consultant & Researcher**
- Evaluation, Communication & Interpretation of research
- Communication, Professional Support, Clinical Expertise

**Educator**
- Clinical Practice
- Community Development
- Knowledge Transfer
- Professional Development

**Advocate**
- Population & Public Health Approaches
- Challenging the System

CQI
Consultation

- May involve consultation to nursing staff for information, specific patient/client care.
- May involve regional staff, communities or other care providers in the specific area of speciality.
- May involve consultation to senior management/Band staff about existing resources, policy and procedure development or changes and trends in nursing care.
Consultation (examples)

**Mental Health**
- Assisting staff to access mental health resources outside the community,
- Working with the mental health program in crisis situations,
- Youth suicide prevention project
- Providing appropriate current clinical guidelines or specific topic as requested
- Consultations with nurses - Just phone

**Public Health**
- Providing current clinical CD information or advice to staff, management, other directorates, agencies
- Developing written protocols and processes to access resources and provide related services.
- Strategic planning for Outbreak management
- Vision Screening Program Coordination
Consultation (examples)

**Healthy Living / Chronic Disease**

- Supporting and assisting in development of chronic disease prevention and self-management (CDPSM) strategies
- Assisting staff in addressing gaps and barriers to accessing CDPSM resources outside the community to improve client care

**Maternal Child Health**

- Partnership in Proposals to introduce a midwifery service in select communities
- Orienting new staff in both FNIHB and transferred bands
- Member of working groups SOGC, CAAPN
Clinical Practice - Involves direct patient/client care in order to maintain advanced practice skills

**Mental Health**
- mental health assessment
- Acute mental health care management
- Collaboration with mental health services from the province
- Collaboration between nursing and multidisciplinary team within the community

**Public Health**
- Maintaining clinical skills such as immunization, surveillance and outbreak management,
- Emergency Operations Centre Management
- Indigenous Cultural Competency
Clinical practice (examples)

Healthy Living/Chronic Disease
• Utilizing a population health and life course approach
• Planning, coordinating, implementing and evaluating programs in health promotion and illness prevention
• Seeking to develop skills in self-management support and health coaching

Maternal Child Health
• Practice support to all CHNs in community, whether transferred or FNIH
• Clinical lead to the 17 dedicated MCH programs in BC
• Available for consult to HDs and other program staff re provision of Mat/child services
• Support to the Tripartite HC initiatives for Doula training in FN communities
Leadership

• Taking the lead or an active role in projects such as policy or guideline development, education projects
• Liaison role with other agencies
• Providing an example of professional behaviour
• Providing input, Updating / revision of community health manual
Leadership (examples)

**Mental Health**
- The use of the depression guideline,
- Library services for FNIHB
- Nursing conference
- Working to develop liaison role with HSC, SMHC

**Public Health**
- Developing liaison role with other agencies such as BCCDC, and subgroups,
- Input Pandemic Influenza
- Human health Emergencies
- Representation on several Public health committees
- Emergency management skills
- FNH Council Sub committee
- Vision Screening
Leadership (examples)

Healthy Living/Chronic Disease
• Participation on national committees, i.e. CDPM Advisory group
• Connect with chronic disease agencies and regional health authorities to identify and address gaps in services for chronic disease in First Nations communities
• Liaison role with Aboriginal Diabetes Initiative

Maternal Child Health
• Participation on national (SOGC) committees, i.e Society of Obstetricians & Gynaecologists of Canada Aboriginal Affairs Committee
• Chair of the CNS Council of the Association of Advanced Practice Nurses of Canada (CAAPN)
• Federal rep on the BC Early Hearing Screening Steering Committee
Research

Small portion of the role but will increase as other priorities are resolved
Research (examples)

Mental Health
• Currently providing information on colonization, intergenerational trauma, Indian Residential Schools & impact on mental health
• providing current research of social determinates of health and effects on community wellness

Public Health
• Currently researching specific information requests from staff
• Future considerations for formal research are to be determined
Research (examples)

Healthy Living/Chronic Disease
• Keep up-to-date of relevant research findings and when appropriate disseminate and assist in implementation to enhance evidence-based practice

Maternal Child Health
• Developing an evidence-based guideline for the SOGC for Professionals working with Aboriginal women and families
• Design and introduction of new charting system for mat/child
• Adjunct professor with UBC School of Nursing
Education (examples)

Mental Health
• Nursing orientation
• Suicide assessment and management the greatest priority
• Develop further information sessions such as depression
• Nursing Forum

Public Health
• To be determined - new position
• Nursing Forum
• Personal Care Workers Forum
• CDC Conference
Education (examples)

Healthy Living/Chronic Disease

• Articles related to CDPSM in Nursing Times newsletter
• Regular e-mail updates on new and relevant issues/endeavours related to CDPSM
• Education sessions to CHNs, HCNs, community workers related to health promotion, population health and self-management support

Maternal Child Health

• Regular teleconferences to update current best practice according to the evidence
• Providing some hands-on experience (with dolls!) of emergency delivery and newborn resuscitation (in Nursing Stations)
• Workshops: MCH workers Ages and Stages Social and Emotional screening (and referral) for MCH workers & BC POPS annual conference on the effects of Environmental pollutants on newborn growth and development and how to set up a “safe” daycare environment.
FNIH CNS Role Implementation Logic Model

Main Component

Leader/Change Agent
- Community Development
- Role Modelling

Consultant
- Evidence-Based Practice Standards
- Professional Support & Development

Clinical Practice
- Clinical expertise in complex cases
- Knowledge Transfer
- Group Facilitation

Research
- Examining the Process
- Input into National Standards

Implement Objective

Outputs
Countable Indicators
Characteristics Of Those Served

Recruitment & Retention of Nurses

Interagency Collaborative Initiatives

Support for Best Practice in Communities

Research Findings Dissemination

Short-Term Outcomes
(To Increase Or Decrease)

Personal Satisfaction
Increased Job Satisfaction For CHN

Increased Information and Awareness
Improve Access to Care

Promote System Changes Education

For Clients at Risk
Early Identification, Assessment & Appropriate Treatment

Long-Term Outcomes
(Prevention)

Enhanced Service Delivery
Integration of Contemporary and Traditional Holistic Approach
The CNS supports the First Nations Health Council in attaining their vision to:

“restore, revitalize and strengthen First Nations and their communities and families to eliminate the gap in standards of living with other British Columbians, and substantially improve the circumstances of First Nations people in areas which include: education, children and families, and health…”.

“Implementing the Vision” BC First Nations Health Governance 2005
In Conclusion:

The CNS supports frontline health care professionals to provide quality health services that are evidenced based, culturally sensitive and community driven.
Clinical Nurse Specialist Contact Information

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