

Community based Nurse Practitioner roles in Australia - Old problem - new ideas

Stu Willder

Nurse Practitioner Urology/Men's health

Western District health Service

Hamilton, Victoria, Australia



Vielen Dank
für die
Einladung.

Session aims

Discuss worldwide health care changes

What's different and similar in our
healthcare delivery

Regulation, collaboration, amalgamation
and examples of advanced nursing

Delivery models and evidence based
practice

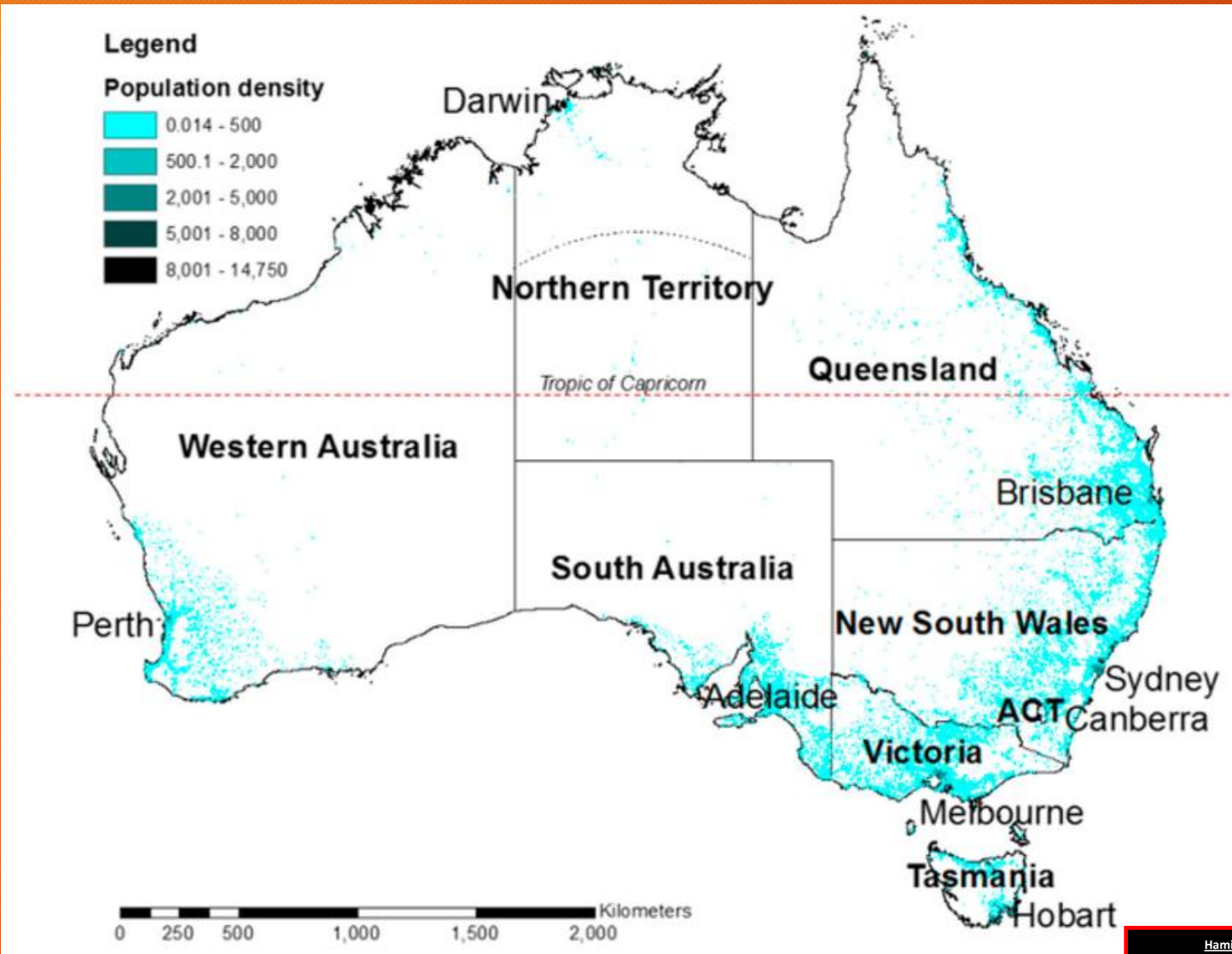
Demographics

- German population 83.6 million (240 per square kilometer)
- Australia population 27.7 million (4 people per square kilometer)
- It is safe to visit!!





Population density



- Nursing workforce
- 450,000 RNs and Midwives in Australia
- 1.7 million nurses in Germany (1.1 in hospitals 600,000 in aged care)



Hamilton

Global health impacts

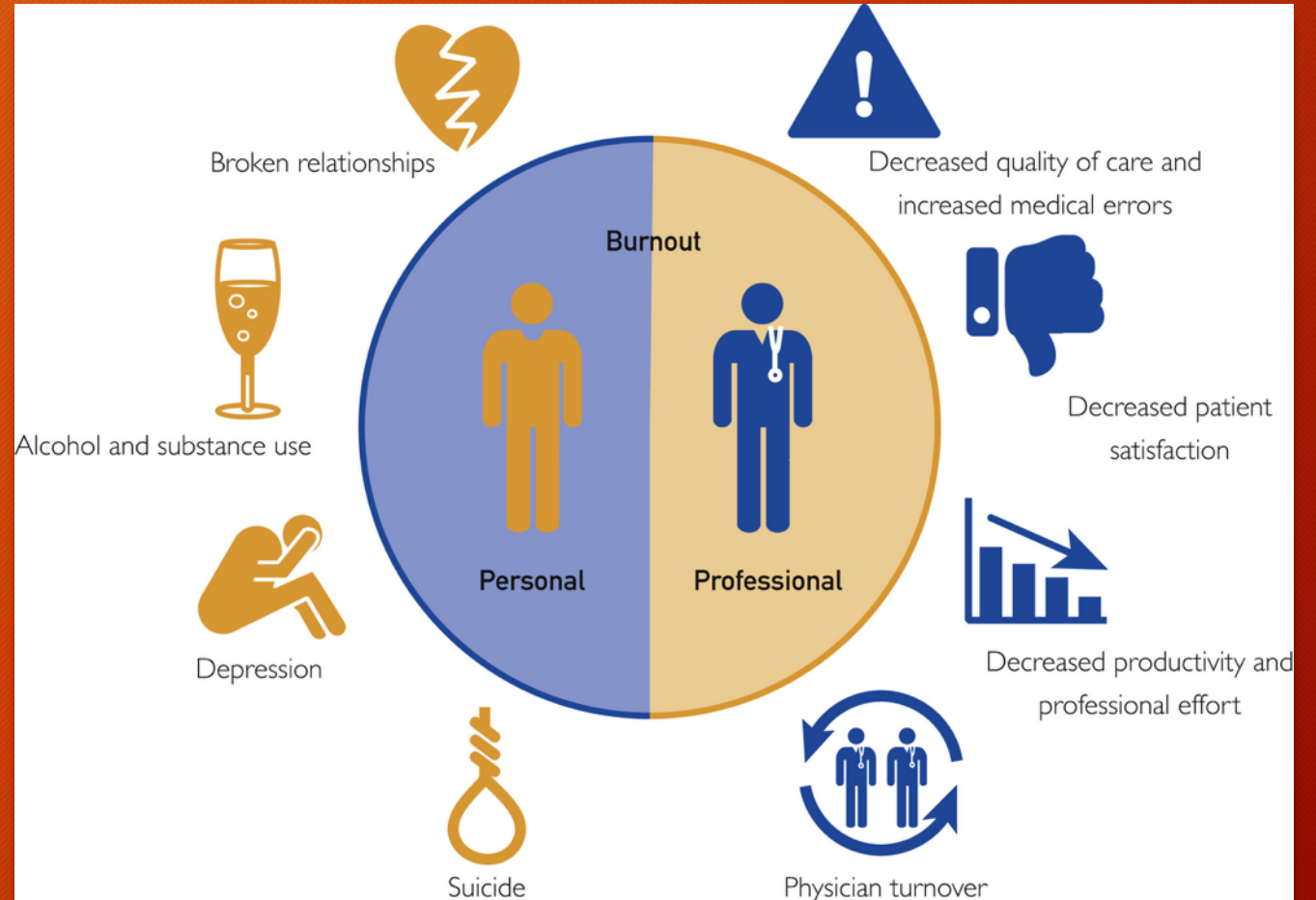
FIGURE 1 | Recent trends in global health and healthcare – while COVID-19 triggered growth, it also brought about health, economic, political and environmental challenges



The idea Doctors can do it all is ending.

Pantenburg B, Lippa M, König HH, Riedel-Heller SG. Burnout among young physicians and its association with physicians' wishes to leave: results of a survey in Saxony, Germany. J Occup Med Toxicol. 2016 Jan 22;11:2. doi: 10.1186/s12995-016-0091-z. PMID: 26807138; PMCID: PMC4724157.

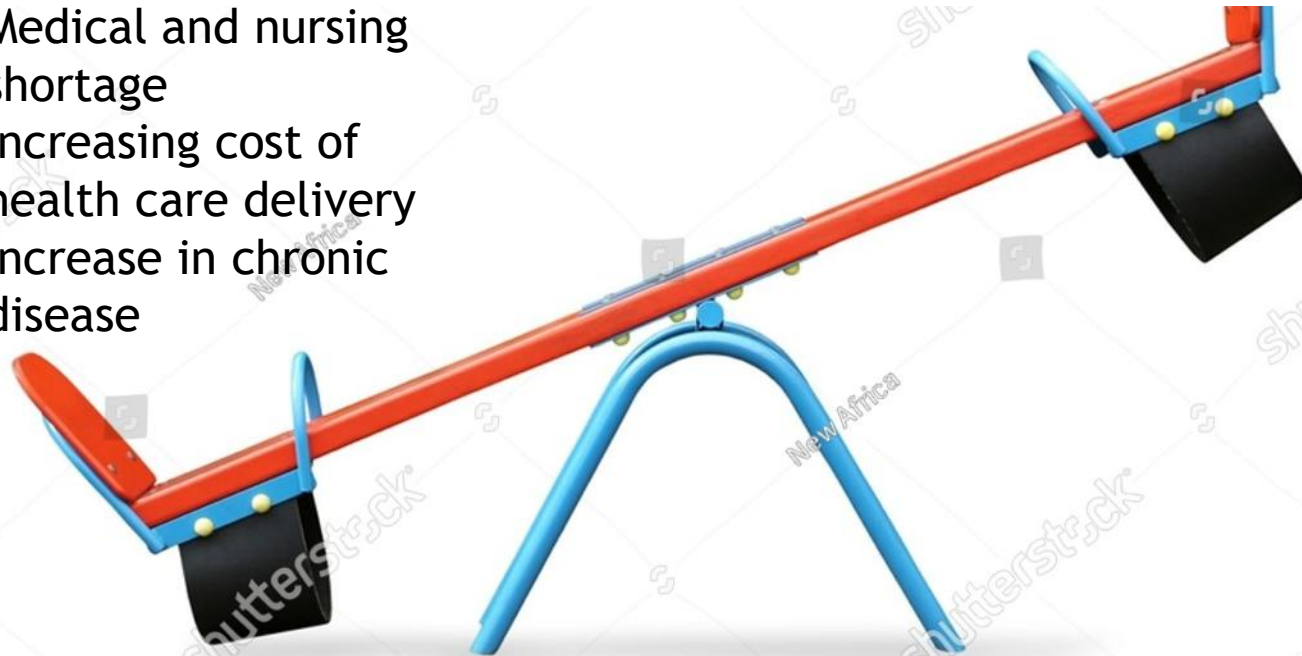
- Using the Maslach Burnout Inventory MBI
- 40% anaethetist
- 40% Urologists
- 49% of all German Doctors
- 8000 General Practices at risk of closing by 2028. Jubbal,K 2025
- There is no easy answer



The See Saw of German healthcare system

- Burnout
- Medical and nursing shortage
- Increasing cost of health care delivery
- Increase in chronic disease

- Established infrastructure
- Leading world economy
- Forward thinking/recruitment
- Willing to look at new models



Difference country - same problem

- Germany requires approx 500,000 health professionals by 2030
- 5 million Germans will require long term care by 2035
- 40% of German nurses are >50 years and are looking at retirement in the next 10 years



According to the **German Federal Employment Agency** there will be a shortfall of approximately 150,000 nurses by 2025, which need to be fulfilled.

Source: Schengen News

TERN

A woman in light blue scrubs stands with her arms crossed against a green background with white plus signs.



AUSTRALIA NEEDS 85,000+ NURSES

Start your Australia journey with Dynamic Health Staff.

- Indian nursing degrees recognized
- Overseas experience

A woman in blue scrubs with a stethoscope stands in front of a cityscape and the Sydney Opera House.

Australia's Health System



National
regulatory board –
all health care
providers



**Ahpra
& National
Boards**

Australian Health Practitioner Regulation Agency

Aboriginal and Torres Strait
Islander health practice
Chinese Medicine
Chiropracter
Dentist
Medical

Medical Radiation practice
Nursing and Midwifery
Occupational Therapy
Optometry
Osteopathy

Paramedicine
Pharmacy
Physiotherapy
Podiatry
Psychology

Acute nursing roles

Nurses Aids - Krankenpflegehelfer

Enrolled Nurses - Eingeschriebene Krankenschwester

Registered Nurses - Registrierte Krankenschwester

Clinical Nurse Specialists - Fachpflegekraft

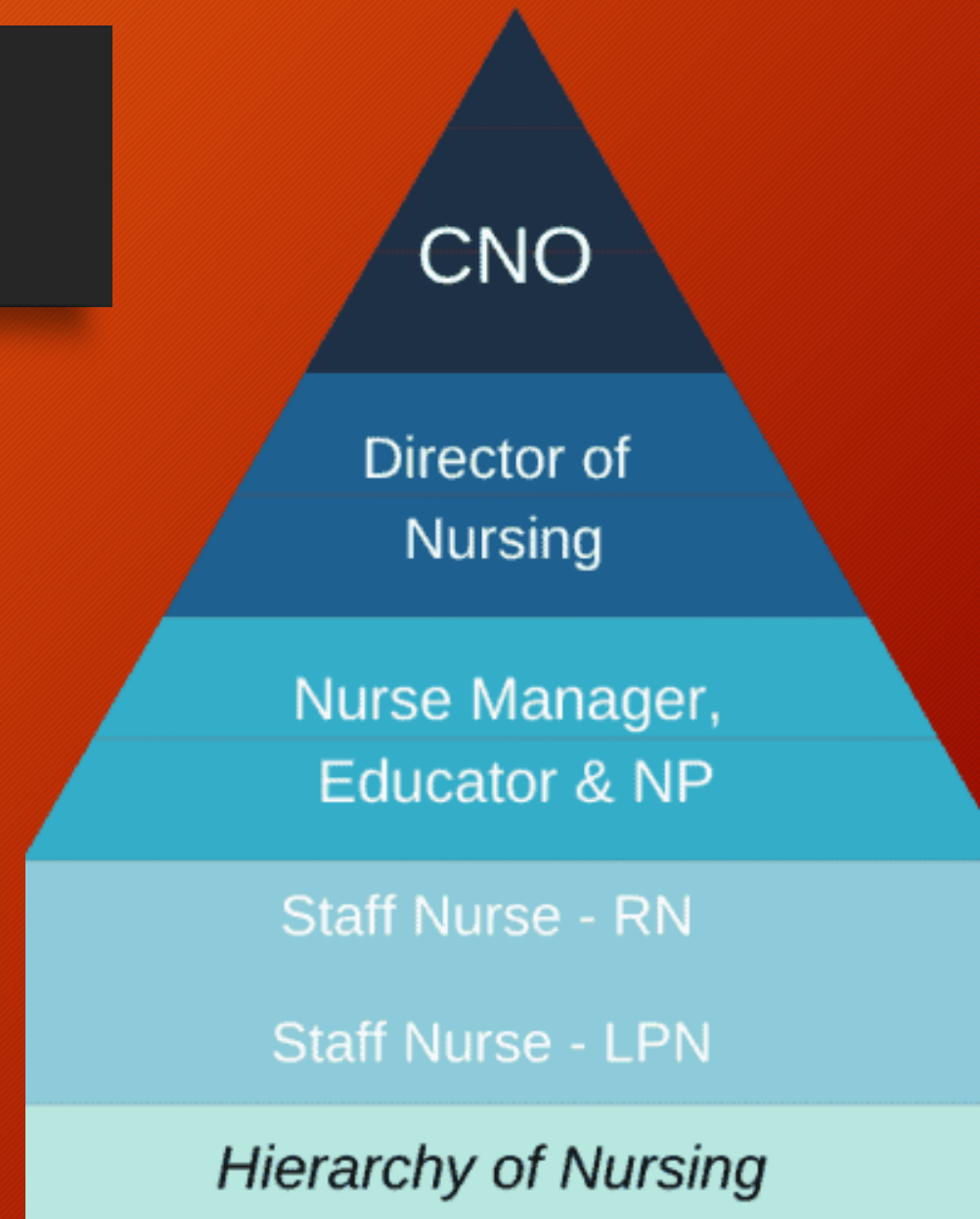
Associate Nurse Unit Managers - stellvertretender Abteilungsleiter

Nurse Unit Managers - Pflegedienstleiter

Nurse Educators - Pflegepädagoge

Registered midwife - Zugelassene Hebamme

Nurse Practitioners - Pflegeexperte (APN); Advanced Practice Nurse



Community based nursing roles

- Enrolled nurses
- Practice nurses
- Registered nurses (District Nurses)
- Practice nurses (with GP's)
- Clinical nurse consultants
- Mental health nurses
- Maternal and child health nurses
- Nurse Practitioners



What are the drivers for community health

Keeping patients in the home

Keeping patients out of Acute care

Preventative approaches to health

Health care delivery in the home

Early intervention

Chronic illness management

- Using key health professionals
- Keeping patients out of hospital
- Collaborating
- Upskilling- and letting go!
- Reducing pressure on medical providers



District Nursing services

- Either pre or post hospitalization
- Clinical and supportive care in the home
- Medications/opiates/IV therapy all delivered
- Strong linkage to medical practitioners for delivery of care



Hospital Admission risk Program (HARP)

- Free program
- Reduce admissions of those at risk
- Multidisciplinary focus
- Seamless connection to acute centre of care
- Chronic disease, aged, and psychosocial risk patients



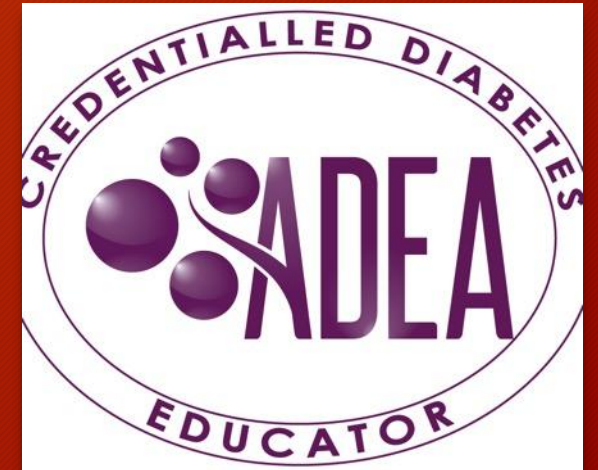
Chemotherapy in the home

- Reduces need for admission
- Reduces risk to the immunocompromised patient
- NP - role prescribing, administering and monitoring



Diabetes educators

- Education
- Prevention of admissions
- Medication advice and prescribing
- Strong linkage with medical providers
- Area where the Nurse Practitioner will excell



Continence and Stomal therapy



History of the NP in Australia

- Concept of NP developed in 1990
- First endorsed NP in 2000
- 2010 the title NP was protected under legislation
- Initially defined scope of practice
- Ability to prescribe, refer and to order diagnostics
- Have access to the Medical Benefits Schedule (MBS)

Practitioner Do?

As a Nurse Practitioner, your role includes providing advanced and extended nursing care to patients, such as:

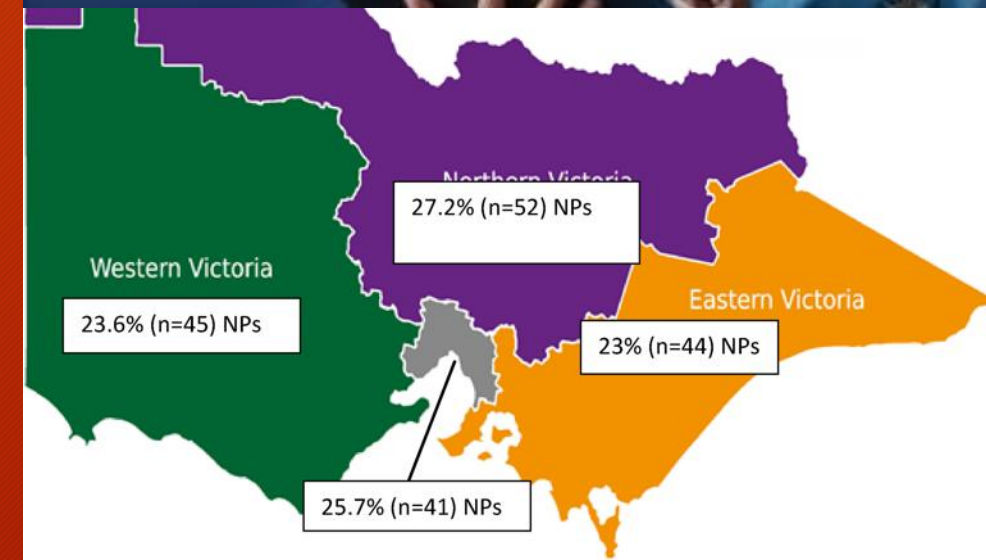
Ordering diagnostic tests

Undertaking diagnosis and health assessments

Prescribing patient care management, medicines, and therapies as authorised under relevant nursing legislation

- ✓ Referring patients to specialist Medical Practitioners and other Health Professionals across health, welfare, and community settings

Please note that in Australia, registration or licensing may be required to perform this role.



Nurse Practitioners in the US or UK

United States NP's

- Mid 1960's
- Masters or Doctorate degree
- Board certification
- Initial restricted - then full practice
- Act autonomously

UK equivalent NP

- Advanced Practice Nurse or Advanced Nurse Practitioner title
- Job title not legally protected
- Masters qualification
- 3+ years experience
- V300 prescribing license

How many nurse practitioners are licensed in the US?

385,000

Number of Nurse Practitioners
Licensed in the US



Source: American Association of Nurse Practitioners, 2024

Research.com



Common NP roles in Australia



NURSE PRACTITIONERS

FACT SHEET

NURSE PRACTITIONERS
TRANSFORMING HEALTH CARE



1960

NPs are well established
in the UK, Canada and USA



2000

First NP was endorsed
in Australia



2018

Over 1,700 NPs
are endorsed in Australia



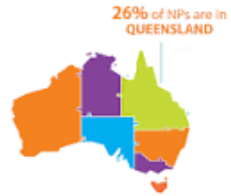
NPs can **Prescribe** PBS-listed
Medications and **Refer** Patients



NPs **Work** in Many Clinical Settings, such as
Emergency, Aged Care, Mental Health,
Paediatric, Private Practice, Rural and Remote



NPs are Educated at **Masters Level**
and Work at an **Advanced Clinical Level**



www.transforminghealthcare.org.au



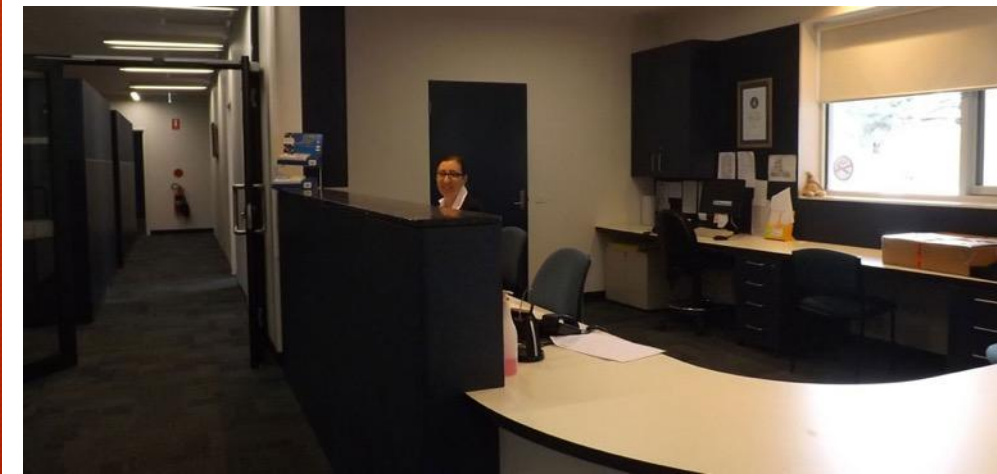
So how do I work as a NP in Community?

- Hamilton Western Victoria
- Agricultural based
- Service 30,000 square kilometers
- NP since 2006, ICU, CCU and ED experience
- Both community and in hospital roles
- Initial negativity to the role, slow but steady acceptance, now additional NP roles recruited to the service



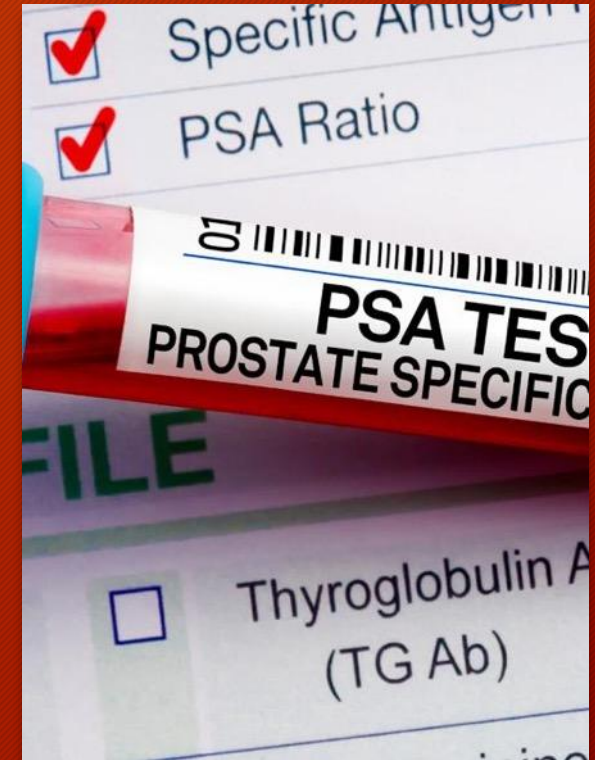
Nurse Practitioner in General Practice

- Based at Hamilton Medical Group
- 1-2 days per week
- Clinic consultations
- MBS rebatable
- Income generation for my employer
- Men's health clinic
- Dermatology - interventional
- Urology
- General practice



Specialized Urological practice

- Based in Warrnambool
- Penile rehab and PSA monitoring clinic
- Public and private patients
- Medical Benefits funded
- Public/private surgical patients
- Surgical consents/bookings and case management, procedures



Inpatient care

- Emergency department
- Surgery - Nurse Cystoscopist
- Bladder tumour management - BCG therapy
- On call/after hours recall for Urology



Outreach consultation clinics

- Men's Health Clinics
- Where doctors no longer consult
- Community education in schools
- Health promotion activities
- Community Vaccination and screening programs



So where to from here?

- Preventative health promotion is a long-term project (governments don't like this!)
- Medicine cannot keep up with modern health care needs in any country
- Expanding and sharing the responsibility is an option
- Nurse practitioners don't want to be doctors!!
- But they can ease the burden safely and efficiently
- Danke.

