



## NURSE PRACTITIONER 2022 Virtual CE Summit

### Then, Now, and Later: Preparing for the Future Role of the Nurse Practitioner



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**Disclosure:**

*Speakers Bureau:* Salix Pharmaceuticals

# Learning Objectives

- Summarize the evolution of Nurse Practitioners (NPs) in the US healthcare system
- Describe current common NP areas of certification and practice settings
- Identify US-based healthcare issues that can be addressed by expanded NP practice
- Discuss action items for current NPs to improve practice for future NPs

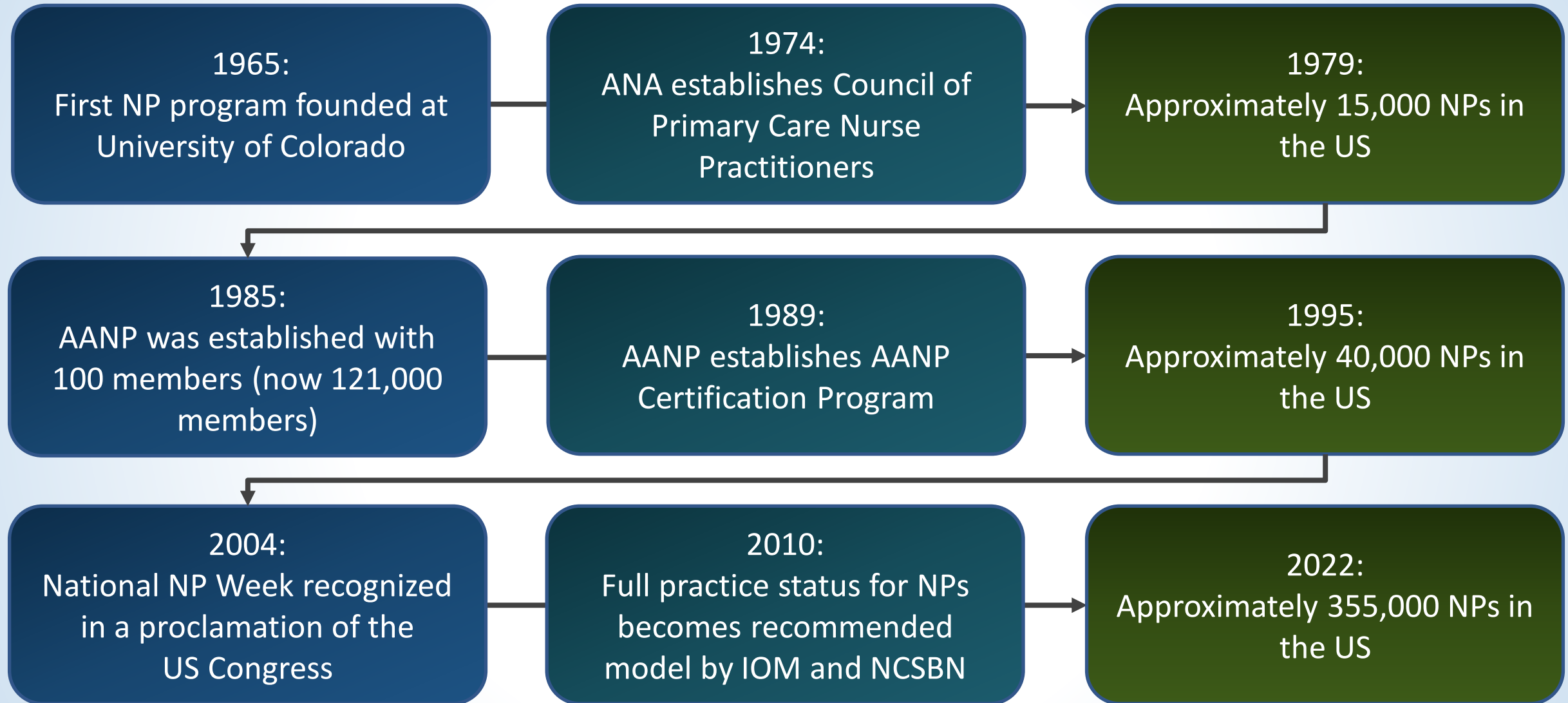


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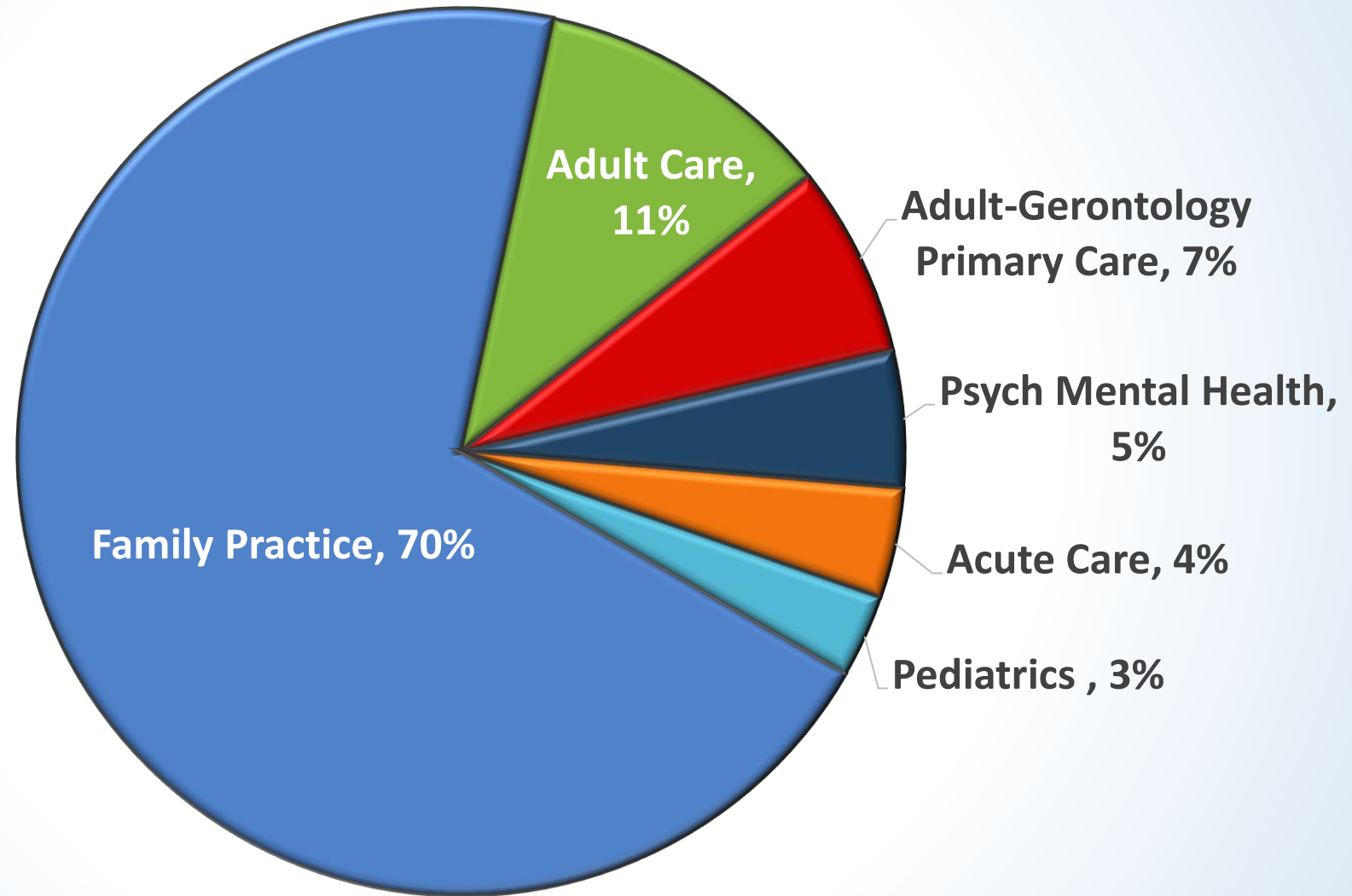
**Nurse Practitioners  
Then & Now**



# History of Nurse Practitioners in the US

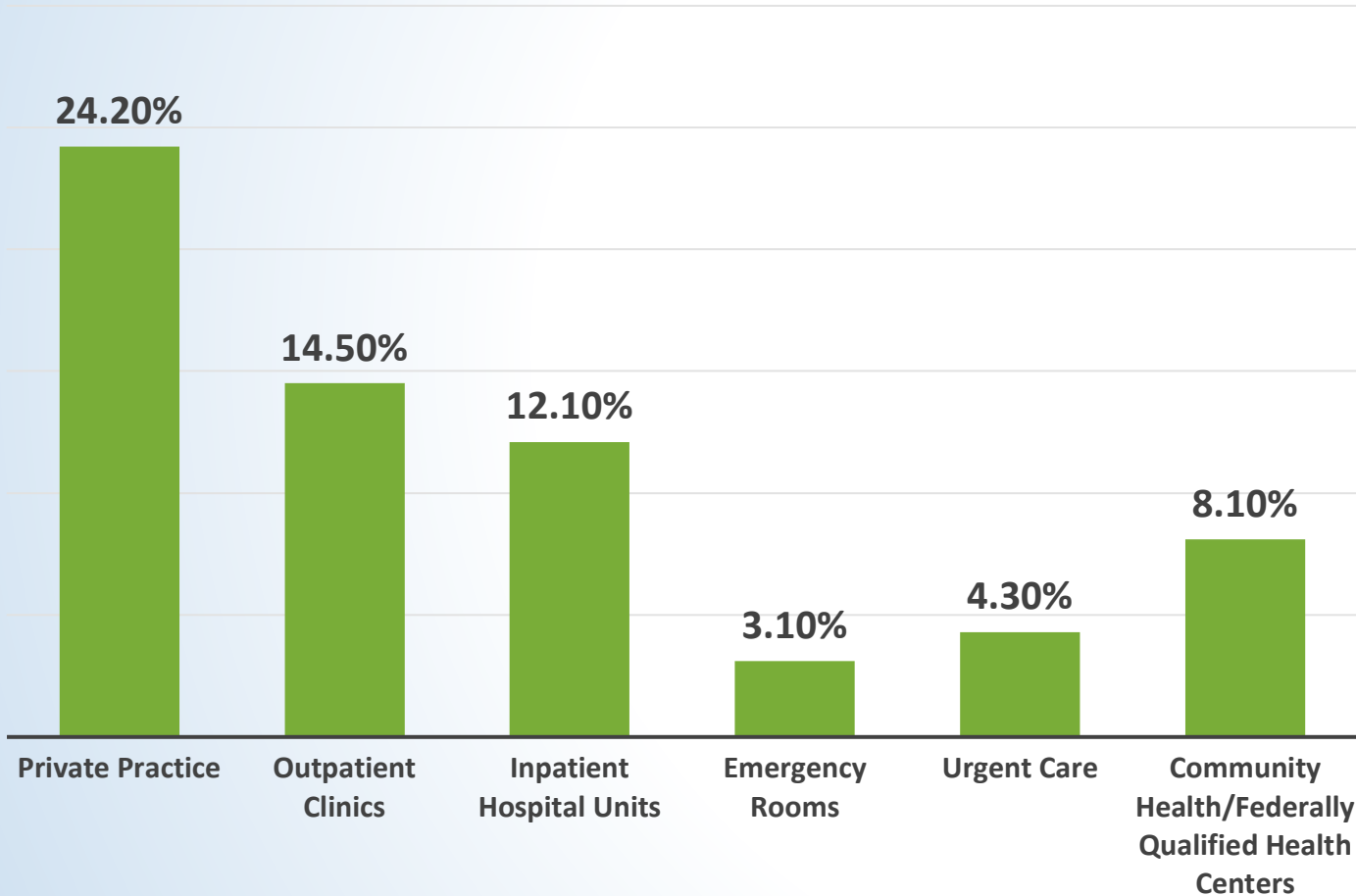


# Most Common NP Areas of Certification



# Where Are NPs Practicing?

Top NP Practice Settings; 2019



NP Fast Facts, April 2022

72.6% of NPs reported delivering primary care in their main work setting

14.3% of NPs had administrative roles at their main practice sites

1 in 5 NPs held “executive-level” positions

42.4% of NPs hold hospital privileges

12.8% have long-term care privileges

96.2% prescribe medications and write an average of 21 prescriptions/day

59.4% see three or more patients per hour

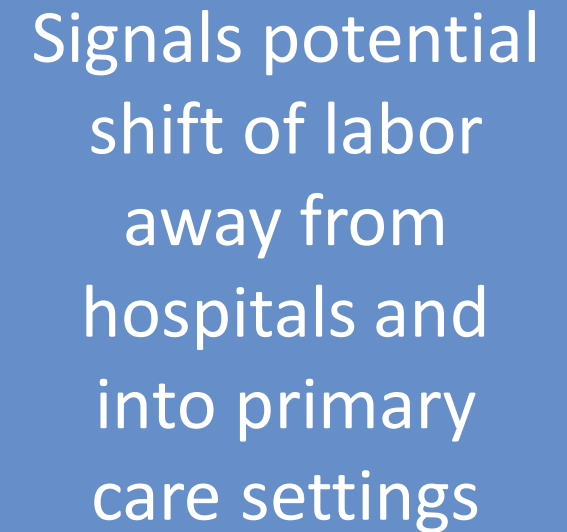
# Shifting Nursing Practice?



Number of  
NPs in US  
more than  
doubled from  
2010 (90,000)  
to 2017  
(190,000)



Estimated loss  
of 80,000 RNs  
over same  
timeframe



Signals potential  
shift of labor  
away from  
hospitals and  
into primary  
care settings



# Is There a Tipping Point?

## Nurse Practitioner Job Outlook vs Other Healthcare Occupations

Job Title	Employment in 2020	Projected Employment in 2030	New Employment Growth (2020-2030)	
			Number	%
<b>Nurse practitioner</b>	<b>220,300</b>	<b>335,200</b>	<b>+114,900</b>	<b>+52.16%</b>
Physician assistant	129,400	169,500	+40,100	+30.99%
Speech-language pathologist	158,100	203,500	+45,400	+28.72%
Physical therapist	239,200	288,300	+49,100	+20.53%
Occupational therapist	131,600	154,600	+23,000	+17.48%
Veterinarian	86,800	101,300	+14,500	+16.71%
Audiologist	13,700	15,800	+2,100	+15.33%
Chiropractor	51,400	57,000	+5,600	+10.89%
Optometrist	43,300	47,200	+3,900	+9.01%
Dentist	120,300	130,000	+9,800	+8.15%
Podiatrist	12,100	12,300	+200	+1.65%
Pharmacist	322,200	315,300	-7,000	-2.17%

2030: Projected to be 396,546 NPs in the US



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**Later...or How Do We Expand the Role  
of Nurse Practitioners in the US  
Healthcare System?**

# Healthcare Problems: NP Solutions

The Problem	The Solution
National spending on healthcare is rising.	NPs provide high-quality care that is cost effective. NP care is linked to reductions in cost of up to 33% and lower drug costs for hospital patients.
Many US adults don't have adequate access to health care. For most patients, high cost of care and lack of providers are barriers.	NPs expand access. One way that NPs help patients receive care is by leading healthcare teams in retail-based clinics. Retail clinic visit costs roughly half that of an urgent care visit. Most retail clinic patients do not have a PCP.
Patients are demanding a more personalized approach to health care.	Between 2012 and 2016, NP patient visits increased by 129%. Most NP patients report being extremely satisfied with the care they receive.
The US healthcare system is changing. The push for new healthcare policy is balanced against providing best possible care.	NPs can use their varied knowledge and skills to get involved in a variety of healthcare policymaking activities, from advancing the role of NPs to advocating for laws that improve access to health care.

# Do You Know What These Numbers Are?

43

**Average Age of  
US NP**

52

**Average Age of  
US RN**

53

**Average Age of  
US Physicians**

# Physician Shortages by Specialty

- 2030 projected shortage of primary care physicians: 21,400 to 55,200
- Needed: 2,900 more psychiatrists, 2,970 general surgeons, 6,180 ophthalmologists, and 5,050 orthopedic surgeons
- Demand growth for vascular surgeons is 31%
- Currently, there is a 41% shortfall in urology
- The supply of neurologists will grow by 11% between now and 2025, while demand is projected to grow by 16%
- 40% of the population is expected to have cardiovascular disease by 2030
  - There were 2,598 general cardiology fellows in 2014, a 20% increase from 2005
  - Applications to interventional cardiology training programs increased by over 30% from 2011 to 2015

## Top Five Shortage-Fueled Recruiting Challenges

Psychiatry

Emergency medicine

Hospital medicine

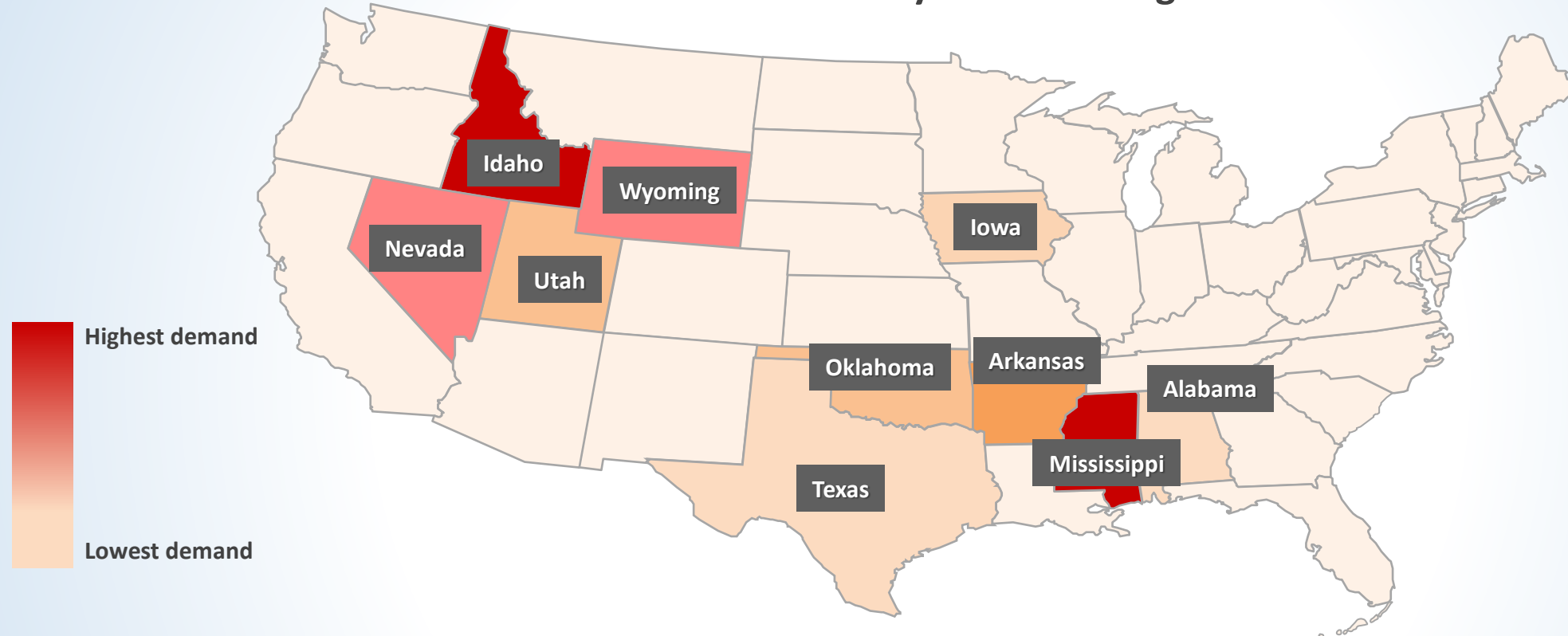
Endocrinology

Rheumatology



# States with Nurse Practitioner Opportunities?

## Where Are the Physician Shortages?

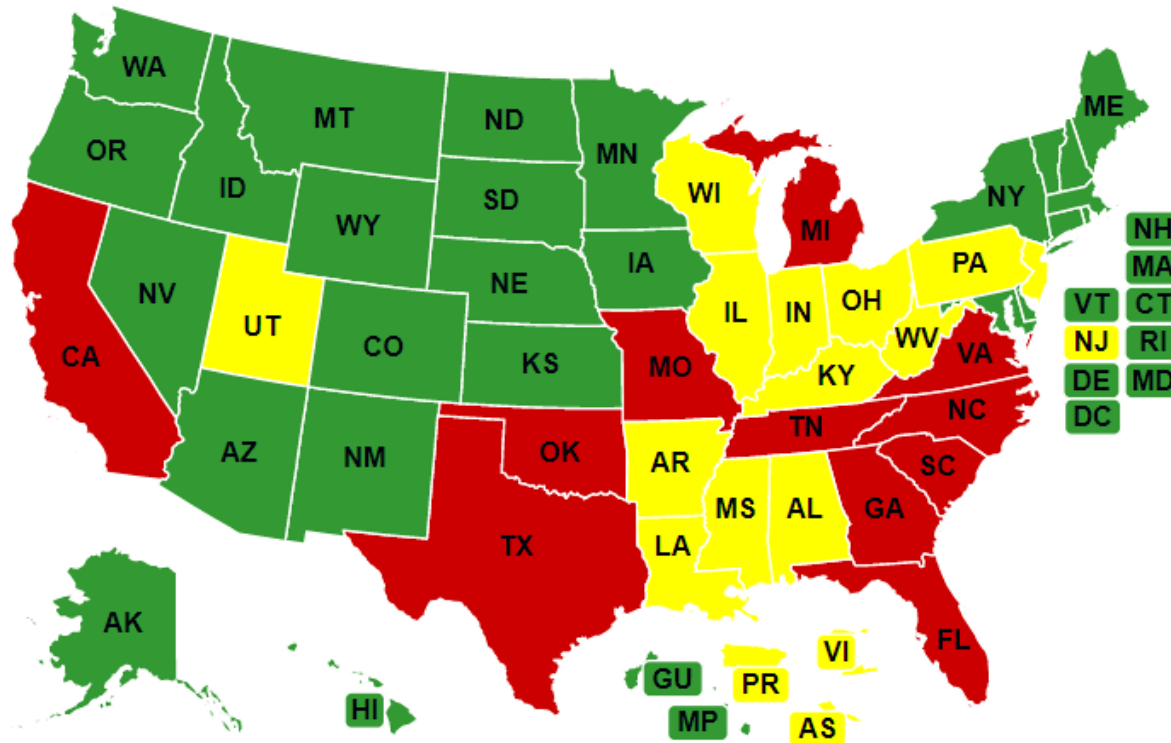


32 states fall below the national physician/patient average ratio of 271.6 per 100,000 people.

Here are the top ten states with the worst shortages:

Mississippi: 186.1 physicians	Arkansas: 203.7 physicians	Iowa: 211.4 physicians
Idaho: 192.6 physicians	Oklahoma: 205.3 physicians	Alabama: 212.4 physicians
Wyoming: 199 physicians	Utah: 209.4 physicians	Texas: 219.4 physicians
Nevada: 200.1 physicians		

# Nurse Practitioner Scope of Practice by State



### Legend

## Full Practice

## Reduced Practice

## Restricted Practice

Full

- NPs can diagnose and treat patients without physician oversight
- 27 states and DC

# Reduced

- NPs can diagnose and treat patients, but need some physician oversight to prescribe
- 13 states

# Restricted

- NPs have more restricted physician oversight to prescribe, diagnose, and treat patients
- 11 States

# The US Needs More Primary Care Providers

## Growth of the NP Role in Primary Care

- 88% of NPs are educated and prepared in primary care
- 70% of NPs are currently delivering primary care

## Retail Clinics

- Relatively new site to provide primary health services
- NPs generally preferred to lead retail clinics due to scope of practice laws
- Opportunity for alignment with pharmacies to provide health services that are both preventive and therapeutic

## ....And More Specialty Care, Too!

- Advanced practice nurses in specialty care will grow by 141% by 2025 from 2016 levels
- Need for more specialized training is a challenge
- NP workforce that is skilled and empowered with the ability to deliver specialty services provides an opportunity to bridge the gap and improve access for a majority of patients needing specialty care
- NPs in specialty practices can increase service offerings and boost patient satisfaction

# Impact of State NP Scope-of-Practice (SOP) Regulation on Healthcare Delivery

- Systematic literature review of impact of NP SOP regulation on healthcare delivery; up to January 31, 2015
- Identified 529 articles and 15 were included in review
- States granting NPs greater authority tended to exhibit:
  - Increase in number and growth of NPs
  - Greater care provision by NPs and expanded healthcare utilization, especially among rural and vulnerable populations
- Findings support that removing NP SOP regulation can be an effective strategy to increase primary care capacity



# Other Opportunities for NPs: Inside the Box and Out

- Telemedicine
- Locum Tenens (Travel NP)
- College Health
- Emergency NP
- Community Health
- Psychiatric Mental Health NP
- Mobile Medical Clinics
- Nurse Researcher
- Concierge Medicine
- Corporate Health NP
- Writer/Editor
- NP Blogger or Freelance Writer
- Expert Legal Witness
- Professor or Educational Consultant
- Tech Consultant or Product Manager
- Flight NP
- Correctional Care NP
- Foreign Service/Government Health Practitioner

# Action Items to Ensure Future Prosperity of the NP Profession

## Nurturing NPs to assume leadership roles is foundational to succession planning and continued contribution of the profession to health care

- ✓ Make professional role development a priority at various points in educational programs
- ✓ Model ways to contribute to the profession
- ✓ Encourage professional organization membership (local, state, and national)
- ✓ Attend NP meetings and take advantage of engaging with other NPs in legislative and policy issue discussion
- ✓ Attain employee benefits such as continuing education, organization memberships
- ✓ Instill values of protecting and promoting the NP role in students and colleagues
- ✓ Identify leaders that can direct efforts to protect and promote the NP role

# Summary

- The NP profession has evolved and grown significantly since 2010
- Most NPs currently practice in primary care
- As NP population has increased, the population of RNs has decreased
- NPs can address a variety of healthcare needs
  - Access, reducing costs of care, improving quality of care, team-based care, and influencing healthcare policy

# Summary

- Continued physician shortages create opportunity for increased NP role in primary care and specialty practices
- State level NP scope-of-practice regulations continues to be a challenge. There are now 27 states (plus DC) that allow full practice by NPs
- Nurturing future NPs and ensuring expansion of the NP role is critical to continued contribution of the profession to health care
- Support the RN profession and encourage those into the profession



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**Thank you!**