



# **From Nurse to Family Nurse Practitioner: Helping Communities Navigate Complicated Healthcare Systems**

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Beebe Healthcare Service Line APRN Navigator

# Objectives

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- Introduction
- Describe “My Journey in Nursing”
- Provide an overview of nursing education
- Define what is a Nurse Practitioner
- Examine different career specialties for NPs
- Define scope of practice and examine what that looks like for NPs in Delaware
- Examine the NPs role in breaking down barriers to care
- Case Studies
- Questions

# My Journey into Nursing

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- Born and raised in Sussex County, DE.
- Graduated from Indian River High School in 2000
- Started University of Delaware as a Pre-med/  
Biology major
- Switched to Nursing Major Sophomore Year
- Senior Year Clinical focus switched from Pediatric  
OR to PICU
- Graduated with my Bachelors of Nursing 2004

# My Journey as a Registered Nurse

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- Started “interviewing” for Graduate Nurse jobs
- Accepted position at Beebe Healthcare in the ICU and as part of the Graduate Nurse Internship
- Passed my RN boards!!!
- Within a year... became an ICU charge nurse
- Decided to start graduate school... Why not?

# My Journey as a Family Nurse Practitioner

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- Wilmington University Family Nurse Practitioner Program (MSN) 2005-2008
- Passed Boards!
- Started working in Primary Care
- RN for 19 years
- FNP for 16 years

# Still Learning...

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Doctorate of Nursing Practice (DNP): May 2023  
Georgetown University



# Overview: Nursing Education

## How do I become a Registered Nurse or Nurse Practitioner???

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### Registered Nurse

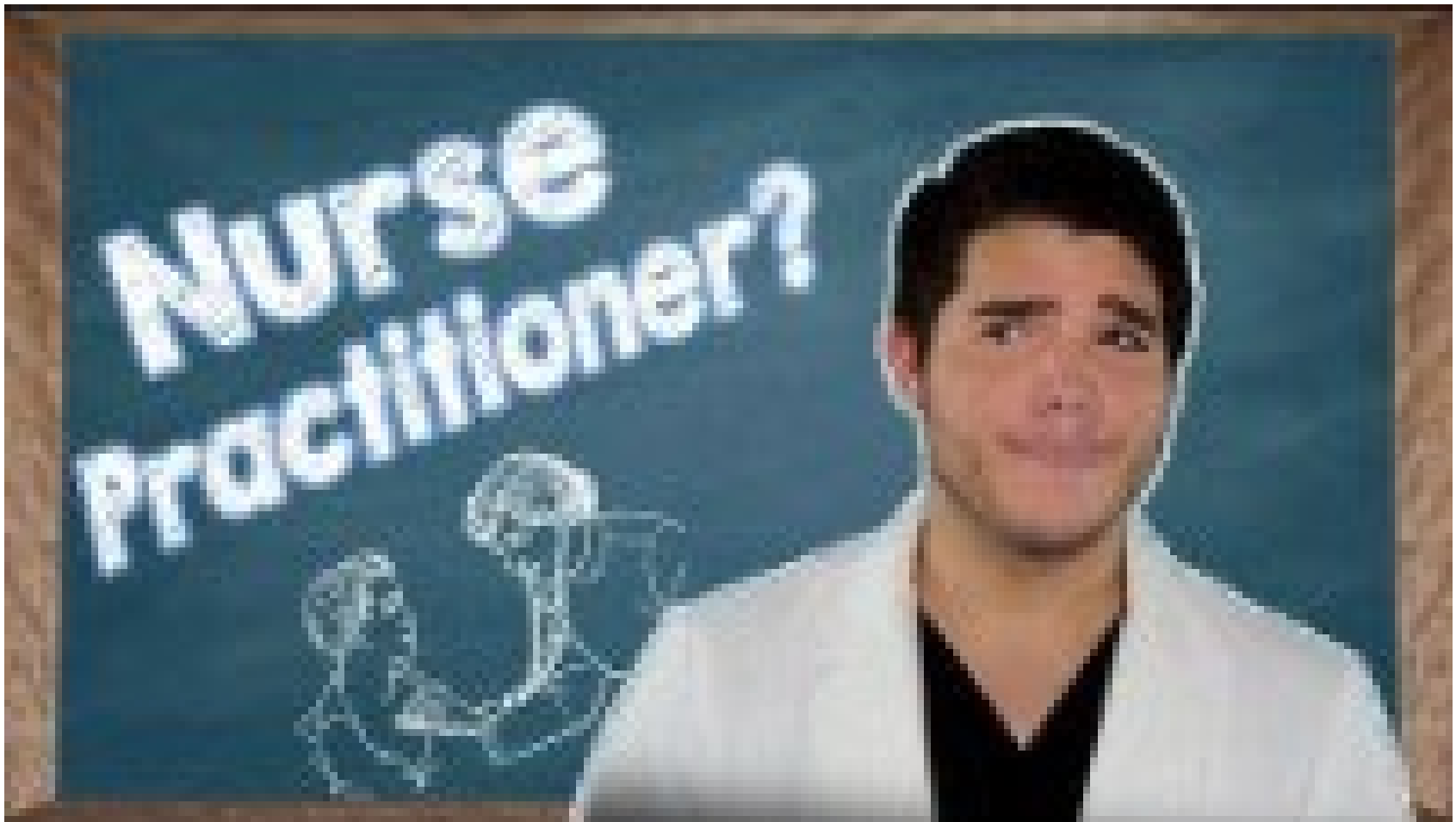
- Diploma Programs
  - Associate Programs
  - Bachelors Programs
- \*\*\* must be an accredited program
- Once you complete and graduate one of the above programs you can sit for your RN Boards
  - Pass= Registered Nurse!

### Nurse Practitioner

- Graduate from an accredited nursing program and pass RN boards
- Must have a bachelors degree to get Masters or Doctorate
- Bridge programs: RN to BSN, RN to MSN
- Nurse Practitioner programs can be MSN or DNP programs
- Pass NP boards

# What is a Nurse Practitioner?

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# What is a Nurse Practitioner?

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- NPs are licensed by their state board of nursing
- NPs are nationally certified
- NPs must re-certify every 5 years
- There are continuing education requirements to renew license



Image: <https://www.wise-geek.com/what-is-a-nurse-practitioner.htm>

Source: AANP, 2023

# Nurse Practitioner Specialties

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- Primary Care
- Internal Medicine
- Pediatrics
- Neonatal
- Urgent Care
- Hospitalist
- Educator/Professor
- Acute Care
- Aesthetics
- Dermatology
- Cardiology/Vascular
- Women's Health
- Orthopedics
- Nephrology
- Urology
- Psych
- Pain Management
- Palliative Care
- School-based Health Center
- Employee Health
- Business owner
- Population Health
- Trauma/ER
- Leadership

# Nurse Practitioner Scope of Practice

*Defines the procedures, actions and processes that a healthcare practitioner is permitted to perform*

- NP scope of practice varies state to state
- Delaware is a Full-Practice Authority State

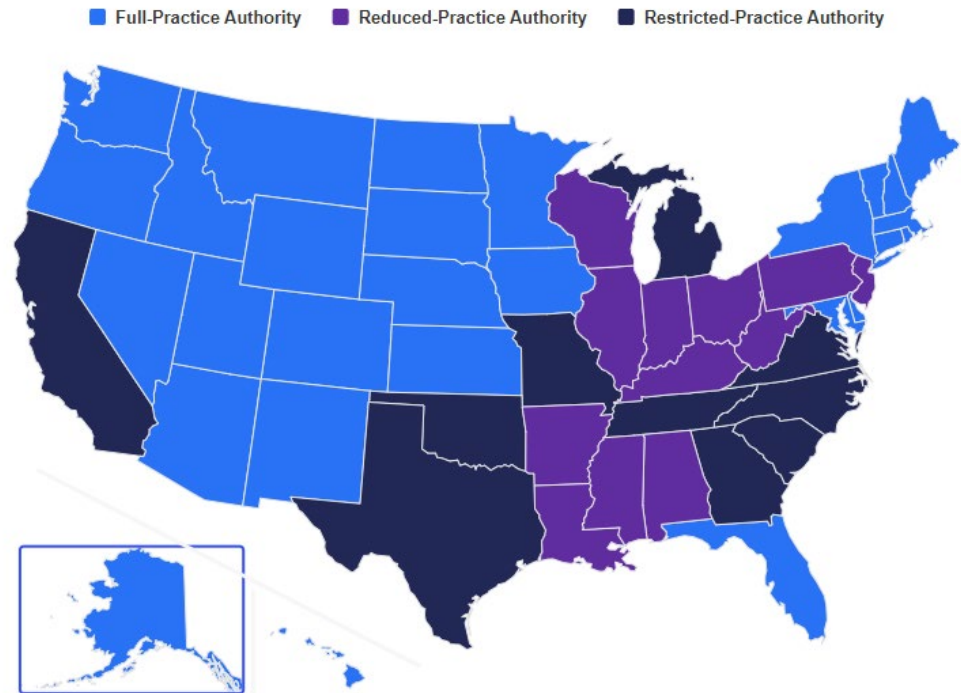


Image: NurseJournal.org [Nurse Practitioner Practice Authority: A State-by-State Guide](#)  
| [NurseJournal.org](#), 2023

# NP Scope of Practice

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- Diagnosis and management of both acute and chronic conditions
- Emphasis on Health promotion and disease prevention

Common responsibilities include:

- Ordering, conducting, supervising, and interpreting diagnostic studies
- Prescription of pharmacologic and nonpharmacologic therapies

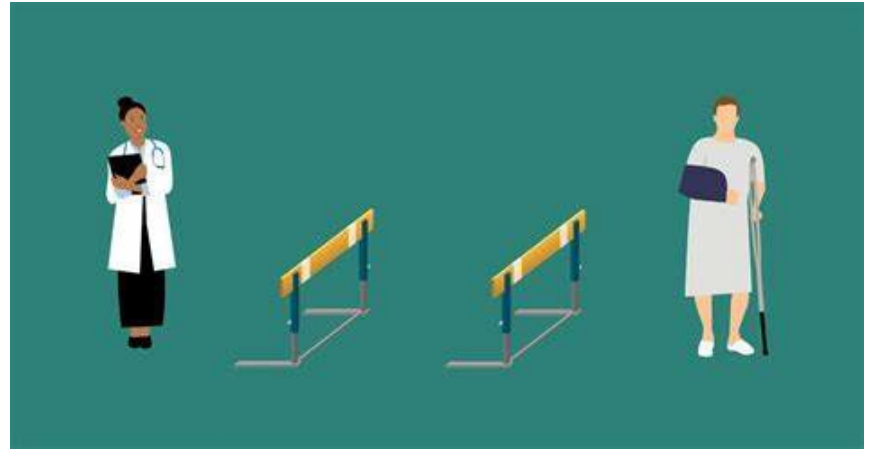
# My career as a Family NP

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- FNP for 15 years
- RN for 19 years
- Primary Care Office
- Pediatric Office
- School-based Wellness Center
- Walkin Clinics PRN
- Clinical Preceptor for FNP Program PRN
- Returned to Primary Care..... Which led to my current role
- Service Line APRN Navigator for 6 years

# Current Role: APRN Navigator

- “Nurse navigators are patient advocates who ensure that each person receives the highest standard of care from the first consultation and throughout the patient’s plan of care”
- Other titles and settings used: care coordinator, care manager, population health, community health, public health, oncology, etc.
- Not all healthcare navigators are APRNs
- Similar goals regardless of setting: Break down barriers to care, Address social determinants of health, Increasing healthcare access



# APRN Navigator

- Triaging questions and referring to appropriate services
- Liaison between the community and the hospital
- Receive referrals from providers on Perinatal patients who need extra support
- Round on Women's Health unit at the hospital
- Support moms with mental health and/or substance use disorders during pregnancy and postpartum
- Identifying gaps in care
- Patient Advocate

## BEEBE NURSE NAVIGATOR

Carrie Snyder, MSN, APRN, FNP-BC, helps community members navigate their complex healthcare needs. As the Beebe Nurse Navigator, Carrie understands multiple service lines within Beebe and works to connect you with the services, physicians, and specialists you need. Contact her at one of her specific numbers or forms below.

### CARDIAC (HEART NURSE NAVIGATOR)

[Fill out the online form](#). Call her at (844) 316-3334 or email [cardiacnavigator@beebehealthcare.org](mailto:cardiacnavigator@beebehealthcare.org).

### ORTHOPAEDICS

[Fill out the online form](#). Call her at (844) 316-3332 or email [ortho@beebehealthcare.org](mailto:ortho@beebehealthcare.org).

### WOMEN'S HEALTH

[Fill out the online form](#). Call her at (844) 316-3330 or email [womenshealth@beebehealthcare.org](mailto:womenshealth@beebehealthcare.org).

### SURGERY

[Fill out the online form](#). Call her at (844) 316-3339 or email [surgerynavigator@beebehealthcare.org](mailto:surgerynavigator@beebehealthcare.org).



## NURSE NAVIGATOR

Phone: 844-316-3330 • Email: [womenshealth@beebehealthcare.org](mailto:womenshealth@beebehealthcare.org)



**Carrie Snyder, MSN, APRN, FNP-BC**  
Service Line Nurse Navigator

Board Certified Family Nurse practitioner Carrie Snyder, provides residents and visitors with answers to questions about women's health, including labor and deliver, surgery options, mental health, and getting new patient appointments. In addition, Carrie is a valuable resource for our community when it comes to health and wellness topics.

# Social Determinants of Health

**SOCIAL DETERMINANTS OF HEALTH**

The social determinants of health are the conditions in which we are born, we grow and age, and in which we live and work. The factors below impact on our health and wellbeing.

The infographic consists of eight icons arranged in a 2x4 grid, each representing a social determinant of health. The icons are: 1. Childhood experiences: two green figures playing with a ball. 2. Housing: two purple buildings. 3. Education: an orange head profile with gears. 4. Social support: three blue figures. 5. Family income: a pink hand holding three red coins. 6. Employment: two green figures, one holding a purple figure. 7. Our communities: a group of blue figures with speech bubbles. 8. Access to health services: a red building with a white cross.

Childhood experiences

Housing

Education

Social support

Family income

Employment

Our communities

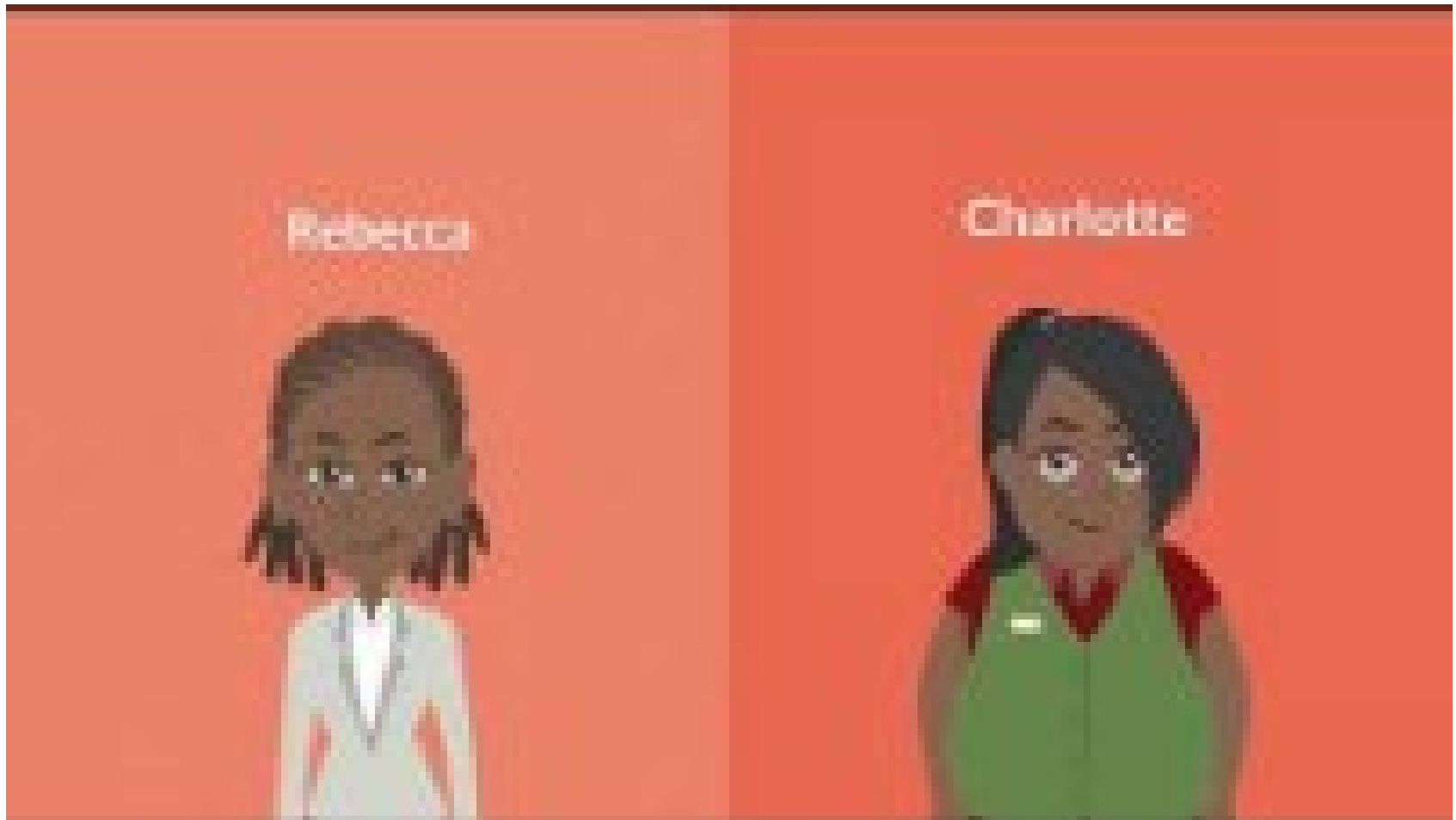
Access to health services

Source: NHS Health Scotland



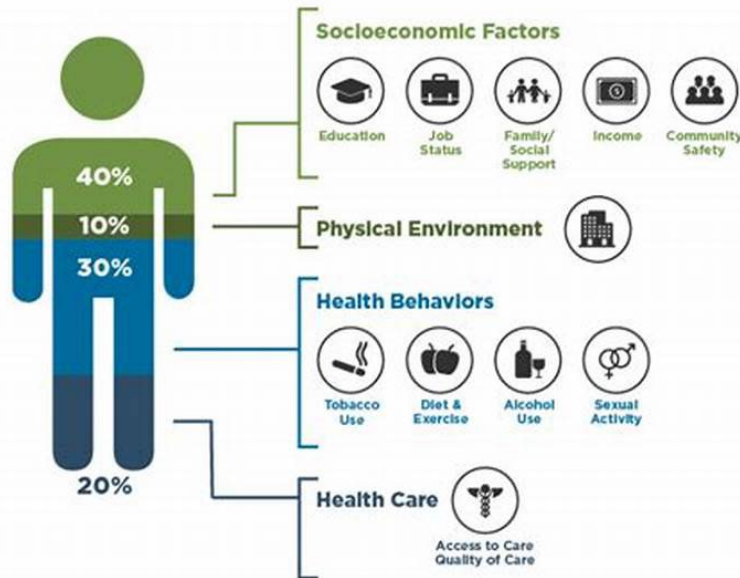
# Social Determinants Affect Health and Access to Care

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# Barriers to Healthcare

## What Goes Into Your Health?



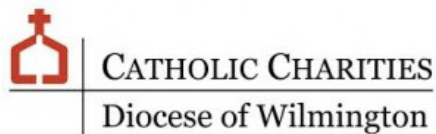
Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

Adapted from The Bridgespan Group

- Only 20% of our health is related to healthcare
- 50% is related to socioeconomic factors and our physical environment.
- A patient's zip code has a direct effect on their health and ability to be healthy.

# How can NPs help decrease barriers to care?

## Collaboration



# How can NPs help decrease barriers to care?

## Identify gaps in Care

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- Perinatal Mental Health Certification “PMH-C”
- Board Member for Postpartum Support International DE. Chapter- Advocacy work
- Delaware Maternal Mortality Review Committee (MMR)
- Kent/Sussex Fetal Infant Mortality Review Committee (FIMR)



# How can NPs help decrease barriers to care?

## Advocate for their patients

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- Treat patients with respect
- Listen
- Communicate with patient's families and healthcare team
- Mediate conversations between multiple providers
- Honor patient's wishes
- “Person Center Care” vs “Patient Centered Care”

# Case Study: 1

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A.C is a 27 y/o female who is pregnant with her second child. She presents to the ER with her sister complaining of vaginal bleeding and abdominal cramping. She reports she fell down the stairs earlier in the day. She has not started prenatal care yet but thinks she is probably in her second trimester. She lives with her boyfriend, who is also the father of her two children. She does not have custody of her other child. He resides with maternal grandmother. She has an ultrasound in the ER showing a viable 28-week fetus with no abnormalities and no signs of preterm labor. The patient is transferred to Labor and Delivery for monitoring. During the nurse's exam she notices bruising on the patient consistent with handprints on her shoulders and upper arms. The nurse reports her findings to the OB/GYN and hospital case management and the nurse navigator are consulted.

# Case Study 2

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- D.S is a 48 y/o female who is 6 weeks post-op from total hysterectomy complicated by acute kidney failure immediately following surgery which required and extended 10-day hospitalization. The patient was diagnosed with uncontrolled DM II with a hemoglobin A1C of 13 and required insulin management while in the hospital. After discharge from the hospital, she developed a foot infection that required wound care management and surgical debridement. She presents to the GYN office for a f/u appt from the hysterectomy and is extremely tearful. She is worried about losing her house because she has been out of work. She can not pay her mortgage or bills. She can only afford to eat from the McDonalds value menu, and she knows this is not helping her newly diagnosed diabetes. She is also having a difficult time affording her medications including the insulin. She has not been able to get in to see an Endocrinologist yet and her Blood Sugars are still running >200 most days. The wound on her foot is still painful but she has run out of wound care supplies. She is feeling very depressed and doesn't know what to do or where to turn. The Gyn reaches out to the Nurse Navigator for help

# Questions???

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