



Pediatric APPs:

Who We Are and What We Do

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NEMOURS
CHILDREN'S HEALTH

Presenters

Matthew McCoy DNP, CRNA

Katherine McDaniel DNP, APRN, CPNP-PC, PMHS

Andrea Repine MSN, APRN, CPNP-PC

Diane Travlos, MSN, APRN, NNP-BC

Jacquelyn Nguyen, MPAS, PA-C

Megan Donovan, MS, PA-C

What is an Advanced Practice Provider?

We are not Physician Extenders.

We are not Mid-level Providers.

Advanced Practice Providers: APPs

Physician Assistants

Advanced Practice Registered Nurses

Certified Registered Nurse Anesthetists

Nurse Practitioners

Certified Nurse Midwives

Clinical Nurse Specialists

High school diploma

Explore profession by shadowing and patient care prerequisites

Academic Prerequisites:
Anatomy
Physiology
Biochemistry
Chemistry
Psychology
Statistics

Patient Care Prerequisites Experiences:
Certified Nursing Assistant Phlebotomist
Rehab Aide Personal Care Assistant
Physical Therapy Aide Athletic Trainer
EMT Ophthalmic Technician
Paramedic Medical Assistant Patient Care
Technician EKG Technician

Bachelor's degree

Physician Assistant
Master's degree

Optional:
Doctorate Degree

Physician Assistant Career Pathway

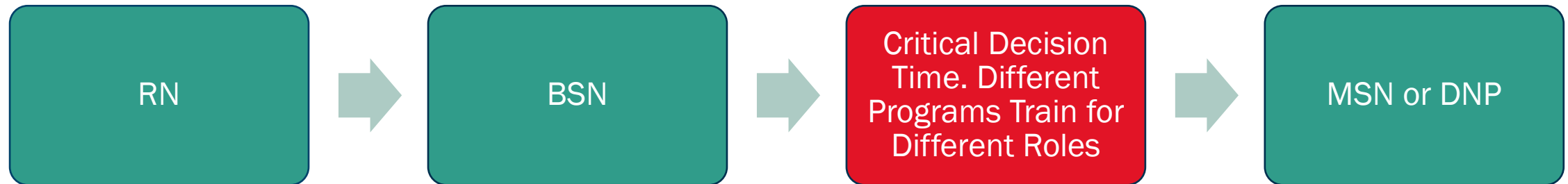
Pass National Certification Exam through NCCPA (National Commission on Certification of Physician Assistants)

Work as a Licensed Physician Assistant

Areas of Physician Assistant Practice:
Cardiology Dermatology
Internal Medicine Surgery
Family Medicine Pediatrics
Pediatric Subspecialties Neurosurgery
Emergency Medicine Neurology
Obstetrics & Gynecology Trauma
Intensive Care Behavioral Health
Neonatology Orthopedics

- Scope of practice is determined by degree and state of practice. Hospital or corporate bylaws may restrict privileges.
- PAs can also be executive leaders and professors.

Advanced Practice Registered Nurse Education Tracks



Primary Care Pediatric Nurse Practitioner
Acute Care Pediatric Nurse Practitioner
Certified Registered Nurse Anesthetist
Clinical Nurse Specialist

Family Nurse Practitioner
Adult Gerontology Nurse Practitioner
Psychiatric Nurse Practitioner
Certified Nurse Midwife



My APP Journey

BSN from University of Delaware

- NICU RN

MSN from University of Pennsylvania

- Primary Care NP
- Pediatric Hospitalist
- APRN Supervisor
- Director of Advanced Practice Nursing

DNP in Executive Leadership from Vanderbilt University

- Vice President Ambulatory and Advanced Practice
- Adjunct Professor of Nursing
- Teaching Assistant Professor



Matthew McCoy, DNP, CRNA



Certified Registered Nurse Anesthetist (CRNA)

- Who we are
 - We have been around for the past 150 years and the first to provide anesthesia on the battlefield of the American Civil War
 - 65K CRNA practicing Nationally.
 - Approximately 2500 new CRNA's graduate each year.
 - We work in all anesthesia care settings including as front-line providers for the US military
 - Legislation passed by Congress in 1986 made nurse anesthetists the first nursing specialty to be accorded direct reimbursement rights under the Medicare program

CRNA education requirements

- CRNA preparation requires at least 8–8.5 years of education and experience. You will need:
 - A baccalaureate or graduate degree in nursing or another appropriate major
 - An unencumbered license as a registered professional nurse and/or APRN in the United States or its territories
 - At minimum of one year of full-time work experience (or its part-time equivalent) as a registered nurse in a critical care setting
 - Graduation with a minimum of a doctoral degree from one of 141 accredited nurse anesthesia educational programs in the country
 - Nurse anesthesia programs range from 36–51 months and have an average of 9,432 hours of clinical experience.

My Journey

- BSN University of Pittsburgh
 - Worked as a critical care nurse in the Liver Transplant/Multi visceral transplant ICU at UPMC
 - Travel Nursing (numerous assignments) mostly in cardiac and medical/surgical ICUs in and around the PA/VA
- MSN-Villanova University
 - CRNA at Nemours
 - Faculty at a NA program in Philadelphia
- DNP-Villanova
 - Assistant director of a local Nurse Anesthesia program
- CRNA manager




Andrea Repine, MSN, APRN, CPNP-PC

My Nursing Career

Graduated with my BSN in 2014

Started Working as an RN in the ED at CHOP

Became a SART Nurse in 2015

Started Working at Nemours in 2018

Graduated with my MSN in 2019

Began Working as an NP with the CARE Program in 2020



Children at Risk Evaluation (CARE) Program

Child Abuse Team

Child Physical Abuse

Child Sexual Abuse

Neglect, Child Torture, Ingestion Concerns

Juvenile Trafficking

My Role

Outpatient Provider

Beyond Medicine



Key Points

Combines Medical, Legal, and Social Aspects of Medicine

Education to Other Professionals, Families, and the Public

Allows for Research Opportunities, Publications

NPs in this Role help Manage the Clinical Demands in Workforce Shortages

NPs can Play a Key Role in Building Resilience in Families and Reducing Risk Factors of Maltreatment




Jacquelyn Nguyen, MPAS, PA-C



Urology

4.5 years of experience

2.5 years at Nemours

2 years in adult orthopedics

Jacquelyn Nguyen, MPAS, PA-C

Undergraduate:

- Pennsylvania State University (2014)

Graduate:

- Thomas Jefferson University (2015) – Medical laboratory sciences
- Christian Brothers University (2020) – Physician assistant studies

Other Medical Experience:

- 2017-2018 pediatric urology scribe during undergraduate
- 2020-2022 adult orthopedics (hand/wrist)

Why a Physician Assistant?



Duration of schooling
(medical track)



Different interests and
ability to change
specialties without more
schooling



Continuity of care



Educational
opportunities

As a physician assistant, you can...

Evaluate patients

Assist in the
operating room

Interpret imaging
and labs

Develop
relationships with
patients

Order imaging and
labs

Travel

Perform physical
exams

Develop treatment
plans

Perform procedures

Follow patients from
beginning to end of
care

Work with other
specialties

Change specialties



Katherine McDaniel, DNP, APRN, CPNP-PC, PMHS

My Nursing Journey

Started as a CNA in high school

Nursing Externship at Nemours

BSN from University of Delaware

- Medical-surgical RN at Nemours
- NICU RN (17 years total)

MSN from University of Delaware

- Primary Care NP: private practice and Nemours
- Pediatric Clinical Faculty at UD
- Coordinator of Pediatric Special Studies and NICU Surgery; Christiana Care
- Primary Care APP Manager at Nemours
- Medical Director of Nemours School-Based Health Centers

**DNP in Executive Leadership + Nursing Education from
Vanderbilt University**



What is Primary Care?

What does a Pediatric Primary Care NP do?

- **Generalist:** Birth to age 21 years
- First contact point, provides comprehensive, continuous, person-centered care
- **Health promotion, disease or disability prevention, health education**
- Interface between the child/family and the health system; “organizer”
- Primary versus acute care NPs: degree of acuity (illness)
 - Well Visits
 - Sick Visits
 - Vaccines
 - Tests/Labs
 - Refer to Specialists and Follow up
 - Health Education
 - Prescribe and Manage Medication
 - Chronic Disease Management

School-Based Health Centers (SBHCs)

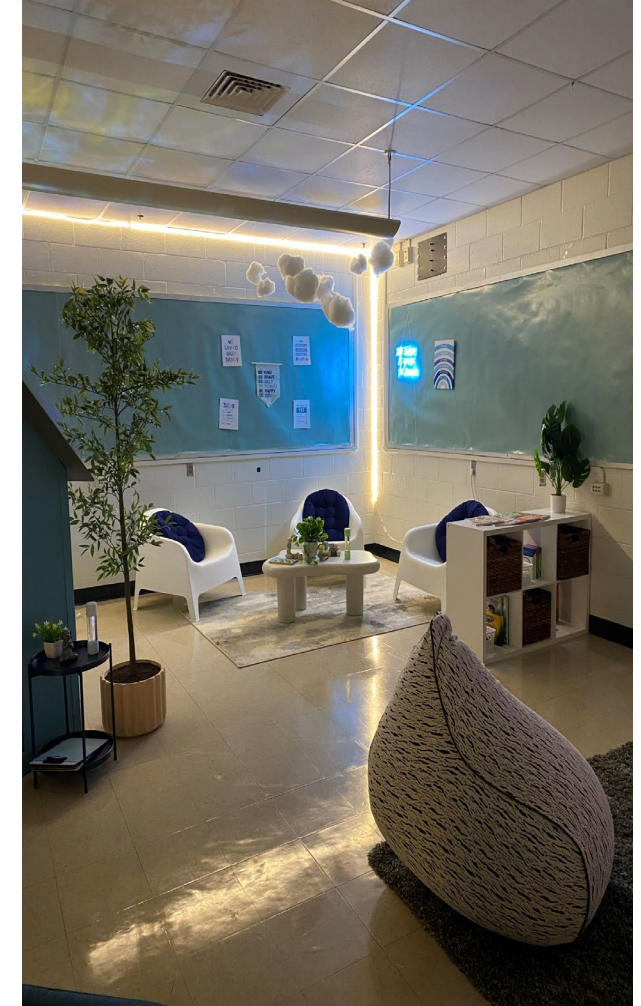
- School-based health centers provide healthcare where kids spend most of their time: in school
- SBHCs have been around in the US for over 25 years, mostly in high schools, and serve over 6 million children in the US, the District of Columbia, and Puerto Rico. SBHCs have been branching out to elementary and middle schools in the past decade.
- SBHCs often serve children that lack access to healthcare, have no health insurance, or have other health and socioeconomic inequalities.
- SBHCs can offer care such as primary care, mental health, dental care, and vision care.
- SBHCs are often a partnership between the school, community, and a health network like Nemours.





Nemours SBHCs

- Nemours has **17 SBHCs** throughout Delaware.
- **Seaford, Colonial, and Christina School Districts**
- Seaford: 4 elementary
- Colonial: 8 elementary, 1 middle
- Christina: 2 early childhood, 2 intermediate (grades 1-8)
- Staffed by **MA, PNP, and BHT**
- Physical and mental health services
- Care Coordination, mental health screening, address social needs, provide therapy/counseling
- **2 Chill Rooms** in Christina School District





Diane Travlos, MSN, APRN, NNP-BC



My Story

- Toured my first NICU in high school medical careers club and fell in love
- BSN from Villanova University
- NICU RN for 7 years at CHOP and Thomas Jefferson University Hospital
- MSN from University of Pennsylvania
- Neonatal Nurse Practitioner (NNP) at Jefferson, Crozer Chester Medical Center, and now Nemours Children's Health- Delaware since 2017

What is a Neonatal Nurse Practitioner (NNP)?

- RN who has worked several years in a Level III NICU
- Earned Master's degree in accredited neonatal nurse practitioner program
 - Studies diseases affecting newborns and high-risk mothers
 - Trains on advanced procedures to diagnose and treat sick newborns
 - Trains on emergency management of sick newborns at delivery
 - Some NNPs have a doctorate degree, this differs from a physician
- Passed national certification exam
- Works with interprofessional team, neonatologists and NNPs to attend emergency deliveries
- Can perform certain procedures, place orders, and prescribe medications

What is a NICU?



Why Do Babies Need a NICU?

Prematurity

Surgical Need

Birth Defects

Neonatal
Infections

Neurological
Problems

Therapeutic
Hypothermia

Extracorporeal
Membrane
Oxygenation
(ECMO)

What is a Typical Day?

- Sign Out
- Examine patients
- Rounds with interprofessional team (neonatologists, nurses, nutrition, pharmacist, case manager)
- Contact specialists
- Prepare discharges
- Update families
- Anything and Everything (Interventions, procedures, reassessments, admissions)
- Sign Out

Advanced Delivery Unit



Transport

What is the Best Part of Working in the NICU?





Megan Donovan, MS, PA-C

How to Become a Physician Assistant

- 1) Earn an **undergraduate degree**. No specific major is mandated, but science or healthcare related majors will give you exposure to important concepts and learning
- 2) **Patient Care Hours or Relevant Experience**. Per *indeed* “A prerequisite of most PA programs is to have a minimum of 2,000 logged hours or three years of health care experience”
 - CNA’s, EMTs, medical assistants, phlebotomists are common examples
- 3) Complete a Physician Assistant **Master’s Degree** program.
- 4) Pass the National Certifying **Exam**.

How did I get here?

Undergraduate degree: Liberal Arts College. 4 years.
Bachelor of Arts. Biology Major.



Master's degree: Master of Science, Physician
Assistant Studies. 26-month program.



Patient Contact Hours- camp counselor for
handicapped children, lots lots lots of volunteering.



Additional experience- bench work in autoimmune
disease research lab at University of MN

What roles have I had as a Physician Assistant?

Adult Neurosurgical
ICU

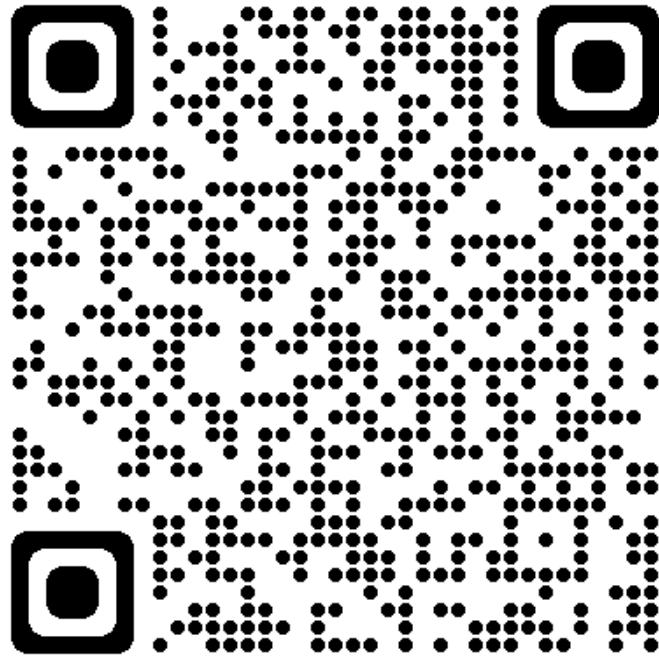
Pediatric
Cardiothoracic ICU

Pediatric Emergency
Medicine

Pediatric PA
Emergency Medicine
Fellowship
Supervisor

Current Job in the Emergency Department

- Care for *kids of all ages!*
- *Spectrum* of illness severity
- critically ill → moderately ill → rather well
- *Variety* of complaints:
- **Injuries**
 - Burns, broken bones, sprains/strains
- **Medical conditions**
 - Asthma, infections, dehydration, rashes, allergic reactions, psychosis, chronic diseases with complications
- **Surgical and Traumatic Conditions**
 - Appendicitis, intracranial injury, rupture or lacerated internal organs
- **Unpredictable things too**
 - Foreign bodies in the ear or nose (beads, toys, rocks, you name it!), ingestions of substances or objects



WHAT IS A PA? LEARN MORE
ABOUT THE PA PROFESSION -
AAPA



Thank you!

Questions?

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