The Need for Nurses
Prepared to Address Care Needs of Older Adults in Iowa

Janet Specht, PhD, RN, FAAN, FGSA
Professor and Director
John A. Hartford Center for Geriatric Nursing Excellence
University of Iowa

Nursing
“The unique function of the nurse is to assist the individual, sick or well, in the performance of those activities contributing to health or its recovery (or to a peaceful death) that the person would perform unaided given the necessary strength, will, or knowledge. And to do this in such a way as to help the individual gain independence as rapidly as possible.”

Henderson, V. (1997). Basic Principles of Nursing Care

Institute of Medicine reports that older persons use:

- 26% of physician office visits
- 35% of hospital stays
- 34% of prescriptions
- 38% of EMS responses

80% of people 65+ have at least one chronic illness

Geriatric Nursing
“Is about promoting a patient's function, maintaining their independence as much as possible and doing anything we can to improve their quality of life, with the caution that you understand how they define quality of life, because we all define it differently.”

From: Kim, Coordinator of Adult Nurse Practitioner at Vanderbelt

Geriatric/Gerontological Nursing
The specialty of caring for persons as they age.
Why a specialty in Geriatrics?

- Older adult versus “elderly”
- Elderly person have unique needs in the same way children have unique needs—
- As our bodies age, we change, for example:
  - Medications absorption
  - Disease presentation
  - Priorities may also change, with less focus on a cure or perfect health and more on maintaining function and quality of life.

Major Ways Nurses Help Elders

- Maintain functional abilities (eating, dressing, mobility, grooming, toileting, bowel and bladder control)
- Maintain autonomy and decision making
- Prevent excess disability
- Manage chronic illnesses
- Promote quality of life
- Management of medications
- Interpretation of medical regime
- Promote safety

The Need is Great

- Currently, fewer than 1% of nurses and pharmacists specialize in geriatrics
- Only 3% of all advanced practice nurses are certified in geriatric nursing
- 25% of nursing programs in this county lack a gerontological faculty member

Educational Preparation in Geriatric Nursing

Given the lack of geriatric content in programs that preparing nurses, we can assume that most practicing RNs have little formal preparation in geriatrics

Need for Gero-Nurses is Increasing in Iowa

- Growing number of persons over 65
- Increase in persons over 85
- Number of nurses retiring
  - RN shortage of 808,000 by 2020 (Auerbach et al., 2007; HRSA, 2002).  
  - By 2020 almost half of all RNs will be 50+ (AHA, 2007; Buerhaus et al., 2000).
  - Many health care workers will retire just as the need for health services increases due to population aging.

RN Responsibilities from ANA

- Physical exams and health histories
- Health promotion, counseling and education
- Medications, wound care, and other personalized interventions
- Interpret patient information and make critical decisions about needed actions
- Coordinate care with other healthcare professionals
- Direct and supervise care delivered by other healthcare personnel like LPNs and nurse aides
- Research to improve practice and patient outcomes
Levels of Nursing

College Degree Not Required:

- **LPN**: Licensed Practical Nurse 1 year preparation - Community College
- **RN-AND**: Associate Degree in Nursing - two year vocational program – Community College.
- **RN-Diploma**: graduation from a diploma program, usually based in a hospital. No diploma programs left in Iowa

Levels of Nursing

College Degree Required

- **RN - BSN**: Bachelors’ of Science in Nursing 4 year program, includes liberal arts courses
- **RN-MSN**: Master of Science in Nursing Post BSN to prepare for specialty
- **RN-APN**: Advanced Practice Nurse, often masters level
- **RN-A/Gero APN**: Advanced practice nurse who specializes in adults and gerontological nursing
- **RN-PhD**: research, post masters but now have BSN-PhD programs gaining in popularity
- **RN-DNP**: Doctor of Nursing Practice, it is a practice doctorate similar to PharmD, or PT doctorate, prepares person for advanced clinical practice. Role is focused on translation of research into practice

Registered Nurse: Iowa law

- Iowa nurse practice act: CHAPTER 152 NURSING
  - 15.6. The "practice of the profession of a registered nurse" means the practice of a natural person who is licensed by the board to do all of the following:
    - a. Formulate nursing diagnosis and conduct nursing treatment of human responses to actual or potential health problems through services, such as case finding, referral, health teaching, health counseling, and care provision which is supportive to or restorative of life and well-being.
    - b. Execute regimen prescribed by a physician, an advanced registered nurse practitioner, or a physician assistant.

Advanced Practice Nurse (APRN)

APRN is an umbrella term for a registered nurse who has completed at least a Master’s degree and has met clinical practice requirements beyond the basic nursing (RN) education and license, and who provides some level of direct care to patient.

Advanced Practice Nurse

- "Primary care"
- Hospital (before, during and after)
- Institutional long-term care settings

- **NPs**: treat many of older adults and are expected to treat even more in the future.
Nurse Practitioners - NP

- Work setting examples:
  - Clinics
  - Nursing homes
  - Hospitals
  - Private offices

NPs provide a wide range of primary and preventive health care services, prescribe medication, and diagnose and treat common minor illnesses and injuries.

Number of Nurses by Education in Iowa

- ADN 49% = 21,000
- Diploma 14% = 6,000
- BSN 26% = 12,500
  - Compare to nationally - 50%
- MSN 5% = 2,500
  - Compare to nationally 13%
- PhD 0.6% = fewer than 1,000
  - Compare to nationally less than 1%

Settings for Nursing of Older Persons

- Acute Care Hospitals
- Home Care
- Hospice
- Case/Care Management
- Adult Day Services
- Rehabilitation Centers
- Physician Offices

More Settings for Nursing Care of Older Persons

- Residential Care
- Assisted Living
- Nursing Homes
- Physician Offices
- Private Practice
- Parish Nurses

Annual Nurse Salaries: Iowa

- Staff Nurse, Hospital $57,000-64,000
- Staff Nurse, Nursing Home $49,000
- Director of Nursing in NH $69,000-77,000
- Nurse Practitioner $90,000

These are estimated averages (means) for 2012. Salaries vary across the state. Western Iowa, in general, has lower salaries. Urban areas, in general, are higher than rural areas.

Educational Preparation for Care of Elders

NEED:

- Geriatric/gerontological courses for students in nursing programs
- Practicums in geriatric nursing
- Certification programs
- Student interest and commitment!
- Passionate and prepared faculty
Efforts to Increase Capacity for Geriatric Nursing

- John A. Hartford Foundation of New York adopted as part of its mission to enhance capacity for care of older adults.
- Over $36 million invested in building geriatric capacity in nursing.
- Funded 9 centers in US as Centers of Excellence for Geriatric Nursing Excellence. *The University of Iowa is one of those 9 centers.*

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Next Steps

- If you are interested in more information about gerontological nursing in Iowa:

Contact: Bonnie Kinkead bonnie-kinkead@uiowa.edu

The John A. Hartford Center of Geriatric Nursing Excellence

Thank you.