



Universität  
Basel

Medizinische Fakultät  
Departement Public Health

Pflegewissenschaft  
Nursing Science

# Eine Analyse der Treiber für die ANP- Entwicklung in der Schweiz in den letzten zwei Jahrzehnten

Nurse-Practitioner-Symposium, Berner Fachhochschule , 14 Juni, 2022

Sabina De Geest

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# **An analysis of the drivers of ANP development in Switzerland over the past two decades.**

- **Switzerland: ANP drivers in the past 20 years**
- ANP in Switzerland: Reflections for the future

# Umbrella concept ANP - constellation of different APN roles

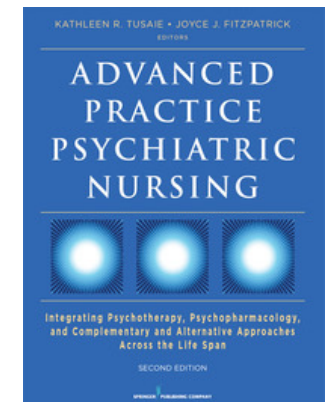
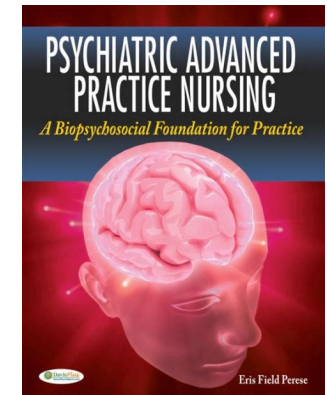
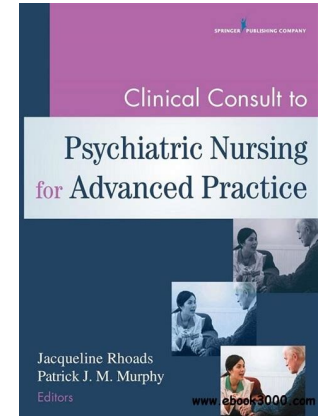
Certified nurse midwife CNM

**Nurse practitioner NP**

**Clinical nurse specialist CNS**

Certified registered nurse anesthetist CRNA

*Blended roles*



# ***Drivers influencing Advanced Practice Nurses development CH 2000-2022***





**Health care needs of the  
population**

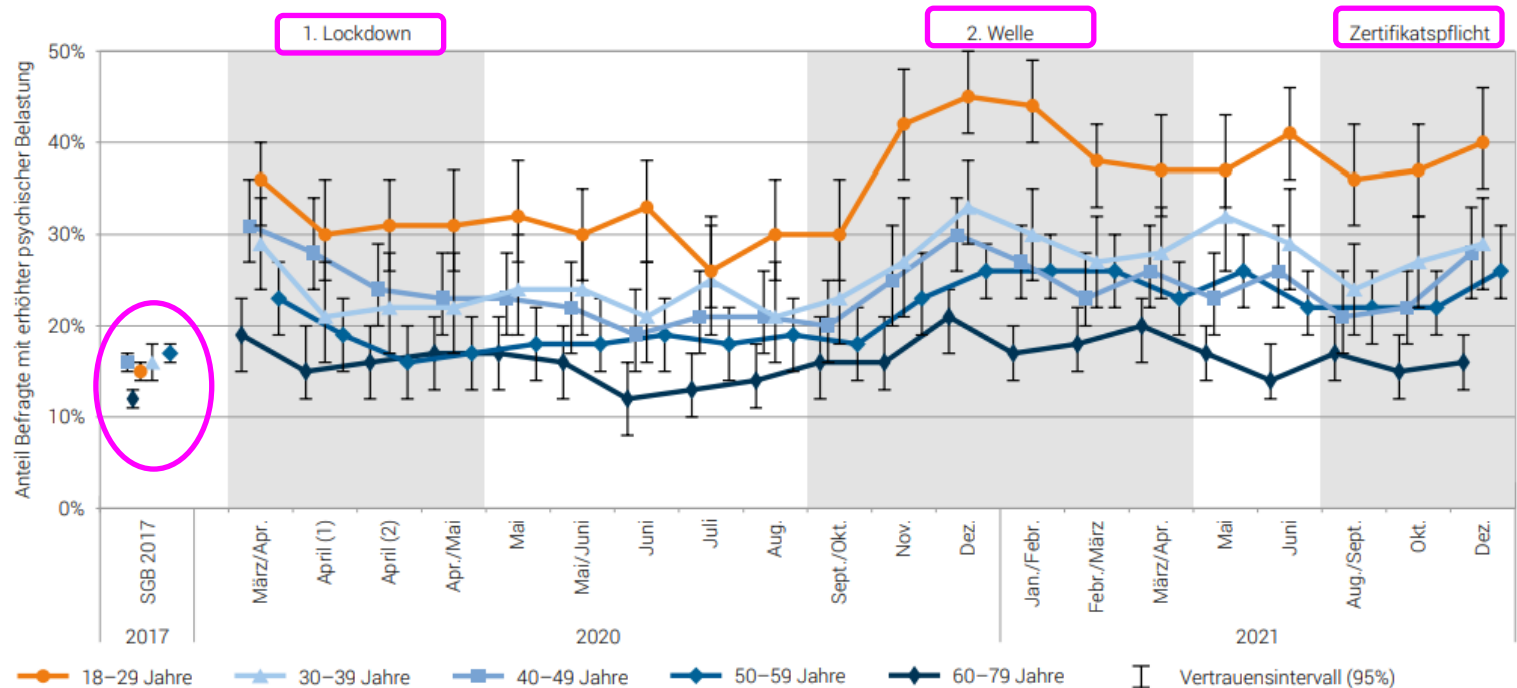
- **1 in every 8 people in the world live with a mental disorder:**  
970 million people around the world (2019)
- Many different types yet **anxiety and depressive disorders** are the most common
- **Effective prevention and treatment options exist**
- **Access** to effective care not always guaranteed.
- Many people also experience **stigma, discrimination** and violations of human rights.
- **COVID-19 pandemic:**  
Increase 26% and 28% increase in anxiety and major depressive disorders in 1 year



# Psychische Gesundheit

## Kennzahlen mit Fokus Covid-19

### Erhöhte Psychische Belastung, 2017 vs. 2020/2021



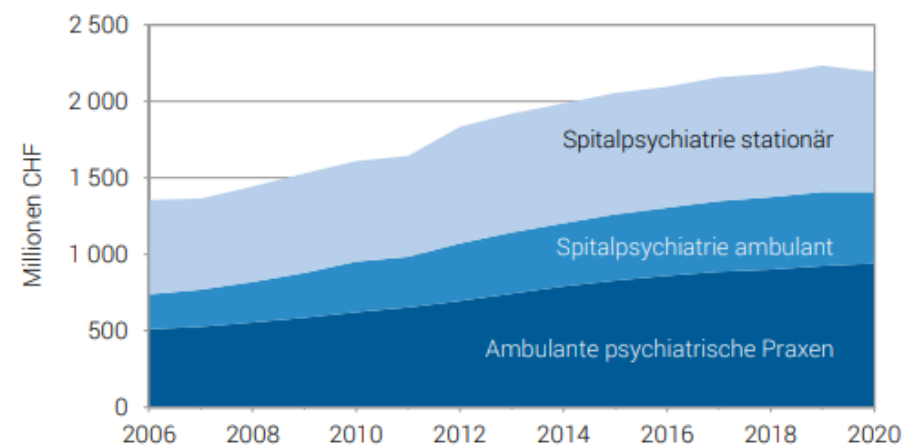
Anmerkung: Die SGB bezieht sich auf die letzten 4 Wochen, der Covid-19 Social Monitor bezieht sich auf die letzten 7 Tage.  
2017: n=19 112, 2020: n=1 492–2 798, 2021: n=1 919–2 559

Quelle: BFS – SGB, ZHAW – Covid-19 Social Monitor

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### OKP-Kosten im Psychatriebereich, 2006–2020

G11



Quelle: SASIS AG – Datenpool / Analyse Obsan

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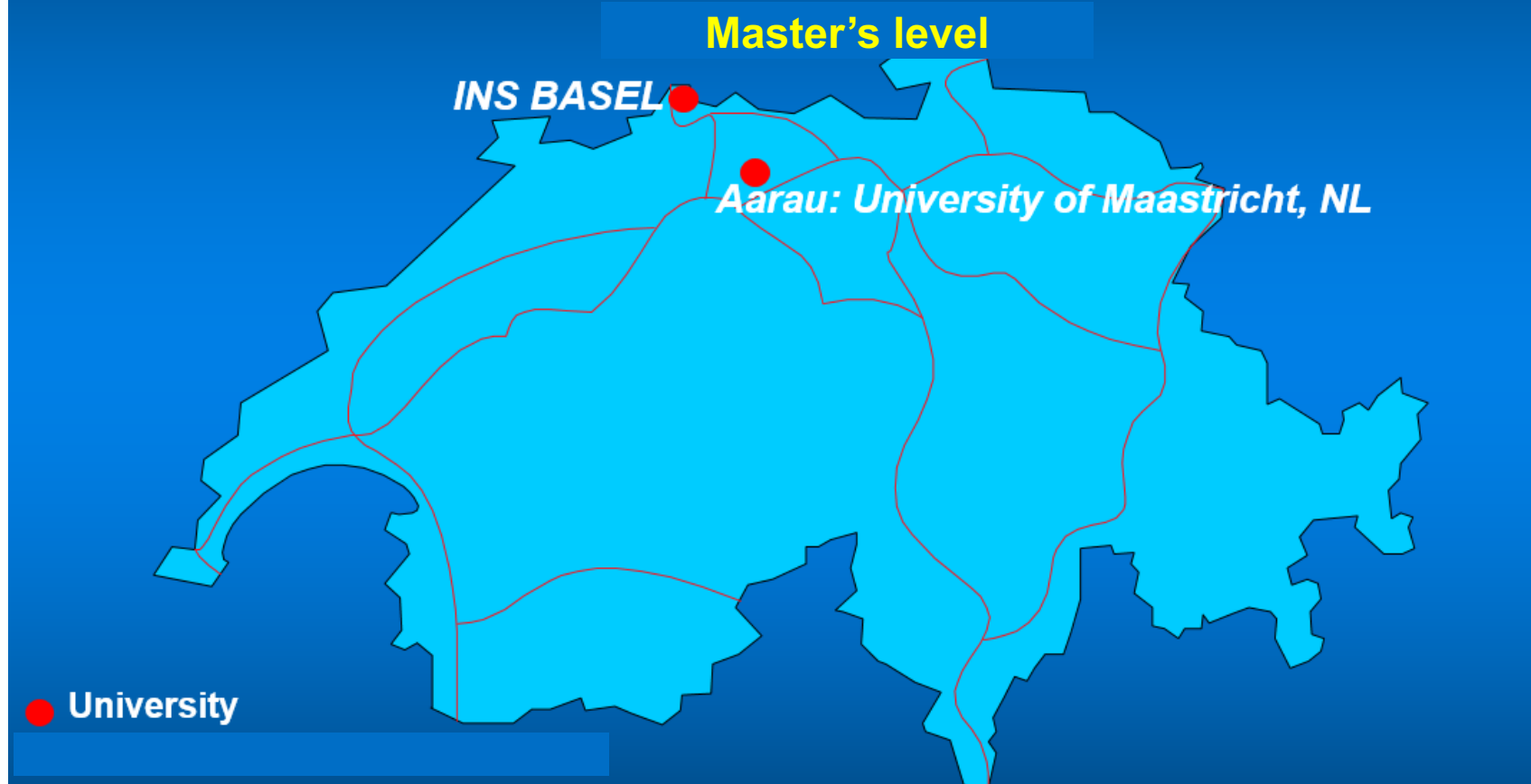
**Interdisciplinary innovation including nurses/CNS/NP: contribution to improve health outcomes of patients with mental disorders is timely and fits health care needs of population**

# ***Drivers influencing Advanced Practice Nurses development CH 2000-2022***





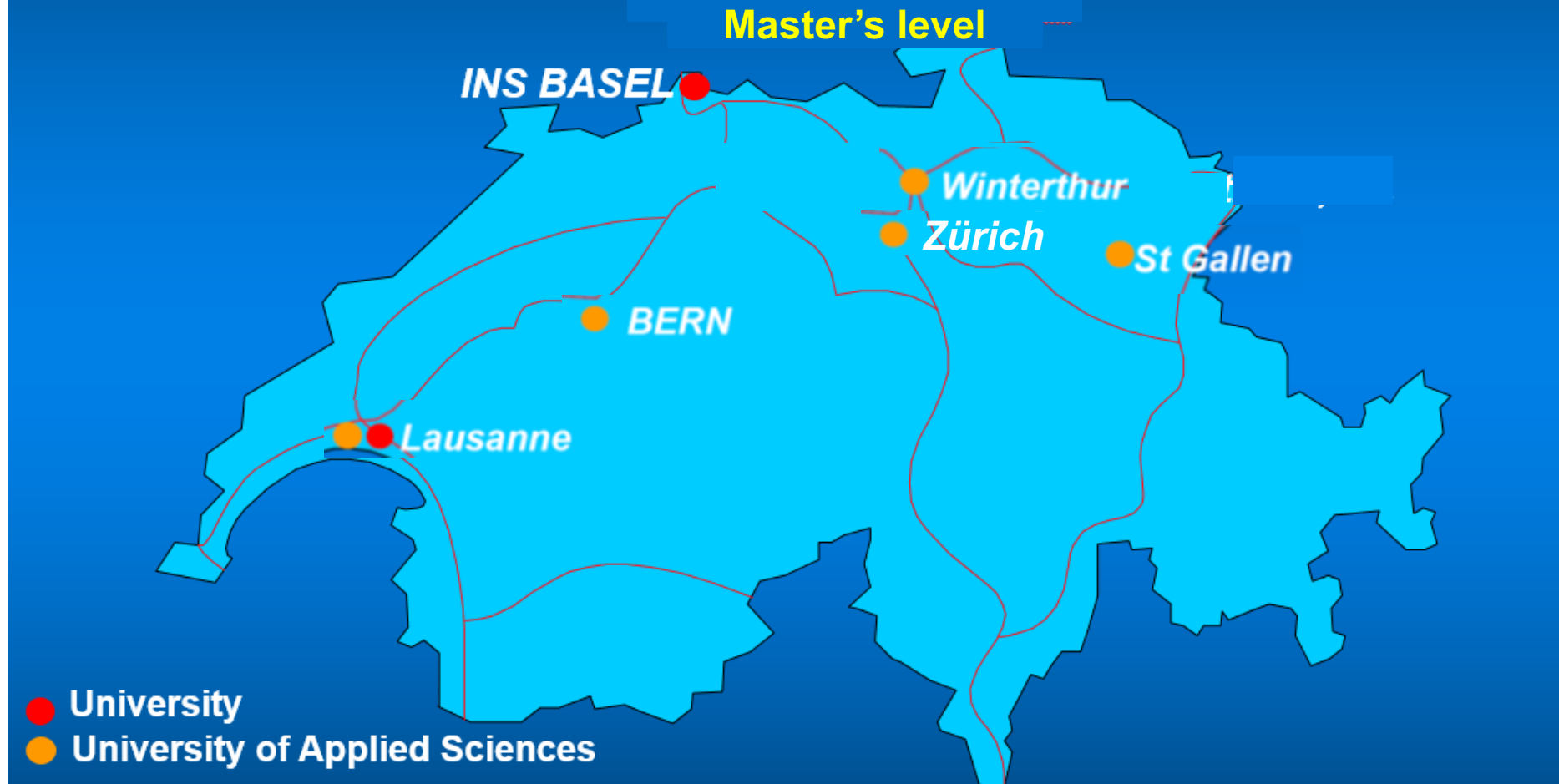
## Switzerland: Academic Nursing Programs < 2005



**First ANP curriculum: 2000 University of Basel**

**→ influenced significantly German-speaking countries' Master's curricula**

# Switzerland: Academic Nursing Programs > 2005



**Major Capacity building in Advanced Nursing Practice education in Switzerland**

***CNS/NP education: variation in total ETCS / N clinical hours***

**International guidelines for NP education**

# Nurses with Master's education in CH

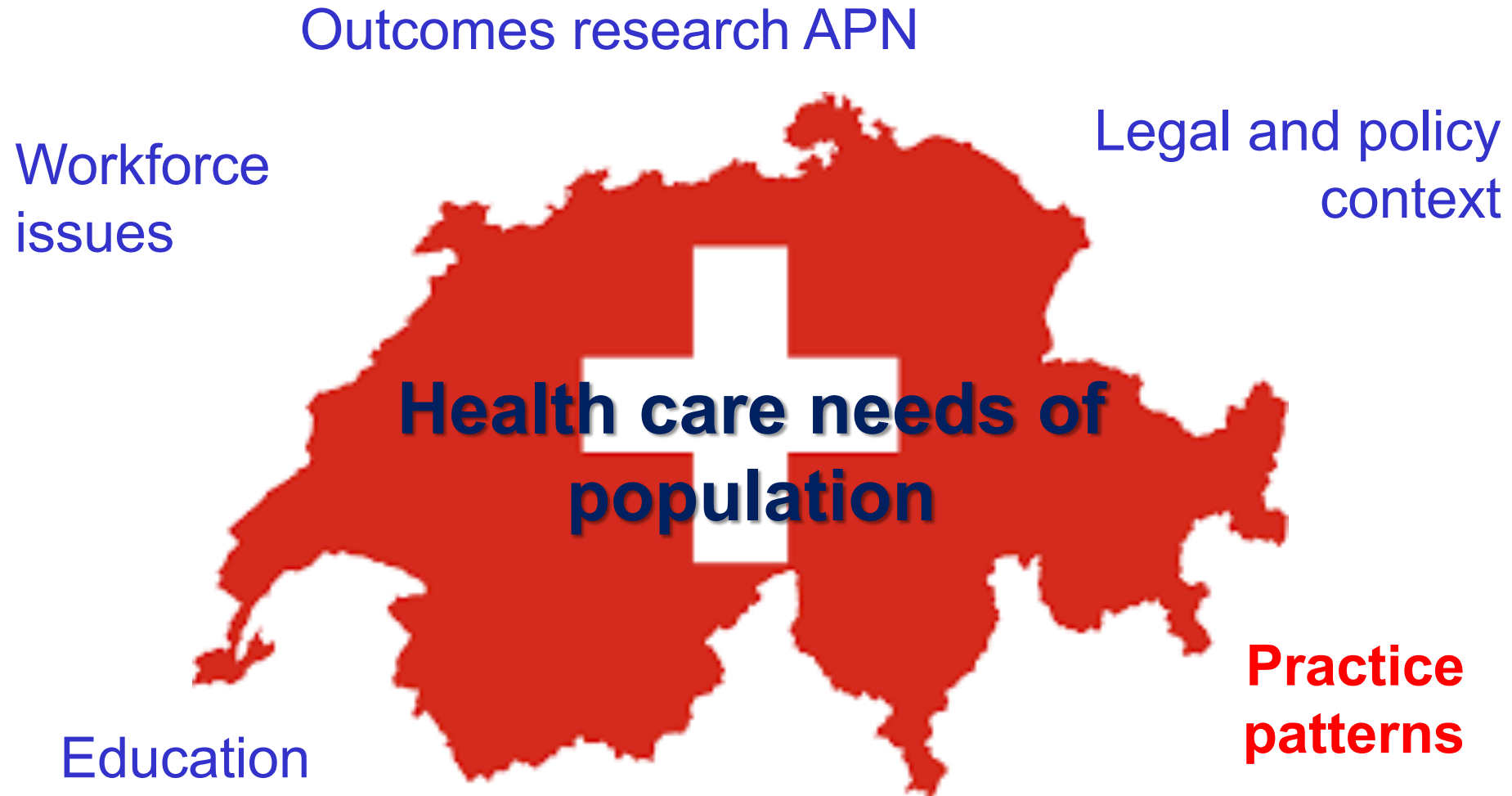
- Around 1000 nurses with a Master's degree graduated within one of the Swiss Masters in Nursing Science programs.
- **2013** national survey among 274 Masters of Science in Nursing graduates in Switzerland:
  - 51% (n=108) of nurses who answered the survey (n=211) worked as **clinical nurse specialist** in *hospitals or long-term care institutions*

## July 2022: new survey in preparation

Umfrage bei AbsolventInnen eines pflegewissenschaftlichen Masterstudiums (2022)

- First **Nurse Practitioners** work in *primary care and other settings* (e.g. University Hospitals & outpatient care (oncology, memory clinic, emergency care, home care))

# ***Drivers influencing Advanced Practice Nurses development CH 2000-2022***



**Kanton Uri**



# **NP in primary care practice in Switzerland**



**Praxisgemeinschaft  
Bauma**

**... and many more in  
German speaking  
Switzerland  
& Romandie**



# Nurse Practitioners in Swiss Primary care practices

- Early stages of developing APN roles in primary care → pioneer models
- **What are NP's Activities / scope of practice**

Comprehensive, patient-centered care of patients and their families, including the promotion of self-management, health prevention and advance care planning

- Care for multimorbid older persons (with polypharmacy)
- Home visits / nursing home visits
- Clinical assessment & clinical decision making
- Ordering diagnostic tests, prescribing medications (under GPs' supervision) & following up on treatment plans
- Providing direct patient care & treating various conditions or illnesses
- Specific infusion therapy (immunotherapy) / Complex wound care
- Non-clinical activities : education, support.

# Nurse Practitioners in Swiss Primary care practices

- NP role has potential to strengthening primary care system
- Clear delineation in competence level and scope of practice from MPAs
- Shaping of ANP model is more determined by MDs that by ANPs
- MDs and patients are not familiar with NP yet are favourable of the role  
when experiencing NP care
- *Issues on financing remain*

# ***Drivers influencing Advanced Practice Nurses development CH 2000-2022***

Outcomes research APN

**Workforce  
issues**

Legal and policy  
context

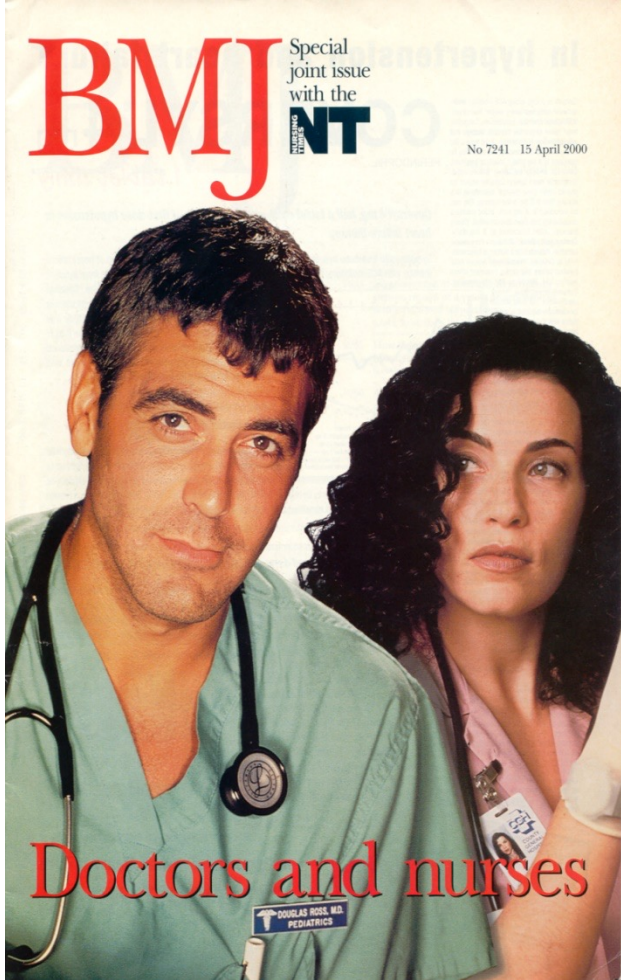


**Health care needs of  
population**

Education

Practice  
patterns





## ANP/ NP

Task shifting/Substitution  
Supplementation



## Shortages Nursing

**2029: + 36 500  
personen needed**



Teil 1: Total der Fachgebiete, Hausarztmedizin,  
Pädiatrie, Psychiatrie und Psychotherapie sowie  
Orthopädie

Schlussbericht des Obsan und des Gremiums «Koordination der ärztlichen  
Weiterbildung» im Auftrag des Dialogs Nationale Gesundheitspolitik

Laila Buria, Marcel Widmer, Cinzia Zeltner

## Shortages MDs

**psychiatry  
primary care  
pediatry**

# ***Drivers influencing Advanced Practice Nurses development CH 2000-2022***

## **Outcomes research APN**

Workforce  
issues

Legal and policy  
context



**Health care needs of  
population**

Education

Practice  
patterns

## Switzerland



### Effects of an Advanced Practice Nurse In-Home Health Consultation Program for Community-Dwelling Persons Aged 80 and Older

*Lorenz Imhof, RN, PhD,\* Rabel Naef, RN, MN,\* Margaret I. Wallhagen, GNP-BC, PhD,†  
Jürg Schwarz, Dr. Sc. ETH,‡ and Romy Mahrer-Imhof, RN, PhD\**

- Self reported adverse health outcomes:
  - ↓ patient reported falls, ↓ acute events and ↓ hospitalizations



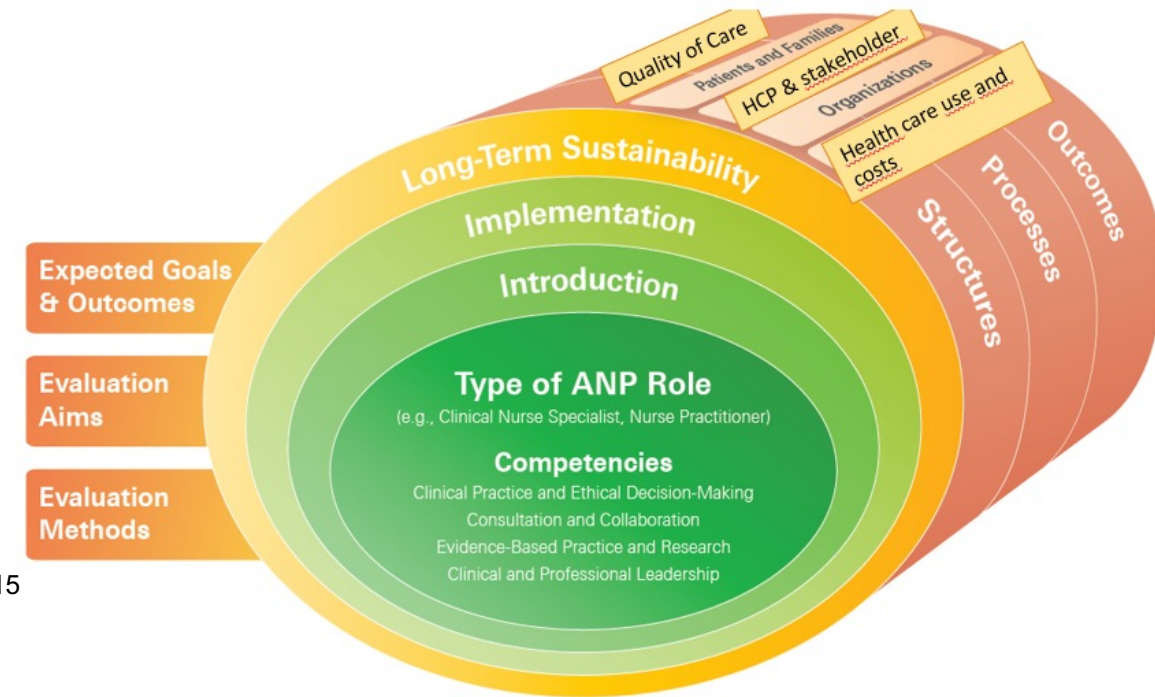
## Framework for Evaluating the Impact of Advanced Practice Nursing Roles

Denise Bryant-Lukosius, PhD, RN<sup>1</sup>, Elisabeth Spichiger, PhD, RN<sup>2</sup>, Jacqueline Martin, PhD, RN<sup>3</sup>, Hansruedi Stoll, MSc, RN<sup>4</sup>, Sabine Degen Kellerhals, MScN, RN<sup>5</sup>, Monica Fliedner, MScN, RN<sup>6</sup>, Florian Grossmann, MScN, RN, DAS ANP<sup>7</sup>, Morag Henry, BSc(Hons), RN<sup>8</sup>, Luzia Herrmann, MHA, RN<sup>9</sup>, Antje Koller, PhD, RN<sup>10</sup>, René Schwendimann, PhD, RN<sup>11</sup>, Anja Ulrich, MScN, RN, DAS ANP<sup>12</sup>, Lukas Weibel, MScN, RN<sup>13</sup>, Betty Callens, MPH, RN<sup>14</sup>, & Sabina De Geest, PhD, RN, FAAN, FRCN, FEANS<sup>15</sup>

### 58 citations of which 20 Swiss ANP evaluation studies <sup>6/22</sup>

1. Haemmerli et al. Apr 2022 | INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH 19 (7)
2. Haemmerli et al JOURNAL OF MULTIDISCIPLINARY HEALTHCARE 2021; 14 , pp.897-908
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4. Sturmer et al. PFLEGE 2021 34 (4) , pp.213-220
5. Näf et al. INTENSIVE AND CRITICAL CARE NURSING 2020; 61
6. Schonenberger et al. 2020 | BMC NURSING 19 (1)
7. Gysin et al. | HOME HEALTH CARE MANAGEMENT AND PRACTICE 2020; 33 (1) , pp.8-13
8. Gysin et al BMC FAMILY PRACTICE 2020; 21 (1)
9. Reeves et al. 020 | INTERNATIONAL JOURNAL OF INTEGRATED CARE 20 (3)
10. Schmid-Mohler et al. 2020 | ERJ OPEN RESEARCH 6 (2)
11. Bana et al. 2020 | EUROPEAN JOURNAL OF ONCOLOGY NURSING 44
12. Kobleder et al. 2020 | PFLEGE 33 (1) , pp.13-23
13. Gysin et al 2019 | BMC FAMILY PRACTICE 20 (1)
14. Zuniga et al. 2019 JOURNAL OF THE AMERICAN GERIATRICS SOCIETY 67 (10) , pp.2145-215
15. Koch et al. 2019 | SWISS MEDICAL WEEKLY 149
16. Bovero et al. 2018 | EUROPEAN JOURNAL OF ONCOLOGY NURSING 36 , pp.68-74
17. Serena et al. 2018 | JOURNAL OF NURSING SCHOLARSHIP 50 (5) , pp.540-54
18. Spichiger et al. 2018 | PFLEGE 31 (1) , pp.41-50
19. Serena et al. 2017 | EUROPEAN JOURNAL OF ONCOLOGY NURSING 29 , pp.106-114
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## Evaluation Framework Matrix: Key Concepts for Evaluating ANP roles



## Advanced Practice Nurses- The evidence base

- APN (NP) vs. MD
- Interprofessional teams with APN vs. MD model

Care provided by APNs or teams including an APN is as least equal to MD care or MD models of care in view of process and clinical outcomes

(economic outcomes less evident given scarcity of research)

**So far, no strong outcomes research on CNS / NP effectiveness in Switzerland**

- Real life outcomes research

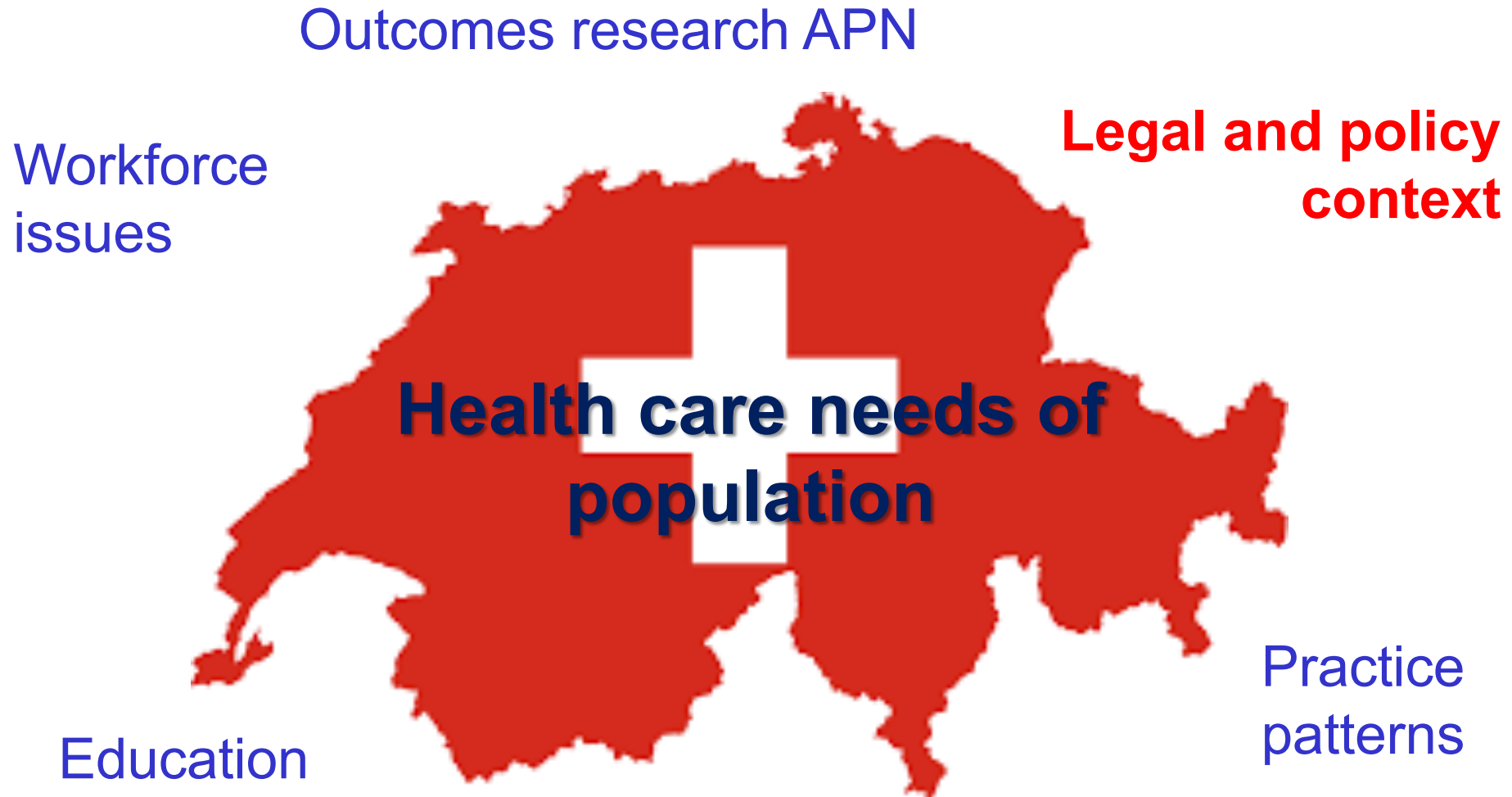
Virani et al. *JACC*; 2015

Kuo et al. *Medical Care* 2015

Morgan et al. *Health affairs* 2019; 38: 1028-1036

Jackson et al. *Annals of Internal Medicine* 2018; 169:825-835

# ***Drivers influencing Advanced Practice Nurses development CH 2000-2020***



# Definition Pflegeexpertin APN 2012

Interessensgemeinschaft für Advanced Nursing Practice:

Switzerland, Germany, Austria

Eine **Pflegeexpertin APN** (Advanced Practice Nurse) ist eine registrierte Pflegefachperson, welche sich durch akademische Ausbildung Expertenwissen, Fähigkeiten zur Entscheidungsfindung bei hoch komplexen Sachverhalten und klinische Kompetenzen für eine erweiterte pflegerische Praxis angeeignet hat.

Pflegeexpertinnen APN sind fähig, in unterschiedlichsten Settings vertiefte und erweiterte Rollen zu übernehmen und diese in eigener Verantwortung im interprofessionellen Team auszufüllen.

Die Kernkompetenzen einer Pflegeexpertin APN sind: direkte klinische Praxis, Experten-Coaching, Beratung, Ethische Entscheidungsfindung, interdisziplinäre Zusammenarbeit, klinisches und fachspezifisches Leadership und Forschungskompetenz.

# Legal framework

- **2016:** Master's level not included in Swiss law for health professionals (Gesundheitsberufegesetz GesBG; SR 811.21 - 30. September 2016)
- **2017: Canton Vaud: Legal framework NP**  
(Loi sur la Santé Canton de Vaud Article 124 November 2017)
- **2022:** Other Cantons Romandie: in preparation  
German speaking cantons Switzerland: no legal framework for ANP yet



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# APN-CH

Pflegeexperte/-in

Infirmier/-ère de pratique avancée

Infermiere/-a di pratica avanzata

*Start project 2017*



SPITÄLER



## Title 'Pflegeexpertin ANP-CH' protected ANP registration

- Minimal standards define (MSc in Nursing, clinical focus minimal 40%)
- Start registration 2021
- 2022: **75 registered APNs**:34 (45%) are graduates from the INS (Master's curr & DAS ANP)
- 
- Re-Registration every 5 years

# Financing APN-NP activities

- APNs' reimbursement for their services, have yet to be established  
→ major barriers

## –Financing

- Hospitals (DRG) / nursing homes flat rates
- Home health / primary care KVG, KVV, KLV 7 Tarmed-Tardoc
- 2022 Swiss ANP - SBK project ANP Financing  
→ need for effectiveness data for health insurers

## –Barriers

- Fears health insurers „Mengenausweitung“
- Interprofessionality yet MD mostly in driving seat

# **An analysis of the drivers of ANP development in Switzerland over the past two decades.**

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# Needs of the population should be most important driver



# Need for health service delivery redesign

**Silo structures  
prevail in health care delivery**

Communication issues

Suboptimal use of workforce

Adverse events

Poor patient outcomes

Costs ↑

Poorly functioning health care teams

Issues in continuity in *information, management and relationship*

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**Do we need ANP/NP to strengthen  
Swiss health care delivery?**





Universität  
Basel

intercare

Nurse-led interprofessional nursing home care model:  
Improving INTERprofessional CARE  
for better resident outcomes



Smarter Health Care  
National Research Programme

FNSNF

SWISS NATIONAL SCIENCE FOUNDATION

STIFTUNG  
PFLEGE  
WISSEN  
SCHAFT  
SCHWEIZ



Intercare

intercare

Video



Universität  
Basel



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Basel



<https://intercare.nursing.unibas.ch/>

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Basinska et al. Journal of Advanced Nursing 2021; 77(2), 742-754.

Muench et al. Int J Public Health 2019 Dec;64(9):1273-1281

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STIFTUNG  
PFLEGE  
WISSEN  
SCHAFT  
SCHWEIZ



Smarter Health Care  
National Research Programme

FNSNF

SWISS NATIONAL SCIENCE FOUNDATION



# **CNS / NP in Switzerland after 20 years**



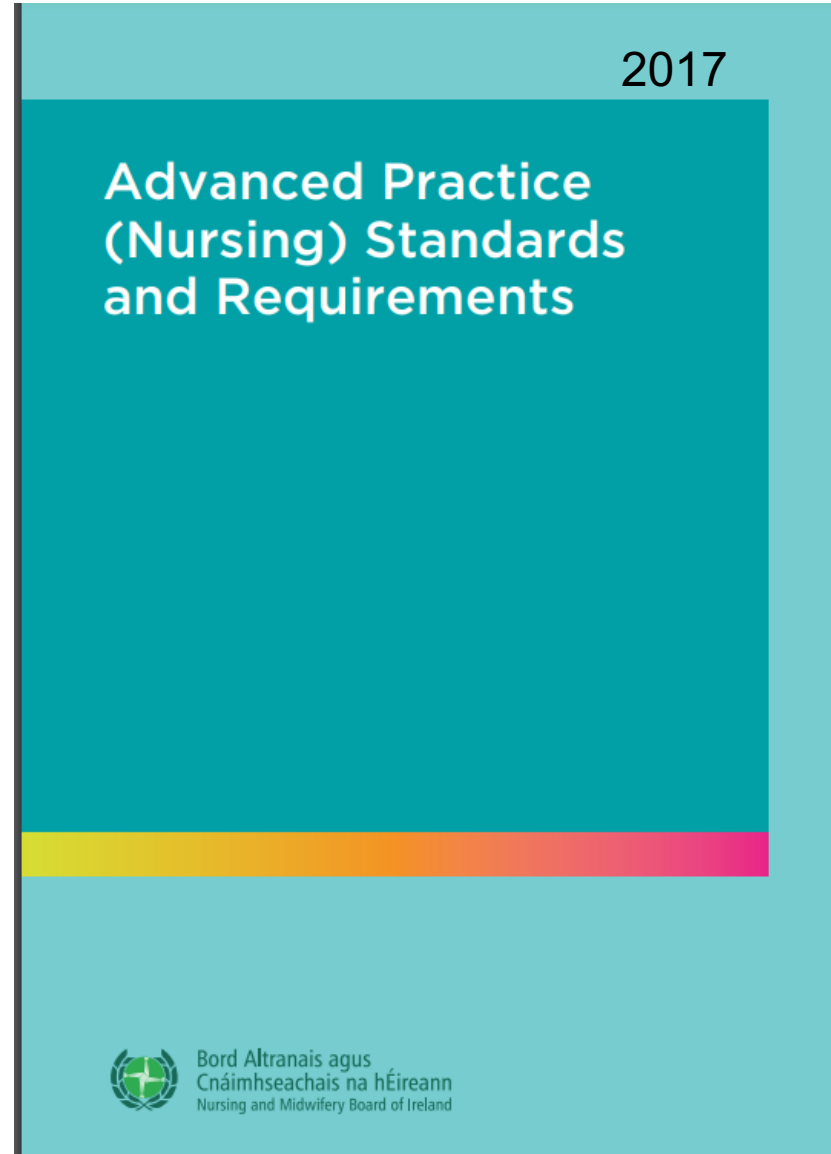
**Clear sky in view of  
CNS & NP roles, scope of practice, educational  
requirements, policy & legal framework,  
financing,....**

**+**

**Nursing in driving seat of system innovation  
to improve efficiency of  
Swiss health care system**



**Ireland did it!**



# Goal: Targeting the right flight altitude

- Move focus from nursing / medical / other *roles* towards developing, implementing and evaluating innovative interdisciplinary innovative care models (e.g. INTERCARE)
- Nurses can be in the pilot seat yet need to embrace the ‘big picture’, work interdisciplinary and intersectorial to tackle system challenges in health care (including mental health)





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Nursing Science

**Vielen Dank**  
für Ihre Aufmerksamkeit.



# Critical Next Steps (1)

- **Delineating the scope of ANP practice (NP) in the context of the Swiss health care system based on health care system and population needs.**
- **Ensuring specific NP competency, ensuring patient safety and maintaining high quality health care.**
- **Defining educational standards for NP programs**
- **Defining legal requirements for NP practice.**
- **Legal protection of the defined NP title.**
- **Identifying future considerations certification, licensure, and continued professional development (i.e., continuing education).**
- **Identifying considerations laying the foundation for future reimbursement.**
- **Prioritizing NP outcomes research**