Can A Nurse Practitioner Perform Endoscopy? 
A Personal Journey
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No Disclosures

Objective
• Learn brief history of Nurse Practitioners (NP)
• Understand the scope of practice of NP’s
• Understand the credentialing process for special procedures
History of Nurse Practitioners

1800’s to 1960’s
- Psychiatric Nursing 1st specialty
- Nurse clinician—nurse with advanced knowledge
- Demand for physician specialization
- Dr. Loretta Ford EdD, RN, PNP, FAANP and Dr. Henry Silver develop the first Nurse Practitioner (NP) program at the University of Colorado
- Started in response to shortage of physicians in rural areas

http://www.aanp.org/about-aanp/historical-timeline

1970’s
- Some nurses and physicians opposed the nurse practitioner model
- Organized medicine opposed the idea of a nurse not functioning under physician direction.
- More NP education programs were opening
- The University of Colorado offers its first continuing education symposium for NPs

1980’s
- More than 200 NP programs or tracks are available to students and 15,000-20,000 NPs are practicing
- The American Academy of Nurse Practitioners (AANP) is established (1985)
- AANP conducts member survey regarding NP professional malpractice liability insurance coverage, assisting NPs in reestablishing affordable malpractice insurance
- Ninety percent of NP programs are either master’s degree granting programs or post-master’s degree programs (1989)
- NP’s fight for prescriptive authority and reimbursement

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History of Nurse Practitioners

1990’s
- Barbara J. Safriet writes in the *Yale Journal on Regulation* supporting the NP role (1992)
- Mundinger publishes "Advanced Practice Nursing – Good Medicine for Physicians" in *The New England Journal of Medicine*, further supporting facts that NPs are cost-effective and quality primary health care providers
- Estimated 78,000 NPs in the U.S.
- Prescriptive Authority

2000-2009
- September 11, 2001 – AANP enlists support of hundreds of NPs to offer aid in NYC and D.C.
- National Nurse Practitioner Week, held annually in November, is recognized in a proclamation by U.S. Congress
- Doctorate NP (DNP) degree proposed by AACN to standardize the practice

2010 to present
- Full recognition by insurers and health care organizations
- Estimated 135,000 NPs in the U.S.
- June 8, 2012 Ohio Board of Nursing expands the scope of schedule II prescribing for Advanced Practice Nurses (APNs) who hold a certificate to prescribe (CTP).
- On January 1, 2013, the American Academy of Nurse Practitioners (founded in 1985) and the American College of Nurse Practitioners (founded in 1995) came together to form the American Association of Nurse Practitioners (AANP), the largest, full-service national professional membership organization for NPs of all specialties.

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Nurse Practitioner Scope of Practice

- Diagnosing, treating, evaluating and managing acute and chronic illness and disease
- Taking medical histories and performing physical exams
- Ordering, performing, and interpreting diagnostic tests
- Prescribing therapies: physical therapy
- Prescribing pharmacologic therapies

Nurse Practitioner Scope of Practice

- Provide primary and specialty care
- Perform procedures (with proper training and credentialing)
- Patient and family education
- Counseling on personal behaviors, self-care, and treatment options

Practice Settings

- Private practices
- Community clinics
- Hospitals: in-patient settings and emergency rooms
- School-based clinics
- Correctional facilities
- Nursing homes/long-term care facilities/hospices
- Health maintenance organizations
- Armed Forces and Veterans’ Administration facilities
- Urgent care settings
• Depending on the clinical setting there are a number of special procedures a nurse practitioner may be trained and credentialed in.

Special Procedure
Urine dipstick
Anoscopy
Bone marrow biopsy
Botox injection
Endometrial biopsy
Fine needle aspiration
Incision and drainage
Peracanthiasis
Kenalog injections
Wound debridement-sharp
Trigger point injections
Suturing
Many others

Goals
“A goal is not always meant to be reached, it often serves as something to aim at.”
Bruce Lee

My Adventure
• I would like to learn how to do flexible sigmoidoscopies and pouchoscopies, and also be allowed to do biopsies.
**Sigmoidoscopy:** Sigmoidoscopy is a procedure used to see inside the sigmoid colon and rectum. The sigmoid colon is the area of the large intestine nearest the rectum.

**Pouchoscopy:** Endoscopic procedure to examine an ileo-anal pouch, a reservoir which is surgically created from the small intestine (ileum) as a cure for ulcerative colitis and a preventative measure in certain genetic illnesses such as Familial adenomatous polyposis (FAP).

**Where To Begin?**
- Discussed with my collaborating physician
  - Very supportive
  - About 50 scopes would be reasonable to start
- Ohio Board of Nursing
- Pennsylvania NP doing
  - VA trained NP fully credentialed to do colonoscopies
- Now What???

**Pushing Through**
- Contacted Meredith Lahl, PCNS-BC, PNP-BC, CPON
Pre-credentialing Training

- Online Training
  - American Society for Gastrointestinal Endoscopy
- Endoscopy of the Colon, Rectum, and Anus By Dr. James Church
- Simulation lab
- Observation

American Society of Gastrointestinal Endoscopy Courses

- Colonoscopy Technique: Basic and Advanced
- 2012 Postgraduate Course: Screening and Surveillance
- Complications of Colonoscopy
- Antibiotic Prophylaxis for GI Endoscopy
- Infection Control During GI Endoscopy
- Ethnic Issues in Endoscopy
- Diagnosis of Flat and Depressed Neoplasms
- Colorectal Cancer Screening

Getting started

- Submitted to APN Privileging Committee
- Credentialing: ok to start
  - Only 10-Yikes!!
- Who to train with
- Time
The First 10

- Dr. Jean Ashburn was kind enough to train and mentor me
- Granted credentials to perform Flexible sigmoidoscopies and pouchoscopies with biopsies in August 2013.

Now what?

- Over the last 6 months I have continued to work with Dr. Valente, Dr. Faul, Dr. Remzi, Dr. Shen, and Dr. Ashburn
- Over 50 now

Pushing Forward

- Looking to do approximately 100 scopes with someone present
- Still a novice
Goals

“Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan.”

Tom Landry

Conclusion

• If there is something you really want to do the following things are needed:
  - Perseverance
  - Patience
  - Safety
  - Take your time
  - Physician support

References

• http://www.aanp.org/about-aanp/historical-timeline
• Endoscopy of the Colon, Rectum and Anus by Dr. James Church
• American Society of Gastrointestinal Endoscopy Courses
Questions?

Crile Building