



Registered Nurse Prescribing –
A way of increasing equity
and access in Te Tai Tokerau

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Overview

- Diabetes situation in Aotearoa and Te Tai Tokerau
- Workforce crisis
- History of Registered nurse prescribing in Aotearoa
- Specialist Diabetes Service mahi
- What could the future hold for advanced nursing roles

Diabetes in Aotearoa

In 2022 – 307,400 people were estimated to have diabetes

This is projected to increase 70-90% by 2040

Māori are 2.5 x more likely to have diabetes compared with pakeha

The financial cost of diabetes is approximately \$2.1B NZD pa

Diabetes in Te Tai Tokerau

12,853 people have diabetes in
Northland

43% of those people are Māori

76% of people live in quintile 4/5
deprivation

78% of people on renal dialysis
have diabetes related nephropathy

Junior doctors increasingly leaving before training as specialists, new estimate suggests

6:16 am on 26 April 2023

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Third of patients waiting more than four months for specialist appointment

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Thousands waiting more than a year for planned medical treatment.

Hannah Martin · 05:00, Sep 08 2023



Patients waiting up to 4 weeks to see a GP, while half of clinics in urban centres are 'full'

+NP | NURSE |

Nurse shortages force 43 per cent of practices to curtail services

No downtime for doctors

Crucially, our GPs are working hard.


NEW ZEALAND / HEALTH

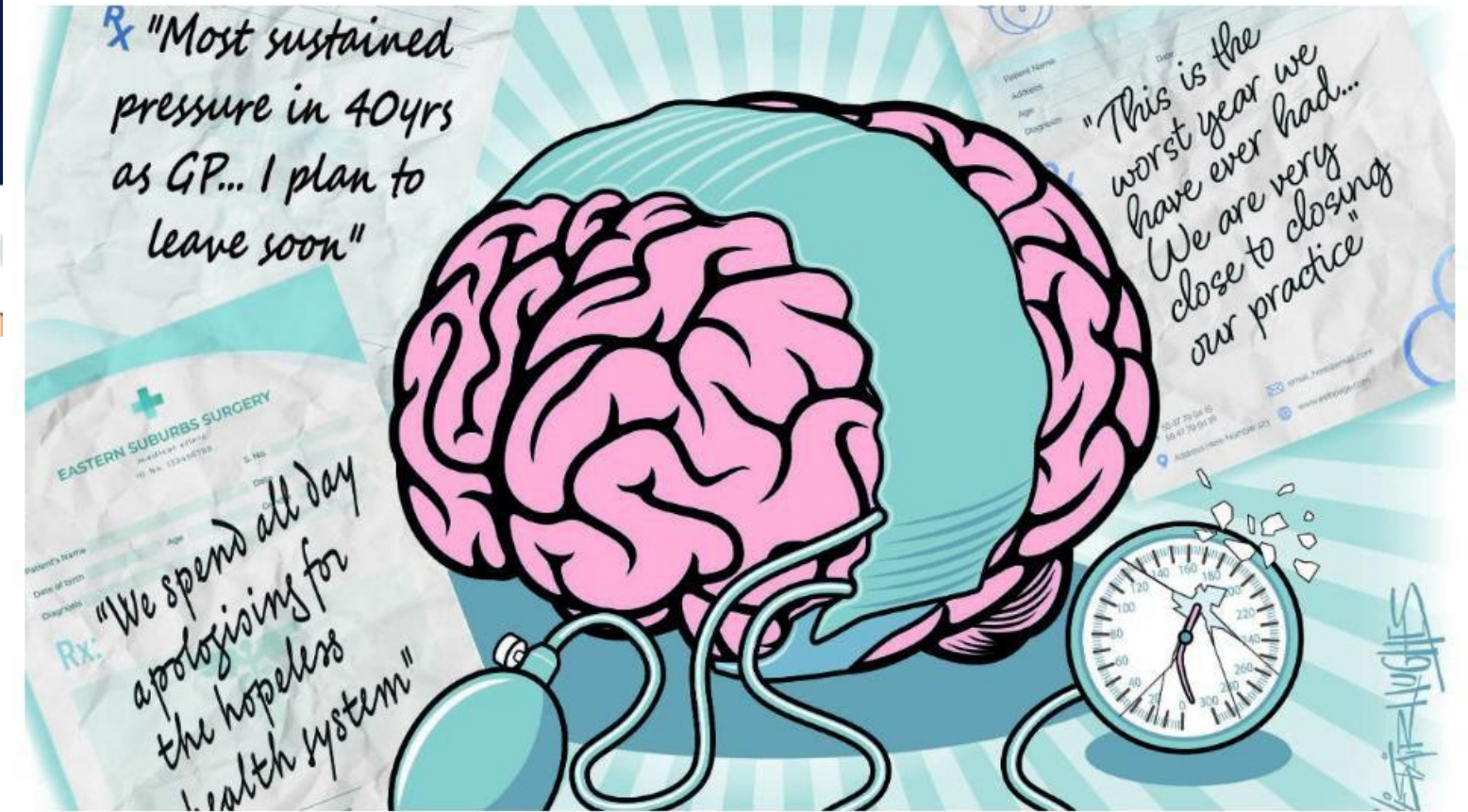
Wait to see GP taking up to six weeks, College of GPs says

5:00 pm on 3 October 2022

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Why are we waiting? Inside the GP crisis

 Nikki Macdonald | September 10, 2023



GPs have revealed their stress in a wide-ranging survey conducted by the Sunday Star-Times. ALISTAIR HUGHES / ALISTAIR HUGHES/SUNDAY STAR-TIMES

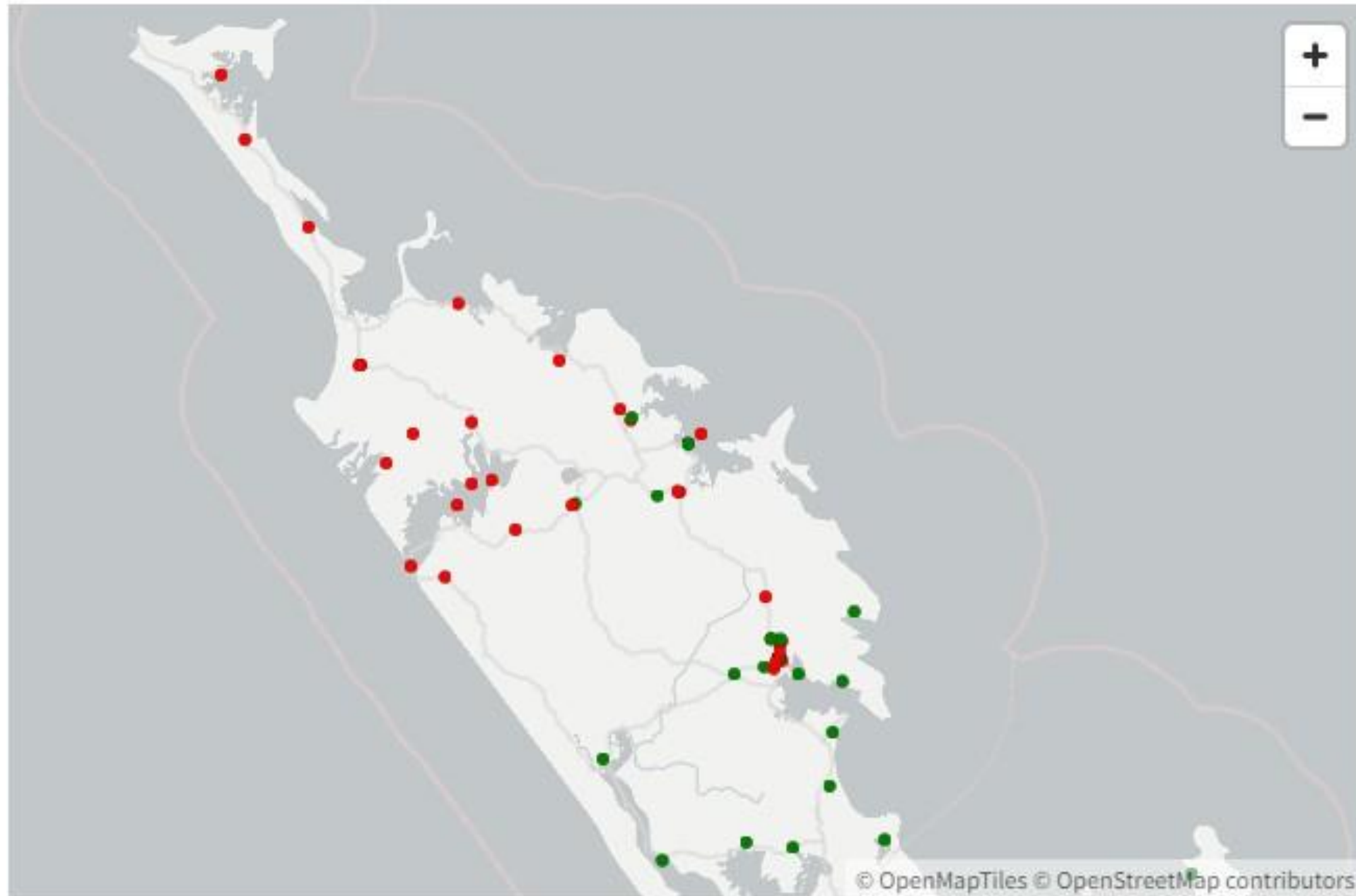
Doctors say long wait times at GPs are becoming unsafe for patients and practitioners.

It comes as GenPro, a collective of 1000 GPs offices, penned an open letter to the Government calling for better funding and acknowledgement of the issue.

The letter is part of the 'save your family doctor service' campaign, which launched yesterday

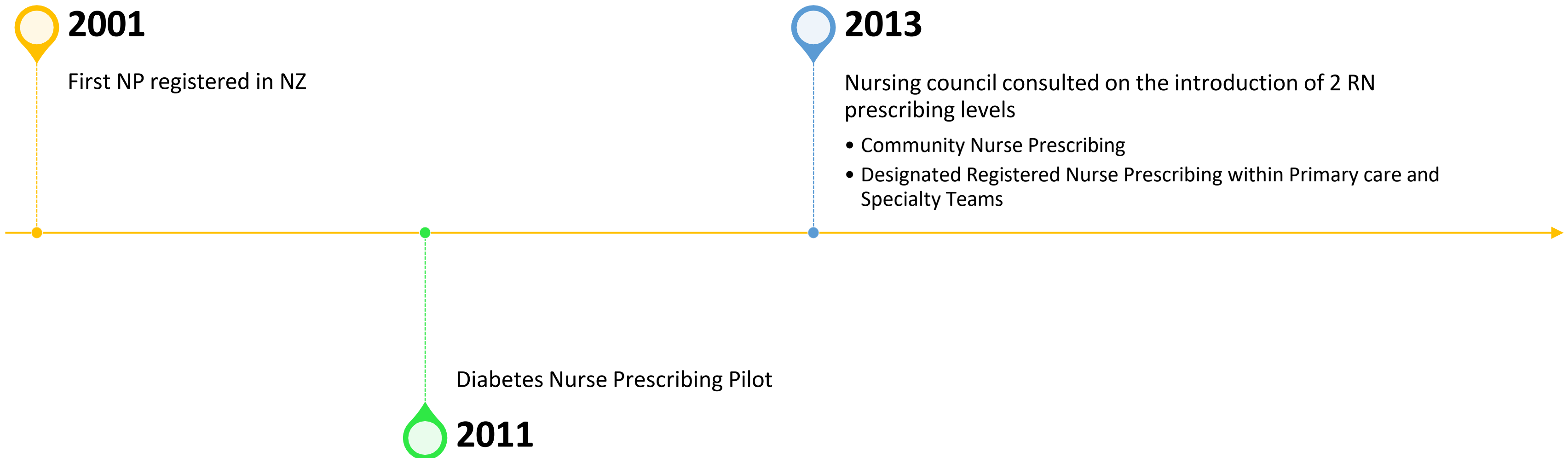
Pressure points

Which medical practices are **enrolling new patients** and which have **closed books**?



Source: [Healthpoint](#) • Data snapshot as at 4/9/2023

RN Prescribing History in Aotearoa




Total Nurse Prescribers in Aotearoa

	September 2022	December 2022	March 2023	June 2023	September 2023
Nurse Practitioner	627	672	702	701	703
RN Prescriber - Primary Health and Specialty Teams	388	403	440	433	503
RN Prescriber - Community Health	238	283	300	331	403
RN Prescriber - Diabetes	50	48	47	47	46
RN Prescriber - Emergency Contraceptive Pill	257	263	268	277	284
Total	1,560	1,669	1,757	1,789	1,939

Source: Nursing Council Quarterly Report Sept 2023

Benefits of RN Prescribing





Authorised vs
Designated
Prescriber

Authorised Prescriber

May independently prescribe, supply, sell, administer or arrange for the administration of any medicine that relates to their practice

Current authorised prescribers include:
Nurse practitioners, Optometrists, Dentist or Medical practitioners, Registered Midwives and Veterinarians

Designated Prescriber

May only prescribe from a list of medicines published in the New Zealand Gazette by the Director General of Health under section 105(5a) of the medicines act.

They are also expected to prescribe collaboratively alongside an authorised prescriber.

Current designated prescribers include:
Pharmacist prescribers, Dietitian prescribers and RN prescribers

Registered nurse with designated prescribing right (Community Health)	Registered nurse with designated prescribing rights (primary health and speciality teams)	Nurse Practitioner
Public health nurses School nurses Community health nurses	Primary care or nurse specialist nurse-led clinics (chronic conditions) <ul style="list-style-type: none"> • Diabetes • Hypertension • Heart failure • Asthma • COPD • Eczema • Depression • Anxiety • Palliative Care Health Promotion <ul style="list-style-type: none"> • Immunisation • Contraception 	NPs can diagnose and prescribe independently so they can work anywhere there is service need for the role
All must have access to an authorised prescriber in order to prescribe		Authorised prescriber

Specialist Diabetes Service Te Tai Tokerau



Aspirational goal of 100% CNS prescribing within the service



Participants in Diabetes Nurse Prescribing

3 CNS's were part of this pilot
2 additional nurses prescribe under this format



Designated RN prescriber in Primary Care & Specialty teams

5 CNS working in diabetes
1 CNS prescriber working in diabetes at Hokianga health
2 CNS trained in diabetes now in other speciality areas



- 100% RN prescribing cover across the 4 Te Tai Tokerau regional hospitals achieved September 2023
- Currently 54% of CNS workforce RN prescribers
 - Will be 61% with an additional CNS completing her practicum currently
- Acknowledgements:
 - Dr Nicole McGrath
 - Andrea Taylor - Service Manager
 - The CNS's who participated in the original pilot

"Being a prescriber gives me autonomy and allows me to provide my clients with accessible and affordable (free) healthcare"

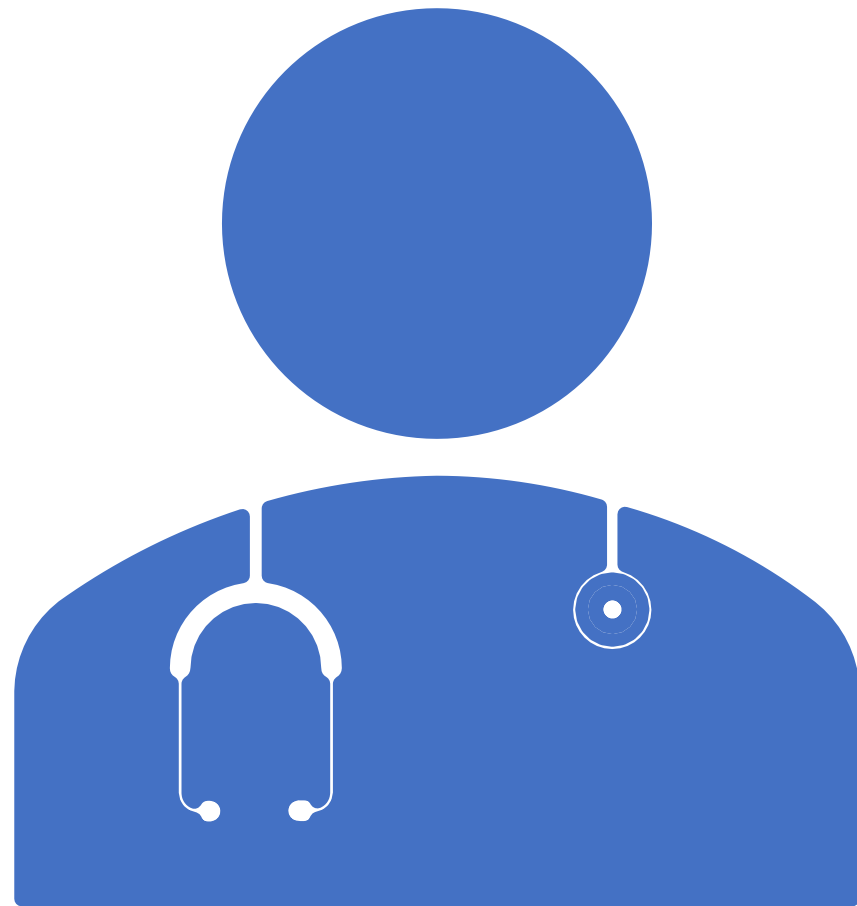
"Improved access to care for our patients overall but particularly our Māori and most vulnerable patients, and overall better job satisfaction"

"I think the most benefit has been more seamless care for patients. I have much more job satisfaction"

"Patients love it as it breaks down barriers, improves health equality, puts less pressure on Doctors, which saves me time and increases my scope of practice"

"I love the autonomy that prescribing gives me to make clinical decisions and follow them through. I feel that my prescribing knowledge and ability gives more holistic, quality and timely care to my patients."

What does the future hold?



- ❖ Opportunities for nurses to be working at top of scope
- ❖ Opportunities to increase Designated RN prescribing roles within other Te Whatu Ora services and within Primary care
- ❖ Specialist Diabetes team continue to have a commitment to advancing nursing practice - NPTP intern 2024, CNS team continue to study toward becoming RN prescribers

References

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