Consultation: Two proposals for registered nurse prescribing

Submission Form

Please read and refer to the consultation document *Two proposals for registered nurse prescribing* available on the Nursing Council of New Zealand website [www.nursingcouncil.org.nz](http://www.nursingcouncil.org.nz) before completing this form. The questions in this form are designed to help you to focus your response and make it easier for us to analyse submissions. However, you don’t have to answer every question and may add additional comments.

This submission was completed by:

Name: Te Ao Maramatanga New Zealand College of Mental Health Nurses

Address:

Email:

Organisation: Te Ao Māramatanga, NZ College of Mental Health Nurses

Position:

If an email address is supplied, we will notify you of when the report of the summary of submissions is published on-line.

You are making this submission:

☐ as an individual

☒ on behalf of a group or organisation

Please indicate which part of the sector your submission represents:

☐ Individual nurse
☐ Individual doctor
☐ Individual other
☐ District Health Board
☐ Consumer group
☐ Registration authority
☐ Primary health organisation
☐ Maori health provider
☐ Pacific health provider
☐ Government agency
☐ Education provider
☒ Professional organisation
☐ Private Hospital Provider
☐ Aged care provider
☐ Non-government organisation
☐ Other (please specify) .........................................................................................................................................................
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In the interests of a full and transparent consultation process, the Nursing Council intends to publish a report which may contain quotes from the submissions received. The Council may also publish the submissions received on this consultation document on its website. However, if you object to this publication or to the publication of your name (Please note that the names of individual submitters will not be published) tick one or both of the following boxes:

☐ I do not give permission for my submission to be published on-line.

☐ I do not give permission for my organisation’s name to be listed in the published summary of submissions.

The deadline for feedback is Friday 19 April 2013. Submissions are accepted in written and email form. Please save and send your submission to:

EmmaG@nursingcouncil.org.nz

Or post to:

Emma Gennard
Nursing Council of New Zealand
PO Box 9644, Wellington 6141
Consultation questions

The consultation questions are split into two parts specific to the two proposals. Respondents are asked to reply to questions about both proposals. There is an opportunity at the end of the questions to give general views on the consultation paper and models of nurse prescribing.

Proposal One: Community nurse prescribing

Proposal for community nurse prescribing

The Council believes that registered nurses working in schools, general practice, public health, Maori and Pacific Health providers, services for youth, family planning and other ambulatory services already have a significant role in health promotion, disease prevention and in the assessment and treatment of minor ailments and illnesses. The ability to prescribe a limited number of medicines would enhance the health services registered nurses are able to deliver to some patients in community and outpatient settings.

1.1 Do you agree with the proposal that suitably qualified and experienced registered nurses be able to prescribe a limited list of medicines to treat minor ailments and infections, and to promote health?

Yes [ ] No [ ]

Yes as an inherent component of nursing roles including the majority of mental health nurses who work in the community.

The rationale for extending nurse prescribing is to improve patient care without compromising patient safety; make it easier for patients to obtain the medicines they need; increase patient choice in accessing medicines; and make better use of the skills of health professionals.

1.2 Do you agree that community nurse prescribing will enable patients to receive more accessible, timely and convenient care?

Yes [ ] No [ ]

Yes as an inherent component of the nursing role reducing the need to refer to another health professional

1 Health services provided on an outpatient basis to those who visit a hospital or another health care facility and depart after treatment on the same day.
Title for community nurse prescribing

The Council has used the title “community nurse prescribing” for this proposal but is aware that it may not best describe the nurses who may undertake this type of prescribing or the breadth of the prescribing authority.

1.3 Do you consider the title “community nurse prescribing” adequately describes and informs the public and other health professionals of the breadth of this prescribing authority?

Yes [ ] No [ ]

Consideration should be given to another name. Why not registered generalist nurse prescribing (covers mental health nurses who have generalist mental health nursing roles) and specialist nurse prescribing.

We perceive that the focus of the consultation document is that this designated prescriber is aimed at registered nurses working in schools, general practice, public health, Maori and Pacific Health providers, services for youth, family planning. However other specialised area nurses working in nursing roles within community settings such as mental health and addiction should be able to access this “qualification” as the trend towards addressing people’s physical as well as mental health issues falls heavily on mental health and addiction nurses. This is particularly relevant as we see more mental health care moving towards primary care services.

Scope of practice and authorisation for community nurse prescribing

The Council is proposing to add the following sentence to the scope of practice for registered nurses to allow some registered nurses to be authorised for community nurse prescribing:

“Some nurses with additional experience education and training may be authorised by the Council to prescribe some medicines within their competence and area of practice.”

1.4 Do you agree with the suggested wording changes to the registered nurse scope of practice and with a prescribing authorisation being included in the scope of practice of registered nurses with community nursing prescribing authority?

Yes [ ] No [ ]

Appears to convey intent with consideration given to the need for the term some to be included. i.e. commence Nurses with ....
Qualification and training for community nurse prescribing

It is proposed that community nurse prescribing courses should include up to 6 days of theory (online and workshop) and 3 days of prescribing practice with a doctor or nurse prescriber (authorised prescriber). A competence assessment with a doctor or nurse practitioner would be one of the course assessments that must be successfully completed before the nurse would be authorised by the Council to prescribe. The standards for community nurse prescriber courses are outlined on page 50 of the consultation document. The competencies that the registered nurse will be assessed against are on page 53.

1.5 Do you agree that the proposed education and training for community nurse prescribing is consistent with their scope of practice and their prescribing authority and will enable them to demonstrate competent and safe prescribing practice?

Yes ☒ No ☐

1.6 Do you agree with the course standards for community nurse prescribers?

Yes ☒ No ☐

1.7 Do you agree with the competencies for community nurse prescribers?

Yes ☒ No ☐

Appears realistic and to meet safe practice requirements

However what is not clear is who will provide this proposed training, and what the council’s role will be as accreditation is not mentioned as a public protective factor. Is it envisaged that Nursing professional organisations will take on this role, or other sector organisations. We are interested to discuss this aspect further as clarification is required.

Entry criteria for courses leading to community nurse prescribing

The Council is proposing the following criteria to gain entry to a community nurse prescribing programme:

- The registered nurse must hold a current annual practising certificate and must have completed three years equivalent full time practice. At least one year must be in the area of practice she/he will be prescribing.
- The nurse must have support from his/her employer to undertake the prescribing course and must confirm that they will be able to prescribe in their work role at the completion of the course.
- The nurse must have the support of an identified authorised prescriber mentor who will support her/him to prescribe.
The nurse must be employed by an organisation that supports nurse prescribing through policy, audit, peer review and accessibility of continuing education.

**1.8** Do you agree with the entry criteria for community nurse prescribing courses?

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Yes addresses safe practice requirements

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**Continuing competence and monitoring for community nurse prescribing**

It is proposed that nurses who have community nurse prescribing rights be required to participate in peer review of their prescribing practice and complete professional development on prescribing each year (e.g. a community nurse prescriber’s update). Community nurse prescribers must also be able to demonstrate that they have completed 60 days of prescribing practice within the past three years. The Council is proposing that it monitors that these requirements are met every 3 years at practising certificate renewal.

**1.9** Do you agree with the on-going continuing competence requirements for community nurse prescribers?

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Yes addresses on-going competence and safe practice requirements

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**Indicative list of medicines for community nurse prescribing**

The medicines lists for community nurses were developed from the New Zealand Formulary and Pharmaceutical Schedule for medicines to treat identified therapeutic areas. The lists contain commonly used medicines for minor ailments, prevention of disease, common skin conditions and infections and contraceptives. Please refer to the lists on page 21 of the consultation document.

**1.10** Do you agree with the proposed list of prescription medicines that nurses with community prescribing rights will be able to prescribe as designated prescribers?
Appears relevant

However Thiamine and multivitamins should be added for mental health and addiction nurses

Non prescription medicines will not be included in the regulation but patients may be able to access a subsidy if the item is “prescribed” by a nurse with community nurse prescribing authority.

1.11 Do you agree that community nurse prescribers should be able to access this list of non prescription medicines?

Yes ☒  No ☐

Proposal Two: Specialist nurse prescribing

Proposal for specialist nurse prescribing
The Council is proposing that registered nurses with advanced skills and knowledge who work in specialty services (e.g. diabetes services) or expert nurses working in general practice teams in the community be authorised to prescribe medicines for patients who have common conditions e.g. asthma, diabetes, hypertension. They would work as part of a collaborative multidisciplinary team and manage and monitoring patients with these conditions in clinics or by providing home based care. They will seek assistance from a doctor within the team when making difficult or complex clinical decisions.

2.1 Do you agree with the proposal that suitably qualified and experienced registered nurses be able to prescribe from the specialist and community nurse prescribing lists of medicines?

Yes ☒  No ☐
The ability of specialist nurses to prescribe will mean that they can make a greater contribution to patient care particularly in chronic or long term condition management. Prescribing authority will ensure competence and accountability for the medication decisions specialist nurses make and be convenient for patients who will no longer have to see a doctor for routine monitoring and prescriptions.

2.2 Do you agree that specialist nurse prescribing will enable patients to receive more accessible, timely and convenient care?

Yes [ ] No [ ]

Speciality services – should include the example of mental health and addiction specialty services. Ie mental health umbrella’s a range of specialty service areas including addiction

Title for specialist nurse prescribing

The Council has used the title “specialist nurse prescribing” for this proposal but is aware that it may not best describe the nurses who may undertake this type of prescribing (some of whom may be generalist practice or rural nurses) and could be confused with nurses who do not prescribe or have different roles eg clinical nurse specialists.

2.3 Do you consider the title “specialist nurse prescribing” adequately describes and informs the public and other health professionals of the breadth of this prescribing authority?

Yes [ ] No [ ]

The Council is proposing that nurses with specialist nurse prescribing authority work in a collaborative relationship within a multidisciplinary team. Specialist nurse prescribers will refer a patient who has a health concern or complexity which is beyond their level of competence to a doctor. The Council believes that ongoing supervision by a medical mentor is unnecessary as specialist nurses must work within a team and within their level of competence.

2.4 Do you agree that nurses with specialist nurse prescribing authority should be required to work in a collaborative multidisciplinary team?

Yes [ ] No [ ]

2.5 Do you think that nurses with specialist nurse prescribing authority should also be required to practice under supervision for six months when they begin to prescribe?

Yes [ ] No [ ]

Such a specified time is likely to enhance nurses’ confidence and competence.
Scope of practice for specialist nurse prescribing

The Council is consulting on two options for specialist nurse prescribing. The first is to introduce a new scope of practice – specialist nurse prescriber. The second option is for specialist nurse prescribing to be included as an authorisation in a registered nurse’s scope of practice. The first option would more clearly inform the public and other health professionals of the qualification and skills of a nurse with this prescribing authority. The second option may reduce expectations of increased remuneration and would be more acceptable to nursing organisations.

2.6 Do you agree that nurses who apply for specialist nurse prescribing authority should be:

☐ a) registered in a new scope of practice;
☒ b) have a condition/authorisation included in the registered nurse scope of practice - see comments below

2.7 If nurses with specialist nurse prescribing authority are registered in a specialist nurse prescriber scope of practice, do you agree with the scope statement on page 34 of the consultation document?

☐ Yes ☒ No ☐

2.8 If nurses with prescribing authority have a condition/authorisation, do you agree with the proposed additional wording in the registered nurse scope of practice?

“Some nurses with additional experience education and training may be authorised by the Council to prescribe some medicines within their competence and area of practice.”

☐ Yes ☒ No ☐

2.6 Key issue is consideration of which option would ensure best chance of utilizing nurse specialist prescribing in day to day practice in a way that meets public safety requirements and improves access and responsiveness and enhances outcomes – particularly for vulnerable populations. Consideration of barriers to achieving these goals is important.

One possible issue of introducing a new scope for specialist nurse prescribers is potential perception of the nurse role as narrowed to prescribing, rather than prescribing comprising one component of holistic nursing care – therefore favouring the prescribing authority option.

Also issue of remuneration – increased remuneration should not be for one component of a

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2 Under section 22 of the Health Practitioners Competence Assurance Act 2003, the Council may change a scope of practice and state the health services a nurse is able to perform.
specialist nursing role. Other specialist nurses undertake equivalent qualifications. However, the expected responsibility associated with prescribing within a specialist role could be remunerated on the relevant nursing scale as may be other specialist nursing roles within a particular context i.e. there are multiple influences on salary levels and increments that may apply across specialist nursing roles as for other disciplines.

2.8 Suggest leaving out some from wording

Qualification and training for specialist nurse prescribing

The Council is proposing that specialist nurse prescribers complete a post graduate diploma in specialist nurse prescribing. The programme would be pathophysiology of common conditions, assessment and clinical decision making (diagnosis), pharmacology and prescribing praxis which would include 150 hours of supervised practice with a designated medical prescriber. The standards for specialist nurse prescriber courses are outlined on page 54 of the consultation document. The Council is proposing that nurses applying for specialist nurse prescribing rights must have satisfactorily completed this qualification including an assessment of their competence to prescribe (see competencies on page 64) by the medical mentor before being authorised to prescribe.

2.9 Do you agree that the proposed education and training for specialist nurse prescribing is consistent with their scope of practice and their prescribing authority and will enable them to demonstrate competent and safe prescribing practice?

Yes ☒  No ☐

2.10 Do you agree with the standards for accreditation of courses for specialist nurse prescribing?

Yes ☒  No ☐

2.11 Do you agree with the proposed competencies for specialist nurse prescribers?

Yes ☒  No ☐

Learning outcomes – page 57 – Common conditions. Given prevalence of anxiety and substance use problems and disorders it would seem important that these are included in examples of common conditions. For mental health and addiction specialties some less common disorders such as schizophrenia have commonly co-existing physical health problems. Similarly for some substance use/behavioural addiction problems and disorders. These areas of nursing should be considered in their own right as appropriate.
Entry criteria

The Council is proposing that the registered nurse must meet the following criteria before gaining entry to a prescribing programme:

- The registered nurse must hold a current annual practising certificate and must have completed three years equivalent full time practice. At least one year must be in the area of practice she/he will be prescribing.
- The registered nurse must have support from her employer to undertake the Postgraduate diploma in specialist nurse prescribing and must confirm that they will be able to prescribe in their work role at the completion of the course.
- The registered nurse must have the support of an identified prescriber mentor who will support her/him to prescribe.
- The registered nurse must be employed by an organisation that supports nurse prescribing through policy, audit, peer review and accessibility of continuing education.

2.12 Do you agree with the entry criteria for specialist nurse prescribing programme?

Yes  No

More than one year experience in the areas of mental health and addiction would be required for specialist nurse prescribing eg three years

Further consideration with regard to specialist nurse prescribing in the range of speciality services within the broader mental health and addiction areas is required in consultation with relevant professional nursing groups and other key stakeholders.

Continuing competence and monitoring

The Council proposes that nurses who have specialist nurse prescribing rights be required to undertake regular case review of their prescribing practice with a suitable mentor and complete professional development hours each year on prescribing within the 60 hours of professional development completed by all nurses every three years. Specialist nurse prescribers must also be
able to demonstrate that they have completed 60 days of prescribing practice within the past three years. The Council is proposing that it monitors that these requirements are met every 3 years.

2.13 Do you agree with the continuing competence requirements for specialist nurse prescribers?

Yes [x] No [ ]

As long as consistent with requirements of NPs, should a specialist nurse prescriber eventually take this path.

Proposed list of prescription medicines for specialist nurse prescribing

The list contains commonly used medicines for common condition and is not an inclusive list. Please note the prescription medicines for community nurse prescribing on page 40 of the consultation document will also be included in the list for specialist nurse prescribers.

The Council is considering whether it is necessary to identify some medicines that specialist nurses may not initiate but could safely repeat prescribe. For example antipsychotic medicines.

2.14 Do the indicative community nurse prescribing and specialist nurse prescribing lists of prescription medicines reflect the range of medicines that nurses with specialist nurse prescribing rights will need to access?

Yes [ ] No [x]

1. The list contains a lot of First Generation anti-psychotics, and although the evidence is that they are equally efficacious as their second generation cousins (Olanzapine, Risperdione etc), they require careful prescribing and dose management, along with the management of the side-effects.
2. The list of drugs for Specialist Nurse prescribing has a proliferation of Tri-cyclic anti-depressants, which harbour safety issues. International best practice prescribing guidelines should be sought to finalise this list, especially as those drugs requiring Special authority are not present.

2.15 Do the prescription medicine lists include any medicines that specialist nurse prescribers should not be able to access?

Yes [ ] No [x]
2.16 Do you think there are medicines that specialist nurses should not initiate but could safely repeat prescribe?

Yes ☒ No ☐

We would strongly support the Council considering medicines that specialist nurses could safely repeat prescribe within the specialty services of mental health and addiction. Such medicines should include consideration of antipsychotic medicines, anticraving medications such as naltrexone for alcohol dependence as well as disulfiram for alcohol dependence; medicines for alcohol withdrawal and medicines for opioid substitution treatment particularly buprenorphine (eg. In combination with naloxone) and methadone. We are aware that the barriers to nurse practitioner prescribing for drug dependence inherent in the Misuse of Drugs Act is being addressed following the barriers again being raised.

Non prescription medicines

Non prescription medicines will not be included in the regulation but patients may be able to access a subsidy if the item is “prescribed” by a nurse with specialist nurse prescribing authority.

2.17 Do you agree that specialist nurse prescribers should be able to access the list of non prescription medicines on page 43 of the consultation document?

Yes ☒ No ☐

List of Controlled drugs for specialist nurse prescribing

Designated nurse prescribers are already able to prescribe from a list of 42 controlled drugs outlined in the Misuse of Drugs Regulation 1977 (see Appendix 7 on page 71 of the consultation document). The Council believes that some of the controlled drugs on the present list are no longer used or fall outside the therapeutic areas it has identified for specialist nurse prescribers. It is proposing a list of 15 controlled drugs for specialist nurse prescribing (see page 44).
Designated nurse prescribers are restricted to prescribing controlled drugs only for patients under their care, only in an emergency and only a 3 day supply (Misuse of Drugs Regulation 1977 Section 21 (4B)).
2.18 Do you agree with the proposed list of controlled drugs that nurses with specialist nurse prescribing rights will be able to prescribe as designated prescribers?

Yes [x] No [ ]

2.19 Do you think that specialist nurse prescribers should be able to prescribe controlled drugs (from the appropriate list) for a period longer than three days?

Yes [x] No [ ]

Yes – currently the barrier to nurse prescribing is being addressed in respect to the treatment of addiction ie opioid substitution treatment and withdrawal management. This is most urgent for nurse practitioner roles within the addiction specialty ie is limiting the first nurse practitioner with a particular focus on addiction within the broader mental health scope.

Other comments

3.1 Do you have any other comments on the consultation paper or the proposed models of nurse prescribing?

There is a need to take into account that mental health and substance use/addiction problems commonly co-exist and therefore the need for specialist nurse prescribers who work in speciality areas external to mental health to gain the relevant knowledge and skills to enable them to identify such co-existing problems.

This is particularly so in respect to alcohol which is a primary drug of concern in respect to morbidity and mortality in our society and one which continues to be overlooked.

It is important to address stigma, attitudes and approach in promoting self-report of mental health and substance use/behavioural addiction issues. Stigma remains a key barrier to disclosing such issues. Non-judgemental and motivational approaches are essential skills that all specialist nurse prescribers require.
The course outlines also refer to pathophysiology of common disease, a category including depression. However, depression in the context of mood disorders is not that straightforward and the ability to tease out the subtle differences will guide prescribing – e.g., in relation to a bipolar disorder which may present the same but will not respond the same as a major depressive episode.

Some clarity around the course outline regarding Pathophysiology (p57 point 6) and whether that would include Psychopathology for the Mental health conditions.

Another question that arose is in respect to what would be the boundary in the area of mental health between Nurse Practitioner and their ability to diagnose and prescribe and those in the Specialist nurse prescribing category.

Thank you for completing this response form. Please save and send your submission to:

Or post to:

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