Role of Nurse Practitioner in an IBD Practice.

Rebecca Wainwright, MSN, CNP
Center for Inflammatory Bowel Disease
Cleveland Clinic
Treatment Goals for the IBD patient

• Control symptoms
• Modify the disease process
• Improve quality of life
Nurse Practitioners Specializing in IBD

- Complimentary role to other medical colleagues and members of interdisciplinary team
- Provide patients with information, education and support to empower them to make informed decisions and assume an active role in the decision making process.
Scope of Practice

• Provide follow-up office visits for patients who are stable and/or require medication monitoring.

• Provide timely follow-up appointment after hospital discharge to help reduce readmissions.
Scope of Practice

- Provide rapid access/same day appointments for patients with disease exacerbations or complications associated with treatment.
- Respond to patient phone calls (advice, refills requests, medication questions, triage, etc.).
Scope of Practice of the IBD NP:

Management and monitoring of medications.

- Prescribe refills
- Prescribe medications to treat side effects
- Order labs and test for monitoring for side effects and response to treatment.
- Treat complications of medications, such as infections.
- Provide medication teaching.
Scope of Practice of the IBD NP

Education & Counseling

- Patients require support and education to understand the rational for treatment recommendations.
- They need to understand other treatment options available to them, so that they can make the decision FOR THEM regarding their treatment.
Scope of Practice of the IBD NP

_Education continued:_

• Provide patients with information on signs and symptoms of disease exacerbations.

• Assist patient to develop self-management strategies for dealing with symptoms of flare-ups (e.g. preventing dehydration, when to call clinic, when to go to ER).
Scope of Practice of the IBD NP

• Serve as a liaison between the patient and other members of multidisciplinary team involved in the patients care. (i.e. Serve as an advocate for the patient).

• Make referrals to other providers as necessary. (e.g. Metabolic bone disease clinic, opthamology, nutrition etc.)
Scope of Practice

• Monitor nutritional status of IBD patient (e.g. Anemia, vitamin deficiencies) and refer to nutrition therapy as needed.

• Insure patient has appropriate screening tests (e.g. colonoscopy for surveillance biopsies, Bone Density Screenings if on long-term steroid treatment, etc.).
Scope of Practice

- Serve as a resource to other health-care providers requiring information/education about IBD or medications.
- Refer patients to other resources for IBD, such as the Crohn's and Colitis Foundation.
- Maintain educational materials for patients, caregivers and other health care professionals.
Nurses are in a position to:

• Empower the patient to make informed decisions regarding their medical treatment by offering support and education

• Provide necessary support to patients to increase compliance with long-term treatment plans (e.g. timely management of medication side-effects, discussing feelings/concerns about the disease and treatment plan, etc.)