Do diamonds dull with age?

Mirjam van der Stoel
Nurse Practitioner
Concluding remarks

Why Older Persons Health

Day in the life of an NP

From Intern to NP

NP Pathway
Opportunities

- RN prescribing
- Independent practice owner
- NP authorized prescriber
- Nurse lead clinics
- Specialty nursing
- CNS
- PHD
Preliminary number of Nurse Practitioners in 2018 by district health board (DHB) area*

Notes: Data was sourced from the Nursing Council of New Zealand website (as at April 2018) and the 2017 Nursing Council Workforce Survey. Updated workforce statistics.
Fast track & snail pace
From Intern to NP

Nurse Practitioner
Portfolio
Mirjam van der Stoel – Groeneveld.
From Intern to NP
The interview process
Day in the life of...

- Age Residential Care visits
  - Planned 3 monthly review
  - Urgent request for visit due to change in health status
  - Weekly clinics in two of our local ARC facilities/shared with a GP
- Home visits
  - Comprehensive geriatric assessment
- Complex discharge follow up
Some ageing facts

- New Zealanders are living longer and the number of older people is growing faster than the younger population.
- DHB’s spending on older people is increasing faster than on other expenses.
- Some health conditions are more common in older people.
- Maori have higher rates of many conditions than people of other ethnicities.
- The health of older people’s workforce is female dominated.
HEALTHY AGING FOR WOMEN

HEART DISEASE
- #1 cause of death
- More women die of stroke than men
- 2X deaths by strokes = 2X deaths by breast cancer

ALZHEIMER'S
- #5 cause of death
- 5% more women age 71+ have it than men

BREAST CANCER
- #2 leading cause of death plus other cancers (21%)

DEPRESSION
- 18% affected (age 65+)

AUTOIMMUNE DISEASES
- 50 million American sufferers
- 75% are women

OSTEOPOROSIS
- Affects 34 million people
  - Related conditions: osteopenia & osteoarthritis

ARTHRITIS
- 55% affected (age 65+)
Concluding remarks