

Do diamonds dull with age?

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graph LR; A((NP Pathway)) --> B((From Intern to NP)); B --> C((Day in the life of an NP)); C --> D((Why Older Persons Health)); D --> E((Concluding remarks));
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**NP
Pathway**

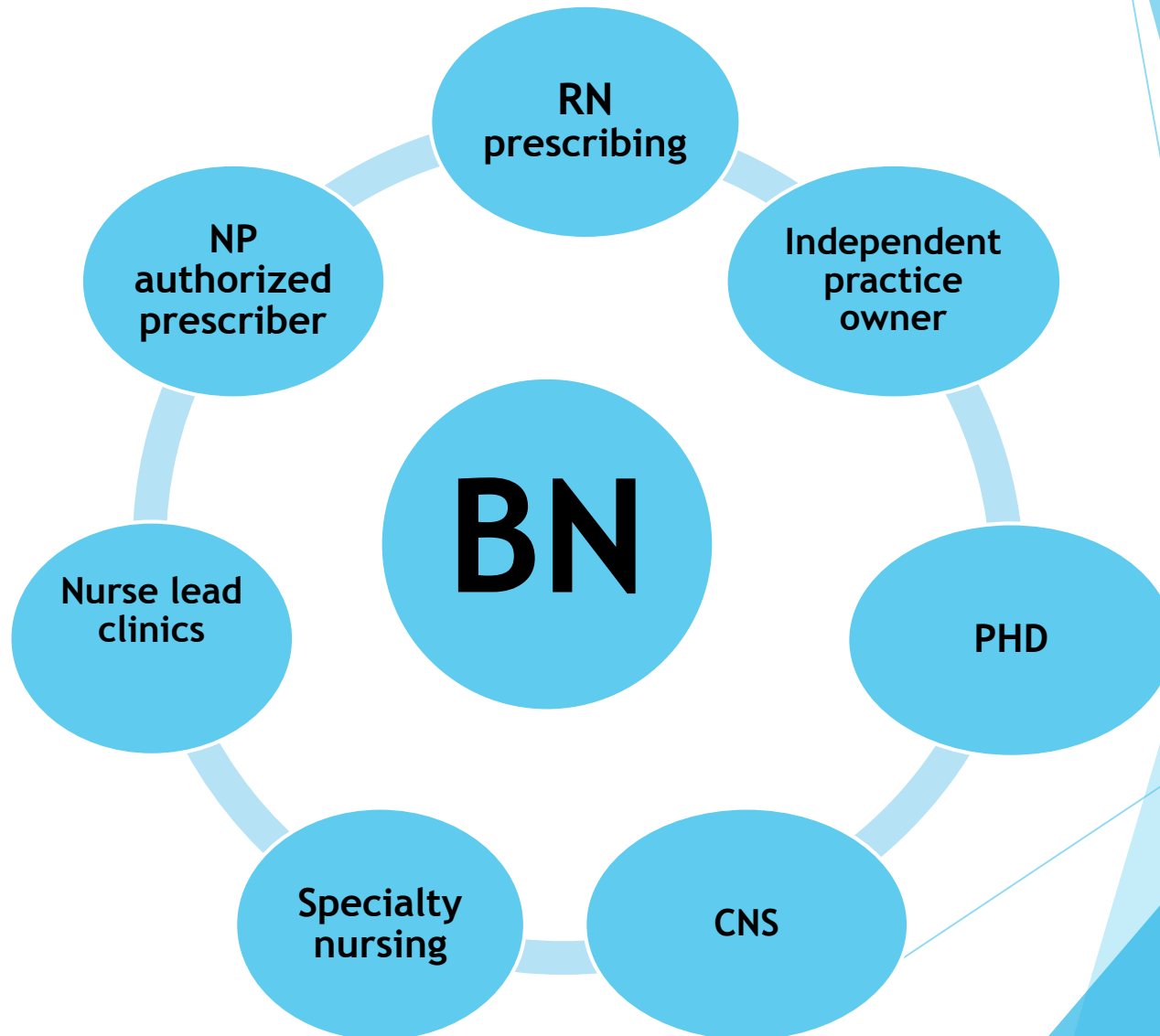
**From
Intern to
NP**

**Day in the
life of an
NP**

**Why Older
Persons
Health**

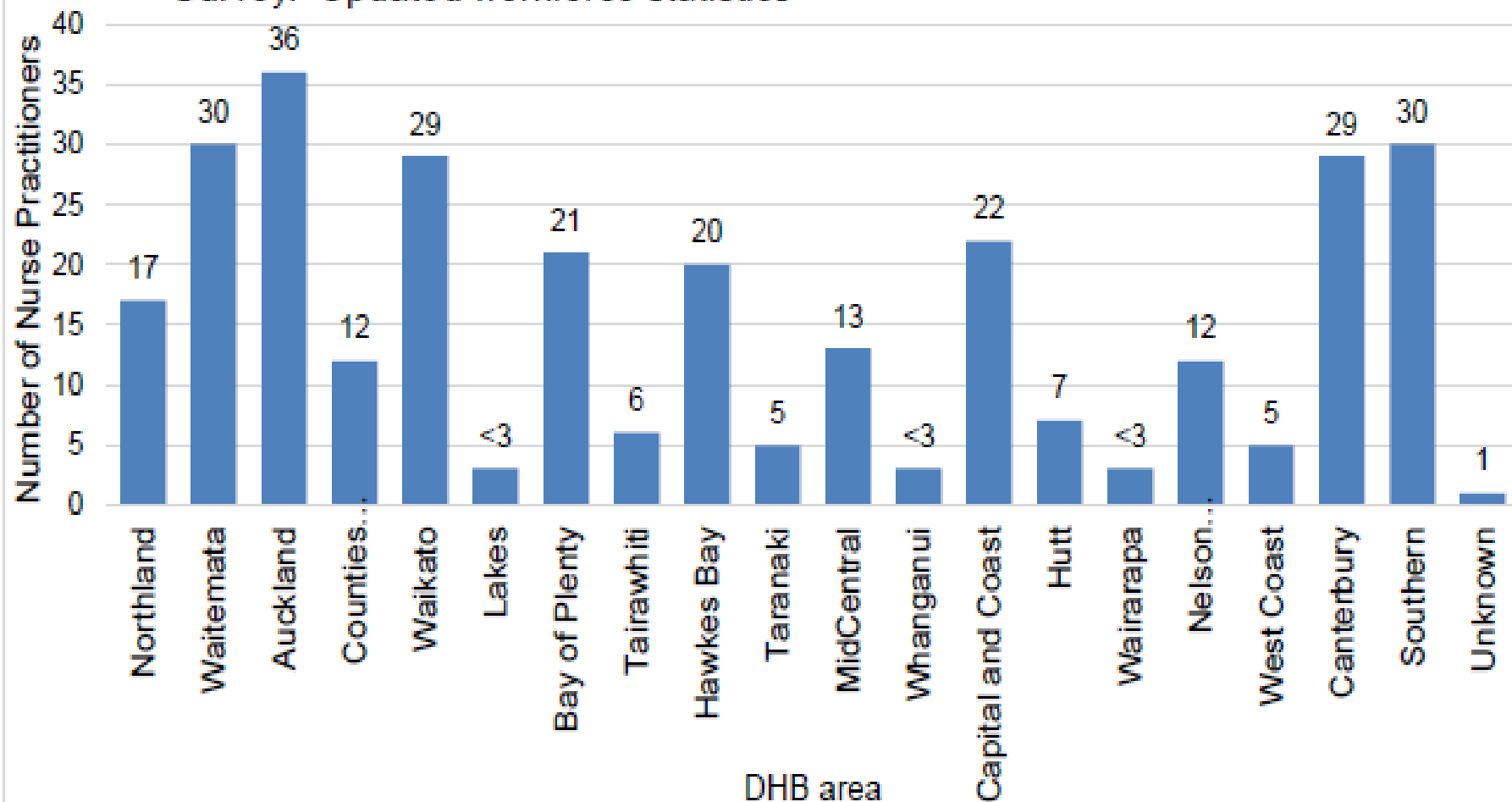
**Concluding
remarks**

Opportunities



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

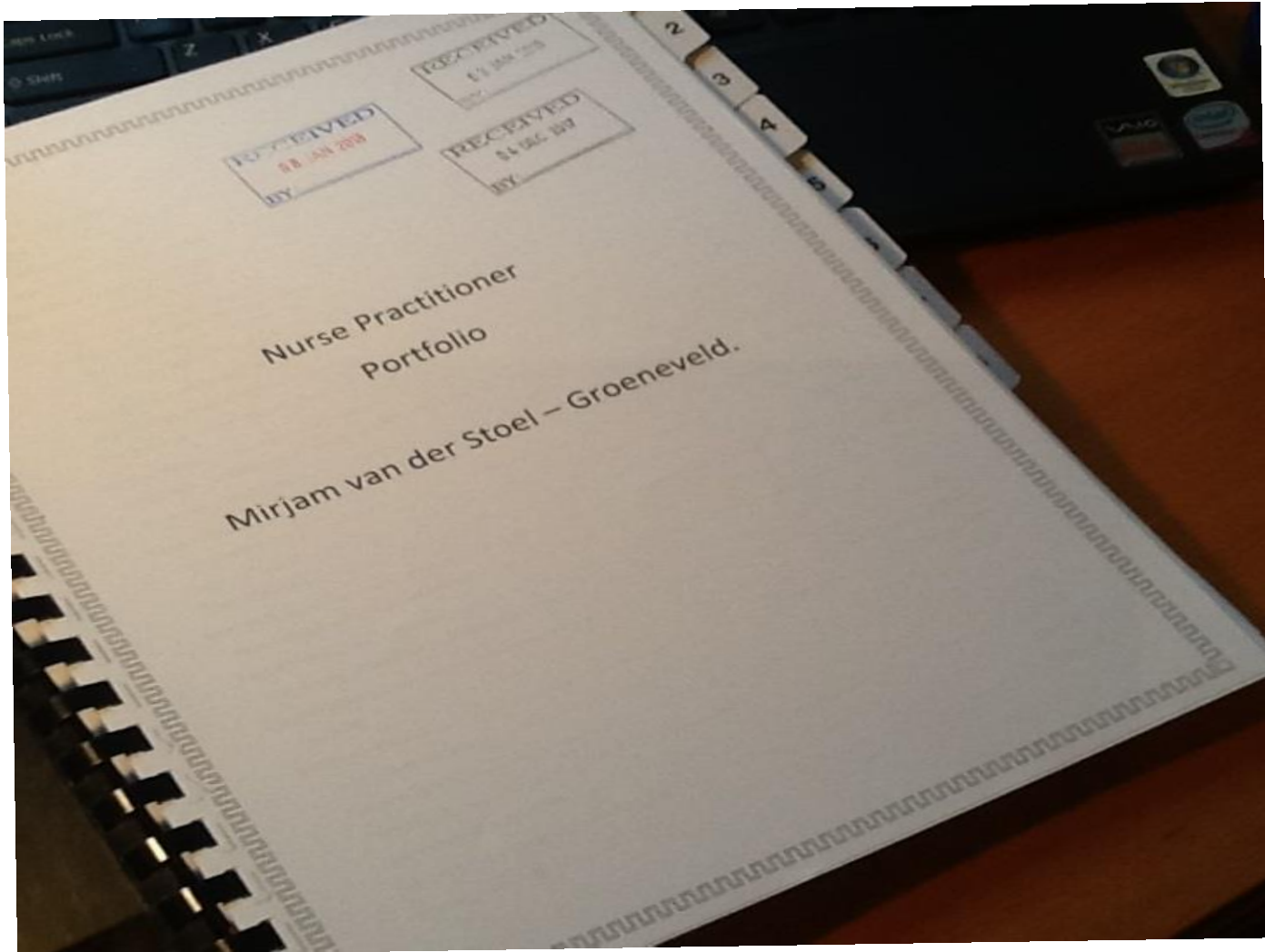


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From Intern to NP



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 

 deaths by STROKES = 2X deaths by BREAST CANCER 

BREAST CANCER

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

OSTEOPOROSIS

Related conditions:

osteopenia & osteoarthritis

• AFFECTS 34 MILLION PEOPLE

ALZHEIMER'S

#5 cause of death  5% more women age 71+ have it than men

DEPRESSION

18% affected (age 65+)

AUTOIMMUNE DISEASES

50 MILLION American sufferers  75% are women

ARTHRITIS

55% affected (age 65+)



Concluding remarks

