

## Primary HealthCare Nurses Conference

# Advanced Nursing Practice in Primary Health Care: Two levels of RN prescribing and the NP Scope of practice

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## What will be covered today:

- Designated RN prescribing
  - Community Nurse Prescribing
  - RN prescribing in Primary Health and Specialty Teams
- Mātanga Tapuhi - Nurse Practitioner Scope of Practice

# Nurse prescribers in NZ

## According to the Medicines Act (1981)

	<b>Designated (RNs)</b>	<b>Authorised (NPs)</b>
<b>Prescribing authority</b>	Prescribe specified medications	Prescribe most medications
<b>Scope</b>	Work collaboratively	Work autonomously and collaboratively
<b>Issue standing orders</b>	No	Yes
<b>Write repeat prescriptions for patients they have not assessed</b>	No	Yes
<b>Write verbal/ telephone orders</b>	No	Yes
<b>Prescribe using telehealth (the use of technology to facilitate safe prescribing)</b>	Yes	Yes

## NCNZ endorse two types of **designated RN** prescribers

	Community Health	Primary health and Specialty Teams
<b>Prerequisites</b>	3 years full time equivalent practice with at least one year in the area they will prescribe in	3 years full time equivalent practice with at least one year in the area they will prescribe in
<b>Preparation</b>	<b>Work based education (recertification) programme</b> (6 months). This includes a period of practice supervised by an authorised prescriber (doctor or NP)	NCNZ approved <b>Post Graduate Diploma</b> (2 years part time) Includes 150 hours supervised by an authorised prescribing mentor (doctor or NP) Meets the NCNZ nurse prescriber competencies
<b>Conditions they can prescribe for</b>	Normally healthy people (without serious or complex health conditions, or whose conditions are well-controlled and stable) who have specific minor ailments or common conditions in the community	People with long term and common conditions
<b>Medications</b>	Can prescribe pharmacy-only and general sale items and from a limited schedule of medications for minor ailments and illnesses.	Can prescribe pharmacy-only and general sale items and from a schedule of medicines for common and long-term conditions.
<b>Controlled drugs</b>	No	From a limited schedule for 7 days only

## RN prescribing in Community Health

By providing nurse prescribing in the community, we will achieve:

- A more comprehensive healthcare team that expands the model of care provided by the general practice
- Improved and safe patient care
- Easier access for patients to gain the medications they require

## Community Nurse Prescribing- The WellSouth programme

- Proposal via WellSouth and Southern DHB
- Funding provided by Southern DHB to run Southern Alliance RNPCH programme
- Funding for Clinical Educator team at FTE 0.4 combined
- Proposal to Nursing Council Approved Jan 2022
- First Cohort with 12 participants started Feb 2022
- First 12 Community Nurse Prescribers given their recertification in Early Oct 2022

## Structure of the programme

- 3 Cohorts each year
- Feb/ May/ Sept intakes
- Fee free education
- Students from across the South Island
- Most suited to practice nurses, urgent care, nurse led clinics

- 6-month work-based learning programme
- Monthly webinars
- Opportunity to enhance advanced nursing skills
- Work at top of scope
- Designated nurse prescriber formulary



## What do I need to apply?

- 3 years' experience post registration
- 1 year in your area of work
- Prescribing mentor – GP/ NP
- Practice and manager support

## Course assessment – Portfolio

- Nursing Council competencies
- Case studies
- Case logs
- Learning goals
- Supervisor feedback

## How to apply

- Wellsouth Website: <https://wellsouth.nz/care-provider/practice-resources/nursing-resources/rn-prescribing/nurse-prescriber/>
- Send us an email - [Nurseprescribing@wellsouth.org.nz](mailto:Nurseprescribing@wellsouth.org.nz)
- For further NCNZ information including guidelines and medication list  
[https://www.nursingcouncil.org.nz/Public/Nursing/Nurse\\_prescribing/Registered\\_nurse\\_prescribing\\_in\\_community\\_health/NCNZ/nursing-section/Registered\\_nurse\\_prescribing\\_in\\_community\\_health.aspx?hkey=6f9b0230-0753-4271-9a81-0ee990032959](https://www.nursingcouncil.org.nz/Public/Nursing/Nurse_prescribing/Registered_nurse_prescribing_in_community_health/NCNZ/nursing-section/Registered_nurse_prescribing_in_community_health.aspx?hkey=6f9b0230-0753-4271-9a81-0ee990032959)

## RN prescribing in primary health and specialty teams

Nurses wishing to be endorsed are required to complete a NCNZ accredited Post Graduate Diploma

Includes:

- Pathophysiology
- Pharmacology
- Assessment and diagnostic reasoning
- A prescribing practicum – a minimum of 150 hours of clinical practice under the supervision of a prescribing mentor (doctor or NP)

# Post graduate study- what to expect

- Approximately 15-17 hours week study per course (this will vary)
- Independent learning and online (blended)
- Some on site compulsory requirements (vary depending on education provider)
- At Level 8 you are required to “engage in rigorous intellectual analysis, critique and problem solving” (NZQA)
- Minimum grade requirements to progress (this will vary)
- On completion of PG Diploma, you apply to NCNZ for prescribing endorsement (no panel)

## Profile information

Registration Number	[REDACTED]
Health Practitioners Index	[REDACTED]
Surname	[REDACTED]
Given Names	[REDACTED]
Practising Status	Practising
APC Expiry	[REDACTED] 2024
Registration Date	[REDACTED]



## SCOPE: REGISTERED NURSE

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Qualification: Bachelor of Nursing

Authorisation: May prescribe within primary health and specialty teams

He mana tō te whānau  
Whānau Centred

Tōkeke  
Equitable

Manawa whakaute  
Respectful

Pono  
Transparent

## How to prepare

- Consider how the prescribing RN role will work in your workplace and discuss with your team
- Establish employer support
- Consider mentors
- Apply for funding one year in advance through Te Whatu Ora postgraduate nursing office - <https://www.southernhealth.nz/postgradnursing>
  - Applications open beginning Sept and close begin Oct (approx.)
  - Require manager and organisations lead nurse/DON approval
- If successful this will cover
  - Course fees
  - Some trainee release time

## Mātanga Tapuhi- Nurse Practitioner, Scope of practice

NPs work **autonomously and in collaborative teams** to promote health, prevent disease, and improve access and population health outcomes. NPs manage episodes of care as the **lead healthcare provider** in partnership with health consumers and their families/whānau. Nurse practitioners combine advanced nursing knowledge and skills with diagnostic reasoning and therapeutic knowledge to provide patient-centred healthcare services including the diagnosis and management of health consumers with **common and complex health conditions**. They provide a wide range of assessment and treatment interventions, ordering and interpreting diagnostic and laboratory tests, **prescribing medicines** within their area of competence, and **admitting and discharging from hospital and other healthcare services/settings**.

## The pathway to becoming a NP

To register in the NP scope of practice and receive the title NP, a nurse must:

- Be registered with the NCNZ in the RN scope of practice
- Complete an approved clinical master's degree programme for the NP scope of practice. The programme must include relevant theory and a minimum of 300 hours of clinical learning
- Have at least four years' experience in an area of practice at the time of applying to NCNZ
- Submit a portfolio and pass a verbal assessment against the NP competencies by a NCNZ approved panel



## A clinical master's degree

- Applicants must have completed a minimum of three years' equivalent full-time relevant practice within the last five years (with at least one of the three years in *fulltime* practice in New Zealand).
- May or may not staircase on the PG Dip RN prescribing (this will vary between education providers).
- 240 credits
- Made up of level 8 and at least 40 credits at level 9- “demonstrate a high order of skill in the planning, execution and completion of a piece of original research or creative scholarly work” (NZQA)

## NP practicum- the final year of the master's degree

An applicant must:

- Have completed three years' equivalent full-time practice in the area of practice she/he will be intending to practise as a NP
- Have a collaborative working relationship with an interprofessional team and have the support of a NP mentor or an experienced doctor to develop the advanced skills and knowledge required for a NP role
- Undertake the practicum in an organisation that supports nurse prescribing through policy, audit, peer review and accessibility of continuing education
- Have identified and have access to two areas of clinical practice in which to develop the advanced skills and knowledge required for NP practice. One area should be relevant to her/his intended area of prescribing practice and the other area should broaden her/his clinical practice. One experience must be with a clinical mentor who is also a NP.

# Funding

- Apply for funding through Te Whatu Ora postgraduate nursing office - <https://www.southernhealth.nz/postgradnursing>
  - Applications open beginning Sept and close begin Oct (approx.)
  - Require manager and organisations lead nurse/DON approval
  - If successful, this will cover
    - Course fees
    - Some trainee release time
- Can apply for NPTP in final practicum year

## Nurse Practitioner Training Programme -NPTP

- NPTP makes up the final year of the master's degree (60 credits) or can be undertaken after the completion of a master's degree
- Universities participating in the NPTP currently are the University of Auckland, Massey University, University of Otago, Victoria University of Wellington and University of Waikato.
- Applications close early September the year prior
- <https://nurseworkforce.blogs.auckland.ac.nz/>

## Preparing for the NP pathway

- Review the guidelines on the NCNZ web site
- Read the NP competencies
- Spend time with a NP
- Discuss the potential for a NP role with your employer and colleagues
- Consider mentors carefully (particularly NPs)
- Explore options of education providers
- Consider work/ study/ life balance
- Consider funding options
- Look for opportunities to be involved in leadership/ teaching well in advance

## References

- New Zealand Qualifications Authority (NZQA). (2026). The New Zealand Qualifications Framework. <https://www.nzqa.govt.nz/assets/Studying-in-NZ/New-Zealand-Qualification-Framework/requirements-nzqf.pdf>
- Nursing Council of New Zealand (NCNZ). (2023). Registered Nurse Prescribing. [https://www.nursingcouncil.org.nz/Public/Nursing/Nurse\\_prescribing/NCNZ/nursing-section/Nurse\\_Prescribing.aspx?hkey=091ed930-56ca-4f25-ae9e-52b33decb227](https://www.nursingcouncil.org.nz/Public/Nursing/Nurse_prescribing/NCNZ/nursing-section/Nurse_Prescribing.aspx?hkey=091ed930-56ca-4f25-ae9e-52b33decb227)



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*Table 6: Nurses with prescribing rights, by Quarter*

	June 2022	September 2022	December 2022	March 2023	June 2023
<b>Nurse Practitioner</b>	620	627	672	702	701
<b>RN Prescriber - Primary Health and Specialty Teams</b>	359	388	403	440	433
<b>RN Prescriber - Community Health</b>	214	238	283	300	331
<b>RN Prescriber - Diabetes</b>	51	50	48	47	47
<b>RN Prescriber - Emergency Contraceptive Pill</b>	249	257	263	268	277
<b>Total</b>	<b>1,493</b>	<b>1,560</b>	<b>1,669</b>	<b>1,757</b>	<b>1,789</b>



# NPTP

An overview of the 2024 funding available to support the practicum year is outlined below.

All figures exclude GST.

Funding type	Amount per trainee per year	Paid to
500 hours of clinical release time	\$15,000	Employer/agency providing practicum experience
Clinical supervision allowance	\$5,600	Employer/agency providing practicum experience
Study day release time to attend a minimum of 12 study days/year	\$3,000	Employer
Course fees for 60 credits	Fees vary per University (fully paid)	University
Travel allowance for study days	Up to \$1500 per year; varies depending on student's distance from University	Student
Secondary Placement	\$1000 per 40-hour block	Secondary Placement provider
Secondary Placement travel allowance	Variable depending on distance from place of residence	Student