



Orthopedic NPs
Exploring Specialty Care Career & Education Opportunities



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Welcome!

Conflict of Interest

I hereby certify that, to the best of my knowledge, no aspect of my current personal or professional situation might reasonably be expected to affect significantly my views on the subject on which I am presenting.

What's the Problem?

- ***Back Pain : 60-80% of population***
- ***Osteoarthritis: 50,000,000 in USA***
- ***Osteoporosis: 10,000,000 in USA***
- ***Repetitive Stress Injuries - ???***

What's the Problem?

MSK conditions account for

20% of primary care office visits

20% overall health care expenditures

MSK conditions rank 1st among measures of

Permanent disability

Lost time from work

**MSK conditions are nationally recognized by NIH
as a Healthy People 2020 Priority**

What's the Problem?



Increased need for orthopedic care

- Attributed to aging population, obesity, sports injuries
- **Limited access to specialty care**
 - Ortho surgeons retiring faster than new ones entering
 - Growing gap between supply & demand (AAOS, 2008)
- **Shortage of primary care physicians ~ 45,000 by 2020**
 - PCPs not prepared to manage MSK conditions (Freedman & Bernstein, 1998)

What's the Problem?

Most people with MSK problems show up first in Primary Care settings.

M.D. Orthopedic Training

- **Freedman & Bernstein – 1998**

78% Medical residents **FAIL** basic ortho test

- **DiCaprio et al – 2003**

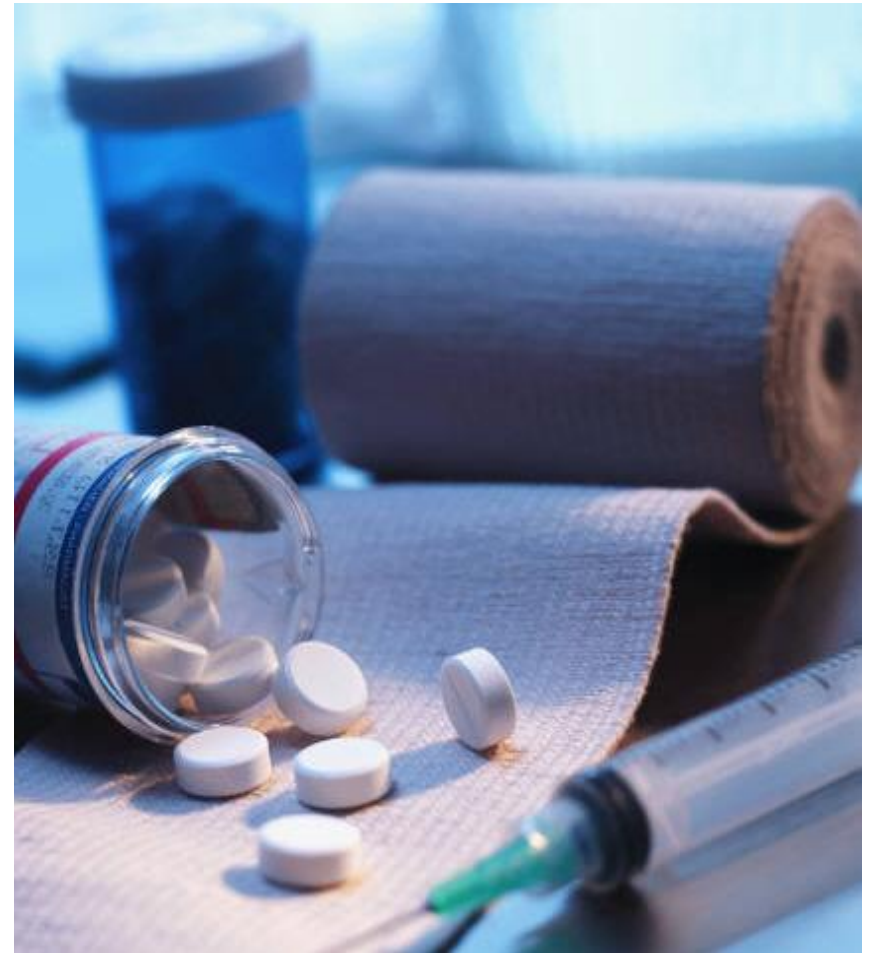
50% Med schools **without** required ortho course

- **Matzkin et al – 2005**

79% students, residents, PCPs **FAIL** ortho test

- **Lynch et al – 2006**

64% Academic PCP instructors **FAIL** ortho test



N.P. Orthopedic Training



- No data on musculoskeletal content in NP programs
- One U.S. ortho NP training program: Duke University
- Several general NP residency programs - Flinter's model
- No Ortho NP residency programs – yet
- Most ortho NPs receive on the job training and M.D. mentoring

Summary of the Problem

Preparing Nurse Practitioners to Provide Orthopedic Primary Care

The Journal for Nurse Practitioners

Volume 10, Issue 8, September 2014,
Pages 603–606.

Where are the Opportunities?

- Family Practice
- Urgent Care
- Occupational Health
- Geriatrics
- Pediatrics
- Wellness/Performance

Secondary Care Opportunities

Orthopedic Specialty Practices

Physical Medicine & Rehabilitation

Sports Medicine

Rheumatology

Outpatient Surgery Centers

Tertiary Care Opportunities

Acute Care

Fracture Liaison

Pre-op Coordination

Surgical Assisting

Service Line/Clinical Care Coordinator

Post Discharge Care:

Skilled Nursing Facilities

Nursing Home/Home Care

EDUCATION OPTIONS

- NAON
 - National Association of Orthopedic Nurses
 - Yearly conference emphasizes education for nurses/managers in acute care settings
- ONCB
 - Orthopedic Nurse Certification Board
 - ONC, ONP

Education Options

- AANP
 - American Association of Nurse Practitioners
 - Annual conference with select ortho sessions
 - Bi-annual 3 day specialty/ortho conference
- CANP
 - California Association of Nurse Practitioners
 - Annual conference with select ortho sessions
 - Local chapter meeting presentations

Education Options

- **AAOS**
 - American Association of Orthopaedic Surgeons
 - Annual conference with parallel track by NAON for Allied Health Providers
 - PA's Guide to the Orthopedic Galaxy
 - * Note: there are 4 medically oriented paid PA orthopedic residency programs in US.

Education Options - Misc

UC Davis – Annual Spine Symposium

Cleveland Clinics – Spine Symposium

UCSF – Annual Ortho Trauma Conference

UCLA Extension – Annual RNFA Training*

Duke University School of Nursing - Evolving

“Preparing advanced practice nurses to diagnose and manage musculoskeletal problems as well as to provide guidance for patients to promote and maintain health and quality of life.”

Duke University School of Nursing - Evolving

- Orthopedic Nurse Practitioner Specialty Concentration
- 8-credit distance-based courses*
- 3 courses over 2 semesters
- Add on for MSN/NP & clinical DNP students
- Certificate program for ARNPs + “others”

Orthopedic Primary Care

OPC prepares clinicians to diagnose and manage common orthopedic conditions in primary care settings. The OPC approach emphasizes patient-centered approaches to maximizing function, managing pain, preventing injury, and slowing disease progression.

“We may not save lives, but we make life worth living.”

Orthopedic Primary Care

- Orthopedic specialty concentration
- 10 credits: distance+lab+clinic (4+2+4)
- Two semesters: 2+1+2 each semester
- Add-on for current MSN students
- Post-masters certificate available
- Specialty track for clinical DNP?
- Interdisciplinary?

For More Information

Orthopedic Primary Care Certificate Program

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Give us a card with your thoughts on pricing and we'll send you scholarship information.



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Thank You

About JOF

- Our Mission: To improve the lives of people with musculoskeletal conditions through education, research & service.
- Our Goal: To raise the profile and priority of non-surgical musculoskeletal health care with local hospitals, schools and the general public, while encouraging a collaborative, multi-disciplinary care model in ortho community.
- We call this approach Orthopedic Primary Care.