Orthopedic NPs
Exploring Specialty Care Career & Education Opportunities

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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* - ???

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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

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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)
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
Preparing Nurse Practitioners to Provide Orthopedic Primary Care

The Journal for Nurse Practitioners

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

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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

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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

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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.

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Education Options - Misc

UC Davis – Annual Spine Symposium

Cleveland Clinics – Spine Symposium

UCSF – Annual Ortho Trauma Conference

UCLA Extension – Annual RNFA Training*
“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.”
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”

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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.”

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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?

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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.
• 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.