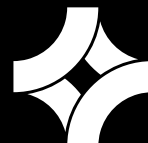


The role of Nurse Practitioners

There's an NP for that.

npforthat.ca



**Registered
Nurses'
Union**

Newfoundland & Labrador



NPs are independent healthcare professionals who provide primary and specialized care.

NPs in Newfoundland and Labrador diagnose and treat a wide range of health conditions, provide preventive care, and work closely with patients to support their long-term health and wellness goals. They take a holistic approach to care by considering the physical, emotional, and environmental factors that affect a person's health.

NPs are licenced to prescribe medications and can operate their own clinics. They work in hospitals, clinics, community health centres, long-term care homes, retirement homes, and rehabilitation facilities.

All NPs, regardless of their stream of practice:

- Take a primary healthcare approach in their work
- Diagnose, treat, and manage health conditions, illnesses, or disorders they are trained and authorized to handle
- Coordinate client care to support long-term health
- Work with other healthcare providers to deliver holistic care

NPs have vast areas of practice, including:



Primary healthcare

Routine and urgent care for patients of all ages in various settings.



Adult care

Day-to-day healthcare for adults suffering from acute, chronic, or critical care issues.



Pediatrics

Services for children (0–18 years) that have acute or complex health issues.



Emergency or acute care

Treatment for life-threatening or time-sensitive conditions.



Mental health and addiction

Early interventions, support, and referrals to specialists.



Long-term care

Ongoing care for older individuals in nursing homes or similar settings.



Community health

Health services for underserved, rural, or remote communities.



Education and research

Teach and lead healthcare research in clinics, labs, and academic settings.

NPs have advanced and ongoing training to meet the needs of the communities and patients they serve. Their scope varies by workplace and specialization. Here's a snapshot of what NPs can do:

Assess and diagnose

- Examine patients' physical and mental health and understand their medical histories
- Order tests such as:
 - » Blood work
 - » Urinalysis
 - » Ultrasounds
 - » X-rays
 - » MRIs
 - » Cancer screenings
 - » CT scans
- Diagnose medical conditions such as:
 - » Infectious diseases
 - » Mental health disorders
 - » Cardiovascular disease
 - » Skin problems
 - » Stomach and gut issues
 - » Respiratory illnesses
 - » Sexually transmitted infections
 - » Chronic illnesses

Prescribe and treat

- Prescribe and administer medications for health conditions. These medications include controlled drugs and substances and medical cannabis. Specific examples include:
 - » Allergy medications
 - » Antiviral medications
 - » Birth control and emergency contraception
 - » Antibiotics (e.g., for UTIs or chest infections)
 - » Antidepressants and anti-anxiety medications
 - » Diabetes medications
 - » Pain medications
 - » Hormone therapy

Prescribe and treat (cont.)

- Administer routine and travel vaccines
- Perform invasive and non-invasive medical procedures such as:
 - » Suturing, stitching, and wound care
 - » Incision and drainage
 - » Prenatal and postnatal care
 - » Pap tests
- Manage chronic conditions (e.g., diabetes, asthma, heart disease, or high blood pressure)
- Refer patients to specialists or community services (e.g., dermatologists, cardiologists, oncologists, mental health professionals, or addiction treatment centres)

Guide and support

- Educate patients and their families about:
 - » Understanding the impact of social and environmental factors on health
 - » Preventing diseases, illnesses, injuries, or accidents
 - » Making lifestyle changes (e.g., to physical activity or nutrition)
- Help patients understand their conditions and access recommended services or referrals
- Provide follow-up care after incarceration

Research and educate

- Take part in research that helps improve patient care
- Identify, evaluate and apply research, practice guidelines, and current best practices
- Analyze the causes of adverse events and create prevention strategies