

NURSE PRACTITIONERS

Working with you to improve your health



Who are 'nurse practitioners'?

Nurse practitioners (NPs) are registered nurses with advanced education. They have the knowledge and skills to diagnose and treat your illnesses and health concerns. They will also work with you, your family members, and even your community to find ways to promote everyone's health and safety.

Nurse practitioners will involve you in decisions about your health care. They will also work closely with other healthcare professionals, including your doctor, to make sure that you receive the best care possible.

Where do nurse practitioners work?

Today, there are more than 100 nurse practitioners in Nova Scotia providing health care in places such as:

- nurse practitioner clinics
- doctors' offices
- hospitals, including specialty clinics (e.g., stroke, heart function)
- long-term care facilities/nursing homes
- community health centres.



COLLEGE OF REGISTERED NURSES
OF NOVA SCOTIA



Nurse Practitioners
Association of Nova Scotia



What can you expect nurse practitioners to do?

Based on their individual knowledge and skills, as well as the location of their practice, you can expect nurse practitioners to:

- perform examinations
- prescribe medications
- order X-rays, scans and ultrasounds
- order and interpret laboratory and other tests
- carry out procedures (e.g., stitch a cut, perform a PAP test)
- diagnose and treat illnesses and injuries (e.g., asthma, diabetes, heart attacks, sprains)
- complete health screening checks (e.g., well-baby, well-women, well-men)
- talk to you about your diagnosis and any treatments/procedures that you might need
- refer you to a specialist (physician) when necessary
- link you with other health services when appropriate (e.g., diabetes clinic, physiotherapist)
- follow up with you to make sure your health needs are being met.

To learn more about the practice of nurse practitioners, check out the NP Toolkit at www.crnns.ca or contact the College of Registered Nurses of Nova Scotia: Suite 4005 – 7071 Bayers Rd., Halifax, NS B3L 2C2. **Email** info@crnns.ca. **Tel** 902.491.9744 (1.800.565.9744 in NS), ext. 224.