

# The Path Ahead: The Role of the Nurse Practitioner in the Evolution of the PCN & Patient Medical Home

Catriona Blythe, BScN RN, MN NP, CDE; Dr. Jack Bromley,  
Ruby Naraine, BN RN, MN NP, CGN; April Richardson, LPN

Friday, May 2<sup>nd</sup>, 2025



**Primary Care  
Strategic Forum**

*The Path Ahead*

# Disclosure of Financial Support

✿ This program has not received any financial or in-kind support



# Mitigating Potential Bias

- The scientific planning committee has contributed to the consideration of learning needs, the determination of learning objectives, the development of program content, and the choice of speakers or presenters.
- No sponsorship funds have been received.
- The scientific planning committee has reviewed the content of the presentations and ensured that content presented is evidence-based and free of undue influence.

# Faculty/Presenter Disclosure

🌸 Faculty: **Catriona Blythe, Ruby Naraine, April Richardson**

🌸 Relationships with financial sponsors:

- Grants/research support: none
- Speakers Bureau/Honoraria: none
- Consulting Fees: none
- Other: employees of Red Deer Primary Care Network



**Primary Care  
Strategic Forum**

*The Path Ahead*

# Faculty/Presenter Disclosure

🌸 Faculty: **Dr. Jack Bromley**

🌸 Relationships with financial sponsors:

- Grants/research support: none
- Speakers Bureau/Honoraria: none
- Consulting Fees: none
- Other:



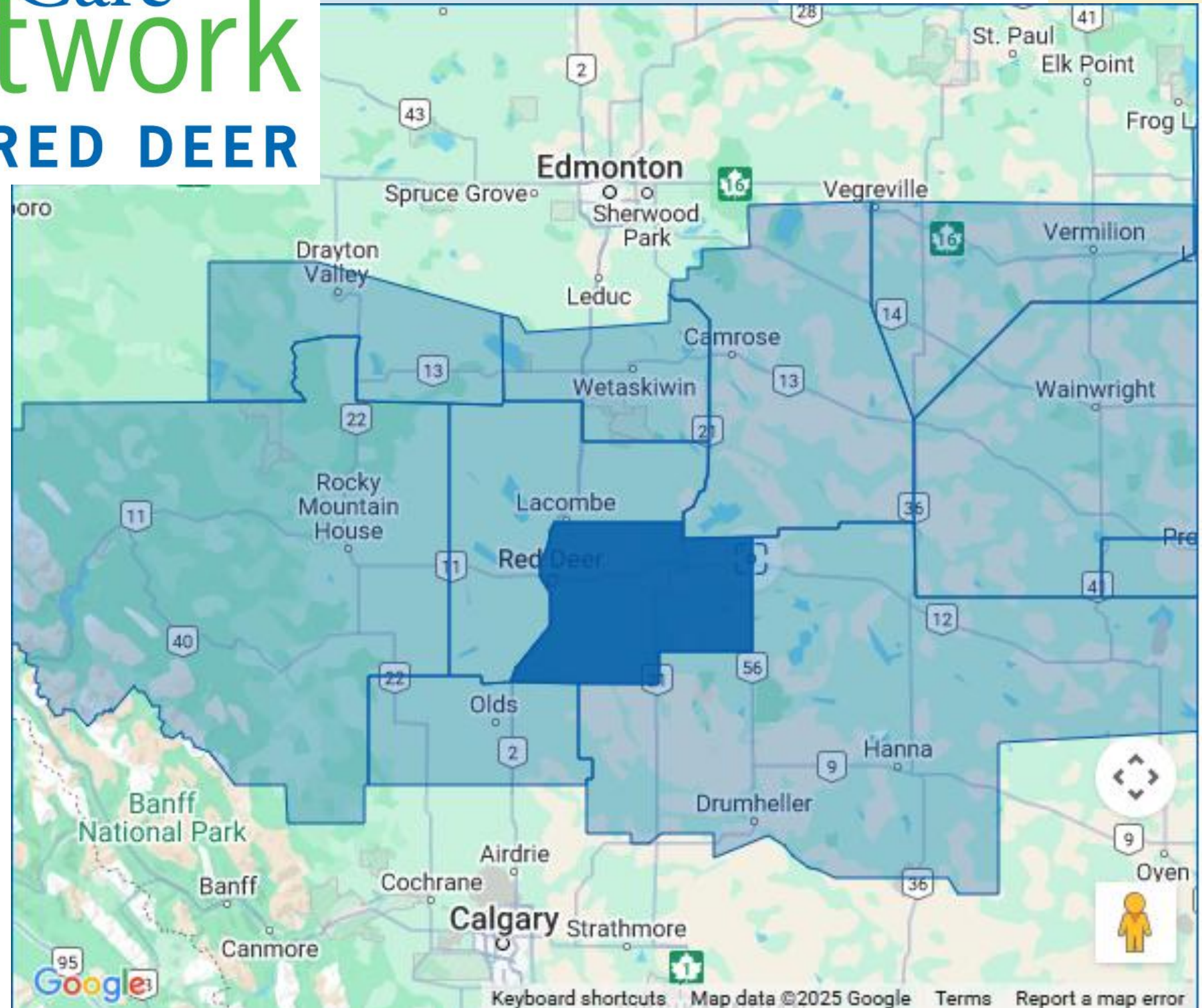
**Primary Care  
Strategic Forum**

*The Path Ahead*

# Introduction



- 104 physicians + 1 PCP Nurse Practitioner
- PCN Panel size: 136,083
- Population of RDPCN Area: 144,000
- ↑ COPD, Diabetes, & Hypertension



# Poll:

Do you currently have a nurse practitioner on your direct team, or work closely with a nurse practitioner?





**Nurse Practitioner**



**Clinician**



**Scholar**



**Leader**



**Advocate**



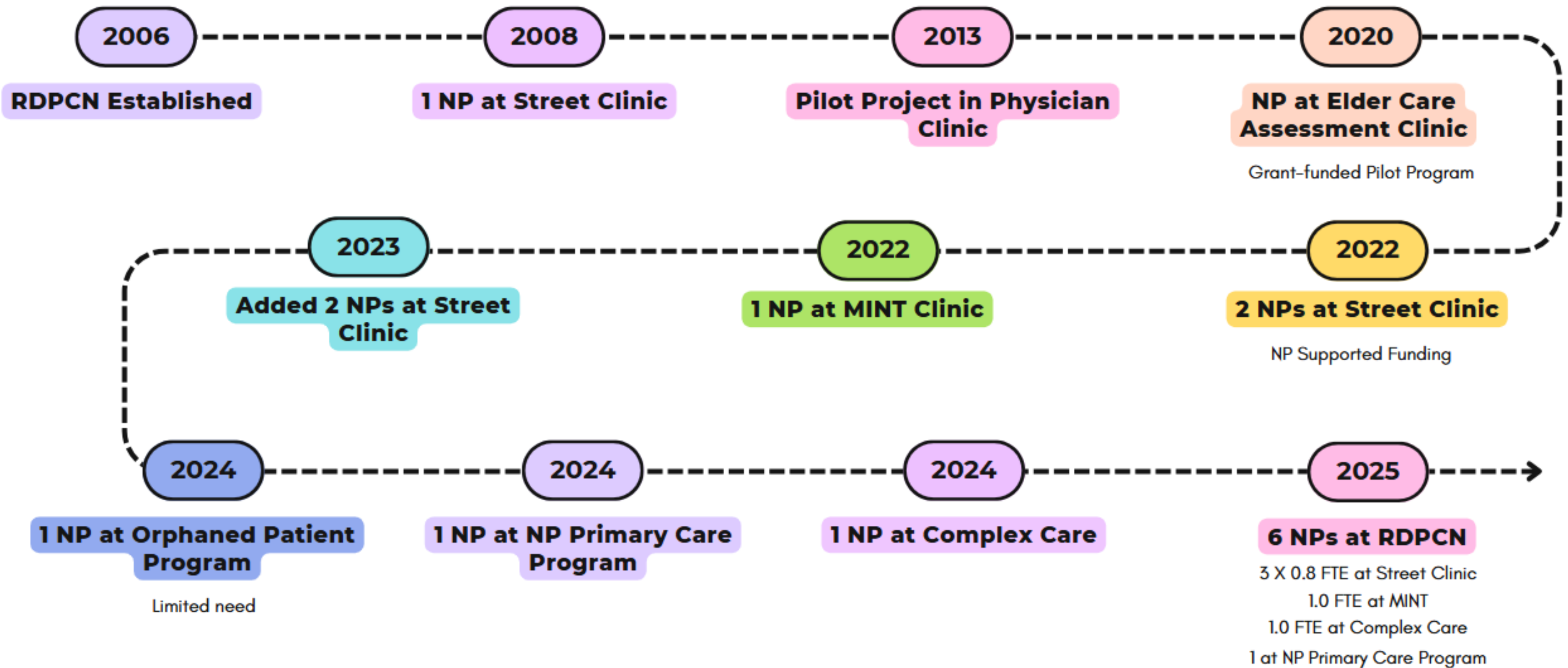
**Educator**



**Primary Care  
Strategic Forum**

*The Path Ahead*

# NPs at RDPCN



**Primary Care  
Strategic Forum**

*The Path Ahead*

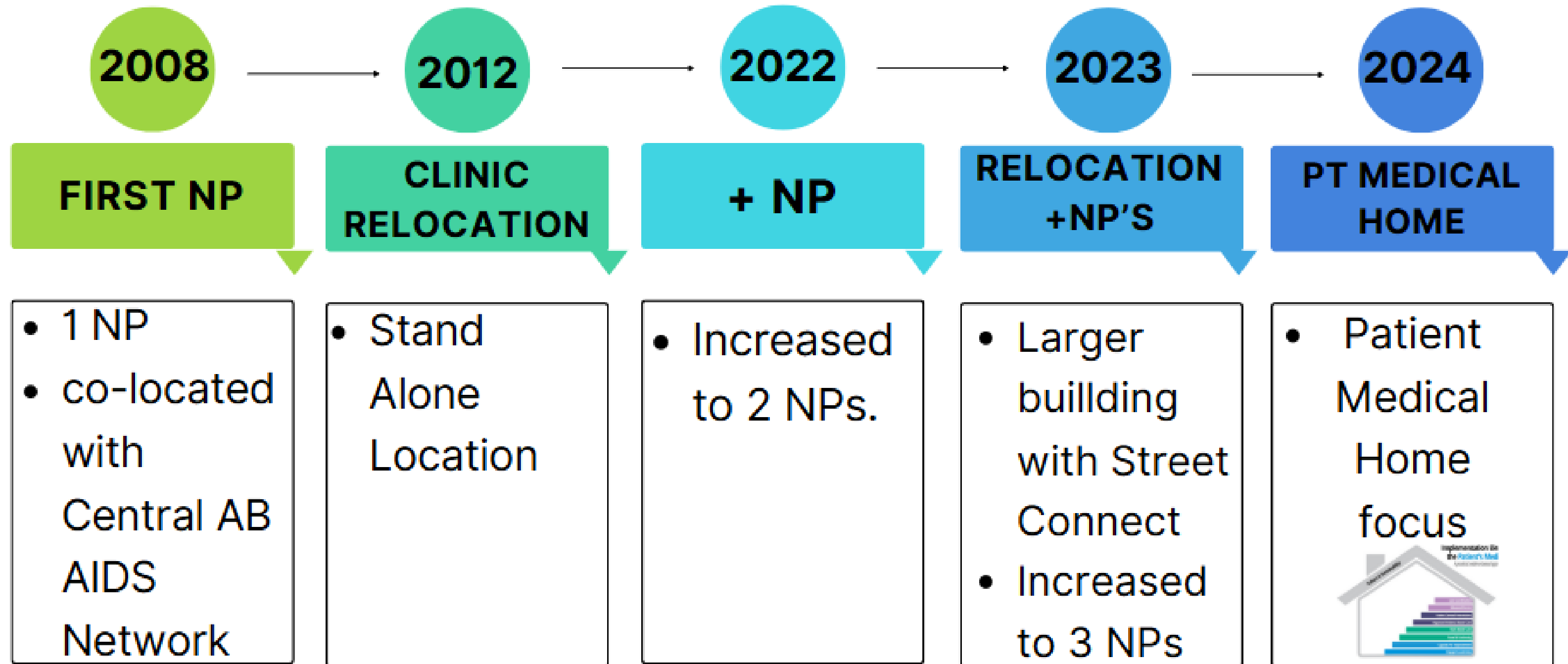
## Street Clinic Case:



- 58 y.o. Female
- Walk-in for prescription refills.
- Appears disheveled with poor hygiene, flat affect and responds with one-word answers, poor historian. Patient reports has not been filling some medications due to cost. Is currently housed, but house is being foreclosed.



# Street Clinic Evolution



**Primary Care  
Strategic Forum**

*The Path Ahead*



# Street Clinic

🌸 Walk-in patients + appointments

🌸 Panelled - PCP

🌸 Team:

- 3 Nurse Practitioners
- 1 Admin
- 1 MOA
- 1 Practice Facilitator

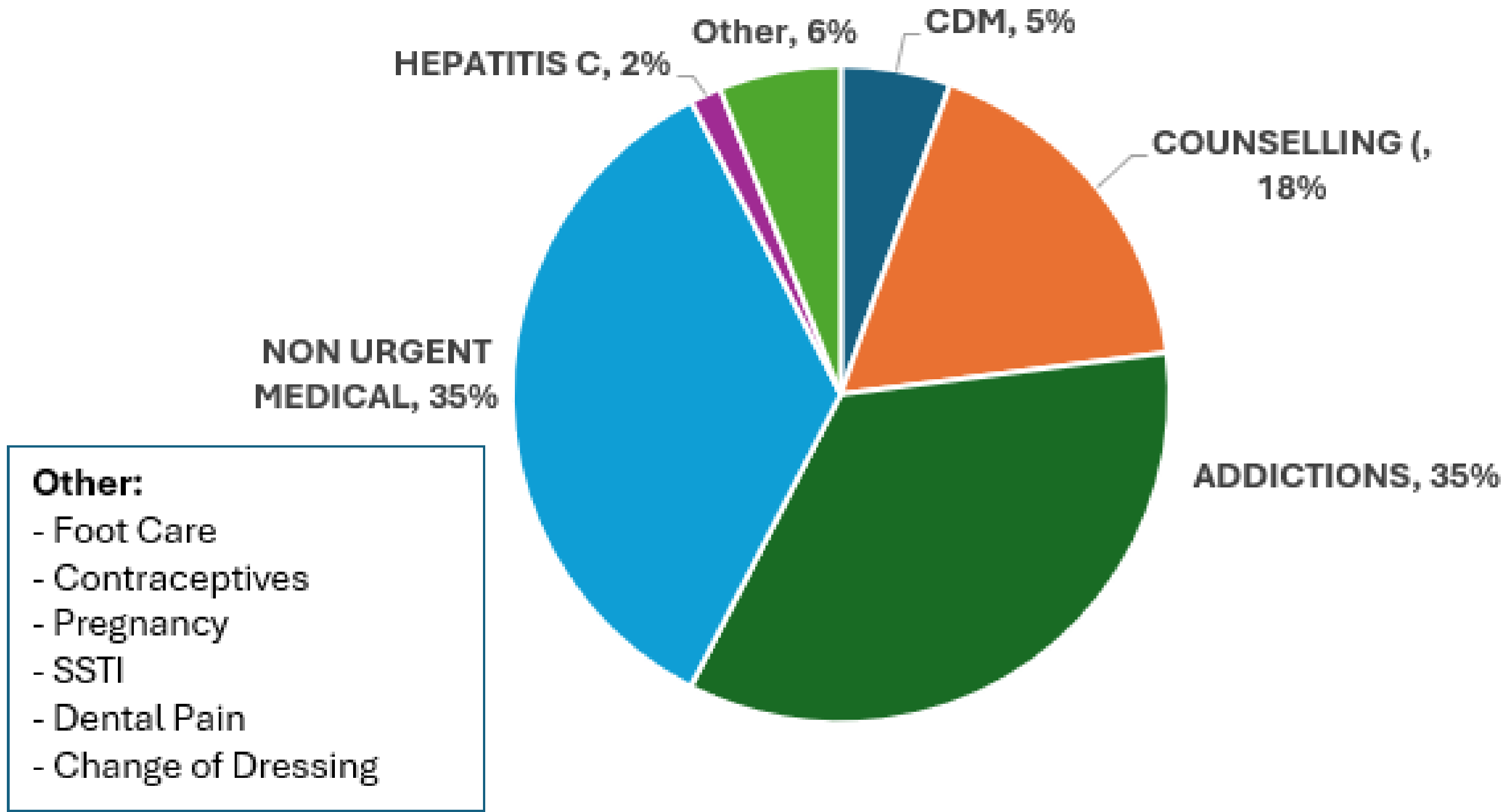


**Primary Care  
Strategic Forum**

*The Path Ahead*



## Street Clinic Reasons for Visits - 2023-2024

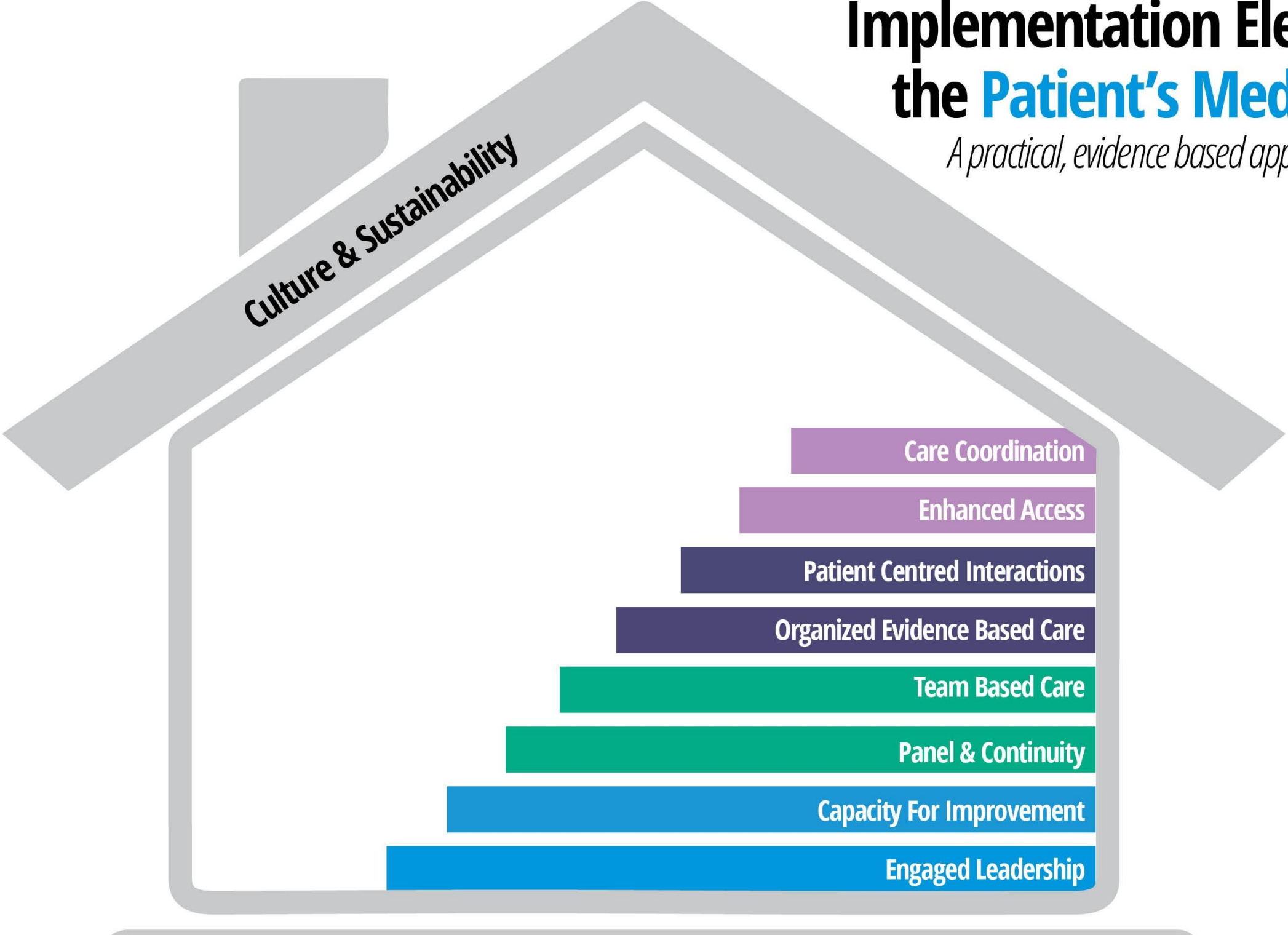


**Primary Care  
Strategic Forum**

*The Path Ahead*

# Implementation Elements for the Patient's Medical Home

*A practical, evidence based approach for clinic teams*



**Primary Care  
Strategic Forum**

*The Path Ahead*

(AMA, 2025)

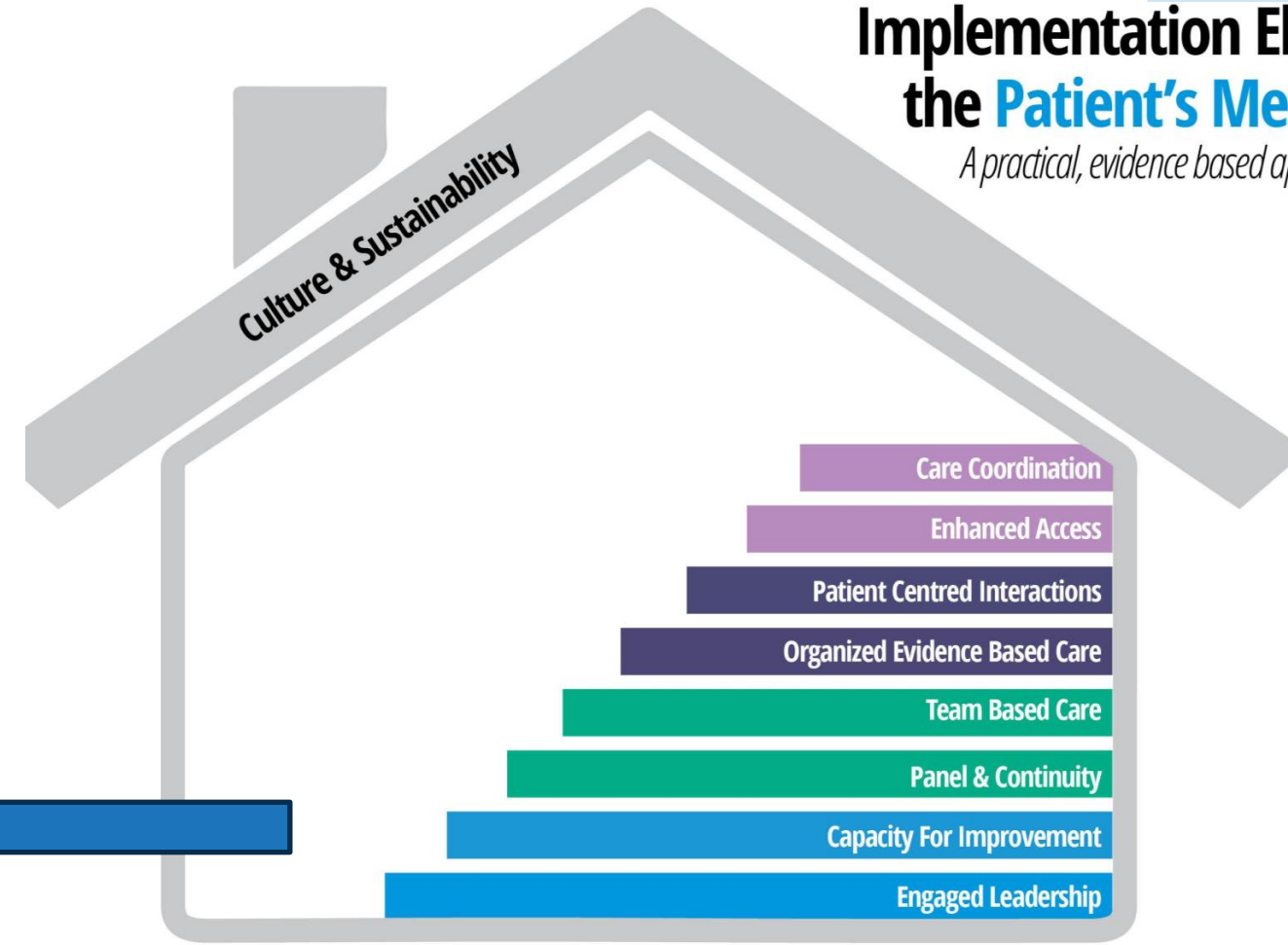
# Poll:

How familiar are you with Patient Medical Home  
Implementation Elements?





**Engaged  
Leadership**



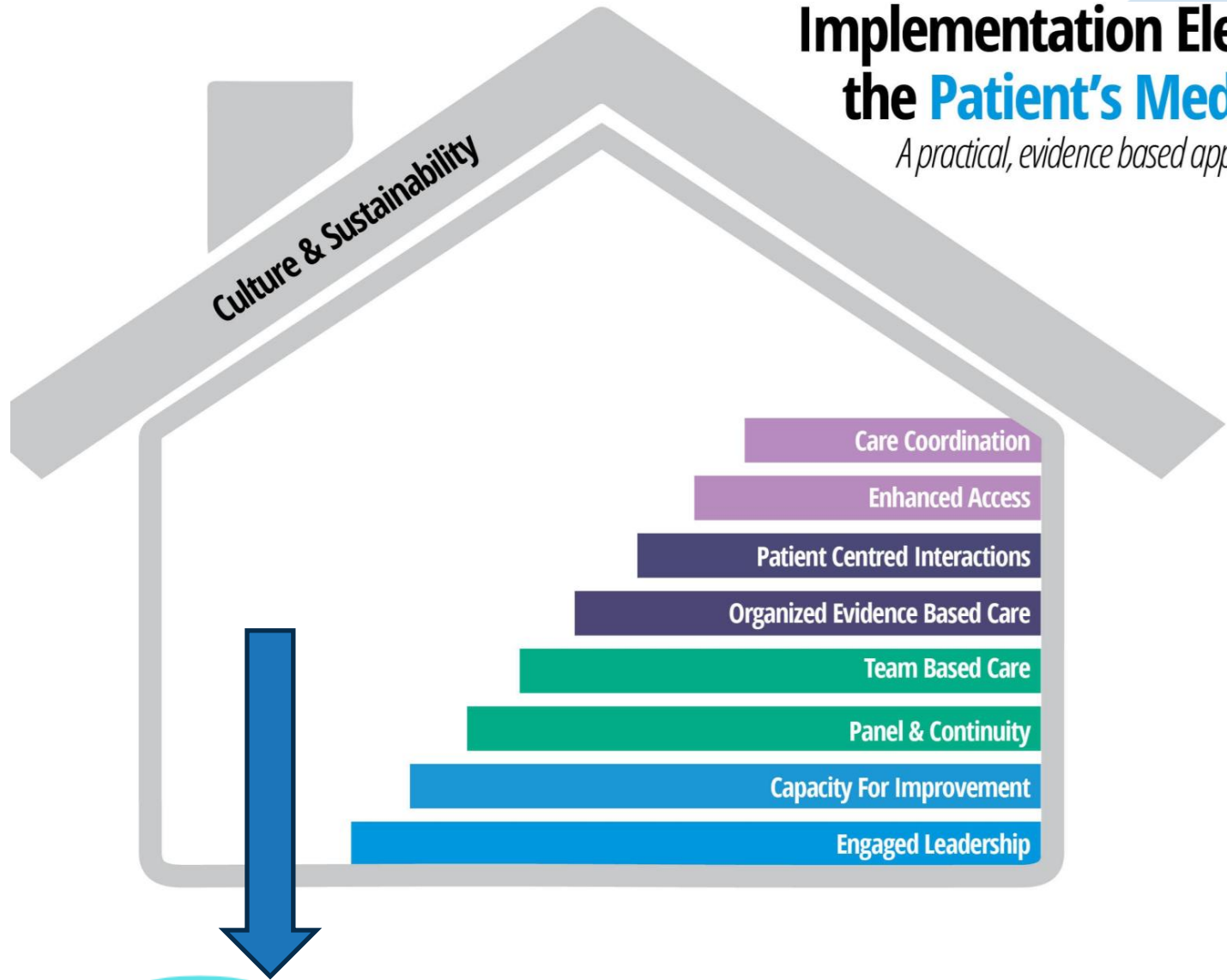
**Implementation Elements for  
the Patient's Medical Home**  
*A practical, evidence based approach for clinic teams*



**Primary Care  
Strategic Forum**  
*The Path Ahead*

# Implementation Elements for the Patient's Medical Home

*A practical, evidence based approach for clinic teams*



**Engaged Leadership**



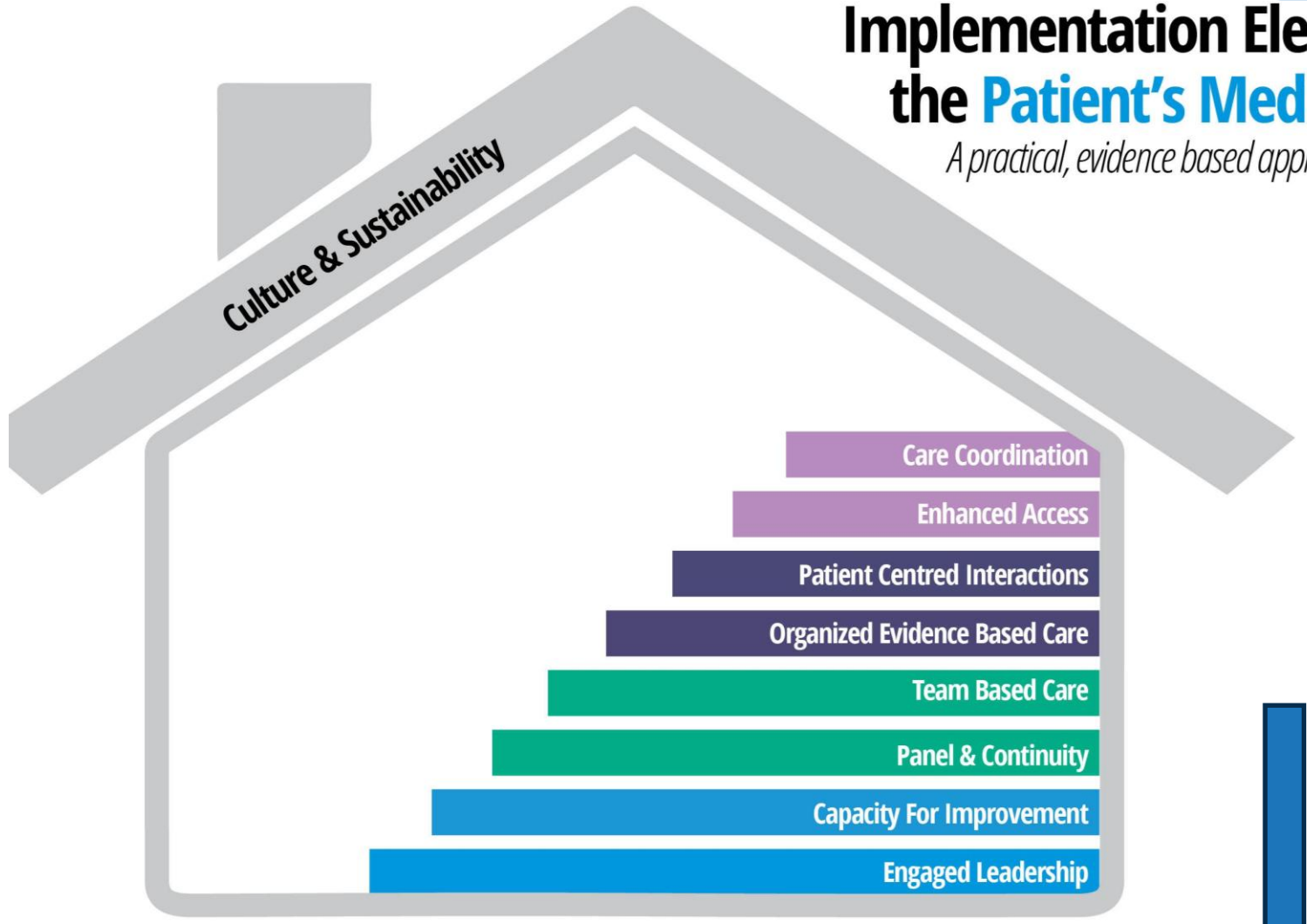
**Panel & Continuity**



**Primary Care Strategic Forum**  
*The Path Ahead*

# Implementation Elements for the Patient's Medical Home

*A practical, evidence based approach for clinic teams*



**Engaged Leadership**



**Panel & Continuity**



**Organized Evidence Based Care**



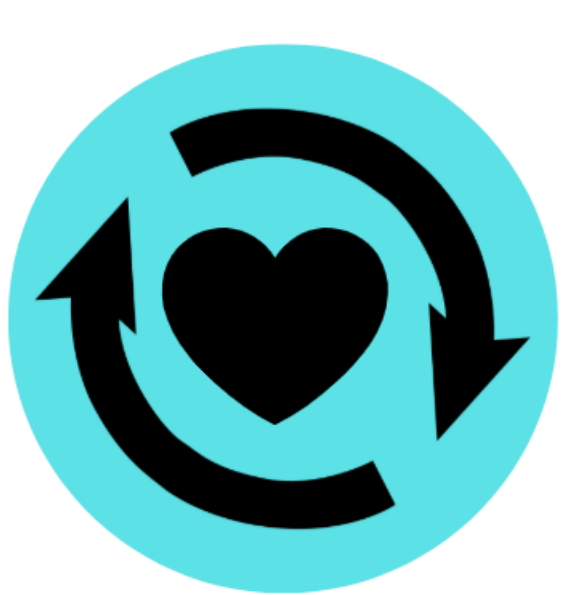
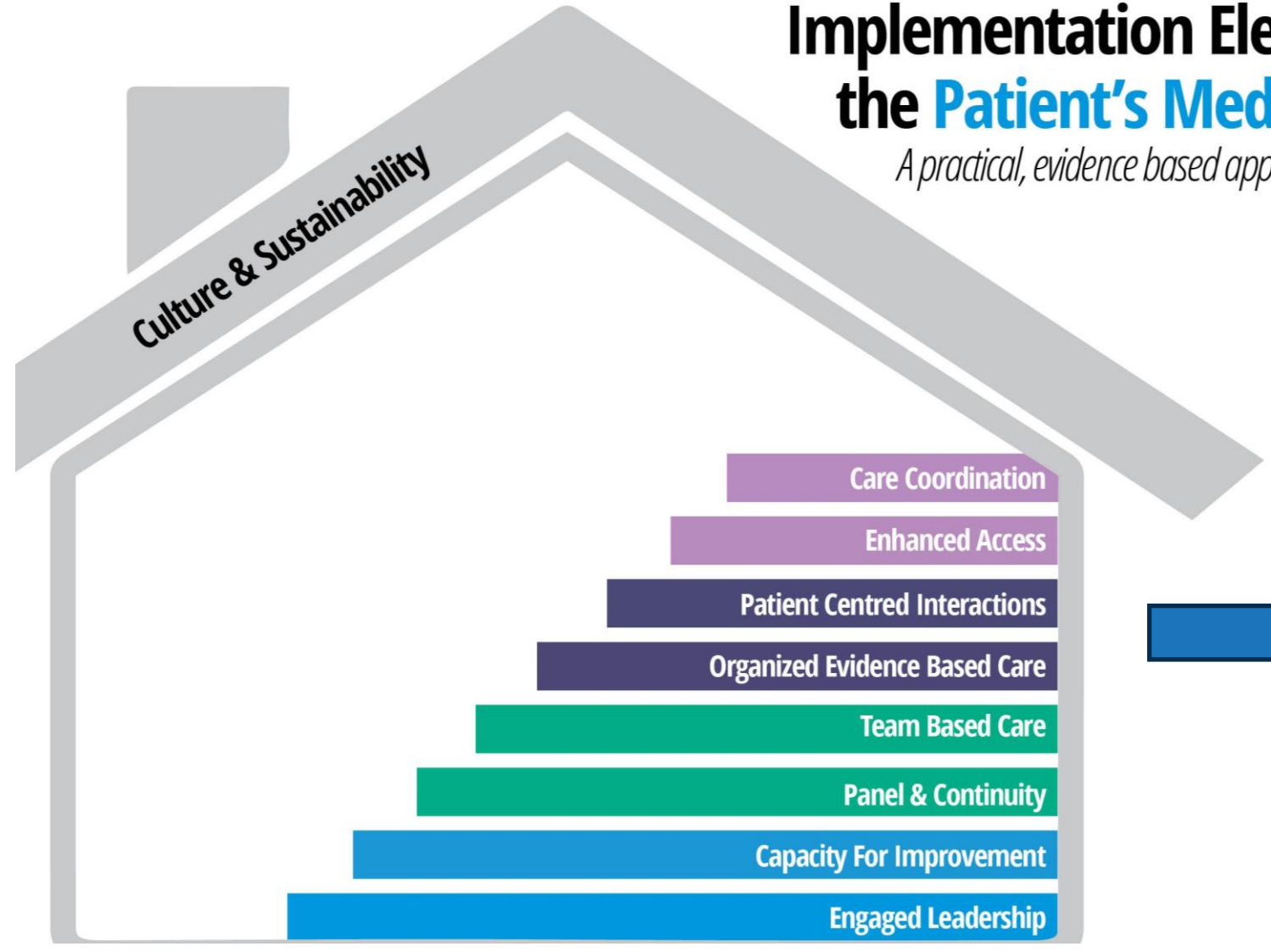
**Primary Care Strategic Forum**

*The Path Ahead*



# Implementation Elements for the Patient's Medical Home

*A practical, evidence based approach for clinic teams*



**Team Based Care**



**Engaged Leadership**



**Panel & Continuity**



**Organized Evidence Based Care**



**Primary Care Strategic Forum**

*The Path Ahead*



**Nurse Practitioner**



**Clinician**



**Scholar**



**Leader**



**Advocate**



**Educator**



**Primary Care  
Strategic Forum**

*The Path Ahead*

## Case Study

 POLL:

What should the NP prioritize for this patient?

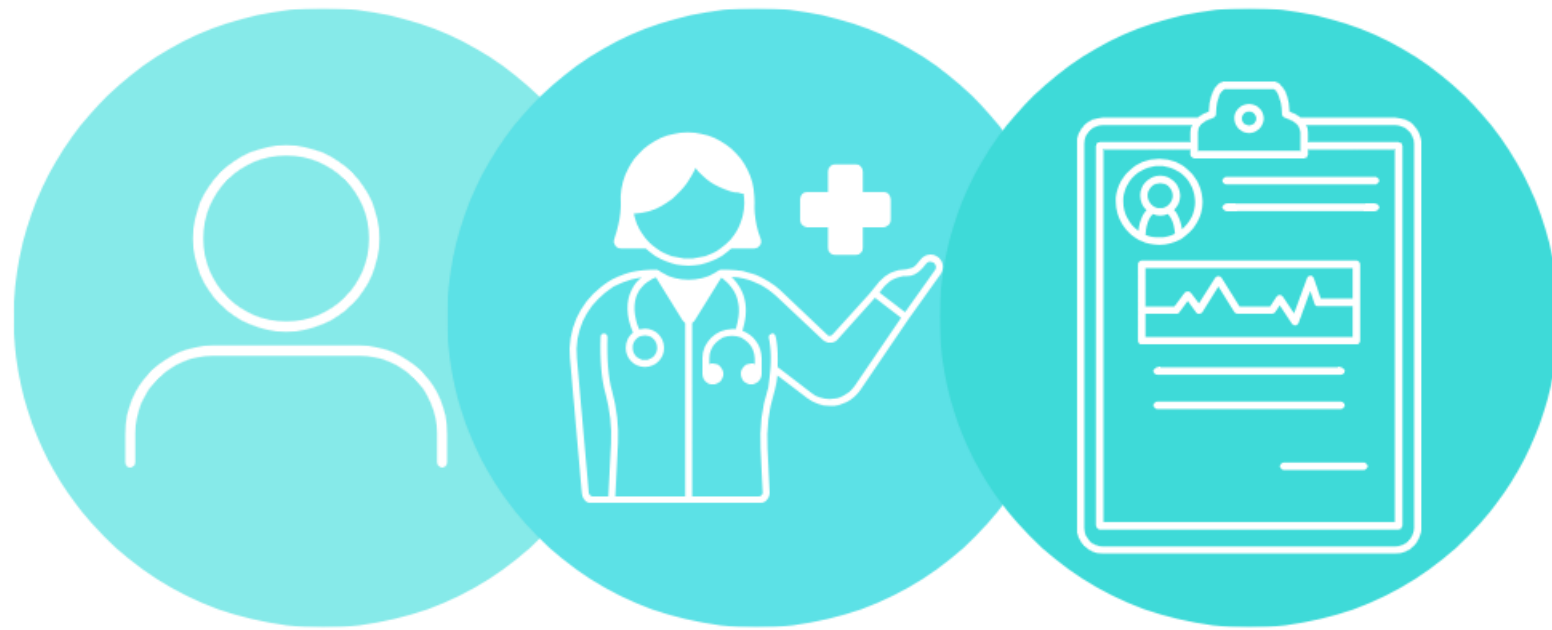


## Wrap up Street Clinic

- Primary Care Needs:
  - Cholesterol
  - Diabetes
  - Depression
  - CKD
  - Cognition
  - Preventative screening (FIT)
- Housing
- Street Connect – AHS navigation + support (Social Worker)
- RDPCN Pharmacist – med review for cost reduction
- RDPCN Diabetes Management
- MINT Memory Clinic



# MINT (Multi-Specialty Interprofessional Team) Memory Clinic



**MINT  
MEMORY  
CLINIC**

Collaborative primary care



**Primary Care  
Strategic Forum**  
*The Path Ahead*

## MINT referral from Street Clinic:

### Referral to MINT received from Primary Care Provider (Street Clinic NP):

Ms. Johnson is a 58-year-old female who presents with progressive memory decline. First noticed difficulty with memory and controlling emotions. Noticed scattered thoughts/difficulty following train of thought. Struggles more with memory when not following usual routine. Can you please assess and give your opinion.



**Primary Care  
Strategic Forum**

*The Path Ahead*

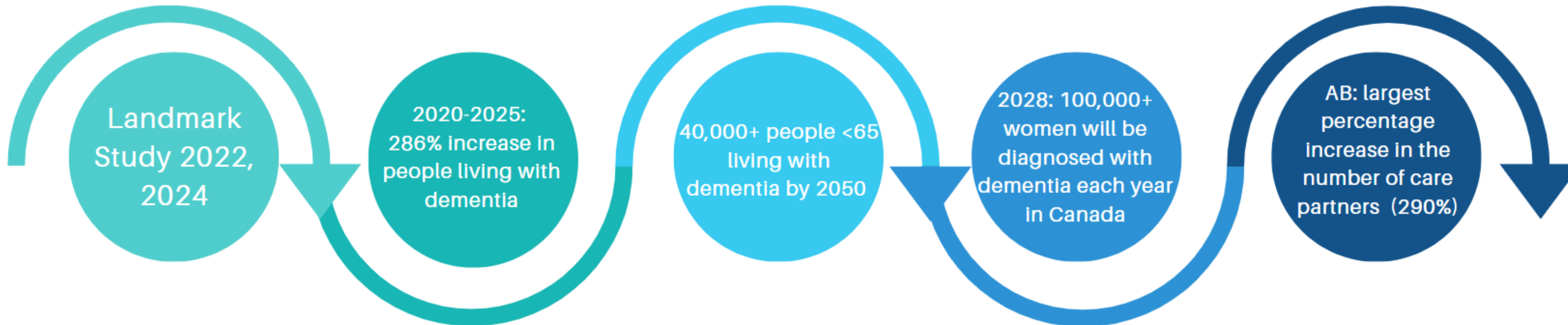
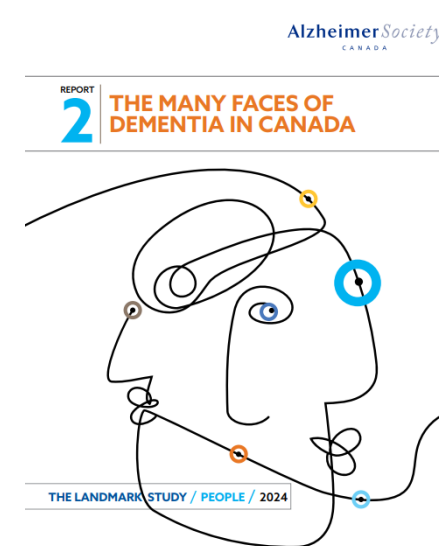


**Poll:**

Where would you refer this patient for additional assessment in your community?

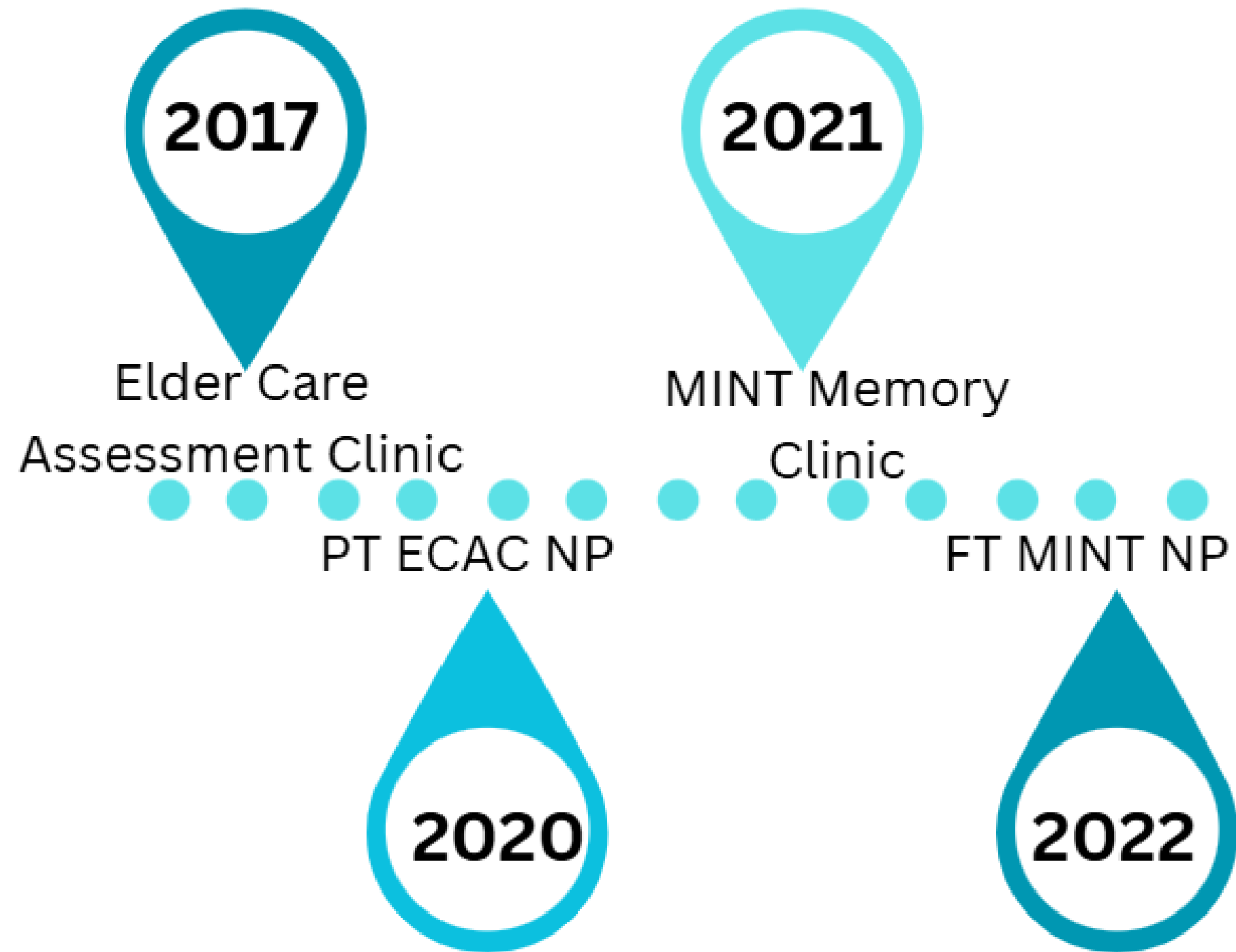


# The Landmark Study 2022, 2024



**Primary Care  
Strategic Forum**  
*The Path Ahead*

# Transitioning from Elder Care Assessment Clinic to MINT



## The Physician / NP Collaboration in a Team-Based Care Model

"A high-performing team is essential to creating a more comprehensive, coordinated, and effective care delivery system centred on the patient's needs"

- *The College of Family Physicians of Canada*



**Primary Care  
Strategic Forum**

*The Path Ahead*

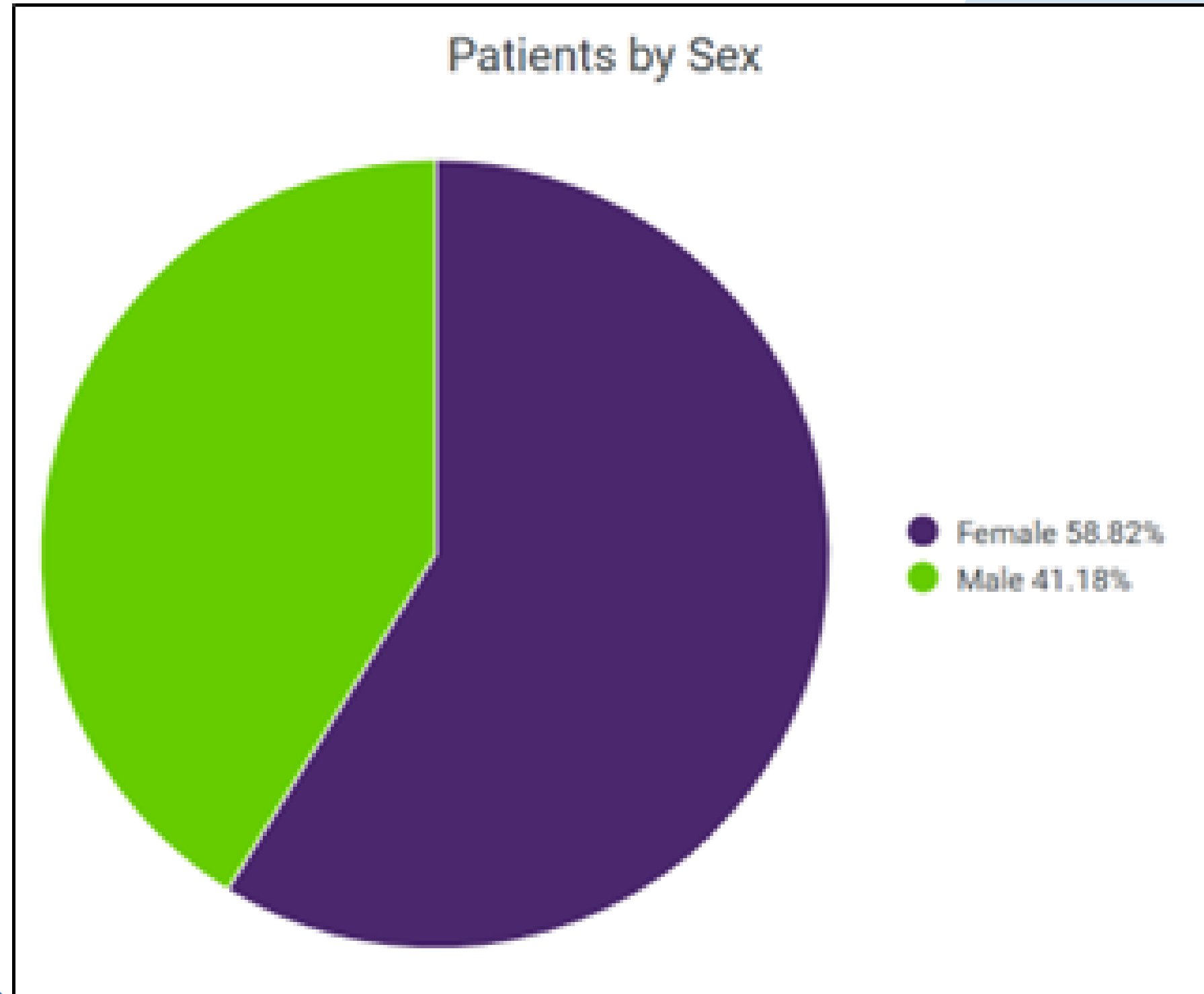
# The Red Deer Memory Clinic Team

🌸 **Our Team:** Skilled team of professionals who have all received standardized accredited training to deliver high quality dementia care

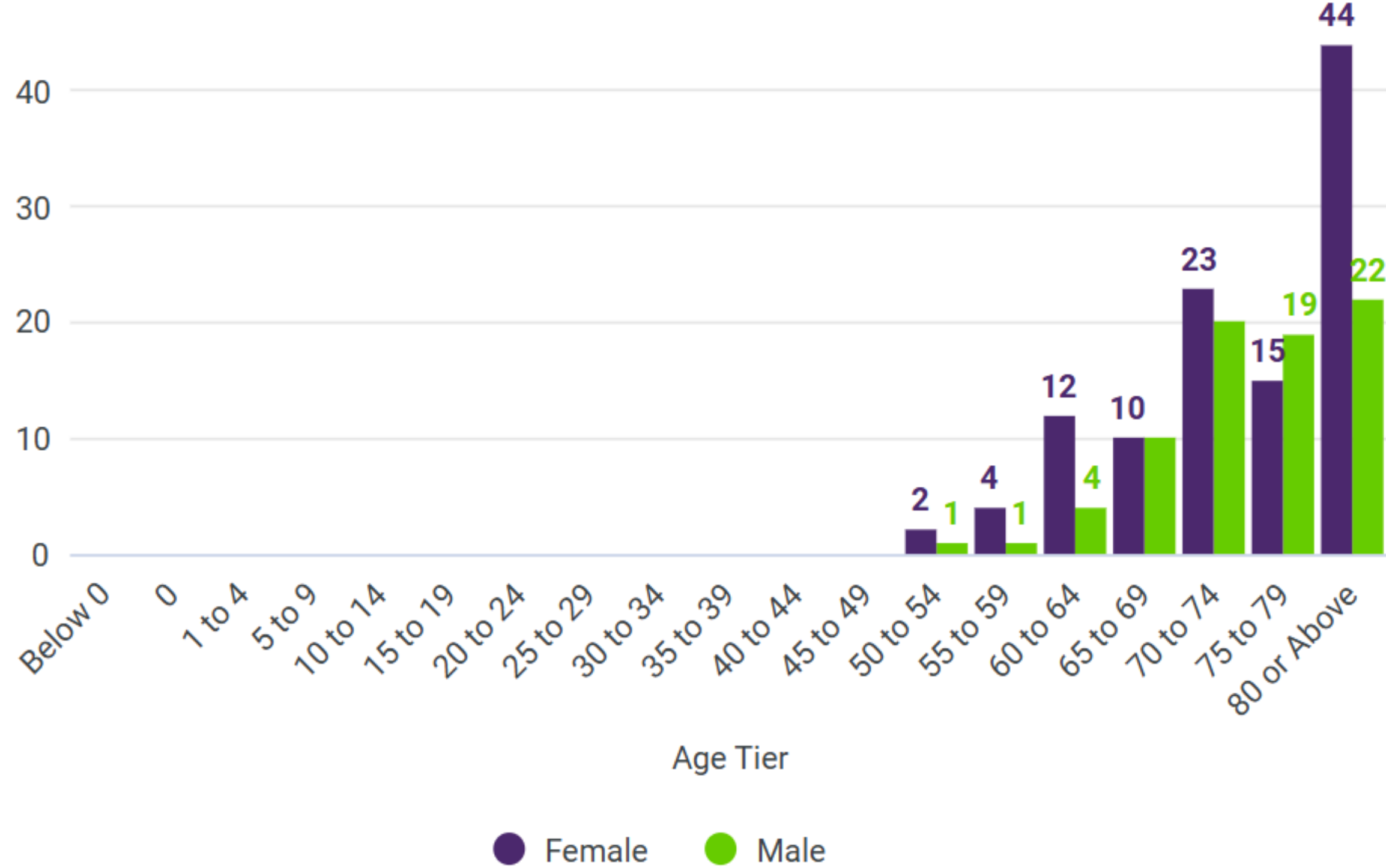


**Primary Care Strategic Forum**  
*The Path Ahead*

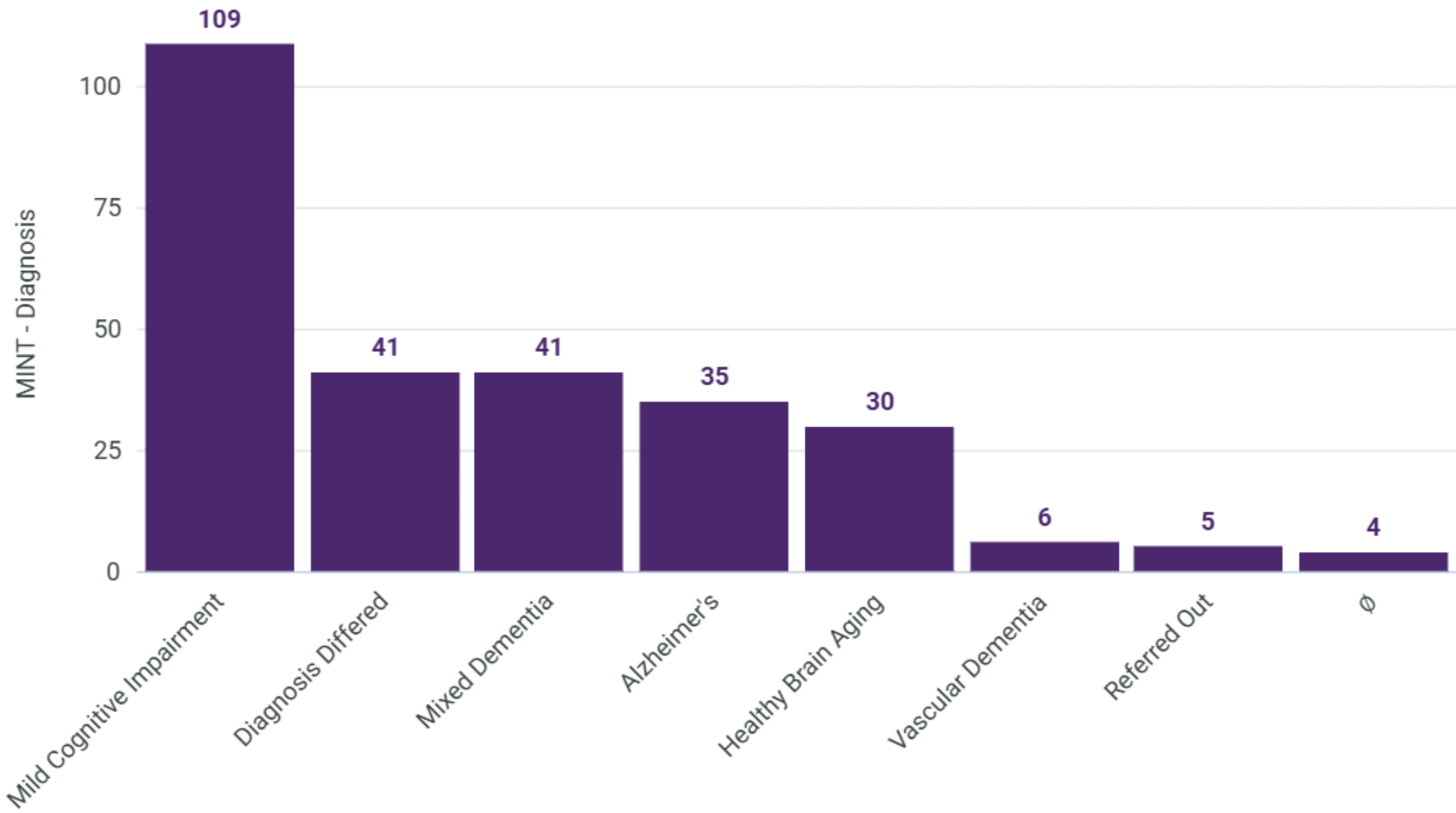
# MINT Appointments (April 1, 2024 – March 31, 2025) - 187 patients



# Patients by Age & Sex



# Breakdown of Diagnoses provided at MINT (April 1, 2024 – March 31, 2025)



# Why an NP?



Nurse Practitioner



Clinician



Scholar



Leader



Advocate



Educator



# MINT NP Follow-Up (2nd NP hired October 2024)

Telehealth Follow-Up (Apr 1, 2024 – March 31, 2025)

- 🌸 Nurse Practitioner followed up with **155 patients and their care partners** after receiving a diagnosis and/or plan of care from MINT



In-Clinic Follow-Up (Nov 1, 2024 – March 31, 2025)

- 🌸 Nurse Practitioner assessed **15 patients and their care partners, in clinic** for follow-up after receiving a diagnosis and/or plan of care from MINT



# NP Frailty Level II Assessment Supporting Primary Care Providers

Nutrition

Urinary  
Incontinence

Fracture Risk

Falls Risk

Exertional  
Dyspnea

Social  
Isolation

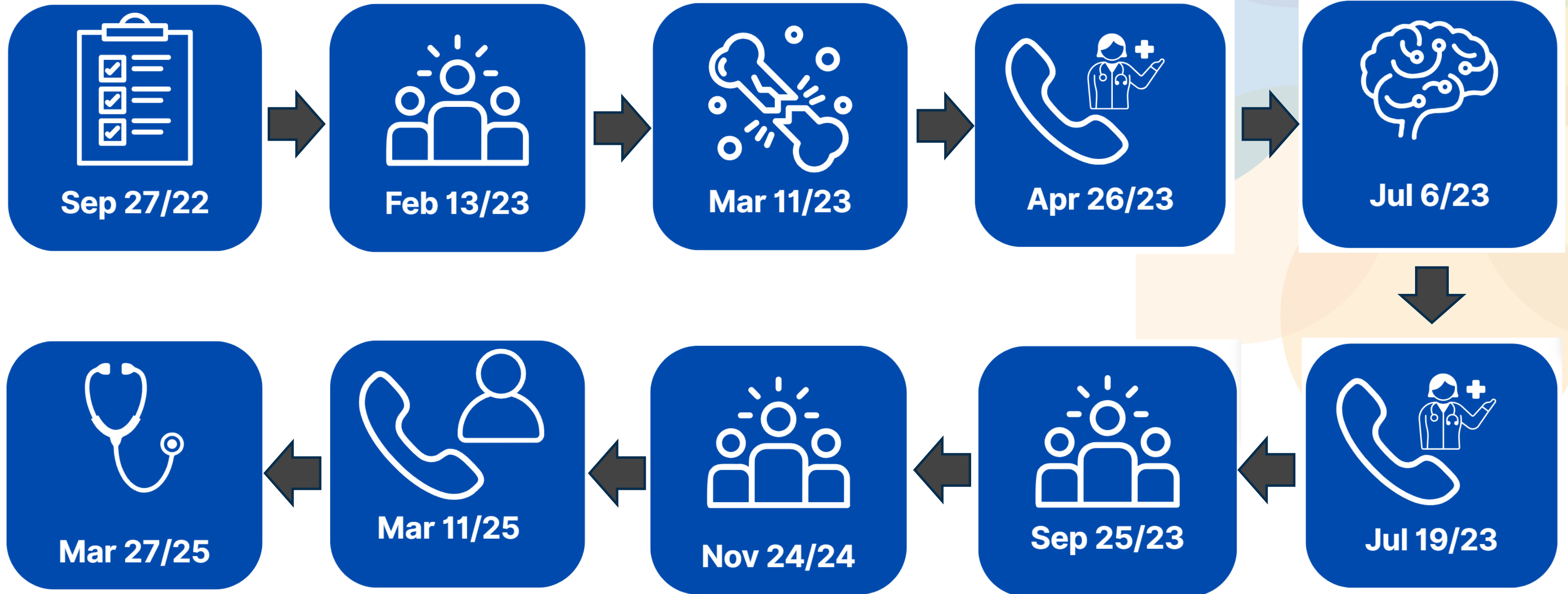
Exercise



**Primary Care  
Strategic Forum**

*The Path Ahead*

# The MINT NP maintaining continuum of care throughout the dementia journey



# Case Study:



**MINT  
MEMORY  
CLINIC**

Collaborative primary care



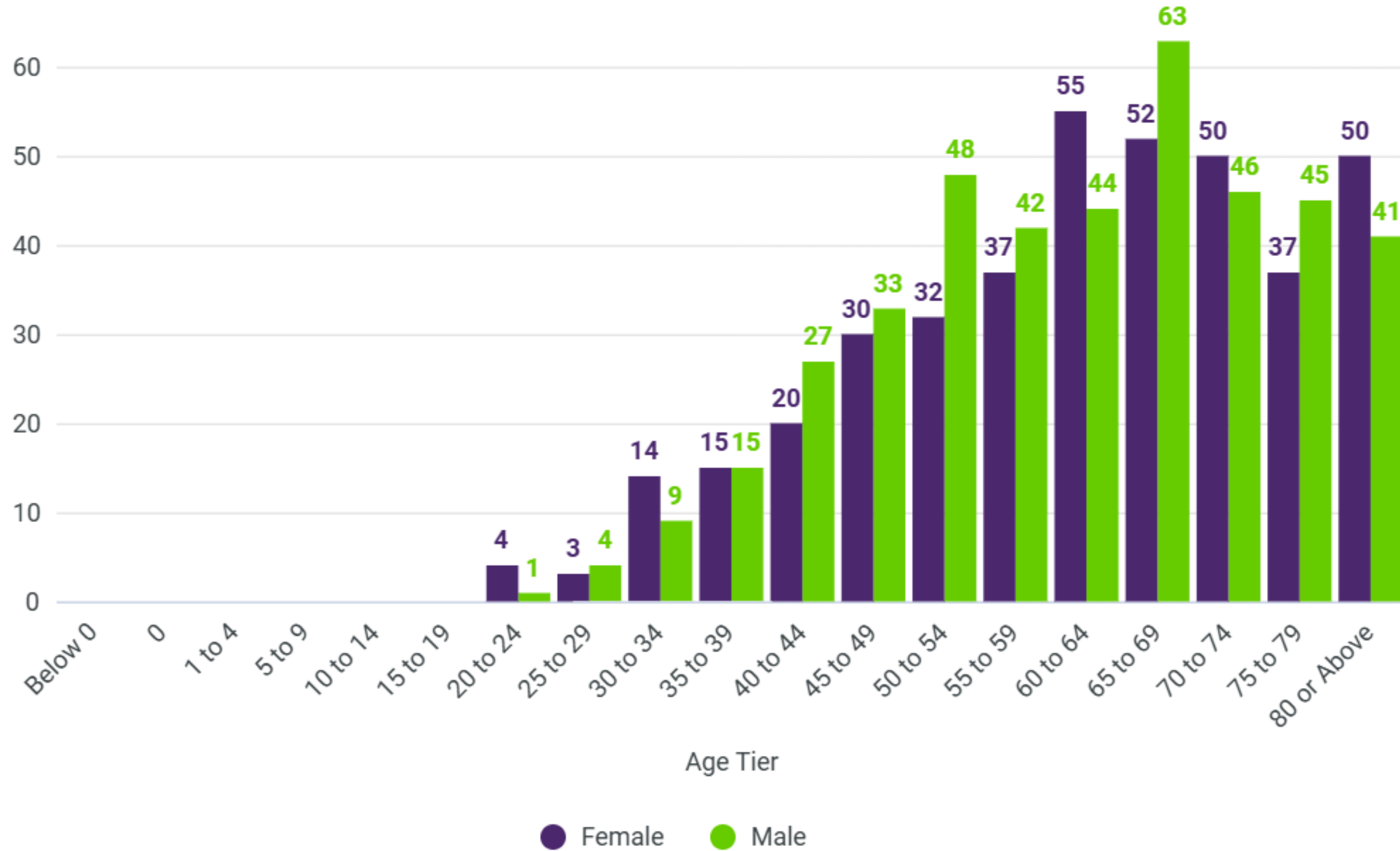
**Primary Care  
Strategic Forum**  
*The Path Ahead*

# Diabetes Management Team

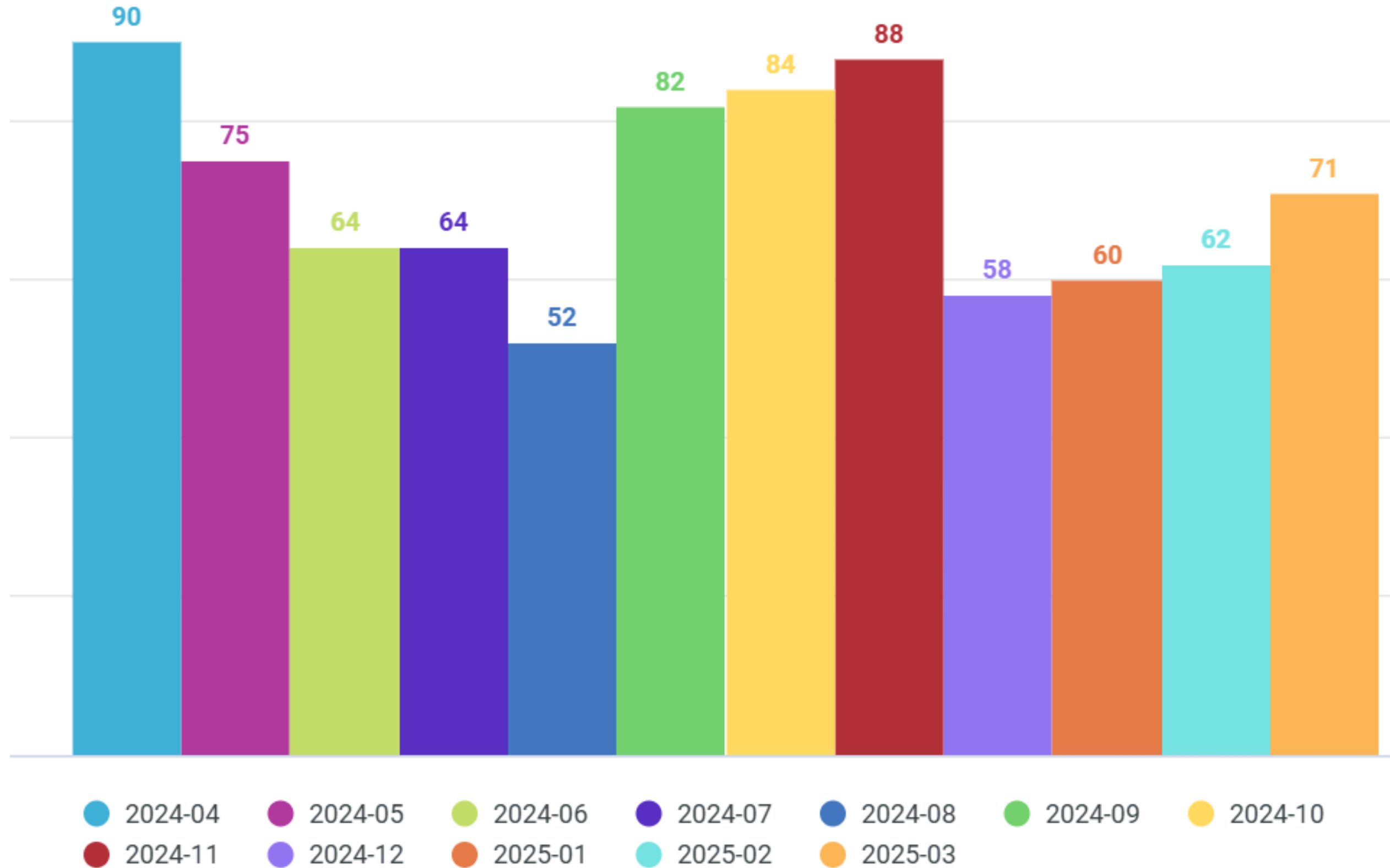
- 🌸 Team Lead: 1 NP with CDE
  - Access 5 days/week
- 🌸 4 RNs with CDE Designation
  - 1 day/week per RN



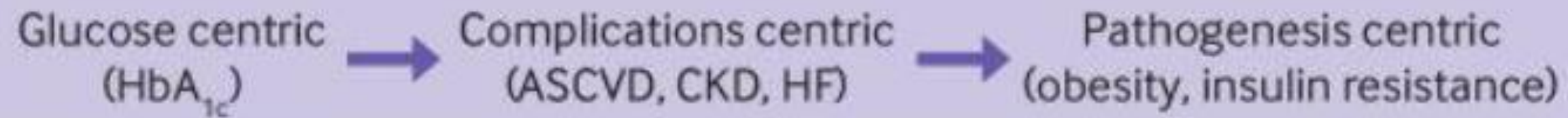
# Patients by Age & Sex



# Appointments by Month



# Evolution of approach to care of type 2 diabetes



## Equity

Environment, housing, employment, education, food and nutrition, physical activity, safety, discrimination, racism

## Access and affordability

Healthcare, drugs, diabetes technology

Efficacy for:

- ↓ Risk of comorbidities and complications
- Weight loss
- Glucose lowering

Safety considerations of:

- Adverse events
- Hypoglycaemia
- Burden of treatment

Antihyperglycaemic drugs

Efficacy of drugs

- ↓ Risk of comorbidities and complications (ASCVD, CKD, HF, death): GLP1RA, SGLT2i
- ↓ Weight: GIP-GLP1RA > GLP1RA > SGLT2i >>> metformin
- ↓ Glucose: GIP-GLP1RA, GLP1RA, insulin\* > SGLT2i, metformin, SU, thiazolidinedione† > DPP4i

## Fundamental

**Lifestyle:** medical nutrition treatment, physical activity, length and quality of sleep, stopping smoking



Management of **overweight and obesity**



(Galindo et al., 2023).

# Why an NP?



Nurse Practitioner



Clinician



Scholar



Leader



Advocate



Educator



## Key Take Aways

# The Path Ahead: The Role of the Nurse Practitioner in the Evolution of the PCN & Patient Medical Home

- Continued NP role development
- NP as vital part of program and role development
- NP role encompasses many areas:
  - Clinician
  - Leader
  - Advocate
  - Educator
  - Scholar



**Primary Care  
Strategic Forum**

*The Path Ahead*

# References

- ❁ Alberta Medical Association (2025). *The Patient's Medical Home*. <https://www.albertadoctors.org/practice/actt-practice-enhancements/foundational-knowledge/patients-medical-home/>
- ❁ Alzheimer Society Canada (2022). *The Landmark Study: Path. Navigating the Path Forward for Dementia In Canada*. Landmark-Study-Report-1-Path\_Alzheimer-Society-Canada\_0.pdf
- ❁ Alzheimer Society Canada (2024). *The Landmark Study: People. The Many Faces of Dementia In Canada*. ASC\_The Many Faces of Dementia In Canada\_Landmark Study\_Vol2.pdf
- ❁ Galindo, R. J., Trujillo, J. M., Low Wang, C. C., & McCoy, R. G. (2023). Advances in the management of type 2 diabetes in adults. *BMJ medicine*, 2(1), e000372. <https://doi.org/10.1136/bmjmed-2022-000372>

**Thank you  
for attending**



**Primary Care  
Strategic Forum**

*The Path Ahead*