

**WHAT IS  
PRIMARY HEALTH?**

**Primary Health** care is a very broad approach to health that:

- promotes working in teams
- works towards improved access to health services
- supports healthy living
- promotes working with the community
- focuses on prevention, managing chronic conditions and common health problems
- supports self-care
- promotes the understanding that factors outside of the health system can influence individual and community health

**Please contact:**

**Nancy Klebaum**  
Manager, Primary Health  
306.655.5370  
e-mail: nancy.klebaum@saskatoonhealthregion.ca

**Angela Luron**  
Manager, Primary Health  
306.655.6136  
e-mail: angela.luron@saskatoonhealthregion.ca

**Pat Stuart**  
Manager, Primary Health  
306.655.5364  
e-mail: pat.stuart@saskatoonhealthregion.ca

# Primary Health Nurse Practitioner Fact Sheet



## What is a Primary Health Nurse Practitioner?

A Primary Health Nurse Practitioner (NP) is a Registered Nurse who works in a Primary Health setting, has additional education and training, writes a national qualifying exam and is licensed by the Saskatchewan Registered Nurses Association as an independent practitioner.

A Primary Health Nurse Practitioner works together with physicians, the community and other health professionals to provide care that meets many needs at once and works with people to provide care that is **client centred**.

<b>Illness Prevention and Health Promotion</b>	<b>NP</b>	<b>Diagnose and Treat Common Medical Conditions</b>	<b>NP</b>	<b>Women's Health</b>	<b>NP</b>
Health history	✓	Initial diagnosis and treatment	✓	Birth Control Counseling	✓
Certain screening tests	✓	Adjust treatment plan	✓	STI Testing and Treatment	✓
Physical exams	✓	Monitor stable medical conditions	✓	Pregnancy diagnosis	✓
Some NPs and certain immunizations	✓	Refer client to specialist(s) and community resources	✓	Pre-Natal history and assessment (some NPs)	✓
Lab and x-ray orders	✓	Support assessment and ongoing support for geriatric clients (some NPs)	✓	Prenatal care (some NPs)	✓
Prescribing medications	✓	Health education, injury prevention, and health promotion	✓	Pap Tests	✓
Medication reviews	✓			Breast exams	✓
Manage chronic diseases	✓				

## Working Together - Building Strong Relationships

The NP works together with physicians, the community, and other health professionals to provide care that meets many needs at once, and works with people to provide care that is client-centered.



### Research shows:

In 28 randomized control studies across Canada, the UK and the USA show patient outcomes are the same between a Nurse Practitioner and a physician. It also shows a high degree of satisfaction with care. (Canadian Health Services Research Foundation)

### Some practical examples of services provided by a Nurse Practitioner:

- Complete and partial physicals, including Worker's Compensation Board (WCB) and SGI assessments.
- Diagnosis and treatment of common medical conditions such as infections, skin rashes, sprains, pain management.
- Diagnosis and treatment of stable chronic conditions such as Diabetes, COPD, Depression, Asthma, Heart Failure, and Arthritis .
- Screening such as eye exams, cholesterol checks, prostate screens, and falls risk .
- Day to day care of people in Long Term Care including renewal of medications, pain assessments, management of chronic problems, bowel care management, wound management, and assessment if feeling ill (Physicians still need to see residents at least once per month).
- To work independently in Out-Patients within the scope of their practice for common medical issues or chronic conditions, and can order lab, x-ray, and medications. For example, they are able to support wound care, do sutures, and wart removal.
- Primary Health Nurse Practitioners are NOT able to admit into or write orders for patients in the hospital or manage patients with acute complex health needs. They can help out with these activities under the supervision of a physician.