

Resurgence of the Clinical Nurse Specialist

What Can Your CNS Do For You?

Stephen Ingerson, MSN, RN, APRN, CNS, Allison Andersen, MSN, RN, APRN, CCNS,

Heather Spaulding, MSN, RN-BC, CPN (Advance CNS Nurse Extern)



WHAT IS A CLINICAL NURSE SPECIALIST?

The CNS is an Advanced Practice Nurse with a Masters or Doctoral degree in a clinical nursing specialty. The CNS works in three areas of impact to improve patient outcomes through evidence-based nursing practice.

Patient/Client Sphere

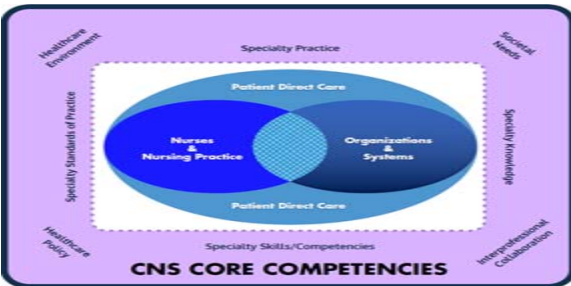
- Ensures that interprofessional plans of care are appropriate for meeting patient needs, with specified interventions, that results in synergistic patient outcomes
- Ensures that predicted and measurable nurse-sensitive patient outcomes are attained through evidence-based practice
- Assists with innovative educational programs for patients, families, and groups are developed, implemented and evaluated.

Nurse/Nursing Sphere

- Ensures evidence-based practices are used by nurses
- Serves as subject matter expert regarding clinical matters and risk management issues
- Empowers nurses to solve patient care problems at the point of service
- Advocates for nurses to have an effective voice in decision-making about patient care

Organization/System Sphere

- Supports evidenced-based nursing practice to achieve high quality, cost-effective, safe clinical outcomes
- Share a common vision of practice outcomes with other stakeholders in the organization
- Participates with local and state-wide policy-making groups to influence and develop regulations/procedures to improve patient care and health services



ACTIVITIES OF THE CLINICAL NURSE SPECIALIST (CNS) AT UMC?

Clinical

- Conducts staff/patient rounds and is available for on-call clinical resource
- Follows up on significant clinical issues (e.g. sentinel events, adverse trends, etc.)
- Facilitates resolution of interprofessional concerns affecting patient care
- Reviews new equipment and addresses major equipment issues
- Follows up on patient safety trends (e.g. self-extubations, falls, arrests, trach complications, skin breakdown)
- Develops and implements clinical protocols and guidelines (e.g., DVT, TBI, SCI, Sepsis management, hypothermia)
- Coordinates/conducts inpatient quality improvement projects, disseminates performance data
- Reviews and updates policies and procedures as needed
- Participates/Leads clinical committees
- Course Director and Instructor for various Formal Training Courses (ACLS, TNCC, ABLIS, etc.)

Education

- Facilitates opportunities for nurses and other staff to acquire new knowledge and skills that foster professional development.
- Develop, implement and evaluate educational programs that advance the practice of nursing and link evidence-based practice and effects on clinical and fiscal outcome
- Evaluates patient education products developed by staff
- Mentors authors with book chapters and articles
- Reviewer for chapters and articles

Administrative

- Leads and facilitates change in response to organizational and community needs
- Offers counseling and coaching around clinical issues (collaboratively with the department nursing leaders)
- Implements hospital accreditation and verification criteria at the point of care
- Prepares for verification visits i.e. American College of Surgeons, American Heart Association, American Burn Association, Joint Commission, etc.

Research

- Provides leadership for the interprofessional team in identifying, developing, implementing, and evaluating evidence-based practices and research opportunities.
- Bases guidelines, protocols, policies and procedures on current evidenced-based practice
- Prepares/Assists with IRB submissions and follow-up
- Assists staff to develop and conduct research, writes abstracts and develops presentations and posters

Consultant

- Influence change through evidence-based practice projects within UMC
- Collaboration with Nurse Managers and Department Directors to improve the quality of care and ensure that care is safe and patient centered
- Consultation on complex and vulnerable patients

WHAT CAN THE CNS DO FOR YOU?

- Be a resource to you for questions related to patient care or performance of clinical skills
- Help you provide care for complex patients
- Provide education for staff at unit and organizational levels based on identified needs
- Provide you current research/journal articles to help answer your questions or provide more information on a certain topic
- Teach you how to perform nursing procedures with which you are unfamiliar
- Help you become involved in research and quality improvement initiatives
- Work with you to carry out an evidence-based practice project
- Teach you how to search the literature on a specific topic of interest to your practice
- Identify and/or provide opportunities for you to develop professionally
- Assist you in preparing in-services or presentations, including:
 - ✓ Literature reviews
 - ✓ PowerPoint presentations
 - ✓ Writing and Editing
 - ✓ Algorithm/Protocol Formatting

HOW TO CONTACT A CNS?

Allison Andersen, MSN, RN, APRN, CCNS

Allison.Andersen@umcsn.com (702) 383-3814

Heather Spaulding, MSN, RN-BC, CPN

Heather.Spaulding@umcsn.com (207) 974-8978

Stephen Ingerson, MSN, RN, APRN, CNS

Stephen.Ingerson@umcsn.com (707) 365-6304

REFERENCE

National Association of Clinical Nurse Specialists (NACNS). (2019). *Statement on clinical nurse specialist practice and education* (3rd ed.).

