

## NURSING TECHNICIANS IN THE FMG

The nursing technician in FMG evaluates health, and determines and ensures the implementation of the nursing care and treatment plan. She/he provides nursing and medical care and treatment to maintain and restore health of the patient through interaction with the patient's environment and the prevention of disease. She/he plans, provides and evaluates the instruction that is provided to patients, their loved ones and to wider groups of people. She/he acts as a link with the resource network. She/he also takes part in research that is aimed at promoting health and preventing disease.

In the field of nursing , 13 of 17 reserved activities are performed in the FMG, including many that are shared with the doctor (Appendix 1).

She/he works in collaboration with family doctors and other professionals to ensure joint follow-up of the clients (MSSS, 2015).

### CLIENTS

The nurse serves various types of clients, including adults, pregnant women (including post-natal follow-up), pediatric and adolescent clients, clients with mental health problems and seniors.

### ROLES OF THE NURSE

#### 1. Evaluation

- screens physical and mental health problems in clients who are healthy or at risk
- evaluates the physical and mental health conditions of a symptomatic person and her/his social environment, using various tools, including the mental health history of the individual and that of her/his family, a physical exam, and risk evaluation (infection, accident, substance abuse, suicide, pressure lesion, etc.)
- evaluates clients of all ages in walk-in clinics or by phone, and determines the level of severity and urgency of the physical or mental health problem
- makes a clinical judgment, establishes the priority of each case and ensures a follow-up

## **2. Prevention and promotion**

- vaccinates clients of all ages in the course of an activity that stems from applying the *Law on Public Health*
- facilitates access to the Quebec Breast Cancer Screening Program (PQDCS)
- refers clients to the Smoking Cessation Centre of the CIUSSS (CAT)
- circulates information about promoting the prevention of disease, accidents and social problems among individuals, families and communities

## **3. Clinical intervention: Care and treatment**

- starts diagnostic and therapeutic measures, according to a prescription<sup>1</sup>
- performs invasive diagnostic exams and tests, according to a prescription
- administers and adjusts medical treatments, according to a prescription
- administers and adjusts medication and other substances, when they are the subject of a prescription
- determines a treatment plan linked to wounds, skin damage and integument, and provides related care and treatment

## **4. Monitoring and follow-up**

- performs clinical monitoring of the state of health of an individual at risk, including monitoring, development and adjusting the therapeutic nursing plan with the collaboration of the client, the doctor and other participating members of the team
- provides follow-up of nursing care for individuals who have complex health problems. This includes supporting the autonomy of clients who have chronic diseases, achieved by monitoring responses to treatment, evaluating an individual's ability to care for oneself, managing medication, and promoting continuous coaching.
- ensures the nursing follow-up of the exam results and lab results (e.g., antibodies for vaccination) that she/he requested, according to guidelines<sup>2</sup>

## **5. Coaching the client**

- determines and implements an individual coaching plan
- advises and coaches the client as to how to perform the health care that she/he needs

## **6. Planning, coordinating and liaison of care and services**

- ensures the continuity of care in collaboration with the client, her/his family and relevant participants
- facilitates access to professionals and other resources in the FMG or in CIUSSS programs
- takes steps toward providing the required follow-up and referrals

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<sup>1</sup> Individual or collective prescriptions.

<sup>2</sup> Refer to: CMQ, Association des CMDP, AQESSS (2012). *Cadre de gestion pour le suivi sécuritaire des résultats d'investigation ou de dépistage*.

- directs clients to appropriate resources, depending on what is available in local network and the anticipated continuum of services, as well as the modalities, agreements and service corridors that have been established by the FMG and the CIUSSS

## 7. Interprofessional collaboration

- shares her/his frontline knowledge and clinical expertise with other members of the team, inside and outside the CIUSSS
- provides clinical advice, in line with the best recognized practices, in connection with the management of the FMG and guidelines of the CIUSSS
- orients and provides coaching to new CIUSSS staff

## TYPES OF INTERVENTION

- intervention with or without medical referral
- short-term individual consultations or long-term follow-ups

## SPACE AND MATERIALS

- access to a private office whose layout facilitates exchanges, as well as ensuring the confidentiality of what is said
- access to a treatment room where the professional can accommodate more than two people for family or network meetings
- access to electronic medical files (reading and writing)
- access to a computer and telephone

## REQUIREMENTS

- college degree in nursing (DEC)
- licence to practice, issued by the *Ordre des Infirmières et Infirmiers du Québec* (O.I.I.Q.)

## TRAINING IN THE FMG

Ongoing educational activities are planned in partnership with the CIUSSS and the FMG to ensure the development and updating of clinical competencies (see list, appendix 2).

## CLINICAL EVALUATION AND MENTORING

The nurse practices according to recognized quality and security criteria. She/he conforms to standards, rules, clinical protocols, collective prescriptions and care regulations in effect in the CIUSSS and the FMG.

The CIUSSS is responsible for the quality of the activities that are carried out by nurse in the course of performing her/his duties in the FMG. The CIUSSS ensures professional supervision by defining the standards of practice and by providing the appropriate clinical support to nurses.

In conjunction with the FMG, the CIUSSS takes the necessary means to evaluate the quality of the nurse's professional activities (including auditing files and clinical supervision) and to ensure follow-up. In addition, the nurse is subject to inspections by his/her professional order (OIIAQ) to ensure that the public is protected, as required by the professional code.

## REFERENCES

CIUSSS du Centre-Ouest de l'Île-de-Montréal (2014.) *Description des fonctions, infirmier(re) - 2471*

CMQ, Association des CMDP, AQESSS (2012). *Cadre de gestion pour le suivi sécuritaire des résultats d'investigation ou de dépistage.*

CSSSS de la Vieille capitale (2011). *Compétences requises pour la pratique infirmière en GMF et CRQ au CSSS de la Vieille-capitale. Programme de formation initiale.*

Fédération des Médecins omnipraticiens du Québec (FMOQ) et OIIQ (2005). *Rapport du groupe de travail FMOQ-OIIQ sur les rôles de l'infirmière et du médecin omnipraticien de première ligne et les activités partageables.*

MSSS (2015). *Programme de financement et de soutien professionnel pour les groupes de médecine familiale. Guide d'intégration des professionnels en GMF/ infirmière clinicienne.*

Ordre des infirmières et des infirmiers du Québec (2016). *Le champ d'exercice et les activités réservées des infirmières.* 3<sup>e</sup> édition.

Ordre des infirmières et des infirmiers du Québec (2016). Fiche collaborative Infirmière et infirmier. Lecture sur <http://collaborationinterprofessionnelle.ca/fiches/ordre-infirmieres-infirmiers-quebec/>, le 27 février 2017.

## APPENDIX I: FIELD OF ACTIVITIES AND ACTIVITIES RESERVED FOR NURSES<sup>3</sup>

"The nursing activities consist of evaluating the state of health to determine and to ensure the implementation of the nursing care and treatment plan, and to provide nursing and medical care and treatment, in order to maintain and restore the health of the individual by interacting with the environment and preventing disease, as well as providing palliative care" (*Law on nurses* (LII) art. 36).

In the field of nursing , 17 activities are reserved for the nurse, of which the first 13 are activities performed in the FMG:

1. evaluating the physical and mental state of an symptomatic person
2. performing clinical monitoring of the state of health of an individual at risk, including monitoring, developing and adjusting the therapeutic nursing plan
3. initiating diagnostic and therapeutic measures, according to a prescription
4. initiating diagnostic measures for screening in the course of an activity that stems from applying the *Law on Public Health*
5. performing invasive diagnostic exams and tests, according to a prescription
6. performing and adjusting medical treatments, according to a prescription
7. determining a treatment plan for wounds and skin damage and integument, and providing related care and treatment
8. using invasive techniques
9. contributing to pregnancy follow-up, supporting the delivery, and providing post-natal follow-up
10. performing a nursing care follow-up of individuals who have complex health problems
11. administering and adjusting medication and other substances, as specified in a prescription
12. proceeding to vaccination in the course of an activity that stems from applying the *Law on Public Health*
13. mixing substances to complete the preparation of medication, according to a prescription

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### For all professionals

The nurse shares with other professionals the activities that involve providing information to individuals, families and groups about health and preventing suicide, accidents and social problems (*Professional Code*, art. 39.4).

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<sup>3</sup> OIIQ. (2013). *Le champ d'exercice et les activités réservées des infirmières*. 2<sup>e</sup> édition. P.34-36.

## APPENDIX 2: LIST OF CLINICAL TRAINING: Nurse technician in FMG

### Required according to services offered:

- *Immunization*
  - Basic training in immunization on line, by Laval university on [www.fmed.ulaval.ca](http://www.fmed.ulaval.ca), (10 hours)
  
- *Chronic disease management*
  - Knowledge of the *Programme de modification des habitudes de vie* to refer patients
  - *Généralités et traitement pratique du diabète de type 2 en soutien aux inf. de première ligne* (7 hours in classroom);
  - *L'insulinothérapie chez la personne diabétique de type 2 dans la pratique de l'infirmière de 1<sup>o</sup> ligne* (7 hours in classroom);
  - *Syndrome métabolique, précurseur de diabète et de maladies cardiovasculaires* (1 hour online);
  - *Examen du pied diabétique par l'infirmière en podologie du CIUSSS* (3.5 hours at the CIUSSS)
  - OIIQ : *traitement pharmacologique de l'HTA* (3 x 1 hour online).

### Optional depending on the roles of the nurse technician in each FMG:

- *Utilisation des protocoles d'Info-Santé* individual reading: Info-Santé web training: 3 hours
- *Examen clinique du nouveau-né*: OIIQ: 7 hours in classroom or training by the front line SPN-FLS at the CIUSSS (7 hours)