



Core Competencies for Chronic Illness: A Paradigm Shift

Nurse Education on the Move
What about Educators' Competencies?

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Aims and Objectives

The presentation will :

- Highlight current demographic and epidemiological changes as a context for a paradigm shift to chronic care
- Discuss nursing competencies and skills in chronic conditions.

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Perspectives and Challenges in Chronic Care

- Population ageing increases chronic conditions.
- Increase in care demand associated with physical or mental disabilities.
- Need enabling and empowering models of care.
- Nurses as key players in a continuum of care.

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The Demand for Chronic Care

- Demographic revolution with ageing population.
- 13% -18% of European population are over 65 years old.
- By 2025 older persons will represent 28.8% of the population in Europe.
- Chronic conditions cause a major burden of disease.
- Increase in demand for chronic care.

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Current Paradigm tends to focus on:

- acute care system;
- ‘high tech’ hospital care ;
- young people and ‘drama’;
- treatment of problems;
- nurses ‘know what is best’ for clients;

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...Current Paradigm tends to focus on:

- little participation in decision-making;
- little involvement of family;
- individualistic approach rather than multi-disciplinary; and
- limited nurse involvement in policy development/debate and public discourse.

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Policy Directions and Issues

- Chronic care recognised within *Health Policy for Europe for the 21st Century*.
- The policy recognises the value of nurses and midwives, including chronic care.

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Nursing Competencies: A paradigm shift

- There is need for paradigm shift in nursing.
- Five core competencies for chronic care:
 - ✓ Patient Centred Care
 - ✓ Partnering
 - ✓ Quality Improvement
 - ✓ Information and Communication Technology
 - ✓ Public Health Perspective

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Patient Centred Care

Skills and attitudes for patient centred care include:

- ✓ Coordinating continuous and seamless care
- ✓ Relieving pain and suffering
- ✓ Listening and communicating
- ✓ Providing education and information
- ✓ Sharing decision-making and management

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Partnering

The set of skills needed include:

- Negotiating
- Establishing goals
- Implementing action
- Identifying strengths and weakness
- Clarifying roles and responsibilities
- Evaluating outcomes

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Quality Improvement

Specific skills in quality improvement include:

- Measuring care delivery and outcomes
- Learning and adapting to change
- Translating evidence into practice

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Information and communication technology

Specific skills and attitudes needed include:

- Developing and using patient registries
- Using computer technologies
- Communicating with patients

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Public Health Perspective

Skills required include:

- Providing population-based care
- Systems thinking
- Working across care continuum

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Challenges for nursing educational institutions

- Review curriculum at appropriate intervals to ensure relevance, currency
- Shift from hospital-oriented to community based focus
- Match curriculum to needs of population
- Research on nurses' role in chronic care
- Provide chronic care experience and preceptorship
- Develop chronic care leadership in faculty
- Offer continuing education programmes on chronic care

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Conclusion

- Changing demographics and disease patterns present challenges and opportunities
- Chronic care will be a major field
- Nurses will train, manage, direct, and coordinate caregivers
- New skills and competencies and a shift will be needed

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