

Chapter 1: Framework for Continuing Professional Development for Advanced Practice Nurses

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Introduction

This chapter provides a framework for educators, outlining key aspects to emphasise in Advanced Practice Nursing (APN) education to prepare students for continuing professional development. First, we present a theoretical framework that equips Advanced Practice Nurses (APNs) with a language aligned with contemporary healthcare policies that emphasise patients' lived experiences. This framework also supports APNs in articulating how their role both differs from and complements the medical perspective. We then highlight the importance of organisational competency in APN education. Finally, we outline key strategies to promote the implementation and integration of APN roles in clinical practice.

Keywords: lifeworld-led care, person-centred care, organisational competency, continuity of care, care trajectory management, continuing professional development

Lifeworld-led care as an important frame of reference in the education of Advanced Practice Nurses

APN distinguishes itself from medicine in several key ways, primarily in its scope of practice, approach to patient care, and focus on holistic health. These dimensions are important to consider in educating APNs to address the complex needs of patients in today's diverse healthcare environment. Furthermore, it is important for APNs to be able to articulate how they both distinguish themselves from and supplement medicine. In this regard the concept of lifeworld-led care (Dahlberg et al., 2009; Galvin & Todres, 2013) contributes an important theoretical frame of reference that should be integrated into the education of APNs to support a holistic and person-centred approach to care, where individual patients are actively involved and receive tailored care (Galvin et al., 2020; Galvin, 2021; Norlyk et al., 2023). Integrating lifeworld-led care as a theoretical framework in education can thus provide APNs with a language that aligns with current healthcare policies, which aim to take patients' experiences into account.

The lifeworld refers to the everyday experiences, values, beliefs and contexts that shape an individual's life (Dahlberg et al., 2009). Lifeworld-led care thus means acknowledging that patients are experts in their own lives and striving to comprehend individual patients' needs, preferences, and values. Lifeworld-led care

helps APNs to address these aspects comprehensively, considering the whole person to deliver person-centred, holistic and culturally sensitive care (Galvin & Todres, 2013; Galvin, 2021). Accordingly, lifeworld-led care recognises that one size does not fit all in healthcare. Consequently, interventions and treatments should be tailored to individual patients' and their families' needs, preferences, and circumstances, and be based on collaboration and partnership between healthcare providers, patients, and their families.

The concept of lifeworld-led care was introduced by English nursing researcher and professor Kathleen Galvin, Swedish nursing researcher and professor Karin Dahlberg and English psychologist and professor of Health Philosophy Les Todres. By introducing lifeworld-led care they intended to address the growing body of evidence showing the limitations of conventional healthcare approaches, which were often narrowly focused on treating patients' medical conditions, and overlooked the broader context of patients' individual needs, preferences, and values (Dahlberg et al., 2009; Galvin & Todres, 2013).

In other words, lifeworld-led care emphasises the human aspects of caregiving in a healthcare system that can sometimes prioritise efficiency and technical procedures over the human experience of illness and care (Norlyk et al., 2017). Accordingly, this approach to care recognises that health and well-being are influenced by various factors, including social, cultural, psychological and environmental dimensions (Dahlberg et al., 2009; Galvin & Todres, 2013; Galvin et al., 2020).

Integrating lifeworld-led care as a theoretical frame of reference in the education of APNs holds significant importance for several reasons:

- **Enhanced Person-Centred Care:** Lifeworld-led care emphasises understanding of patients' life worlds—their everyday experiences, values, beliefs and contexts. By integrating this approach into education, APNs can learn to prioritise the patient's perspective and experiences, leading to more person-centred care delivery in accordance with current healthcare policies.
- **Comprehensive Assessment and Planning:** Lifeworld-led care encourages a holistic approach to healthcare, considering the whole person and their unique circumstances. APNs who are trained in lifeworld-led care can conduct comprehensive assessments that consider not only the patient's medical condition but also social, cultural, psychological and environmental factors. This enables more effective care planning tailored to the individual patient.
- **Improved Communication and Collaboration:** Lifeworld-led care encourages partnership and collaboration between healthcare providers and patients. APNs trained in this approach emphasise communication techniques that promote active listening, empathy and mutual respect. They also develop skills in shared decision-making and care planning, fostering collaborative

relationships with patients and interdisciplinary healthcare teams.

- **Better Patient Outcomes and Satisfaction:** Research suggests that person-centred care models such as lifeworld-led care can lead to improved patient outcomes and higher levels of patient satisfaction. By integrating lifeworld-led care principles into their practice, APNs can contribute to better health outcomes, increased patient engagement and higher overall satisfaction with care.
- **Cultural Sensitivity and Competence:** Lifeworld-led care emphasises cultural sensitivity and respect for patients' diverse backgrounds and beliefs. In today's multicultural healthcare landscape, it is crucial for APNs to be culturally competent. Integrating lifeworld-led care into education helps nurses develop the skills and awareness necessary to provide culturally sensitive care and build trustful relationships with patients from diverse cultural backgrounds.

To sum up, lifeworld-led care represents a shift towards a more person-centred, compassionate, and holistic approach to healthcare, aiming to improve the quality of care and patient outcomes by acknowledging and incorporating patients' lifeworld's into clinical practice. These ideas complement those of classical nurse theorists such as Patricia Benner, Jean Watson, and Kari Martinsen (Norlyk et al., 2017; Norlyk et al., 2023). Consequently, the lifeworld-led care theoretical framework is important to include in APN education. It will help them articulate how they not only differentiate themselves from medicine but also complement the medical perspective.

Enabling Advanced Practice Nurses to expand their scope of practice by emphasising organisational work

It is valuable to highlight and further expand the lifeworld perspective, recognise the relevance of culturally sensitive care, and emphasise the need for APNs to integrate organisational work into their professional practice. APNs' position in the health care system means they develop comprehensive knowledge of patients' unique health care needs and have the advantage of knowing the system and how to best use it to meet those needs. APNs operate within an increasingly complex health care environment, leading to a need for organisational competency to be included and emphasised in their education. In-depth knowledge and understanding of national health policy, relevant legislation, and how the health care system is organised in their country are prerequisites for APNs when delivering high-quality care. The education system must equip future APNs with the competencies, capacities, and knowledge necessary to critically engage with policy, legislation, and regulatory frameworks, enabling them to navigate these structures effectively and deliver the highest possible standard of patient care.

The following example illustrates why organisational work is essential for APNs. The healthcare system is undergoing significant changes globally. Some of these changes are reflected in several external factors. APNs care for patients of all ages; however, the demographic change to a more elderly population is a challenge for all. In line with the growing elderly population and increasing numbers of people living with

chronic health conditions, the responsibility for patient care is being shared between hospitals and primary health care provided in the local community. Another trend is a change from institution-centred to decentralised aging-in-place care. The aging-in-place strategy is rooted in the UN's sustainability goals and operationalised in the WHO's recommendations to ensure sustainability in health care (World Health Organization, 2018).

We are also recognizing increased specialisation and a corresponding fragmentation of health care, which implies changes towards a health care system characterised by increased inter-disciplinary and cross-sectoral services requiring high-level collaboration, which in turn necessitates advanced coordination of care (Klingemann et al., 2020). Previously, the health care system was more transparent, but it has now become more complex. Patients, their next of kin, and health care providers all experience discontinuity and report that they find it hard to navigate within and across the system (Kumlin et al., 2022). Some studies of home care nurses show how organisational work comes to the surface when caring for housebound patients. Nurses experience that they are responsible for more advanced and complex health care needs and tasks in homes than before. In order to manage this, they conduct many "negotiations" between different levels and professions and observe that they take care of "loose" threads and orchestrate and manage their own and others' work (Melby & Hellesø, 2018). In general, nurses juggle multiple agendas, they "circulate" patients, they individualise care with increasing standardisation, and they make priorities with limited resources (Allen, 2014).

Patient safety is at risk every time patients move between units or when several providers are involved in care (Ljungholm et al., 2022). A thorough understanding of the frameworks that support continuity of care in complex health care settings is essential for APNs, as it underpins their responsibility to ensure seamless and coherent patient care.

In the research literature, there is no consensus regarding the concept of continuity of care; however, according to Ljungholm et al. (2022), there are three reasonably well-defined dimensions of continuity, which are partially overlapping and interdependent:

- **Relational Continuity:** Traditionally refers to seeing the same provider. When this is not possible, it involves enabling patients to meet the same team and ensuring that a supportive network around the patient is maintained (Bjornsdottir, 2018; Ljungholm, 2022).
- **Informational Continuity:** Refers to the use of information to connect health care across levels of care. Developing feasible digital solutions is part of ensuring informational continuity, as is the responsibility to develop professional terminology and appropriate tools. The role of APNs includes providing input to ensure that adequate information is available for safe, high-quality care (Ljungholm, 2022).

- **Management Continuity:** Refers to the implementation of guidelines and standardisation of care. Further development of standardised care pathways is expected to increase coherence in care. Such pathways may be useful for patients with a single diagnosis but are not always feasible for those with multimorbidity (Kumlin et al., 2022). Furthermore, management continuity requires effective collaboration across different levels of care and must account for the growing adoption of digital technologies within the health care system (Hellesø et al., 2005).

These dimensions of continuity of care illustrate the value of establishing a structured framework that can support APNs in recognising the importance of integrating lifeworld perspectives with organisational knowledge to ensure high-quality, continuous care for patients.

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