

## Primary Care Nurse Overview

Primary Care Nurses in Alberta – Registered Nurses and Licensed Practical Nurses – function as integral members of the interdisciplinary primary care team, working in partnership with Family Physicians and Nurse Practitioners and other health professionals to provide safe, competent, ethical, compassionate, and evidence-informed care across the lifespan. Primary Care Nurses working within the Patient’s Medical Home contribute to a patient-centered approach, providing services within their regulated scope of practice.

Although all appointment types and tasks outlined below are included in the scope of a Primary Care Nurse, nurses must be informed on the Restricted Activities from the Health Professions Act. Nurses must also assess their own competence in an appointment type and task and identify when learning gaps are present.

Each appointment should include:

- Past medical history (PMHx) and immunization status
- Best possible medication history (BPMH)
- Vital signs (including height, weight, as appropriate)
- Goals of care (GOC) review as needed

## Health Assessment and Promotion

Appointment Type	Details	Restricted Activity & Supervision Guidelines	Scheduling Guidelines
<b>Adult Physical Assessment &amp; Driver’s Medical</b>	<ul style="list-style-type: none"> <li>• Assess vision as needed</li> <li>• Address patient questions and concerns</li> <li>• Conduct preventive screening (general health, cognition, sleep, stress, diet, exercise, contraception/STI, safety, living conditions, social supports, substance use, intimate partner abuse)</li> <li>• Prepare requisitions as appropriate, guided by ASaP Maneuvers, Choosing Wisely, CTFPHC, CCMTA</li> <li>• Provide immunization counselling (e.g., HPV, Pneumococcal)</li> <li>• Complete systems review and head-to-toe assessment (clinic/physician dependent)</li> <li>• Arrange follow-up as required</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>• No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>• None</li> </ul>	<b>30 – 60 minutes</b> (depending on level of assessment and involvement)
<b>Cognitive Screening</b>	<ul style="list-style-type: none"> <li>• Determine the purpose of the screening, review relevant history, comorbidities, medications</li> <li>• Select the most appropriate tool based on purpose, client age, diagnoses, presenting concerns, identity, language, culture, education level, and communication abilities (ie. RUDAS, SLUMs, MoCA)</li> <li>• Conduct testing in a clear and concise manner as per the developer’s instructions</li> <li>• Address patient questions and concerns prior to and once testing is complete</li> <li>• Review results of screening with physician</li> <li>• Arrange follow-up or referrals as needed</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>• No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>• None</li> </ul>	<b>30 minutes</b>

Appointment Type	Details	Restricted Activity & Supervision Guidelines	Scheduling Guidelines
<b>Functional Assessment</b>	<ul style="list-style-type: none"> <li>Review the patient's medical record for history of chronic illness or factors that may affect functional assessment, such as cognitive decline or medications that impair cognitive abilities</li> <li>Review ADLs of the patient and gather insight into problem areas and physical changes</li> <li>Determine functional assessment tool required for screening</li> <li>Address patient's/caregivers' questions and concerns</li> <li>Review results of assessment with physician</li> <li>Arrange follow-up or referrals as needed</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>30 – 60 minutes</b> (depending on level of assessment and involvement)
<b>Nutritional Counseling</b>	<ul style="list-style-type: none"> <li>Review patient's concerns and goals</li> <li>Complete screening questionnaires as appropriate</li> <li>Discuss any comorbidities or health conditions that may impact nutrition needs</li> <li>Provide education and resources (ie. Handouts, food diaries, etc.)</li> <li>Arrange follow-ups and referrals to dietitians, BHCs, or other interdisciplinary resources</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>30 minutes</b>
<b>Well Child Assessment</b>	<ul style="list-style-type: none"> <li>Document using age-appropriate Rourke Baby Record</li> <li>Measure length/height, weight, and head circumference</li> <li>Address parent questions and concerns</li> <li>Review nutrition (breastfeeding, formula, solids introduction)</li> <li>Review hydration, bowel health, safety, sleep, development, immunizations</li> <li>Review recommended well-child visit intervals</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>30 – 60 minutes</b> (depending on level of assessment and involvement)

## Reproductive Health Assessment & Counseling

Appointment Type	Details	Restricted Activity & Supervision Guidelines	Scheduling Guidelines
<b>Contraceptive Counselling</b>	<ul style="list-style-type: none"> <li>Review patient's contraceptive goals</li> <li>Provide teaching on emergency, hormonal, non-hormonal, and natural options</li> <li>Provide STI screening and sexual health support</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>30 minutes</b>
<b>General Men's Health</b>	<ul style="list-style-type: none"> <li>Provide prostate and testicular screening as per guidelines</li> <li>Teach testicular self-exam and testosterone therapy</li> <li>Screen for obstructive urinary disease and erectile dysfunction</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>30 minutes</b>

Appointment Type	Details	Restricted Activity & Supervision Guidelines	Scheduling Guidelines
<b>General Women's Health</b>	<ul style="list-style-type: none"> <li>Assess urinary and bowel function, pelvic pain, and breast concerns</li> <li>Provide breast self-exam teaching</li> <li>Update cervical cancer screening as per guidelines</li> </ul>	<p>Restricted Activities</p> <ul style="list-style-type: none"> <li>Yes: LPN &amp; RN – insert or remove instruments, devices, or fingers beyond the labia majora or anal verge</li> </ul> <p>Supervision Guidelines</p> <ul style="list-style-type: none"> <li>LPN – indirect for pap and must use Primary Care Provider's Collector ID and RN must use own Collector ID</li> </ul>	<b>30 minutes</b>
<b>Menopause Counselling</b>	<ul style="list-style-type: none"> <li>Assess risks (cardiovascular, osteoporosis, insomnia, stress, body changes, pelvic concerns)</li> <li>Provide conservative management advice</li> <li>Discuss pharmacological treatment and refer as needed</li> </ul>	<p>Restricted Activities</p> <ul style="list-style-type: none"> <li>No</li> </ul> <p>Supervision Guidelines</p> <ul style="list-style-type: none"> <li>None</li> </ul>	<b>30 minutes</b>
<b>Prenatal Care</b>	<ul style="list-style-type: none"> <li>Address patient questions</li> <li>Provide nutrition, exercise, and genetic screening counselling</li> <li>Measure fundal height, auscultate fetal heart rate as appropriate</li> <li>Provide trimester-specific teaching (physiological changes, imaging, labs, labour, postpartum recovery)</li> <li>Establish plan of care, referrals, and follow-up schedule</li> </ul>	<p>Restricted Activities</p> <ul style="list-style-type: none"> <li>No</li> </ul> <p>Supervision Guidelines</p> <ul style="list-style-type: none"> <li>LPN – indirect for fetal heart monitoring</li> </ul>	<b>60 minutes (initial)</b> <b>30 minutes (follow-up)</b>
<b>Postnatal Care</b>	<ul style="list-style-type: none"> <li>Review supports and transition to motherhood</li> <li>Assess lochia, incision healing, breast/nipple health</li> <li>Provide counselling on return to activity and sexual health</li> <li>Screen for postpartum depression, anxiety, and psychosis</li> <li>Refer to physiotherapy, psychology, and community resources as needed</li> </ul>	<p>Restricted Activities</p> <ul style="list-style-type: none"> <li>No</li> </ul> <p>Supervision Guidelines</p> <ul style="list-style-type: none"> <li>None</li> </ul>	<b>30 – 60 minutes</b>

Appointment Type	Details	Restricted Activity & Supervision Guidelines	Scheduling Guidelines
<b>STI Screening</b>	<ul style="list-style-type: none"> <li>Assess for risk of STIs</li> <li>Prepare requisitions as appropriate</li> <li>Provide treatment for confirmed cases if available in clinic</li> <li>Complete STI Notification Form with patient and send to Edmonton STI Clinic</li> <li>Provide counselling about safe sex practices</li> <li>Discuss contraception options if applicable and sexual health support</li> <li>Review immunization status and determine the need for vaccines (ie. Hep B, Hep A, HPV)</li> <li>Arrange follow-up as needed</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>Yes – LPN &amp; RN – insert or remove instruments, devices, or fingers beyond the labia majora or anal verge</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>LPN – indirect</li> </ul>	<b>30 minutes</b>
<b>Urogynecological Wellness Visit</b>	<ul style="list-style-type: none"> <li>Screen for incontinence and pelvic organ prolapse</li> <li>Review bladder/bowel habits (use bladder/bowel diary if appropriate)</li> <li>Teach pelvic floor muscle exercises and bladder retraining</li> <li>Assess pelvic floor function and severity of prolapse</li> <li>Refer to Pelvic Health Physiotherapy or specialty clinics as required</li> </ul>	<ul style="list-style-type: none"> <li>Restricted Activities Yes – LPN &amp; RN – insert or remove instruments, devices, or fingers beyond the labia majora or anal verge</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>LPN – indirect if advanced training complete</li> </ul>	<b>60 minutes</b> (if completing physical assessment of pelvic floor and prolapse)  <b>30 minutes</b> (if no physical assessment – counseling only)  <b>30 minutes</b> (for pessary maintenance)

## Chronic Disease Management

<b>Arthritis</b>	<ul style="list-style-type: none"> <li>Complete focused history and pain assessment</li> <li>Screen comorbidities and review ADLs</li> <li>Provide exercise and nutrition counselling</li> <li>Coordinate community OT, pre/postoperative care, and MSK clinical pathways</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>60 minutes</b> (initial)  <b>30 minutes</b> (follow-up)
<b>Asthma</b>	<ul style="list-style-type: none"> <li>Review exacerbation history and ADLs</li> <li>Assess severity with validated tools</li> <li>Teach inhaler use, trigger avoidance, action plans, and spirometry</li> <li>Promote smoking cessation, vaccination, pulmonary rehab</li> <li>Screen for comorbidities and refer as needed</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>60 minutes</b> (initial)  <b>30 minutes</b> (follow-up)
<b>Cardiac Conditions</b> (i.e. AFib, CHF, post-MI)	<ul style="list-style-type: none"> <li>Review history, ADLs, and labs/ diagnostic tests</li> <li>Provide daily weight monitoring education as needed (CHF)</li> <li>Support medication and self-management, including teaching where required</li> <li>Screen for comorbidities and create action plan for continual management</li> <li>Discuss dietary interventions and healthy activity levels</li> <li>Prepare requisitions as appropriate</li> <li>Collaborate with multi-disciplinary team if applicable (ie. cardiologist, cardiac nurse etc)</li> <li>Arrange follow-up and referrals when needed</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>60 minutes</b> (initial)  <b>30 minutes</b> (follow-up)

Appointment Type	Details	Restricted Activity & Supervision Guidelines	Scheduling Guidelines
<b>Chronic Pain</b>	<ul style="list-style-type: none"> <li>Conduct functional pain assessment</li> <li>Screen comorbidities</li> <li>Provide non-pharmacological therapy options</li> <li>Educate on opioid safety, naloxone, risks, and informed consent</li> <li>Set SMART goals and encourage physical activity</li> <li>Refer multidisciplinary team as required</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>60 minutes</b> (initial)  <b>30 minutes</b> (follow-up)
<b>COPD</b>	<ul style="list-style-type: none"> <li>Review exacerbation history and ADLs</li> <li>Utilize assessment tools (dependent on physician/clinic preference)</li> <li>Teach inhaler use, trigger avoidance, create long-term action plans, and spirometry as needed</li> <li>Screen for comorbidities and create referrals as indicated</li> <li>Review breathing and relaxation techniques</li> <li>Promote smoking cessation, vaccination, pulmonary rehab</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>60 minutes</b> (initial)  <b>30 minutes</b> (follow-up)
<b>Diabetes</b>	<ul style="list-style-type: none"> <li>Provide education on diabetes as a progressive disease</li> <li>Discuss vascular health and complication prevention</li> <li>Review labs, SMBG, medication, and insulin management</li> <li>Teach nutrition, exercise, sick day protocols, driving safety, and insulin adjustment</li> <li>Perform foot exams and provide foot care teaching</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>60 minutes</b> (initial)  <b>30 minutes</b> (follow-up)
<b>Dyslipidemia</b>	<ul style="list-style-type: none"> <li>Conduct risk assessment (e.g., Framingham score)</li> <li>Review labs and diagnostic tests</li> <li>Provide lifestyle and medication counselling</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>60 minutes</b> (initial)  <b>30 minutes</b> (follow-up)
<b>Hypertension</b>	<ul style="list-style-type: none"> <li>Review home BP logs and diagnostic tests</li> <li>Assess comorbidities</li> <li>Provide dietary, activity, and smoking cessation counselling</li> <li>Teach medication adherence</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>60 minutes</b> (initial)  <b>30 minutes</b> (follow-up)
<b>Mental Health</b>	<ul style="list-style-type: none"> <li>Screen for mental health conditions and imminent harm</li> <li>Assess mood, sleep, nutrition, and coping strategies</li> <li>Provide CBT and other tools as appropriate</li> <li>Arrange medication refills and care coordination</li> <li>Refer to team members or community resources</li> </ul>	Restricted Activities Yes – LPN Supervision Guidelines LPN – indirect	<b>60 minutes</b> (initial)  <b>30 minutes</b> (follow-up)

Appointment Type	Details	Restricted Activity & Supervision Guidelines	Scheduling Guidelines
<b>Substance Misuse</b>	<ul style="list-style-type: none"> <li>Assess current and past use with trauma-informed approach</li> <li>Use screening tools (CAGE, POMI, ACEs)</li> <li>Provide motivational interviewing and harm reduction</li> <li>Teach overdose prevention and naloxone</li> <li>Support OAT induction and pharmacotherapy</li> <li>Provide community addiction therapy resources</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>60 minutes</b> (initial)  <b>30 minutes</b> (follow-up)
<b>Weight Management</b>	<ul style="list-style-type: none"> <li>Assess using 5As, 4Ms, and Edmonton Obesity Staging System</li> <li>Provide trauma-informed, patient-centered care</li> <li>Teach nutrition, activity, and SMART goal setting</li> <li>Discuss pharmacological options and referrals as needed</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>60 minutes</b> (initial)  <b>30 minutes</b> (follow-up)

## Primary Care Interventions

<b>Cerumen Impaction Removal</b>	<ul style="list-style-type: none"> <li>Assess ear canals and irrigate as needed</li> <li>Reassess for pain, dizziness, or hearing changes</li> <li>Provide post-procedure education</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>Yes</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>LPN – Patient specific order and indirect required</li> </ul>	<b>15 minutes</b>
<b>Cryotherapy</b>	<ul style="list-style-type: none"> <li>Perform treatment steps</li> <li>Provide pre/post care education and schedule follow-up</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>Yes</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>LPN – Patient specific order and indirect required</li> </ul>	<b>15 minutes</b>
<b>Electrocardiogram</b>	<ul style="list-style-type: none"> <li>Conduct testing as required</li> <li>Interpret or provide ECG tracing to the physician to review (LPN/RN dependent)</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>15 minutes</b>
<b>Injections</b>	<ul style="list-style-type: none"> <li>Administer prescribed injections (immunizations, testosterone, B12, contraceptives, antipsychotics, etc.)</li> <li>Provide teaching on preparation, side effects, after-care, and self-injection as applicable</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>Yes</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>LPN – indirect (cannot immunize children under 5)</li> </ul>	<b>15 minutes</b>
<b>INR Management</b>	<ul style="list-style-type: none"> <li>Teach drug/food interactions and adherence strategies</li> <li>Collaborate with physician/pharmacist on dosing</li> <li>Update Warfarin record and monitor bleeding signs</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>RN – No</li> <li>LPN – not permitted</li> </ul> Supervision Guideline <ul style="list-style-type: none"> <li>LPN – not permitted</li> </ul>	<b>15 minutes</b>

Appointment Type	Details	Restricted Activity & Supervision Guidelines	Scheduling Guidelines
<b>Medication Review</b>	<ul style="list-style-type: none"> <li>Review OTC use, diet changes, side effects</li> <li>Provide adherence support (e.g., bubble packs)</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>15 minutes</b>
<b>Procedure Assistance</b>	Support procedures (biopsies, IUD insertion/removal, endometrial biopsy, sterile setup)	N/A if assisting only	<b>As required</b>
<b>Sick Visits</b>	<ul style="list-style-type: none"> <li>Assess vitals as needed (ie. BP, HR, temperature)</li> <li>Review brief health history including symptoms present and duration</li> <li>Discuss current medication regime</li> <li>Perform testing as required (ie, throat swabs)</li> <li>Prepare lab requisitions as appropriate</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>15 minutes</b>
<b>Spirometry</b>	Conduct as available and indicated	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>15 minutes</b>
<b>Wound Care</b>	<ul style="list-style-type: none"> <li>Collect history, assess wound (M.E.A.S.U.R.E, N.E.R.D.S, S.T.O.N.E.E.S)</li> <li>Cleanse, debride, and dress wounds</li> <li>Teach wound care and monitor healing (B.W.A.T.)</li> <li>Refer as required</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>Yes: LPN &amp; RN – sharp debridement</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>LPN – indirect</li> </ul>	<b>15 minutes</b>

## Quality Improvement Initiatives

<b>Primary Care Nurse Additional Responsibilities</b>	<ul style="list-style-type: none"> <li>Enhance access with nurse-led/day-of appointments</li> <li>Triage phone calls as needed</li> <li>Lead team-based care improvements</li> <li>Improve clinical processes and efficiency</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>None</li> </ul>	<b>As required</b>
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## Care Coordination

<b>Primary Care Nurse Additional Responsibilities</b>	<ul style="list-style-type: none"> <li>Arrange EWPCN referrals, as well as home care and community referrals</li> <li>Conduct social screening (domestic abuse, financial strain)</li> <li>Healthcare navigation and other care coordination (ie. Connect patients with community resources such as SAGE, social services, group programming, etc.)</li> <li>Manage and triage urgent patient phone calls as appropriate</li> <li>Provide support to caregivers and connect to community supports as needed</li> </ul>	Restricted Activities <ul style="list-style-type: none"> <li>No</li> </ul> Supervision Guidelines <ul style="list-style-type: none"> <li>LPN – indirect for triage</li> </ul>	<b>As required</b>
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