



# Missourians are sicker and die earlier than most Americans<sup>1</sup>

Advance-practice registered nurses (APRNs) could ease the shortage of providers, but state regulations hold them back.



### Legislators can enact a policy-based solution

Missouri law **severely restricts** the ability of APRNs to help patients. Please follow the lead of 22 states (and Washington, DC) that permit them to use all of their abilities. APRNs:

- improve healthcare access and outcomes<sup>8</sup>
- provide care that's comparable to physicians and less costly<sup>2</sup>
- are more likely than physicians to practice in inner cities and rural areas<sup>3</sup>
- are more likely to treat no- or low-pay patients<sup>4</sup>
- are growing quickly in numbers — about 9 percent per year vs. 1 percent for physicians<sup>4</sup>



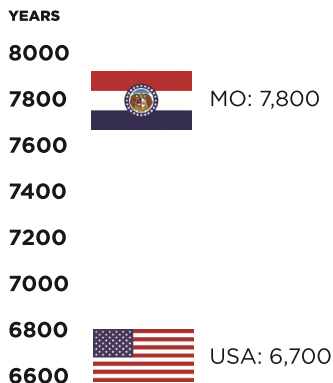
### 1 billion visits

Nationwide in 2017, advance-practice nurses handled more than **1 billion patient visits**.<sup>7</sup> APRNs include nurse practitioners, nurse midwives, nurse anesthetists and clinical nurse specialists. They are educated to handle a range of health needs, including high blood pressure, diabetes, asthma, depression, anxiety, heart disease, back pain, arthritis, thyroid dysfunction, chronic obstructive pulmonary disease, prenatal care, well child exams and vaccinations.

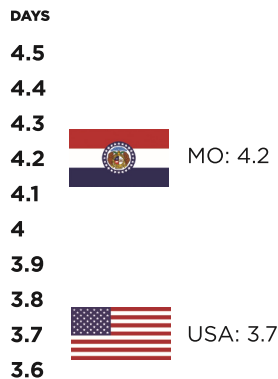
**DID YOU KNOW?** Citizens in states that let APRNs do their jobs are healthier<sup>8</sup> and have lower rates of costly hospitalizations.<sup>2</sup>

## Missourians are less healthy than most Americans<sup>1</sup>

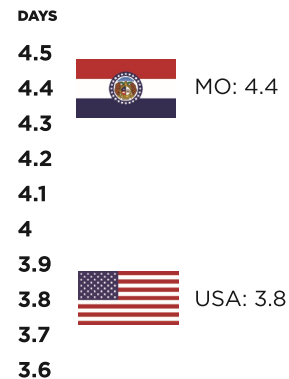
### Years of potential life lost before age 75 per 100,000 population



### Poor physical health days per month



### Poor mental health days per month

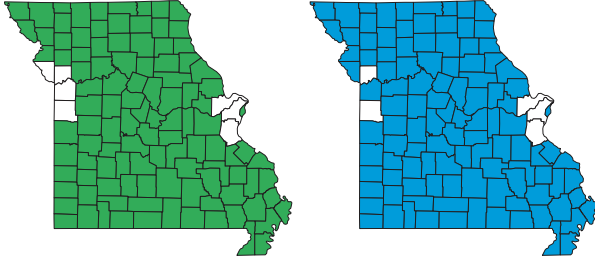


**DID YOU KNOW?** Over 50 years of research shows that APRNs provide safe, high-quality care<sup>2</sup>.

**DID YOU KNOW?** A White House study from December 2018 that concluded that APRNs should have full practice authority.<sup>12</sup>

**Health Provider Shortages**

In Missouri, 97 percent of counties have **severe shortages** of **primary care providers (green map)** or **mental health providers (blue map)** or both. Advance-practice registered nurses, or APRNs, could ease the shortfalls.



United States Department of Health and Human Resources, Health Resource & Services Administration. Available online at [data.hrsa.gov/hdw/tools/MapTool.aspx#](http://data.hrsa.gov/hdw/tools/MapTool.aspx#)

**How to save \$1.2 billion**

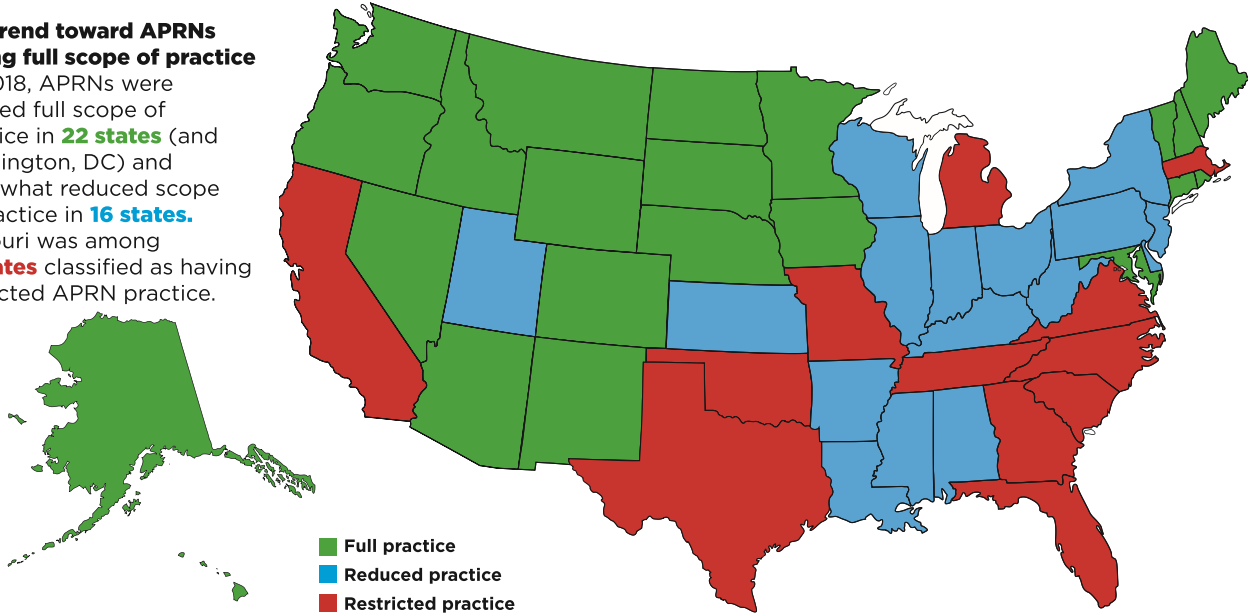
The Missouri Foundation for Health estimates that, by lifting restrictions on APRNs, Missouri could save **\$1.2 billion over 10 years**.<sup>6</sup> Current restrictions include costly and cumbersome requirements that physicians supervise APRNs. Research shows that such supervision does not improve care quality.<sup>12</sup>



**DID YOU KNOW?** APRNs score high on patient-satisfaction and low on rates of malpractice claims.<sup>3, 4</sup>

**The trend toward APRNs having full scope of practice**

By 2018, APRNs were granted full scope of practice in **22 states** (and Washington, DC) and somewhat reduced scope of practice in **16 states**. Missouri was among **12 states** classified as having restricted APRN practice.



American Association of Nurse Practitioners (2017, Dec.) 2018 Nurse Practitioner State Practice Environment. State Nurse State Practice Acts and Administration Rules. Available online: [aanp.org/advocacy/state/state-practice-environment](http://aanp.org/advocacy/state/state-practice-environment)

**DID YOU KNOW?** Physician income does not decline in states that allow APRNs to use their education and training.<sup>6</sup>

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