

BC NURSE PRACTITIONERS ARE WORKING IN WOMEN'S HEALTH



TAMERA STILLWELL, NP(F) is one of four **Family Nurse Practitioners (NPs)** who provide **NP-led care** to **marginalized women in Vancouver's Downtown East Side**, and in specialized women's **ambulatory programs** through BC Women's Hospital & Health Centre.

My days vary because of the various outreach and ambulatory clinics we provide. Many of our patients are **socially complex**, some are also **medically complex**.

THE KIND OF CARE WE PROVIDE

- **Primary care:** diabetes, hypertension, cardiac conditions, acute illnesses.
- **Reproductive health care:** PAP, menstrual concerns.
- **Sexual health care:** STI screens.
- **Substance abuse support.**
- **Mental health support:** depression, PTSD, anxiety.



OUR PATIENTS ARE MARGINALIZED WOMEN



- Newcomers (including undocumented women).
- Aboriginal.
- LGBTQ.
- Women impacted by trauma, mental health, addictions, and poverty.
- Not uncommon for a person to present >5 concerns and struggle with poverty, inadequate housing, etc.



NPs ARE ASSIGNED AS "DROP-IN" OR "BOOKED"

It's important to have drop-in appointments to provide low barrier access to less stable patients that is balanced with providing continuity of care.

Appointments are longer...about 30 minutes for each patient. This is because:

- Patients sometimes present multiple medical concerns, and
- **We work independently and do it all.** (We do not have clerical nor medical office assistants onsite at the outreach clinics.)

“ *The best part of my job is the relationships I have with the women I serve. Everyday they teach me about how to maintain a sense of humour and remain a caring person despite adversity.* ”