

## How to Use the Tool Kit for Impacting Change

Health care is constantly changing and becoming more complex. This provides the opportunity for greater use of Clinical Nurse Specialists in meeting the growing demands of health within our nation. Federal and state level regulatory changes require reform as the demand for health care increases. The CNS needs to be prepared to advocate for changes that not only shape health care delivery but also modify the way we practice. In order to prepare CNSs to have a strong voice, this tool kit was developed to assist the CNS in knowing how to become involved with legislative and regulatory efforts.

The kit provides facts and guides on how to begin your involvement with legislative processes. Most importantly it explains how to become familiar with your representative, who makes these regulatory changes happen. The kit provides a guide on meeting with congressional and state representatives. It describes how to prepare for a visit, what to say during the visit and important follow-up activities. Development of legislation is also important to understand. The kit helps to guide the CNS in developing legislation that may benefit practice.

Each state has unique challenges in implementing standards affecting APRN practice. The outcome of new standards leads to needed change in regulation and legislation in order for APRNs to practice fully. The National Council of State Boards of Nursing (NCSBN) closely monitors each state's progression to APRN full practice authority. Using the maps provided on the NCSBN website can help you research states that have been successful in APRN regulation. ([NCSBN APRN](#))

Efforts to inform the public about CNS practice and legislation that may affect the practice are imperative. You will find tools that describe the benefit of writing to the local newspaper editor as a means to inform and explain to others about health care or practice issues. It is also important for CNSs to have a presence on regulatory boards in each state. The kit provides information on how to get appointed to the Board of Nursing in your state.

Other resources in the kit include letters written by the Federal Trade Commission in support of advanced practice nursing, facts about the Consensus Model and the IOM Report on the Future of Nursing.

The final section contains articles on the regulation of CNS practice, which provide additional information on working at the state level to influence CNS practice.

We hope that this kit will be helpful to you as you develop legislative and regulatory advocacy for CNS practice. As always, the NACNS is here to help you be successful in changing practice for CNSs within your state.

Legislative and Regulatory Committee