# New Zealand Hepatology Nurses Knowledge and Skills Framework



## RÕPŪ TĀPUHI HEPATOLOGY O AOTEAROA

NZ HEPATOLOGY NURSES GROUP

November 2024

## Background

Hepatology nursing is an emerging speciality in New Zealand (NZ)/Aotearoa. The NZ Hepatology Nurses Group (NZHepNG) represents a group of nurses dedicated to ensuring excellence in the care and management of people with or at risk of liver disease.

The group was developed in 2019 in response to changes in the treatment of viral hepatitis and the desire to expand our scope of practice in hepatology. The group identified that we needed to expand our practice to reflect the increase in morbidity and mortality associated with all aetiologies of liver disease. In addition to hepatitis B and hepatitis C, increasingly other aetiologies are contributing to the burden of liver disease including metabolic associated steatotic liver disease (MASLD), alcohol related liver disease (ARLD) and autoimmune conditions. We wanted to recognise the specialist skills and knowledge that nurses bring to this area of practice but also recognised the need to develop a framework to promote key skills and knowledge for nurses in this specialty.

The NZ Hepatology Nurses Group aims to promote excellence in hepatology nursing within NZ/Aotearoa through the development of frameworks for clinical practice, education, and research. The intention of the Knowledge and Skills Framework is to support this aim by providing guidance for all nurses working with people with or at risk of liver disease in various healthcare environments from community-based health care settings to secondary and tertiary level specialty areas. The Knowledge and Skills Framework is about the application of knowledge and skills but, not about the specific knowledge and skills nurses need. More specific standards or competencies would be needed for this and is an area for future focus and development.

## Members

The NZHepNG is a membership-based group representing and supporting nurses caring for people with or at risk of liver disease. It is a sub-specialty group of the New Zealand Gastroenterology Nurses College of the New Zealand Nurses Organisation. The group acknowledges the commitment and support of those who have contributed to the development of the Knowledge and Skills Framework including committee members and those involved in expert review.







#### NZ Hepatology Nursing Group Committee Members:

#### May 2019- May 2022

Nancy Carey – Community Hepatitis Nurse Co-Ordinator– Te Manawa Taki (Chair) Jo de Lisle – Hepatitis C Project Manager (RN) – HealthShare Ltd (Co-Chair) Bridget Faire – Clinical Nurse Specialist (Hepatology) – Auckland Hospital Te Wahtu Ora (Secretary) Jacqui Stone – Gastroenterology Nurse Practitioner – Middlemore Hospital Te Wahtu Ora (clinical expert)

Judith McLaughlin - Clinical Nurse Specialist (Hepatology) - Christchurch Hospital, Te Whatu Ora (joined September 2020)

#### May 2022-present

Judith McLaughlin - Clinical Nurse Specialist (Hepatology) – Christchurch Hospital Te Whatu Ora (Chair) Bridget Faire – Clinical Nurse Specialist (Hepatology) –Auckland Hospital Te Wahtu Ora (Secretary) Jessica Southall – Hepatology Nurse – Christchurch Hospital, Te Whatu Ora (NZgNC representative) Susan Gale – Clinical Nurse Specialist (Hepatology) – Dunedin Hospital, Te Whatu Ora Jacqui Stone – Gastroenterology Nurse Practitioner – Middlemore Hospital Te Wahtu Ora (clinical expert)

## Development of the Knowledge and Skills Framework

This document was developed through a process of consultation with hepatology nurses and key stakeholders in New Zealand. The original basis of the document was developed from the Australasian Hepatology Association (AHA) Practice Standards for the Hepatology Nurse (2015). Development of the AHA Competency Standards for Hepatology Nursing first began in 2010 to document the fundamental principles of hepatology nursing and provide guidance for advanced practice. Several rounds of consultation which included members from Australia and New Zealand resulted in confirmation of the content in 2012. Despite the membership being open to and including New Zealand nurses, the content has continued to be predominately Australian focused with little reference to the unique cultural differences and health policies in New Zealand that affect funding and treatment decisions here. Māori continue to experience a disproportionate burden of liver disease due to significant health disparities (Clough, 2022).

The development of this framework involved rounds of consultation with committee members and members of the wider group. The committee reviewed knowledge and skill frameworks developed for







nurses working in other areas of health, including local and international documents. The Delphi method was used for consensus.

"The Delphi method is recommended for use in the healthcare setting as a reliable means of determining consensus for a defined clinical problem or document. This method is an iterative process that uses a systematic progression of repeated rounds of voting and is an effective process for determining expert group consensus where there is little or no definitive evidence and where opinion is important" (Linstone & Turoff, 1975).

May 2019	New Zealand Hepatology Nurses Group (NZHepNG) established.	
	Nancy Carey (Chair)	
	• Jo De Lisle (Co-Chair)	
	• Bridget Faire (Secretary)	
February 2020	Accepted as a sub-group of the New Zealand Gastroenterology Nurses	
	Section (NZgNC) of the New Zealand Nurses Organisation	
September 2020	Judith McLaughlin joined as a committee member	
November 2020	Meeting to commence writing of Knowledge and Skills Framework	
March 2021	NZHepNG Terms of Reference uploaded to NZgNC website	
April 2021	Meeting to progress development of Knowledge and Skills Framework	
June 2021	Nancy Carey and Jo De Lisle resigned as committee members.	
	Judith McLaughlin elected as Chair.	
	Jessica Southall and Susan Gale elected as members of the committee	
March 2023	Meeting to progress development of Knowledge and Skills Framework	
April 2023	Meeting to progress development of Knowledge and Skills Framework	
November 2023	Knowledge and Skills Framework reviewed by NZNO Policy Analyst (Māori).	
	Face to Face meeting at the Annual Scientific Meeting with members	
February 2024	of the NZ Hepatology Nursing Group membersKnowledge and Skills Framework sent to NZ Society of	
	Gastroenterology for review.	
September 2024	Endorsement of Knowledge and Skills Framework from NZgNC	
	committee.	
November 2024	Knowledge and Skills Framework published.	

#### Timeline of Development of Knowledge and Skills Framework







The NZHepNG will review the knowledge and skills framework biannually to reflect the development and promote up to date evidence -based knowledge and practice.







RÕPŪ TĀPUHI HEPATOLOGY O AOTEAROA NZ HEPATOLOGY NURSES GROUP

## Defining Scope of Practice of Hepatology Nurse

The AHA defines the Hepatology Nurse as

"A Registered Nurse who applies advanced knowledge and skills in the testing, management and treatment of liver disease to optimise the health and wellbeing of people with or affected by liver disease across the continuum of care" (AHA, 2017 p 3),

This framework is for but not limited to the Registered Nurse. A nurse's scope of practice refers to that which they are educated, assessed, and legislated to perform (College of Nurses Aotearoa NZ, 2023). The Nursing Council of New Zealand's Competencies for Registered Nurses describe the skills and activities of registered nurses.

In addition to these, there is a combination of skills, attitudes, knowledge, and values that underpin hepatology nursing. This document is intended to provide a framework to guide practice in the 5 core dimensions that shape hepatology nursing in NZ/Aotearoa. These are based on the domains of the AHA Consensus-Based Nursing Guidelines (AHA, 2017):

- provision and management of nursing care for people with or affected by liver disease.
- interdisciplinary coordination and care
- non-discriminatory practice
- professional self-care and development
- clinical and community leadership

The Framework may also be used to:

- facilitate assessment of competence and continuing competency and guide best practice for nurses to function in the speciality area.
- inform the development of policy and procedures for hepatology nurses.
- standardise nursing practice in hepatology.
- assist in the development of orientation programmes, job descriptions and education programmes for hepatology nursing.
- facilitate identification and recognition of hepatology nursing as a speciality.

Nurses work in a variety of clinical settings providing care and education to patients with liver disease. The following levels of practice have been defined to provide guidance about what to expect at different levels of nursing practice depending on the area of practice and workplace







setting, and a mechanism for portfolio development for Professional Development Recognition Programmes (PDRP).

#### Competent

This could include Nurses working in primary or secondary care from a variety of clinical backgrounds who care for patients with or affected by liver disease, or who have risk factors for liver disease.

#### Proficient

This could include Nurses with a special interest in hepatology such as those working within drug, alcohol or viral hepatitis services, nurses with experience caring for patients with liver disease over several years, ward nurses or newly appointed specialist nurses.

#### Expert

Nurses who have developed expert practice through experience in hepatology and post graduate education towards a Master of Nursing. These nurses are often leaders of their respective services and could include registered nurses with experience of caring for patients with liver disease over several years, an experienced clinical nurse specialist, liver transplant coordinator, or a nurse working in a nurse led viral hepatitis service.







## NCNZ Domains of Practice

#### Domain one – Professional responsibility.

1.1 Accepts responsibility for ensuring that his/her nursing practice and conduct meet the standards of the professional, ethical and relevant legislated requirements.

1.2 Demonstrates the ability to apply the principles of the Treaty of Waitangi Te Tiriti o Waitangi to nursing practice.

1.3 Demonstrates accountability for directing, monitoring and evaluating nursing care that is provided by enrolled nurses and others.

1.4 Promotes an environment that enables health consumer safety, independence, quality of life and health.

1.5 Practises nursing in a manner that the health consumer determines as being culturally safe.

#### Domain two - Management of nursing care.

2.1 Provides planned nursing care to achieve identified outcomes.

2.2 Undertakes a comprehensive and accurate nursing assessment of health consumers in a variety of settings.

2.3 Ensures documentation is accurate and maintains confidentiality of information.

2.4 Ensures the health consumer has adequate explanation of the effects, consequences and alternatives of proposed treatment options.

2.5 Acts appropriately to protect oneself and others when faced with unexpected health consumer responses, confrontation, personal threat or other crisis situations.

2.6 Evaluates health consumer's progress toward expected outcomes in partnership with health consumers.

2.7 Provides health education appropriate to the needs of the health consumer within a nursing framework.

2.8 Reflects upon, and evaluates with peers and experienced nurses, the effectiveness of nursing care.

2.9 Maintains professional development.

#### Domain three – Interpersonal relationships.

**3.1** Establishes, maintains and concludes therapeutic interpersonal relationships with health consumers.

3.2 Practises nursing in a negotiated partnership with the health consumer where and when possible.

3.3 Communicates effectively with health consumers and members of the health care team.







#### Domain four – Inter-professional health care & quality improvement.

4.1 Collaborates and participates with colleagues and members of the health care team to facilitate and coordinate care.

4.2 Recognises and values the roles and skills of all members of the health care team in the delivery of care.

4.3 Participates in quality improvement activities to monitor and improve standards of nursing.

(Nursing Council of New Zealand, 2023)

### References

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Knowledge and Skill	NZNO Domain	Level	
1.1 Provides	2.1	Competent	
comprehensive, evidenced based	2.2	<ol> <li>Understands basic anatomy and physiology of the liver.</li> <li>Understands normal laboratory ranges and ability to detect abnormal results.</li> </ol>	M
clinical care.	2.3	3. Understands common aetiologies of liver injury or disease.	Know
	3.3	4. Aware of the implications of untreated liver disease including liver failure and liver cancer.	
	4.1	5. Identifies individuals at risk of liver disease.	SSS
	4.1	6. Performs and documents a basic assessment of the patient with liver disease.	Assess
		7. Aware of medications commonly used to treat viral hepatitis.	
		8. Accesses health pathways for guidance regarding assessment, referral and/or management	
		9. Provides lifestyle and harm reduction advice for optimal liver health.	
		10. Understands the importance of ongoing monitoring/surveillance for patients with advanced liver disease including imaging and regular blood tests and assists in the coordination of care as required.	







1 Provides		1.	Has comprehensive knowledge of anatomy and physiology of the liver.	
comprehensive,		2.	Understands normal laboratory ranges for assessment of liver fibrosis and disease activity and able to	Know
evidenced based			detect and interpret abnormal results.	Kne
clinical care.		3.	Has a comprehensive knowledge of aetiologies of liver injury or disease, including lifestyle factors.	
	2.1	4.	Identifies individuals at risk of liver disease.	
	2.5	5.	Co-ordinates and requests tests and investigations in consultation with responsible physician or Nurse Practitioner, within scope of practice and authorisation/policy of employer.	
	2.3	6.	Performs and documents comprehensive assessment of the patient with liver disease. Evaluates findings	γςςρςς
	2.6	7.	from comprehensive assessment, including tools for assessment of liver fibrosis and disease activity. Describes the signs and symptoms of advanced liver disease, including decompensated disease.	40
	3.3	8.	Identifies reported radiological features of advanced liver fibrosis.	
	4.1	9.	Understands the implications of untreated liver disease including fibrosis progression, liver failure and liver cancer.	
		10.	Discusses the management and evidence-based treatment of liver disease caused by different aetiologies including a comprehensive understanding of medications commonly used, and tools to assess for drug-to-drug interactions.	
		11.	Provides advice and is aware of referral processes for addiction and lifestyle related liver diseases.	2
		12.	Provides ongoing monitoring/surveillance for the patient with advanced disease.	1400000







1.1Provides		Expert	
comprehensive, evidenced based		<ol> <li>Has comprehensive and advanced knowledge of anatomy and physiology of the liver.</li> <li>Understands laboratory ranges for assessment of liver fibrosis and disease activity; analyses and</li> </ol>	mouy
linical care.		interprets abnormal results.	2
		3. Identifies individuals at risk of liver disease and lifestyle risk factors that may influence disease.	
		<ol> <li>Co-ordinates and requests tests and investigations in consultation with patient's physician or Nurse Practitioner, within scope of practice and authorisation/policy of employer.</li> </ol>	
	2.1	<ol> <li>Performs, documents, and evaluates findings of a comprehensive physical, psychosocial, clinical assessment of the patient with liver disease.</li> </ol>	
	2.5	<ol> <li>Discusses the signs and symptoms of decompensated liver disease and understands the management of</li> </ol>	
	2.3	<ul><li>this.</li><li>7. Identifies reported radiological and other diagnostic features of advanced liver fibrosis.</li></ul>	
	2.6	8. Understands progression of liver disease and risk factors for progression of fibrosis	
	3.3	9. Discusses the management and evidence-based treatment of liver disease caused by different aetiologies	
	4.1	including an understanding of medications commonly used and tools to assess for drug-to-drug interactions.	
		10. Provides advice, and is aware of referral processes to interdisciplinary team, for addiction and lifestyle related liver disease.	
		11. Provides ongoing monitoring/surveillance for the patient with advanced disease.	







1.2 Provides	1.2	Competent Proficient Expert
information and education to suit the	1.4	<ol> <li>Understands the social, cultural, economic and language complexities that may affect the patient's understanding of liver disease. Investigates this by asking open questions and actively listening to the patient's</li> </ol>
individual's level of	1.5	story.
health literacy.	2.4	<ol> <li>Assesses the patient's and whanau's knowledge of liver disease, causes, risk factors and consequences and builds on their understanding in a supportive, open, and empathetic manner.</li> </ol>
	2.6	<ol> <li>Provides information about lifestyle factors, consequences, and services available to support changes, particularly in relation to drug use, alcohol use and obesity.</li> </ol>
	2.7	<ol> <li>Provides relevant patient-centred culturally appropriate information and resources.</li> </ol>
	3.1	
1.3 Includes the	1.2	Competent Proficient Expert
patient in the development of their	1.4	<ol> <li>Actively encourages participation of the patient and their whānau in clinical planning and decision making with opportunities provided for regular review.</li> </ol>
management and treatment plan.	1.5	<ol> <li>Actively encourages and supports the patient to set goals and adopt self-management strategies utilising a strengths-based approach to enhance health outcomes.</li> </ol>
	2.4	3. Respects and supports the patient's right to make informed choices, including the right to privacy and
	2.6	<ul><li>confidentiality.</li><li>4. Assists the patient and their whānau to navigate the healthcare system.</li></ul>
		in Assiste the patient and their whanda to havibate the healtheare system.
	2.7	
	2.7 3.1	







Interdisciplinary coo	ordination	and care
Knowledge and Skill	NZNC Domain	Level
2.1 Participates in and contributes to interdisciplinary/mul ti-disciplinary clinical decision making.	3.3 4.1 4.2	Competent         1. Establishes and maintains effective collegial relationships.         2. Contributes a nursing perspective to interdisciplinary care discussions based on clinical care pathways.         Proficient       Expert         1. Cultivates productive clinical partnerships to enhance services for patients with liver disease.         2. Contributes a nursing perspective to interdisciplinary care discussions based on clinical experience and best practice.         Competent       Proficient         Laboration       Proficient         Laboration <td< td=""></td<>
2.2 Facilitates the coordination of care for patients with liver disease.	3.3 4.1 4.2	<ol> <li>Competent         <ol> <li>Understands the roles and responsibilities of members of the interdisciplinary team from both hospital and community services who support patients with liver disease and understands their role within it.</li> <li>Understands the importance of making timely referrals utilising the appropriate clinical pathways for people with or at risk of liver disease.</li> </ol> </li> </ol>
		Proficient       Expert         1. Has a comprehensive understanding of the role and responsibilities of members of the interdisciplinary team to facilitate appropriate and timely referral for people with or at risk of liver disease.         2. Uses effective communication strategies to collaborate, consult and provide accurate information to other health professionals about prescribed interventions and or treatments.         3. Actively promotes the role of the hepatology nurse to members of the interdisciplinary team         Competent       Proficient       Expert         1. Utilises interdisciplinary team to support adherence to treatment and management working collaboratively and utilising supports available.       Expert         2. Utilises support and models that best address a Māori perspective (Te Reo Māori) when working with Māori patients and their whanau.







Non-discriminatory	practice	
Knowledge and Skill	NZNC Domain	Level
3.1 Advocates for non-discriminatory behaviour towards patients with liver disease	1.1 1.2 1.4 2.8 3.2 3.3	Competent         Proficient         Expert           1. Practices in a non-discriminatory, non-judgemental, confidential, and respectful manner, and challenges discriminatory attitudes and practices towards patients with liver disease. Including but not limited to people who inject drugs, people who misuse alcohol and people with obesity.         2. Understands the breadth of individual diversity and supports care that is culturally safe.           3. Is aware of own cultural beliefs, attitudes, and internal bias and how these affect delivery of nursing care. Seeks support if own belief system is challenged and/or threatened.         4. Recognises the importance of equity and equality by being a voice for the patient and empowering them in their own care.           5. Actively reflects, considers and challenges their own professional attitudes toward ethnicity, sexual orientation, alcohol and drug use, social circumstances and cultural beliefs to ensure behaviour is non- discriminatory as per the NZ Nursing Council Code of Conduct https://www.nursingcouncil.org.nz/Public/Nursing/Code_of_Conduct/NCNZ/nursing-section/Code_of_Conduct.aspx
3.2 Acts to protect and promote the rights of individuals and groups.	1.2 1.4 1.5	Competent         Proficient         Expert           1. Advocates for the patient's equity of access to treatment and management regardless of the aetiology of their liver disease and lifestyle choices, or cultural background.         2. Demonstrates knowledge of differing social determinants of health between Māori and non-Māori and the impact this has on health outcomes. Recognises Māori are overrepresented in liver disease, including advanced fibrosis and hepatocellular carcinoma.         3. Understands health equity as it relates to Māori and develops relationships with Māori to collaboratively design and evaluate new ways of working that ensures healthcare that meets their needs.







Professional self-care	and develo	opment
Knowledge and Skill	NZNC Domain	Level
4.1 Practices within scope of professional and organisational role.	1.1 2.8	Competent       Proficient       Expert         1. Understands and works within own professional scope of practice and refers to other services and professionals when required.       Proficient       Expert         1. Acts as a role model by practising according to professional standards and clinical practice guidelines.       Proficient       Expert
4.2 Actively participates in professional development activities to improve provision of care.	1.1 2.8 2.9 4.3	Competent       Proficient         1. Participates in education programs and professional development activities in hepatology nursing.         Proficient       Expert         1. Attends regional, national, and international meetings and conferences that facilitate best practice in hepatology nursing.         2. Collaboratively incorporates relevant evidence-based research findings into clinical practice.         Expert         1. Actively seeks professional development opportunities to enhance and improve specialty knowledge.         2. Participates in the organisation of education programs and professional development activities in hepatology nursing.         3. Participates in formal postgraduate education.







Knowledge and Skill	NZNC Domain	Level		
4.3 Actively reflects on professional performance and competence	2.8	development. 2. Seeks guidance and	support to reflect and evaluate effe	<b>Expert</b> ctice to identify areas for professional growth and ectiveness of nursing care. delines to guide practice within resource constraints.
4.4 Initiates and participates in quality improvement activities.	4.3	service provision. Proficient	Proficient eceived from colleagues and people v grates evidence-based research find	Expert with or at risk of liver disease to continuously improve lings into clinical practice.
		Proficient         1. Reviews/participate information, and residuation, and residuation.         Expert         1. Collaboratively app         2. Develops a plan for models of care base	Expert es/contributes to development and o ferral pathways to improve clinical o praises and integrates evidence-base of quality improvement to continuous ed on feedback received from colleag dinates formal and informal debriefi	or critique of policies and procedures, guidelines, patient care for the patient with liver disease. ed research findings into clinical practice. sly improve service provision and integrates it into existing gues and people with or at risk of liver disease. ing processes assisting colleagues to reflect and evaluate







Clinical and Communi	ty Leaders	hip
Knowledge and Skill	NZNC Domain	Level
5.1 Contributes to and promotes the development of the hepatology nurse role.	1.3 4.1 4.3	<ul> <li>Competent         <ol> <li>Promotes the role and responsibilities of nurses caring for patients with liver disease within their own health service area.</li> <li>Is aware of policies/procedures/guidelines that guide hepatology nursing practice.</li> </ol> </li> <li>Proficient         <ol> <li>Promotes the role and responsibilities of the hepatology nurse at a local and national level.</li> </ol> </li> </ul>
		<ol> <li>Utilises policies/procedures/guidelines that guide hepatology nursing practice.</li> <li>Competent Proficient Expert</li> <li>1. Fosters and maintains relationships with members of the health care team to highlight the role of the hepatology nurse and the contribution they make to the care of the patient with liver disease.</li> <li>2. Maintains involvement with a professional nursing body such as the NZ Hepatology Nurses Group.</li> </ol>
		<ol> <li>Promotes the role and responsibilities of the hepatology nurse at a local, national, and international level.</li> <li>Contributes to the development and review of policies/procedures/guidelines that guide hepatology nursing practice.</li> <li>Documents and maintains up to date position descriptions, including roles and responsibilities, to ensure the sustainability of the nursing position.</li> </ol>







Knowledge and Skill	NZNC	Level
	Domain	
5.2 Provides advice	1.3	Competent
and guidance on liver disease.	4.1	<ol> <li>Provides information about liver disease and its associated impact. Is aware of how to access information, and when and who to refer to.</li> </ol>
	4.3	2. Participates and supports activities to raise awareness.
		Proficient
		1. Acts as a resource for people involved in caring for those with liver disease.
		2. Participates in activities to raise awareness and provide education about liver disease.
		Expert
		1. Provides expert advice and education for members of the interdisciplinary team and the wider health service about liver disease and its associated impact.
		2. Leads and participates in activities to raise awareness and provide education about liver disease.
		<ol> <li>Advises government agencies and non-government organisations about liver related policy development and the impact of liver disease.</li> </ol>
5.3 Supports nurses	4.1	Proficient
caring for people with liver disease.	4.3	1. Provides education and support to nurses new to the specialty of hepatology
inver disease.		Proficient Expert
		1. Shares information and knowledge
		2. Provides links to hepatology clinical practice guidelines
		Expert
		1. Provides peer support, clinical leadership and or mentoring for nurses and health professionals regarding
		caring for a patient with or at risk of liver disease.
		2. Collaborates with colleagues to monitor and evaluate orientation and mentoring activities.







Knowledge and Skill	NZNC	evel	
	Domain	_	
5.4 Participates in and	4.3	roficient	
or leads research		1. Participates in	activities to raise awareness and contribute to evidence-based care for patients with liver
activities.		disease.	
		xpert	
		1. Initiates resea	rch activities that strengthen the evidence base of hepatology nursing.
		2. Disseminates i	nformation about research and other developments in liver disease to colleagues, the
		interdisciplina	ry team, and other stakeholders.
		3. Contributes to	presearch activities through interdisciplinary collaboration.
		4. Demonstrates	ability to critically appraise research findings.
		5. Contributes to	evidence-based nursing practice by publishing in the NZNOs Gastroenterology Nurses College
			ube) and peer reviewed journals.





