

Studies have shown that stronger health care systems are associated with improved health outcomes, such as reduced morbidity and mortality. In the US, patients with comprehensive primary care and continuous care have better health status than those who don't. Improving access to primary care not only improve health outcomes but also reduce ED utilization and control ED overcrowding (Hong et al., 2020). I work in the ED, and we often get patients that tell us that they are here in the ED because they couldn't get an appointment with their PCP. The NP can advocate for better and extended hours for her patients with involving other professionals.

- First start by identifying the need for extended hours in the office I work at. Assess the healthcare needs of my patients and the community and determine if there is a significant need for extended hours based on factors such as patient numbers, survey results, and comments from both patients and staff.
- Next, collect data about the healthcare services that we currently offer and the advantages of adding extended hours. This can include assessing a patient's wait time, patients missing their appointments, staff needs, and the additional cost of extended hours.
- Involve collaborating with decision-makers and professionals such as physicians, community businessmen, and administrators who are willing to invest in extending hours at the office.
- If the proposal gets approved, then the NP can work with other parties to implement and evaluate the plan by ensuring the necessary resources and staff, evaluating the impact of extended hours on patient's satisfaction and health outcomes.
- If extending hours at the office doesn't work, the NP can offer telehealth services after hours for the patients who are desperately in need and can't make it during business hours.

Hong, M., Thind, A., Zaric, G., Sarma, S. (2020). The impact of improved access to after-hours primary care on emergency department and primary care utilization: A systematic review, *Health Policy*, Volume 124, Issue 8, Pages 812-818, ISSN 0168-8510, <https://doi.org/10.1016/j.healthpol.2020.05.015>. (<https://www.sciencedirect.com/science/article/pii/S0168851018304883>)

With the overturning of Roe V. Wade law, women are seeking unsafe abortion. Abortion that is unsafe is unsafe because it is carried out by people who lack the essential knowledge, training, or facilities that do not adhere to basic medical standards. These procedures are frequently performed in secrecy, without the required medical supplies or equipment, and in unsanitary settings, which can result in major health issues or even death. Until the policy changes and we get laws that support abortion in the U.S., that NP should protect their patients by:

- Providing sexual health educations and raising awareness of options for preventing unwanted or unplanned pregnancy.
- Improving access to information about fertility such as monitoring menstrual cycles and menopausal status. Also, providing reliable birth control approaches for women that are effective and monitor for side effects that often make women stop taking their birth control pills.
- Advocating for inclusive healthcare coverage for effective and reliable contraception.
- Providing affordable pregnancy tests and "morning after" contraception to women to have on hand.
- And lastly, be a part of advocating for policies that would ensure women's right to make decisions about their bodies.

Berg, J. A., & Woods, N. F. (2023). Overturning Roe v. Wade: consequences for midlife women's health