A Day In the Life: Meet Chelsea Rogerson, NP-PHC

I work as a primary health care nurse practitioner (family all ages) for Health PEI. I graduated from UPEI with my BScN in 2006, from Lakehead University with an NP-PHC certificate in 2013, and from Athabasca University with a Master of Nursing: Nurse Practitioner in 2015. I decided to return to school and do my NP after working as an Advanced Practice Nurse in Northern Manitoba.

I have a roster of approximately 500 clients in which I am the primary health care provider; I also provide overflow care for the clients of my three collaborating physicians. Additional to this, I provide care on an as needed basis for unaffiliated clients. On a typical day, I see between 20-32 clients in the clinic. My day consists of pre-booked appointments, follow-ups, and same-day appointments that range from fifteen minutes to one hour, depending on the clients concern. My practice is based out of the Murphy's Parkdale Medical Centre.

Clients are welcome to book appointments for health concerns as they see necessary. In my practice I offer a wide variety of services, however, my days frequently consist of chronic disease management, prenatal care, health screening, counseling, episodic care and IUD insertions. At the clinic we offer client and family-centered, holistic care. We strive to offer accessible care by offering same day appointments, early morning appointments and a weekly evening clinic. I collaborate and consult with all disciplines in the health care field in an effort to provide clients with the highest, quality care possible.

Originally, my position started as a pilot project, creating an opportunity for a PHC-NP to work with their own client base, rather than only seeing clients of collaborating physicians. Because of the overwhelming success of this pilot project, it became a permanent position which I reside in today. This position requires a great deal of autonomy and independence, and the opportunity has helped me to grow substantially as a primary health care provider within the community.