When CNSs treat patients in hospitals, long-term care facilities and communities, outcomes improve and costs decline. CNSs with prescriptive authority also diagnose and prescribe. Psychiatric-Mental Health CNSs provide psychotherapy and prescribe medications.

**CNSs Reduce Costs by:**
- Reducing days of inpatient hospitalization
- Reducing number of readmissions
- Preventing complications
- Reducing emergency room visits

**CNSs Achieve these Results by:**
- Promoting evidence-based care
- Implementing innovative models of patient care
- Coordinating care with members of the health care team
- Teaching patients and nursing staff
- Conducting research

**REFERENCES**


Care of 57 patients with Hepatitis C virus (HCV) receiving standard care by a gastroenterologist and medical resident was compared to 61 HCV patients with care managed by a CNS. The CNS group had significantly reduced loss to follow-up (53% vs. 12%, p < .001), significantly increased diagnosis confirmation with liver biopsy (65% vs. 84%), and statistically significant improvement in treatment (9 vs. 20 cases, p = .03). Shutt, J., Robathan, J., & Yyas, S. K. (2008). Impact of a clinical nurse specialist on the treatment of chronic hepatitis C. British Journal of Nursing, 2008, 17(9), 572-575.

CNSs who evaluated patients for prostate cancer revealed dramatically improved efficiency in diagnosing prostate cancer. Patients were referred directly to the CNS and seen within five days. Survey results revealed 33% of respondents were surprised to be seen by a CNS instead of a urologist and 10% would have preferred to have been seen initially by a urologist. Following the biopsy, no patients preferred a urologist to perform the biopsy, 84% were happy to receive their findings from the CNS, and 16% had no preference. Quality and safety results for the CNS-managed patients were excellent: 43% of biopsies were positive, all core tissues were of prostatic origin, and only 4 of 147 patients (3%) were admitted to the hospital post biopsy for infection (n = 2) and urinary retention (n = 2). James, N., & McPhail, G. (2008). The success of a nurse-led, one-stop suspected prostate cancer clinic. Cancer Nursing Practice, 7(3), 28-32.

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### Psychiatric-Mental Health CNSs

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Clinical Nurse Specialists provide care to patients with complex health problems.