

Kirsten Mallard GNP and Megan Smallwood GNP Nurse Practitioners

We are geriatric nurse practitioners who work with the Provincial Geriatric Program. Kirsten has been with the program since 2014 and Megan since 2016. Prior to this we both have been nursing in various roles in PEI since 2003 and 2002 respectively. In our current practice we service the entire province, tip to tip.

Kirsten is the NP covering Queens East and Megan from East Prince to West Prince. We work collaboratively with our three geriatricians to service individuals 65 and older. We receive referrals from physicians and nurse practitioners to assess individuals for various reasons, like dementia, medication review, frailty, home safety, depression and anxiety. We see individuals in clinic settings, acute care, community care and in their homes. We conduct comprehensive geriatric assessments and make recommendations to the primary providers to implement. We work primarily as consultants to primary care providers.

We have strong partnerships with home care and primary care through our COACH program. This program stands for caring for the older adult in community and home. The goal of this program is to keep frail seniors in home by working with home care and primary care. It has proven very successful in reducing ER visits, hospital admissions and primary care visits in this complex group of patients.

We both have a strong passion for providing quality care and access to our senior population and their families. We also are a resource for other health care professionals in conducting education sessions on topics specific to the senior population. Our roles are in a specialized area that is ever increasing and becoming more complex but very significant with our aging population.