



NNPBC Statement on the Elimination of Sick Notes for Short-Term Illness

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A Welcome Step to Reduce Administrative Burden

The Nurses and Nurse Practitioners of BC (NNPBC) is pleased to see the BC Government taking meaningful steps to reduce administrative burden in health care. The BC Government [announced](#) its intention with changes to the Employment Standards Act, introduced on April 15 as Bill 11, to eliminate the requirement for health care practitioner-provided sick notes for short-term absences. This step reflects an understanding of what nurses have long said: that unnecessary paperwork pulls providers away from patient care, contributing to delays and burnout across the system.

Our association stands firmly behind nurses and nurse practitioners as the BC Government begins to act on its broader mandate to improve access to care by supporting providers to stay focused on delivering that care. As the health system evolves, eliminating low-value tasks like preparing sick notes is a practical and welcome change. When clinicians are diverted to verify illnesses that don't require treatment, the impacts ripple across the system by affecting timely access for those patients who do.

Supporting Public Health and Common Sense

This change also reflects an important public health lesson—one underscored during COVID-19 and relevant every cold and flu season. When individuals are required to seek in-person care simply to obtain a sick note, they may risk spreading illness to others or delay their own recovery. Public health guidance has long encouraged people with mild symptoms to stay home and recover, while using available virtual tools like [HealthLink BC](#) for advice and support. Eliminating unnecessary sick note requirements helps reinforce a system that prioritizes both safety and common sense.

Implementation Matters

At NNPBC, we are cautious in seeing how this policy is implemented. With broader system shifts underway—including health authority reviews—it's vital that regulations are streamlined and communicated clearly across care settings, equitably. Implementation must not create unintended consequences through confusing information that adds even short-term administrative strain. NNPBC will continue to advocate for a process that engages nurses and nurse practitioners meaningfully as health policy leaders and ensures clear, consistent guidance for all providers.

Looking Ahead: Continued Advocacy for Nurse Practitioners and Nurses

We also recognize that this announcement is one part of a larger conversation about how to reduce administrative burden more broadly. For nurse practitioners and nurses in all disciplines, there remain challenges within existing employment and practice models. NNPBC is actively engaged in these discussions and will continue working to ensure nurse practitioners and nurses have a voice at the table and the opportunity to shape policies that reflects their evolving and essential role as leaders in the system.

NNPBC welcomes this step by the Government of BC and will continue to work alongside government and system partners to ensure nurses and nurse practitioners are heard—and that solutions lead to meaningful, lasting improvements for both providers and the patients we care for.