Forum on health outcomes and healthcare costs:
What Can We Afford?

March 7, 2018

#NLhealthcare
Healthcare accounts for the largest government program in terms of expenditure in the Province. Provincial government per capita spending on healthcare has increased by nearly 50% since 2007 and NL spends more per capita than any other province. Under the current economic and fiscal circumstances of the Province, continual growth in healthcare spending, as a share of total expenditure, may not be possible, but demographic trends continue to put considerable demands on the system. So, what can we afford?

Some of the questions under consideration in today’s forum include:

- What can the different organizations involved and the Government of Newfoundland and Labrador do to improve either health outcomes or healthcare costs?
- What should we do, either as individuals or as a collective entity, to improve either health outcomes or healthcare costs?
- Is there a legitimate role for private incentives to improve efficiency?
- Is public funding of health care the only way to protect equity and people’s entitlement? Is it a basic right or is it a privilege that needs to be conditioned by fiscal realities?
- Should entitlement to healthcare become conditioned by personal responsibility?

Each speaker will present their views on the key challenges for health and healthcare in the province and offer potential solutions. Importantly, members of the audience will also be given time to ask questions of each speaker and to raise further issues. Today’s event will be live streamed. Videos of each segment and the speakers’ presentation slides will also be made available after the event.

We would like to express our sincere thanks to our speakers for agreeing to take part. This event has been made possible through the support of the Memorial University Vice President (Academic) Scholarship in the Arts (SITA) and CARE (Collaborative Applied Research in Economics). Much appreciation is also extended to Lynn Murphy and Barbara Philpott for their invaluable assistance in preparing for this event.

We see this forum as providing a starting point for debate and discussion which can help in providing information and understanding to anyone concerned with the health of people living in Newfoundland & Labrador. Certainly, there are many other stakeholders to consider and future opportunities are envisaged to allow further points of view and expertise to be injected into the public debate. After today’s event, a summary report will be produced to help highlight areas where further information and research should be considered. This will also help to shape future events.
## AGENDA

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<th>Time</th>
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<td>8:00 – 8:20</td>
<td><strong>Morning Refreshments</strong></td>
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<tr>
<td>8:20 – 8:30</td>
<td><strong>Opening</strong>                                        Dr. Lynn Gambin, Department of Economics and Workshop Chair</td>
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<td>8:30 – 8:35</td>
<td><strong>Introduction and Welcome</strong>                       Dr. Gary Kachanoski, President of Memorial University</td>
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<tr>
<td>8:35 - 9:20</td>
<td>Department of Health and Community Services Perspective on NL Health Care – Challenges and Potential Solutions Minister John Haggie, Department of Health and Community Services</td>
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<tr>
<td>9:20 - 10:05</td>
<td>Eight Major Interventions to Improve Health Outcomes and Reduce Health Costs                      Dr. Pat Parfrey, Quality of Care NL/Choosing Wisely NL</td>
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<tr>
<td>10:05 - 10:50</td>
<td>The College of Physicians and Surgeons’ Perspective on NL Health Care – Challenges and Potential Solutions Dr. Linda Inkpen, College of Physicians and Surgeons</td>
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<tr>
<td>10:50 - 11:05</td>
<td><strong>Nutrition Break</strong></td>
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<tr>
<td>11:05 - 11:50</td>
<td>Newfoundland and Labrador Medical Association’s Perspective on NL Health Care – Challenges and Potential Solutions Dr. Lynn Dwyer, President of the Newfoundland and Labrador Medical Association</td>
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<td>11:50 - 12:35</td>
<td>Registered Nurses Know – Solutions That Make Sense                                                  Ms. Debbie Forward, President of the Registered Nurses’ Union Newfoundland &amp; Labrador</td>
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<td>12:35 – 1:20</td>
<td><strong>Lunch – Provided</strong></td>
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<td>1:20 - 2:05</td>
<td>The Pharmacist Option: Leveraging Newfoundland and Labrador Pharmacists for More Effective Health Care Delivery Mr. Steve Gillingham, President of the Pharmacists’ Association of Newfoundland and Labrador</td>
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<tr>
<td>2:05- 2:50</td>
<td>Impact of the Faculty of Medicine: Achievements and Opportunities                                  Dr. Margaret Steele, Dean of Faculty of Medicine</td>
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<td>2:50 – 3:05</td>
<td><strong>Nutrition Break</strong></td>
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<td>3:05 – 3:50</td>
<td>Re-imagining a Health System Good Enough for All of Us: Responding to the Health Needs of the Poorest, Oldest and Most Vulnerable Persons in our Society Sister Elizabeth Davis, Board of Directors of the Gathering Place</td>
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<td>3:50 – 4:35</td>
<td>A Mental Health/User Perspective on NL Health Care – Challenges and Potential Solutions           Mr. Mark Gruchy, Community Coalition for Mental Health</td>
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<td>4:35 – 4:45</td>
<td><strong>Wrap-up and Next Steps (Closing Remarks)</strong></td>
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THE HONOURABLE JOHN HAGGIE

Minister of Health and Community Services

Born in England, the Honourable John Haggie completed his medical studies at Victoria University in Manchester. He held several positions as physician, surgeon, tutor and registrar in the North West region of England and after a two-year fellowship, he received a doctorate in cancer research.

Since moving to Canada in the early nineties, Minister Haggie has had a long and distinguished career in medicine in Newfoundland and Labrador. He practiced initially as a general surgeon in St. Anthony with the Grenfell Region Health Services. In 1997, he was appointed attending surgeon of general and vascular surgery at James Paton Memorial Hospital in Gander. In 2008, he was appointed Chief of Staff at James Paton Memorial Hospital. Minister Haggie served as President of the Newfoundland and Labrador Medical Association and the Canadian Medical Association.

In Newfoundland and Labrador’s 2015 general election, he was elected MHA for the District of Gander and appointed to Cabinet to serve as the Minister of Health and Community Services.

Minister Haggie resides in Gander with his wife Jeanette and two Westies, Chloe and Gracie.

DR. PATRICK PARFREY

MD, FRCPC, OC, FRSC
Professor of Medicine (Nephrology)
Clinical Lead, Quality of Care NL/Choosing Wisely NL

Dr. Parfrey is a clinical epidemiologist and nephrologist, and a John Lewis Paton Distinguished University Professor at Memorial University. His long-time interest in research was the impetus for his leading the creation of the Translational and Personalized Medicine Initiative (TPMI), a collaborative evidence-based research program that drives positive health care outcomes. As the Clinical Lead for Quality of Care NL/Choosing Wisely NL, Dr. Parfrey leads a research team focused on the reduction of low value health care, while also focusing on ensuring the right treatment is provided to the right patient at the right time. Quality of Care NL/Choosing Wisely NL is currently engaged in over 50 research projects that encourage positive behaviour change across the health care system, including physician practice, policy decision making, and patient engagement that supports long-term solutions for a more sustainable health care system. Information on Quality of Care NL/Choosing Wisely NL projects can be found at qualityofcarenl.ca.
SPEAKERS

DR. LINDA INKPEN  
Registrar, College of Physicians and Surgeons of Newfoundland and Labrador

Dr. Inkpen graduated from Memorial University in 1969, 1970, 1972, and 1974 with degrees in Science, Education, Medical Science, and Medicine. She has practised medicine since graduating, but has also pursued other interests and endeavours. She was chair of the board for Fortis Properties, is a past chair of Newfoundland Power, and was a director of the parent company, Fortis Inc. until 2010. Dr. Inkpen was President of Cabot College (now College of the North Atlantic) from 1987 to 1993, has served on and chaired numerous commissions, committees, and inquiries at both the provincial and federal levels, has been a lay member of the Newfoundland Law Society, and worked in many volunteer capacities. Dr. Inkpen was a member of The National Round Table on the Environment and the Economy and a member of the Prime Minister’s Roundtable on Science and Technology. She is a past chair of the Medical Advisory Committee for the St. John’s Eastern Health Board in Newfoundland and Labrador. Dr. Inkpen has been a member of the Council of the College of Physicians and Surgeons of Newfoundland and Labrador since August 2012. She has been the recipient of many awards and honours, most notably Memorial University’s Alumna of the Year Award, the Order of Canada, the Queen’s Jubilee Medal, the Queen’s Diamond Jubilee Medal, and Honourary Degrees from Memorial University and Mount Saint Vincent University. Dr. Inkpen has been the Registrar of the College of Physicians and Surgeons of Newfoundland and Labrador since September 2014.

DR. LYNN DWYER  
President, Newfoundland and Labrador Medical Association

Dr. Lynn Dwyer is a graduate of Memorial University Faculty of Medicine. After completing internship at the University of Alberta in Edmonton, she returned home to practice as a family physician in Newfoundland and Labrador. She has practiced primary care in emergency rooms, community based family practice and Student Health at Memorial University. In her 30 years of practice she has delivered babies, performed house calls and provided care to a diverse patient population. Dr. Dwyer is currently working at an academic family medicine teaching clinic in St. John’s and President of the Newfoundland and Labrador Medical Association.
MS. DEBBIE FORWARD

President of the Registered Nurses’ Union
Newfoundland and Labrador

Debbie Forward has served as Provincial President of the Registered Nurses’ Union Newfoundland & Labrador (RNUNL) since 1996. As President, Debbie represents over 5,500 registered nurses working in hospitals, long-term care, the community, education and research. Much of her work focuses on advocating for registered nurses and their patients and ensuring the publicly-funded, publicly-delivered health care system is maintained. Her advocacy efforts work to improve many aspects of health care, including the issues of retention and recruitment, improved quality of work life and working conditions for registered nurses, as well as the quality of care for patients and their families.

Debbie graduated from Memorial University of Newfoundland in 2001 with a Master of Education (Psychology) and a Bachelor of Nursing in 1980. She worked as a Staff RN in the Emergency Department of the S.A. Grace General Hospital for 5 years upon graduation and then held a position as faculty member at the Grace General Hospital School of Nursing from 1985 to 1996, teaching in all three years of the diploma program.

In her role, Debbie serves on many national, provincial and regional committees that provide input on health, nursing and labour policy. She has made numerous presentations on health and labour issues at conferences and educational seminars, provincially and nationally. Debbie works hard to maintain strong working relationships with registered nurses, employers, government, other associations and unions and ensuring the fair and equitable treatment of registered nurses.

Debbie resides in St. John’s, NL, and is a very proud mother and grandmother.
MR. STEVE GILLINGHAM

President, Pharmacists’ Association of Newfoundland and Labrador

Steve Gillingham is President of the Pharmacists’ Association of Newfoundland and Labrador, currently serving in his second term. He graduated from Memorial University’s School of Pharmacy in 1995 and began his career in Goose Bay. In 1996, he became pharmacy manager at the Shopper’s Drug Mart in Wesleyville and went on to become associate owner of that store in 2000. In 2002, he took on associate ownership of a second Shopper’s Drug Mart, this one located in Gander. Steve continues to operate both locations today.

Steve is a pharmacist who is passionate about his profession and the care and services provided by pharmacists to patients throughout every region of our province. He sees huge potential for a greater role for pharmacists in healthcare delivery, with opportunity for greater efficiencies and improved health outcomes.

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DR. MARGARET STEELE

HBSc, MD, FRCPC, MEd, DFCPA, CCPE
Dean of Medicine / Professor of Psychiatry

Dr. Margaret Steele is the first woman Dean of the Faculty of Medicine at Memorial University of Newfoundland. She took on this exciting role as of August 15, 2016. Margaret is a Professor in the Discipline of Psychiatry.

Prior to coming to the Faculty of Medicine at Memorial University of Newfoundland, Dr. Steele was the Vice Dean, Hospital & Interfaculty Relations, Schulich School of Medicine & Dentistry at Western University for five years. She was also a Full Professor in Psychiatry, Family Medicine and Pediatrics.

Margaret earned her Honours degree in Microbiology and Immunology at Western University in 1983 and completed her MD in 1987. She obtained her Fellowship in Psychiatry in 1992, and was in the first cohort to receive a Fellowship in child and adolescent psychiatry in 2013. Margaret earned a Masters of Higher Education from the Ontario Institute of Studies in Education/University of Toronto in 2002 and became a Fellow of the Hedwig van Ameringen Executive Leadership in Academic Medicine at Drexel University in Philadelphia, Pennsylvania in 2008. In 2012, Margaret became a Distinguished Fellow of the Canadian Psychiatric Association and in 2013 she became a Canadian Certified Physician Executive. She is also the first Canadian to be an Association of American Medical Colleges Council of Dean Fellow.
SISTER ELIZABETH DAVIS
Board of Directors of the Gathering Place
Elizabeth Davis is leader of the Congregation of the Sisters of Mercy of Newfoundland with responsibility for The Gathering Place, St. Patrick’s Mercy Home, and The Mercy Centre for Ecology and Justice in St. John’s. She has had previous experience in health care as Administrator of St. Clare’s Mercy Hospital and as the first President and CEO of the Health Care Corporation of St. John’s (now Eastern Health).

MR. MARK GRUCHY
Co-Chair, Community Coalition for Mental Health; Member of the Law Society of Newfoundland and Labrador
Mark is the head of the firm’s Criminal Law Practice Group. He has defended clients at every level of court in Newfoundland and Labrador. He is particularly interested in the law flowing from the Canadian Charter of Rights and Freedoms and has been involved in substantial litigation involving the Charter.

Mark became a criminal defense attorney out of a desire to personally combat the evils of stigma and the effects of social inequity associated with the criminal law process. Mark firmly believes mercy and compassion have historically distinguished the operation of the Canadian criminal justice system from its neighbours and is committed to doing his part to ensure this remains the case.

Education
Bachelor of Arts in History and Sociology, Memorial University (Lord Beaverbrook scholar)
Law degree, University of New Brunswick, 2006

Areas of Practice
Criminal Law
**FACTS & FIGURES**

**Premature mortality rates (age-standardized, deaths per 100,000 population)**

Note: Premature deaths are those of individuals who are younger than age 75.
Source: CANSIM Table 102-4316

**Comparison of NL to Canada average for various health and lifestyle indicators, 2016**

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<thead>
<tr>
<th>Conditions</th>
<th>NL Index</th>
<th>Canada average</th>
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</thead>
<tbody>
<tr>
<td>High blood pressure</td>
<td>129</td>
<td>100</td>
</tr>
<tr>
<td>Arthritis</td>
<td>131</td>
<td>100</td>
</tr>
<tr>
<td>Mood disorder</td>
<td>135</td>
<td>100</td>
</tr>
<tr>
<td>Diabetes</td>
<td>137</td>
<td>100</td>
</tr>
<tr>
<td>Adult obesity</td>
<td>142</td>
<td>100</td>
</tr>
<tr>
<td>Youth overweight/obesity</td>
<td>146</td>
<td>100</td>
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<tr>
<th>Lifestyles</th>
<th>NL Index</th>
<th>Canada average</th>
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</thead>
<tbody>
<tr>
<td>Fruit and veg, 5+ times per day</td>
<td>61</td>
<td>100</td>
</tr>
<tr>
<td>150 minutes activity per week</td>
<td>86</td>
<td>100</td>
</tr>
<tr>
<td>Current smoker, daily</td>
<td>125</td>
<td>100</td>
</tr>
<tr>
<td>Heavy drinking</td>
<td>136</td>
<td>100</td>
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<thead>
<tr>
<th>Other</th>
<th>NL Index</th>
<th>Canada average</th>
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<tbody>
<tr>
<td>Regular healthcare provider</td>
<td>107</td>
<td>100</td>
</tr>
<tr>
<td>Contact with MD in past 12 months</td>
<td>111</td>
<td>100</td>
</tr>
<tr>
<td>Strong/very strong sense of belonging</td>
<td>115</td>
<td>100</td>
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Source: CANSIM Table 105-0508; Canadian Community Health Survey.
FACTS & FIGURES

Public-sector total per capita health expenditure ($2002)

Note: 2016, 2017 are forecast figures.
Source: National Health Expenditure Database, 1975 to 2017, Canadian Institute for Health Information (CIHI)

Public-sector per capita health expenditure by use, 2017 forecasts in current dollars

Note: Canada average includes NL.
Source: National Health Expenditure Database, 1975 to 2017, Canadian Institute for Health Information (CIHI)
**FACTS & FIGURES**

**QUALITY OF CARE NL FIGURES**

Use of Antibiotics by province, 2014

**NL Antibiotic Use in 2014**  
Data Source: National (CARSS)

![Bar chart showing use of antibiotics by province in 2014](https://qualityofcarenl.ca/wp-content/uploads/2017/04/Antibiotic_overuse_onepager.pdf)  
(Data: National (CARSS))

Secondary Stroke in NL (as percentage of total strokes)

![Bar chart showing secondary stroke percentages](https://qualityofcarenl.ca/wp-content/uploads/2017/04/stroke_prevention_one_pager.pdf)  
Secondary stroke occurs after a warning event such as TIA or very mild stroke

Source: Quality of Care NL  
(Data: National (CARSS))
**GOVERNMENT OF NL FIGURES**

**Current Account Expenditures by Function, 2017**

![Pie chart showing current account expenditures by function, 2017.](image)

Source: Department of Finance, Government of Newfoundland & Labrador

**Health Care Spending**

**Health Care**

Provincial Per Capita Spending

<table>
<thead>
<tr>
<th>Year</th>
<th>Payroll</th>
<th>Canadian Provincial Average</th>
<th>NL Average (Highest of all Provinces)</th>
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<tr>
<td>2009–16</td>
<td>$4,122</td>
<td>$5,228</td>
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<tr>
<td>2015</td>
<td>26%</td>
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Source: Department of Finance, Government of Newfoundland & Labrador


**Tax Payer Impact of Spending**

- **Health Care**: $10,000 Per Personal Provincial Income Tax Filer
- **Memorial University**: $1,500 Per Personal Provincial Income Tax Filer
- **Debt Servicing**: $3,400 Per Personal Provincial Income Tax Filer

Source: Department of Finance, Government of Newfoundland & Labrador

The Collaborative Applied Research in Economics (CARE) initiative brings together applied research economists who are located in Newfoundland and Labrador, the Maritimes and throughout Canada. Its objective is to promote applied economic research within the region with a view to facilitating an enhanced understanding of our economies and any associated wider social impacts. As part of satisfying its research agenda, CARE endeavors to involve students in exciting real-world research projects in order to improve their skills. Hopefully, through integrating students within the supported applied research projects, CARE researchers will stimulate students’ interests in carrying out further research in these areas and, in so doing, will both increase the knowledge capital of the region and provide skills to these students that will make them more productive employees when they enter the job market.

In addition to releasing the Labour Market Observer and CARFOR (our month forecast of key economic indicators), CARE provides information videos to make complex economic concepts accessible to the general public, presentations on interesting and relevant economics issues of the day, panel discussions on various aspects of public policy, commentaries on important economic debates/discussion and generates and disseminates knowledge through the support and publication of research topics that run the gamut from income inequality, poverty, social progress, productivity and innovation, discrimination and health, mental health and insurance, economic well-being, performance of young cancer survivors, gender wages gaps, economic impacts of cruise tourism, universities and the community sector, culture and heritage, resource studies involving the fishery, electricity, oil and gas, the environment, taxation, and royalty analysis.

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economics@mun.ca

(709) 864 – 8248

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@CARE_mun
@ECON_MUN

Memorial University of Newfoundland
St. John's, NL, Canada
A1C 5S7

@MUNEconomics