

# REGISTERED NURSES KNOW

Solutions That Make Sense



Registered  
Nurses'  
Union

Newfoundland & Labrador



# IMPROVING HEALTH OUTCOMES & COST

There are many solutions, strategies, and perspectives.

This presentation and the solutions presented focus on the role of Registered Nurses – sharing the perspective of the largest group of health care providers.

There are over 5,200 Registered Nurses working in acute care, long-term care, community, education and research.



WHY DOES  
HEALTH  
CARE COST  
SO MUCH?

**LARGE  
LAND MASS**  
+ **DISPERSED  
POPULATION**

=

INCREASED  
**COSTS**  
for all services,  
including goods,  
education, **and**  
**health care**

**HIGH**  
RATES OF:

- ✓ CHRONIC ILLNESS
- ✓ HEART DISEASE
- ✓ STROKE
- ✓ RISK FACTORS

NL has one of the unhealthiest populations in the country.

**RAPIDLY  
AGING  
POPULATION**





# PRIMARY HEALTH CARE

Strengthening primary health care is key to creating a healthier population.

It is well-established that health systems with a strong primary care sector achieve **better health outcomes** at **lower cost**.

**SOLUTION:** Increase the number of Primary Health Care Teams.

# NURSE PRACTITIONERS

Evidence shows utilizing Nurse Practitioners (NPs) leads to:

*Timely access to health services*

*Decreased wait times*

*Improved patient outcomes*

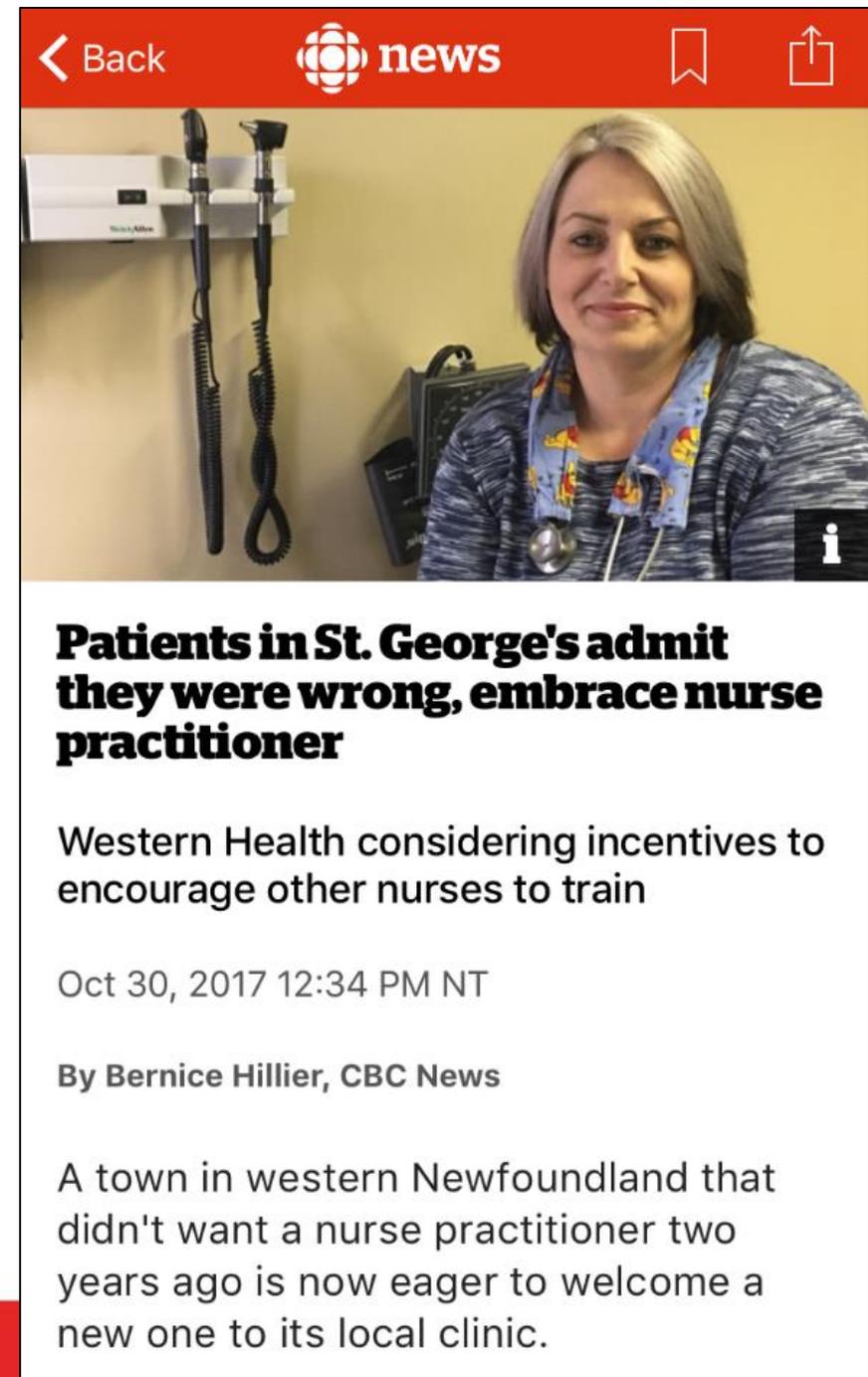
*Decreased cost*

**SOLUTION:** Increase the use of NPs in the system.

Fund NP-led clinics under the public system



**Registered Nurses' Union**  
Newfoundland & Labrador

A screenshot of a CBC News article. The top navigation bar is red with a white back arrow, the CBC News logo, a bookmark icon, and a share icon. The main image shows a woman with grey hair, wearing a blue patterned scrub top and a stethoscope, in a clinical setting. Below the image is the article title, a sub-headline, the date and time, the author's name, and the first paragraph of the article.

**Patients in St. George's admit they were wrong, embrace nurse practitioner**

Western Health considering incentives to encourage other nurses to train

Oct 30, 2017 12:34 PM NT

By Bernice Hillier, CBC News

A town in western Newfoundland that didn't want a nurse practitioner two years ago is now eager to welcome a new one to its local clinic.

# MENTAL HEALTH



We are making progress and strengthening supports, but **investing more in early detection and intervention is critical.**

Increase in mental health issues, bullying, drug use and medical issues in the school system.

Education professionals spend increasing amounts of time addressing health-related issues.

**SOLUTION:** Invest in dedicated School Registered Nurses



# STRONG PUBLIC HEALTH CARE

In-depth reviews on privatization in other provinces raise **significant concerns around quality of care, wait times, & cost.**

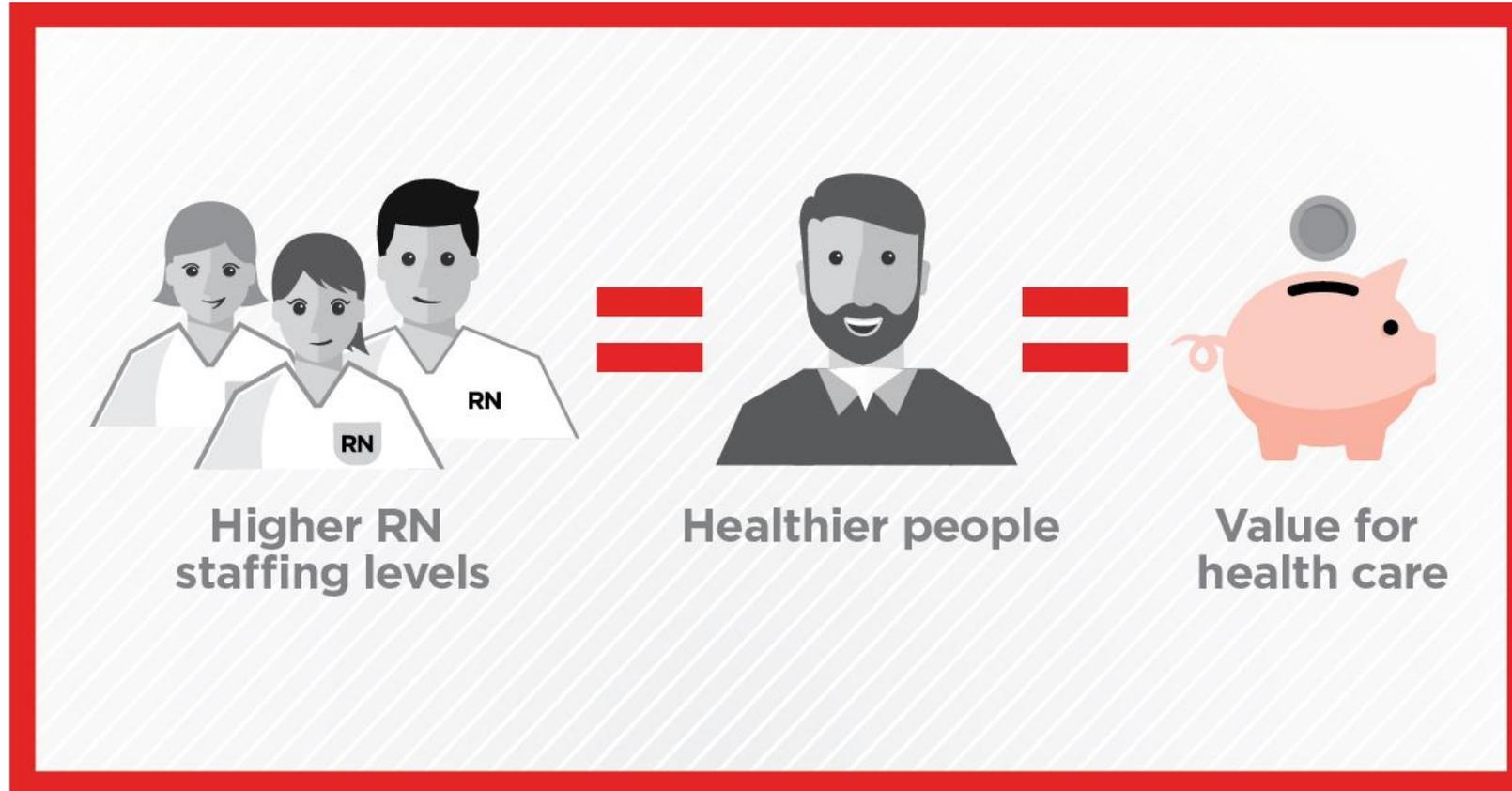
EKOS poll released last week:

- 93% of Canadians believe access to a strong national publicly funded health care system is very important.
- More than 60% of people believe a two-tiered system is fundamentally unfair.

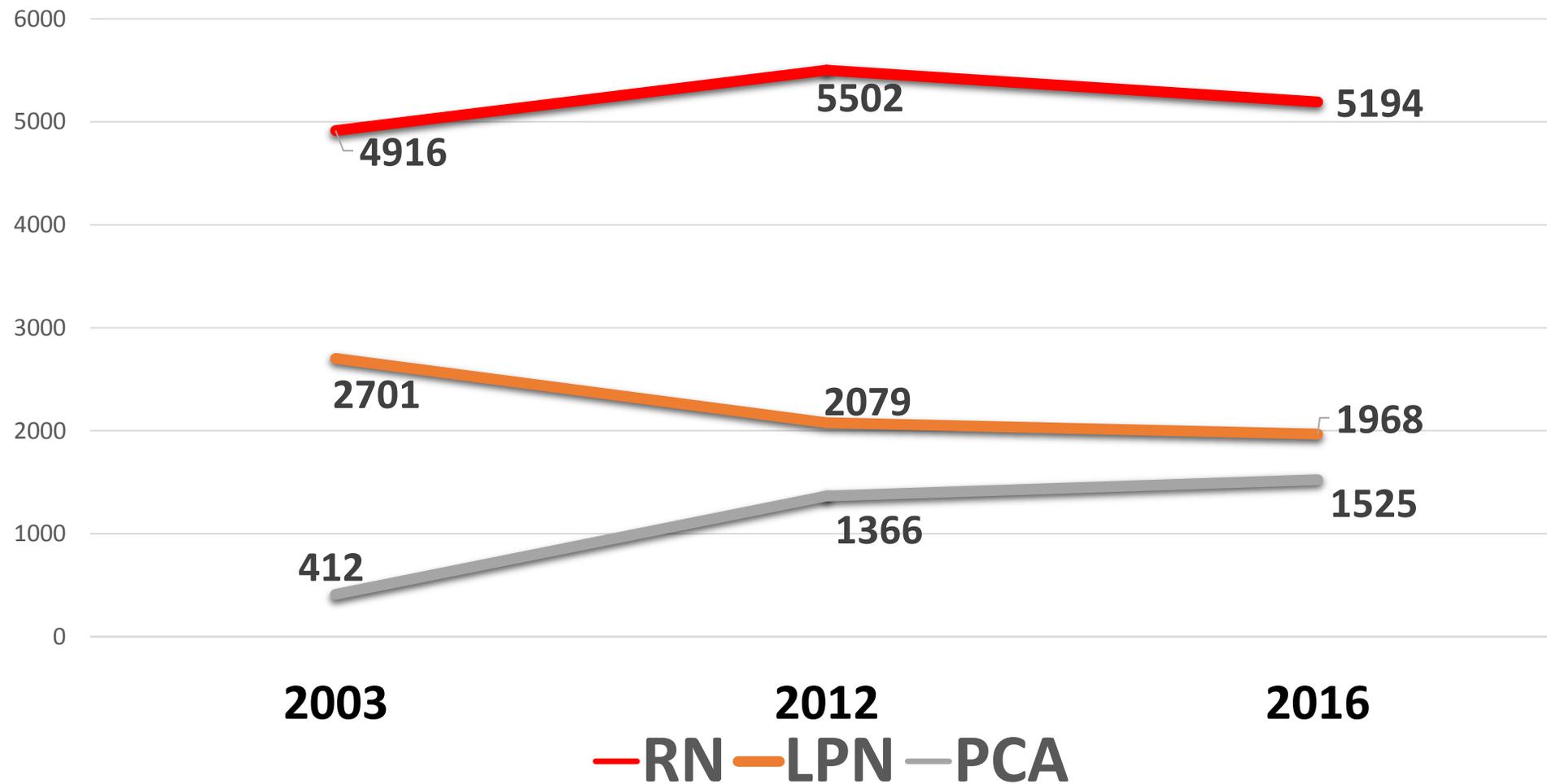
**SOLUTION:** Keep health care public and equal for all.



# MORE FULL-TIME RNS CAN SAVE A LOT



# RHA EMPLOYEE COUNTS



The number of unregulated providers has tripled.

Inadequate RN staffing is  
negatively impacting patients  
and costing our province money



# DID YOU KNOW?

Last yr, RNs worked over 240,000 hours of overtime. Equals 123 full-time positions

Patient care & procedures are being delayed. Surgeries are cancelled because there aren't enough RNs

In long-term care, there can be just ONE RN on the nursing team for up to 80 residents. At night, ONE RN for 140 residents.

RNs routinely work short-staffed, at times forced to work 24 hours

Even if a day off is requested 6 months in advance, many RNs are refused due to short staffing issues

# SAVING PATIENTS

## Research Shows:

For every surgical patient added to the RN workload, the risk of patient complications and death increase by 8%

With more RNs, readmission of surgical patients may decrease by nearly 50%

With more RNs, patients who experience a cardiac arrest in hospital have a greater chance of survival

More RNs decrease falls, infections, and lengths of stay.

**There is a cost savings associated with ALL OF THIS.**



# SAVING MONEY

\$47 million on vital overtime and sick leave for RNs in one year

300 procedures & surgeries cancelled at Eastern Health last year

## Cost of care in NL:

- Average stay in hospital \$6,000
- Senior with urinary tract infection \$6,188
- Post-op complication, excluding hemorrhage \$5,813
- Pulmonary embolism \$6,384
- Aspiration pneumonia \$8,112

*Canadian Institute for Health Information, 2014*

THE ISSUE	A SOLUTION	HOW IT DIRECTLY & POSITIVELY EFFECTS HEALTH CARE	HOW IT DIRECTLY EFFECTS NL'S FISCAL SITUATION
<p>RNs are inadequately staffed and overworked.</p> <p>Puts patients at risk and incredible pressure on RNs.</p> <p>The health care system is hurting, in many ways, not efficient.</p>	<p>More full-time RNs in the system.</p> <p>Core staffing review based on patient acuity</p>	<p>The health care system will operate more effectively and efficiently.</p> <p>Direct positive affects on patient health outcomes.</p> <p>Improved work environments</p> <p><b>84% of NL'ers agree that there are not enough RNs to provide quality health care</b></p>	<p>Less unnecessary spending on overtime and sick leave, as RNs will be working in healthier work environments.</p> <p>Fewer readmissions complications, &amp; cancelled procedures. ↓lengths of stay. A more efficient system</p>

**MORE FULL-TIME RNS – IMPROVE PATIENT OUTCOMES & SAVE \$**



**more**  
FULL-TIME  
**RNs+**  
CAN SAVE A LOT