REGISTERED NURSES KNOW

Solutions That Make Sense
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

Registered Nurses’ Union
Newfoundland & Labrador
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
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

Higher RN staffing levels = Healthier people = Value for health care
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*
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<tr>
<th>THE ISSUE</th>
<th>A SOLUTION</th>
<th>HOW IT DIRECTLY &amp; POSITIVELY EFFECTS HEALTH CARE</th>
<th>HOW IT DIRECTLY EFFECTS NL’S FISCAL SITUATION</th>
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<td>RNs are inadequately staffed and overworked.</td>
<td>More full-time RNs in the system.</td>
<td>The health care system will operate more effectively and efficiently.</td>
<td>Less unnecessary spending on overtime and sick leave, as RNs will be working in healthier work environments.</td>
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<td>Puts patients at risk and incredible pressure on RNs.</td>
<td>Core staffing review based on patient acuity</td>
<td>Direct positive affects on patient health outcomes.</td>
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<td>The health care system is hurting, in many ways, not efficient.</td>
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<td>Improved work environments</td>
<td>Fewer readmissions complications, &amp; cancelled procedures. ↓lengths of stay. A more efficient system</td>
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<td>84% of NL’ers agree that there are not enough RNs to provide quality health care</td>
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**MORE FULL-TIME RNS – IMPROVE PATIENT OUTCOMES & SAVE $**
more FULL-TIME RNs CAN SAVE A LOT