

# QUARTERLY

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## ACHIEVING A QUALITY, EQUITABLE, AND SUSTAINABLE HEALTH SYSTEM

### DELIVERING ON OUR PRIORITIES

At the Health Council, we strive to achieve a quality, equitable and sustainable health system. We are committed to improve access to health care and encourage more efficient use of health system resources. The aim of the Health Council is to bring stakeholders together to enable enhanced coordination of the overall health system.

In collaboration with the Ministry of Health and stakeholders, the Health Council has contributed to enhancing professional regulations, transitioning the health system away from volume-based payment structures to value-based systems, promoting value and understanding of Bermuda's health system, and accessing the cost of pharmaceuticals to better manage medication prices.

Over the next three years, we will continue to focus on the following:

- Encourage best practice for better health outcomes
- Collaborate with all who have a vested interest in Bermuda's health system
- Monitor available resources to improve the health system and the health of the population
- Encourage innovation in the health system by regulating and seeking opportunities for the health system to become more efficient through use of modern technologies and appropriate care

These goals are supported by our annual Corporate Plan, which details the Health Council's four priority areas for the year; regulation, accountability, quality and standards, and finance and economics.

Although the health system has its challenges and the economic realities of Bermuda are no easy fixes, we are dedicated to ensuring everyone in Bermuda receives safe and quality health care services.

As we continue to work toward our goals, we encourage the public to get involved with the discussion about healthcare, talk with your friends and loved ones about the challenges in the health system, and contact the Health Council to discuss any queries you may have.

To follow our progress in reaching these goals, bookmark this page to read past [Annual Reports](#).



### PROVIDING HEALTHY ALTERNATIVES FOR A HEALTHIER BERMUDA

Over the summer months, the Health Council announced a healthy initiative, *Fresh Food Fridays* to increase the health system's focus on prevention and to support population health. This forum allowed the community the opportunity to engage with the Health Council on how we can best work to create sustainable solutions for Bermuda.

We believe that a healthier Bermuda begins with providing access to healthier choices. Healthy choices are critical to individuals at every age. Through this initiative, the Health Council learned that many factors affect choices and dietary needs.

It is our commitment to continue to support the community in their journey, as the Health Council understands that healthy choices can sometimes be difficult to afford or find.

For ongoing initiatives, follow us on social media and join our mailing list.

## UNDERSTANDING YOUR STANDARD HEALTH BENEFIT

The Health Council launched a Standard Health Benefit video campaign to educate the public about the services provided under Standard Health Benefit (SHB).

We receive many queries on the benefits provided under SHB and find it essential to inform the community of Bermuda about the services available to them.

In collaboration with Standard Health Benefit Providers, we profiled their businesses and the services they offered to the public under SHB.

The Government sets the minimum levels of benefits that must be included in health insurance coverage. SHB primarily covers the cost of hospital care, plus select diagnostic imaging and specialized home medical services.

Standard Health Benefit is amended every year by the Government and is expected to be replaced by the Bermuda Health Plan.

If you would like to view our past SHB videos, please visit our [YouTube page](#).

## SUPPORTING PATIENT OUTCOMES THROUGH NURSING

*Submitted by: Renee Falcon RN, Vice-President of Bermuda Nurses Association*

In the age where technology continues to progress and improve the efficacy of work-related duties, the true essence of the profession of nursing remains unchanged. The heart of nursing is caring for others. The diverse workforce of nursing maintains accountability and responsibility to promote health, to provide education and to advocate for the needs of the communities served. Nursing focuses on patient-centered care.

With critical thinking and collaborative care, a nurse's focus is ensuring that outcomes are achieved through ethical and legal means. Individuals may enter into the health care system seeking answers, guidance, relief, support, and comfort. With technology ever-present, it is easy to access information that may provide the answers. However, with the skilled expertise of the nurse, who is guided by professional standards, one can be assured their needs are valued and will be met. To achieve satisfactory patient outcomes Nurses work tirelessly, and some unselfishly around the clock.

Nurses are highly qualified individuals who are educated at various levels once graduated from high school. They can receive a Diploma, Associate's degree, or Bachelor's degree in nursing to be eligible to take a standardized examination to receive the designation Registered Nurse. Most nurses are continuing higher education to achieve one or more of the following, certification in a specialty area, Master's degree in a specialized area of nursing, and a terminal degree, which includes PhD, EdD, and DNP, Doctorate of Nursing Practice. Nurses work in various areas of the community, in the hospital, clinics, offices, home care, and education.

Many stories can be shared that will exemplify the heart of nursing, and the promotion of patient-centered care. Nursing has been noted to be one of the most trusted professions. The nurses' role remains vital in supporting patient outcomes, whether it is the birth of a newborn, providing emotional or spiritual support, celebrating patient accomplishments, advocating for policies related to health or remaining in silence and being present with the patient and family. A nurse will touch the life of someone, somewhere.

### SUBSCRIBE NOW TO THE HEALTH COUNCIL:

The Health Council e-mail newsletter brings you the information you need to understand your healthcare rights and Bermuda's health system. Contact us today to sign up for our e-newsletters.

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