

Specialist Nursing : Saving Life Saving Money





Introduction



Today's specialist nurse takes a leading role in making sure patients get the best care possible. Several studies have shown that as a substitute for other health care professionals, including doctors, specialist nurses are both clinically and cost effective. Studies show the direct and indirect benefits of specialist nursing roles can include reducing referral times, the length of hospital stays and the risks of complications post-surgery.

Specialist nurses are dedicated to a particular area of nursing; like;

- caring for patients suffering from long-term conditions and diseases such as cancer, diabetes, Parkinson's, chronic heart failure and dementia.
- They provide direct patient care and can play a vital role in educating patients on how best to manage their symptoms, as well as offering support following diagnosis.
- In many cases the involvement of a specialist nurse can prevent patients being re-hospitalised.





In a national survey of health advocacy groups RCN(Royal College of Nursing)

National Voices, 2009, Stated that patients consistently rated the specialist nurses higher than any other health and social care professionals in:

- understanding patient needs
- designing and implementing care pathways
- obtaining patient feedback
- being transparent and honest.



Why Specialist nurses are better than the RMO



- Specialist nurses play a key role in the management of patient care. Working closely with doctors and other members of the multidisciplinary team, they educate and support patients, relatives and carers.
- The specialist nurse has in depth knowledge of the physical, psychological and social effects of a specific condition.
- Most specialist nurses are hospital based and have access to patient's medical records.
- Some will visit patients in their own homes following discharge from hospital.
- Some hospitals employ nurse specialists for:

How do specialist nurses save money?



Specialist nurses add value to patient care, while generating efficiencies for organisations through new and innovative ways of working.

The cost benefits generated by specialist nurses include:

- reduced waiting times.
- avoidance of unnecessary hospital admission/
 - readmission (through reduced complications
 - post-surgery/enhanced symptom control/
 - improved patient self-management)
- reduced post-operative hospital stay times





- the freeing up of consultant appointments for other patients
- services delivered in the community/at point of need
- reduced patient treatment drop-out rates
- the education of health and social care professionals
- the introduction of innovative service delivery frameworks
- direct specialist advice given to patients and families.



Function of Specialist nurse can or cannot do



- Reports from the specialist nurse can provide details of the diagnosis, brief medical history, clinical examination findings, medication, treatment plan and response, variability of the condition, disabling effects and prognosis.
- In people who have more than one medical condition, the specialist nurse may not be able to provide detailed information outside their own area of expertise or to be able to comment on multiple disabilities.

Study Conducted in UK



- Over five years, the service has gone from inpatient
- to outpatient. This has led to a reduction in waiting
- times from 6.2 weeks to 6.1 days and this trial also
- pointed towards an average saving of **£1,797 per**
- **patient who could be treated with steroids at home**
- rather than in hospital.
- In the Northamptonshire , an MS specialist
- nurse saved **£65,773 by treating 34 patients at**
- home rather than in hospital and also freed up
- secondary care neurology appointments by half saving of
- pound 16,575.

Residents Role in hospitals



Having completed eight years of higher education, physicians that enter a residency program are known as **residents**. Resident programs range from three to seven years in length, depending on the chosen specialty. Occasionally, residents will be called **interns** during their first year of residency, though this is no longer common. After the completion of their residency program, a physician may decide to enter into practice. Upon obtaining a medical license, physicians may enter a field such as general surgery or family practice. At this time, a physician may also choose to continue their training for a specialty, such as gastroenterology or rheumatology, which will begin during his or her fellowship.

Functions of Residents



- Residents evaluate patients,
- obtain the medical history and perform physical examinations.
- They may develop a differential diagnosis and problem list. Using this information,
- they develop a plan of care in conjunction with other trainees and the attending.
- They may document the provision of patient care as required by hospital/clinic policy.
- Residents may write orders for diagnostic studies and therapeutic interventions as specified in the medical centre bylaws and rules/regulations.
- They may interpret the results of laboratory and other diagnostic testing.



- They may request consultation for diagnostic studies, the evaluation by other physicians,
- physical/rehabilitation therapy, specialized nursing care, and social services.
- They may participate in procedures performed at the bedside, in the operating room or procedure suite under appropriate supervision.
- Residents may initiate and coordinate hospital admission and discharge planning.
- Residents should discuss the patient's status and plan of care with the attending and the team regularly.
- All residents help provide for the educational needs and supervision of any junior residents and medical students.

Conclusion



In current scenario many hospitals are trying specialist Nurses concepts as a substitute of RMO. Reasons are :

- Easily available at reasonably low cost by conducting campus interviews in College of Nursing (For M,Sc Nursing candidates)
- understanding patient needs in a better way.
- designing and implementing care pathways on the concept of Nursing Process.(Assessment of need, Nursing Diagnosis, Planning of Care, Implementation and Evaluation.)
- obtaining patient feedback on Consultant, hospital services etc.
- being transparent and honest.
- Cost Saving as per salary negotiation.

Thank you



- Your Thoughts ;

