

Hospital Utilization and Costs in Newfoundland and Labrador

Practice Points

1. The international accepted best practice for occupancy rate for a hospital is 85%.
2. Alternate level of care (ALC) is a situation where a patient occupies a bed in an acute care facility but no longer requires the intensity of services in that setting. Those patients are usually awaiting a transfer to a more appropriate facility such as long-term care or a rehabilitation facility.
3. The preferred ALC rate for a hospital is below 10%. An ideal rate for ALC would be 0% but that is not always realistic due to the complexity of patients and availability of resources.

Methods

1. Data from CIHI Your Health System: In Depth were collected and analyzed according to the following code: Blue = Below Target Range; Green = Within Target Range; Yellow = Above Target Range; Orange = Concerning; Red = Too High.
2. CIHI captures the Health Sciences Centre and the Janeway Children's Health and Rehabilitation Centre as one facility. To separate the occupancy and ALC rates for these facilities, data was used from Newfoundland and Labrador Health Services.

Results

Eastern Urban

	Occupancy (2023-24)	ALC (2023-24)	Cost of a Standard Hospital Stay (2022-23)
Health Sciences Centre	104.8%	9.9%	\$7,126
Janeway Children's Health & Rehabilitation Centre	42.5%	0.1%	
St. Clare's Mercy Hospital	96.9%	16.2%	\$6,764

Eastern Rural

	Occupancy (2023-24)	ALC (2023-24)	Cost of a Standard Hospital Stay (2022-23)
Carbonear General Hospital	76.8%	21.5%	\$9,892
Dr. G. B. Cross Memorial Hospital	93.1%	17.6%	\$8,231
Burin Peninsula Health Care Centre	59.4%	12.2%	\$11,669
Dr. A. A. Wilkinson Memorial Health Centre	49.7%	6.2%	\$10,749
Placentia Health Centre	73.4%	53.2%	\$9,334
Bonavista Peninsula Health Centre	49.7%	28.2%	\$15,182

Central

	Occupancy (2023-24)	ALC (2023-24)	Cost of a Standard Hospital Stay (2022-23)
James Paton Memorial Regional Health Centre	118.3%	28.7%	\$7,805
Central Newfoundland Regional Health Centre	111.1%	33.6%	\$6,606
Dr. Y.K. Jeon Kittiwake Health Centre	82.9%	84.3%	\$9,627
Fogo Island Health Centre	94.8%	36.2%	\$2,400
Notre Dame Bay Memorial Health Centre	97.5%	43.2%	\$9,437
Green Bay Health Centre	97.3%	46.6%	\$5,534
Baie Verte Peninsula Health Centre	99.2%	70.9%	\$6,191
A. M. Guy Memorial Health Centre	63.6%	73.8%	\$1,867
Connaigre Peninsula Health Centre	111.5%	81.1%	N/A

Western

	Occupancy (2023-24)	ALC (2023-24)	Cost of a Standard Hospital Stay (2022-23)
Western Memorial Regional Hospital	104.2%	43.2%	\$7,057
Sir Thomas Roddick Hospital	95.9%	27.6%	\$7,477
Bonne Bay Health Centre	90.0%	66.5%	\$7,794
Calder Health Care Centre	57.4%	8.6%	N/A
Dr. Charles L. LeGrow Health Centre	94.1%	46.5%	\$8,367
Rufus Guincharde Health Care Centre	76.9%	48.4%	\$7,891

Labrador-Grenfell

	Occupancy (2023-24)	ALC (2023-24)	Cost of a Standard Hospital Stay (2022-23)
Charles S. Curtis Memorial Hospital	83.7%	20.4%	\$10,800
Labrador West Health Centre	65.8%	16.8%	\$8,513
Labrador Health Centre	72.6%	21.9%	\$8,128

Conclusions

1. The average cost of a standard hospital stay in NL is \$7,441.
2. The occupancy rate at most hospitals and health centres is either above or below target range.
3. Excluding the Calder Health Care Centre, the Central and Western health zones have a high rate of ALC in all their facilities. This will contribute to high occupancy rates.
4. The Eastern Urban zone and Labrador-Grenfell zone have better ALC rates compared to the Central and Western zones.
5. Excluding Dr. G. B. Cross Memorial, all facilities within the Eastern Rural zone have occupancy rates that are below the preferred rates.