



NEW JERSEY
HEALTH CARE
**QUALITY
INSTITUTE**

A BI-WEEKLY LOOK AT THE BUSINESS & POLITICS OF HEALTH CARE IN NEW JERSEY



SCHWIMMER SCRIPT

PRESIDENT & CEO, LINDA SCHWIMMER

Public Health Needs Long-Term Support

The time to purchase the fire extinguisher is not when the house is ablaze. But, we are now seeing the frightening ramifications of our failure to properly invest in our public health infrastructure. And our house is, indeed, ablaze. We're experiencing critical shortages of personal protective equipment, medical equipment, and testing equipment. The supply chain is not effectively delivering what we need to fight the COVID-19 epidemic. Policies on social distancing vary from state-to-state — and, in some places, county to county.

At the Quality Institute, we signed onto a letter from the Trust for America's Health with other national health care entities requesting that, as a nation, we make a significant, long-term commitment to support and modernize our public health infrastructure. We need to be ready to battle — or perhaps even prevent — the next pandemic. We must think more broadly about equitable health resource planning and improvement throughout our communities.

[Read Full Story](#)

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Now](#)



**TRACEY L. POST, LCSW,
CST, CCTP**

**FOUNDER AND CEO OF
TLP CONSULTING GROUP, LLC**



TAKE FIVE INTERVIEW

Interviews with members, influencers, and noteworthy people

Tracey L. Post, LCSW, CST, CCTP, is the Founder and CEO of TLP Consulting Group, which offers training and consultation to small and large businesses. TLP also houses the Princeton Center for MindBody Healing, which provides evidenced-based trauma and relationship counseling. Tracey was recently featured in our Quality Institute webinar, Anxiety vs. Resiliency: How to Manage One While Building the Other During the COVID-19 Crisis, which is available [here](#).

Interview Sneak Peek: *Many of us are working in different environments and experiencing more stress as a result of COVID-19 and social distancing. What are the indicators that let us know that we're under stress?*

We each have our own blueprint of stress factors and I think that the areas we can look at fall into four main categories, which are physical, emotional, interpersonal, and relational. Physical symptoms show up in ways, such as headaches, stomachaches, nagging shoulder pain, fatigue, sleep disturbances, and other similar symptoms. Recognizing these physical signs is really important. The following category, emotional, expresses itself with feelings like anxiety, anger, feeling sad, helpless, or depressed and can happen simultaneously with physical signs of stress.

[Read Full Interview](#)

COVID-19 TELEHEALTH RESOURCE

QUALITY INSTITUTE GUIDE TO TELEHEALTH IN NEW JERSEY DURING COVID-19.

Quality Institute Guide to Telehealth in New Jersey: Patient Access to Telehealth Services in New Jersey during the COVID-19 Pandemic As of April 5, 2020

As the COVID-19 pandemic continues, telehealth is quickly becoming the most widely used option for patients across the state to receive care. In fact, many health care providers who previously did not perform telehealth visits with their patients are now swiftly adopting virtual visit options, in order to safely see as many people as possible during the pandemic.

Patients are encouraged to use telehealth for visits when possible during the COVID-19 pandemic. Virtual health care visits:

- Allow patients to access care for many conditions without leaving their home and risking exposure
- Help keep patients out of the emergency department
- Protect health care providers by reducing their exposure
- Reduce the potential of COVID-19 spreading through communities



What You Need to Know:

Collectively, insurers, as well as both the federal and the state government have issued payment policies to increase access to telehealth services in response to the COVID-19 public health crisis. Additionally, the State of New Jersey is allowing out-of-state providers to provide telehealth services to New Jersey residents, under certain circumstances.

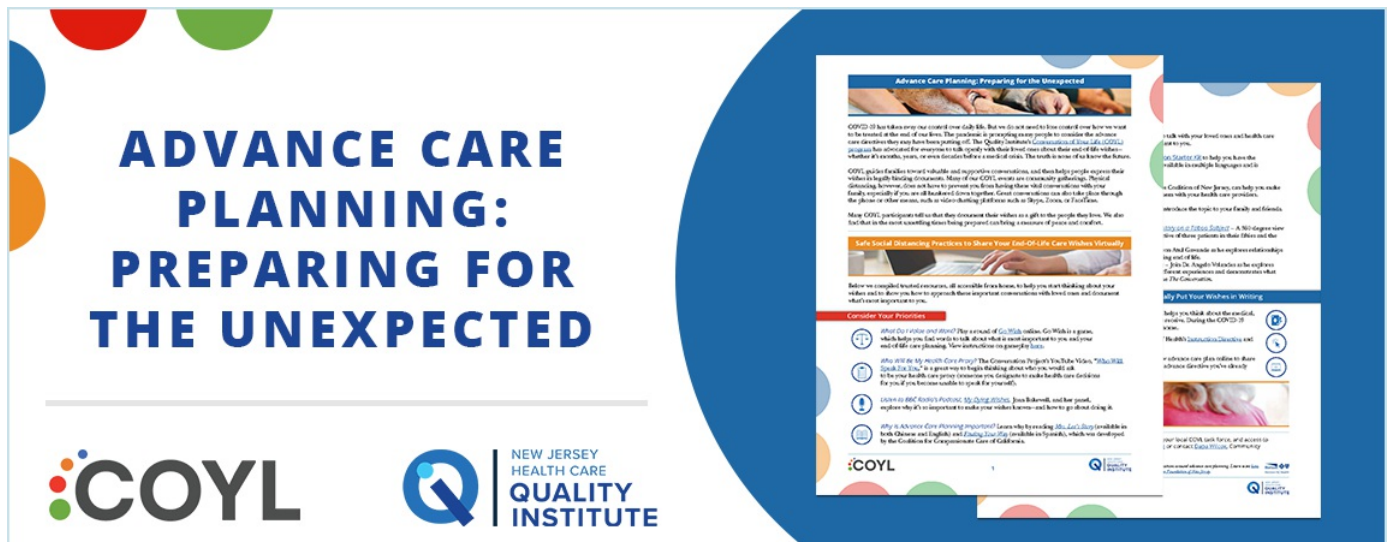
Moreover, telehealth visits with various types of providers are now covered by most insurance plans, so that patients only have to pay the same cost as an in-person visit, or no cost at all for a telehealth visit. For more information about your access to telehealth visits, we recommend that you reach out to your health care provider to see if they provide telehealth options, as well as reaching out to your insurance plan to confirm any cost changes during the COVID-19 pandemic. And when possible, we recommend that you seek

In response to the #COVID19 pandemic, we released a guide last week, which helps New Jerseyans navigate the different telehealth programs and benefits offered by New Jersey regulated health care insurers, as well as Medicare and the Veterans Affairs.

Members: We encourage you to share this resource with your patients and staff to help relieve the overwhelmed health care providers seeing patients in-person and to help New Jersey residents practice safe social distancing, especially when receiving health care.

[View QI Telehealth Resource](#)

NEW RESOURCE: ADVANCE CARE PLANNING DURING COVID-19



The COVID-19 pandemic is forcing many difficult conversations between loved ones, end-of-life care being one of them. Having these crucial conversations during a crisis is not ideal, but it is now more important than ever. Our COYL program developed this resource to help New Jerseyans start their advance care planning conversations with loved ones.

Members: We encourage you to share this resource, via your social media accounts, newsletters, and websites, to help people in the communities you serve have these crucial conversations. Thank you.

[View COYL Advance Care Planning Resource](#)

NEW MEMBER

Welcome, Atlantic Health System!

Since 2008, Morristown Medical Center has been a member of the Quality Institute. We are so pleased to have the rest of Atlantic Health System joining them within our membership. Atlantic Health System, we welcome you to our membership and look forward to working with the entire network.



[Atlantic Health System](#) designs and delivers high quality, innovative, and personalized health care to build healthier communities and improve lives for patients, consumers, and caregivers.



For information on how to join, please contact Virginia Tesser at vtesser@njhcqi.org.

To learn more about our current initiatives, please visit our website at www.njhcqi.org.
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