SESSION 1 – ACTING TOGETHER: A ROADMAP FOR SUSTAINABLE HEALTHCARE

PRESENTATION OF THE EUROPEAN STEERING GROUP’S WHITE PAPER AND KEY FINDINGS

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STEP ONE
THE PERFECT STORM
A "perfect storm" is an expression that describes an event where a rare combination of circumstances will aggravate a situation drastically.

The term is also used to describe an actual phenomenon that happens to occur in such a confluence, resulting in an event of unusual magnitude.
THE WAVES OF DEMAND AND SUPPLY

- Demographic and epidemiological transition
- Professional differentiation
- Technological innovation
- Populations needs and demand
DEMOGRAPHY:
By 2050 over 1/3 of EU population will be over 60 years old (UN)

% of EU population aged +60
DEMAND

EPIDEMIOLOGY: The ‘NEW’ patients

Total fertility rate in Europe in 2012: 1.58
(Eurostat)

One in six people in the EU has a disability from mild to severe
(European Commission)
The 10 leading causes of death in the world

CHRONIC DISEASES

Source: Projections of global health outcomes from 2005 to 2060 using the International Futures integrated forecasting model. WHO bulletin 2011.
Doctors’ views: greatest innovations of the second healthcare revolution

- MRI and CT scanning
- ACE inhibitors
- Balloon angioplasty
- Statins
- Mammography
- Coronary artery bypass graft surgery
- Proton pump inhibitors and H2 blockers
- SSRIs and recent non-SSRI antidepressants
- Cataract extraction and lens implants
- Hip and knee replacement
- Ultrasonography
- Gastrointestinal endoscopy
- Inhaled steroids for asthma
- Laparoscopic surgery
- Non steroidal anti-inflammatory drugs
- Cardiac enzymes

Source: Fuchs, VR et al, Physicians’ views of the relative importance of thirty medical innovations, Health Affairs, 2001
Nanomachines swim through veins and arteries cleaning out cholesterol and plaque deposits.
Nanotechnology can explore the process of thoughts and perception at the molecular level.
Generation of new approaches in psychology, in the design of new drugs and in the treatment of pain.
Neural implants can counteract Parkinson’s disease and tremors from multiple sclerosis.
Blind patients are now able to see crude patterns thanks to a computer-driven dot matrix display.
Shirts with sensors can monitor heartbeat and other vital signs directly to a doctor.
It has been estimated that the commonest chronic conditions are costing the US more than USD 1 trillion per year, which is expected to increase to USD 6 trillion by the middle of the century. In UK the cost of chronic conditions such as stroke, heart diseases, diabetes, cancer and dementia pile up to over 50% of total healthcare expenditure.

No country can afford this.
Average annual growth in health spending in real terms

Source: OECD Health Data 2013
THE DAY AFTER

No more European social model
STEP TWO: HEALTH SUSTAINABILITY
“There are two kinds of problems in life. Big ones and small ones. The small ones money can solve. The big ones money cannot solve”

Will Roberts
Starting from 1997, sustainability became a fundamental objective of the European Union. «Investing in Health» contributes to the Europe 2020 objective of smart, sustainable and inclusive growth.
TRYING TO ADDRESS FIVE QUESTIONS

1. Which types of intervention would make the biggest difference to the health and well-being of the people?

2. What opportunities hold the greatest promise?

3. How can we prepare for the next 10 years?

4. How can we accelerate action to reduce inequalities?

5. How can we support decision-makers in their efforts to achieve better health and well-being for their people?
“People centric, innovative strategies to safeguard health of individuals and society providing efficient care that fulfils and adapts to evolving health needs and leads to the highest possible level of health whilst preserving the potential outcomes of future generation”

ESG 2014
Healthcare systems need to be reorganized, and sustainability framework represents a prominent option to guide new policies, plans and programs.

**Aim**

- Policy Maker = Investment
- Citizen = Gaining health

**Prevention and Early Intervention**

Empowered and responsible citizens

Reorganisation of care
STEP THREE
CALL TO ACTION
CALL TO ACTION

How can ideas be turned to actions?
Within a multi sectorial frame, healthcare sustainability accomplishment requires several changes
CALL TO ACTION

Forewords – Mary Harney and Pascale Richetta
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Action 1: Investing in Prevention and Early Intervention
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Action 3: Reorganising Care Delivery
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References
Glossary of abbreviations
**Definition and Concepts**

**Prevention**

"Prevention is intervening before something becomes a problem, including the actions aimed at eradicating, eliminating or minimising the impact of disease and disability or, if none of these are feasible, slowing the progress of the disease and disability”

**Early Intervention**

"Early intervention is the process of providing specialist intervention and support services for a person who needs them, either early in the life course and/or early in the development of a health issue or problem”
ACTION 1: INVESTING IN PREVENTION AND EARLY INTERVENTION

Smart investment in prevention and early intervention can generate tangible savings in health and social welfare

Early Intervention Clinics in Musculoskeletal-Related Work Disability

Micro-simulation Model to Inform Health Policies on Investment in Prevention

Prevention and early intervention are not the sole responsibility of doctors and patients, but rather everybody, including employers, schools and social media

The Prevention Act

Healthy – Active – Constructive
ACTION 1: INVESTING IN PREVENTION AND EARLY INTERVENTION

Mobilising pharmacists, nurses and community health workers to maximise the efficiency of prevention and early intervention

Using “Big Data” to anticipate and understand healthcare needs

- Flu vaccination
- The Irish Longitudinal study on Ageing (TILDA)
- DANBIO registry
ACTION 2: FOSTERING EMPOWERED AND RESPONSIBLE CITIZENS

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ACTION 2: FOSTERING EMPOWERED AND RESPONSIBLE CITIZENS

“Empowerment”

“Helping patients discover and develop the inherent capacity to be responsible for one's own life”

All citizens will be patients at some point in their lives

‘No Decision About Me, Without Me’

Healthcare does not end or begin at the doorway of the clinic
ACTION 2: FOSTERING EMPOWERED AND RESPONSIBLE CITIZENS

Shared decision-making between doctor and patient can improve clinical and financial outcomes

SRQ Registry

Ensuring carers’ workability and productivity

Care for Carers
ACTION 2: FOSTERING EMPOWERED AND RESPONSIBLE CITIZENS

Utilising eHealth / mHealth to inform and empower citizens

Improving adherence to long-term therapies

“Patients need to be supported rather than blamed, health systems must evolve to meet new challenges, and that a multidisciplinary approach towards adherence is needed”

ACTION 3: REORGANISING CARE DELIVERY

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“The restructuring of healthcare systems in a setting that will meet the optimal needs of patients, community and clinicians.

Three strategic pillars:

- Patient-centric integrated care
- Hospital efficiency
- Interventions in an optimal setting
ACTION 3: REORGANISING CARE DELIVERY

Designing integrated care models with patients at the centre

Kaiser Permanente

Chronic Disease Management Model for Rheumatoid Arthritis

Supporting patient-centric care with integrated data sets

HDSP – Health Digital Platform to Support the Management of COPD Pathways
ACTION 3: REORGANISING CARE DELIVERY

Improving hospital efficiency to enhance equity of access

Improving Efficiency in Hospitals via Lean Operational Process

Conducting interventions in optimal settings: From Hospitals to Homes

From Hospitals to Home – Healthy Liverpool
The ESG would like to encourage governments, social insurers, healthcare professionals, patient organisations, academia, non-governmental organisations, the pharma industry and other stakeholders to work in partnership, to continue to seek innovative ideas that will drive positive changes.

Quite often the best ideas come from the bottom up!
You cannot escape the responsibility of tomorrow by evading it today

Abraham Lincoln
Thank you for your attention