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FUTURE HEALTHCARE



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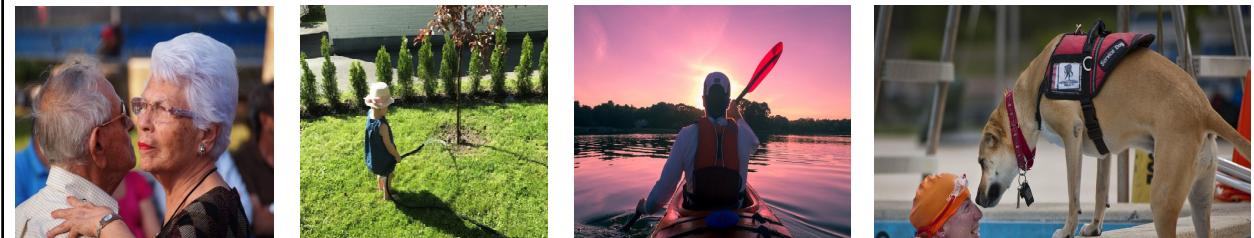


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***"Health is in joy –
be occupied by doing
your life tasks"***



Every primary care

- Risk factors
- Life habits
- High risk
- Socio-economic facts

Vårcentralisering
Baserat på gemensomförd hälsosamhet för 40-, 50- och 60-åringar under 2014 (n=75). Värden som redovisats i fet stil är antal personer och i parentes redovisats andelen.

| | 1 | 2 | 3 | 4 |
|------------------------------|---------------|-------------------|--------------|--------------|
| Pysisk aktivitet se vecka | 11 (41 %) | 108/210 (51 %) | 19 (21 %) | 12 (17 %) |
| Mat kött | 28 (31 %) | 23 (26 %) | 29 (32 %) | 21 (23 %) |
| Alkohol glas/vecka | 45 (51 %) | 9 (10 %) | 2 (2 %) | 2 (0 %) |
| Tobak (Användning) | 2 (0 %) | 2 (1 %) | 0 (0 %) | 0 (0 %) |
| Livsstil pröng | 72 (80 %) | 2 (2 %) | 0 (0 %) | 0 (0 %) |
| Psykisk ohälsa pröng | 49 (56 %) | 13 (15 %) | 13 (15 %) | 11 (13 %) |
| Diabetes slängning | 91 (100 %) | 19 (20 %) | 4 (5 %) | 0 (0 %) |
| Ärterit hjärt-kärs-id | 26 (30 %) | 22 (25 %) | 10 (12 %) | 4 (5 %) |
| BMI övervikt | 66 (76 %) | 22 (25 %) | 8 (10 %) | 2 (2 %) |
| Mjölkintolerans kvot | 13 (15 %) | 23 (26 %) | 24 (27 %) | 15 (17 %) |
| Bloodtryck mm Hg | 81 (91 %) | 104/160 (10 %) | 87 (9 %) | 69 (8 %) |
| Kolesterol övernämne | 22 (23 %) | 47 (49 %) | 5 (5 %) | 6 (6 %) |

Undvikbar slutenvård

Återinläggningar inom 30 dagar

Minskning av 8 200 vårdtillfällen

Dagar

November 2017 - October 2018

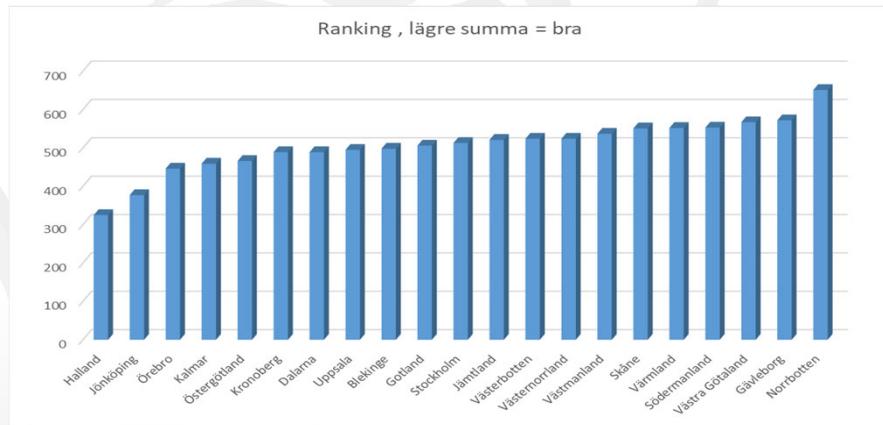
Alla län Jönköpings län

Figure. Reduction of days in hospital
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Ranking



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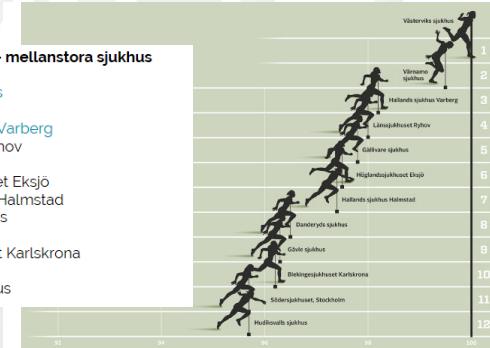
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Best hospital

Bästa sjukhuset 2019 – mellanstora sjukhus

1. Västerviks sjukhus
2. Värnamo sjukhus
3. Hallands sjukhus Varberg
4. Långsjukhuset Ryhov
5. Gällivare sjukhus
6. Hoglandsjukhuset Eksjö
7. Hallands sjukhus Halmstad
8. Danderyds sjukhus
9. Gävle sjukhus
10. Blekingesjukhuset Karlskrona
11. Södersjukhuset
12. Hudiksvalls sjukhus



Värnamo sjukhus 14 februari 2020

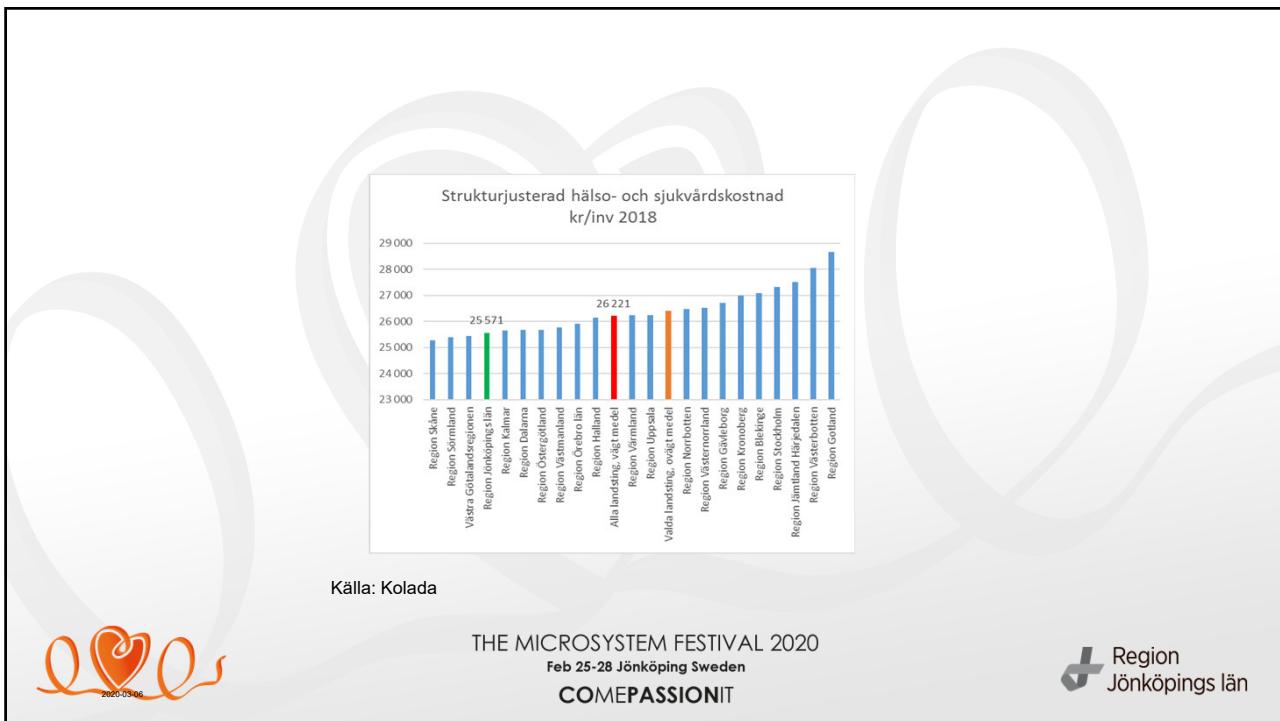
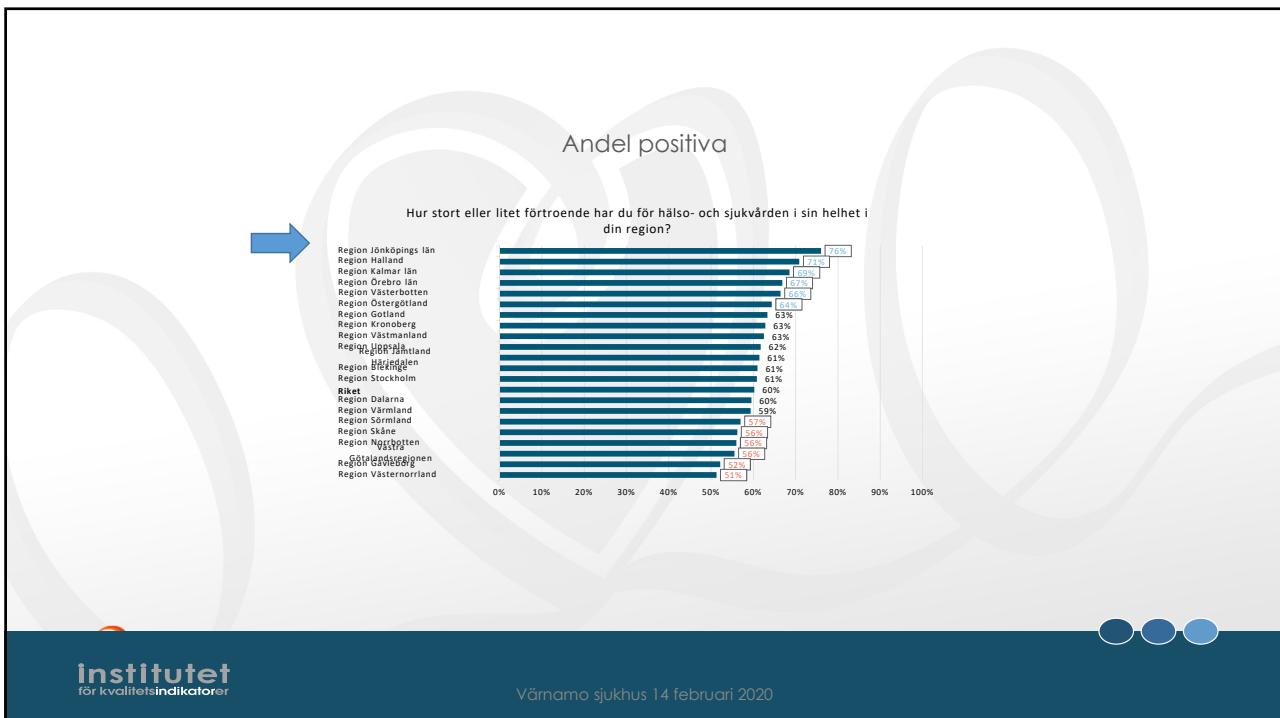


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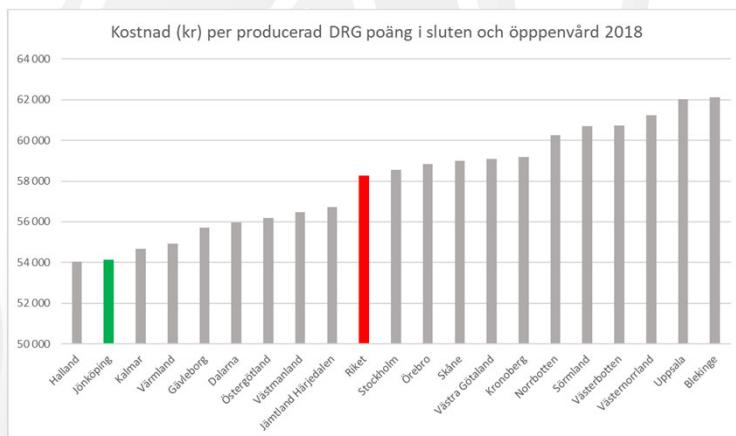
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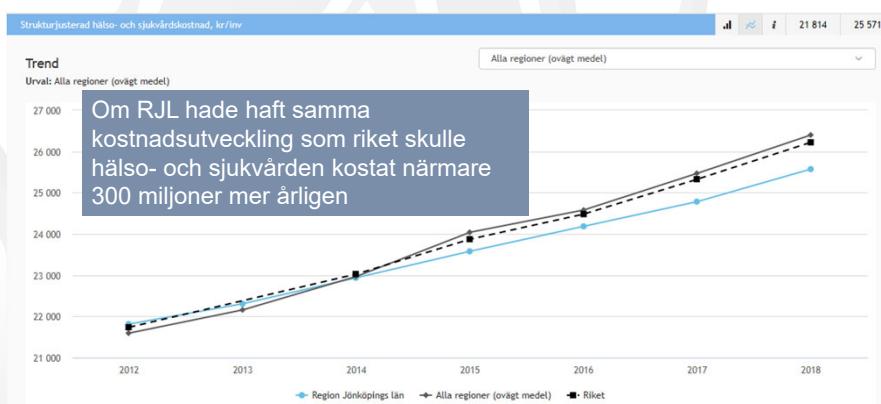
Productivity



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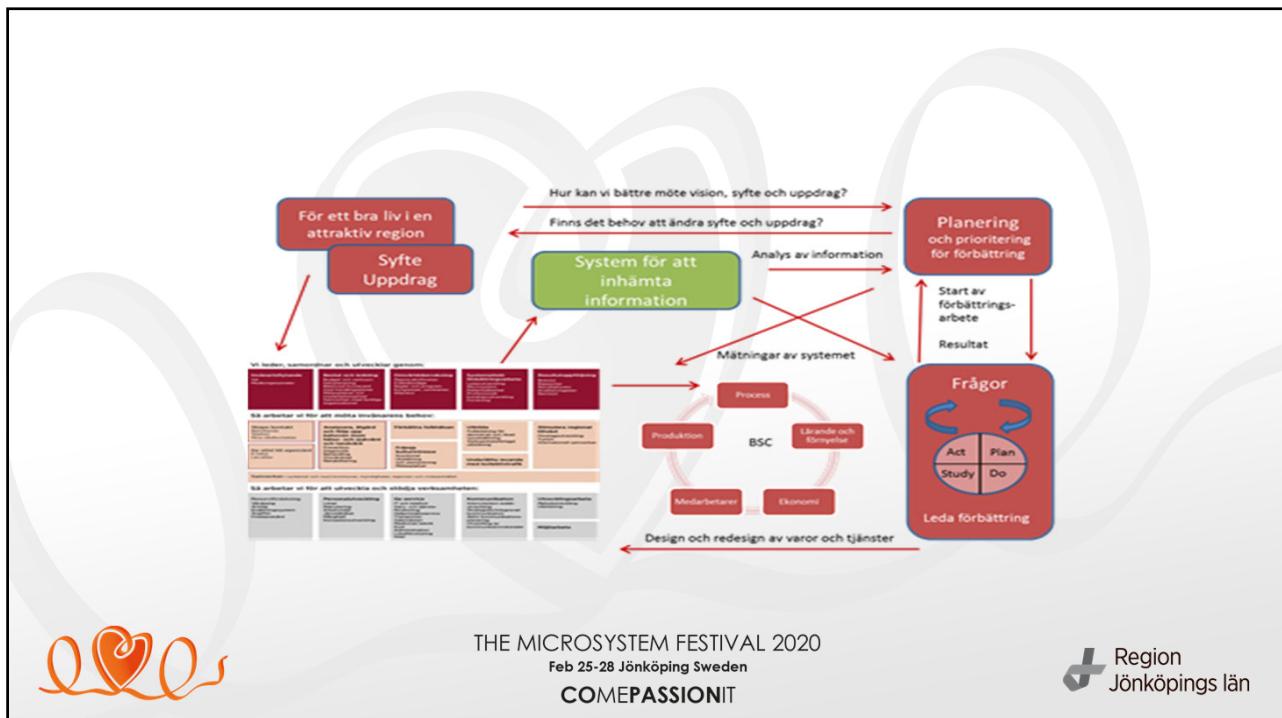


Adjusted cost



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Passion for life – social movement

- To incite senior citizens to take their own responsibility for preventive work for as rich and healthy life as possible
- To find messengers who can communicate knowledge and methods and spread ideas

<https://www.youtube.com/watch?v=BJ7TZ-n-044>



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2014 - Passion for life won first prize in EU contest "Social innovation in ageing – The European Award"



The prize is awarded by the Belgian royal family fund, the King Baudouin Foundation for the renewal of work in the area of the elderly.



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Healthcafé

Create meeting points for people to support each other...

Here, people who live with chronic diseases and their relatives are able to meet and create a network that gives support and knowledge to support health.

- House of heart
- Live for living
- Café brain
- Living library, Peers
- Inhabitants develop Patientcompact



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Patient Compact - Shared responsibility

- Improve health and care
- Empower the patients to believe in their own capability and use it from the perspective of what matters to them.
- Empower the patient and create possibilities for a partnership with health care.
- Both patients and caregivers care for time spent
- Co-production – patients and caregivers



Patientkontrakt_SALAR



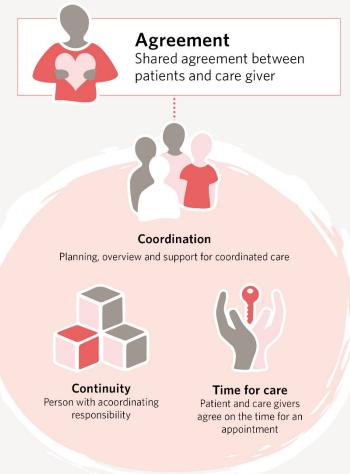
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Patient compact makes bits and pieces come together



Common values and co creation are essential

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What will your patient compact look like?



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The diagram illustrates the Microsystem Festival 2020 theme through a central figure of a yellow person with a heart, surrounded by five interconnected components:

- Work place**: Represented by a brown house labeled "JWA".
- Community**: Represented by three green people standing next to a grey house.
- Digital support**: Represented by a smartphone icon.
- Care**: Represented by a red hospital building with a cross.
- School**: Represented by a blue school building with a "L" symbol.

A circular text overlay in the center reads: "Jag kan tillvarata mina egna resurser!" (I can take care of my own resources!).

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One size doesn't fit all!

The diagram illustrates the Microsystem Festival 2020 theme through a central figure of a yellow person with a heart, surrounded by five interconnected components:

- Vårdsituationer**: A booklet titled "Vårdsituationer" with various icons and text sections like "Ej process/ Ej avolut", "Enhet", "Flera enheter", and "Process/Avolut".
- Community**: Represented by three green people standing next to a grey house.
- Digital support**: Represented by a smartphone icon.
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What is a service?

- Co-creation of activites and the value they create together
- Cooperation between producers and consumers
- Created and consumed at the same time

*"In co-production a service occurs
that none of the people involved had
been able to create by themself"*



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*How we build a learning platform for
transformation of a whole Health and Care
system that revolves around the patient*

- We always start with "What matters for Esther?"
- Leadership at macro level tells the direction, gives support and asks for and follow-up results.
- Employees together with patients design new way of working
- Standardised QI support to work systematically and visualise the movement
- Learning by doing – catch learning – research
- Meetingpoints – pieces and whole picture – deeper understanding for the need for cooperation and co-production.
- Joy gives energy to the journey



All this is a challenge in big system and needs humility and an ongoing dialogue to support trust and power for action.



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Future scenario - 2030

**Jönköpings-Posten
EXTRA**

THE SOCIETY WELFARE PRICE OF 2030 GOES TO **JÖNKÖPING**



Municipal and regional government agree:
Transformation of healthcare system
made it possible



"Resident force has taken us to where we are today"

We made an important choice ten years ago when we decided to carry out a transformation that would bring us closer together with our residents. It is clearly the resident force that has taken us to where we are today.

It's been a tough journey for us as individuals, with many challenges and especially short time. But as these changes have proven to affect the quality of life for our residents, we have seen how the inclination to dare to take another step has increased.

AI and digital solutions that today are used in all areas of society have also been adopted in relatively new tools in healthcare ten years ago. But our residents have been quite in advance in accepting these changes. We believe that they appreciate digital solutions, as it saves time and contributes to an easier everyday life.

We have learned a lot about creating many different ways to address the same issue, developing a culture of learning and using different platforms. This has given our residents the opportunity to choose the one service that best suits them. We have also developed a clear division and person-centered topology, which was crucial in improving our clinical results.

increasing our accessibility and achieving a higher level of perceived service quality.

The meeting places that we have managed to create for our residents have also been crucial. This has, together with our high conversion rate through learning and development, created a strong sense of networks, been crucial in our journey. Another important factor in our success and what we are today is the development of our information systems, which has helped in making coherent decisions.

The change that has taken place in Jönköping County cannot be traced to one, or even a number of specific measures. Rather, it is a multifaceted process that has involved a strong political power, and an amazing staff, that in co-operation with the residents have managed to create equal healthcare is not about treating everyone in the same way, but about treating everyone according to their own individual needs.

Healthcare and municipal management in collaboration with leading politics



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Reflections



- Based on your context and experience, what thoughts do you have on future health care?



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www.microsystemfestival.com