Existing distance spanning solutions Rural Arctic Perspective

E-health technology for better health care in the Barents region

Barents e-Health Expert meeting 8 December 2020

Andreas Lundqvist, Centre for Rural Medicine – Region Västerbotten

Bengt Andersson, Senior Adviser at Nordic Welfare Centre

Healthcare and care

Healthcare and care through distance spanning solutions (2018-2021) – 24 practical examples from the Nordic region

- Part of the Swedish presidency programme of Nordic Council of Ministers 2018

8th of December October, 2020

Andreas Lundqvist, Centre for Rural Medicine – Region Västerbotten

Bengt Andersson, Senior Adviser at Nordic Welfare Centre

through distance-spanning solutions

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Government Offices of Sweden
Ministry of Health and Social Affairs

Northern Periphery and Arctic Programme
2014–2020

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region västerbotten

Nordic Welfare Centre

— An institution under Nordic Council of Ministers

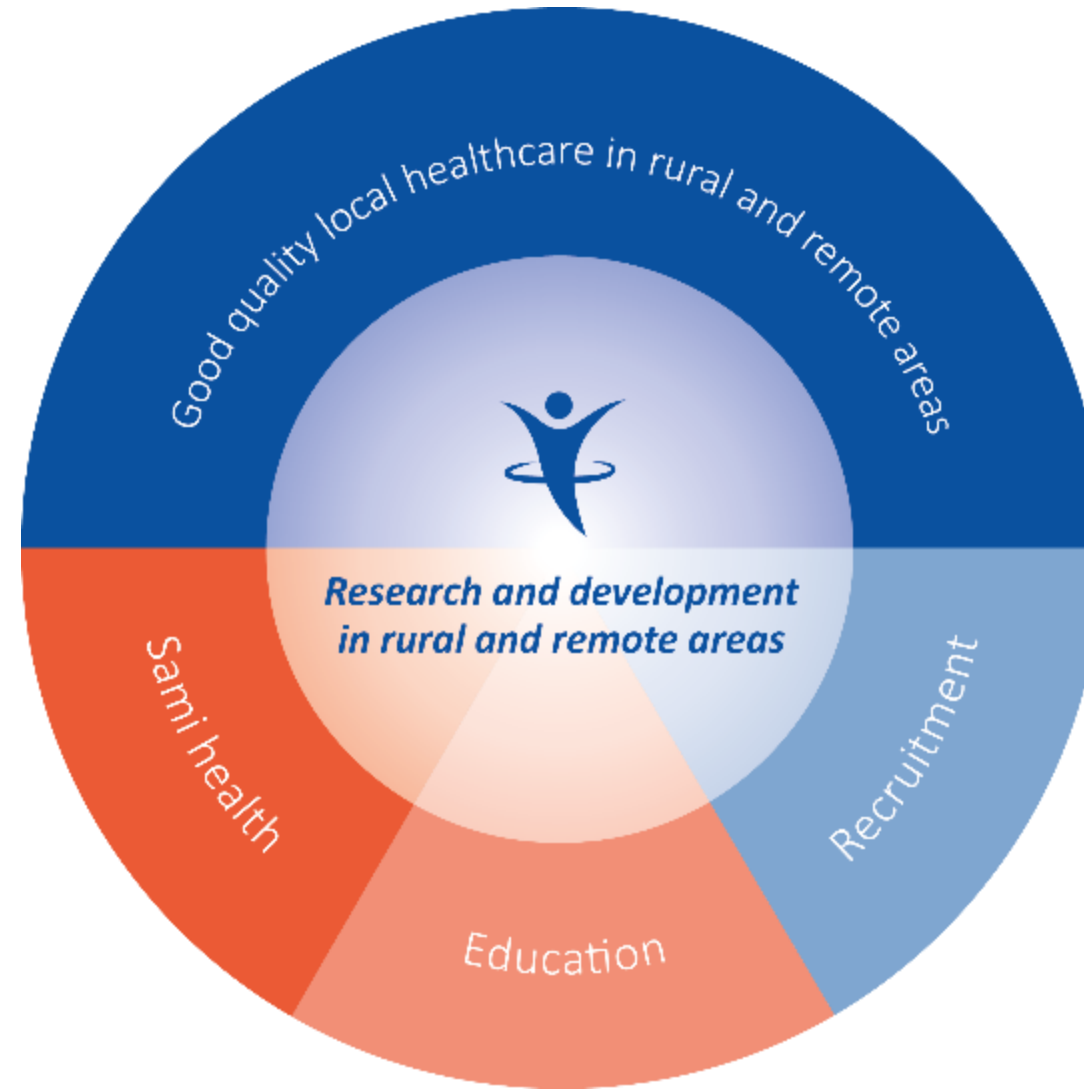— Offices in Stockholm and Helsinki

— 30 employees

Centre for Rural Medicine

Since 2014 an R&D unit within Region Västerbotten:

- Around 15 employees

- Main office in Storuman, Sweden

- Our employees are mainly based in the inland of northern part of Sweden
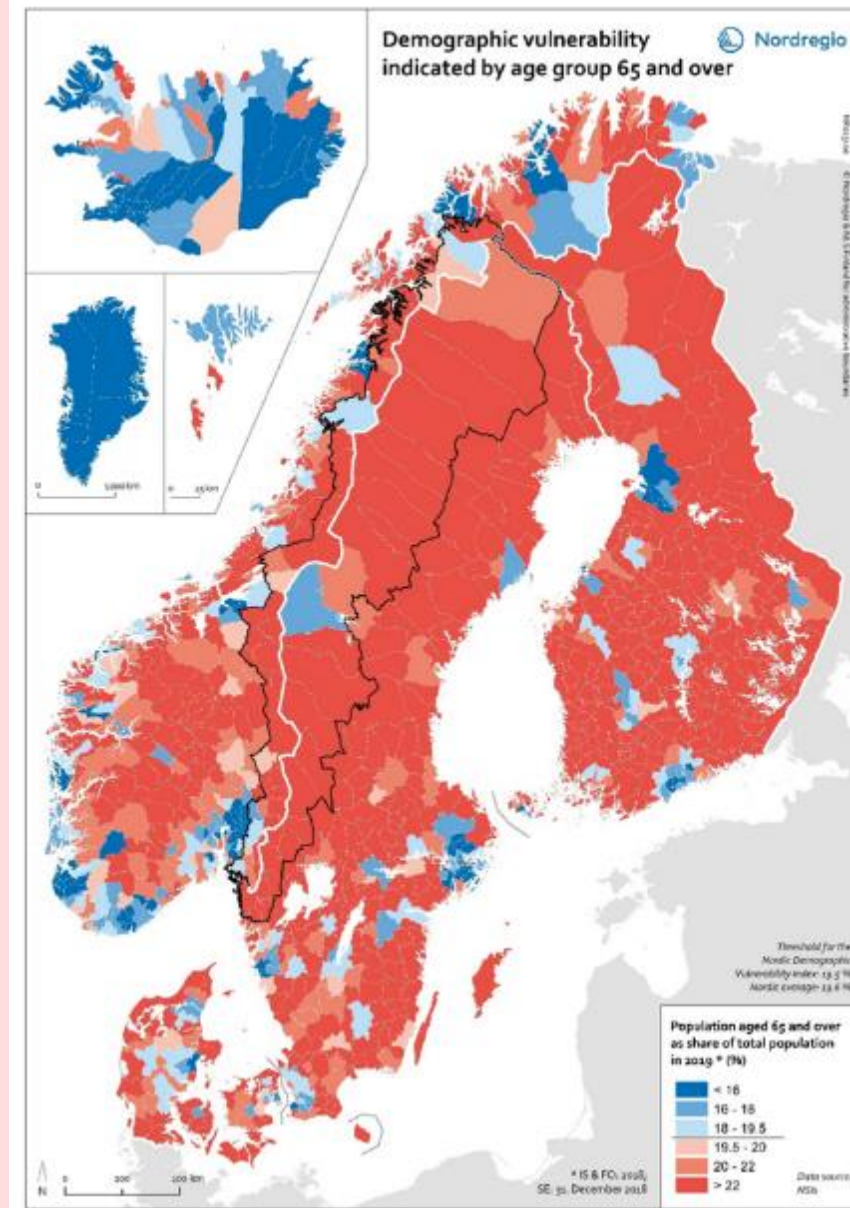
- Funding mainly through projects

- Centre for rural medicine

Good quality local healthcare in rural and remote areas

Sami health

Recruitment

Education

Research and development in rural and remote areas

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An ageing population affects the welfare model

Demographic Vulnerability Index indicated by age group + 65:

- A municipality are viewed to be vulnerable when more then 19,5 % of the population is + 65

- 70 percent of the municipalities in the Nordic countries are above that level

Demographic vulnerability indicated by age group 65 and over

Nordregio

Population aged 65 and over as share of total population in 2019 * (%)

Healthcare and care through distance-spanning solutions (2018-2021)

The project consists of three main blocks:

1. Mapping of distance-spanning solutions applied in Nordic municipalities and regions.

2. Mapping of national methods and tools for implementation support.

3. Through calls identify Nordic municipalities and regions for implementation support of distance-panning solutions.

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Block 1:

Mapping of distance spanning solutions in the Nordics

Publication September 2019 with the 24 most interesting distance spanning solutions

Download an electronic version or order your printed version in English here

Find your Swedish version here

If you want to read about the 24 solutions in English and another 19 solutions, please visit our website a:

www.vopd.nu

Publication September 2019 with the 24 most interesting distance spanning solutions

1. Remote treatment

2. Remote monitoring

3. Remote meetings

4. New digital services for healthcare and care – new service models etc; Including new innovative collaboration models

Good care and healthcare – no matter where you live

24 examples from the Nordic region

DOWNLOAD OUR BOOK FOR FREE

Healthcare and care

Virtual Health rooms

Distance meeting (+monitoring and treatment)

Swedish case study

through distance-spanning solutions

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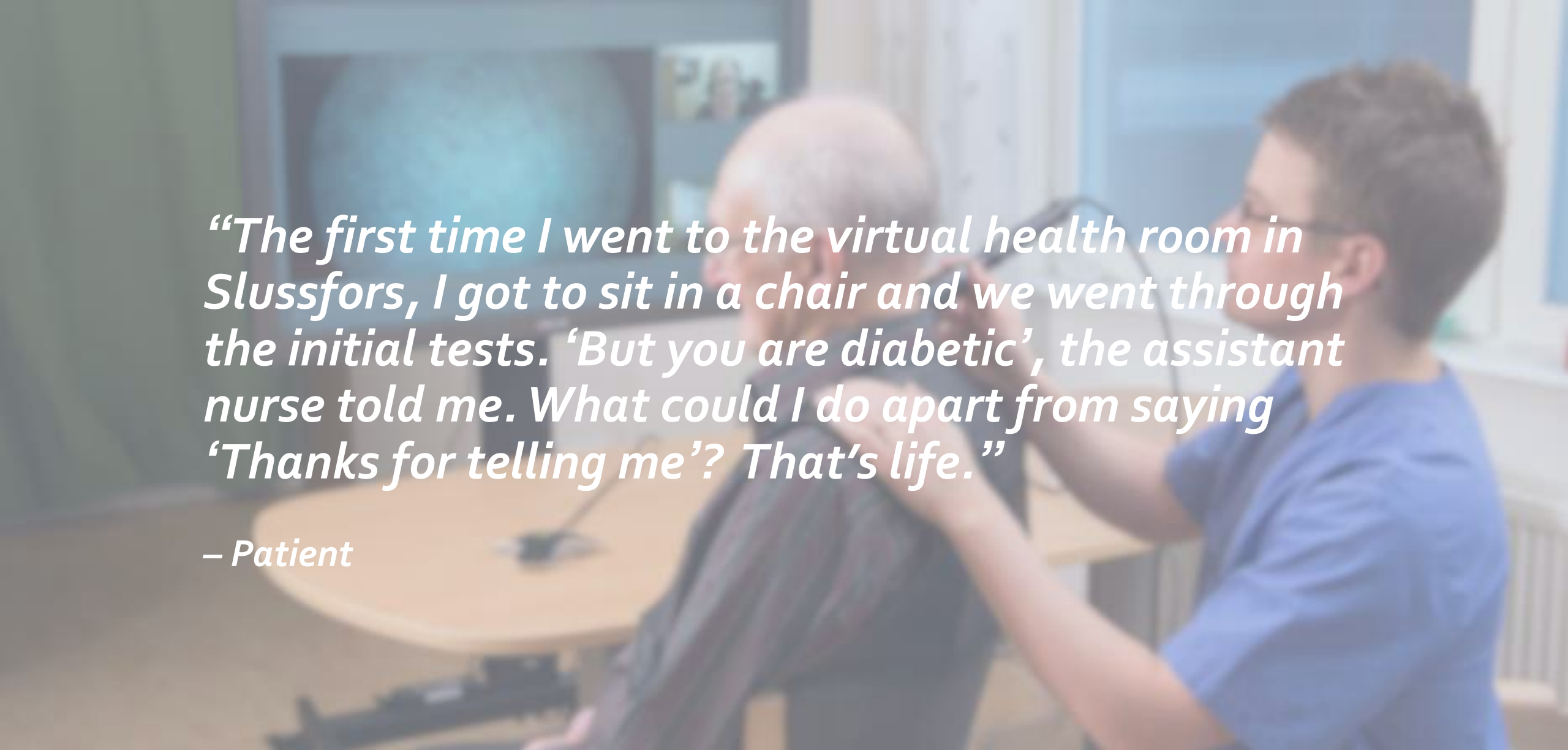Government Offices of Sweden
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"The first time I went to the virtual health room in Slussfors, I got to sit in a chair and we went through the initial tests. 'But you are diabetic', the assistant nurse told me. What could I do apart from saying 'Thanks for telling me'? That's life."

– Patient

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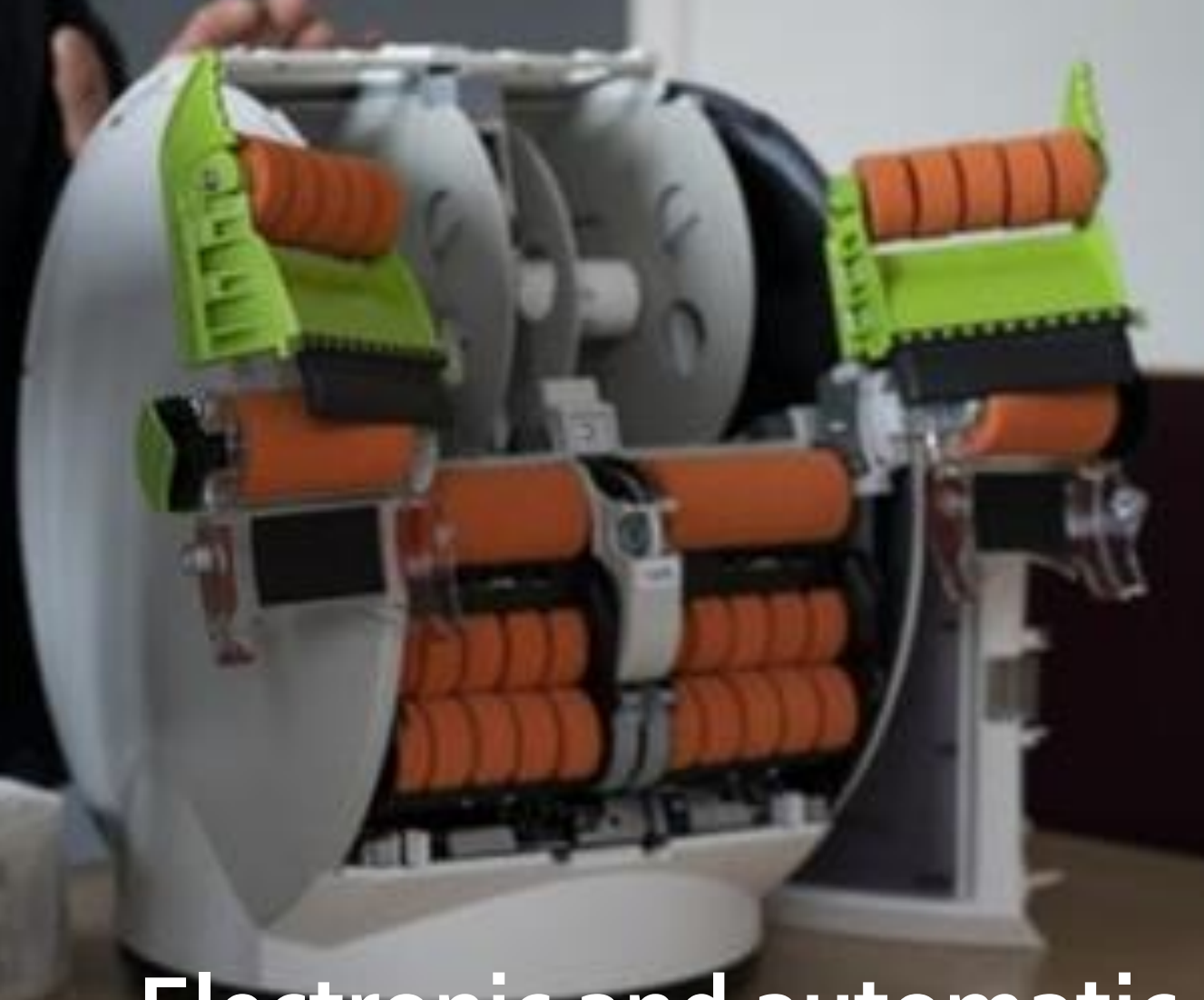European Regional Development Fund

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The concept

- Established in rural municipalities in region of Västerbotten, Sweden and northern part of Denmark

- **Swedish concept:**
  - Patient monitor their own health – with or without assistance
  - The results of the tests are transmitted directly to a database
  - Video consultations between patient and healthcare professionals

- **Danish concept:**
  - Focus on distance consultations
  - Possibility of taking basic measurements

Remote on-call support in rural areas

Electronic and automatic medicine dispensers

Localisation technologies (GPS)

"*A day without a walk is a bad day*"

- Service receiver, Larvik municipality (Ausen et al., 2016).

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Digital night monitoring with cameras - offers undisturbed sleep
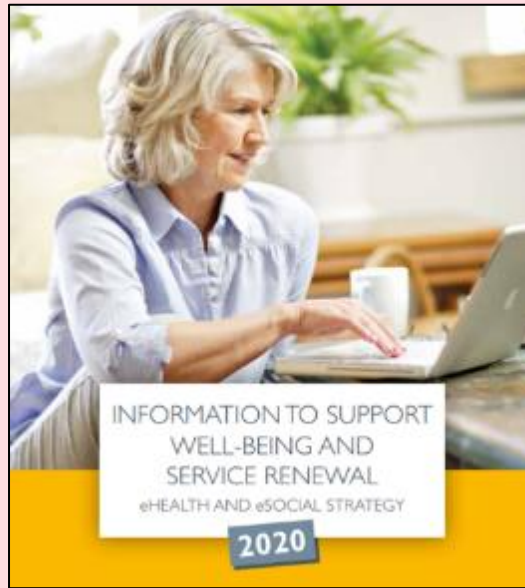
Block 2:

Mapping of national methods and tools for implementation support

All five Nordic countries have national visions and strategies for eHealth and welfare technology

Denmark

Finland

Iceland

Norway

Sweden

National roadmap/tools: "Roadmap for service innovation"

Roadmap translated into Swedish:

- Download your version [here](#)

Roadmap translated in other languages:

- English, download [here](#)
- Danish, Icelandic and Finnish versions being translated

Block 3:

Through calls identify Nordic municipalities and regions for implementation support of distance-panning solutions

Block 3 - Calls to identify Nordic municipalities and regions for implementation support of distance-panning solutions

VOPD Call 1:
Nine projects starting in September 2019

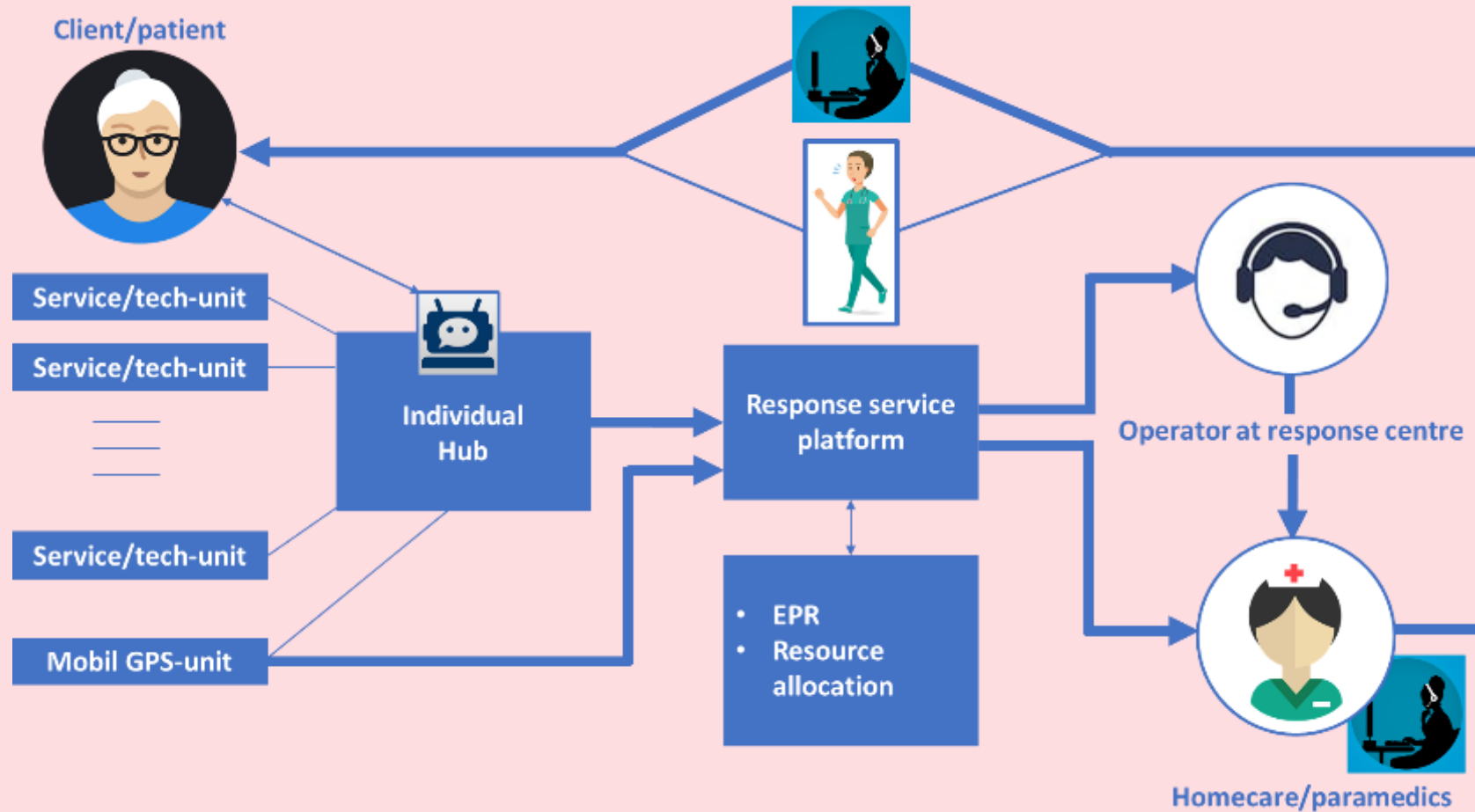|	Organisaton	Country
1	The central hospital of Kanta-Häme	Finland
2	City of Reykjavik	Iceland
3	City of Akureyri (Akureyrarkaupstaður)	Iceland
4	Akureyri Hospital	Iceland
5	Steinkjer Municipality	Norway
6	Høylandet Municipality (VINA)	Norway
7	KSON, Municipal association of healthcare and social care in Norrtälje	Sweden
8&9	Primarycare district of South Lapland + 7 Muncipalities (Åsele, Storuman, Dorotea, Malå, Lycksele, Vilhelmina, Sorsele)	Sweden

VOPD Call 2:
Twelve projects starting in April 2020

	Organisation	Country
1	Oulu Health	Finland
2	Odense University Hospital	Denmark
3	Rigshospitalet, Capital Region of Denmark	Denmark
4	Bornholm Hospital, Capital Region of Denmark	Denmark
5	Bornholm Hospital, Capital Region of Denmark	Denmark
6	Akureyri Hospital11	Iceland
7	City of Akureyri (Akureyrarkaupstaður)	Iceland
8	Agder - 25 Municipalities	Norway
9	Eskilstuna Municipality	Sweden
10	Tallinn Science Park Tehnopol	Estonia
11	Saaremaa Municipality	Estonia
12	Võru County	Estonia

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Integrated healthcare and social care
The bottleneck (according to VOPD)

South Karelia Social and Health Care District

Because social and healthcare has been concentrated into one organization (federation of municipalities) - Eksote – it's easier to develop processes and ICT than in "divided world". But of course there and lot's of processes and ICT connections points towards other organisations like the educational units of municipalities.

Distances from Lappeenranta:
to Helsinki 230 km
to St. Petersburg 230 km
to Russian borders 35 km

Established	2010
Population	130.000
Budget	470 M€
Employees	5100
Hospital	280 beds

Nine municipalities and 13 wellbeing centers in our regions

Integrated healthcare and social care

Eksote in Finland!

Strategy 2014–2018

Making it easier to cope at home
- Our customers look after their functional ability and wellbeing independently.
- Our care and service models are light, rehabilitative, and home-oriented.
- Our electronic and low-threshold services are easy to use.
- We guide our customers to the right place at the right time.
- Urgent care and help in crisis situations are easily available.

Wearables
– Is the future of integrated healthcare and care at your wrist?

Thank you!

through
distance-spanning
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