NORWEGIAN MINISTRY
OF HEALTH AND CARE SERVICES

The Barents Programme on New Technology and Methods in Health Care in sparsely populated areas - assessment "Barometer of digital transformation for citizens with chronic diseases".

E - Health Conference, 8 December , 2020

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Regions Covered by the Assessment

- Healtse Nord (Nordland, Troms and Finnmark counties - 480 000 inhibitant)
- Västerbotten - 270 000 inhabitant
- Norbotten Region - 250 000 inhabitant
- Arkhangelsk Region - 1 092 424 inhabitant
- Nenets Autonomous Oblast – 44 100 inhabitant
- Murmansk Region - 741 400 inhabitant
- North Karelia - 164 465 inhabitants
- Lapland Region
- Republic Karelia – 614 100 inhabitant
- Republic Komi – 830 235 inhabitant

Digital health defined in terms of type and use of digital technologies.

- "Digital Health is a term that is frequently adopted to encompass a wide range of technologies related to health and medicine" (Lupton, 2014).
- Similarly, "digital health refers to the use of information technology/electronic communication tools, services, and processes to deliver health care services" (Canada Health Infoway, 2020).
- Finally, the WHO definition of digital health is a "broad umbrella term encompassing eHealth (mHealth), as well as emerging areas such as [the] use of advanced computing sciences in 'big data', genomics, and artificial intelligence."

Digital health

- Digital health involves a broad variety of technologies and tactics to deliver virtual health, mediacl care and education services outside of traditional healthcare facilities. It allows long-distance delivery and facilitation of clinical and non-clinical applications to enhance care, education delivery , administration and research

Which solutions or services do you arelady provide or plan for the next period

- Mobile health (M Health)
- Distance meetings (This refers to all kinds of meetings, both between professions and between citizens and professions
- Provide training and medical staff education
- Remote patient Monitoring (This refers to sensors, cameras, reminders and data collection.)
- Live (syncronous) Video consultation
- Patient education

What chronicle diseases/patient groups can be offered self-monitoring or self - treatment

- Diabetes and asthma, overweight, hypertension
- The region has a pilot project with self-monitoring services for patients with heart failure (Vasterbotten and Norboten)
- My Path - is a digital service portal, where patient can get care and support at any time. There are self-care programmes for all citizens and digital care paths dedicated to spesific disease groups. 15 digital care pathways for different patient groups, and about 15-20 in under process (Oulu University)

- Since January 2018, a telemedicine Competence Center for remote monitoring and counseling of patients with severe and urgent conditions has been organized

- As part of the implementation of the measures of the federal project "Information Infrastructure" of the national program "Digital Economy of the Russian Federation", feldsher-obstetric points (hereinafter - FAP) are connected to the Internet, in 2019 61 FAPs were connected - Arkhangelsk

DIGITAL TECHNOLOGY RELEVANT POLICY

- Приказ Минздрава России от 30.11.2017 N 965н «Об утверждении порядка организации и оказания медицинской помощи с применением телемедицинских технологий
- Приказ Минздрава России от 24.12.2018 N 911н "Об утверждении Требований к государственным информационным системам в сфере здравоохранения субъектов Российской Федерации, медицинским информационным системам медицинских организаций и информационным системам фармацевтических организаций"
- - Federal project "Creation of a unified digital circuit in healthcare based on the Unified State Health Information System (USHIS)" of the national project "Healthcare"

DIGITAL TECHNOLOGY RELEVANT POLICY

- **Finland - eHealth and eSocial Strategy 2020**
- **Norway – Policy on eHealth including strategy and Action plan for eHealth 2017-2022 .** Norway has national tools for implementation of distance spanning solutions as described above with main focus on municipal responsibility
- The tools are developed for all levels in the organisations
- **Sweden - Vision for eHealth 2025**

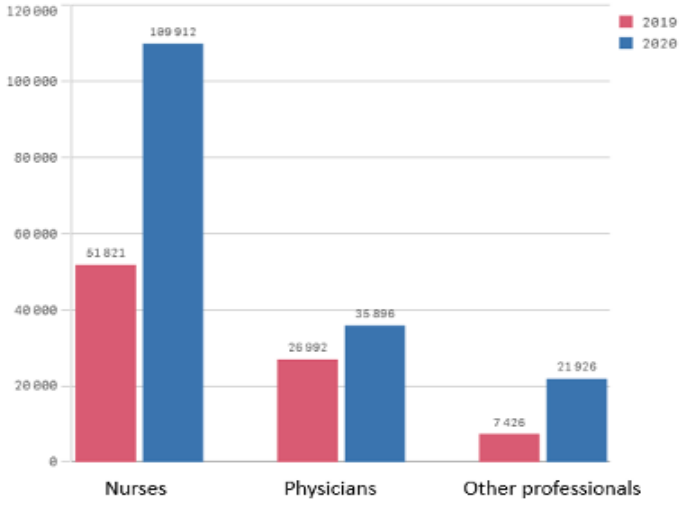
Who led the digital transformation of your company?

A) CEO

B) CTO

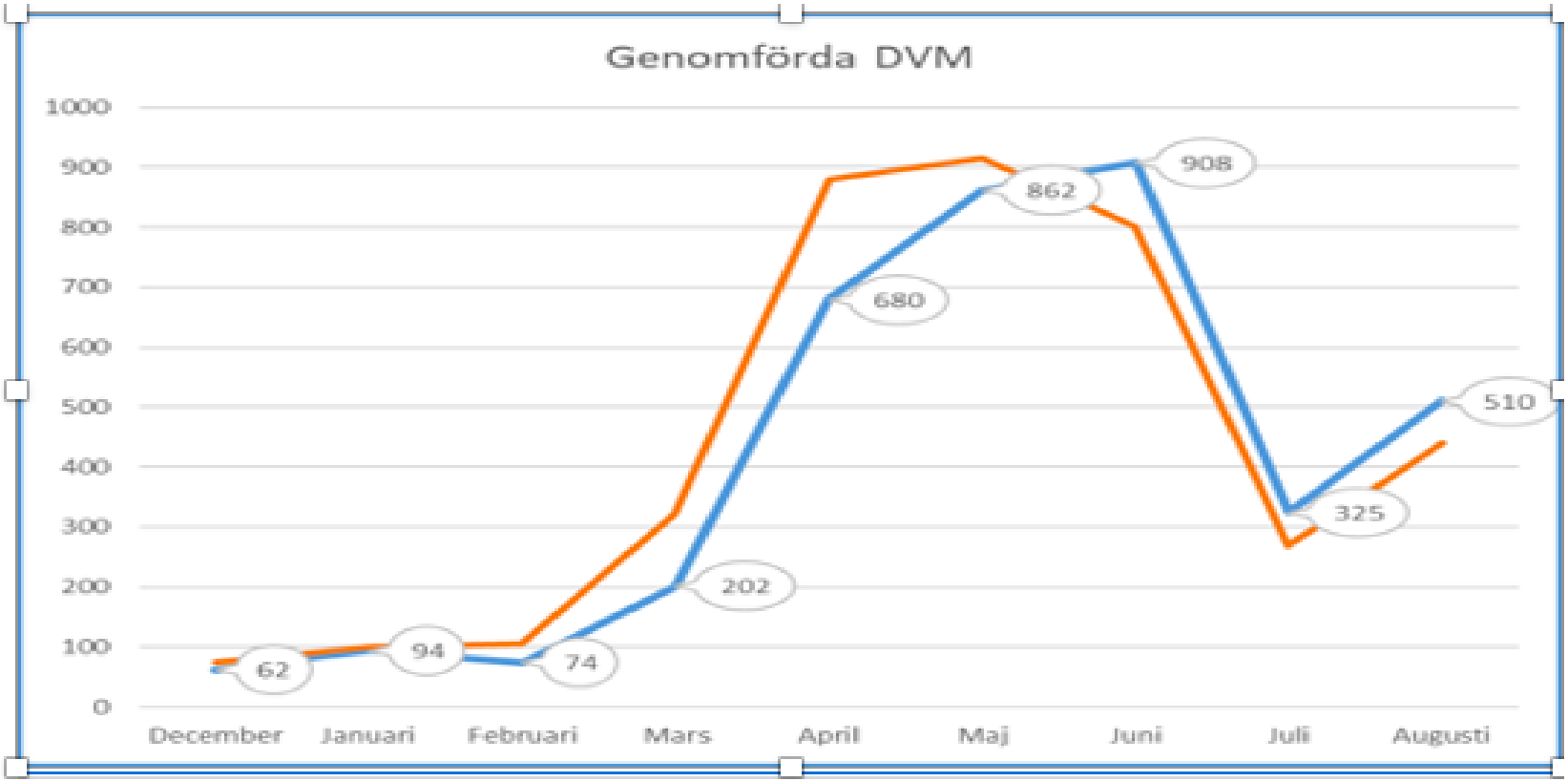
C) COVID-19

Joint municipal authority for North Karelia social and health services

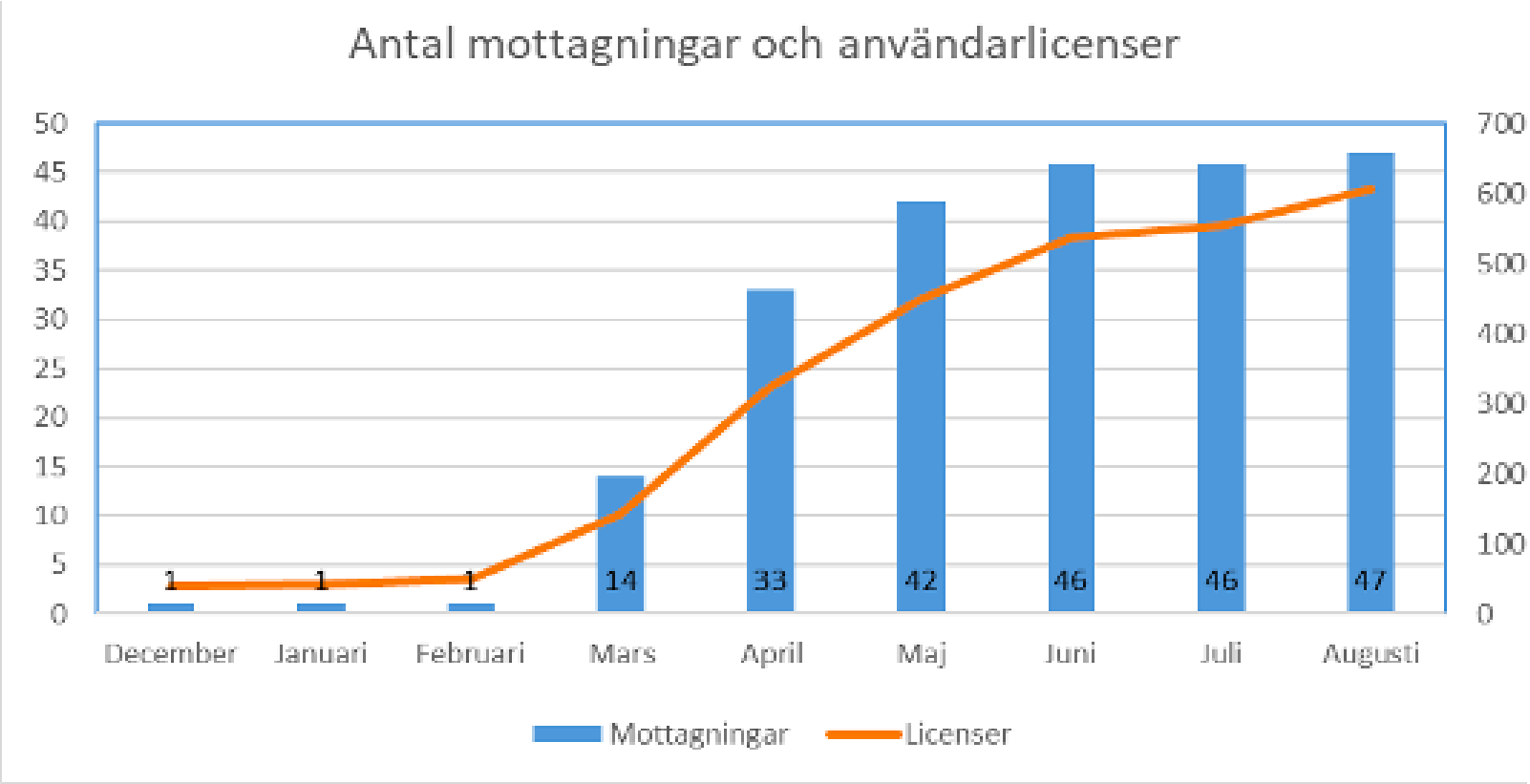


Especially psychiatry increased 71 % its distant spanning services, but also general medicine (ordinary primary care services) increased 61 % remotely given services compared data available from January to end of August both 2019 and 2020 respectively. These figures include all remote contacts from service units to patients.

Västerbotten Region



number of digital meetings for medical care (DVM) (red for women and blue for men)



how many receptions at hospitals and primary health care together, that have a license for digital meetings with patients

- The total number of telemedicine consultations increased by 1547 (from March to August 2019 - 1675, from March to August 2020 - 3222) – Murmansk Region
- For diseases of the cardiovascular system, traumatology, oncology, radiology, neurology. The number of consultations increased by 30% - Nenets AO
- Telemedicine technologies are most often used for decoding EGC. Before the pandemic, 1233 consultations were held (of which 1128 were ECG decoding), after the pandemic - 1951 (of which 1826 were ECG decoding). - Komi

Main findings

- The technical foundations for telehealth were already availabel in Barents Region before COVID19
- Finding 1
- The type of telehealth services used has shifted since the coronavirus outbreak
- Finding 2
- Digitalhealth usage shifts from chronic conditions towards more regular (first touch point) use cases
- Finding 3
- The target audience is not restricted to the elderly or the digital natives, it can be for everyone

What are the main challenges regarding the provision of telehealth services in our Regions

- Lesson 1
- Proper funding, beter regulations and interoperability are needed
- Lesson 2
- The privacy and security of an individual's healthcare data
- Lessone 3
- Governance in Digital Health Systems - rigid organizational structures and policy settings, experience in digital leadership,

Recommendations

- Patients need to be included as partners and informed about health technologies, with a focus on how access and use of such technologies must be considered to support vulnerable populations.
- To improve health literacy, knowledge about digital technologies, to ensure access to health services for every citizen.
- The healthcare workforce requires expertise and guidance to evaluate new technologies, using processes grounded in real-world evidence.
- Reimbursement models must be designed to support and enable the required changes to clinician workflows, competencies in managing digital models of care

Digital Health

- Digital health is emerging as a priority for many public and private healthcare systems as a way forward to drive value for every global citizen, to ensure healthcare is accessible and equitable, and high performing

- **Thank you for your attention**

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