

Digital Health Care and Social Care: Regional development impacts in the Nordic countries

Anna Lundgren, Senior Research Fellow
Louise Ormstrup Vestergård, Research Fellow
Shinan Wang, Cartographer/GIS-analyst

Digital Health Care and Social Care

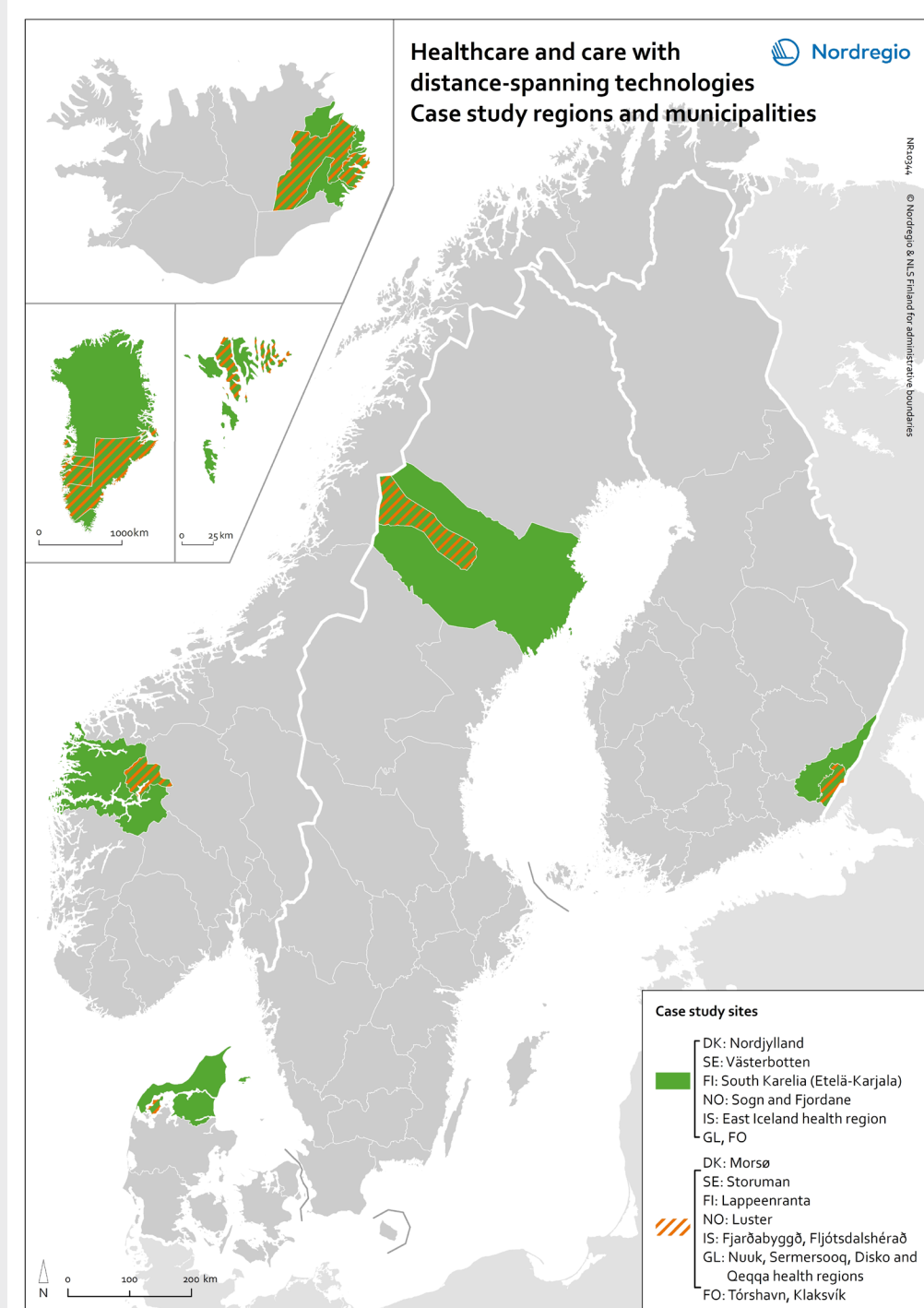
Regional development impacts
in the Nordic countries

Anna Lundgren,
Louise Ormstrup
Vestergård,
Ágúst Bogason,
Johanna Carolina Jokinen,
Oskar Penje,
Shinan Wang,
Gustaf Norlén,
Linnea Löfving and
Timothy Heleniak

NORDREGIO REPORT
2020:14

Digital health care and social care – Regional development impacts in the Nordic countries

- Part of Health care and care through distance-spanning solutions project 2018-2020 (Vård och omsorg på distans, VOPD)
- What are the regional development effects?
What are the obstacles to digital health care and social care? What are the potentials?
- Using an institutional theoretical framework, seven case study regions and municipalities across the Nordic Region and one in-depth study on accessibility to health care and social care



Our key findings

- **Effects in four areas:**
 - Quality
 - Efficiency
 - Inclusion
 - Accessibility
- **Many obstacles and barriers:**
 - Leadership and management
 - Legislation
 - Technical
 - Economic
 - Cultural
- **Several potentials:**
 - Yes! Especially in rural areas.





Video consultations

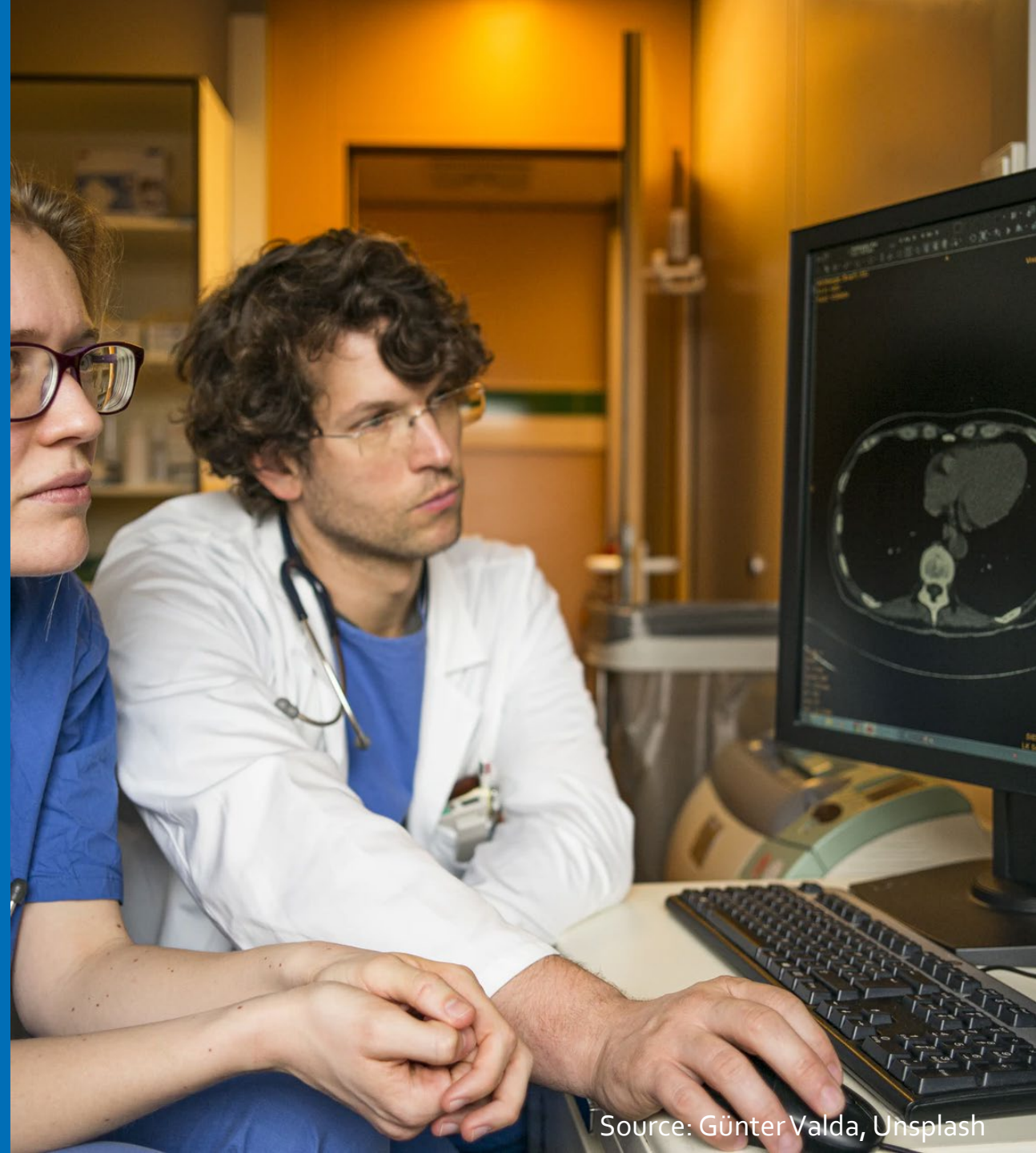
First and foremost, it is about flexibility and accessibility

Nutritionist in Region Västerbotten

- Increased accessibility
- Flexibility
- Manage recruitment challenges
- Increased wellbeing

Digital meetings within health care

- Access to specialised health care
- Knowledge sharing between peers
- Increased quality
- Less travelling



Passive warning systems in elderly care

- Safety for citizens and relatives
- Possibility to stay at home
- Less travelling for home care services



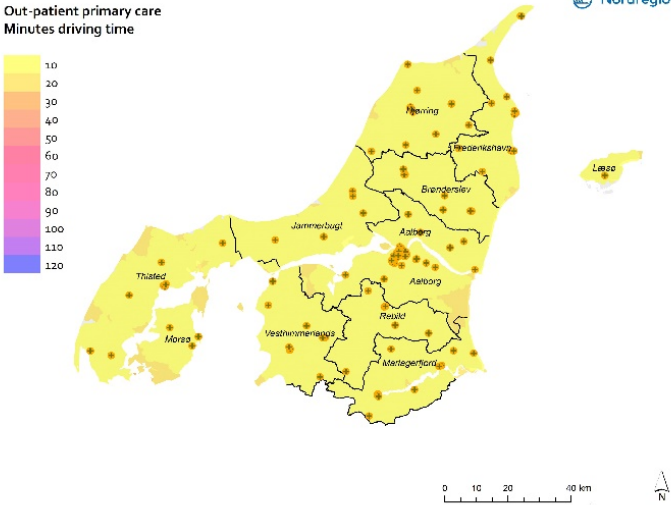
Effects and potentials

- Quality
- Efficiency
- Inclusion
- Accessibility

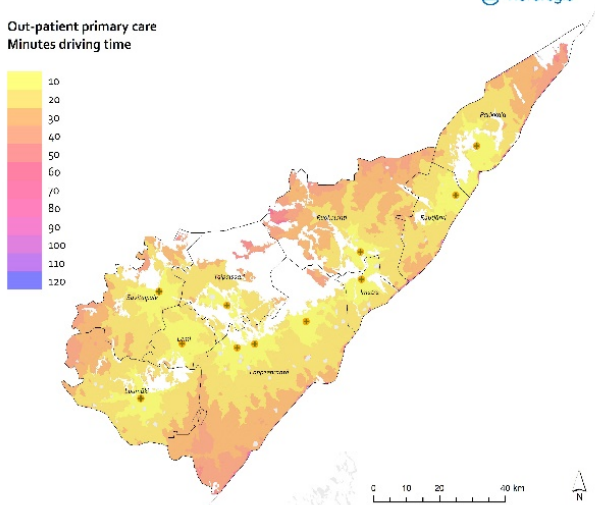
- Less travelling for patients and social care workers
- Access to specialised health care
- Flexibility for patients and health care professionals
- Manage recruitment challenges
- Increased wellbeing and feelings of safety for patients and citizens

Accessibility to out-patient primary care

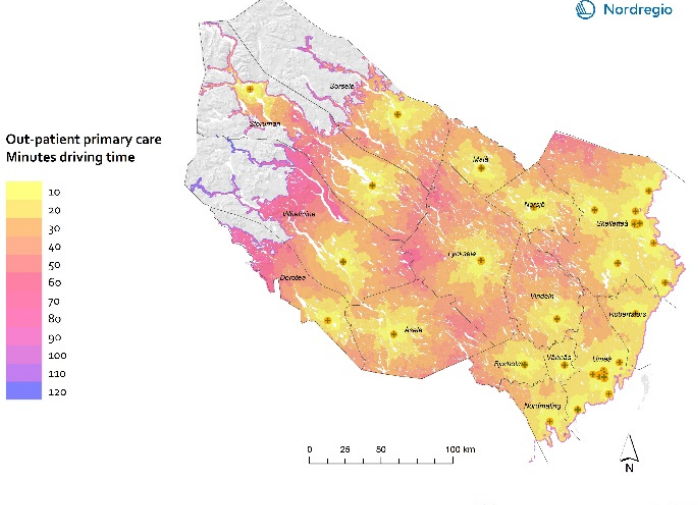
Nordjylland



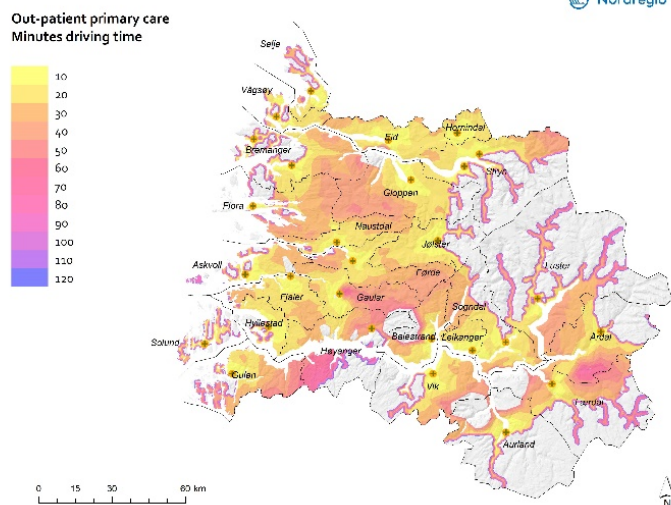
South Karelia



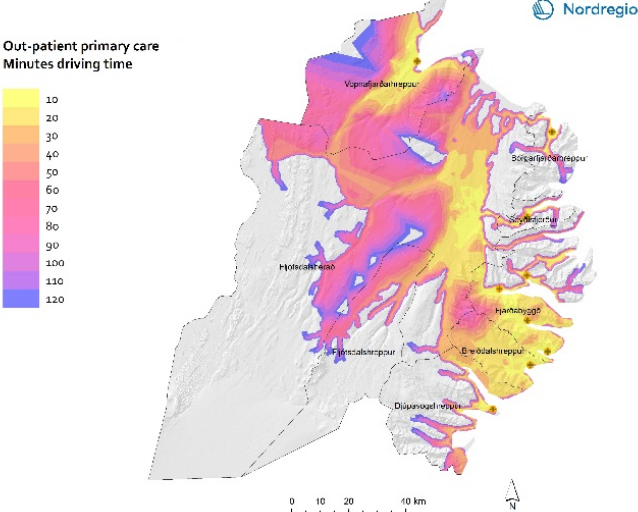
Västerbotten



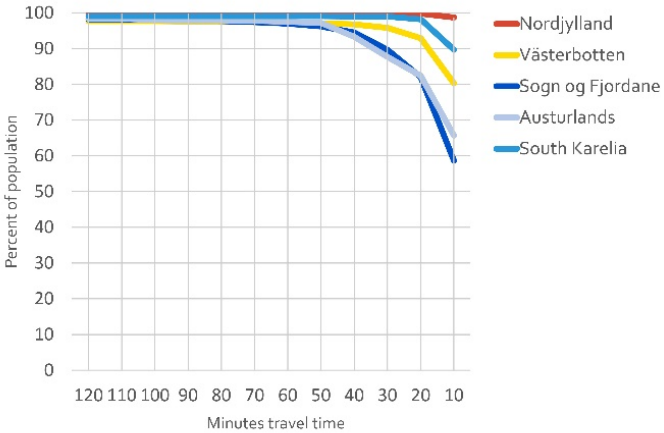
Sogn og Fjordane

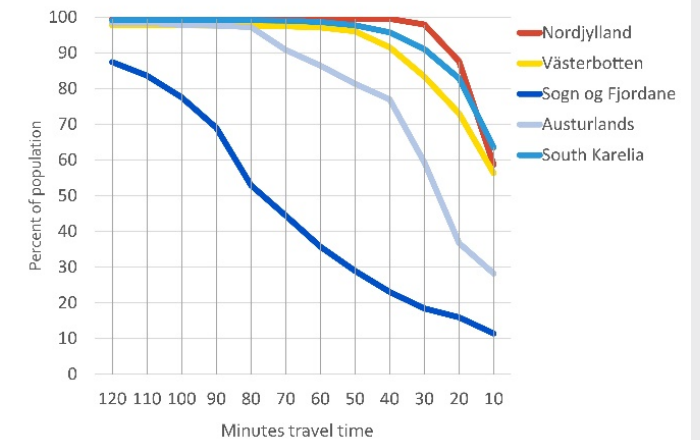
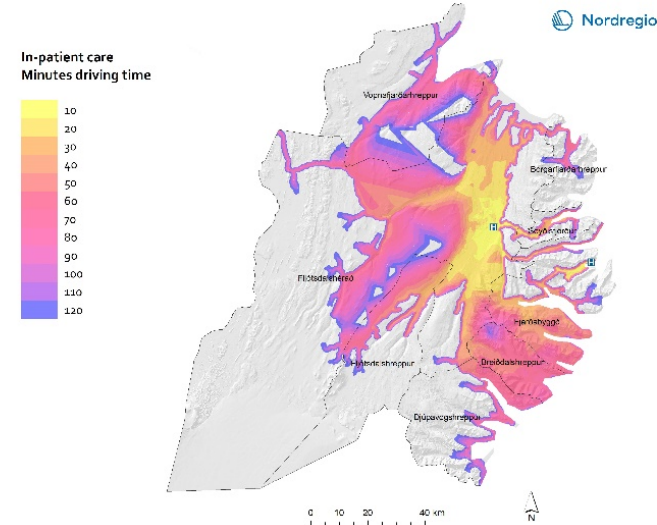
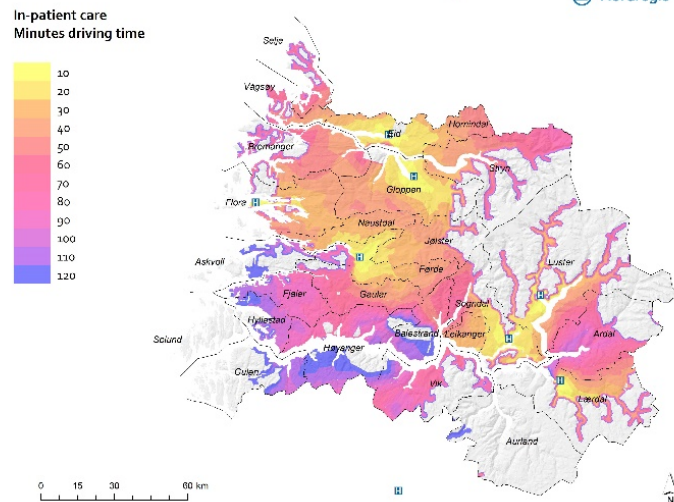
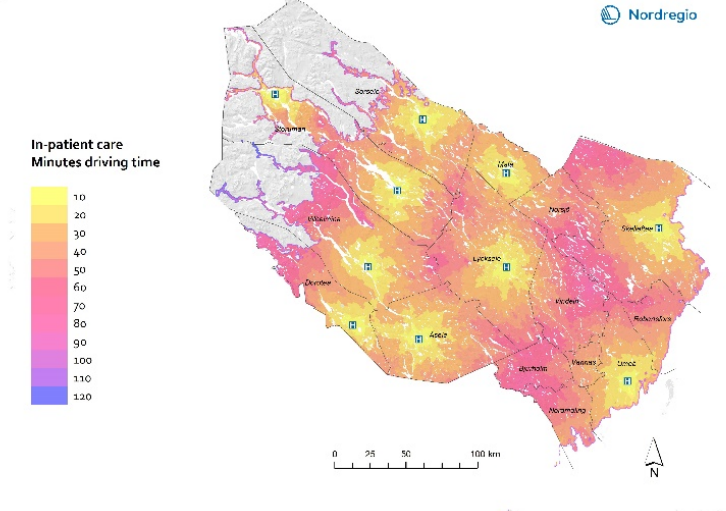
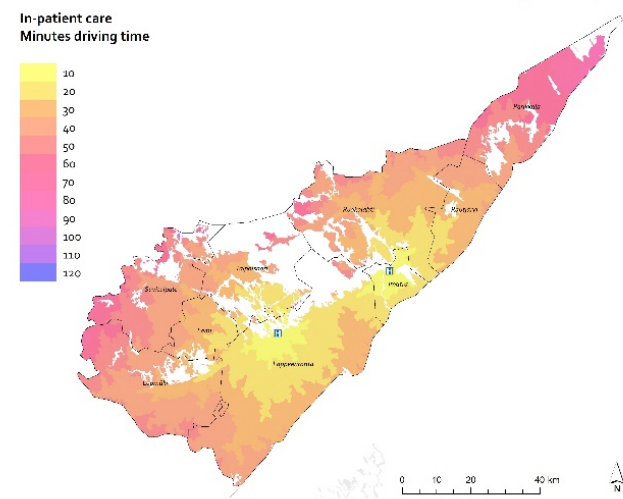
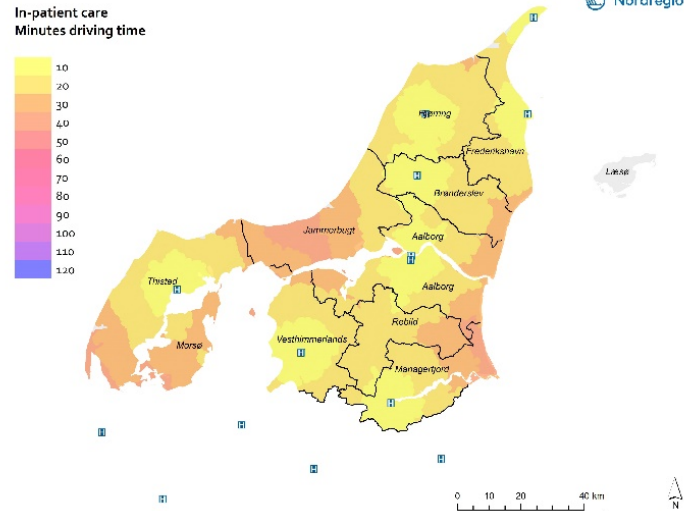


Eastern Health Region



Primary out-patient care





Distance-spanning digital solutions

- Virtual Health Rooms (VHRs) in Västerbotten: unstaffed rooms equipped with distance-spanning technology so that patients can take consultations from a practitioner online
- Mallu mobile clinic in South Karelia: mobile nurse's clinic stopping at appointed villages and bringing social and healthcare services closer to rural dwellers



Digital health care and social care has the potential...

- ❑ to improve quality, efficiency, inclusion in health care and social care,
- ❑ to improve accessibility, especially in rural areas,
- ❑ to benefit health, wellbeing and welfare in the Nordic Region, and
- ❑ to contribute to economic, social and environmental development and sustainability

However, in order to release those potentials, the obstacles need to be addressed at the different institutional levels.

Thank you

Anna Lundgren,
anna.lundgren@nordregio.org

Louise Ormstrup Vestergård,
louise.vestergaard@nordregio.org

Shinan Wang,
shinan.wang@nordregio.org

Digital Health Care and Social Care

Regional development impacts
in the Nordic countries

Anna Lundgren,
Louise Ormstrup
Vestergård,
Ágúst Bogason,
Johanna Carolina Jokinen,
Oskar Penje,
Shinan Wang,
Gustaf Norlén,
Linnea Löfving and
Timothy Heleniak

NORDREGIO REPORT
2020:14