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

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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

Source: Region Nordjylland
Digital meetings within health care

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

Source: Günter Valda, Unsplash
Passive warning systems in elderly care

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

Source: Vaida Ražaitytė
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

- Nordjylland
- Västerbotten
- Sogn og Fjordane
- Austurlands
- South Karelia
Accessibility to in-patient care

Nordjylland

South Karelia

Västerbotten

Sogn og Fjordane

Eastern Health Region

Inpatient care

% of population

Minutes travel time

Nordjylland
Västerbotten
Sogn og Fjordane
Eastern Health Region
South Karelia
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

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