

Building strong Primary Care: You matter!



Oskar Kokoshka, Dolomite landscape

Inspiration and good examples

8^e Österreichische PrimärVersorgungscongress 2023

Prof. Dr. Maria van den Muijsenbergh, GP

Professor of Health Disparities and person centred integrated Primary Care

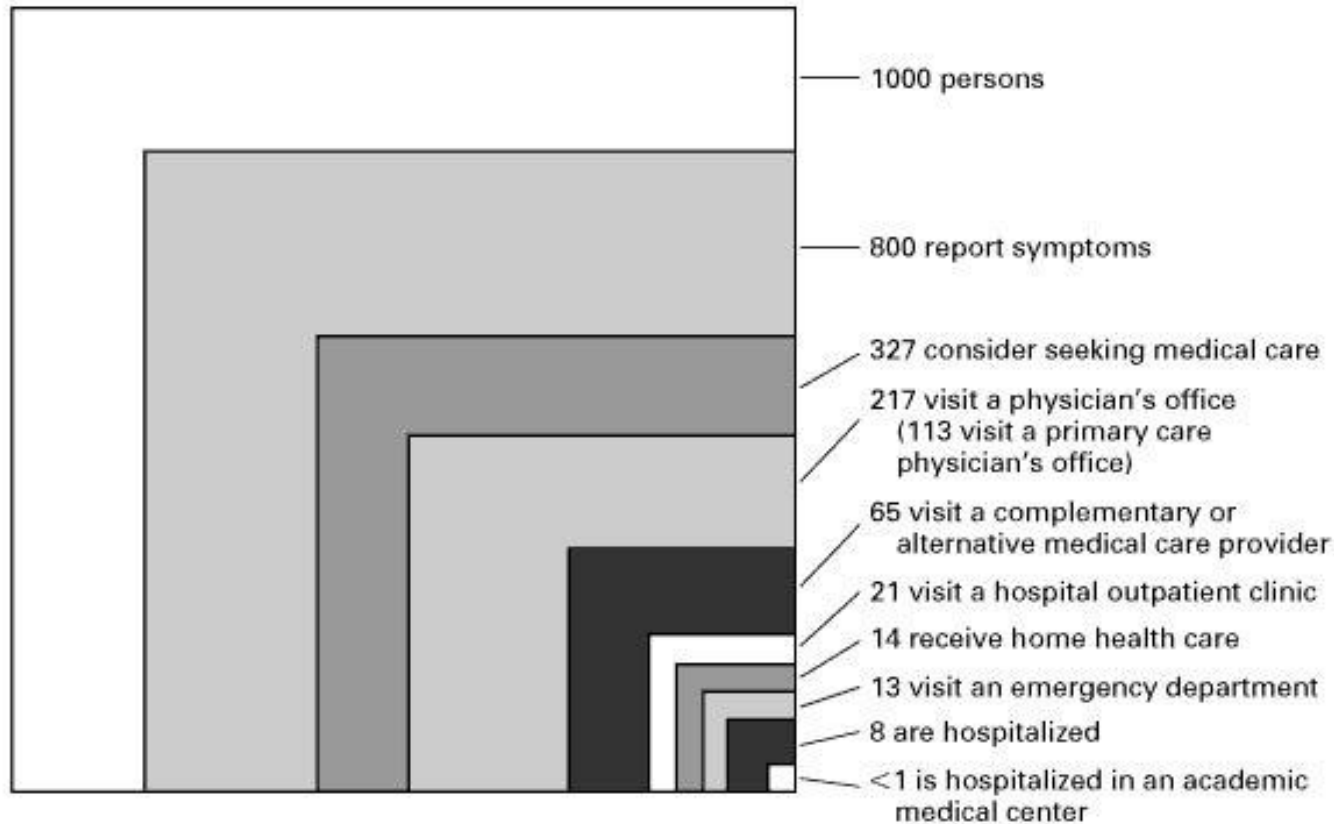
EFPC

European forum
for primary care

Radboudumc

Why Primary Care matters at a glance:

Most health problems are solved in the neighbourhood



Kerr 1960 & Green 2001 (NEJM)

Effective Primary Care is Person centred

Not disease oriented
Needs & values driven
Bio – psycho - social



Better health outcomes
Lower costs
Less consultations
More happy Patients
and Professionals



Picasso Sciencia y caridad

Ahmed A et al (2022). *Person-centred care in primary care: What works for whom, how and in what circumstances? Health & Social Care in the Community*

More time for bio-psycho-social approach works! General practices Afferden the Netherlands



Jung H.P et al. More time for the patient – less referrals (Meer tijd voor patiënten, minder verwijzingen)? Huisarts Wet 2018;61:DOI: 10.1007/s12445-018-0062-y

Key policies for strong Primary Care

1. Macro level:

- A. Integration of healthcare and social care
- B. Sufficient numeration, based on capitation fee
- C. Increasing PC workforce – vocational GP training

2. Meso level:

- A. Multidisciplinary Primary Care Units
- B. Interprofessional collaboration and training

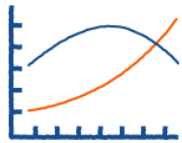
3. Micro level:

- A. Personal Continuity of care
- B. Patient empowerment

Burgmann et al. (2023). Identifying key policy objectives for strong primary care: A cross-sectional study. PHCR&D. doi:10.1017/S1463423623000403

Multidisciplinary Primary Care units Wellbeing service counties Finland

Primary healthcare is defined by law and includes:



Monitoring the health of population



Health counselling



Maternity and child welfare



School and student healthcare



Dental health services



Screening for specified diseases and vaccinations against infectious diseases



Mental healthcare



Substance abuse services



Home care services



Appointments with MDs and other healthcare professionals



Emergency care and treatment for accidents



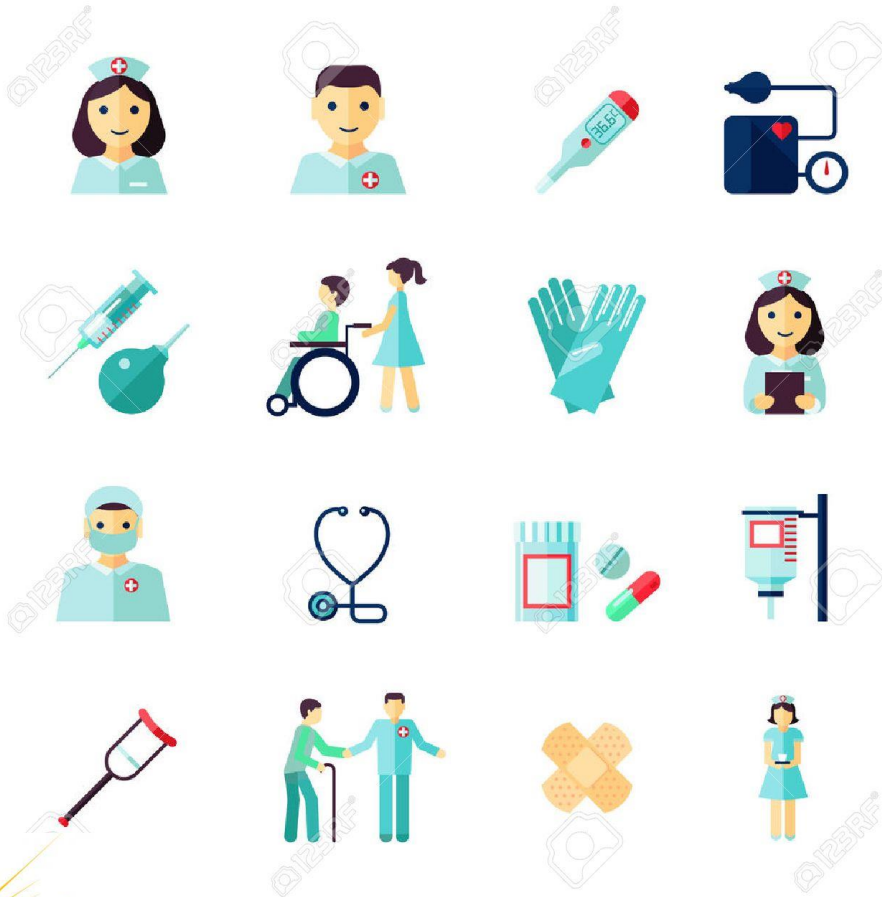
In-patient care for those in need

eurohealthobservatory.who.int/publications/i/finland-health-system-summary

Ghent introduces all medical students in Community oriented Primary Care



Value Nurses' skills and knowledge



Gustav Klimt Lebensbaum

PC professionals flourish with Personal continuity of care & interprofessional collaboration

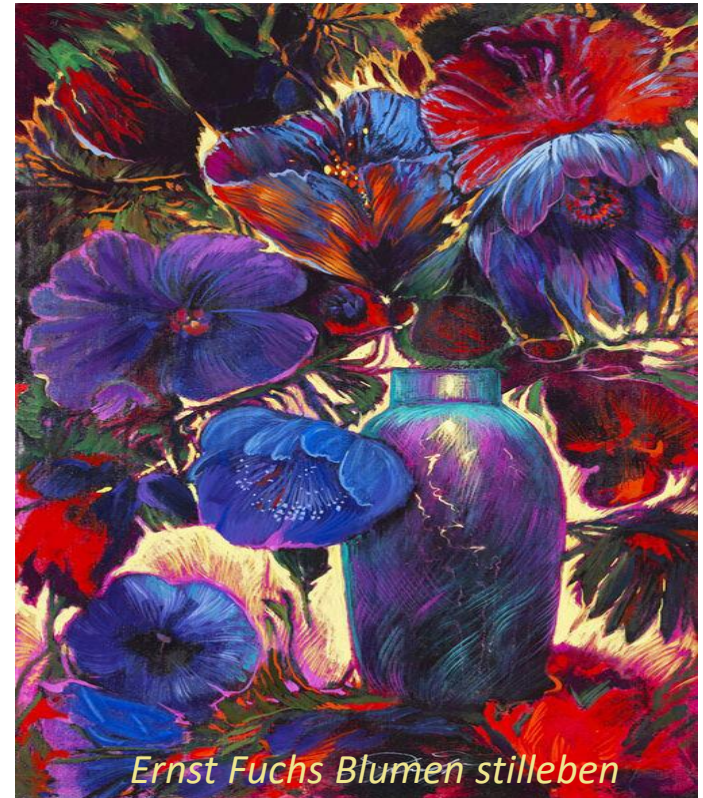
Patient list

Same doctor or nurse

Same team

Same building

Time and training



Ernst Fuchs Blumen stilleben

Gray, Denis J. Pereira, et al. "Continuity of care with doctors—a matter of life and death? A systematic review of continuity of care and mortality." BMJ open 8.6 (2018)

Empowering patients' selfmanagement



Spoelman et al (2016). Effect of an evidence-based website on healthcare usage: an interrupted time-series study. BMJ open, 6(11), e013166.

Not one size fits all

Keep administrative burden at a minimum



Evan D. Gumas et al., *Overworked and Undervalued: Unmasking Primary Care Physicians' Dissatisfaction in 10 High-Income Countries*: 2023 <https://doi.org/10.26099/t0y2-6k44>

Trust the professional and let them care from the heart



YOU MATTER!

Personcentred integrated Primary care Professionals can achieve the Quintuple aim



The Quintuple Aim
For health care improvement



Nundy S et al. The Quintuple Aim for Health Care Improvement: A New Imperative to Advance Health Equity. JAMA. 2022;327(6):521–522.