

# Healthcare and care through distance spanning solutions, 2018-2021

– The future of integrated healthcare and care  
(Background)

Summary of VOPD, results and achievements

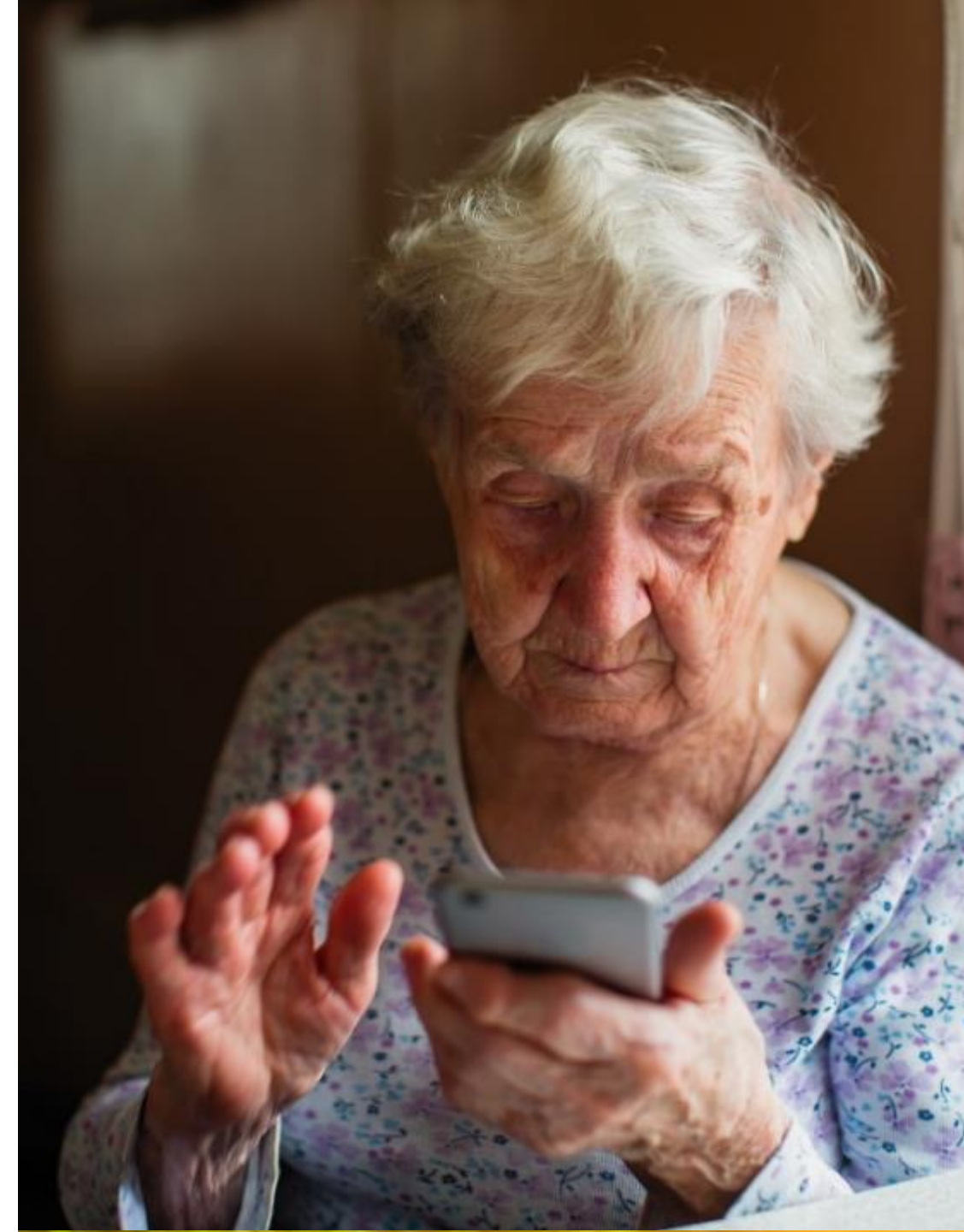
Niclas Forsling

Bengt Andersson



# Nordic Welfare Centre

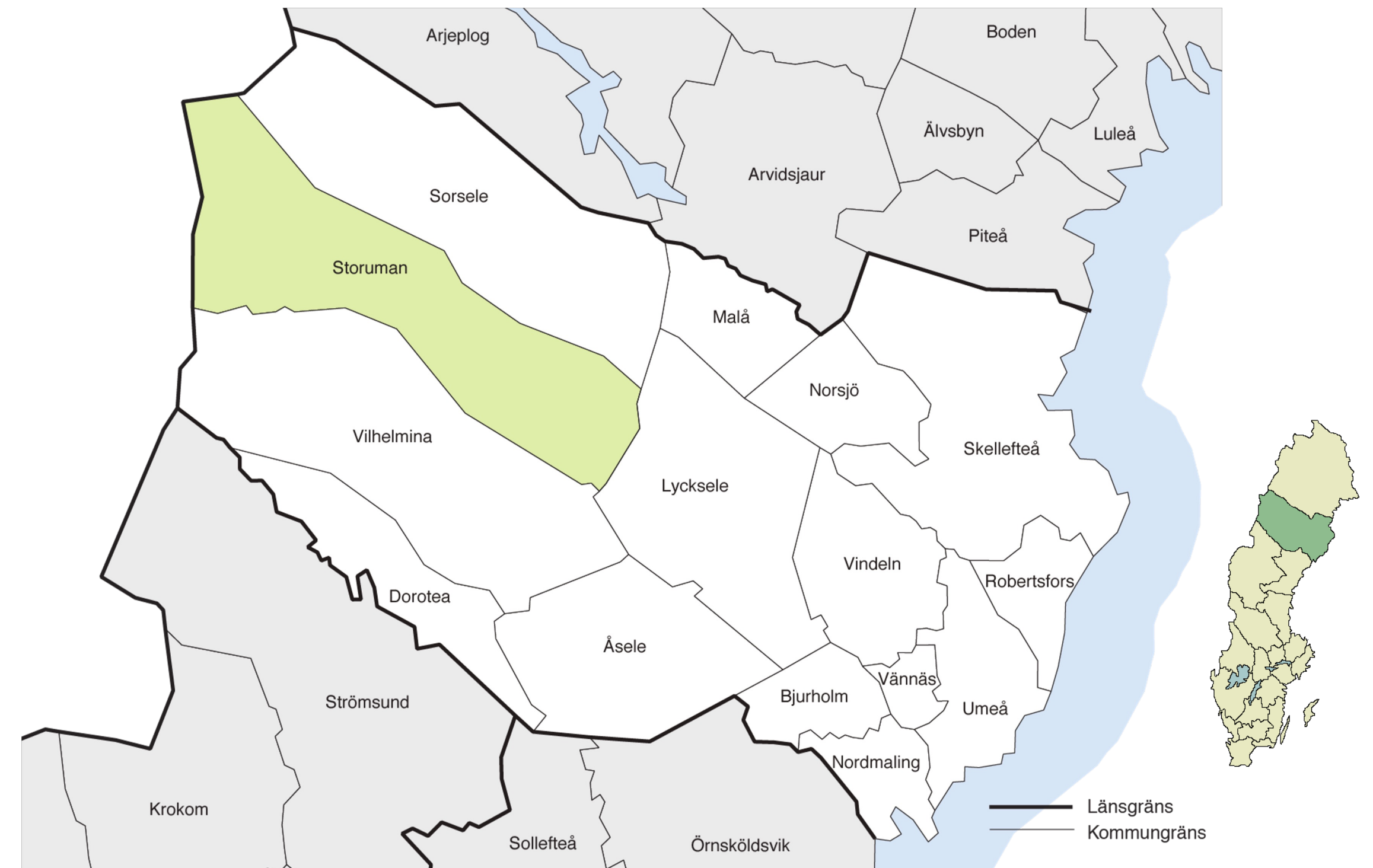
- An institution under the Nordic Council of Ministers
- Offices in Stockholm and Helsinki, 30 employees
- Four focus areas:
  - Public health, Disability issues, Integration and Welfare policy





# Centre for Rural Medicine

- Since 2014 a R&D-unit within Region Västerbotten
- Head office in Storuman
- Around 15 employees, spread across the northern region
- Funding mainly through various project funds – approx. 4 MSEK in basic funding





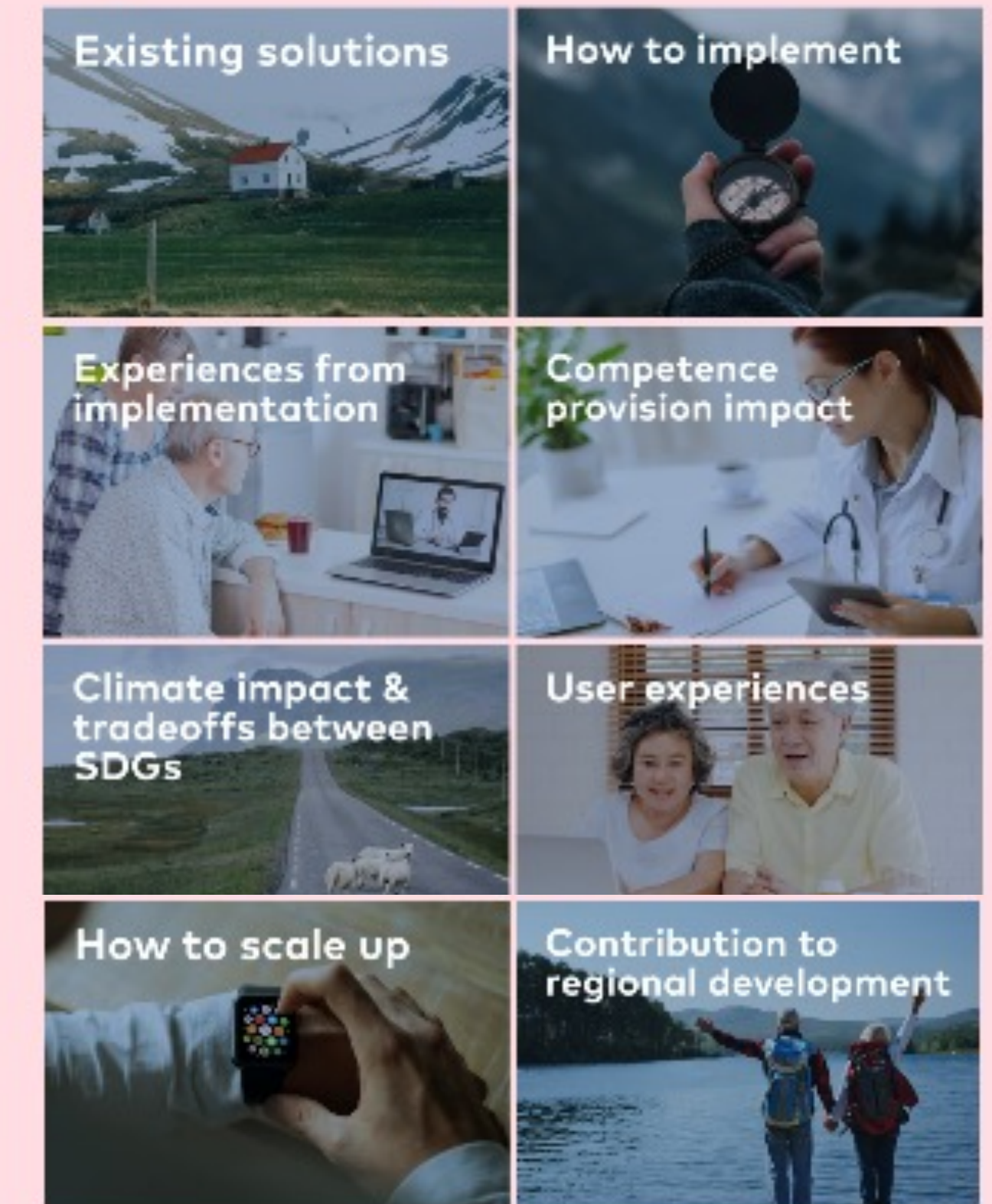




# From VOPD project website to VOPD knowledge hub

- Updated website:  
[www.healthcareatdistance.com](http://www.healthcareatdistance.com)
- Gathered (new) knowledge, studies, reports and material for inspiration to support digital transformation
- Go to the website, navigate to the knowledge you need for your digital shift

## Healthcare and care through distance spanning solutions

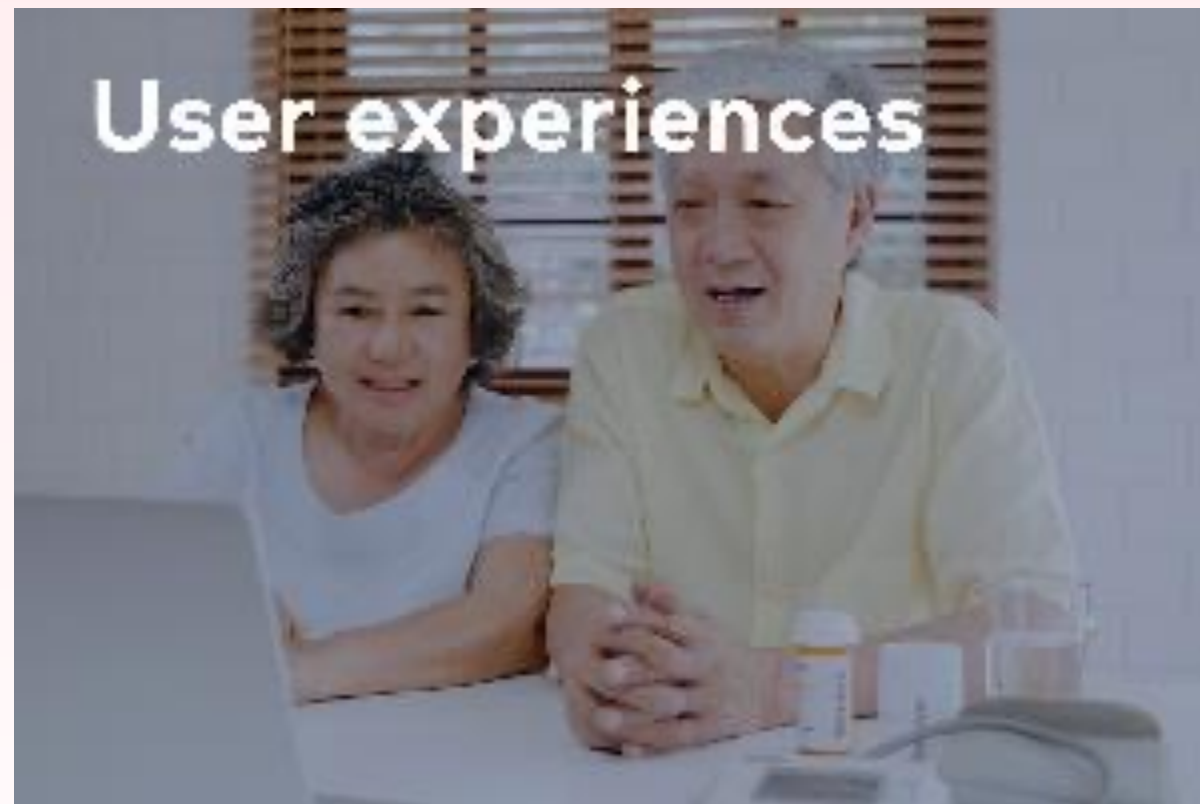


### About the project and this website

Healthcare and care through distance spanning solutions, 2018-2021 (In Swedish: Vård och omsorg På Distans – VOPD), was a priority project of the Swedish Presidency Programme for the Nordic Council of Ministers 2018.

This website is structured so you can navigate among the results, which all are essential contributions to secure a sustainable digital shift into viable service models for healthcare or social care providers in sparsely populated areas and beyond. Service models which are robust in times of pandemic as well as efficient to address demographic challenges connected to an ageing population.





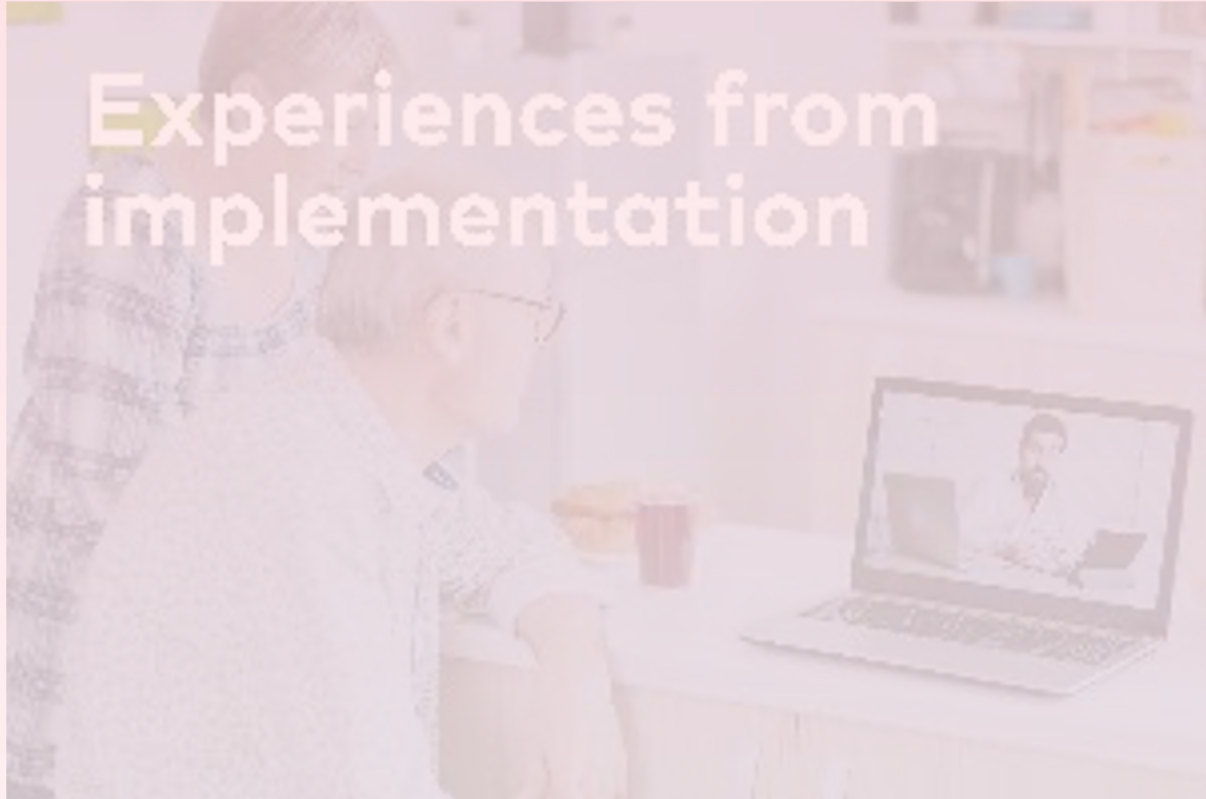




Existing solutions



How to implement



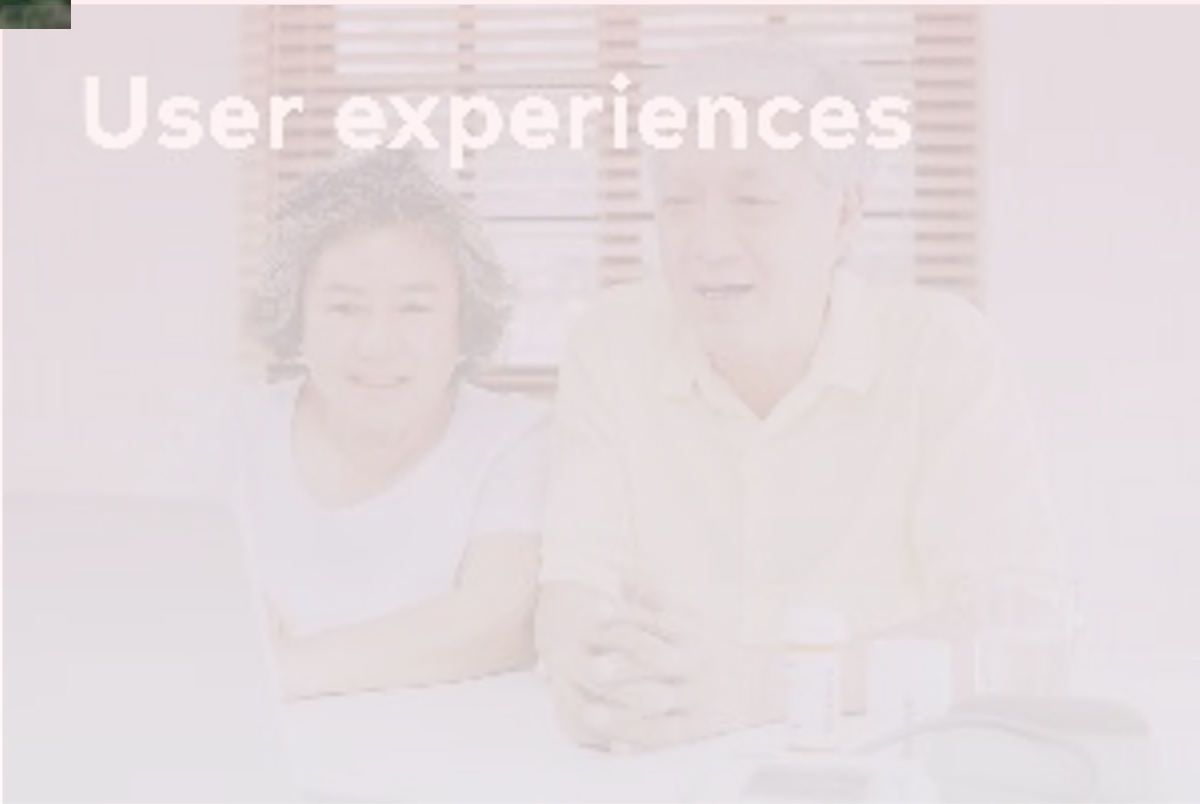
Experiences from implementation



Competence provision impact



Climate impact & tradeoffs between SDGs



User experiences



How to scale up



Contribution to regional development



# Existing solutions <sup>1(2)</sup>



## 24 practical examples

- [Published September 2019 in Swedish](#)
- [Published January 2020 in English](#)



## For inspiration and information

- Mapped out all distance spanning solutions in the Nordics
- An appropriate combination of the solutions will address the demographic challenge in remote and rural region
- In addition, help protecting our most vulnerable citizens during pandemic and similar situations



# Existing solutions <sup>1(2)</sup>



## 24 practical examples

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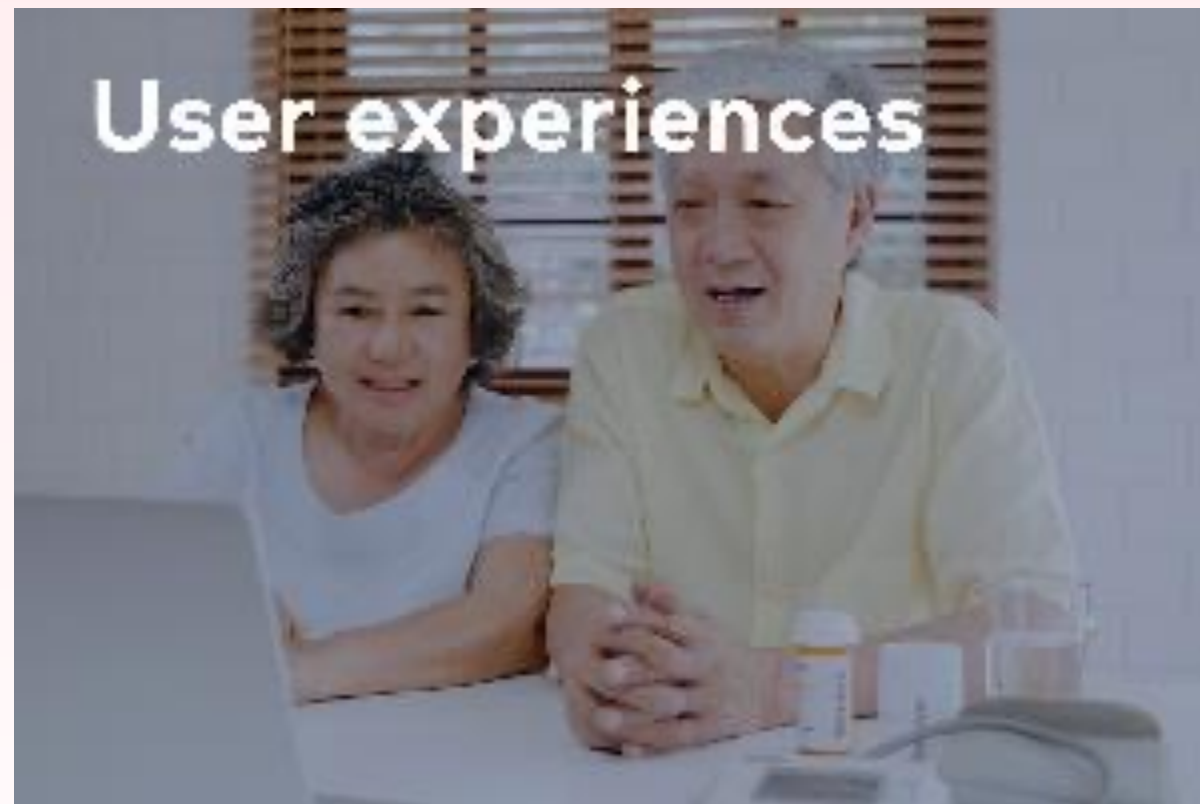
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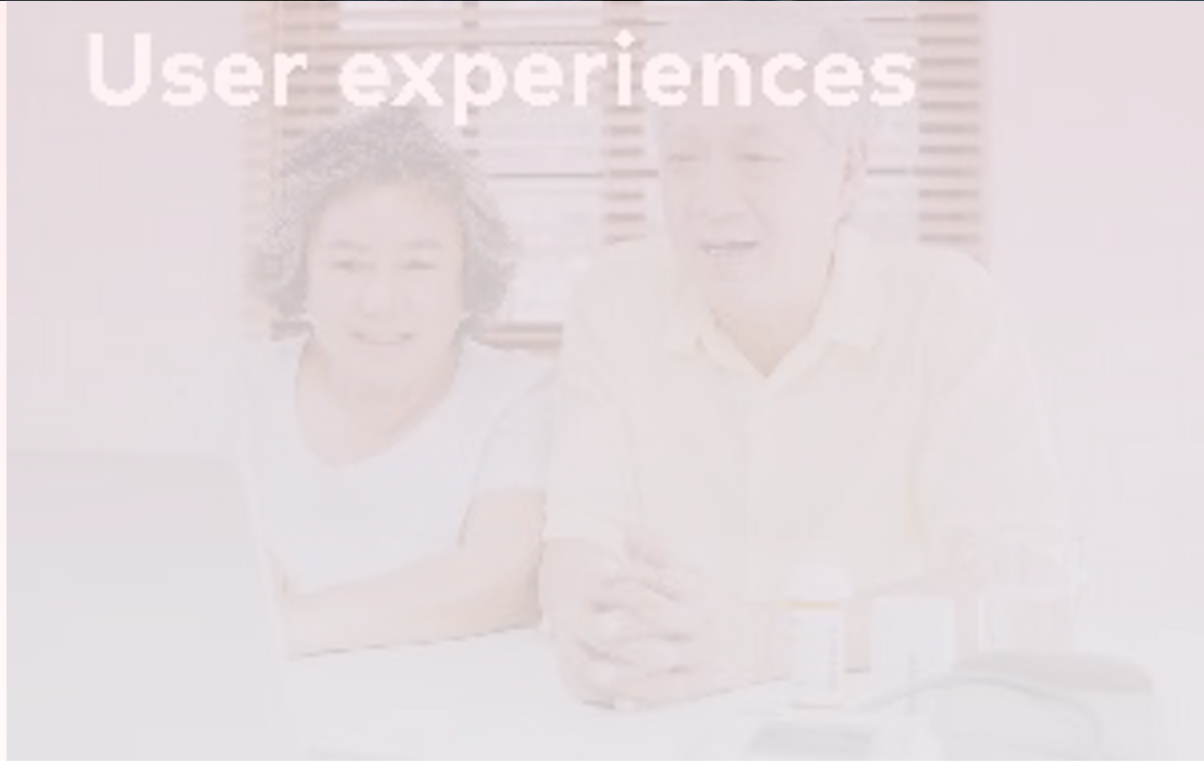
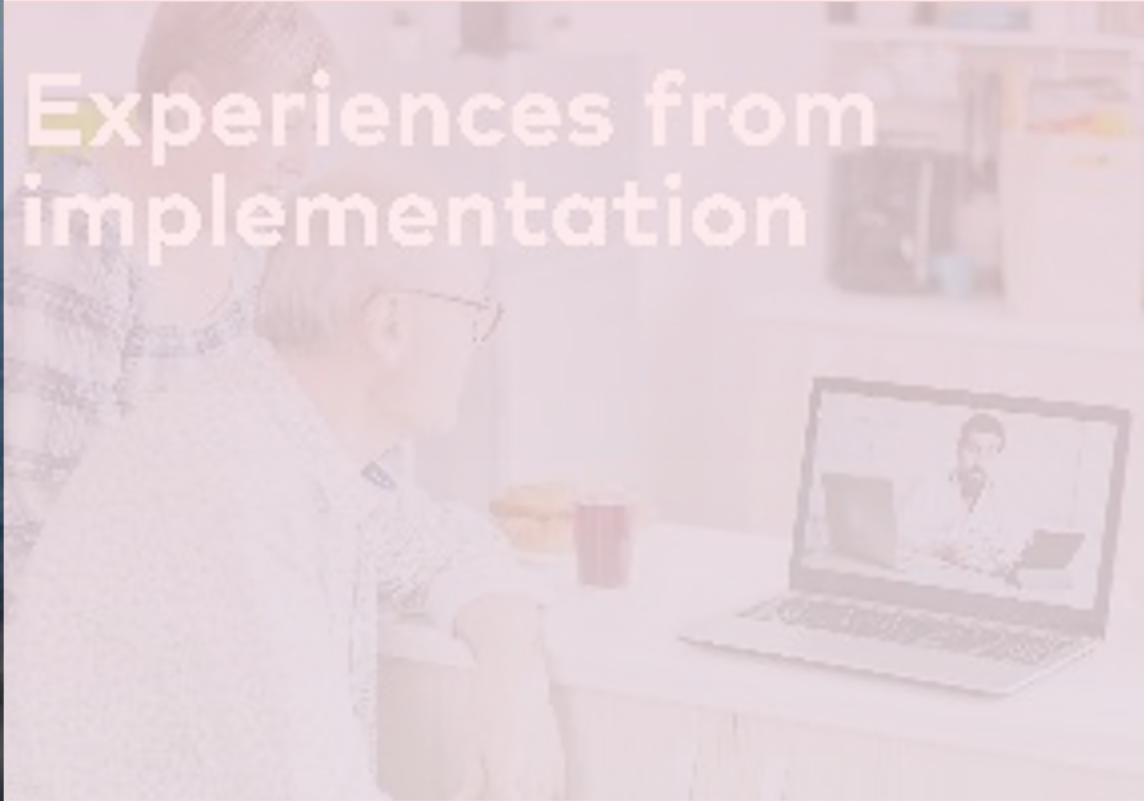
**No pilots or project, just existing services!**

- An appropriate combination of the solutions will address the demographic challenge in remote and rural region
- In addition, help protecting our most vulnerable citizens during pandemic and similar situations











# How to implement?



## Mapped out all national and guides and strategies

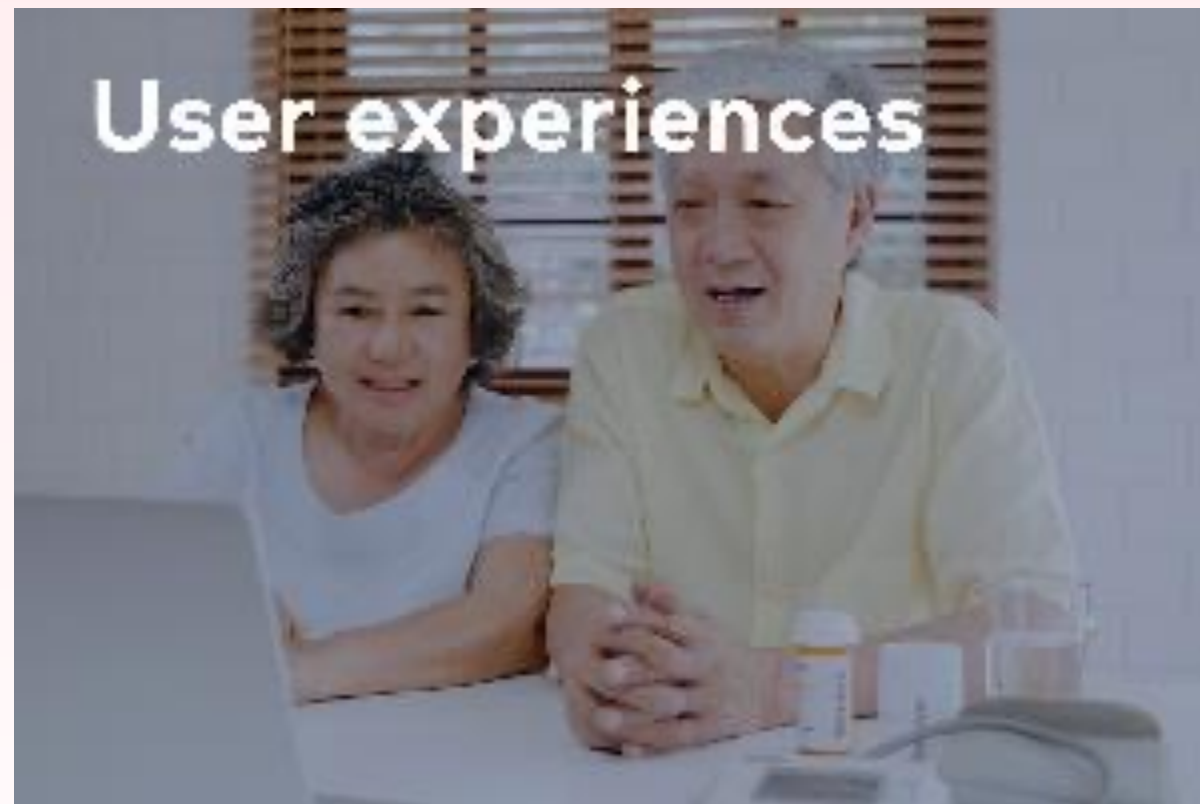
- Denmark's and Norway's strategies are clearly guiding users on how to implement distance spanning solutions.

## Roadmap for service innovation

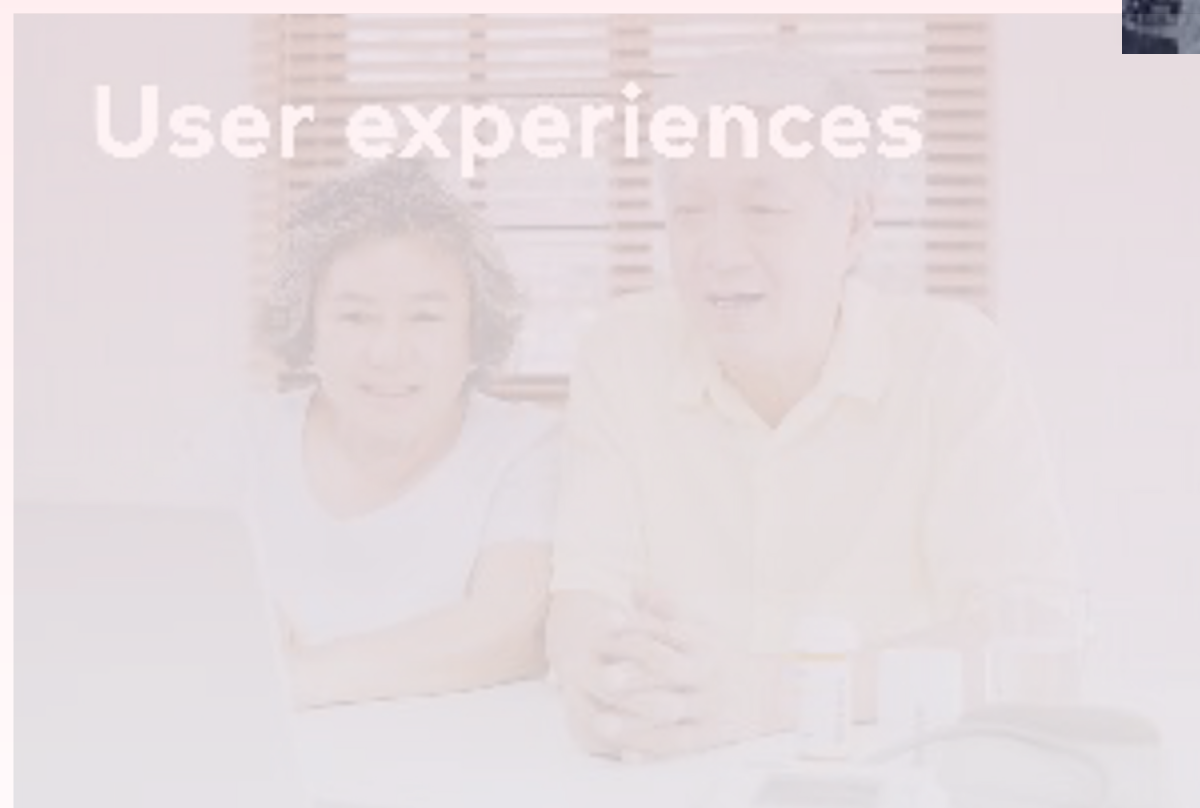
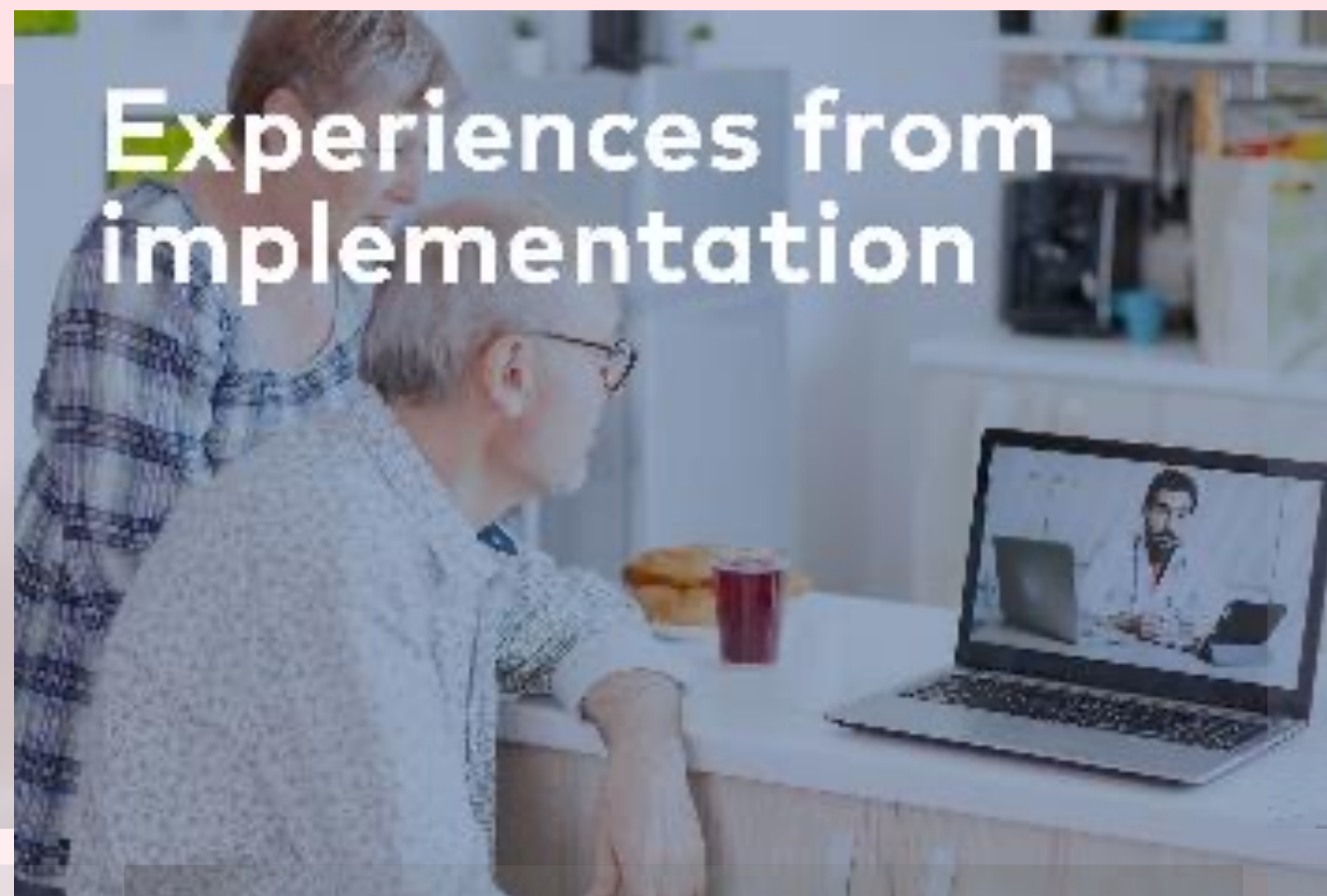
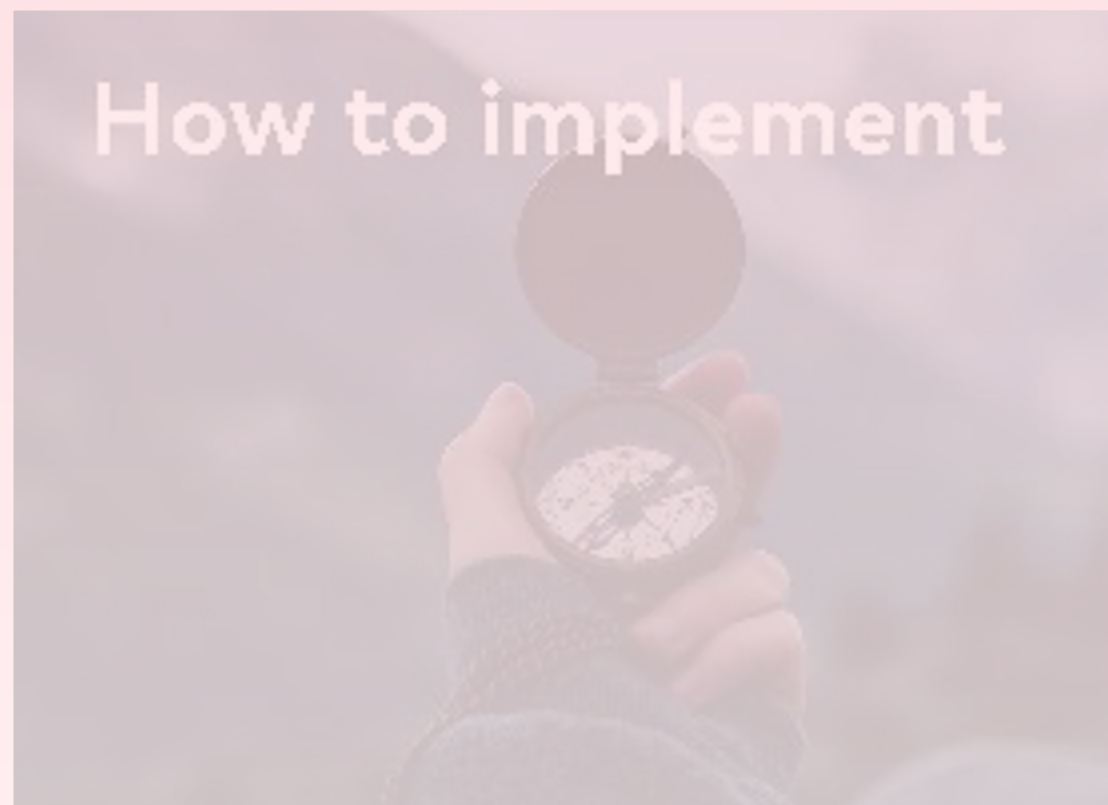
- [Veikart for tjensteinnovation](#), National Welfaretechnology Programme (NVP) – Norway
- Guide and connected tools (to be adjusted for national/regional/local use)
- 80% culture and 20% technology
- Endorsed by VOPD Steering Committee as appropriate implementation guide
- Translated into [English](#), [Swedish](#), [Danish](#), [Iceland](#) and [Finnish](#)













# Experience from implementation



## 2 calls for implementation support

- Call 1 spring 2019 (9 projects supported by VOPD)
- Call 2 spring 2020 (11 projects supported by VOPD and 1 supported by the Estonian government)

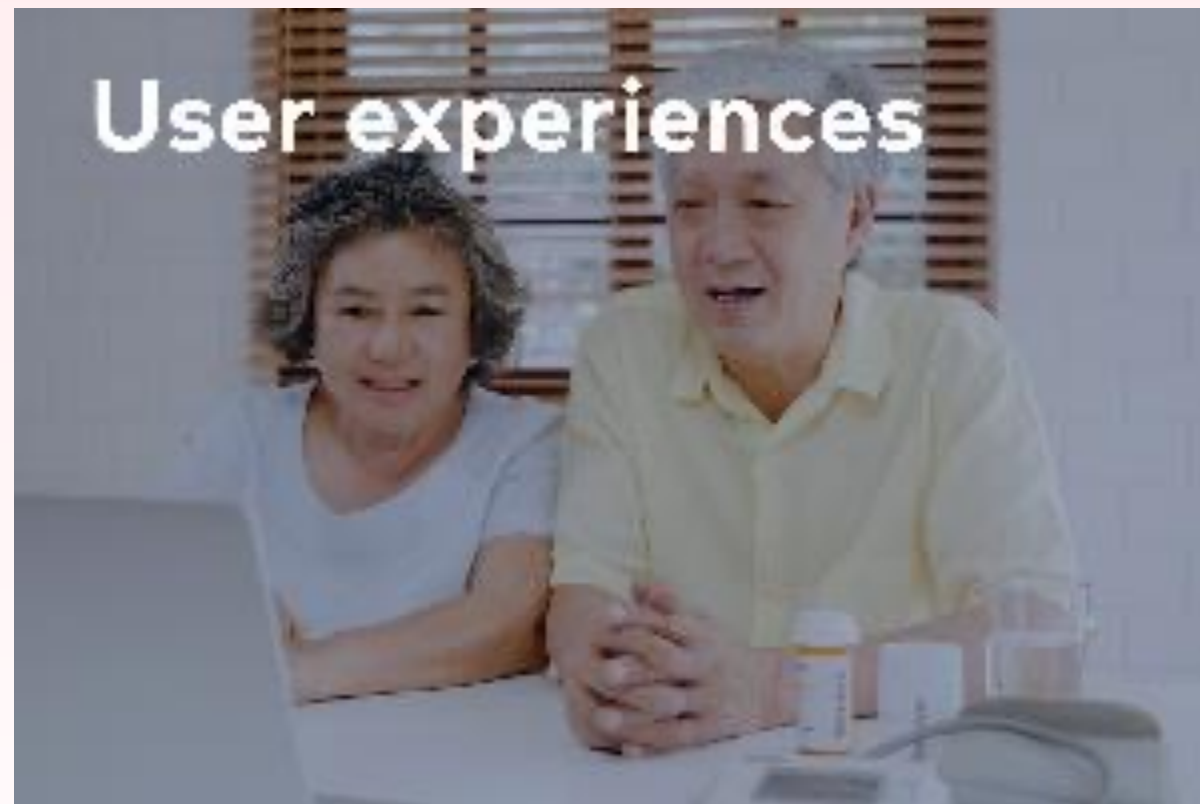
## All implementation used the guide Roadmap for Service Innovation

- 80% culture and 20% technology

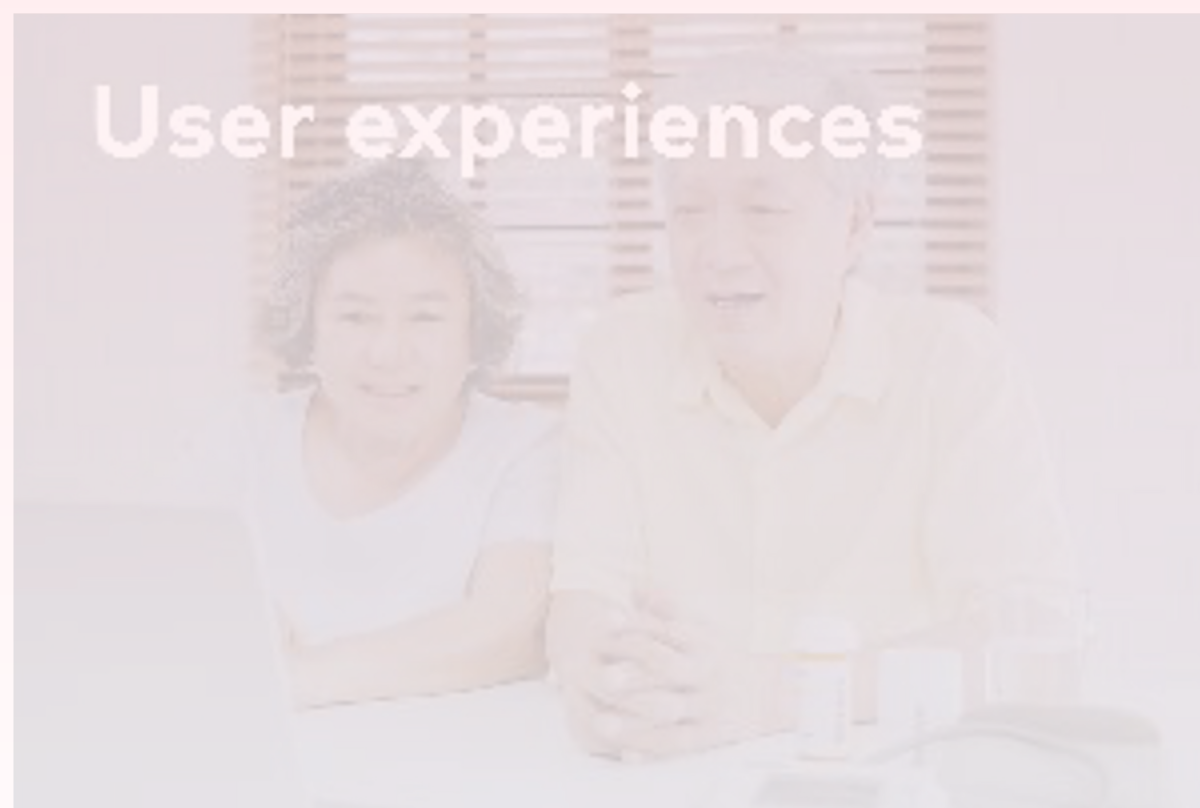
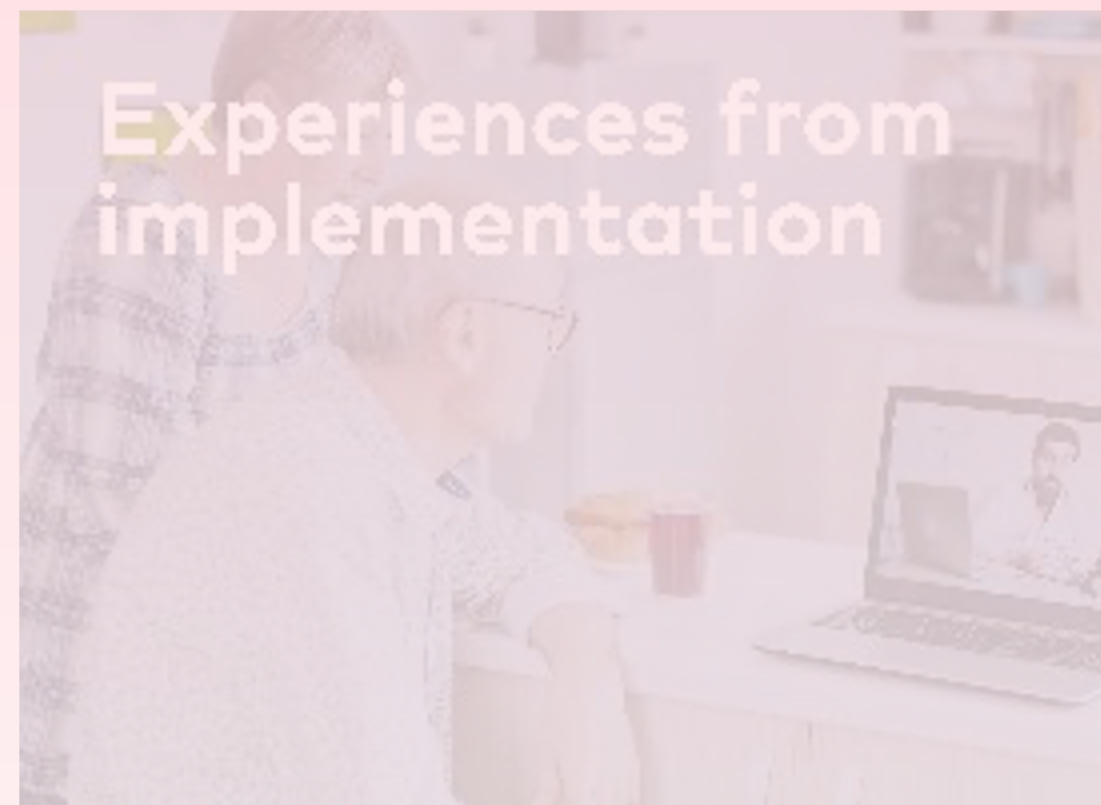
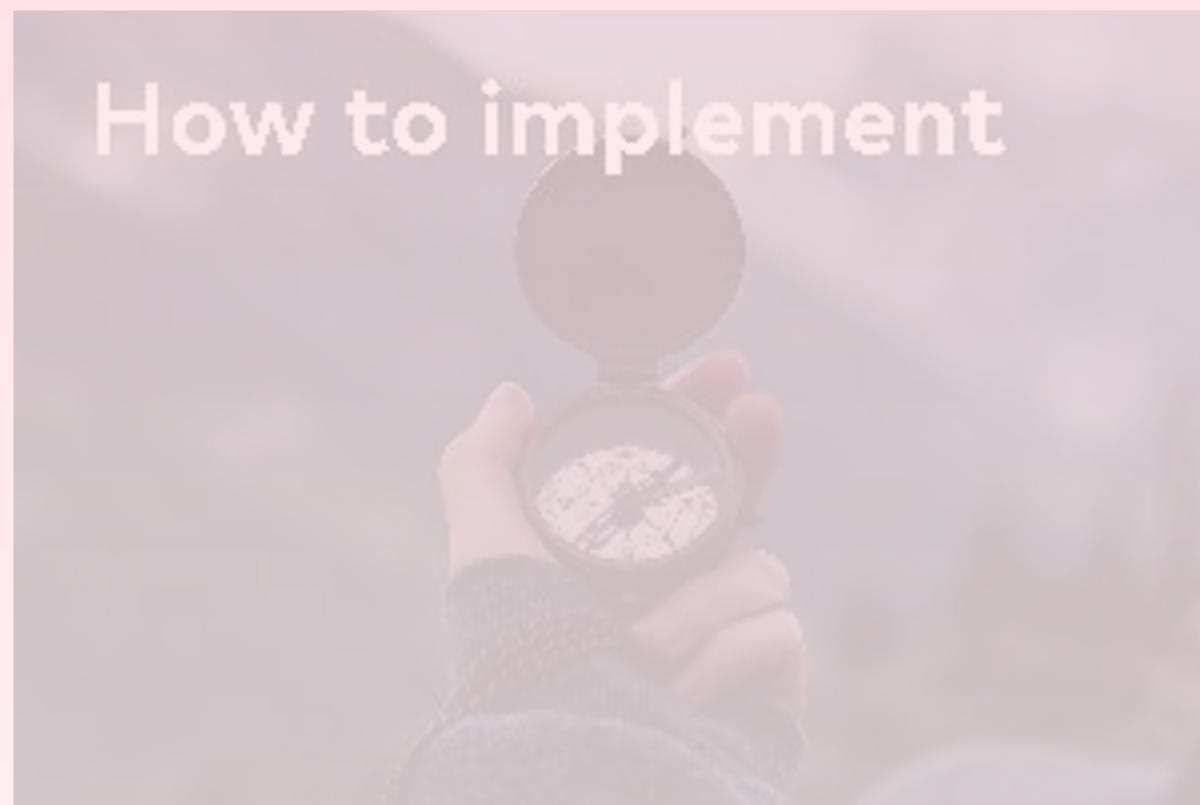
## 52 municipalities and 8 regions supported

- [Main findings, experiences and conclusions first call](#)
- [Main findings, experiences and conclusions second call](#)











# Competence provision impact



## Report: [It's all about People](#)

- Impact on skills provision and organisation of health care and care for efficient use of distance-spanning solutions
- **Main finding:** digital transformation is key to create a good working environment for health care and care personnel

## Presentation for download

- 4 insights from professionals working with distance spanning solutions

## Presentation of Eksote, how to organise healthcare and social care

- [3 Key learnings from Eksotes ongoing digital shift](#)



# 15 stories and 4 main insights

#1 Digital transformation can make work **easier and more flexible.**

#2 Digital transformation can give employees **more time to focus on what's important.**

#3 Digital transformation can provide **greater meaning to the job.**

#4 Digital transformation can **increase the status of the job.**



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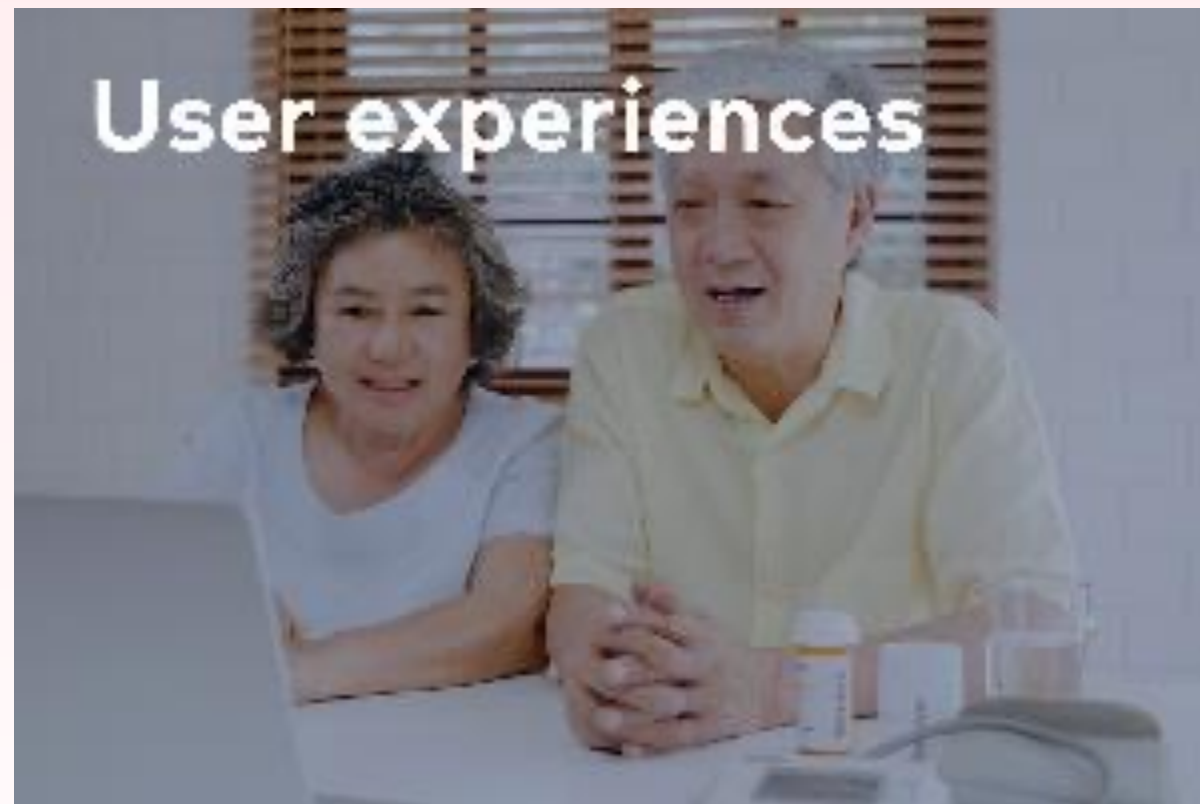
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Existing solutions

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Climate impact &  
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User experiences

How to scale up

Contribution to  
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# Environmental impact, synergies & tradeoffs between SDGs?



## Work by Stockholm Environment Institute

- SEI rated among the world's most influential environment policy think tanks in the [2018 Global Go To Think Tank Index](#)

## Report launched autumn 2021:

### [BRIDGING THE KNOWLEDGE GAP BETWEEN DISTANCE HEALTH AND SOCIAL CARE SOLUTIONS AND ENVIRONMENTAL IMPACTS](#)

- Environmental Impact Assessment, effects of service models in healthcare and social care provided with the support of distance spanning solutions.
- Synergy and trade off analysis between different Agenda 2030 Sustainable Development Goals (SDGs).



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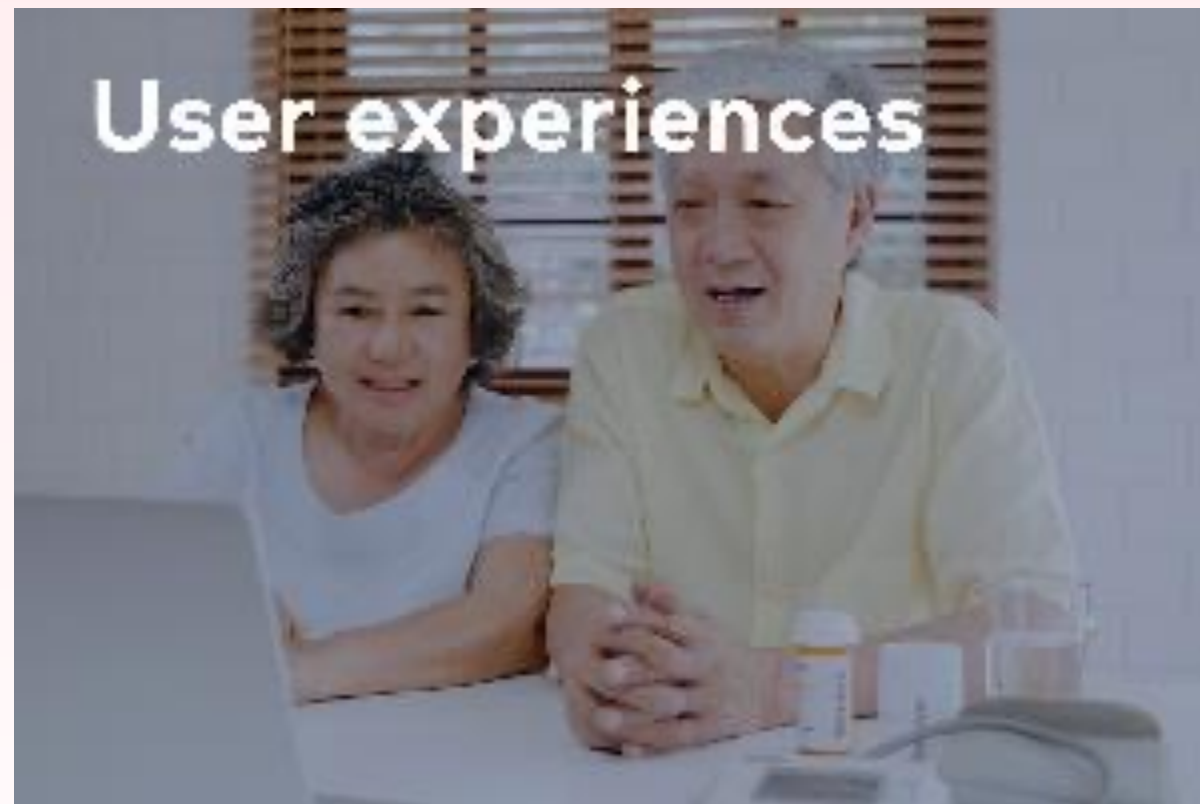
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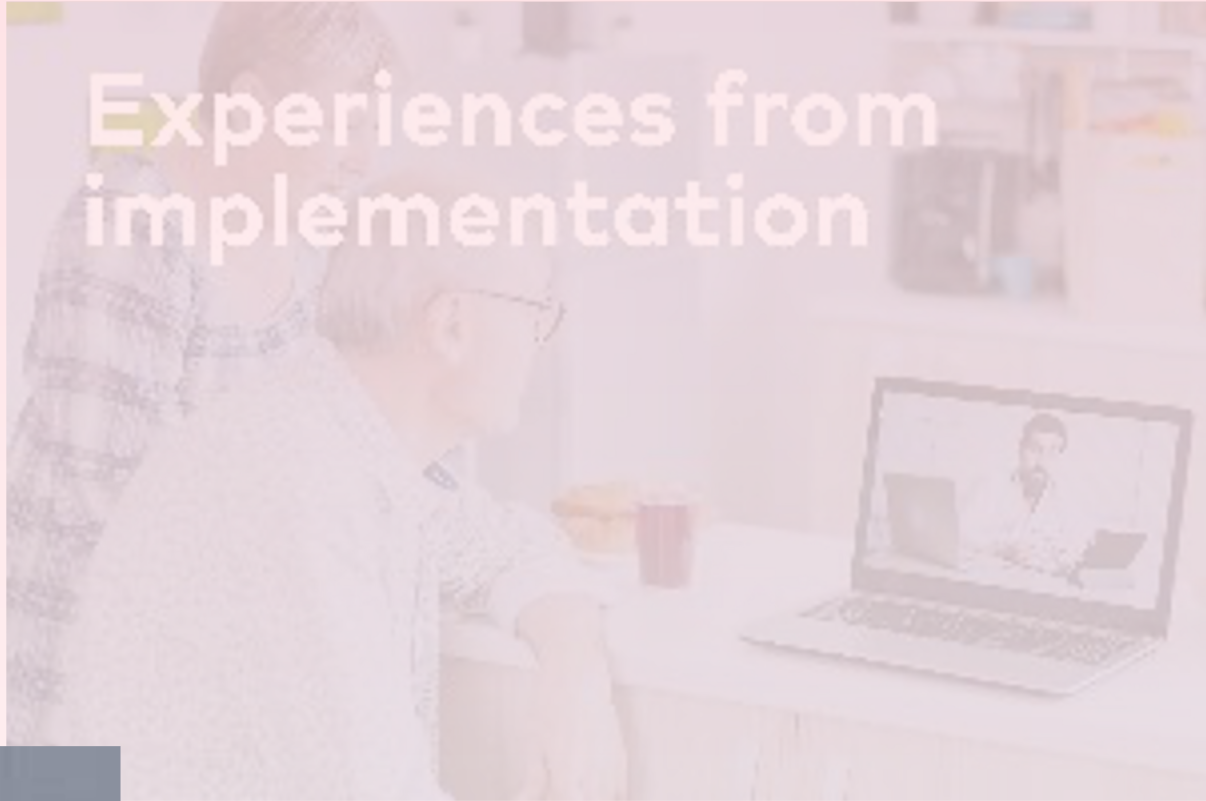




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# User experiences



## Work presented by The Nordic Research Network - Health and Welfare technology

- Focus on: Health and welfare technology from a user perspective including end users, relatives and personnel.

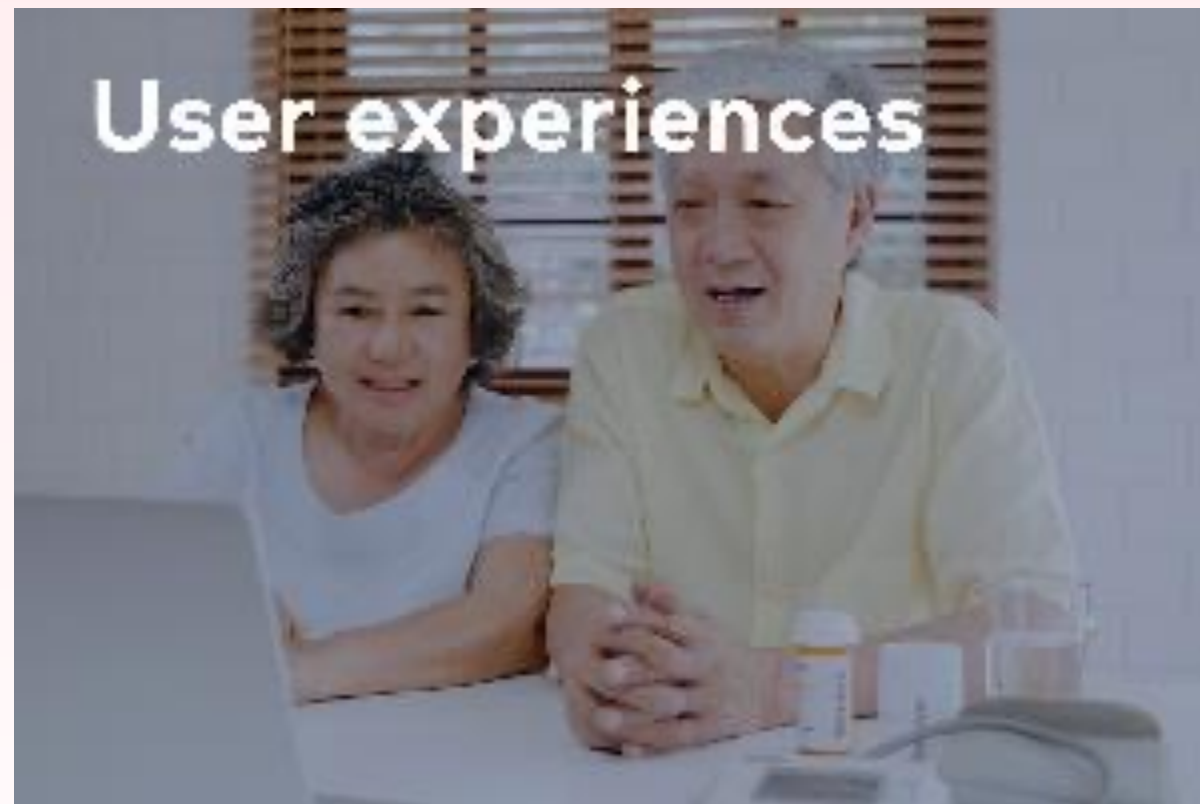
## Report published: [Nordic Research on the Effects on Welfare Technology](#)

- Scoping review: How do users feel about distance spanning solutions in health care and social care?
- Users are in general positive or very positive, however rather small studies and rarely randomised studies.

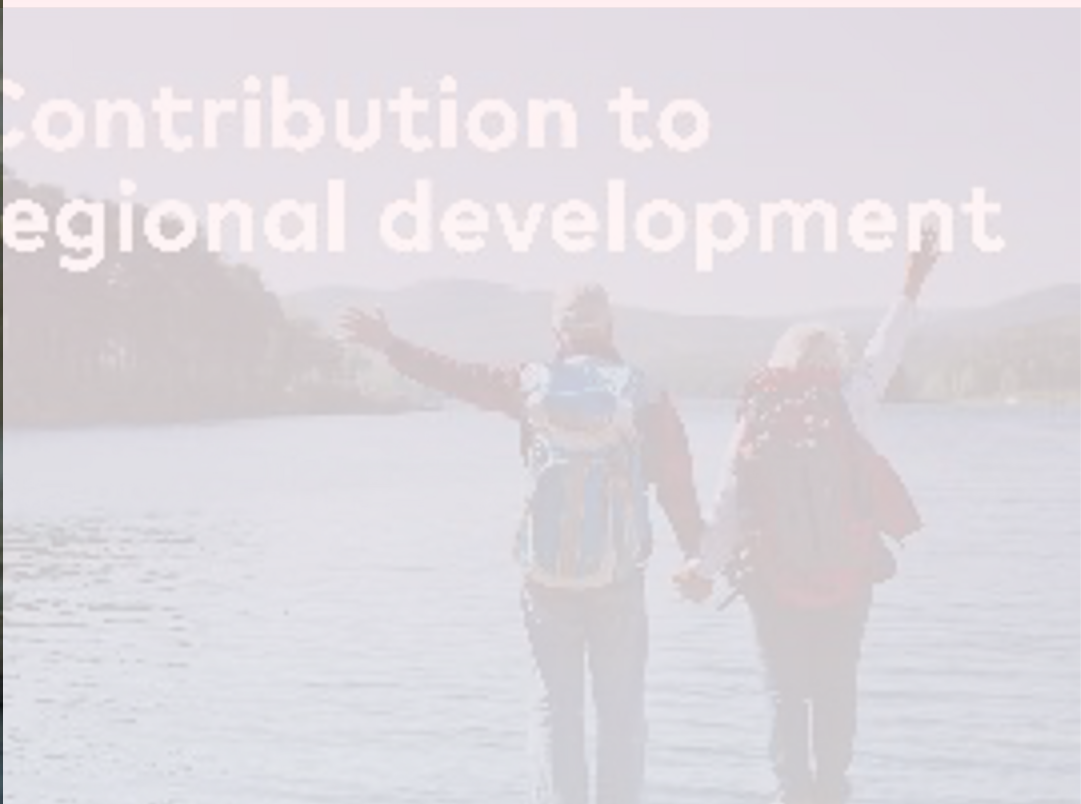
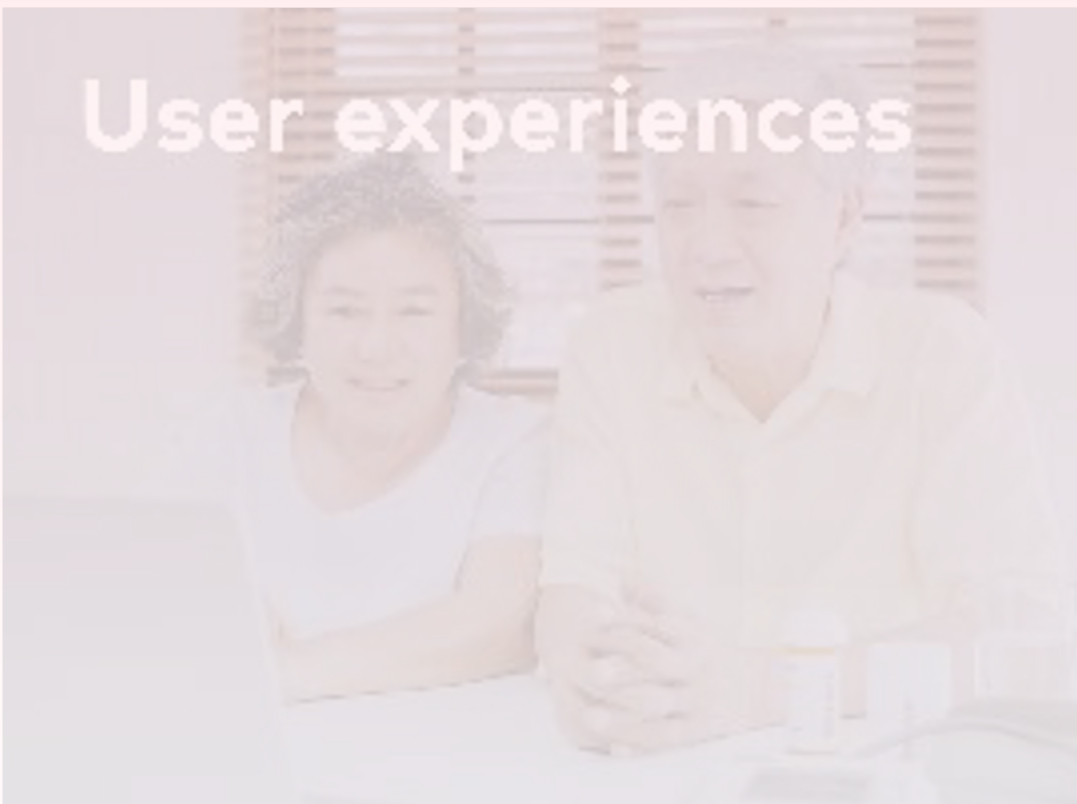
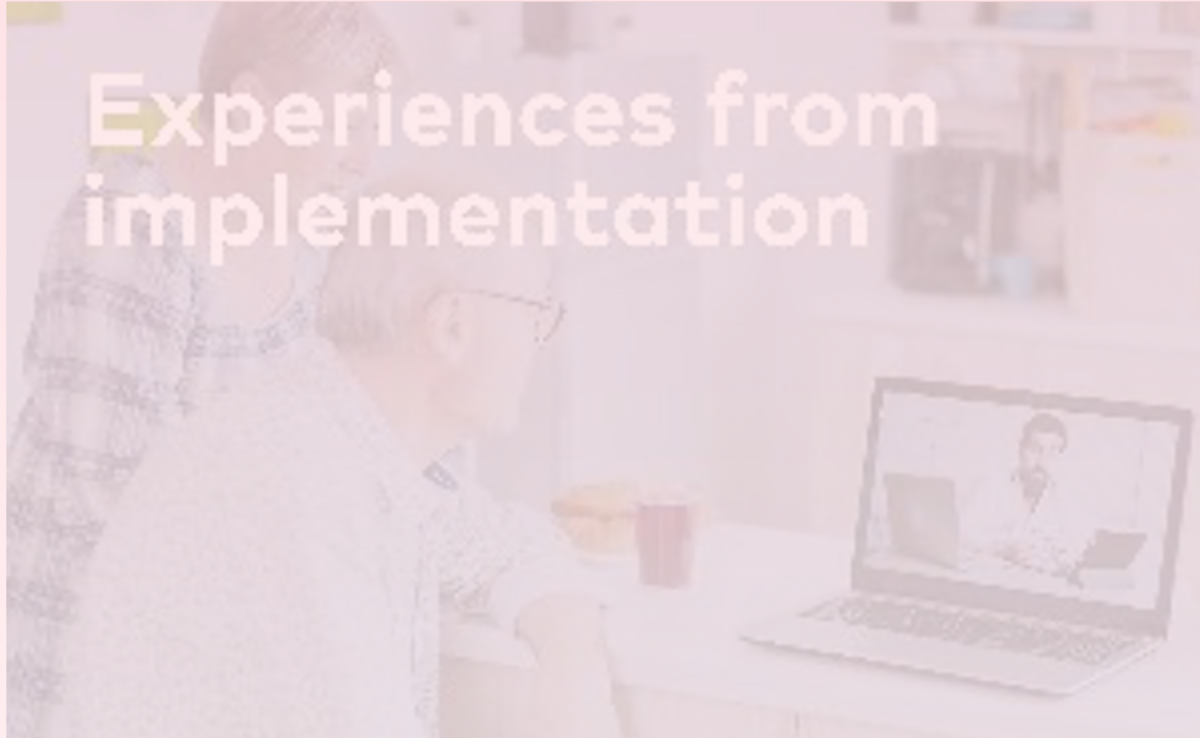
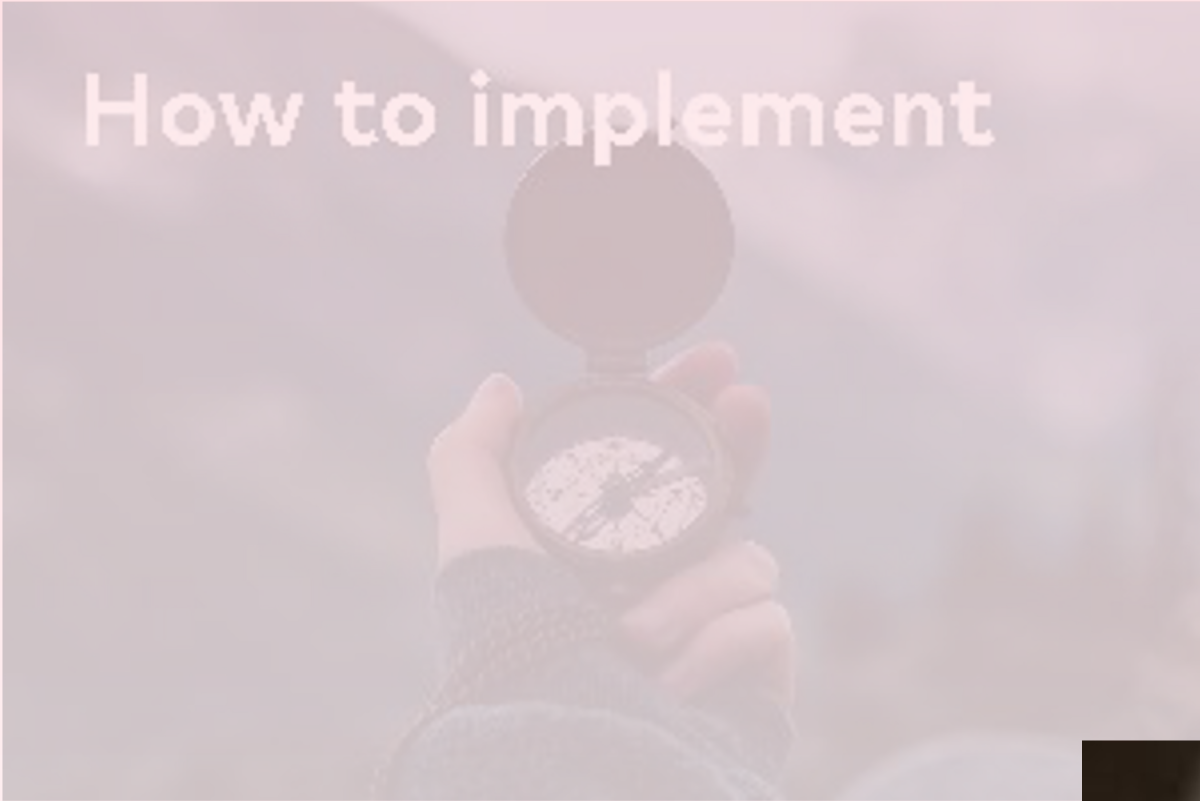
## Final conference – key note

- **We are the future of healthcare and care** – Nordic users of distance spanning solutions











# How to scale up



## Study: Overview of functions for wearables

- Looking at wearables, how many of the published 24 practical examples of services that can be at your wrist

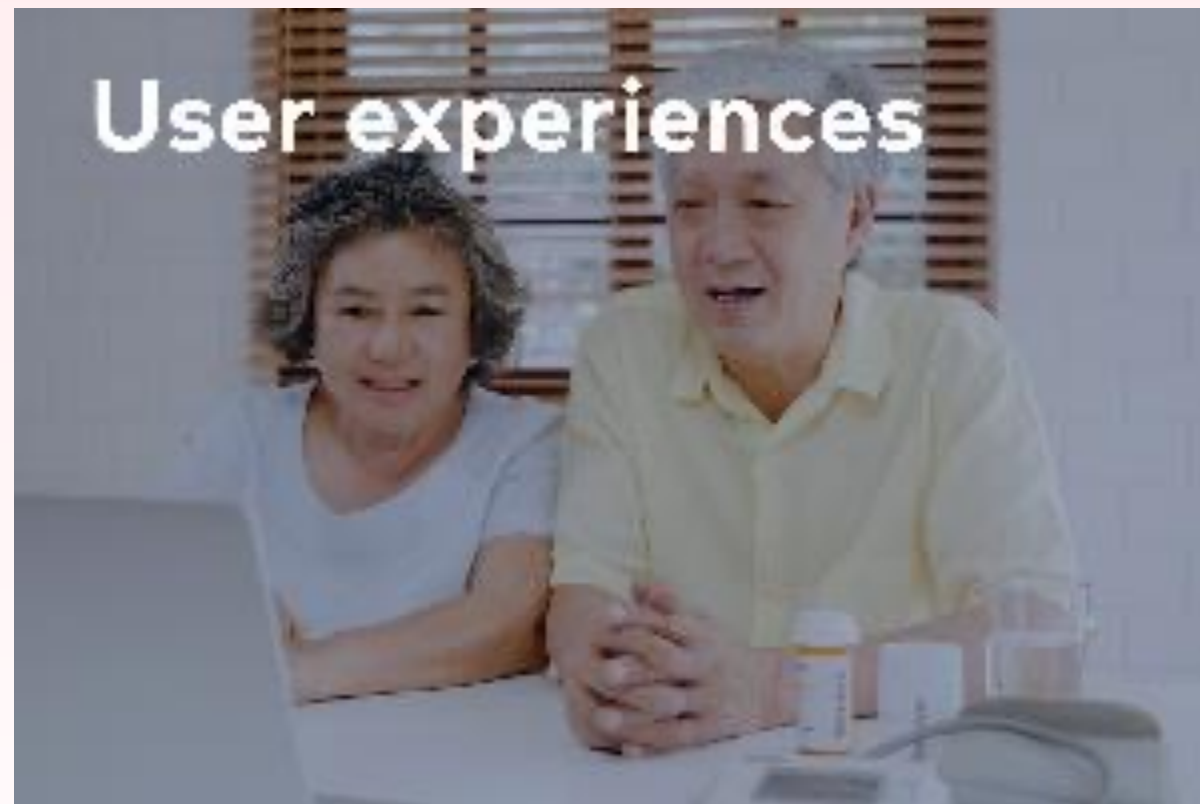
## Case study, Response services - Norway

- Several of the municipalities in Norway have established a response service that receives, evaluates, documents and responds to alerts from welfare technology solutions used by service recipients.

## Webinar serie – Technology use for Covid 19 response

- Fourth webinar - The future of healthcare and care, what is the bottleneck?





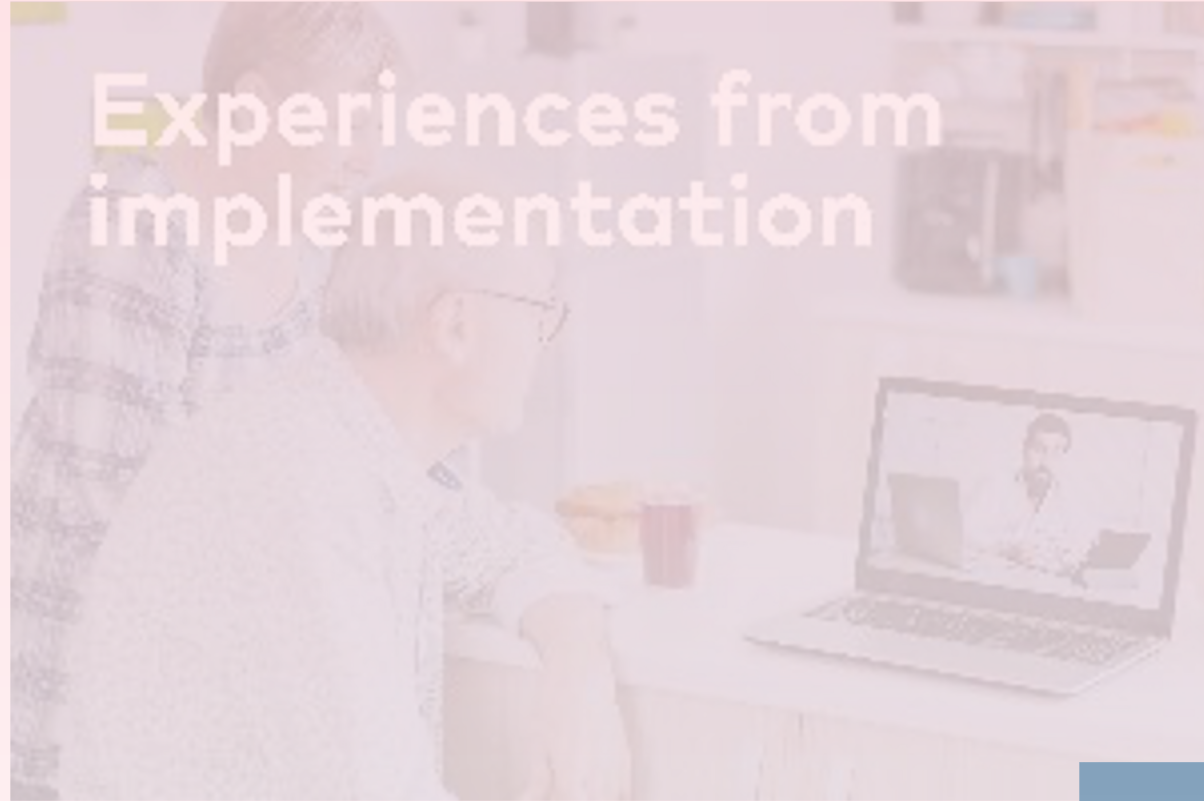




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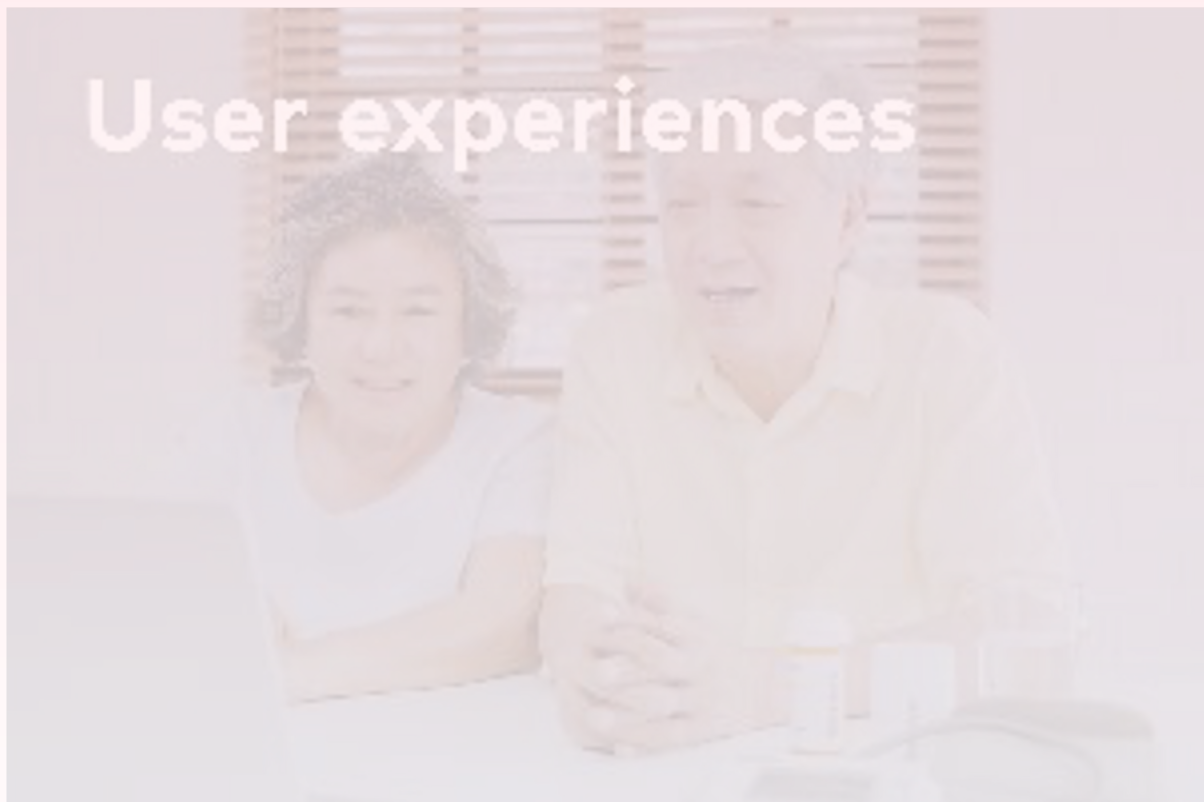
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# Contribution to regional development



## Health & Well-being in the Nordic Region

- The Nordic research institution, Nordregio have been studying Health & Well-being in the Nordic Region. The study [Digital Health care and Social care – Regional development impacts in the Nordic countries](#) identified impact of digitalization in healthcare and social care on regional development in all three dimensions connected to sustainability – economic, social and environmental. The report has also an [annex](#) with maps

## Special Issue - State of the nordic region

- Nordregio made a special issue to [State of the Nordic Region 2020 - Wellbeing, health and digitalisation edition](#).

## Webinar (Nordregio final conference)

- [Health & Well-being in the Nordic Region: The Potential of digital solutions](#)



# Thank you!

[www.healthcareatdistance.com](http://www.healthcareatdistance.com)



# Integrated Healthcare and Care through distance spanning solutions 2021-2024 (iHAC)

– A building block for a socially sustainable Nordic region

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The future of integrated Healthcare and Care



# Integrated Healthcare And Care, supported by distance spanning solutions (2021-2024)

- Continuing with the knowledge and collaborative network developed within VOPD 2018-2021
  - ✓ Part of the Swedish presidency programme of the Nordic Council of Ministers
- Focus on integrated healthcare and care solutions, supported by distance spanning solutions
  - ✓ Still from a rural point of view
- Continuing use of VOPD abbreviation but with an additional i, iVOPD (integrerad Vård och Omsorg På Distans)
- Use of iHAC (integrated Healthcare And Care) in English.
- New website domain: [www.integratedhealthandcare.com](http://www.integratedhealthandcare.com)
- Contributing to Vision 2030 – Nordic Council of Ministers work programme



# Our vision 2030

## A **green** Nordic region

Together, we will promote a green transition of our societies and work towards carbon neutrality and a sustainable circular and bio-based economy.

## A **competitive** Nordic region

Together, we will promote green growth in the Nordic region based on knowledge, innovation, mobility and digital integration.



**The Nordic  
region will  
become the most  
sustainable and  
integrated region  
in the world**

## A **socially sustainable** Nordic region

Together, we will promote an inclusive, equal and interconnected region with shared values and strengthened cultural exchange and welfare.





# Action Plan 2021-2024

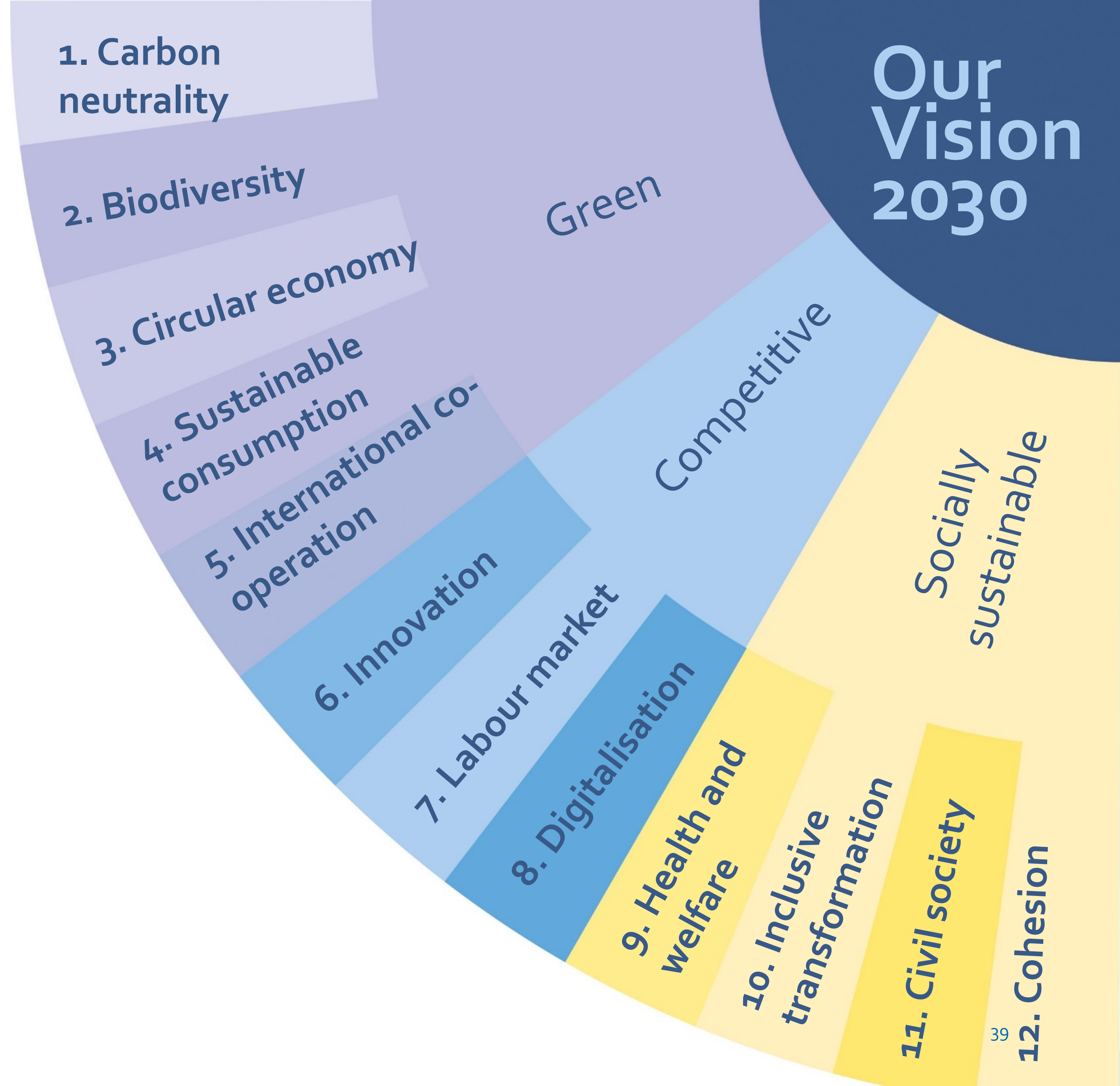
Tools to **guide, develop, monitor, and communicate** the Nordic Council of Ministers' key activities and initiatives for helping to achieve Our Vision 2030.





# 12 objectives

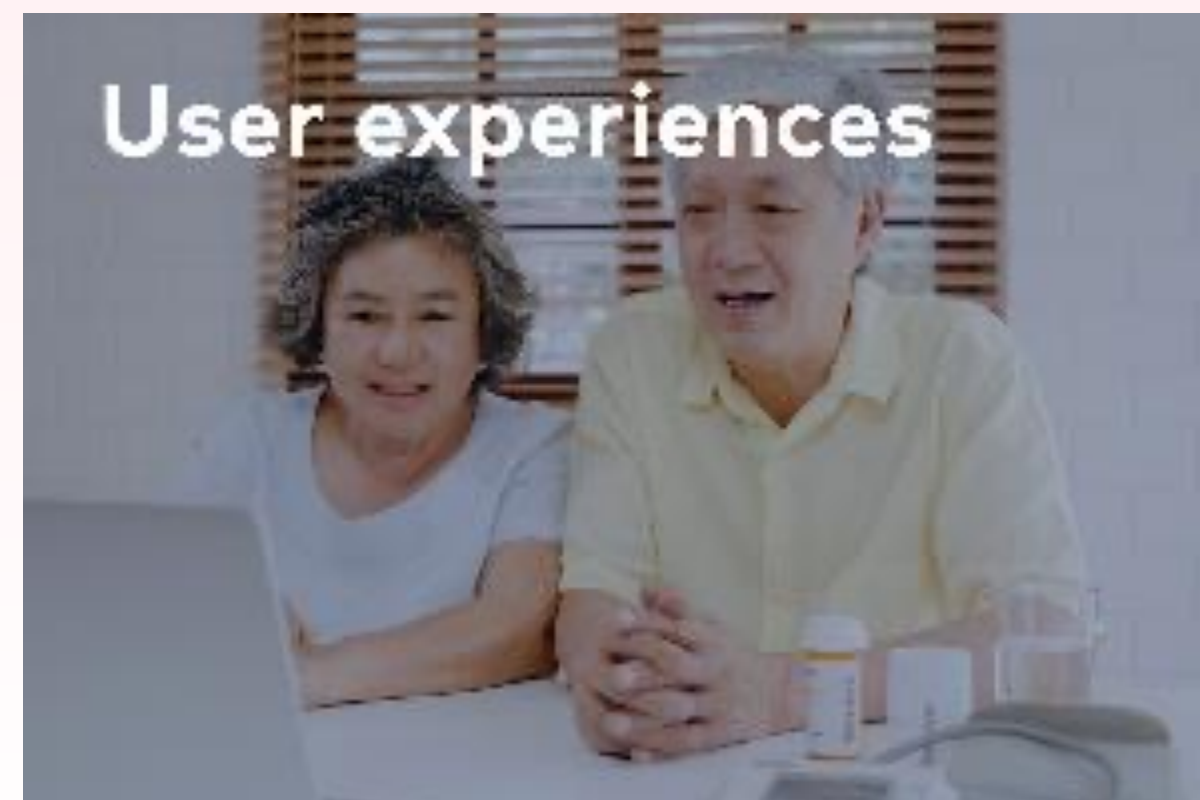
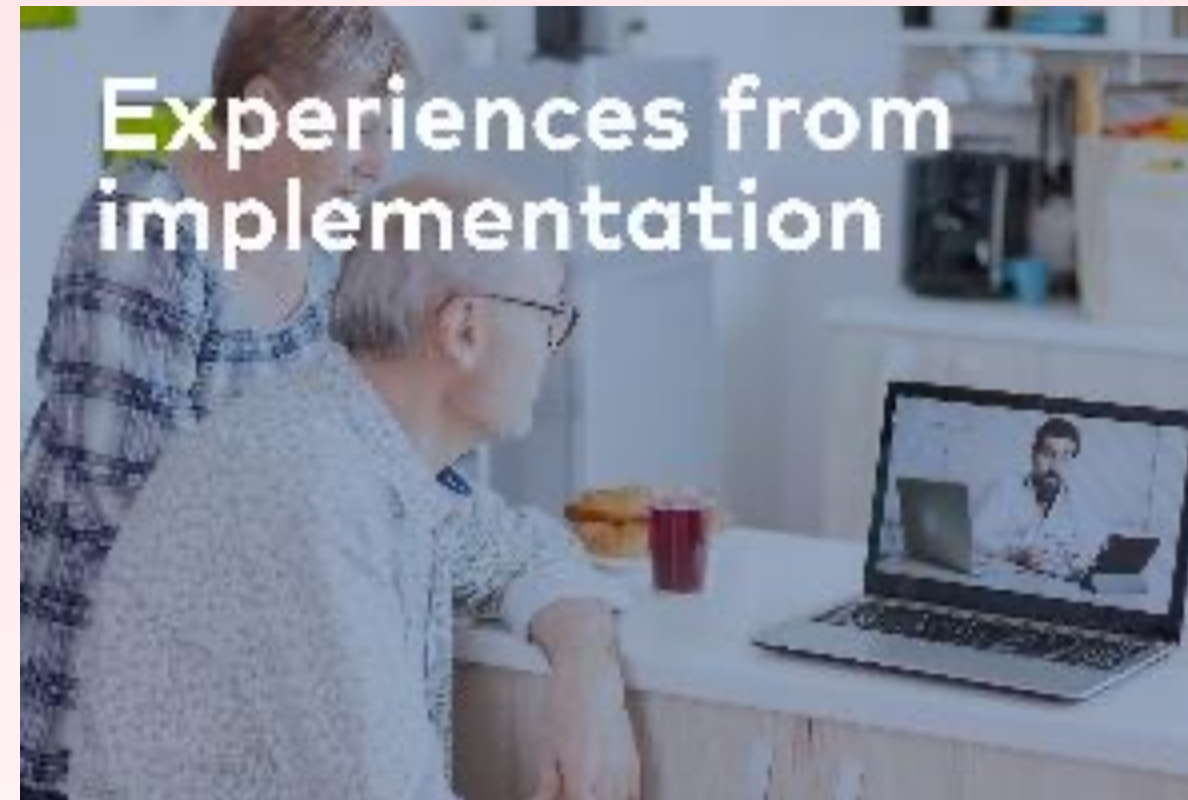
All activities in the Nordic Council of Ministers must help us achieve the objectives





# VOPD 2018-2021

## Eight blocks in a “knowledge hub” on [www.vopd.nu](http://www.vopd.nu)





# Nordic indicators for Our Vision 2030

## A Green Nordic Region

- Fighting climate change
- Sustainable energy
- Sustainable consumption and production
- Life on land
- Life in the sea

## A Competitive Nordic Region

- Good education for all
- Decent working conditions and sustainable economic growth
- Sustainable industry, innovation, infrastructure
- Sustainable cities and communities
- Freedom of movement

## A Socially Sustainable Nordic Region

- Good health and well-being
- Gender equality
- Reduced inequality
- Peaceful and inclusive societies
- Strong cultural scene





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# Integrated Healthcare And Care, supported by distance spanning solutions (2021-2024)

- Three objectives (building blocks)
  - Objective 1: Model-areas and their ecosystems – for integrated healthcare and social care, with support of distance spanning solutions
  - Objective 2: National and regional models for distributed data approach, integrated use of health data
  - Develop (min) 5 areas towards integrated healthcare and social care provision, underpinned by distance spanning solutions.

New website domain: [www.integratedhealthandcare.com](http://www.integratedhealthandcare.com)



# Healthcare and care through distance spanning solutions

24 practical examples from the Nordic region



## Existing solutions – 24 practical examples

### VOPD 2018-2021: For inspiration and information

- [Published January 2020 in English](#)
- Mapped out all distance spanning solutions in the Nordics
- An appropriate combination of the solutions will address the demographic challenge in remote and rural region
- In addition, help protecting our most vulnerable citizens during pandemic and similar situations



# Objective 1:

## New publication in September 2022

### Model-areas and their ecosystems – for integrated healthcare and social care with support of distance spanning solutions

- What is a model-area, and their ecosystem/system structures, for integrated healthcare and social care?
- Presentation of 5-8 Nordic existing model-areas, and their ecosystems/system structures.
- Expected to be launch 8<sup>th</sup> of September 2022



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## **Objective 3: Develop (min) 5 areas towards integrated healthcare and care provision, underpinned by distance spanning solutions.**

Through calls, model areas will be identified that wish to develop their integrated healthcare and care options.

Support will be considered for development of ecosystem components, outlined in objective 1, as well as models of integrated management of health data according to objective 2.

The aim is to match each model area supported, with model areas described in objective 1 for network and support.