Addressing the challenges of an ageing population through e-health

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The scene is set

- Budgets are tight
- Expectations to the health system are high and rising
- We have never had so many possibilities regarding examination, treatment and care
- The population is getting older and older – that is good, but...
- Age is just a number – however:
- We should age active – eHealth can support that end
Empower the patient and make her part of her own treatment and care!

- We are using resources more efficiently than ever

- We are reducing the length of stay at hospital

BUT
.. we could use the patients’ resources better

- The patient should be empowered

- The patient is more knowledgeable about his own condition than the health professional

- eHealth and telemedicine/-health can be important means to promote that end
Telemedicine/-health can:

- Support home monitoring
- Support patient empowerment
- Increase efficiency
- Promote quality to the benefit of patients
- Make the patient feel safer
- And possibly reduce the number of hospital admissions
  - After all we all feel better at home than at the hospital
According to the Danish magazine “Monday Morning”:

- Denmark, England and Scotland are among the pioneers in Europe in eHealth

- Denmark has succeeded by e.g. involving the stakeholders, creating economic incentives and by improving the legal framework according to Monday Morning
eHealth is more than telemedicine/-health

- eHealth can support a coherent health service
- Information can be shared
- Patients can:
  - access their own data
  - schedule appointments with their doctor online
  - renew prescriptions

-> And thereby be empowered
An active patient

- To engage the patient he should know about his disease
- Information should be made available in an understandable format
- Tasks can be transferred to the citizen
- And the citizen should be able to contribute with own data/information
- Social inequality?
eHealth is an important remedy

- The challenges we all face are tremendous

- We have to reinvent healthcare and make much more efficient use of the citizens’ resources

- We have to think in new ways of organising healthcare

- And we have to ensure efficient uptake of telehealth and eHealth
Thank you for your attention

Fauja Singh, UK, oldest person ever to run a marathon.

Toronto
16 Oct 2011
age 100