

*„Die Medicin ist eine sociale
Wissenschaft [...]“*
„Medicine is a social science [...]“
(R. Virchow)

The skills for tomorrow's
health and care
Community oriented care and
social prescribing



CHARITÉ
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CHARITÉ
KRANKENHAUS

Status quo

The skills for
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Health care in Europe is good for

- healthy people
- with one acute problem
- no comorbidities
- a good health literacy
- a high socioeconomic status
- no further psychosocial problems

Health care in Europe is poor for

- chronically ill people
- with many problems
- multimorbidity
- a bad health literacy
- a low socioeconomic status
- and further psychosocial problems

Structural changes

New skills

Status quo

Challenges

Community HC

Social Prescribing

Skill development

Challenges for future health care provision

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the Bridges to Health Model

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Population Characteristics	Priority Concerns for This Population	Major Components of Health Care	IOM/AHRQ/FACCT Goals for Health Care
1. Healthy	Longevity, by preventing accidents, illness, and progression of early stages of disease	Physicians' offices, health clinics, occupational health, and health information available to the public	Staying healthy
2. Maternal and infant health	Healthy babies, low maternal risk, control of fertility	Prenatal services, delivery, and perinatal care; fertility control and enhancement	Staying healthy
3. Acutely ill, with likely return to health	Return to healthy state with minimal suffering and disruption	Emergency services, hospitals, physicians' offices, medications, or short-term rehabilitative services	Getting well
4. Chronic conditions, with generally "normal" function	Longevity, limiting disease progression, accommodating environment	Self-management, physicians' offices, hospitalizations, and ER visits	Living with illness or disability
5. Significant but relatively stable disability, including mental disability	Autonomy, rehabilitation, limiting progression, accommodating environment, caregiver support	Home-based services, environmental adaptation, rehabilitation, and institutional services	Living with illness or disability
6. "Dying" with short decline	Comfort, dignity, life closure, caregiver support, planning ahead	At-home services, hospice, and personal care services	Coping with illness at the end of life
7. Limited reserve and serious exacerbations	Avoiding exacerbations, maintaining function, and specific advance planning	Self-care support, at-home services, 24/7 on-call access to medical guidance, and home-based care	Coping with illness at the end of life
8. Long course of decline, from dementia and/or frailty	Support for caregivers, maintaining function, skin integrity, mobility, and specific advance planning	Home-based services, mobility and care devices, family caregiver training and support, and nursing facilities	Coping with illness at the end of life

One Approach: Community Oriented Primary Care

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Idea

- local community health centres
- of a minimal critical size
- interprofessional (e.g. social workers, nurses, etc.)
- engaged in the community

Problems

- mainly lighthouse projects, but no broad implementation
- in Germany, practice size is too small
- in Germany, interprofessional centres partly forbidden
- GP's skills for this sort of collaboration have not been developed yet
- in Berlin, people do not necessarily have their community where they live

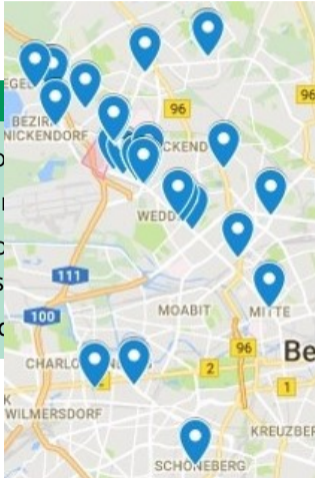
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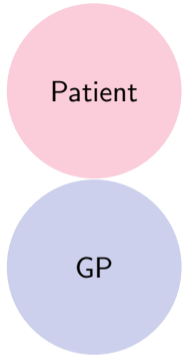
- local community health centres
- of a minimal critical size
- interprofessional (e.g. social workers, nurses, etc.)
- engaged in the community

An ideal, but needs a long run.

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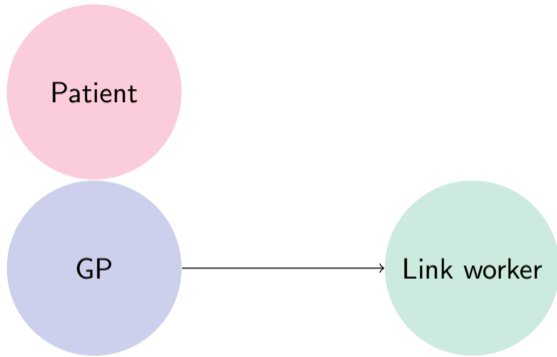
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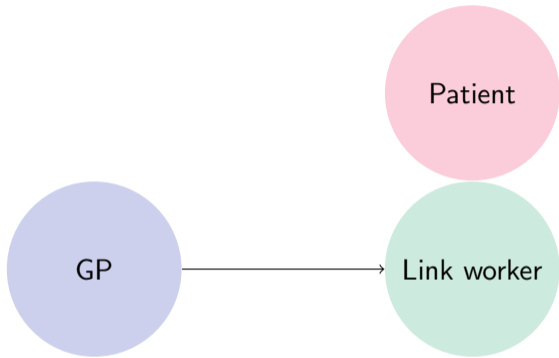
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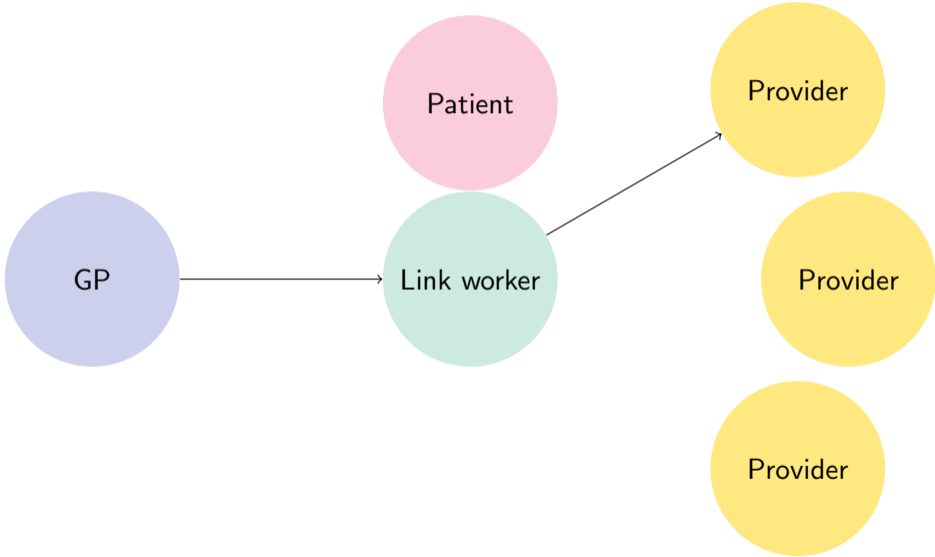
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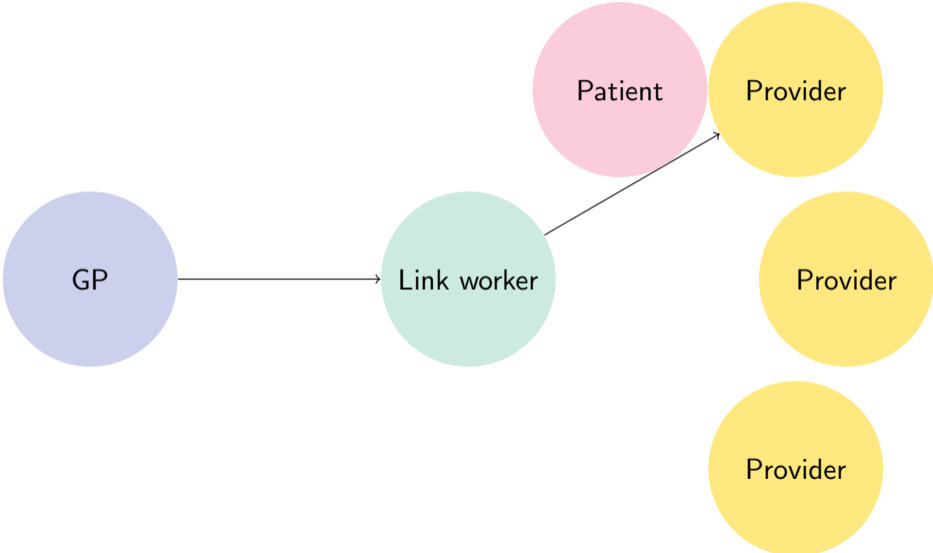
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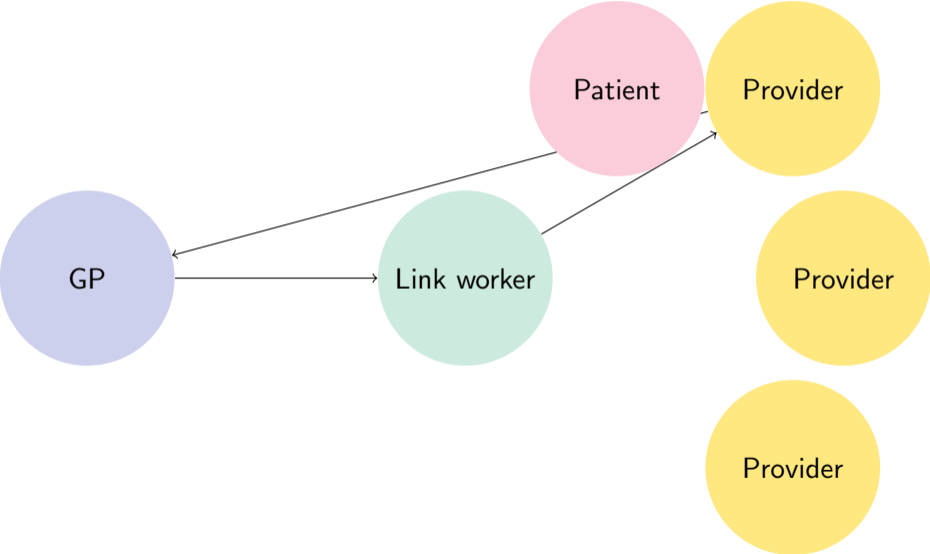
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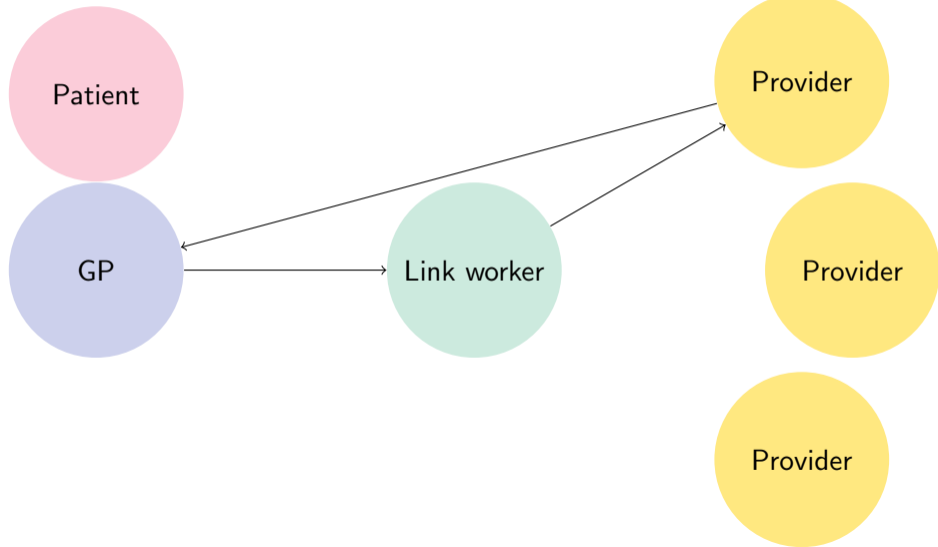
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Social prescribing: systematic review of effectiveness of preventive psychosocial community referral interventions

Preliminary results

- 44 projects included
 - country
 - UK 42
 - Australia 2
 - wide variety of primary outcomes, however mainly short term
 - heterogeneous results
 - method
 - RCT 2
 - CT (no R) 1
 - before after 41
 - overall of limited quality
- ⇒ sound RCTs and long term outcomes needed

Federal Ministry of Education and Research (BMBF), Germany

Funding ref 01EL2027A and 01EL2027B

Holzinger/Krüger/Napierala/Kanehl/Herrmann

PROSPERO 2020 CRD42020182562



Challenges for future health care provision

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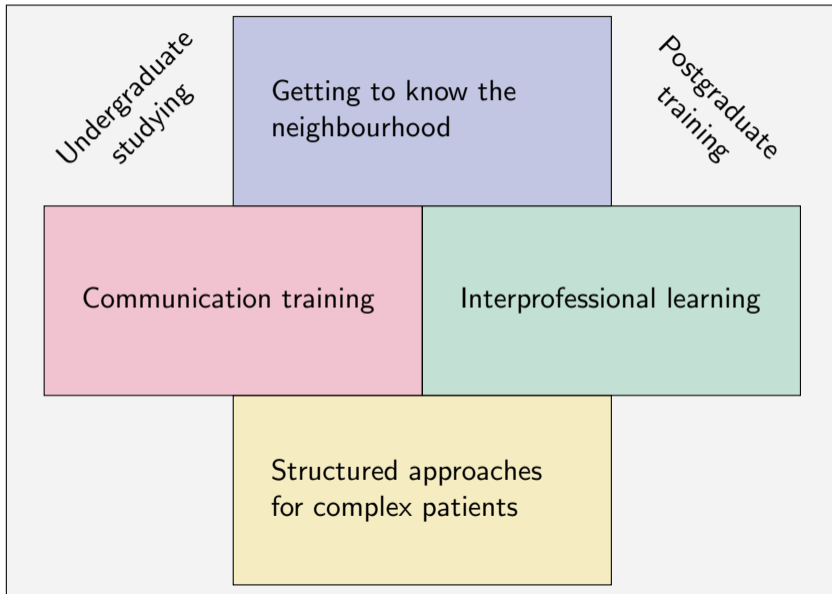
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Skill development for (future) GPs



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