GDHP 2019

Digital Health INFRASTRUCTURE for Futuristic Health Systems and Sustainable Development

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“The use of digital tools empowers people to look after their health. It stimulates prevention and enables feedback and interaction between users and healthcare providers.”
What is this?
InfraStructure → InfoStructure → KnowStructure
Recommendations on Sustainable Development

1. **Global**
   - Strategic Vision and Guidelines
   - Laying the Foundations for eSkills to Growth
   - Alignment between Digital Health Authority
   - Bottom-Up Approach

2. **GDHP Cooperation**
   - GDHP United Approach
   - Patient Empowerment Development Goals
   - Recommendation for Practical Behaviour

3. **National Level**
   - Portugal Domestic Context – exemple
     - National TeleHealth Strategy
     - From Big Data to Smart Health – Putting data to work for the public health
Global Cooperation

Global driven initiative for pressing “National Govs” to take Action on Digital Health

Letter to Member States’ MoHealth and MoEducation

1. Funds for Research & Innovation
2. New Methods to Boost Sustainable Development

1. Stepwise approach & Procedural Supervisor
2. Set Targets & Monitoring Progress

Digital Health Literacy and “eSkills” for Citizens

Digital “Driving” Licence and Digital Health Literacy KPI’s
GDHP Cooperation

GDHP United Approach
- Guidelines & Sharing Best Practices
  1. Create New Ideas for Policy Implementation

1. “Patient Empowerment” Development Goals (PEDGs)

Produce Recommendations for practical “Behaviour”
- HealthCare Providers (Patient information/empowerment)

PEDGs Measurement Idea:

1. % of Seniors (+70y) that use internet for self-care purposes
2. % of citizens using wearables for self care
Portugal Domestic Context - example

1. Create the figure of “Patient Empowerment Lead” at national, regional and local level;

2. Protocol SPMS-MoH with Multi-Stakeholders, Multi-Sectorial & Engagement Strategy

3. National Telemedicine Center
   1. Increase ability/capacity for professionals and citizens;
   2. Increase opportunities

4. Digital Contents (eBooks, Videos or treatments guidelines / Vlog)

5. From Big Data to Smart Health
Portugal – Digital & Citizens Empowerment

What if there is someone responsible to be

EMPOWERED PATIENT LEAD

The Future of Healthcare is all about

THE EMPOWERED PATIENT
Portugal Computer Literacy & Digital Inclusion

Taking Action

Computer Literacy & Digital Inclusion

Vision
- Digital Literacy
- Practical Training
- Empowering Citizens

Deployment
- Municipalities
- Health Facilities
- Social Entities
- Education
Portugal Computer Literacy & Digital Inclusion

**Sphere of Activity:**

- **Educate Municipality employees** that play an active social role;
- **Realize eSkills training sessions** in strategic points of the Municipality of Loulé which can provide effective guidance to residents;
  - Citizen Area (AC)
  - Electronic Health Record (CSR)
  - MySNS Portfolio App

**Key Idea:**

By recognizing the central role of **computer literacy and digital inclusion** today, the underlying idea of this pilot project is to **furnish citizens** with the required **eSkills** to be **preventive** about their **health**, avoiding nonessential travels to NHS facilities, thus **enhancing the medical response** to urgent cases.
Portugal – eBooks on Digital Health
Portugal – Digital Content/Vlog
Portugal – Digital & Citizens Empowerment

Enhance Citizens & Health Professionals eSkills to Maximize existing Opportunities

National Center for TeleHealth

“Health without barriers of space and time”
Stakeholders Collaboration – Target Groups

- **Patients & Citizens**: Patients are well informed and supported by eHealth in achieving their health objectives.
- **Backbone Principles**: Includes the necessary flexibility and openness to change, a clinical engagement, a patient centred approach, a strategic procurement, robust governance,
- **Health Professionals**: Health professionals are assisted by eHealth to make effective decisions and in the delivery of integrated care.
- **Healthcare Institutions**: Performance of healthcare providers is optimized.
- **National Organizations**: National organizations with a role on Health policies and health management.
Empower Citizens to become active participants in managing their healthcare and wellbeing by endowing them with digital expertise.

**Why should digital health be citizen-centred?**

1. Encourage participation in all health decisions
2. Reinforce accountability on personal health information
3. Transparency in data sharing decisions
4. Personalized healthcare interactions

**Why should governments empower citizens’ digital skills?**

Citizens should:

1. Manager their personal health condition and wellbeing
2. Shift from reactive to preventive healthcare
3. Interact directly with NHS
4. Optimize medical response
SPMS – Health Data Strategic Insights

**Citizens and Patients**
Well-informed users with support of technology to improve wellbeing and prevent illness

**Health Professionals**
Supported by data and technology to make effective decisions and promote integrated care

**Health Entities**
Optimized resources and services management of health care providers

**National Entities**
Promotion by public health sector entities of health policies based on data support

**Root Principles**
Openness to change, involvement and collaboration of health professionals, patient-centered approach
Cybersecurity in K.nowStructure

In an increasingly connected world, security concerns for systems, infrastructures and devices must be guaranteed

• By 2020, there will be approximately 200 billion devices connected;

• Approximately 100% of web applications connected to critical health information are vulnerable to cyber attacks.
Cybersecurity Approach

Is necessary to work protection and security measures globally, regionally, locally/organization and individually/personal
We want Pro-Cybersecurity persons

He or she should be anybody that, through its day-to-day activities is completely aware of the processes and needs for a secure cyberspace and informatics usage. It is someone that adopts all the necessary security measures stipulated in the organization’s policies and someone who works and contributes to them.
The challenges are the same

- GDHP
- European Cybersecurity Health Group
- GACS – National Health Cybersecurity Group (Portugal)

- Human Resources (scarcity, budget, recruitment, retaining, ...)
- Legacy ICT ecosystem (applicational and infrastructures)
- Straff Awareness and Organizational Culture
- Governance across distributed health sector
Strategy

✓ Actions and highest level decisions that impact the Nation’s Digital Security
✓ Steering Cyberspace Security in a whole-of-society perspective

✓ Constantly observe relevant cyberspace
✓ Train your society and community
✓ Educate current and future generations

✓ Protect the information “crown jewels”
✓ Demonstrate that you are resilient
✓ Be aware of your Ecosystem (partnerships)

✓ Call upon your Partnerships
✓ Demonstrate & act with your capabilities
Cybersecurity Goals

• ↑confidence of the patient in the treatment and storage of their health information;
• establishing mechanisms for detecting potential illicit and malicious activities that affect the business continuity of health organizations;
• ↑ of the secure and responsible use of digital services and treatment of users' health information;
• care-relevant information is available and accessible to healthcare professionals when needed (availability), and that data are correct for appropriate treatment to clients (integrity).
“eHealth for the best healthcare to everyone from anywhere in Europe”* and in the rest of the World

*-(eHealth Network MWP 2018-2021) moto