



*Spain*

*and the chronic patients*

*„Fulanito's story“*

## About Fulanito



NOMBRE

*Fulanito*

PRIMER APELLIDO

*Martinez*

SEGUNDO APELLIDO

*Ortega*

*70 years old*

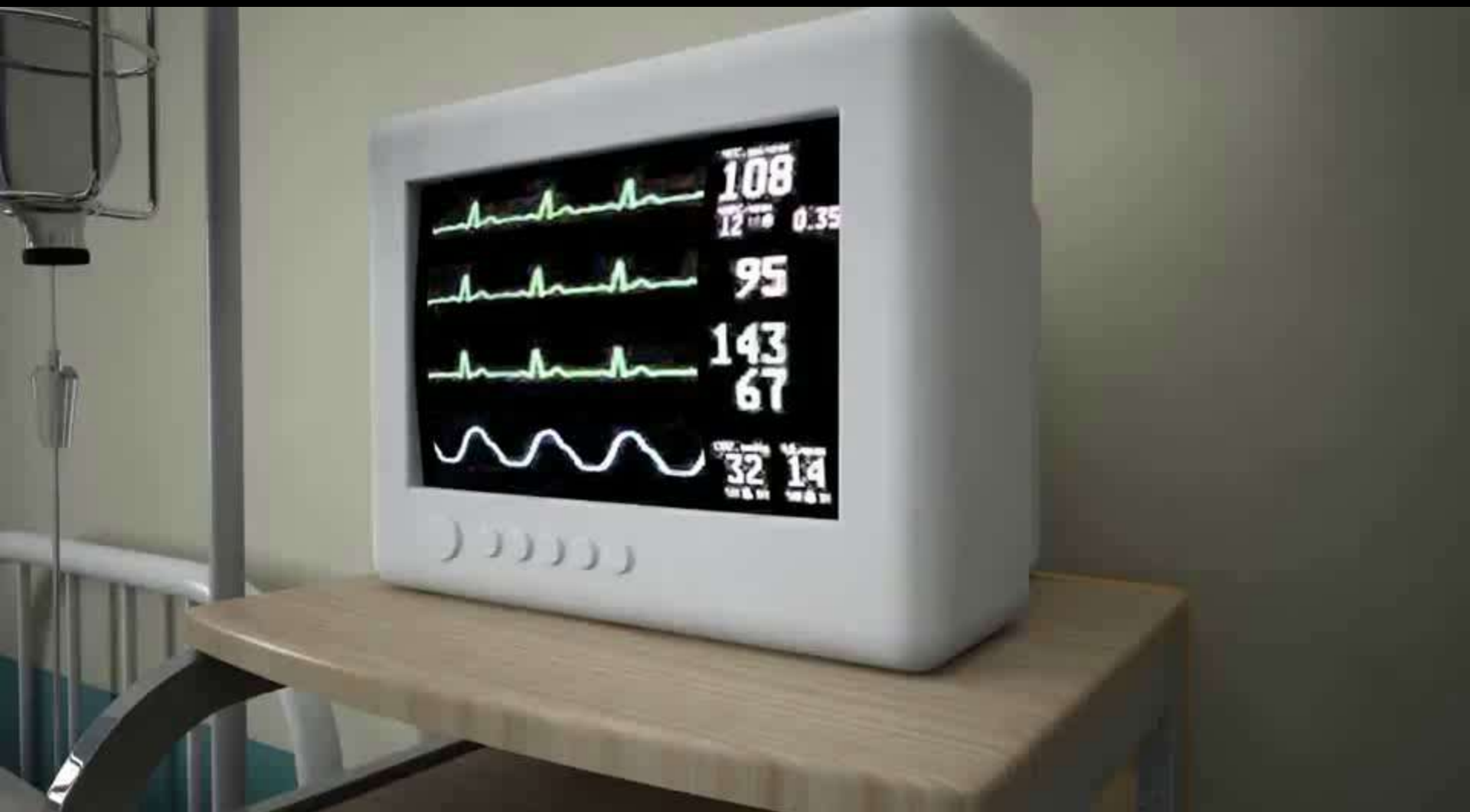
*pluripathologic & polimedicated*

- diabetes*
- cardiovascular disease*
- hypertension*

*living alone in a small village*

Interior

*About Fulanito: Some days before*



## *Some data about chronic patients in Spain*

Hi, I am Fulanito. ¿Que tal?

Do you know that...

*...60% of inpatients and 80% of outpatients suffer from chronic diseases*

*...70% of the Spanish health system expenditures are used for chronic patients*

*...each person > 65 years has an average of 2.8 chronic diseases*

*...each person > 75 years has an average of 3.2 chronic diseases*



*Some of Fulanito's needs:*

*Continuous medical treatment*

*Prevention*

*Medication*

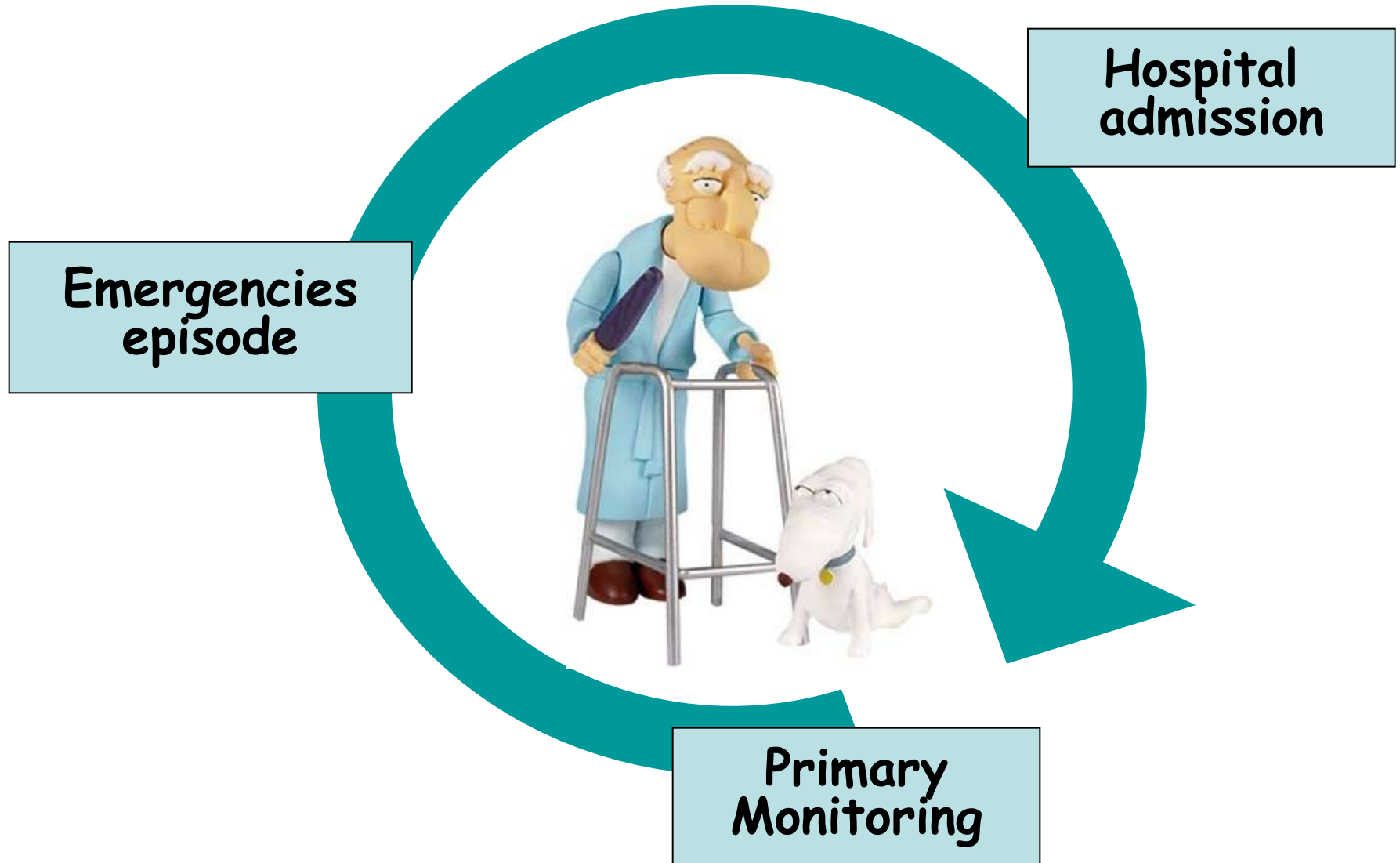
*Psychological care*

*Rehabilitation*



*Social care*

## *Current health care model*



***Difficulties on the way to accomplish his needs:***

***Lack of health education***

***Accessibility to health care system (distance, incapacity)***

***Insufficient sharing of information between healthcare providers***

***Inefficient coordination between the different levels of healthcare system***

***Missing resources at home (human & economic)***



## *On the way to a new Health Management*



- *Multichannel Health Services Center*
- *Multidisciplinary teams*
- *IT Programs to share information (Digital networks like Ykonos, clinical history)*
- *Telemedicine*
- *Support programme for polimedicated patients*
- *Units for highly complex patients (UPP)*
- *Post-hospitalisation care*
- *„Expert Patient Programme“ (EPP)*

# On the way to a new Health Management



(c) Virginia Carretié; Osatek



O+SAREAN

## *Multidisciplinary teams*

*Physician*

*Nurse*

*Auxiliary  
nurse*

*Pharmacist*

*IT-Specialist*



*Social  
worker*

*Psychologist*

*Home care*

*Administrative*

*Therapist*

*Nutritionist*



## Telemedicine



- *Diverse products to*
  - *avoid unnessesary travelling*
  - *improve communication between patient / physician*
  - *enhance way of patient's living*

*For example:*

- *colabor@*
- *medting*
- *SARA*

A screenshot of the MEDTING website interface. The header includes the logo 'MedicalExchange MEDTING' and navigation links for 'Sign Up', 'Sign in', 'English', and 'Search'. Below the header are tabs for 'Homepage', 'Cases', 'Multimedia', and 'My MEDTING'. The main content area features a large banner with a stethoscope icon labeled 'Medical Professionals' and a folder icon labeled 'Health Organizations'. Below this is a 'Featured Case' section with a thumbnail of CT scans and the title 'CT rénale et prostaté - Radio-Anatomie'. The right sidebar contains 'Latest Comments' with several entries and a 'Snomed CT Tags' section with a list of medical specialties.

*Support programme for polymedicated patients*



**Medicación controlada**  
ayudando a nuestros mayores

SI TOMAS **5**  
o más  
medicamentos...

...infórmate  
en tú CENTRO  
de SALUD

## *Units for highly complex patients (UPP)*



- *Case Management for*
  - *pluripatological and plurimedicated patients with frequent use of emergency services and hospitalisation*
- *With the aim to*
  - *increase patients' quality of life*
  - *reduce costs and medical contacts*

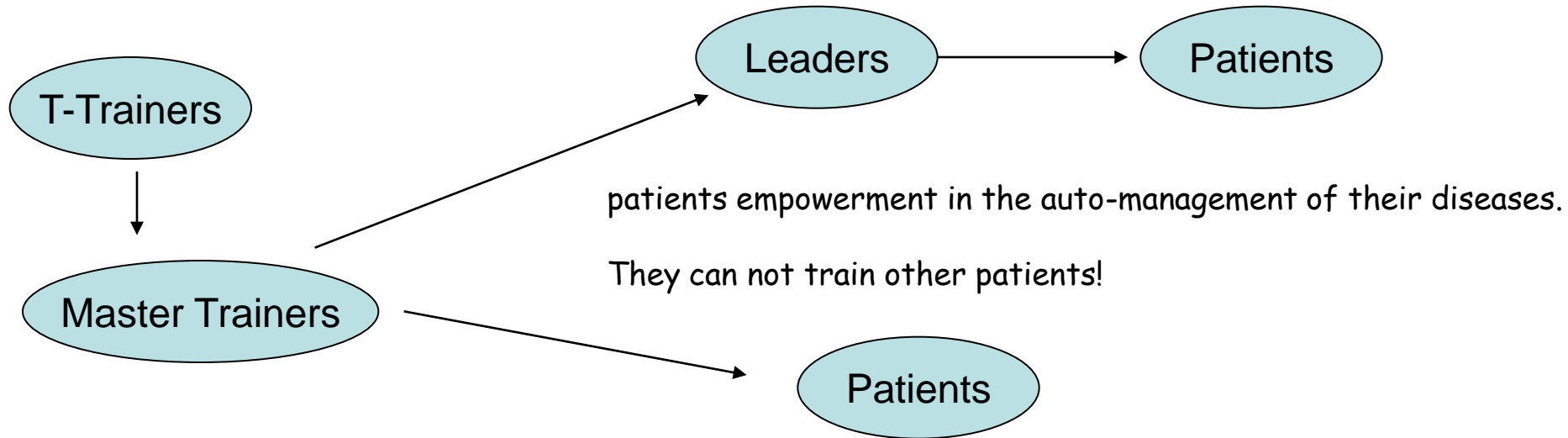
## *Post-hospitalisation care*

They care  
about me

- Ensures continuity of care
- Ensures the safety of patients
- Helps to improve the quality of life
- Facilitates patients' / families' involvement
- Increases the patients' satisfaction



## *„Expert Patient Programme“ (EPP)*



- Programme for active participation of patients
- Co-responsability on disease management

*On the way to a new Health Management*

- Thank you for the changes
- Now I feel good
- Spain is on the right way



*On the way to a new Health Management*



# Participants on HOPE programme 2010 in Spain

**Aurelie Olivieri**  
from France  
-Pais Vasco-

**Georgia Dimitropoulou**  
from Greece  
-Valencia-

**Egon Flindt**  
from Germany  
-Andalucia-

**Aude Bescond**  
from France  
-Castilla la Mancha-

**Joao Alberto**  
from Portugal  
-Asturias-

**Adela Galvan**  
from Austria  
-Extremadura-

**Fulanito M.O.**  
from Spain



**Thank you HOPE for this wonderful experience!**