

**InDaLE: Innovative approaches to services of general interest in rural areas –
What Germany can learn from the experience of other European countries**

Services of general interest in rural areas in the field of medical care and nursing

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of the presentation

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Motivation in the field of medical care and nursing in Germany

Rural areas in Germany

Present imbalance

Challenges

Lack of solutions?

Consequences of **demographic change** both in the field of medical care and nursing

Allocation problems in the location of doctors, difficulties in the **accessibility** of the nearest locations for medical care

Shortage of **skilled workers** both in medical care and in nursing

Detachment from locations, **bridging of distances**

Training and recruitment of skilled workers

Better **cooperation** between relevant stakeholders

Increasing the **efficiency** and **quality** of services

Possible solutions for Germany that have been successfully applied abroad?



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Selection of projects in Sweden and Austria – Why?



Sweden

- 1st place in the "Best Countries Ranking 2022" in the "Quality of life" category (Statista 2022) → High requirements for medical care and nursing
- Aging population, especially in the less populated northern peripheral areas
- 97 % of 16-74 year old people have internet access and over 90 % of households have broadband access (Destatis 2022 based on Eurostat-Data)



Austria

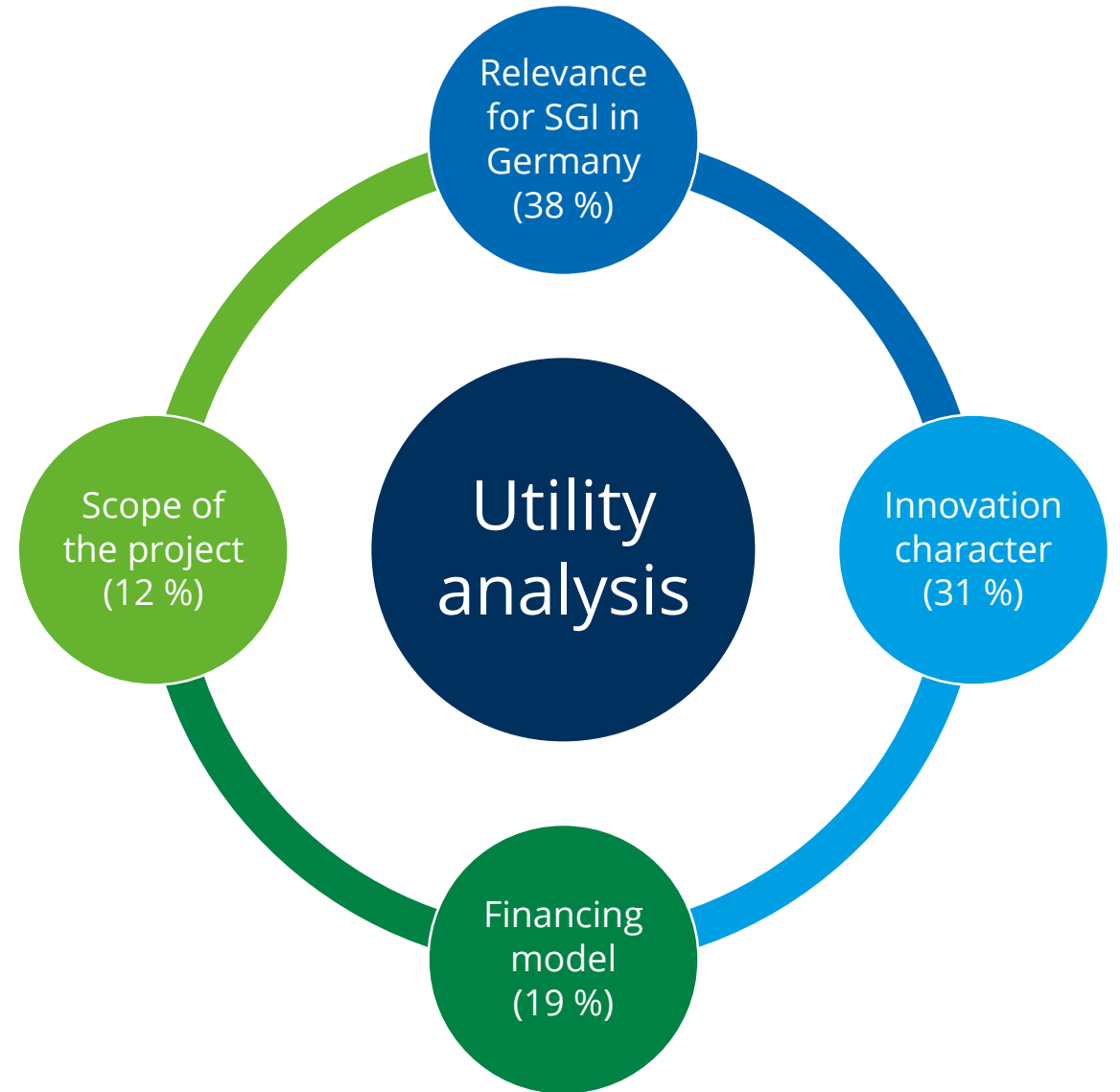
- Political systems and the administrative structures are quite similar
- Mentality of population is quite the same, there are only few cultural differences
- Existence of rural areas in peripheral locations
- 93 % of 16-74 year old people have internet access and over 91 % of households have broadband access (Destatis 2022 based on Eurostat-Data)

Graphic sources: <https://pixabay.com/de/images/>

Recognised projects in Sweden and Austria

Project selection process for detailed empirical analysis

- Identification of 52 possible projects in Sweden and 31 possible projects in Austria through **project databases of national and regional funding agencies** → Preselection based on the project content
- Applying a **utility analysis**, in which the evaluation criteria and their weightings were defined with the help of experts in the field of SGI (by pairwise comparison)
- Selection of 4 from 10 projects with high utility (**two for each country**)



Selected projects

Overview



<https://improve.interreg-npa.eu/>

IMPROVE

Use of digital solutions in medical care and nursing (e.g. night-time cameras, keyless locks)



<https://cuviva.com/en/offer/>

Cuviva – The Home Hospital Borgholm

Contact between patients and health centre by using a digital tool for tele-monitoring and video consultations



<https://www.ktn.gv.at/Verwaltung/Amt-der-Kaerntner-Landesregierung/Abteilung-5>

CoSENSo / Pflege-nahversorgung

Implementation of a care coordination for a low-threshold guidance service in municipalities



Mobile Kinder- und Jugendlichenpalliativbegleitung

<https://noe.moki.at/images/PDF/Beiblatt.pdf>

KI-JU-PALL

Establishment of mobile, interdisciplinary child and youth palliative care teams

Project investigation

through document analysis and expert interviews

Objective

- Investigation of the projects from the start-up phase to the current status
- Focus was placed on the development process:
 - **Why is a project able to establish itself beyond the pilot period?**
 - **Which facilitating factors contribute to this?**
 - What challenges had to be overcome?

Interviews were conducted with people in the project, with people from the project surrounding and with experts which have the external view on the projects

Experiences from German projects were compared by the ARL



- MONA – Mobile Netzwerkmedizinische Assistenz
- KARMANT – Koordiniertes Quartiersmanagement im ländlichen Raum
- Gemeindeschwester^{plus}

Graphic source: <https://pixabay.com/de/images/>

IMPROVE

General information

- EU-funded pilot project from May 2015 to May 2018
- Permanent implementation of the tested services in seven municipalities in the Västernorrland region
- Target group are elderly people in need of care who are cared at home as well as the medicine care and nursing professionals
- **Realisation and implementation of digital measures**
 - Safety cameras for the secure monitoring of elderly people
 - Digital diapers with moisture sensors for incontinence assistance
 - Smartphone app for keyless unlocking of front doors of elderly people
 - Digital care planning, e.g. following a hospital stay



<https://www.sweden101.com/page/vasternorrland>

Cuviva – The Home Hospital Borgholm

General information

- In 2016 foundation of the company Cuviva
- Implementation of the pilot project together with the Borgholm Health Care Centre in 2016 for four months, followed by permanent implementation at the Health Care Centre
- Target group are chronically ill patients who are monitored and cared for in their own homes
- **Realisation and implementation of digital measures**
 - Monitoring of patients' health status via a digital tool that transmits and reviews data daily to the Home Hospital Borgholm professionals
 - Holding regular video consultations between the patients and the professionals

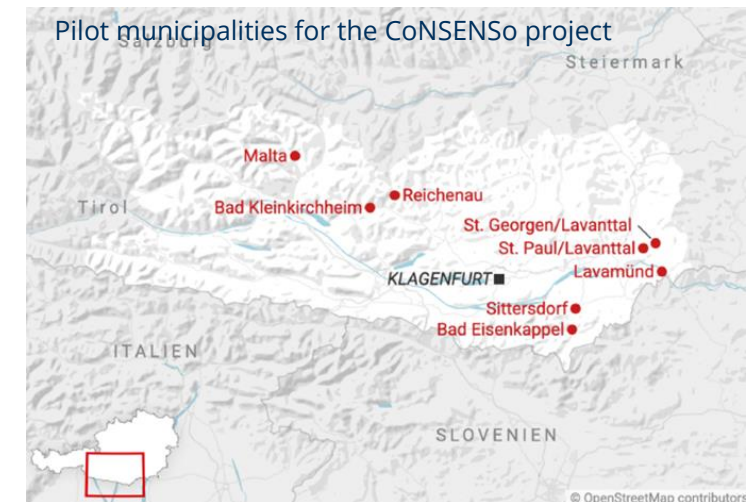


<https://www.sweden101.com/page/kalmar>

CoNSENSo / 'Pflegenahversorgung'

General information

- Duration of the CoNSENSo project was from December 2015 to December 2018 in five European regions; the pilot phase was in eight municipalities in Kärnten from September 2016 to February 2018, one year of financing took place afterwards by province of Kärnten
- In 2019 the follow-up project 'Pflegenahversorgung' started
- Target group are elderly people, whether healthy or already ill, as well as their relatives
- **Realisation and implementation of a care coordination**
 - Establishment of care coordinators in the participating municipalities - consultation, coordination and interface between affected persons, family members, volunteers, care services, doctors, hospitals and other care providers



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<https://www.alpine-space.eu/project/co-n-s-e-n-so/>

KI-JU-PALL

General information

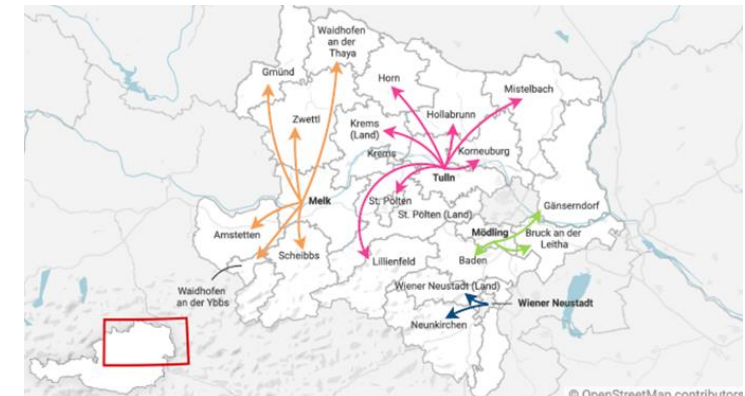
- Founded in 2007 by the association MOKI NÖ (Mobile Children's Nursing) in close cooperation with MPTs (Mobile Palliative Teams in the adult sector)
- Target group are seriously ill children and young people as well as their parents and families, also parents of stillborn or recently passed away children

– **Realisation and implementation of child and young palliative care teams**

- Teams consisting of qualified nurses, paediatricians working in the field of palliative care, psychologists and social workers; additionally trained in the university course for palliative care in paediatrics
- Medical and social support for affected children and young people and their families; also funeral support



Locations of the KI-JU-PALL teams in Lower Austria



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<https://noe.moki.at/index.php/ki-ju-pall>

Facilitating factors from the empirical studies

Experiences from the projects

Bridging distances by using digital solutions

Detachment from locations, **bridging of distances**

Increasing the **efficiency** and **quality** of services

Positive effects

IMPROVE

For the elderly people

- Increased safety for seniors through the closer contact with the professionals
- Digital contact enables a better patient-oriented care (help in the moment where it is needed)
- Intervals of nightly checks by safety cameras can be freely selected

For the medicine care and nursing professionals

- Reduction in distances travelled by the professionals
 - Safety cameras ensure that driving at night can be avoided
 - Keyless locks allow for a more efficient response of the care staff, as the closest professional can reach the elderly people
 - Less travel time enables staff resources to be used more efficiently

Cuviva – The Home Hospital Borgholm

For the patients

- Reduction of the distances travelled by patients
- Follow-up consultations and check-ups can be carried out digitally
- Increase in the quality of care through close monitoring of the state of health of the patients

For the Intensive care leads to a reduction in the rehospitalisation rate of seriously ill patients

- Cuviva delivers the digital solution as a complete package: it includes the software as well as measuring tools, a tablet and a 4G router per patient
- Intensive care leads to a reduction in the rehospitalisation rate of seriously ill patients

Increasing the **efficiency** and **quality** of services

Experiences from the projects

Coordination and restructuring of existing resources

Positive effects

CoNSENSo / ‚Pflegenahversorgung‘

From CoNSENSo ...

- A trained family health nurse visits patients at home, provides counselling, nursing and medical care (e.g. in the context of wound bandage changes)
- Some of the services could not be implemented due to inefficient overlapping of responsibilities and offers with existing care providers (nursing services, general practitioners)

... to ‚Pflegenahversorgung‘

- Solutions are the concentration on the advisory and coordination function between affected persons, family members, volunteers, care services, doctors, hospitals and other health service providers

→ Optimisation of resources by avoiding parallel offers

KI-JU-PALL

- Linking the KI-JU-PALL teams to existing palliative care teams in the adult sector enables comprehensive care throughout Lower Austria shortly after the establishment of the teams
- Cost-efficient provision through shared use of office space, materials and human resources
- Advanced training of all team members through the university course for palliative care in paediatrics increases the quality of the offered services

Experiences from the projects

Increasing inter-municipal cooperation in the establishment of new approaches to solutions

Systematic training and further education of professionals

Better **cooperation** between relevant stakeholders

Training and **recruitment** of skilled workers

Positive effects

IMPROVE

- An important part of the project was the exchange of experience and mutual support between the municipalities
- The cooperation was coordinated by the Västernorrland Association of Municipalities



Graphic source: <https://pixabay.com/de/images/>


KI-JU-PALL

- Development of the university course for palliative care in paediatrics before the establishment of the KI-JU-PALL teams
- Concentration of expertise as a basis for projects
- The university course helps to strengthen understanding and cooperation among the professionals
- The university course raises the profile of the project and supports the acquisition of new employees

Recommendations for rural areas in Germany

Recommendations for rural areas in Germany

In order to ensure and enhance the services of general interest of medical care and nursing in rural areas of Germany, it is recommended to ...




Addressed to ... decision-makers in politics; federal, state and local government; project funding, Association of Statutory Health Insurance Physicians (KV) etc.

... close existing or expected gaps in supply by the creation of new or further developed concepts and products. The creation of parallel offers to already established, possibly already financially viable solutions and products must be avoided.

... introduce, apply and establish innovative solutions and products in the field of e-health such as tele-medicine and tele-monitoring. By breaking the barriers of geographical location and bridging distances, an increase in the (economic) efficiency of services as well as in the intensity of care (quality increase) can be achieved.

Recommendations for rural areas in Germany

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... prioritise innovative solutions and products that seek to use and foster inter-professional collaboration and knowledge exchange. Bridging the sectoral separation between medical care and nursing helps to ensure integrated services.

... offer people career prospects through high-quality and profitable training and further education programmes. At the same time, gaps in staff supply can be closed by recruiting skilled workers. People involved in voluntary work deserve greater appreciation through the expansion of support services.

Thank you for your attention.

**Your questions and
comments are welcome**

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