



HOPE Agora 2025

Together for Quality

REGION OF SKÅNE



Mr Faustino Gonzalez Menendez, Spain
Ms Marjo Huovinen-Tervo, Finland

The Swedish health care system

- tax-financed and decentralised
- the regions finance most of the healthcare and also provide most of the services
- the municipalities are responsible for some primary care



1177



- a Swedish nationwide healthcare service
- **service - by phone or online**
- service to citizens
- service to healthcare professionals

<https://www.1177.se>



What 1177 offers

- information
- communicate with healthcare providers
- make appointments
- renew prescriptions
- read medical record

- Some information also in other languages



1177 for citizens (picture from the website)

1177 | SKÅNE | Välj region ^

Logga in | Hitta vård | Sök

Liv & hälsa | Barn & gravid | Olyckor & skador | Sjukdomar & besvär | Undersökning & behandling | Så fungerar vården

Kolla vilket tryck!

Under maj månad kan du mäta blodtrycket på flera platser i Skåne. Många som har för högt blodtryck känner inte av det. Det enda sättet att veta säkert är att mäta det.

[VAR KAN JAG MÄTA BLODTRYCKET?](#)

> Sök vård digitalt hos barnmorskan

I 1177 direkt får du en bedömning av dina symtom och möjlighet att chatta med en barnmorska. Du guidas vidare i vården när det behövs.

> Ta kontroll över pollenallergin

Du kan minska dina besvär och få kontroll över din allergi genom att lära dig känna igen symtomen och medicinera rätt. Följ...

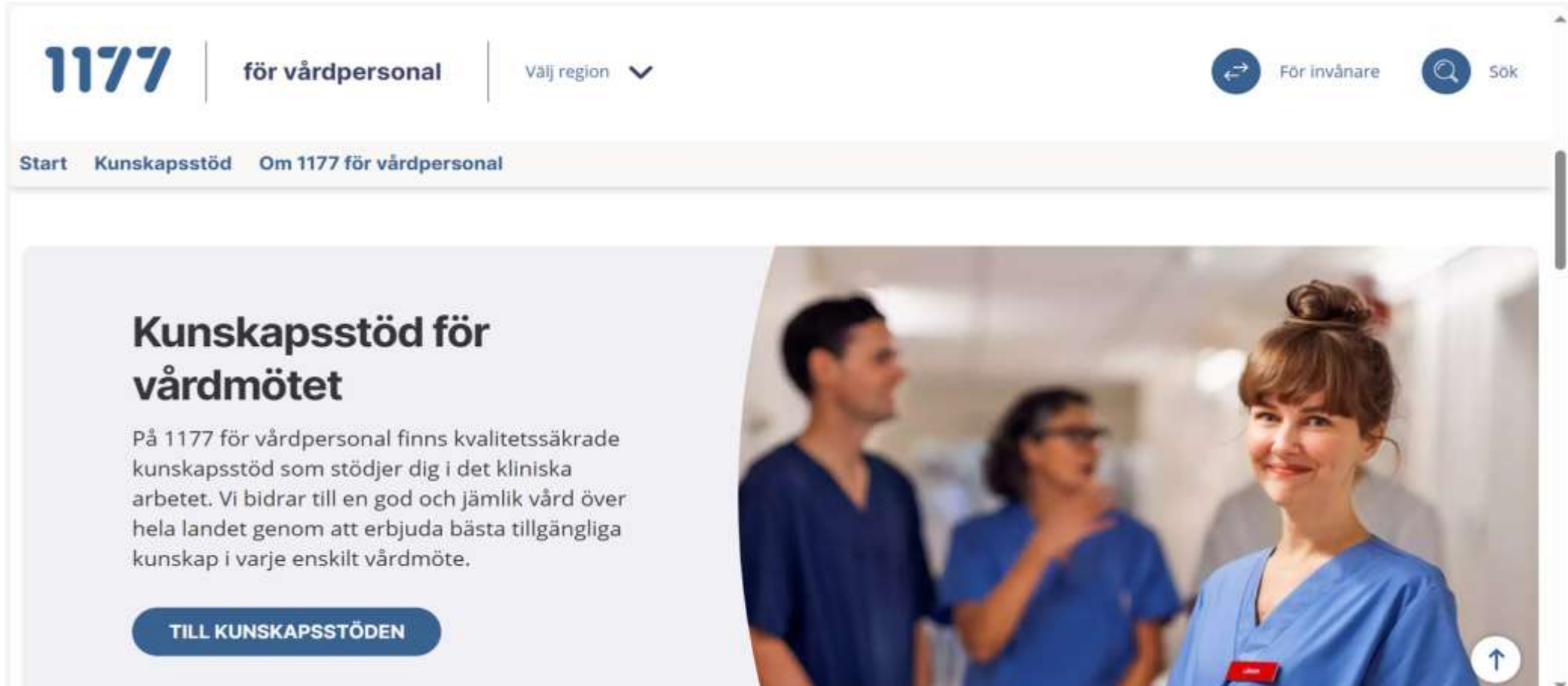
> Bör du vaccinera dig mot TBE?

Du bör vaccinera dig mot TBE om du bor eller vistas mycket i ett område med en högre risk för TBE. Det finns vissa såna områden i Skåne. Läs om...

> Vaccinera dig mot HPV

Är du kvinna och född mellan 1994 och 1999? Då kan du vaccinera dig mot HPV gratis. Genom att vaccinera dig skyddar du dig själv och bidrar ti...

1177 for professionals (picture from the website)



The screenshot shows the top navigation bar of the 1177 website. On the left is the '1177' logo, followed by the text 'för vårdpersonal'. To the right is a 'Välj region' dropdown menu. Further right are icons for 'För invånare' and a search icon labeled 'Sök'. Below the navigation bar is a breadcrumb trail: 'Start > Kunskapsstöd > Om 1177 för vårdpersonal'. The main content area features a large image of healthcare professionals in a clinical setting. On the left side of this image, there is a text block with a heading and a paragraph. At the bottom left of the image area is a blue button with white text. At the bottom right of the image area is a small circular icon with an upward-pointing arrow.

1177 | för vårdpersonal | Välj region ▾

För invånare 🔍 Sök

Start Kunskapsstöd Om 1177 för vårdpersonal

Kunskapsstöd för vårdmötet

På 1177 för vårdpersonal finns kvalitetssäkrade kunskapsstöd som stödjer dig i det kliniska arbetet. Vi bidrar till en god och jämlik vård över hela landet genom att erbjuda bästa tillgängliga kunskap i varje enskilt vårdmöte.

[TILL KUNSKAPSSTÖDEN](#)

1177 for healthcare professionals

- **website for healthcare staff (national)**
 - quality assured knowledge supports that helps professionals work f.e care manuals, national care and intervention programs
- **tools to communicate with the patient or user**

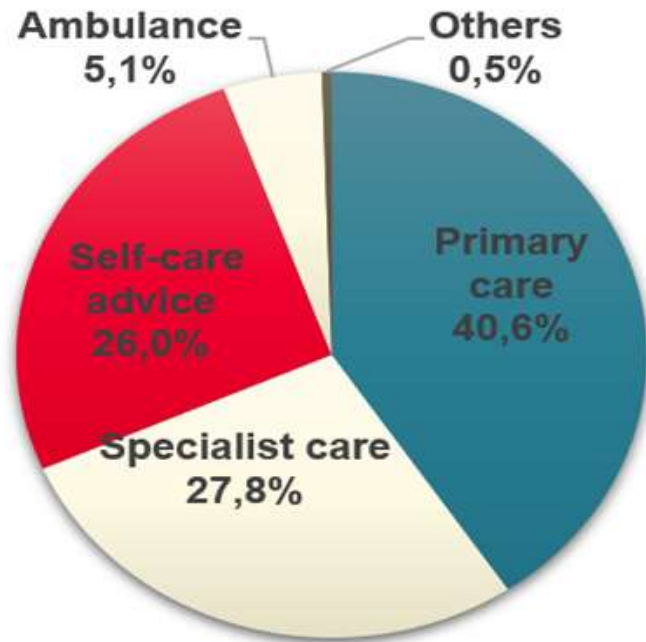
1177 Healthcare advice line, The conversation process



The Mission of 1177, Healthcare advice line

- to offer healthcare advice and healthcare information to the public via the phone number 1177
- the conversation process is standardized
Open a conversation -> listen -> analyze -> motivate -> end the conversation

1177 Healthcare advice line in Skåne (some statistics)



Referral level	Numbers	Proportion
Primary care	82 723	40,6 %
Specialist care	56 786	27,8 %
Self-care advice	53 107	26,0 %
Ambulance	10 307	5,1 %
Others	1 016	0,5 %

Conclusion 1177

Benefits for citizen

- improves patients roles to have a contact to healthcare professionals
- increase knowledge about health and diseases among the citizens

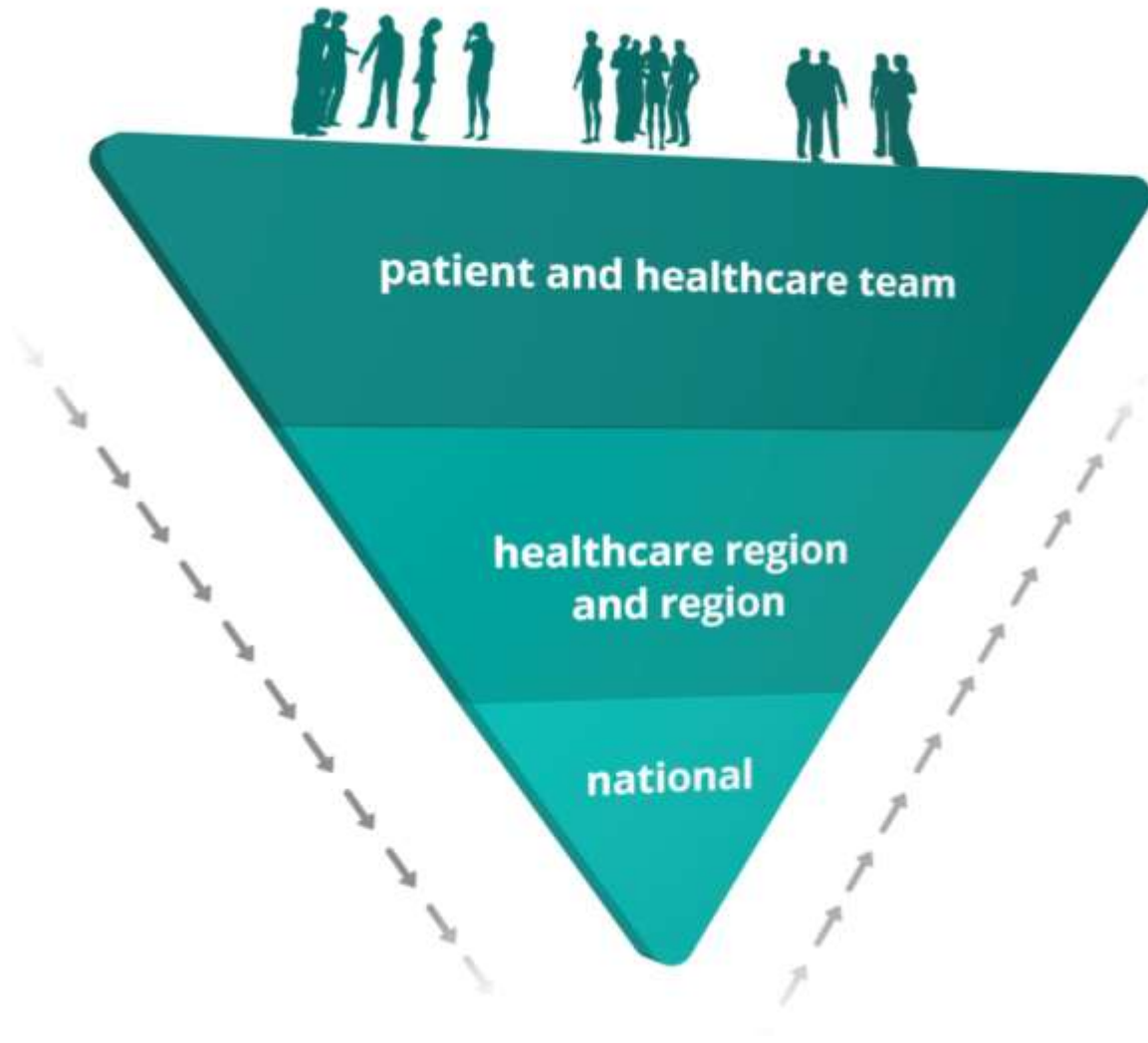
Benefits for professional

- supports professionals work with scientifically proven knowledge
- improves professionals roles to have a contact to the patients /clients
- reduce in person visits and crowding at healthcare

Targeted health dialogues in Region Skåne



Together for the Quality



patient and healthcare team

the best knowledge available
sharing positive experiences

healthcare region and region

support and cooperation

national

basis for clinical knowledge support
cooperation in áreas of development



Daily
Smoking



Risk
Consumption
Alcohol



Moderate
Activity



Unhealthy
Eating Habits

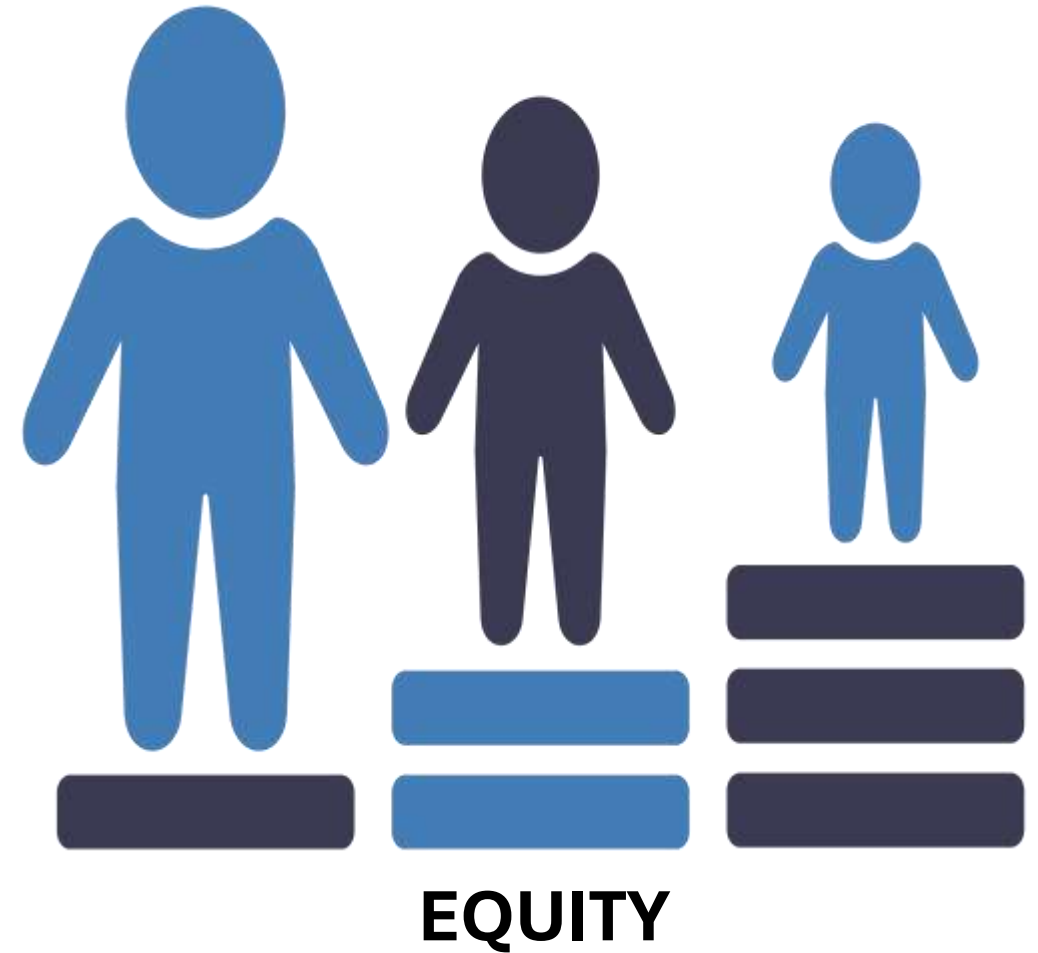
UNHEALTHY LIFESTYLE FACTORS IN SWEDEN

2018: National guidelines on lifestyle factors

50% of women and 65% of men have at least one unhealthy lifestyle factor

At least 20% of the disease burden in Sweden is due to unhealthy lifestyle factors

Socially vulnerable groups have more unhealthy lifestyle factors



Dialogue as an evidence-based method

Intervention	Recommended for	Time required	Training
Short, general advice	All lifestyles habits	< 5 minutes	All healthcare professionals
Guided consultation	Physical inactivity. Risk consumption of alcohol-	5 -15 minutes	Physical activity on prescription MET alcohol
Advanced guided consultation	Unhealthy eating habits. Daily smoking.	30 – 60 minutes	Registered dietitian. Certified tobacco treatment specialist.

Structured intervention for unhealthy lifestyle factors



Identify

- Ask, assess and offer support for lifestyle changes



Act

- Provide advice and support in accordance with recommended actions



Follow-up

- Evaluate and adjust the intervention if needed, or refer to other professional

Purpose of targeted health dialogues

Prevent cardiovascular disease

- High cholesterol levels
- Smoking
- Psychological unhealthiness
- High blood pressure
- Diabetes type 2
- Abdominal obesity
- Low intake of fruits and vegetables
- Alcohol intake
- Low physical activity



90% of all myocardial infarctions are caused by these 9 risk factors

Swedish concept of targeted health dialogues

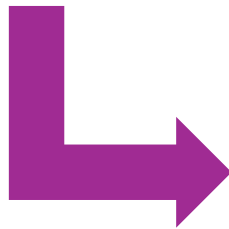
- It is **integrated in primary health care**
- It is **population-based**
- It **combines** health-promoting and disease-preventing low-risk and high-risk **strategies**
- It **focuses on the health dialogue**, taking the individual´s preferences, life situation and cardiovascular risk factors into consideration
- It uses **person-centred care** and visual pedagogical tools
- The quality is ensured through structured training and support



Targeted health dialogue-step by step

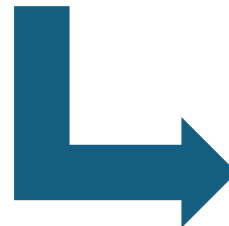
Preparations

Invitation+phone call
Scheduled time for health dialogue
Digital questionnaire
Blood sample, Blood sugar and cholesterol levels



Targeted health dialogue

Blood pressure, BMI, waist/hip ratio
Dialogue focus on the health curve
Participants in need of follow-up



Support and treatment

In line with national guidelines for how to treat unhealthy lifestyle habits
Structure for lifestyle interventions in all primary health care centers



Digital platform – caregiver view



YYYYYYY-XXXX
Test 10

Översikt

Labresultat och mätvärden

Hälsokurvan

Uppföljningsenkät

Bakgrund

Hälsa

Ärftlighet

Mat

Fysisk aktivitet

Alkohol

Tobak

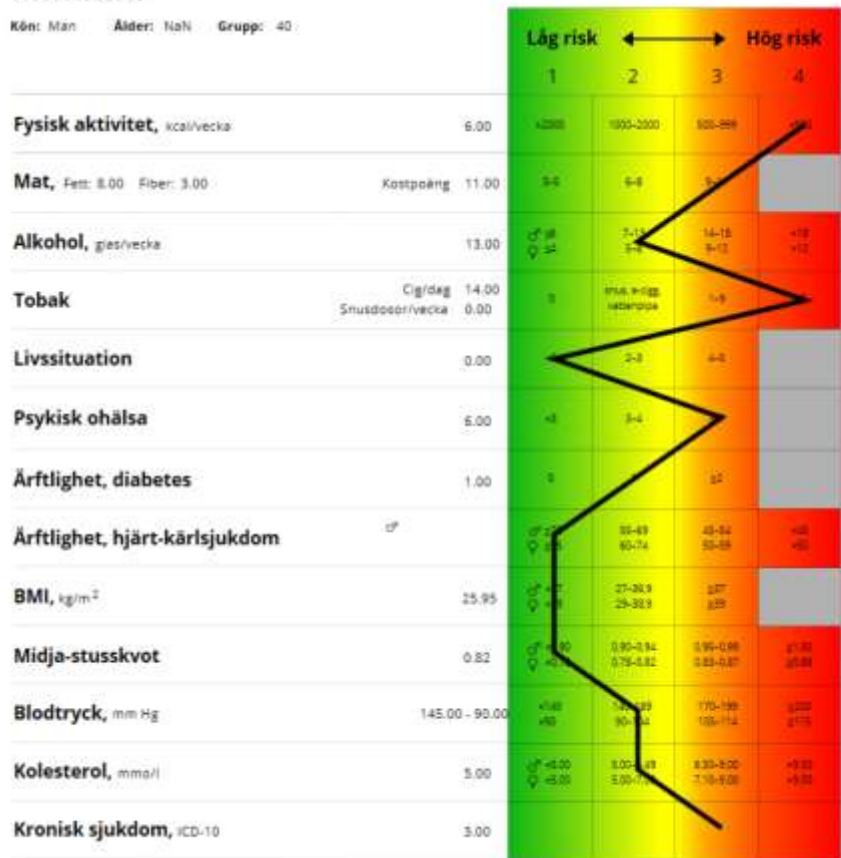
Livssituation

Hälsokurvan

Test 10

YYYYYYY-XXXX

Kön: Man Ålder: NaN Grupp: 40



Community-oriented initiatives



Enhancing the effects of targeted health dialogues through community engagement:

- ✓ Municipalities
- ✓ Sports clubs
- ✓ Grocery stores
- ✓ Business

Lingfors H, Persson LG, Lindström K, Ljungquist B, Bengtsson C. Time for a "vision zero" concerning premature death from ischaemic heart disease? *Scand J Prim Health Care*. 2002 Mar;20(1):28-32.

Regional initiatives

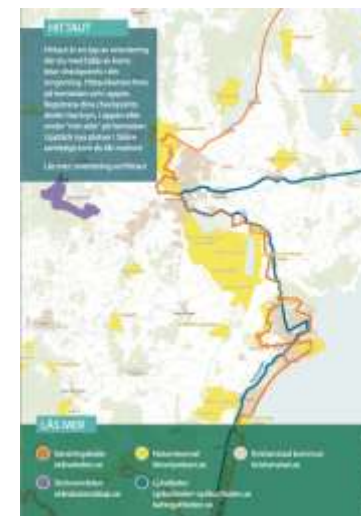
Skåneleden & cycle paths
part of the targeted health figures



Department of Regional Development

- ✓ Bike paths
- ✓ Hiking trails

Tailored patient material

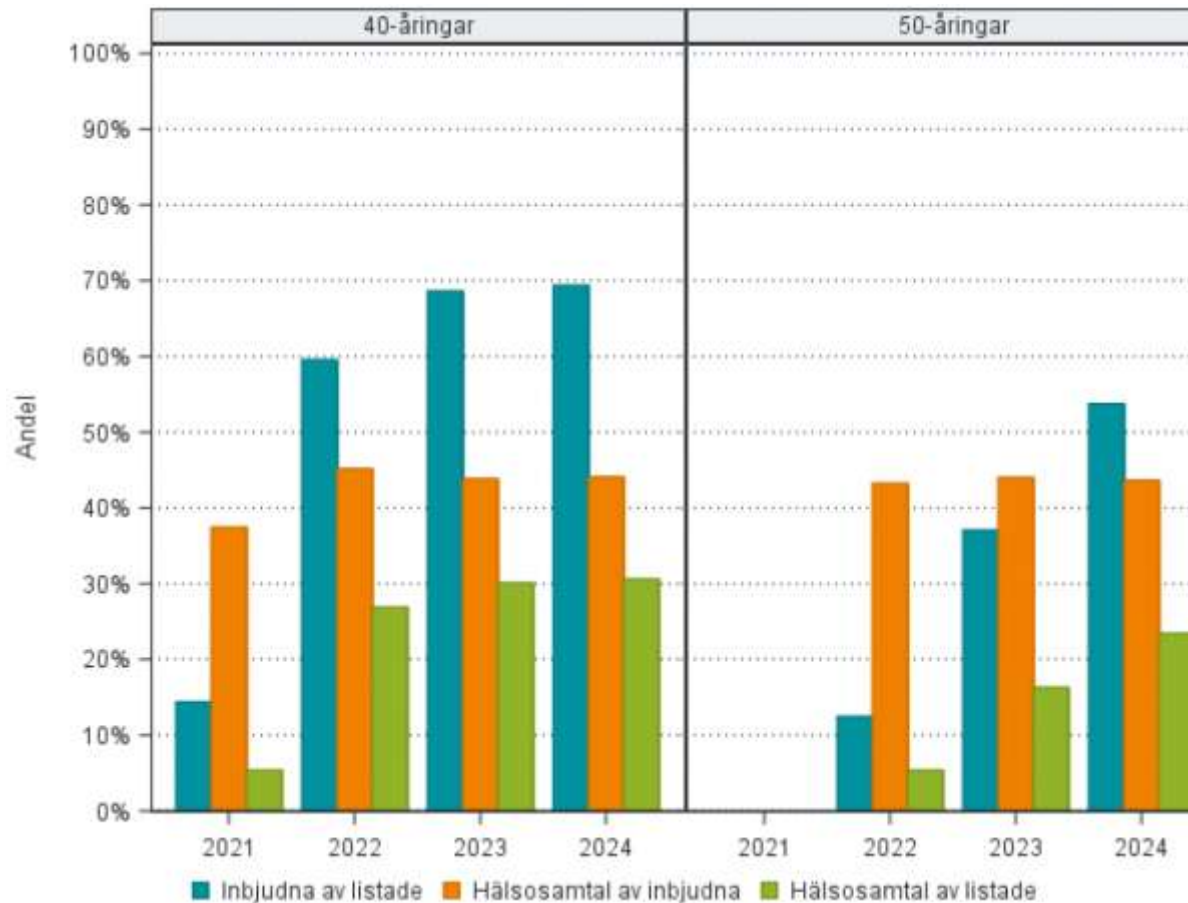


Participation 2021-2024

A total of 69% of all 40-year-olds in Skåne were invited to a health consultation.

A total of 44% of those invited attended a health consultation.

A total of 31% of all 40-year-olds in Skåne participated in a health consultation.



A total of 54% of all 50-year-olds in Skåne were invited to a health consultation.

A total of 44% of those invited attended a health consultation.

A total of 23% of all 50-year-olds in Skåne participated in a health consultation.

Conclusion

A new approach

Population

- ✓ Saves lives
- ✓ Achieves equal health
- ✓ “Vaccination programme” in health behaviour



Primary health care

- ✓ Meaningful work
- ✓ Recruit new employees
- ✓ Competences increases
- ✓ Secondary prevention

Increase the use of evidence-based methods to treat unhealthy lifestyle habits

Many thanks!

Erik Svanfeldt,
Petra Kullander,
Emma Klingspor
and their
colleagues who
gave us their
time and
expertise.

