



# HOPE Estonia 2025

---

Together for quality

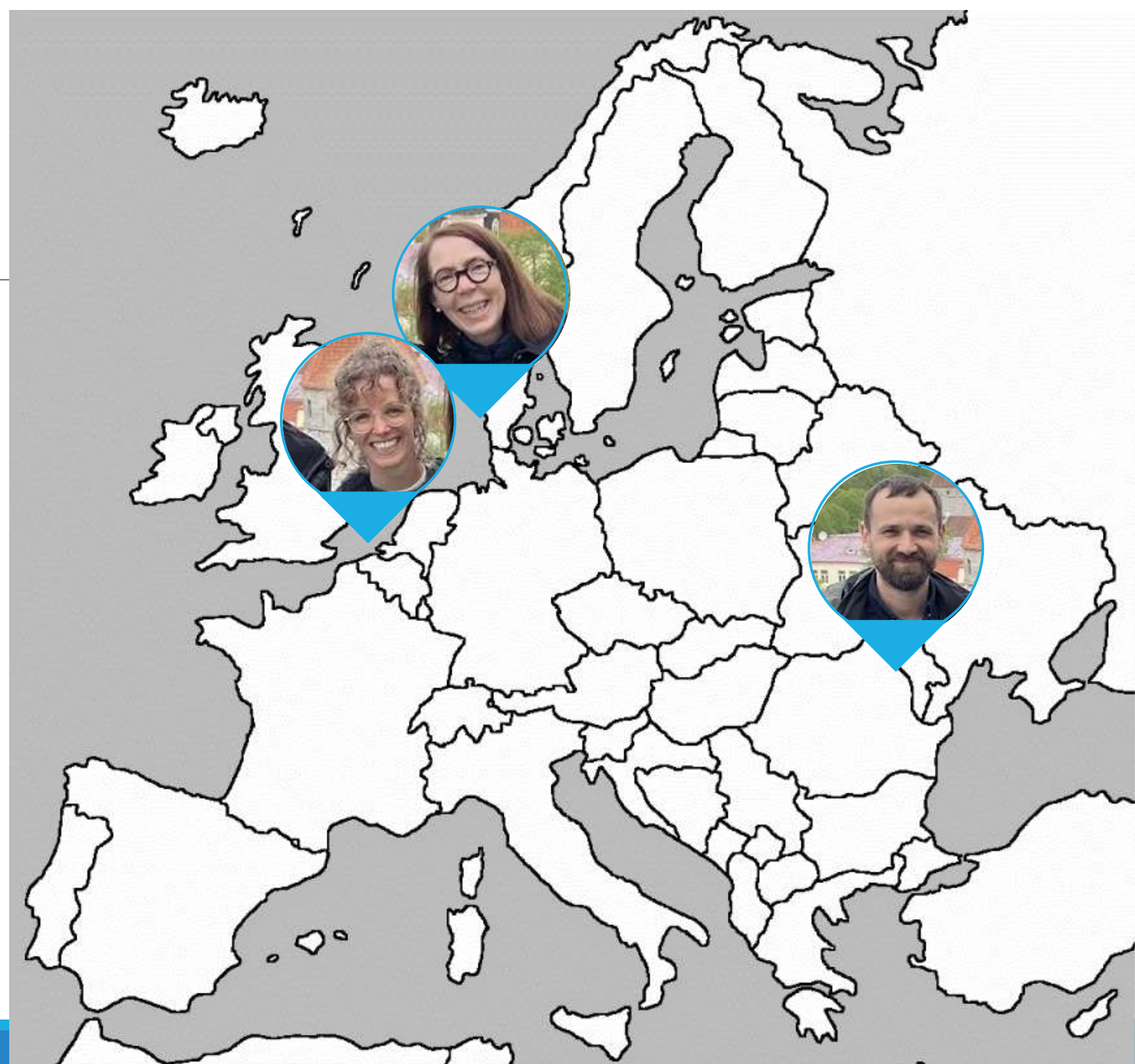
# Participants

---

*Different backgrounds,  
same goal*

Presenting:

- Elieke van Sark, Netherlands
- Denisia Furtuna, Moldova
- Annette Blok-Olesen, Denmark



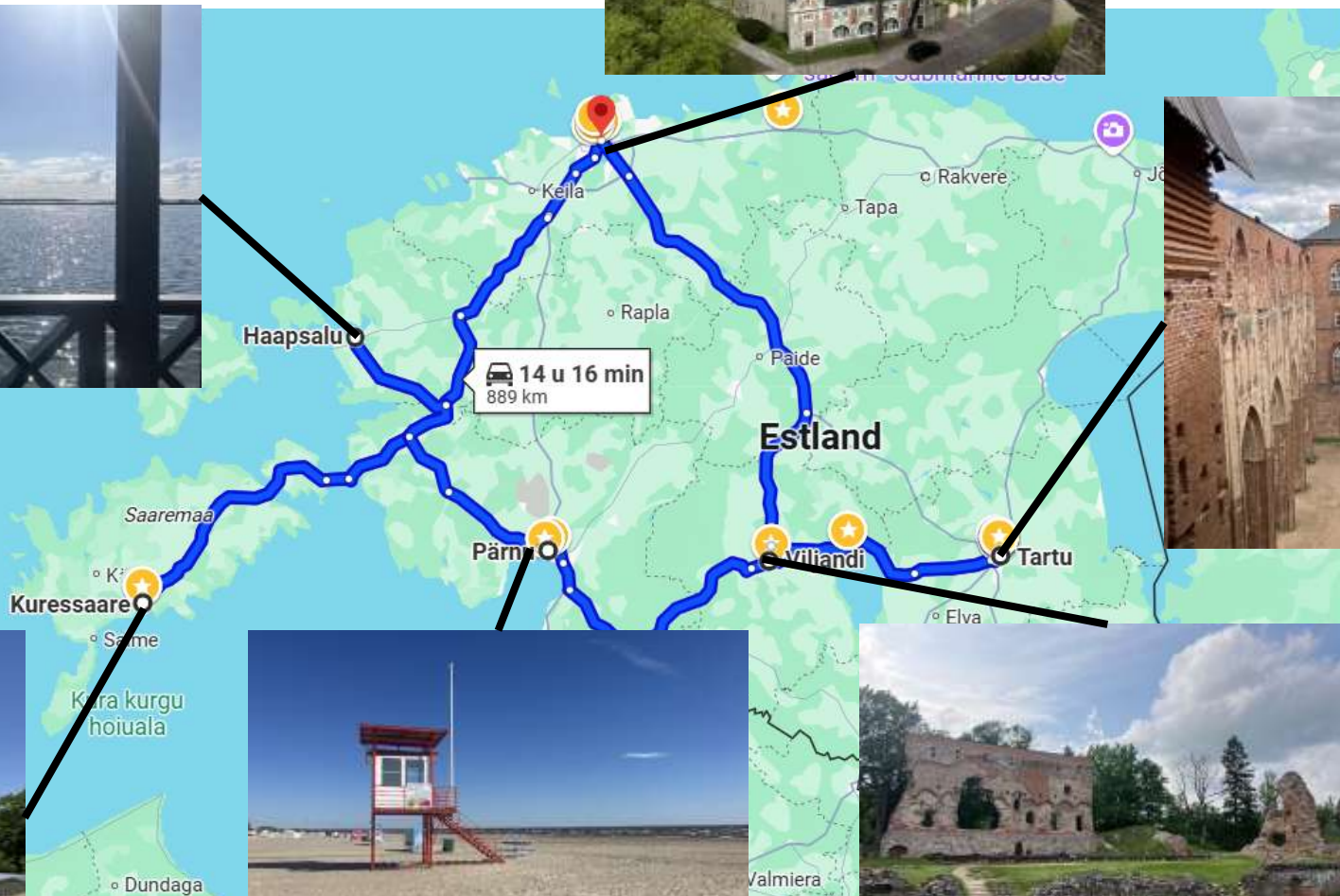
# About Estonia

---

- 45355 km<sup>2</sup>
- 1,3 mln citizens
- 7% of BNP goes to healthcare
- 99% of health data digitized and accessible through a national e-health platform
- global leader in e-health innovation



# Our journey



# Where have we been?

---

## Governmental organizations

- The Estonian Hospitals Association Office
- The Ministry of Social Affairs
- The National Institute for Health Development
- Estonian Health Board
- The Health and Welfare Information Systems Centre (TEHIK)
- TalTech Digital Health
- Estonian Health Insurance Fund

## Hospitals

- Kuressaare Hospital
- Haapsalu Neurological Rehabilitation Centre
- Pärnu Hospital
- Tartu University Hospital
- Viljandi Hospital (incl. jail and mental health village)
- East-Tallinn Central Hospital
- North Estonia Medical Centre

# Estonia has a big drive to improve

- Estonia has been overpowered for a long time
- Formed a government of ministers who went abroad of where very young
- Wants to be the IT country of Europe, E-Health strategy 2025-2030
- Collaboration with scandinavian countries



“Do first, apologize later”

“Done it -> thought about it”

# An overview: what to learn from Estonia?

**National digitalization** of patient information, good accesible, patient involvment, good collaboration between health board, university, TalTech and ministry

**Preventive** campaigns and working intensive together with patients

Working together with start-ups to build **local digital solutions** te improve utilization and quality of care

**Quality Healthcare system** (CAF = a common assesment framework of improvement activities which is part of hospital management), intranet, educated staff

Focus on **leadership and collaboration** between hospitals

Estonia is the leader of europe in digital health

# An overview: what to learn from Estonia?

**National digitalization** of patient information, good accesible, patient involvment, good collaboration between health board, university, TalTech and ministry

**Preventive** campaigns and working intensive together with patients

Working together with start-ups to build **local digital solutions** te improve utilization and quality of care

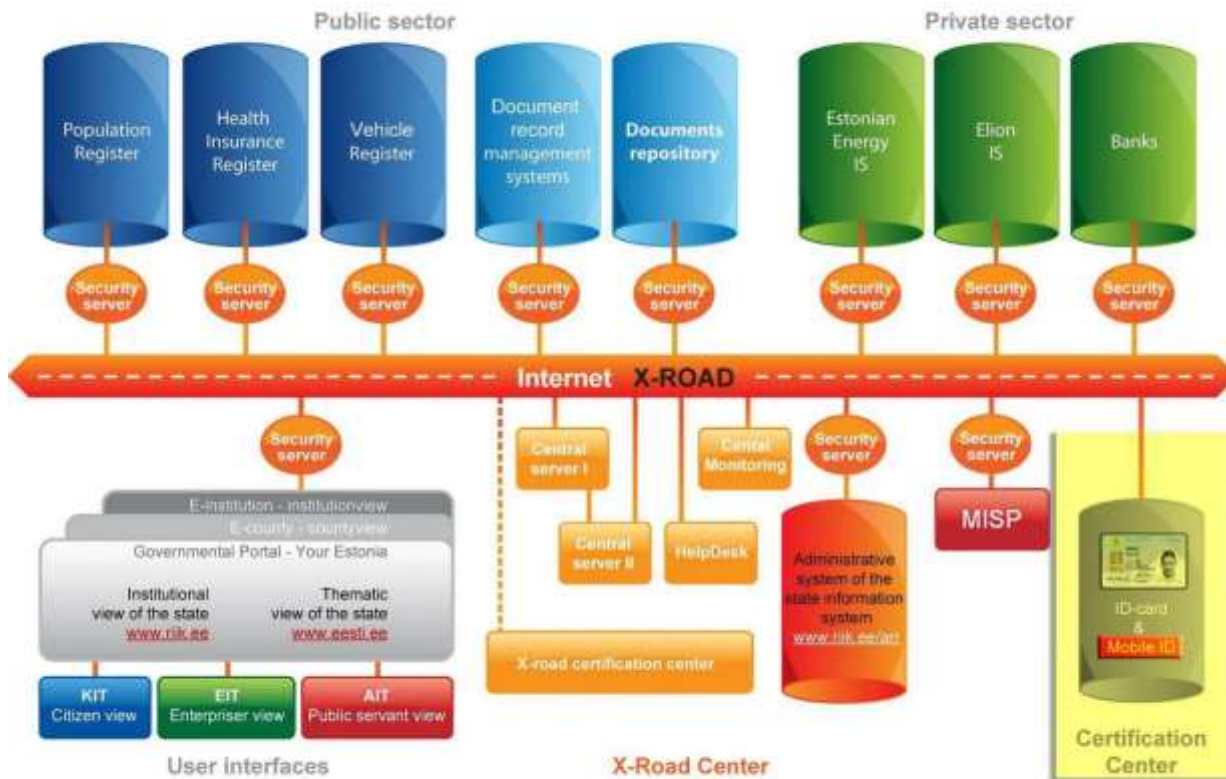
**Quality Healthcare system** (CAF = a common assesment framework of improvement activities which is part of hospital management), intranet, educated staff

Focus on **leadership and collaboration** between hospitals

Estonia is the leader of europe in digital health

# A very clever interconnection system: X-Road

Estonian information system



- 2 % of GDP is saved annually
- Connection through Internet
- A full traceability for a maximum security and a maximum transparency
- Access with a digital ID
- National healthcare costs have fallen to 7% of GDP, making it Europe's most cost effective.

# An overview: what to learn from Estonia?

---

**National digitalization** of patient information, good accessible, patient involvement, good collaboration between health board, university, TalTech and ministry

**Preventive** campaigns and working intensive together with patients

Working together with start-ups to build **local digital solutions** to improve utilization and quality of care:

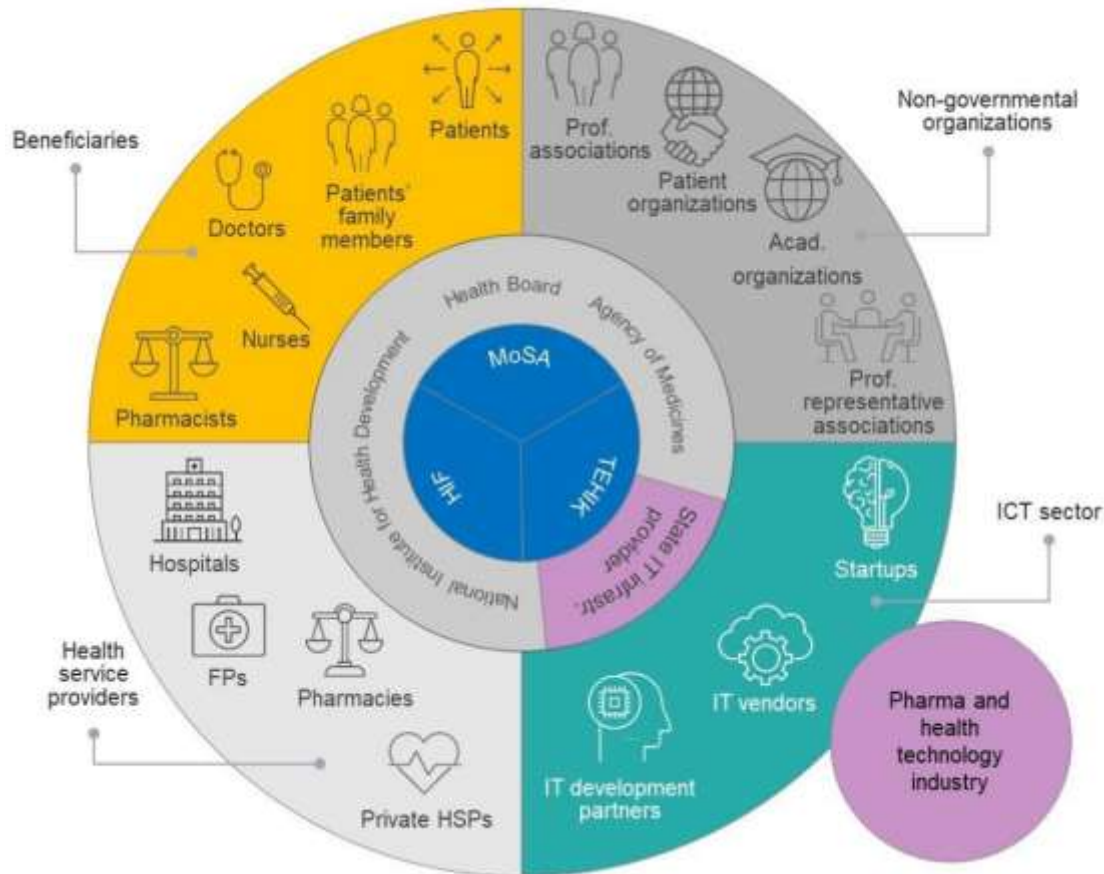
**Quality Healthcare system** (CAF = a common assesment framework of improvement activities which is part of hospital management), intranet, educated staff

Focus on **leadership and collaboration** between hospitals

**Estonia is the leader of europe in digital health**



# Tight collaboration in government has led to national digital solutions



- National digitalization of patient information
- E-consult
- Digital appointment making
- E-Ambulance
- E-prescription

# The E-health system continuously improves by developing new modules



## E-health strategy 2025-2030



# An overview: what to learn from Estonia?

**National digitalization** of patient information, good accesible, patient involvment, good collaboration between health board, university, TalTech and ministry

**Preventive** campaigns and working intensive together with patients

Working together with start-ups to build **local digital solutions** te improve utilization and quality of care:

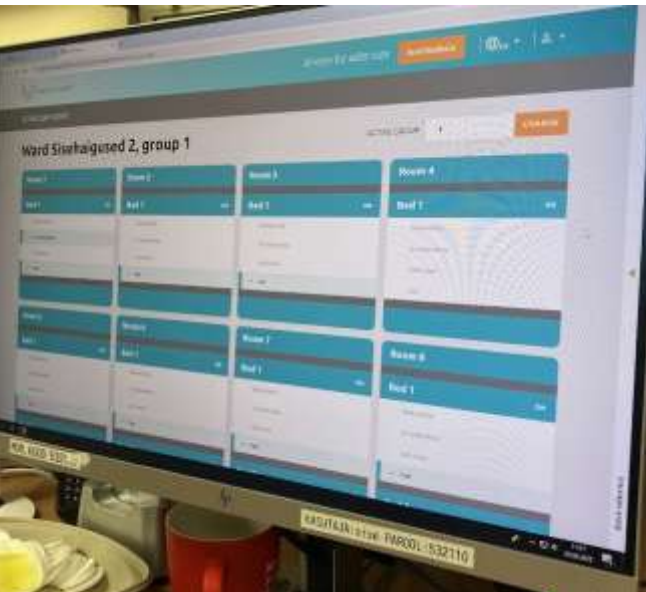
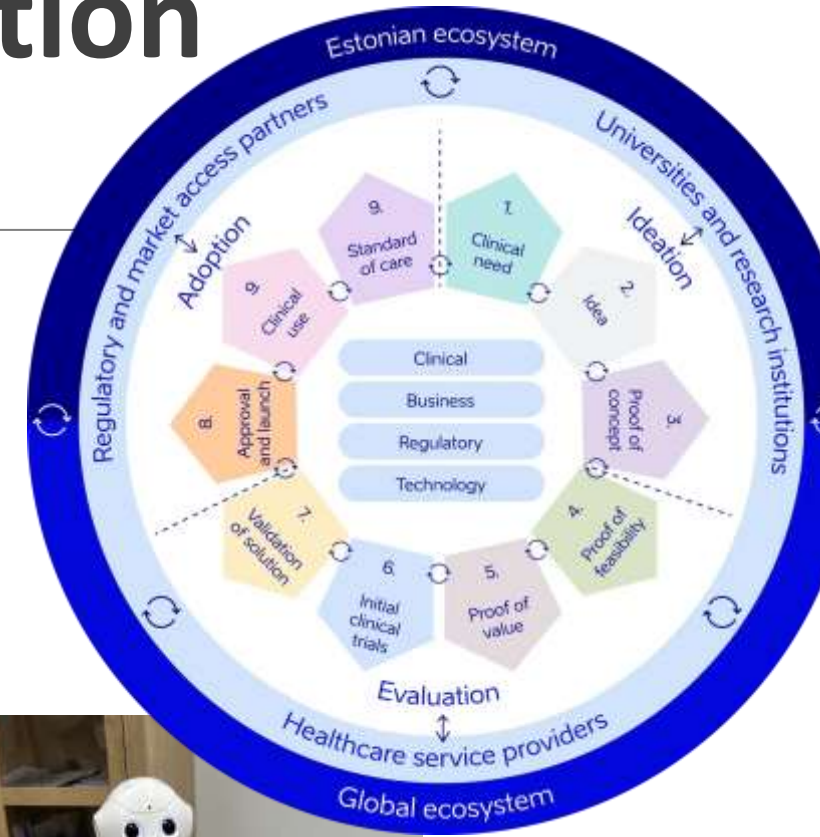
**Quality Healthcare system** (CAF = a common assesment framework of improvement activities which is part of hospital management), intranet, educated staff

Focus on **leadership and collaboration** between hospitals

Estonia is the leader of europe in digital health

# Public and private collaboration to improve quality

- MARS system for bed occupation
- AI-cameras to detect unusual behavior of patients
- Patient information system (eHI)
- Lung cancer patient's journey project
- Use of robots



LÄBIVAATUSTUBA 1		
LÄBIVAATUS > UURINGUD / ANALÜÜSID > ARSTLIK OTSUS		
KUTSUN		
ARSTI VASTUVÕTU OOTEL	OLETE OODANUD	ARSTLIKU OTSUSE OOTEL
T0346	1h 32m	T0010
T0422	59 min	T0034
		T0341
		T0412
		T0077
		T0292



# How E-Health Improves Medical Service Quality in Estonia

---



- Accurate Diagnoses – Centralized digital records give doctors full patient history instantly.
- Fewer Errors – E-prescriptions reduce medication mistakes and improve safety.
- Faster Access – Telemedicine shortens wait times and ensures timely care.
- Smarter Decisions – Health data supports evidence-based treatment and planning.
- Patient Involvement – Online access to records boosts transparency and self-care.

# Estonia will face new problems, like the rest of Europe

---

- Strongly aging population with having a low birth rate
- High aged staff
  - In some hospitals the average age of doctors = 60 years (20% in age of retirement)
- A lot of personnal which does overwork/ 24 hours shift which might change with new generations

*But we believe Estonians have proven their ability to easily adapt their healthcare system and rapidly develop new innovations, and will therefore find the right solutions!*



Thank you for having us!

