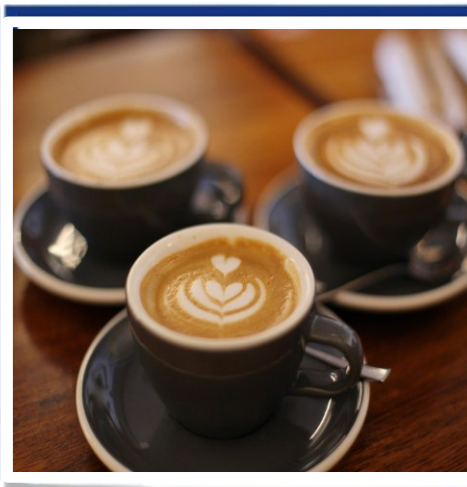
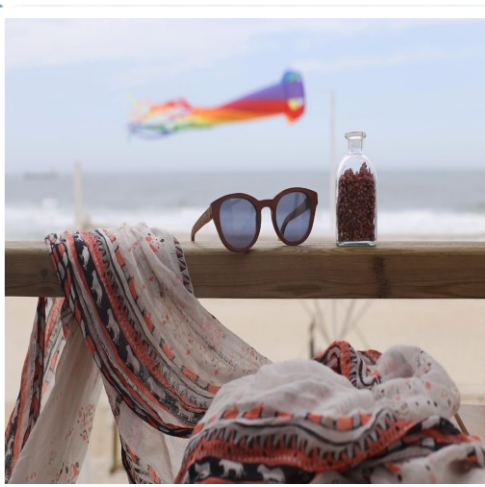


Together for quality!

Portugal 2025



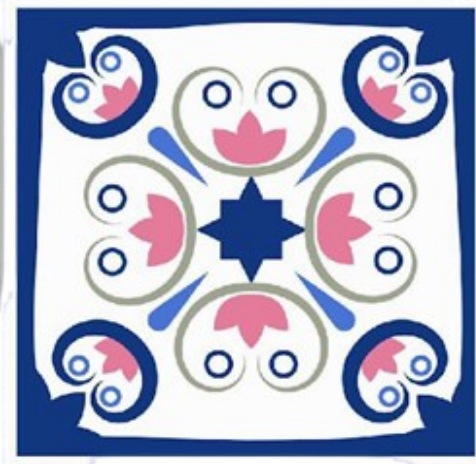
**Sun
burnt**



**Strong
coffee**



**Kind
Hearts**



Efficiency



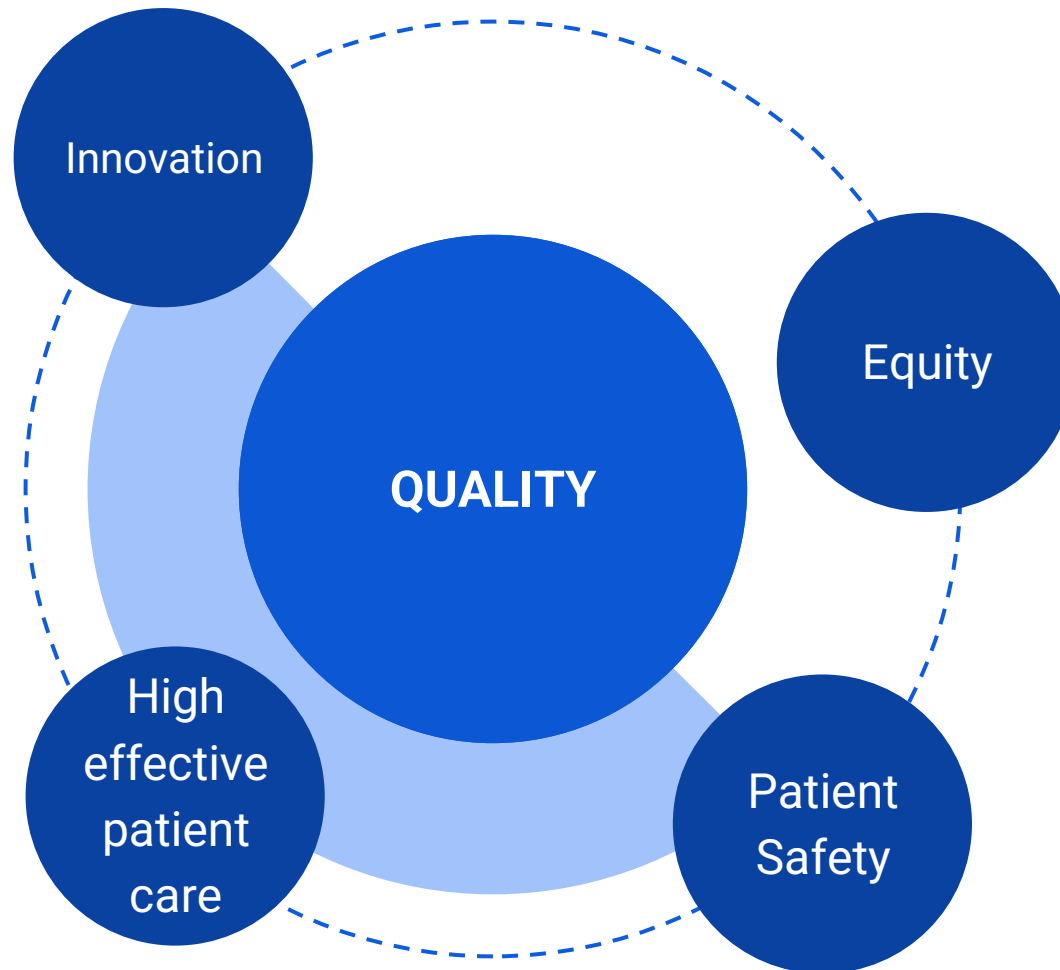
Flexibility



**Pastel
de
nata**



What do we mean by quality?



Quality of care is the degree to which health services for individuals and populations increase the likelihood of desired health outcomes.
- WHO

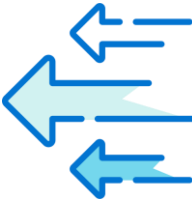
Quality is a term that is open to interpretation.... But for us, it means more than strict clinical metrics alone.... Quality is patient safety, innovation, equity.... Everything that contributes to world leading patient care.
- HOPE Participants in Portugal 2025 -

Introduction to the Portuguese Healthcare System



Portugal's national health system follows the 'Beveridge' model. Most healthcare is taxpayer funded, and residents are eligible for healthcare free at the point of use.

The system is overseen by the Ministry of Health, working with the independent health executive and public health department. Most care is delivered through Local Health Units (ULSs)



Like most of Europe, over recent years, the system has faced challenges including an ageing and increasingly co-morbid population alongside financial pressures

Through working as a team, local units have developed excellent high quality care initiatives, three of which we will set out today



Meet our special guest... LUÌSA!



- 84 years old grandmother
- Resilient & independent
- Healthy lifestyle

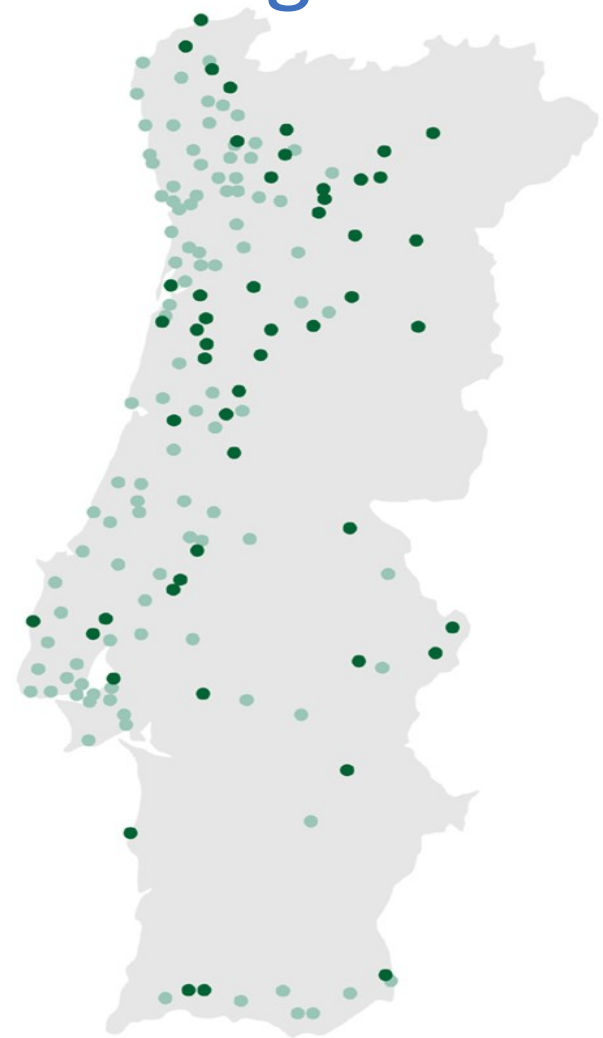
Several health concerns

→ Hypertension, Osteoarthritis, Diabetes

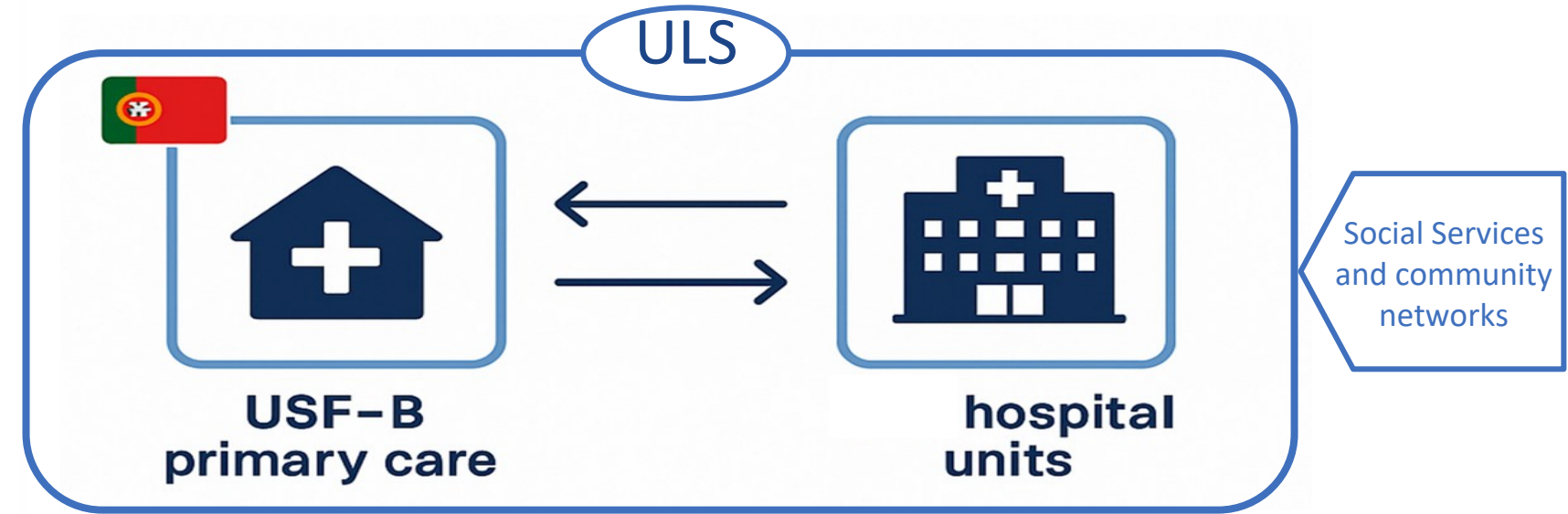
Prescriptions for

→ Blood pressure, Pain relief, Insulin

Integration of Primary Care in Local Health Units



IMPROVING QUALITY TOGETHER



Integrated Responsibility Centres (CRI)



CRIs are **multidisciplinary teams** within a local health unit that provide care to a specific group of patients

A CRI is designed to **improve quality** by fostering a culture of accountability and innovation.



faster, patient-centered decisions

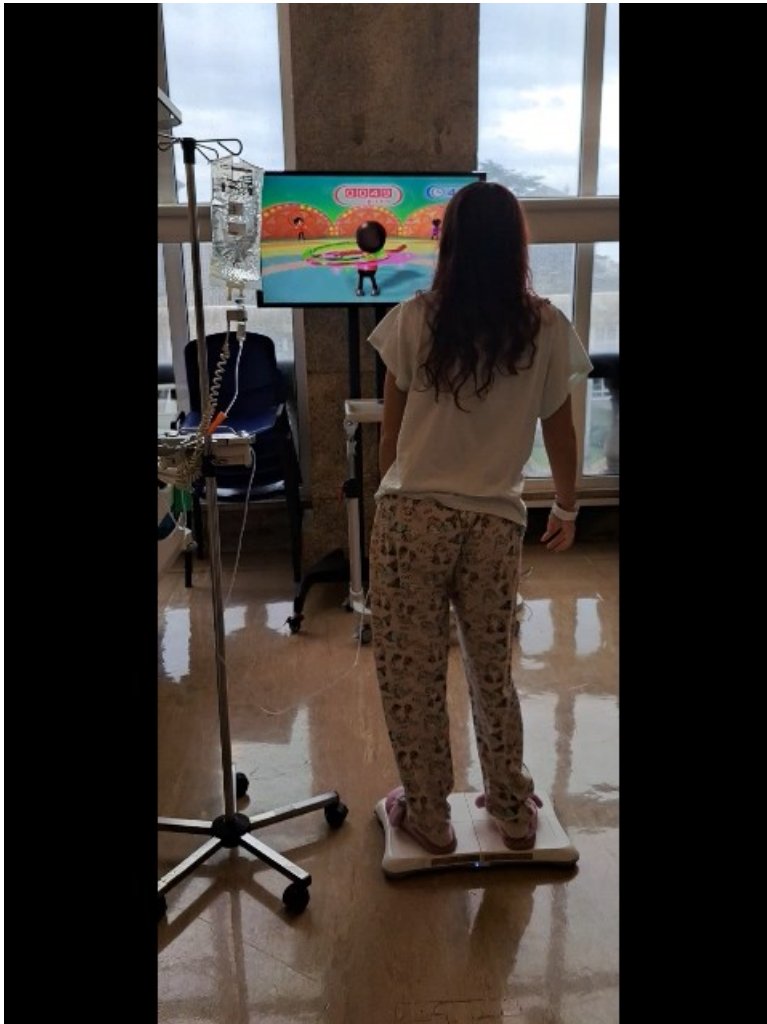
all aspects of her health are managed by a coordinated, multidisciplinary team



Technology improves quality in healthcare

Gamification in Rehabilitation

- Improve patient engagement
- Adaptable for diverse patient profiles
- Reduces pain



Movement

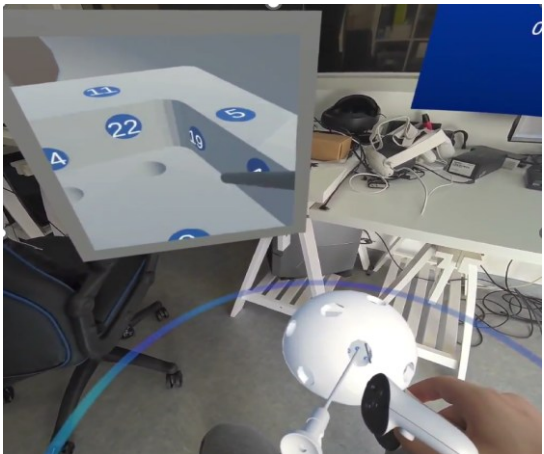
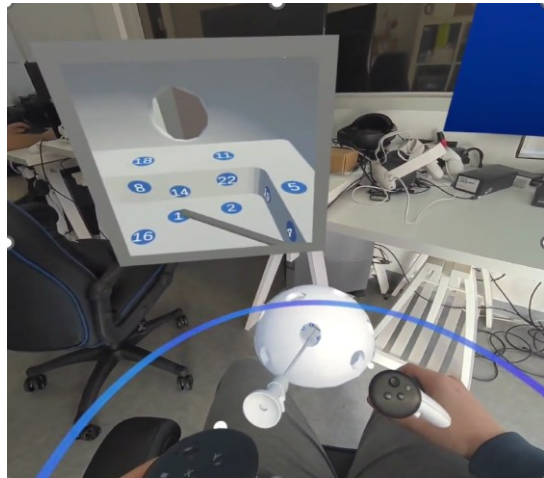
Balance

Coordination



QUALITY OF LIFE

Technology improves quality in healthcare



Virtual Reality Surgical Simulator

- Realistic surgical environment simulation
- Real-time performance feedback
- Progress tracking



SURGEON'S
SKILLS



TRAINING

TO SPAIN



*Preventive
vs Reactive
care
strategy*



TO ITALY



*Data is at
the heart of
improvement
pathways*



TO UK



*Empower
patients to
manage
their own
healthcare*



TO POLAND



*Shift
medical
care out
of
hospitals*



TO IRELAND



*Everyone
has a
"Project or
an Idea"*



TO GREECE



*Doctor's
prescription for
well-being*



TO SPAIN



*Real-time
Dashboards
improves
healthcare
outcomes*



TO AUSTRIA



*Collaboration,
communication,
trust,
support and
coordination*



TO SWEDEN



*Person-
centered
care*



TO DENMARK



*Real-time
Patient
Satisfaction can
Improve
Healthcare*



TO IRELAND



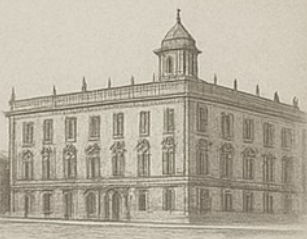
*Everyone
has a
"Project or
an Idea"*





























TO PORTUGAL



*THANK YOU
FOR THIS
AMAZING
MONTH, WE
WILL MISS
YOU!!*





-   Become an expert in Portuguese coffees
-   Got introduced to Pimba music
-   Chased clowns through a hospital
-   Got stuck in a portuguese parking garage
-   Is a huge fan of sport
-   Whose name literally means “hello” in Portuguese
-   Previously worked in a hospital in Portugal
-   Loved Portuguese tapas
-   Her “Don’t worry” became a cornerstone
-   Learned Rancho Dance!
-   Got bachalau everyday
-   Conquered fears of falling off the steep mountains
-   Carried a swimsuit but didn’t have a chance to swim

Muito Obrigado!



Maria
Chatzicharalampous

Joe
Skelton

Kevin
Hamstra

Peter
Södergren

Óscar
Cruz

Tina
Beck Guldager

Aleksandra
Wasilewska

Simona
Filea

Francesca
Palladini

Mary
Tyrrell

Xavier
Buyse

Emilia
Di Girolamo