

# How to get from Health Education to Compliance?

## Health Professionals Perspective

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# PATIENT – DOCTOR RELATIONSHIP



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**PATIENT'S RIGHTS**

**THE INFORMED PATIENT**

**PATIENT ORGANISATIONS**



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# PATIENT'S RIGHTS

The right to information, but also the  
right to give up

The patient's choice to participate in  
research/education

The right to continuity and second  
opinion



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**The more information the  
more need for individual  
advice from your doctor**



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# THE ROLE OF THE DOCTOR

## **YESTERDAY**

The art of medicine

Generalist

Authoritarian

A few

Men

Alone

Chosen

## **TODAY**

Science, EBM

Specialist

Questioned

Many

Men/women

Dependent

Exchangeable



# TEAMWORK

## DOCTOR:

- General Practitioner (teamleader, navigator)
- Consultant
- Hospital Care

## TEAM:

- Nurses
- Midwives
- Secretaries
- Physiotherapists
- Occupational Therapists
- Psychologists – Social scientists
- Pharmacists



# PATIENT'S MEDICINES LIST

- Common lists available for doctors in hospitals and primary health care
- Doctor's responsibility to be informed about patient's medicines



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[www.fass.se](http://www.fass.se)

## National information to patients and health professionals

- SPC
- Pregnancy
- Breastfeeding
- Interaction
- Overdosage
- How to stop taking the medicine
- Sports and medicine



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# THE NEED FOR IT SUPPORT IS INCREASING

- more potent treatment
- several prescriptions per patient
- often several doctors involved
- 15% of hospital care due to side effects from medicines



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# **INCREASING DEMAND ON PRIMARY HEALTH CARE**

## **PATIENT'S RIGHTS AND THE INFORMED PATIENT**

The patient's right to information and  
choice takes time

Elderly

Choice of drug



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**ELDERLY**  
**Older than 85:**  
**2010: 22% increase**



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# **LIFE EXPECTANCY IN SWEDEN 2030**

**Women 85,2 (today 81)**

**Men 82,1 (today 77,1)**



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# DIFFERENCES IN MEDICAL TREATMENT:

- Almost all clinical research is performed on men
- Groups of diseases where there are differences in treatment disadvantageous to women:
  - \* use of tobacco
  - \* heart-related diseases
  - \* diabetes
  - \* psycho-social support
  - \* alcohol-related problems



# PATIENT – DOCTOR RELATIONSHIP

- Asymmetric, women risk a less favourable treatment due to subordinate position
- Male and female doctors make different decisions in comparable situations
- Female patients prefer female doctors
- Female doctors are more patient-oriented
- Female doctors prescribe less medication
- Female doctors have more laboratory tests done



# TEAMWORK FOR INFORMATION OF HIGH QUALITY AND TRANSPARENCE

- Openness when unwanted effects
- Direct reporting systems
- Information locally, nationally and at a European level
- The same message



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**Well-informed patients and  
health professionals  
quarantee a better  
compliance and patient safety**



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