In Search of the Perfect Health System

Mark Britnell, global chairman & senior partner, infrastructure, KPMG International, UK
The world is a book and he who does not travel reads only one page

St Augustine
In Search of the Perfect Health System

Mark Britnell

Insights from:
- Listening to and advising hundreds of government, public and private healthcare organisations.
- Professional experience running a hospital, a region and a health system.
- Personal experience as a cancer patient.

25 short chapters on the world’s most interesting and innovative health systems.
Sustainable health systems need to focus on prevention

Healthcare costs are rising **faster than GDP** in most OECD countries.

The WHO estimates there will be a **shortfall of 18 million health workers** globally by 2030.

A rising incidence of **NCDs** is driving demand for health services globally.

Many NCDs are **preventable** through behavior modification: Diet, exercise, alcohol and smoking.

An average **10.4% of GDP** is spent on healthcare globally.
Global Wellness Economy

Defined as activities, choices and lifestyles that lead to a state of holistic health.

The wellness economy represents >5% of global economic output.

The wellness economy was almost half the size of all global health expenditures in 2014.

Between 2013 and 2015, the wellness economy grew by 10.6%.

$3.7 trillion
Global Wellness Economy

Complementary & Alternative Medicine $199b
Preventive & Personalized Medicine and Public Health $534b
Healthy Eating, Nutrition & Weight Loss $648b
Fitness & Mind-Body $542b
Workplace Wellness $43b
Wellness Lifestyle Real Estate $119b
Beauty & Anti-Aging $999b
Spa Industry $99b
Thermal / Mineral Springs $51b
Wellness Tourism $563b
1. Values and universal healthcare of the UK
2. Primary care of Israel
3. Community services of Brazil
4. Mental health and wellbeing of Australia
5. Health promotion of the Nordics
6. Patient and community empowerment of parts of Africa
7. Research and development of the US
8. Innovation, flair and speed of India
9. Information, communication and technology of Singapore
10. Choice of France
11. Funding of Switzerland
12. Aged care of Japan
Same solutions, Different countries

1. **Prevention and promotion** across public and private sectors
2. Population and patient **segmentation** and **stratification**
3. **Scaled-up** primary care
4. **Centralised and localised** clinical services as necessary
5. Clinical pathways supported by **improvement science**
6. Workforce **development** and **motivation**
7. Hospitals as **health systems**
8. **Medical home** as a hub for aged care
9. **Community-based** mental health services
10. Patients as **partners**. Communities as **carers**. **A dignified death**.
Global challenges

1. Healthcare for all
   A test of political will for the 21st century

2. Innovation at scale
   The paradox of change is continuity

3. Bringing quality under control
   The more I know, the less I sleep

4. There is no health without the workforce
   Value walks

5. Patient power
   Renewable energy for healthcare

6. Climate change
   Healthier is cheaper is greener

7. Ageing
   Every cloud has a silver lining
Five transformative forces

1. Genomics
   From medicine for the average, to medicine for the individual

2. mHealth
   Healthcare in your pocket

3. Retail revolution
   The apothecary is back

4. Wearables
   Rise of the healthcare consumer

5. Dignity in dying
   The final frontier
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SOLVING THE GLOBAL WORKFORCE CRISIS IN HEALTHCARE

MARK BRITNELL

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