Biltenu in nadgradnji zdravstvenega sistema na pot

Spremembe niso zaželeni, a so prepotrebne. Včasih se zgodijo same. Tako kot novo okolje Biltene. V vlogi urednika se tokrat v uvodniku oglašam kot minister za zdravje, da spregovorim o zdravstvenem sistemu in njegovi prepotrebni ter stalni nadgradnji!

Zdravstveni sistem v najširšem smislu vključuje vse državljanke in državljane, zato se morajo prav vsi zavezati k premišljenim, racionalnim ter vsebinsko in časovno usklajenim spremembam. Vloga ministra za zdravje kot regulatorja ali krmarja je zelo pomembna. Zaveza po stalnih spremembah izhaja iz razvojne nuje ter dejstev, ki so sistem krojile v občutljivih letih slovenske tranzicije. Ob tem ne gre spregledati izzivov, povezanih z demografskimi in epidemiološkimi gibanji, ki narekujejo vzpostavitev učinkovite integralne dolgotrajne obravnave kroničnih bolezni. Dodati moramo še razvoj novih zdravstvenih tehnologij, zdravil in postopkov zdravljenja ter globalizacijo, ki z novimi informacijami omogoča večjo ozaveščenost ter obveščenost prebivalstva o možnostih zdravljenja, na drugi strani pa povezanost in večji »pretok« bolezni. Ne nazadnje tudi klimatske spremembe spreminjajo vzorce obolevnosti prebivalstva.

Večina izzivov poznamo in so stalnica, ki pa ob odločitvah v preteklosti pridobivajo na pomenu. Neustrezna kadrovska politika, oziroma kar njena odsotnost, in iz nje izhajajoče pomanjkanje ustreznega kadra ter odsotnost ustreznih prilagoditvenih zakonodajnih sprememb in dopolnitev so oslabile sistem. Dodajmo še investicije, ki so temeljile na izgradnji posteljnih zmogljivosti in niso sledile razvoju zdravstvenih tehnologij in medicinskega znanja. Stabilnost finančnega položaja smo sprva dosegli z dopolnilnim zdravstvenim zavarovanjem, a zmanjšali solidarnost pri zagotavljanju sredstev za zdravstvene storitve in predvsem omogočili zatiskanje oči pred dejstvom, da so sredstva omejena! Deležnikom v zdravstvu nismo naložili potrebnega bremena racionalnosti pri upravljanju z zbranimi sredstvi.

Zato je potrebna sistemska vzpostavitev vzdržnosti zdaj še togega zdravstvenega sistema ob ohranjanju in izboljševanju visoke ravni kakovosti, varnosti in dostopnosti zdravstvenih storitev za vse državljanke in državljane Slovenije.

Zdajšnji zdravstveni sistem, usmerjen k zdravljenju bolezni, v manjšem obsegu poudarja preventivo in zdravje. Glavni cilj je zmanjšati breme bolezni z optimalno, dinamično in prilagojeno zdravstveno infrastrukturo ter tudi zmanjšati breme zdravstvenih tveganj s spreminjanjem vedenjskih vzorcev, ki prispevajo k izboljšanju zdravstvenega stanja posameznika. Zato predlagam rekonstrukcijo zdravstvenega sistema, ki je bil zgrajen na osnovi bolezni ter reaktivnega zdravljenja, v sistem, ki je proaktiven ter uravnotežen med zdravstveno preventivo in kurativo. Rešitve vidim v omogočanju visoke ravni ozaveščenosti prebivalstva o upravljanju z lastnim zdravjem s spodbujanjem preventivnih ukrepov in zdravega načina življenja, večji racionalizaciji in ustreznem razvoju mreže izvajalcev zdravstvenih storitev na vseh ravneh ter spremembah sistema financiranja zdravstvenih pravic, povečanju

deleža javnih sredstev za zdravstvo na vsaj 80 % ter povečanju obsega sredstev za zdravstvo na 10 % bruto domačega proizvoda Slovenije do leta 2020.

Dorjan Marušič
glavni urednik

Meeting the Bulletin and healthcare system upgrade

Changes are not desirable, but they are necessary. Sometimes they occur by themselves, like the new environment of the Bulletin. In my role as editor, I address you this time as the Minister of Health, on the healthcare system and the much needed and continuous upgrade!

The healthcare system in the broadest sense includes all citizens and thus must be a commitment by all, to the sound and rational changes coordinated by time and content. As a regulator, or helmsman, the role of the Minister of health is very important. The commitment to ongoing changes results from developmental necessity and the facts that have shaped it during the sensitive years of Slovenian transition. But at the same time, one must not overlook the challenges associated with demographic and epidemiological trends that dictate the establishment of effective integrated long-term treatment of chronic diseases. We have to add the development of new medical technologies, medications and treatments, and globalisation, which with new information, allows for the greater awareness and consciousness of the population of treatment options, while on the other hand, also for coherence and greater transfer of diseases. Last, but not least, climate changes are also altering the patterns of population morbidity.

Most challenges are known and are a constant gaining in importance with past decisions. Inadequate human resource policies, or their absence, resulting in the lack of adequate staff and the absence of appropriate adaptation of legislative amendments and supplements, have weakened the system. Let us also add the investments based on establishing bed capacities, which have not followed the development of medical technologies and medical knowledge. The stability of the financial situation was initially achieved by supplemental health insurance, while decreasing solidarity in providing resources for health services and in particular, allowing denial of the fact that resources are limited! We have not imposed the necessary burden of rationality on stakeholders in healthcare for their management of raised resources.

Therefore, what is required, is establishing system sustainability of the currently rigid healthcare system while maintaining and improving the high level of quality, safety and accessibility of health services for all citizens of Slovenia.

The current healthcare system is more inclined towards treating diseases, while emphasising prevention and health to a much lesser extent. The main objective is to reduce the burden of disease through the optimal, dynamic and adapted health infrastructure, as well as to reduce the burden of health risks by changing behavioural patterns that contribute to improving the health of an individual. Therefore, I propose the reconstruction of the healthcare system, which was built on the basis of disease and reactive treatment, to one that is proactive and balanced in health prevention and curation. I see solutions in enabling a high level of population awareness in managing their own health through promoting preventive measures

and healthy lifestyles, greater rationalisation and the appropriate development of a network of healthcare providers at all levels, changes in the system of financing health rights, increasing the public share of resources for healthcare to at least 80 percent, and increasing the amount of resources for healthcare to ten percent of the gross domestic product of Slovenia until 2020.

Dorjan Marušič
Editor in Chief