European Health Futures Forum

The future of health and healthcare now

Our All New EHFF Newsletter!

Welcome. Following the launch of the improved website, we're offering a new style of newsletter, more or less once every three months, which offers you bite sized items of news with the opportunity of longer reads.

Introduction from David Somekh EHFF Network Director:

Communication is central to what we aim to do, and that means a genuine exchange of information, not a one way conversation!

We've thought long and hard about this and both new website and now the new Newsletter aim to encourage you to read stuff and then tell us what you think about the topic! It's the best possible way to learn from each other.

New EHFF Website

EHFF is delighted to announce the launch of its new website – www.ehff.eu.

The purpose of the website is largely threefold:

1. To help spread the word about the field of Healthcare Futures,
2. To keep members of our network abreast with EHFF activities, and
3. To act as a meeting place where members and fellow travellers may post or read.

The new site differs from the old one in a number of ways. Firstly, the homepage is designed to be much more fun and user-friendly rather than overloading visitors with too much information. The homepage is easy to navigate and should lead visitors, via a smart drop down menu, to where they want to go – whether it be catching up on the latest news, learning about who we are, or searching for specific articles about a project or paper. If in doubt, use the search box!

The site has only recently gone live and we welcome all feedback.

Cathy Somekh and Noel Harrington, our editors in the UK and Ireland.

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On the following pages are some snippets which link you to what's going on in the five areas we concentrate on….

1. Knowledge:

Health Literacy

A study shows that teaching shared decision-making content increased participants' health literacy skills and changed the nature of the questions they would ask health care professionals in a way that would enable shared health decisions.
https://www.healio.com/public-health/journals/hlrp/2019-7-3-3-supplemental/%7B08ff9ec9-9ea8-4d93-ad44-5f19a7068984%7D/skills-for-shared-decision-making-evaluation-of-a-health-literacy-program-for-consumers-with-lower-literacy-levels

For more on the topic, follow our Advisory Board member Kristine Sørensen, both on her Twitter account and on the dedicated website
https://www.globalhealthliteracyacademy.org/

Conference presentations:

We're very keen to tackle and to highlight the barriers that prevent effective use of new and innovative technologies. Last month, at a conference in Angers, Loire on the Senior Citizen, David Somekh was invited to speak on the topic 'predict or prevent: the reign of big data – a consumer view.' His presentation can be found on the EHFF website here: https://ehff.eu/wp-content/uploads/2019/10/Angers-Rev.pdf

2. Innovation:

Futures thinking

As we say on the website, we've been long admirers of Bill Sharpe and colleagues at the International Future Forum. Of special interest is their Three Horizons model of futures thinking:
http://www.internationalfuturesforum.com/three-horizons

Margaret Hannah their Director of Health Programmes will be joining us at the Utrecht Empowerment seminar (see below) but as a preview, here is a link to the SHINE project in Fife, an application of Three Horizons methodology which supports local change in the culture of care: http://www.iffpraxis.com/tih-shine-case-study

eHealth

There is no doubt that **the application of digital in health** is a major preoccupation for health policy people as well as practitioners and the public. Andrzej Rys, the European Commission's Director responsible for health systems, medical products and innovation at the Directorate-General for Health and Food Safety provides a forward to the latest version of the Health-EU newsletter (although we agree with it all, he's saying nothing new, we fear)

See: https://ec.europa.eu/health/eunewsletter/243/newsletter_en

3. Human networks:

Systems theory

As a matter of principle, although managing from day to day in the normal way, we've believed that EHFF, as an innovative model of organisation based on a virtual network should be allowed to grow organically. As a check on this, we've used the Viable Systems Model of Stafford Beer as an in-house means to check our development roughly twice a year. Unless you're into cybernetics or complex systems theory you might wish to read the sections on Beer and his work on the Metaphorum website. Its not easy reading, but all we would say is, if you Google him, a lot of the other links are worse!

Metaphorum is the society created by academics and practitioners to perpetuate his work and thinking: http://metaphorum.org/staffords-work

Several of us will be attending the next Metaphorum annual conference in Huizen, Netherlands on November 1-3. (see News Archive on our website for the two previous conferences).

Communities

Jim Phillips is a member of our Advisory group but also co-manages our CEMPaC project (centre for empowering patients and communities). Here's a brief piece from him he's called 'Citizens, community and the health & care system- a 3-way partnership for better health and better communities.

‘The medical model in the 20th century was responsible for significant improvements in survival rates across the disease spectrum, from childhood illness through to cancer, stroke and heart disease.

However, these advances in medicine have become more and more incremental, instead we have seen the rise of long-term conditions associated with environmental factors such as diet, air quality and ageing along with poor mental health associated with economic stress, housing and issues of belonging and community…

For more, see https://www.linkedin.com/pulse/citizens-community-health-care-system-3-way-better-cempac-europe/ ‘

Empowerment:

Self-management

EHFF is a member of the Consortium headed by Lars Munter and Charan Nelander of the Danish Committee for Health Education (DCHE) which arises from previous EC policy work we were all involved in (the PiSCE and PROSTEP projects), namely Self-care in Europe: www.scie.eu . EHFF is pleased to support this year’s SCiE initiative, **Self-care Week Europe** (SCwE) which will run from Nov.18- 24. See details and the whole programme: http://www.scie.eu/scwe/

Community empowerment

We’ve already mentioned CEMPaC in a previous item. They are teaming up with the Health Pact Utrecht and the Health Hub Utrecht to put on a **day seminar on Community Empowerment** (November 22) during Utrecht Health week. Other partners are EHFF, EPF, Global Health Literacy Academy and DCHE. This should be an exciting day, with local contributors from a vibrant city and province exchanging with international participants on a wide range of related topics. For details, including the full programme for the day see: https://www.eventbrite.com/e/healthy-empowerment-symposium-by-cempac-and-partners-tickets-74074395511?aff=ebdssbdestsearch

Sustainability:

A holistic approach

Following our interest in sustainability we've reached out to an Irish NGO FEASTA (https://www.feasta.org/) who major on the economics of environmental sustainability. We've recently completed a series of podcasts, led by Sean Conlan, one of EHFF's Directors and Caroline Whyte from FEASTA. The series of six podcasts are titled 'Beyond the Obvious: novel podcasts for enquirers', exploring a range of topics with guests from a wide variety of backgrounds. The topics were

- decarbonisation • decreasing energy consumption • monetary reform
- measuring wellbeing • reviving biodiversity
- drivers of health https://re-imagine-europe.eu/nd

They can be accessed via: http://www.feasta.org/beyond-the-obvious-a-podcast-series/

Sustainability and harmony

We're in touch with a very interesting group, 'Reimagine Europe' (https://re-imagine-europe.eu/).

The website informs us that their mission is as follows:

'Rising nationalism, climate change and migration are drawing European countries apart, while technological advances continue to change the ways that we interact, urging us to explore new modes of operation.

Re-Imagine Europe is a 4-year project of 10 cultural organizations from across Europe, responding to the social and political challenges that we are currently facing.'

During the next month we've arranged a meeting in Brussels with a couple of their representatives and hope to explore how we might collaborate with or contribute to this project.

If you managed to get this far, we hope you enjoyed the content but please, if you can send us feedback to help us improve the format for next time.