



Positively Influencing Healthcare

Prepared for the
Community Planning Association of Alberta
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Land Acknowledgement

- 143 healthcare Consulting (143 HCC) is privileged to consider Alberta our home and acknowledge we benefit from living on the traditional territories of the many First Nations people, Métis and Inuit who have cared for these lands for centuries.



Who We Are

- ✓ Engage and collaborate with healthcare entities and community stakeholders to help them understand and be part of the ever-changing healthcare landscape.
- ✓ Focus on quality person-centered care and the patient's medical home model to collaboratively develop and implement a custom fit strategy to meet our clients' needs.
- ✓ Deliver impactful and meaningful outcomes, our intent is to leverage our experience to assist our clients in achieving high-quality results in the most cost-effective way possible.
- ✓ Identify and address key strategic and operational issues our clients face within the healthcare system and assist them to create value added outcomes.





National Expenditure Trends

- In November 2021 - The Canadian Institute for Health Information (CIHI) released its report on National Health Expenditure Trends, 2021 ([cihi.ca](https://www.cihi.ca)):
 - 2021 total health expenditures are expected to reach \$308 billion or \$8,019 per Canadian;
 - In 2020, total health expenditures rose by 12.8%;
 - Hospitals (25%), drugs (14%) and physicians (13%) account for largest share of health dollars; and
 - Approximately 12.7% of Canada's GDP
- Current healthcare spending rates have not been seen in more than 3 decades.

The Patient's Medical Home

- In 2019 the College of Family Physicians of Canada released a revised "A Vision for Canada: Family Practice – The Patient's Medical Home".





Quintuple Aim for Healthcare

- Invest strategically in and structuring our health systems to deliver on the **Quintuple Aim**.
- An updated term recently put forward by US researchers that sets out 5 key pillars:
 - Improved provider experience;
 - Patient outcomes and patient experience;
 - Lower cost of care; and
 - Health equity.
- 1 [Nundy, Shantanu; Cooper, Lisa](#); Mate, Kedar, “The quintuple aim for healthcare improvement,” JAMA, January 21, 2022



Provincial Highlights

- The Alberta Ministry of Health includes the Department of Health (Alberta Health), Alberta Health Services (AHS) and the Health Quality Council of Alberta (HQCA).
- The Department implements the Government's strategic direction for health and is responsible for overall policy, legislation and monitoring of the health system's performance.
- 2021 highlights:
 - Expected to spend an estimated \$37 billion on healthcare;
 - Roughly 40% of budget is dedicated to healthcare;
 - An estimated expenditure of \$8,230 per person; and
 - Rate of healthcare expenditure growth - 2.6%



2022-25 Business Plan

- The following outcomes were identified within the [2022-25 Health Business Plan](#)
 - A modernized, seamless healthcare system built around the needs of individuals, families, caregivers and communities and supported by competent, accountable health professionals ;
 - A safe, person-centred, quality health system that provides the most effective care for each tax dollar spent; and
 - The health and well-being of all Albertans is supported and improved, and health inequities among population groups are reduced.



Working Together

- At present, there is a strong argument to be made that healthcare in Alberta is changing:
 - Opportunities to enhance the province's healthcare system;
 - Focusing on data, performance outcomes and cost containment;
 - All aspects of the healthcare system are under review; and
 - Key stakeholders are being consulted to explore opportunities to collaborate to move this mandate forward.



The Why

- **Primary healthcare** extends to more of a social model of health based on the foundation that for health improvement to occur, social, political, environmental, and economic determinants of health must be addressed.
- The health of a population/community plays an increasingly important role in economic outcomes.
- Healthy people = healthy economies = healthy communities.
- In the not-too distant near future – taxpayer revenue will prove insufficient to pay for overly expensive, fragmented, fee-for-service healthcare.



Communities as Influencers

- ✓ Attract and retain physicians and healthcare professionals focusing on prevention, collaboration, primary care, evidence based approaches and patient safety.
- ✓ Advocate to government and support physicians and healthcare professionals in transitioning from an outdated and fragmented system.
 - This includes moving from a volume-based payments to value-based payments.
- ✓ Embrace the technology that enables better communication and care.
 - I.e. virtual care.



Communities as Influencers

- When a high value is placed on primary care, evidence-based care and various preventive approaches, there is a reduction in prevalence of chronic disease.
- Discussion
 - How can Communities help?
 - Where does Community planning come in?
 - How can I help?
 - Where do I fit in?



Thank you!

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