**Roundtable** **Ljubljana, 14th November 2019**

**Opportunities of EU wide collaboration in management of chronic diseases by implementing personalized medicine and mobile health management approach**

**Key messages of the roundtable:**

The time of one medication, one approach, one information fits to all patients is definitely over. New biotech solutions enable personalization of medication and offer healthcare to become even more effective and safer, and could efficiently improve outcomes and patients' quality of life. Healthcare reforms could not achieve optimal results only by legislation and funding changes. The most important part in improving patient health is changes in the health processes supported by new technologies accompanied by advanced relationship between patients and healthcare providers.

Patient’s active role and responsible health and disease management is a key success factors especially while health management is becoming personalized. Doctors, nurses, pharmacists and others should play a role of facilitators in this process. One of the essential measures is that the patient becomes the owner and manager of his/her health information and documents and has full transparency and control over his/her own health. Contemporary ICT solutions enable that patients (and healthcare professionals) adopt this role easier. Most of the patients are ready to take their health in their hands; is it so with healthcare system in the countries and in the EU?

International roundtable demonstrates that health and other professionals are able and willing to collaborate, share best knowledge, best practices and collaborate in international projects to move the development of healthcare forward. Mobile health management approach involving new roles of stakeholders and ICT support is a driving force to introduce personalized medicine in treatment of key health challenges. Chronic diseases such as hypertension, diabetes and asthma affect around one third of the population. With these diseases active and responsible health and disease management by patients is of great importance both for individuals and society .

Biotech solutions are already available for efficacy and efficiency improvements in disease management. They could be successfully implemented if accompanied by social innovations and ICT support.

ICT should serve primarily to patients and healthcare providers (not only to regulators and payers). They should contribute to better empowerment of patients for healthy life and remote disease management as well as better interactive communication between patients and health professionals as well as better teamwork.

Patients are becoming more and more aware of the importance of their active role (perhaps they need just more motivation!), they want to have full transparency of their health and documentation in one place by user-friendly ICT tools, they want to have transparency of quality, access and costs of services available, they want quality of life, safety and sensible, humanistic health experts’ advice.

Primary care with family doctor in the driving role will play the most important role in the era of personalized medicine. Family doctors will have to become personal health managers and health advisers with stronger focus to team work with other health professionals and other stakeholders to increase capacities in ageing population. Lifestyle management, prevention and personalization of treatment as well as interactive remote communication with patients are possible only by good managers and complete teamwork.

Pharmacists' role will definitely change. Dispensing in the time of robotization and e-prescriptions will no longer be their main occupation. Their competences are underused and could significantly contribute by pharmacists' clinical services to key challenges of the EU: health capacities and patients’ adherence in medication. The health system will have to use pharmacists’ capacities more rationally to remain sustainable.

Social sciences could, by their involvement in planning and realization of healthcare communications and other interactions among actors and HC organization, significantly contribute to advanced and more efficient solutions. Health marketing which should be employed is nothing more than multidisciplinary approach to health management.

Health technology assessment supports the development efforts to prove not just efficacy or safety but also economic sustainability of projects. It is the standard for decision making process and results of several HTA studies related to personalized medicine supporting rationality of its implementation.

National policy makers could and should play more active role in development of new approaches and especially in support of pilot projects as well as transfer from pilot to standard implementation of new approaches in primary care. Very important is access of patients to their health information by ensuring connectivity of patients’ ICT tools with national E-health system.

Health insurance has the key role in expansion of new practises by supporting health professionals as well as patients with appropriate funding and motivation measures.

EC and national funding of research and innovation of new health solutions is welcome and essential for faster development however it could improve by:

* Ensuring right competences of evaluators – experts assess expert solutions
* Reduction of favorizing of technical innovations over social innovation
* Limitation of lobbing/conflict of interest by blinding assessment and multistage approach
* Opening calls also for complex solutions (not only partial - super specialized innovations) and facilitate bottom up initiatives by faster and flexible decision making
* Increasing flexibility in size of funding (multi-countries approaches are sometimes underfunded)
* Concentration / integration of similar projects/approaches to rationalize resources

Knowledge as well as best practises are already available in some countries. With initiated projects we can achieve the highest common denominator. Real improvements could be facilitated by integrated solutions involving patients, health professionals and support of EU, national policy makers as well as health insurance. The message of collaborating partners from 8 EU countries is:

**Yes, we can, we are willing and will internationally collaborate to find smart solutions for personalized health management for better quality of life.**