SWEDISH HEALTHCARE EXCELLENCE

SKÅNE CARE
Welcome to southern Sweden!

Välkommen till södra Sverige!

مرحبا بكم في جنوب السويد

به جنوب سوئد

خوش آمدید

Bienvenue dans le sud de la Suède!

Добро пожаловать в южную Швецию

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Skåne Care links international partners to the skills, services and expertise offered by the public healthcare authority in southern Sweden. Skåne University Hospital in Lund and Malmö is the hub within our wide network of hospitals and clinics. Skåne Care is the single point of entry to clinical expertise within Skåne University Hospital, medical training and observerships, specialised medical care, hospital management experts, and more. Skåne Care is experienced in managing international projects within a variety of areas as a trusted and professional partner.

ABOUT REGION SKÅNE

- Specialised and general hospitals in 10 locations
- Around 150 primary healthcare clinics directly managed or funded by Region Skåne
- 30,000 healthcare professionals and staff
- 1.3 million residents who make 9 million medical appointments annually
- Part of the Greater Copenhagen area with 4 million residents, world class research facilities and a creative business environment

THE SKÅNE CARE OFFER

- Collaboration with world-renowned Skåne University Hospital
- Transfer of the Swedish healthcare model to an international context
- International patient referrals
- Education and training programs
- Wide network of both public and private partners in Sweden
WHY SWEDEN?

TOP-RANKED HEALTHCARE

The quality of healthcare in Sweden is consistently top-ranked internationally. For instance, Sweden is in a shared top position when it comes to attainment of the health-related indicators for the Sustainable Development Goals\(^2\) and the life-expectancy at birth is 82 years, among the highest in the world (WHO, 2012).

\(^1\) Quote from launch of the OECD Economic Survey 2017.

\(^2\) The Lancet, Vol 388, Oct. 8 2016

THE SWEDISH HEALTHCARE SYSTEM

→ Produces the highest quality medical results while keeping costs at OECD average

→ Builds on the principles of equality, needs priority and cost-effectiveness

→ Is decentralised to regional levels

→ Is largely publicly funded

“If we could export the Swedish model all over the world, it would be a much better world.”

WHY SKÅNE?

RESEARCH AND CLINICAL PRACTICE IN AN INNOVATIVE CONTEXT

Healthcare in Skåne is outstanding because of collaboration among academic institutions, industries, and clinics. Every day in Skåne, research and clinical practice integrate and interact to push quality of healthcare forward.

Sweden is #1 EU innovation leader (European Innovation Scoreboard 2016) and Malmö, the largest city in Skåne, has been listed as the fourth most inventive city in the world (# patent applications/residents, www.forbes.com). Inventions such as the ultrasound, the first artificial kidney, Bluetooth and GSM technology were all made in Skåne.

Two major facilities are currently under construction in Skåne. The MAX IV Laboratory will be a world-leading synchrotron radiation facility. European Spallation Source, a European facility, will house the world’s most powerful neutron source. Together, they create new opportunities for researchers in several fields, including life science which is one of the most dynamic business and research sectors in Skåne and Greater Copenhagen.

Skåne University Hospital is among the largest university hospitals in Sweden, offering unique expertise in comprehensive healthcare, medical training, and frontline research. The close association with Malmö University and Lund University, which is the largest university in Scandinavia and one of the top 100 in the world, allows for integrating ground-breaking research into medical services that support outstanding patient care in prevention, diagnosis, and treatment.

Skåne University Hospital has a special assignment from the National Board of Health and Welfare to be one of two national centres for paediatric and adult cardiothoracic surgery as well for heart and lung transplants. Frequent international referrals are made to these departments, served by internationally renowned specialists. The hospital is also host to several centres with unique treatment methods, such as the Scandinavian Ear Reconstruction Centre, the Lymphoedema Centre and the Paediatric Hospital, performing stem cell therapy with both haploidentical and allogeneic transplants.

A regular day at Skåne University Hospital:

- 25 babies are born
- 364 visits are made to the Emergency Room
- 1,158 in-patients
- 130 patients receive surgery
- 5,686 primary healthcare visits
- 1,200 patients are given x-rays, MRI etc
- 5 scientific papers are published
THE FIVE PILLARS OF
SWEDISH HEALTHCARE EXCELLENCE

1.
PUBLIC HEALTH POLICY
Preventative measures and a healthier population.

STANDARDISED CARE PROCESSES FOR CANCER
A national strategy to improve cancer care is currently being implemented in Sweden. The aim is to provide a more equal and accessible healthcare with a focus on shortening waiting times and reducing regional differences. A cornerstone in the strategy is standardised care processes. It means that all patients go through the same treatment steps no matter where in Sweden they receive care.

In Skåne we have particularly good results for breast cancer care through standardised care processes, shortening time from suspicion of cancer to diagnosis.

Each patient is assigned a dedicated coordinating nurse for the whole treatment period. The hospital has specific, reserved appointment slots with specialists and at the radiology department for direct booking so that no new referrals are necessary.

2.
COLLABORATIVE INNOVATION CLIMATE
Sweden is ranked as #1 EU innovation leader (European Innovation Scoreboard 2016). The Triple Helix model is widespread with close collaboration between academia, industry and the public sector.

LOW INFECTION RATES
Swedish hospitals are known for their cleanliness and rigorous routines for infection control. In 2010, one of the most modern facilities for emergency, trauma, and infection was completed at Skåne University Hospital, one of the largest and busiest trauma and emergency facilities in Sweden. It was designed in close consultation with medical experts and uniquely planned from an infection control perspective. The modern architecture and ventilation technology help reduce the risk of infection so severe infection cases can be addressed without the infection spreading to staff or other patients.

In combination with restrictive prescription of antibiotics, the priority given to infection control measures in Swedish healthcare means that Sweden has some of the lowest prevalence of MRSA in the world. In other words, patients run a much lower risk of contracting multi-resistant bacteria in Swedish hospitals than anywhere else.
WORLD-RENOWNED TOP LEVEL EXPERTISE

WORLD LEADERS IN CARDIAC CARE

Skåne University Hospital provides world-class results in all aspects of cardiac surgery:

- 30-day mortality rate for coronary bypass surgery – 0.7%
- 1-year survival rate for heart transplants – 96.2%
- 30-day mortality rate after open paediatric cardiac surgery – <1%

The cardiothoracic department annually performs 1,200 open heart surgeries, 550 general thoracic surgeries, 35 heart transplants and 25 lung transplants.

Our centre for paediatric heart surgery is the largest in Scandinavia and one of two centres in Sweden. Around 350 heart surgical procedures are performed annually with top international results.

“We are very proud of our top results within cardiothoracic surgery, which are among the best in the world. We continuously strive for excellency and it feels fantastic to know that we give the best possible care to our patients in an international context; for some procedures we have a higher survival rate than the most renowned clinic in the US.”

DR PER OLA KIMBLAD, HEAD OF DEPARTMENT OF CARDIOTHORACIC SURGERY, SKÅNE UNIVERSITY HOSPITAL

Skåne University Hospital performs over 3,000 examinations of the coronary arteries and 2,000 balloon angioplasties annually, and it is the first hospital in Sweden to be able to perform remote magnetic catheter navigation in arrhythmia ablation, so called stereotaxis.

CURING THE INCURABLE WITH HAPLOIDENTICAL STEM CELL TRANSPLANTATION

At the Department of Paediatric Hematology, Oncology and Immunology at Skåne University Hospital 60 haploidentical transplants have been performed since 2005. This is a potentially life-saving treatment when conventional transplants have failed or are not available.

“Skåne University Hospital has over ten years of experience in performing haploidentical stem cell transplantation. We are recognised world-wide for our expertise and regularly receive international patients and international medical staff for training or study visits.”

DR JACEK TOPORSKI, HEAD OF DEPARTMENT OF PAEDIATRIC MEDICINE, SKÅNE UNIVERSITY HOSPITAL

MORE THAN 100 NATIONAL QUALITY REGISTRIES

National Quality Registries are used in an integrated and active way for continuous learning, improvement, research and management to create the best possible healthcare.

COMPREHENSIVE PRIMARY CARE

The foundation of the Swedish healthcare system and the patient’s first point of entry, ensuring that patients get the right care at the right level. Primary healthcare services are publicly funded but delivered by a mix of public and private providers in a Public Private Partnership model.
OUR CONSULTING SERVICES OFFER

IMPROVE YOUR HEALTHCARE SERVICES

Building on the Swedish healthcare model, Skåne Care is ready to help you set up a new healthcare facility or enhance quality, increase efficiency or cut costs within your existing services. Our experienced medical professionals and healthcare managers collaborate on-site with your team to determine your needs and define your vision. We support you every step of the way, from the initial needs assessment phase until you have achieved lasting, sustainable change.

HOSPITAL MANAGEMENT
– TRANSFERRING THE SWEDISH MODEL

Our areas of expertise range from establishing cost-effective working methods and developing healthcare processes that maximise value for patients to fine-tuning clinical activities. We help you introduce the most advanced treatment methods and develop tools for monitoring, documentation and quality assurance to achieve the highest international standards in clinical care. Such tools can also include advanced information and communication technologies that support improvement of patients’ clinical health status, education of the healthcare workforce, and research. We can also support your efforts in recruitment, staffing, training and education of medical and administrative staff.

CREATING AND MAINTAINING CUTTING-EDGE FACILITIES

Skåne Care is the link to one of Sweden’s largest public services organisations within property management. Every year in Skåne, our facilities team maintains 1,200,000 m² of properties and plan and implement up to 600 building projects – from smaller renovations to billion-dollar projects. To facilitate medical professionals at our large number of hospitals and clinics, experts in our team create professional and coordinated solutions for effective processes, seamless logistics, and optimal plans for building projects. We can work with you in planning, designing, and building facilities for all levels of healthcare.

RETURN ON INVESTMENT MODEL

CONSULTING SERVICES

→ Tailormade international solutions based on the Swedish model
→ Needs assessment
→ Concept design
→ Strategy implementation
→ Outcomes evaluation

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SHORTENING TIME SPENT IN HOSPITAL
THREE EXAMPLES OF FAST-TRACK CARE

Swedish healthcare builds on the principles of equality, needs priority and cost-effectiveness. In Skåne there is a continuous drive to improve patient care with these principles in mind and as a result several initiatives have led to unique solutions which benefit both patients and hospitals.

FAST-TRACK HIP AND KNEE SURGERY

The specialist orthopaedic unit at Hässleholm Hospital is one of the largest arthroplasty units in Scandinavia with 1,700 hip and knee operations per year and it has reduced in-patient care days from six days to two days through applying a holistic, patient-centred approach based on the latest international research. This includes a tailored exercise program before and after surgery, the use of general anaesthesia instead of spinal anaesthesia, and initiating movement of the joint shortly after surgery and thereby increasing the blood flow and reducing pain. The result is an increased quality of care with shorter hospital stays and faster recovery, as well as cost savings of around 20 million SEK per year.

Benefits for patient: Less pain and fewer complications, faster recovery and fewer nights in hospital.

Benefits for hospital: Increased quality of care, cost savings, time savings.

CLINICAL COLLABORATION FOR FASTER STROKE CARE

Stroke patients at Skåne University Hospital in Malmö receive unique, multidisciplinary fast-track care. The stroke care in Malmö is among the fastest in the world with administration of clot-dissolving treatment within eight minutes after arrival at hospital (the Swedish national guidelines state that treatment should be given within 40 minutes). It is a multidisciplinary collaboration between the emergency ward, the radiology department, the neurology department and the ambulance staff. The method was developed with focus on patient needs, and involves a dedicated stroke team and adapted facilities with a tomography unit next to the ambulance arrival zone.

“To minimise the damages incurred by a stroke it is of vital importance to receive the correct treatment as quickly as possible. It is of great benefit to the individual patient, and it also reduces the cost of care.”

DR JESPER PETERSSON, HEAD OF DEPARTMENT OF NEUROLOGY AND REHABILITATION MEDICINE, SKÅNE UNIVERSITY HOSPITAL

Benefits for patient: Higher chance of survival and reduced risk of severe damage and complications.

Benefits for hospital: Improved organisation and collaboration across disciplines, cost savings, time savings.

HEART MONITORING FROM THE COMFORT OF YOUR HOME

The pacemaker unit at Skåne University Hospital in Lund implemented remote heart monitoring already in 2007 and today about 1,000 patients are connected to the electronic system. The data saved in the pacemaker or defibrillator/ICD is transmitted to the clinic through a GPS receiver in the patient’s home. Regular reports are sent to the clinics so that the medical staff can check diagnostic data such as the patient’s heart rate, if any atrial fibrillation has occurred or if the implanted defibrillator has been activated. This is of great benefit to both patient and clinic. Patient safety has increased due to the regular monitoring and the medical staff has freed up time to focus on the patients with more severe problems at the clinic. Today only 25% of ICD patients come to the clinic for check-ups. An additional benefit of continuous monitoring is stroke prevention, as early detection of atrial fibrillation means that preventative care can be initiated.

“The demographic shift towards an ageing population means that patient numbers are increasing. Medical resources must be allocated carefully to ensure that the patients who need it the most get medical appointments. Telemedicine is an important part of the solution, while providing added benefits such as increased flexibility and safety for the patients.”

DR RASMUS BORGQUIST, HEAD OF ARRHYTHMIA UNIT IN LUND, SKÅNE UNIVERSITY HOSPITAL

Benefits for patient: Increased patient safety, less travel and waiting time.

Benefits for hospital: Focus on patients with greatest needs, cost savings, time savings.
A CASE STUDY:

GERIATRIC CARE IN SKÅNE

GERIATRIC CARE: HOME CARE AND MOBILE TEAMS

Life expectancy in Sweden is at an age of 82 years among the highest in the world and it is predicted that a quarter of the population will be over the age of 65 in 2050. At the same time Sweden ranks globally as one of the top three countries for quality of life for older people, according to the Global AgeWatch Index 2015.

Sweden has an established system for publicly financed, high-quality care of elderly in institutions and in advanced home care. 95% of the population over the age of 65 live at home and have the right to apply for assistance. In Skåne, a healthcare model has been developed specifically for elderly patients in home care to ensure patient-centred, efficient and accurate care.

INTEGRATED CHAIN OF CARE FOR THE ELDERLY

Region Skåne has developed an efficient and patient-focused chain of care based on the needs of the elderly. It involves mobile care teams, direct referrals and fast-track care for specific medical needs, all contributing to speedy and accurate treatment.
THE MEMORY CLINIC: A UNIQUE CONCEPT

Skåne University Hospital is at the forefront in dementia care and has a Centre of Excellence built around a Memory Clinic, one of the largest such clinics in Northern Europe with 8,000 annual visits, 4,000 of which are doctor’s appointments. It is a modern facility with no in-patient wards in accordance with best evidence-based practice. At the out-patient ward, the clinic has a multidisciplinary set-up with different specialists working in teams to give each patient individualised care. In addition, mobile teams of physicians, nurses and social workers work to address the medical needs of dementia patients when and where they occur, i.e. at nursing homes, other clinics or in the patients’ homes.

The Memory Clinic is comprised of a Memory Outclinic, mobile teams, a Memory Health Unit, an internationally leading university research group, a Dementia Knowledge Centre with regional and national responsibilities, a Clinical Trials Unit, and the Swedish BPSD Registry – a national quality registry on dementia-associated disorders. This combination of expertise in the one and same organisational unit is unique in Sweden and has enabled the Memory Clinic to take clinical, research, educational and societal outreach activities to an excellent level for the benefit of dementia patients in Skåne, Sweden and internationally.

THE MEMORY CLINIC

1980/1990: >300 in-patients
Efforts to improve dementia care starts

1995: First medication for Alzheimer’s disease

2004: 20 in-patients, Malmö
Mobile teams start in Malmö

2012: Fusion of two clinics in Malmö and Lund
12 in-patients

2013: 0 in-patients
Mobile teams start in Lund

Estimated annual saving of around 100 million SEK.
OUR TRAINING AND EDUCATION PROGRAMMES

ENHANCE YOUR SKILLS

Skåne Care offers tailored training and educational programmes to individuals and institutions in treatments, operational methods, diagnostics, and patient safety. Region Skåne is home to one of the largest independent clinical skills training centres in Europe, the Practicum Clinical Skills Centre, which is accredited by the Network of Accredited Skills Centers in Europe as well as the American College of Surgeons.

We also work closely with academic partners like Lund University and Malmö University. Lund University, founded in 1666, is the only Swedish member of two renowned international networks – the League of European Research Universities (LERU) and Universitas 21. The Faculty of Medicine performs clinical research and education in close cooperation with Skåne University Hospital. Malmö University is an active hub for research, education, and innovation that benefit our global society. Modern and international, the university’s research is often multidisciplinary and frequently collaborates with external partners.

Students in training at Skåne University hospital, 2014:

- 1,300 doctors undergraduate courses
- 950 nurses
- 80 x-ray nurses
- 20 midwives
- 230 specialist nurses (surgery, anaesthesia, intensive care, paediatric)
- 200–215 physiotherapists
- 70 occupational therapists
- 16 biomedical analysts
- 500 assistant nurses
- 150 medical secretaries

OUR TRAINING OFFER

- Training in Sweden or at your local institution
- Support in developing your training programmes and clinical skills training centres
- Short clinical observerships
- Multi-year programmes like specialist medical training
- Healthcare management training

POSTGRADUATE DIABETES EDUCATION IN ABU DHABI

In 2014 Skåne Care, Malmö University and Lund University collaborated to offer postgraduate training in diabetes for registered nurses and medical personnel in the United Arab Emirates. The one-year educational programme at the Fatima College of Health Sciences included theory and practical training at local clinics. Professors and teachers from the universities worked together with local experts to deliver the programme in Abu Dhabi.
“I have got the opportunity, as well as the privilege, to train in the Swedish educational and healthcare system. Everything is well-organised and the personnel are knowledgeable and helpful. It is very difficult to describe in just a few words, but to sum everything up I can say that it is a really amazing experience!”

AMJAD BADAWOOD, INTERNATIONAL DOCTOR UNDERGOING SPECIALIST MEDICAL TRAINING IN SKÅNE

OUR SPECIALIST MEDICAL TRAINING PROGRAMME FOR INTERNATIONAL DOCTORS

STUDY A SPECIALTY IN SKÅNE

Through Skåne Care, non-European doctors can earn a specialist certificate from public health authorities within clinical training. In a highly structured training programme, 1,000 international and Swedish doctors are educated side-by-side with healthcare professionals and researchers. The programme is regulated by the National Board of Health and Welfare and follows the guidelines for the equivalent training of Swedish doctors. All training occurs at university hospitals and public training hospitals.

For more information, application forms, and further contact information, please visit skanecare.com.

THROUGH THE PROGRAMME, EVERY DOCTOR:

− Receives an individually designed curriculum following the Swedish model
− Can study for a full specialist medical training in 5 years and/or complete a sub-specialty training fellowship of 1–2 years
− Earns a certificate issued by Skåne University Hospital upon successful completion of training
− Begins a one-year introduction course upon arrival, including Swedish language training and practice at clinic
− Has access to relocation support, including help with finding a home, local orientation, and settling-in services
− Has dedicated support on a day-to-day basis through our international office at Skåne University Hospital
Our Centres of Excellence cover a wide range of specialties from cardiothoracic surgery to orthopaedics and paediatric oncology. Since Region Skåne is responsible for providing specialised healthcare to its 1.3 million inhabitants, as well as national referrals, most medical fields are covered in our healthcare offer. To learn more about our specialties, please visit skanecare.com or contact our team.

We excel in a wide range of medical fields:

- Advanced coronary procedures
- Catheter-based vascular interventions in body and in brain
- Cardiac MRI
- Diabetes
- Endoscopic intervention for colon or throat cancer
- Exceptional long-term results after kidney transplants
- Gene therapy center
- Geriatrics and memory function screening protocols
- Haematology and stem cell transplants
- Modern facilities for treatment of infectious disease
- National centre for treatment of penile cancer
- Neurology, including Parkinson’s disease and Alzheimer’s disease
- Paediatric and GUCH heart surgery
- Rheumatology
- Robot-assisted minimally invasive heart and lung surgery including heart and lung transplant surgery
- Special protocol for major brain trauma (the Lund method)
- Spine surgery with special protocols for scoliosis and neck
- Unique lymphoedema treatment
- And more...
INTERNATIONAL PATIENT REFERRALS

GIVE YOUR PATIENTS WORLD-CLASS CARE

Skåne Care offers international patients access to medical treatment with world-class results. Requesting care is easy. A devoted and efficient team at Skåne Care navigates the process and makes all administrative and financial arrangements on the Swedish side. For individual patients or groups of patients, we can also coordinate:

- Transportation to/from airport-accommodation-hospital
- Accommodation – with or without a kitchenette
- Interpreters inside and outside the hospital
- Back-up functions for practical advice and support
- Supporting documents for visa requests

Skåne Care and our partners work to ensure that patients’ needs are thoroughly evaluated and met. This dedication reflects the Swedish healthcare system as a whole, where patient safety is the guiding principle in care delivery.

Individual patients can request medical treatment directly trough skanecare.com. For groups of patients, please contact our team.

OUR INTERNATIONAL REFERRAL OFFER

- Medical treatment and surgery – Swedish healthcare made accessible to international patients
- Expert medical evaluations including second opinions – written, face to face or via telemedicine solution
- Advanced rehabilitation programmes – with top-level public and private partners
- Partnership agreements with guaranteed access

OUR PAEDIATRIC HOSPITAL

Multidisciplinary teams work together at the Children’s Hospital within Skåne University Hospital to meet children’s medical, emotional, cognitive, and psychosocial needs. The hospital offers the latest therapies, diagnostic tools, and clinical trials in a family-friendly environment. Other needs are cared for too, like a hospital school, playroom, sibling/family support, physiotherapy, and if necessary, accommodation.
The beautiful scenery, vibrant cities, and close proximity to the continent makes Skåne, Sweden’s most southerly province, well worth exploring. Skåne offers creative, unusual, and authentic experiences within close distances. New York Times positioned Skåne as number 9 on their list of destinations to visit in 2016, referring to rural Skåne as “almost mythologically Swedish – an unadulterated coastline, mushroom-filled forests and red wooden houses”.

We have 400 kilometres of coastline in three directions with long, inviting sandy beaches, as well as deep forests in the central and northeastern parts, and steep rocky precipices in the northwest. The rural areas and the charming fishing villages are close to the cities, with cosmopolitan Malmö in the southwest and the major European city of Copenhagen close by.

Skåne’s history is clearly visible, not least at our 200 castles and manors. Many of the castles welcome visitors, offering experiences for those with an interest in gardening, art, food and of course history. Culturally you find international concert halls, art exhibitions, theatre and cuisine to suit all tastes.

The climate in Skåne makes enjoying yourself easy. With generally long summers and mild winters you can experience all that Skåne has to offer in comfort, no matter if it is indoor or outdoor activities. For more information, visit www.visitskane.com/en.
OUR TEAM

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International access to Skåne is easy. Skåne University Hospital is 30 minutes from the major international airport in Copenhagen, Denmark. All hospitals are within an hour’s drive of one another. Our approximately 100 clinics are within a radius of 100 km. Nearly 30,000 healthcare professionals staff our network.