



PHIRI

Population Health Information
Research Infrastructure

Towards Foresight informed policy making

Public Health Scenarios in Portugal

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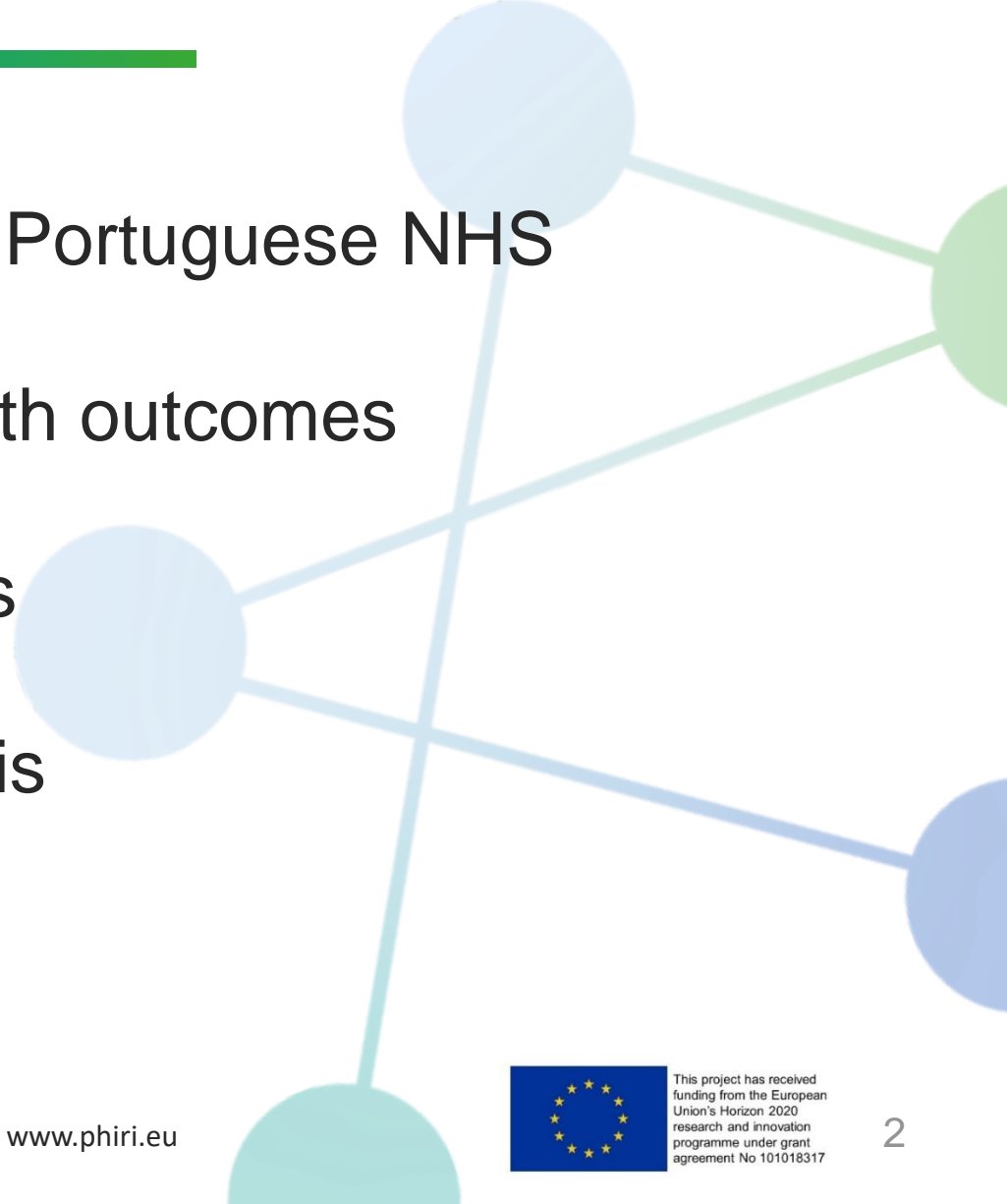
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Agenda

1. Serviço Nacional de Saúde: The Portuguese NHS
 2. Planning towards achieving Health outcomes
 3. The PNS – National Health Plans
 4. Moving towards Scenario Analysis
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The Portuguese NHS

- The SNS is characterized as being national, universal, general and free.
 - It encompasses the whole range of healthcare, including the health surveillance and promotion, the disease prevention, etc.
 - The system is managed by the Central Administration of the Health System (ACSS) and by the five regional health administrations.
 - The **Directorate-General of Health (DGS)** is responsible for the **regulation, guidance and coordination of activities linked to the Public Health Essentials Operations**, namely on health promotion, surveillance, prevention and control of diseases.
 - Epidemic Intelligence for the early detection, risk assessment, coordination of response and communication of national and international public health emergencies and
 - **Planning (National Health Plan).**
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NHS: Planning towards achieving Health outcomes

The Health Basis Law defines as one of the **main foundations of the health policy** the National Health Plan, as well as the Regional and Local Health Plans, according to a **public health approach**, defining as a **priority investment improving health planning and evaluation** in Portugal.

Increasing complexity and uncertainty, responses to health problems require **more flexible planning and intervention models**, which also take into account the **multidimensionality of health problems** and their determinants, with **multiple interactions and relationships of interdependence and enhancement**.

National Health Plan

- The PNS IS AN ESSENTIAL INSTRUMENT OF HEALTH GOVERNANCE, at the national level.
- The PNS GUIDES AND FACILITATES, at the national level, the CONSTRUCTION OF A SOCIAL COMMITMENT to obtain an improvement in the population's health status within the framework of the **2030 Agenda for Sustainable Development.**



PNS 2021-2030

- The National Health Plan (NHP) 2021-2030 is the first to cover a **decade in its time horizon** and to have **sustainable health** as its main focus, in line with the United Nations 2030 Agenda for Sustainable Development.
- Its elaboration was **influenced by the advent, in 2020, of the COVID-19** pandemic in Portugal.
- The NHP 2021-2030 is a **participatory, co-creative, structured and integrative process** that, based upon the joint identification of the main health needs and expectations of the population, **selects the most appropriate intervention strategies** with a view to **achieving sustainable health goals for Portugal**, aiming, among others, at reducing health inequities.

PNS 2021-2030

- Portugal's **health successes** are recognized worldwide, namely with regard to **vaccine-preventable diseases, maternal mortality, infant mortality** and the evolution of life expectancy, amongst others.
- **Despite the health gains obtained in the last decade**, the health problems of the greatest magnitude that Portugal will have to face in this decade are diseases of the **circulatory system** and **malignant tumors**, which continue to be the main causes of premature death in the country.

PNS 2021-2030: Burden of Disease and Disability

- **Respiratory diseases** (e.g. Chronic Obstructive Pulmonary Disease)
- **Musculoskeletal and connective tissue diseases** (e.g. arthrosis of the hip and of the knee, and chronic lumbar or cervical pain)
- **Neurological diseases** (e.g. Alzheimer's and other dementias),
- **Diabetes mellitus, mental and behavioral disorders** (such as depression and anxiety) and **diseases of the sense organs** (such as hearing and vision disorders).
- **Tuberculosis and HIV infection** are also to be considered, as, although decreasing in incidence, still present a relevant magnitude.

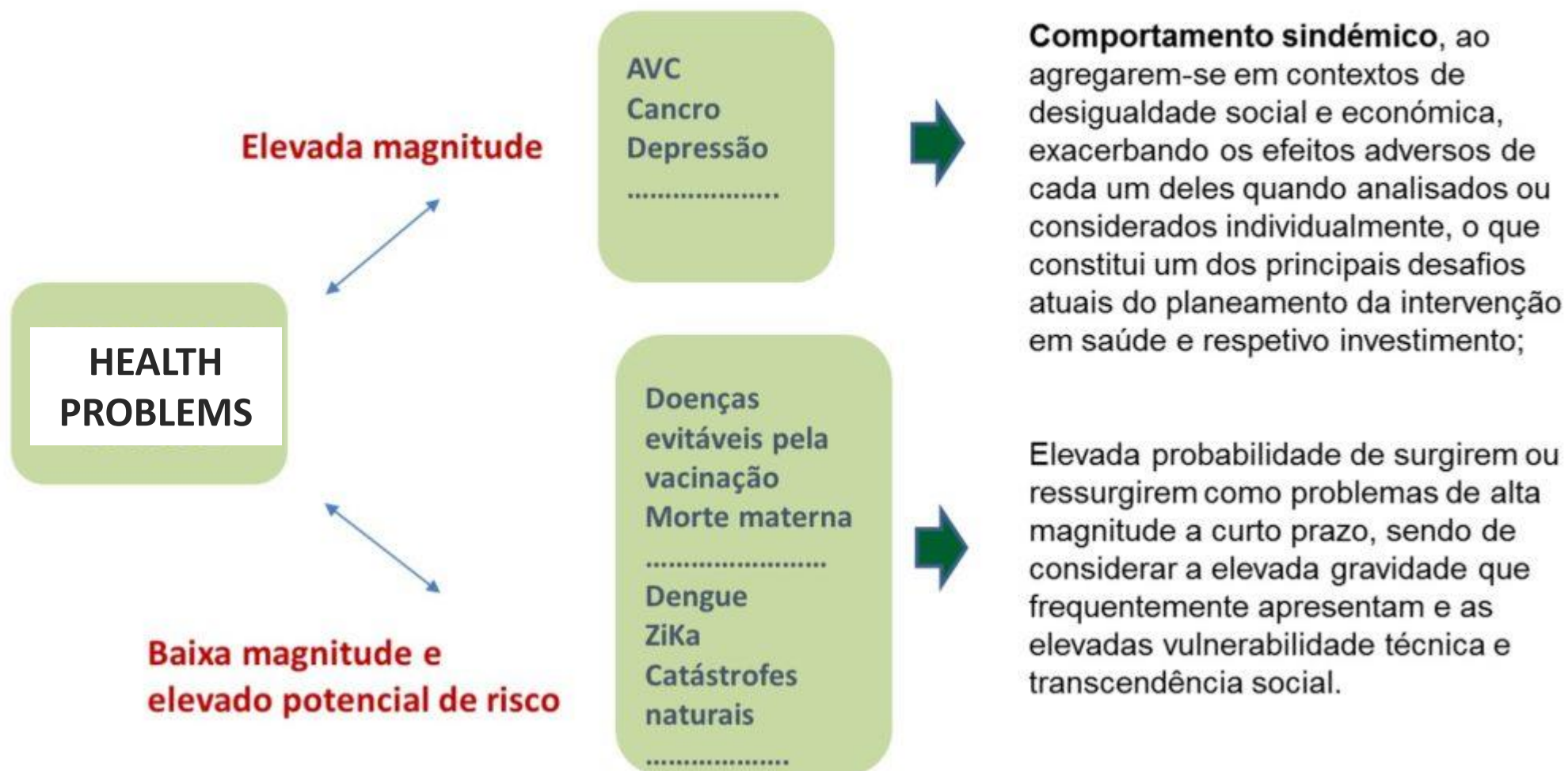
PNS 2021-2030: Sustainable Development Goals (SDGs)

- A risk potential on the rise due to the increase in the intensity or prevalence of highly relevant determinants (e.g. associated with **climate change**)
- e.g. infections transmitted by vectors [yellow fever, zika virus, dengue and malaria,] and
- viral infections with pandemic potential;
- avoidable mortality associated with extreme temperatures; and
- public health emergencies, such as natural disasters.

PNS 2021-2030: Process

- The NHP started with the **elaboration of a holistic and in-depth diagnosis** of the health situation of the population in Portugal
- Considering the **principles of sustainable development** health needs, including **non-communicable and communicable diseases**, which need **increasingly an integrated approach**.
- It was possible to highlight, factors related to the **health system** and health care, as well as **economic, demographic and social ones**.
- Based on the identified problems, **experts were consulted**, and **projections and a prognostic analysis were carried out**, which underpin the **proposed health objectives for 2030**.

HEALTH PROBLEMS



PNS: objectives 2030

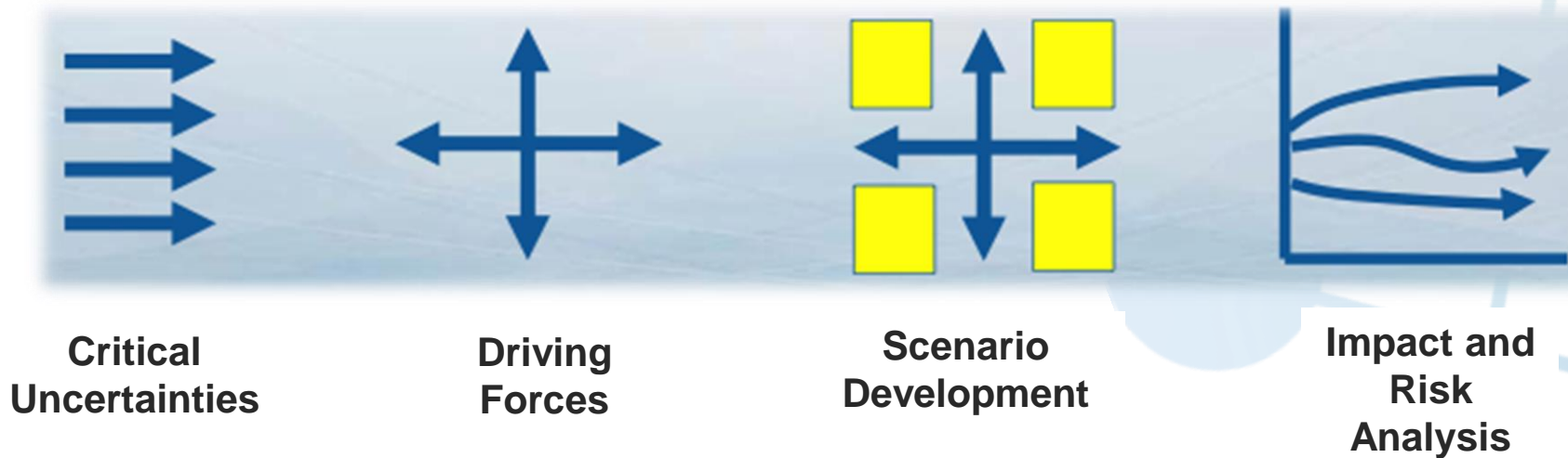
- HEALTH PROMOTION
- KEEP OR REINFORCE THE STRATEGIES WHAT WORK
- RECOVER AND IMPROVE ACCESS AND INTERVENTION
- PREPARE AND ANTICIPATE THE FUTURE



- **Public Health Surveillance and Emergency response**
- **One Health Approach**
- **Vaccination Programme**
- **Public Health Surveillance Literacy**
- **Environmental risk**
- **Invest in patient safety**

Moving towards Scenario Analysis

Public Health Scenario 2032



(Brummell and MacGillivray, 2009; Lapão e Thore, 1998)

THREE WORKING SESSIONS...

Begin
the
debate...

Look at
healthcare
in a different
way...

Set our
imagination
free...

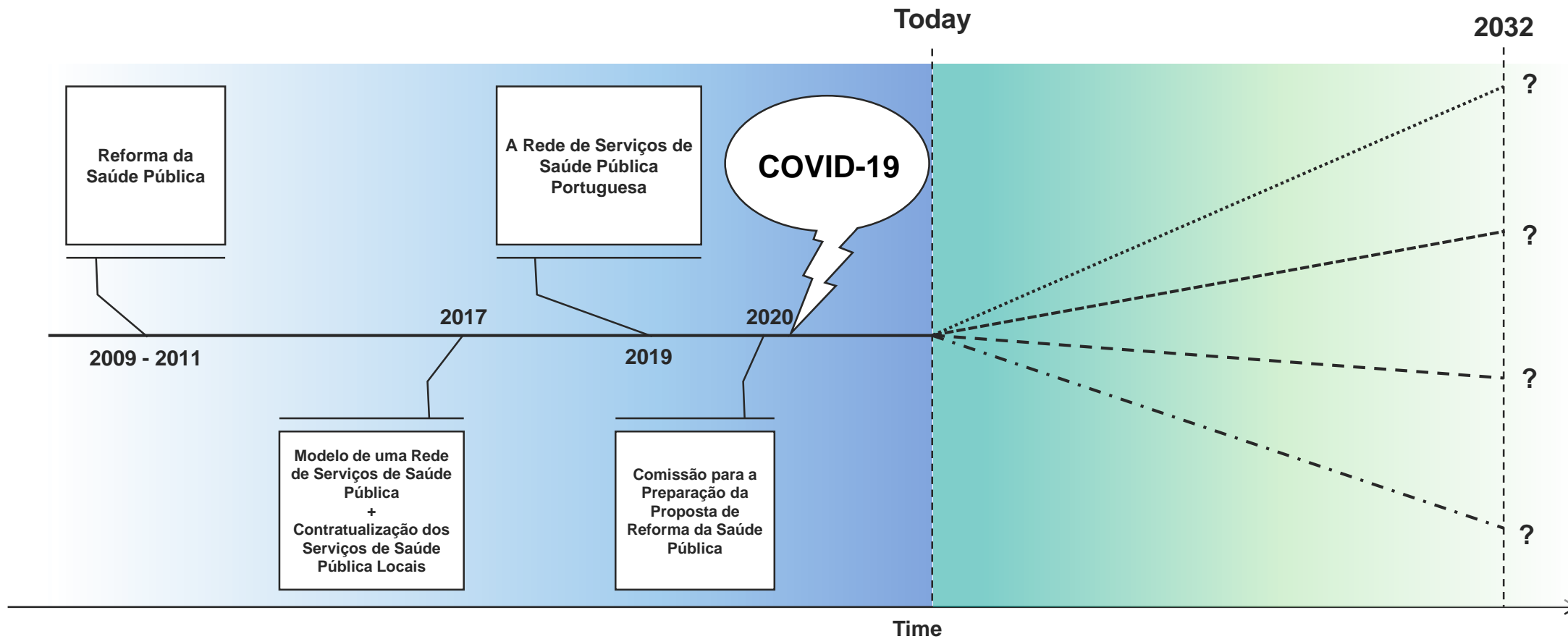
Refocus
our
priorities...

Change
mindsets...

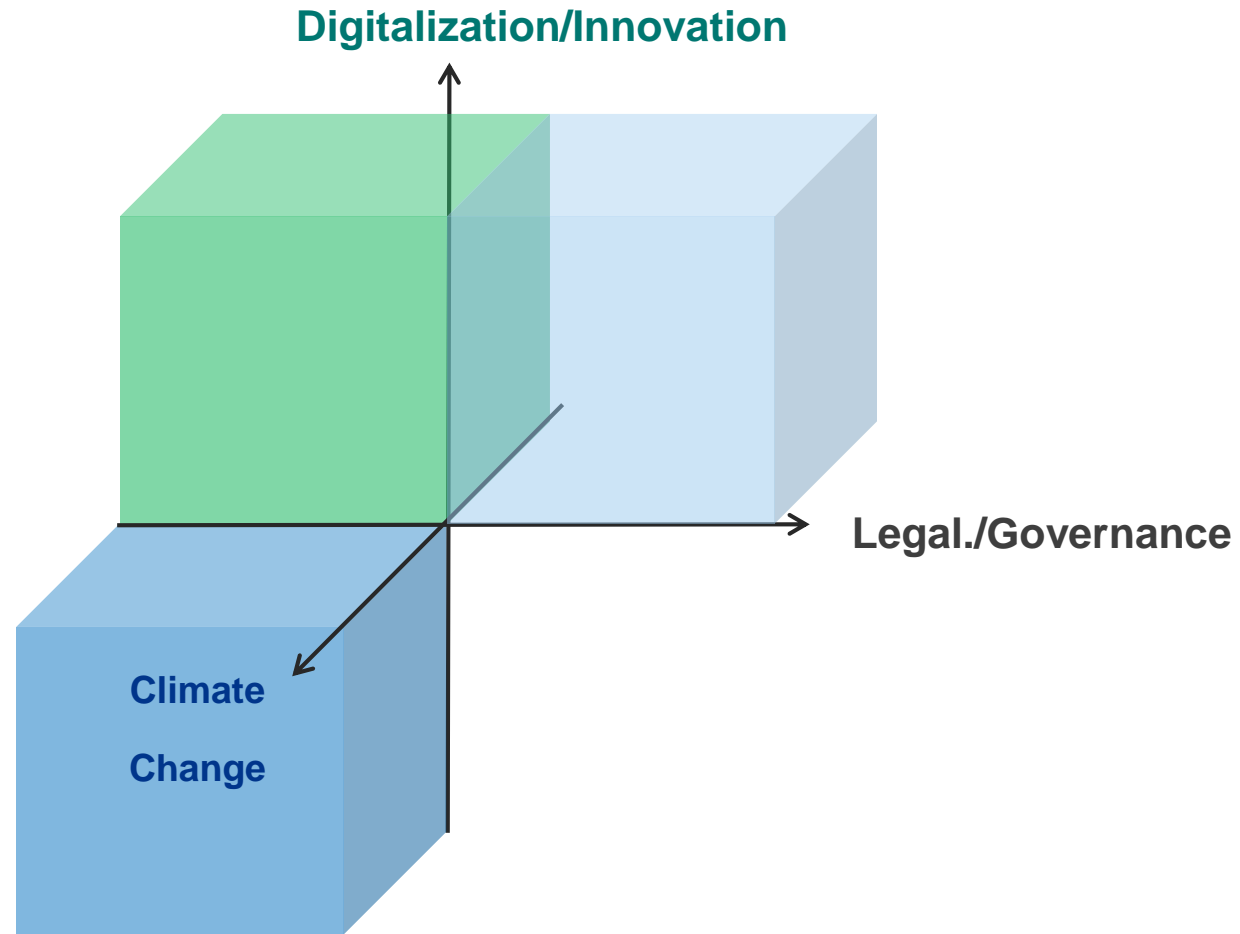
Uncertainties and Driving Forces Identification

Tópico	Categoria	Nº de Menções
Incertezas		
Resposta Participativa da Comunidade/comportamento	Sociocultural	7
Desigualdades/Redução de Natalidade	Demografia/Sociocultural	4
Pandemia: picos de procura/resposta/vacinação	Ambiental	4
Novo impacto de doenças (vectores, saúde mental)	Ambiental	4
Legislação e Quadro Legal da Saúde Pública	Político-institucional	4
Financiamento	Economia	3
Acesso à informação/Intelligence/Data Science	Tecnologia	3
Crise Energética/Crise Alimentar/Migrações	Economia	3
Situação Global/Soberania/Evolução Europeia	Político-Institucional	2
Forças Motrizes		
Governança/Organização das Instituições *	Político-institucional	7
Alterações Climáticas	Ambiental/Economia	7
Digitalização	Tecnologia/Sociocultural	7
Recursos Humanos (Saúde Pública, Capacidades) *	Político-Institucional	6
Envelhecimento **	Demografia	5
Actores		
Profissionais da Saúde, Cidadão, Comunidades, Indústria Tecnológica, Autoridades, Municípios, Comunicação Social, Engenharia Social, Protecção Civil, Academia		7

Time Horizon: Public Health Organization 2032



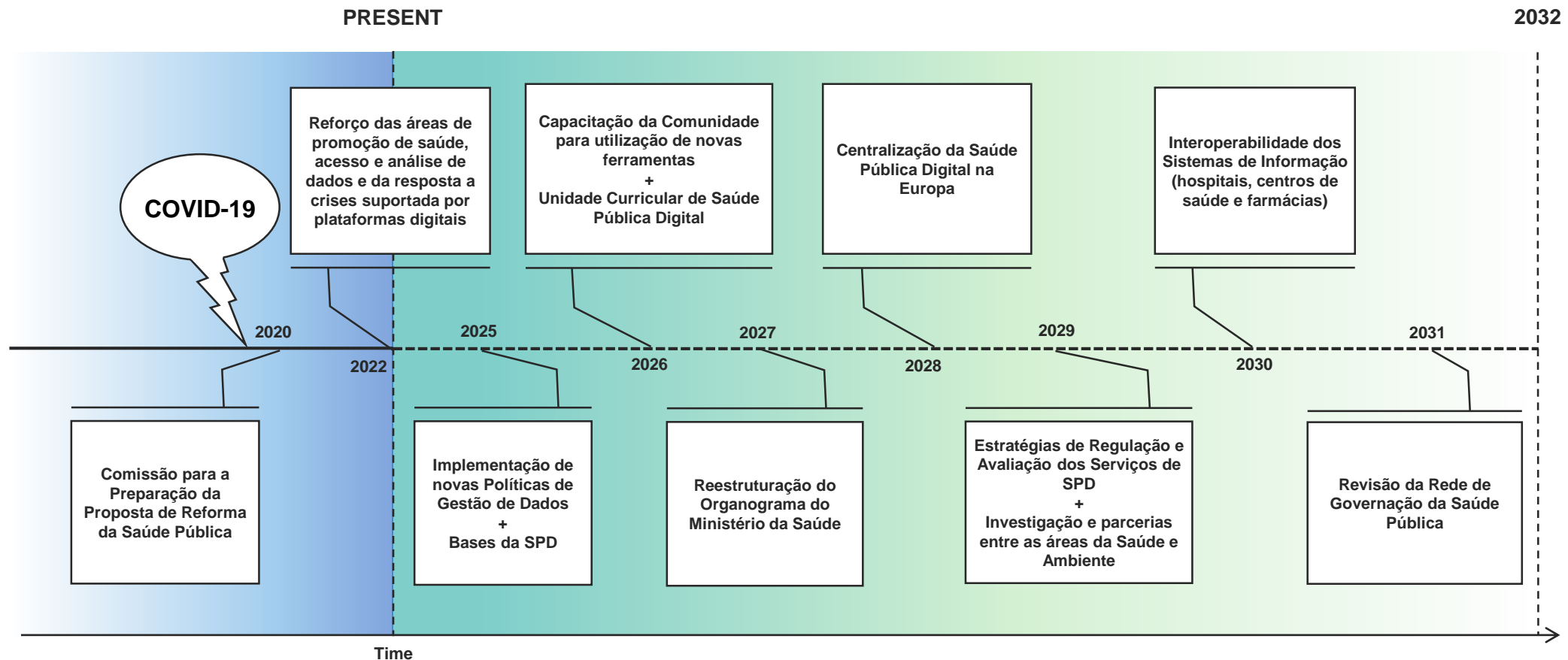
Scenários towards 2032: Three Driving Forces



Discussion and Debate: 3 groups, one per scenario



Example: Scenario “Digital Public Health”





CONCLUSIONS

PORTUGAL has a long tradition and experience of developing National Health Plans
- Using a participatory process

However, the complexity and uncertainty, lead to experiment with Scenarios

Both PNS and Scenario Approaches will be regularly monitored

We are starting to develop a Healthcare Foresight communittee



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Muito obrigado!

Thank you

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