

Sustainable Health Care

What's the biggest Problem?



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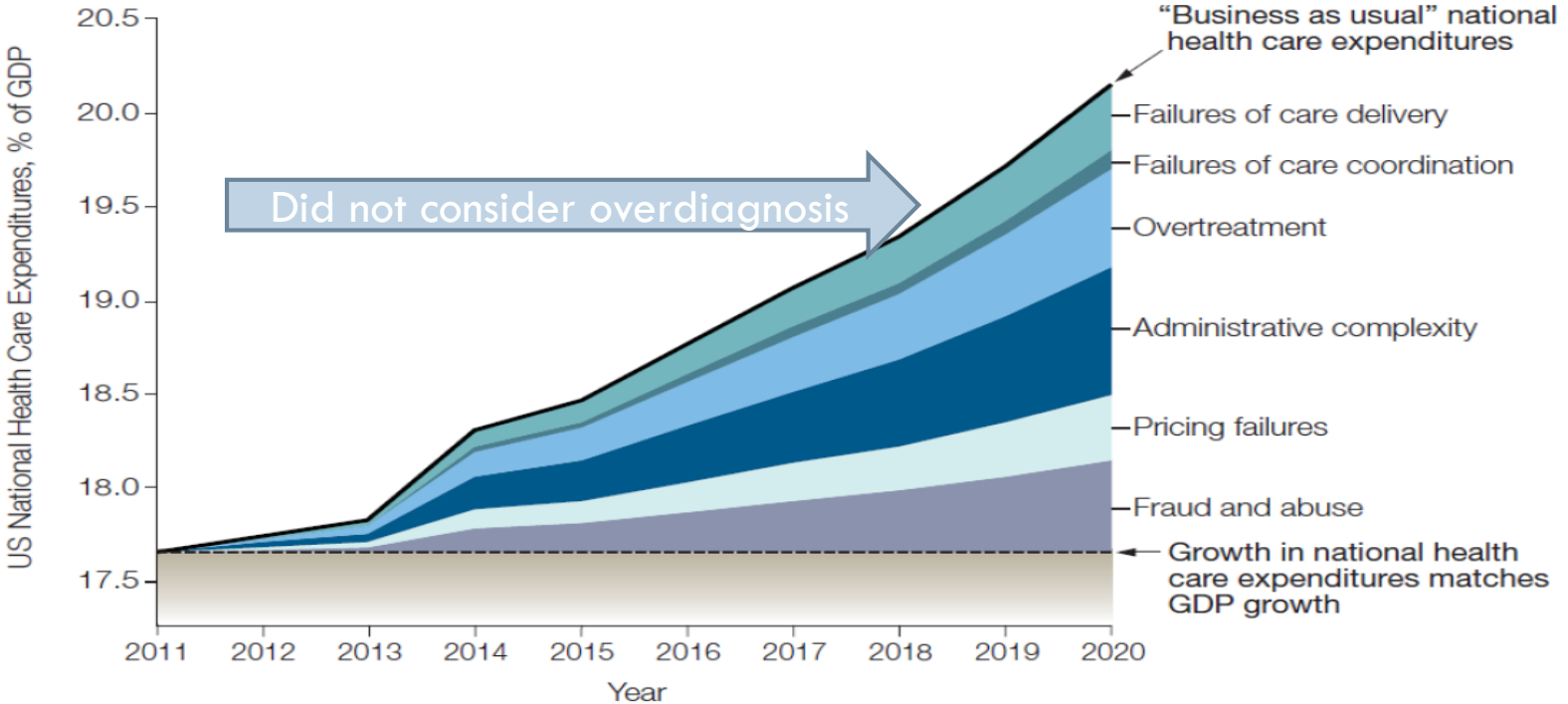


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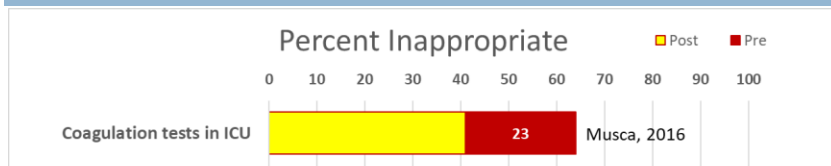


Sources of health care “waste”


Figure 11: Areas of Waste in US Health Care (Berwick and Hackbarth 2012)



Overtesting and Overtreatment



Audit-based measures of overuse of medical care in Australian hospital practice

Ian A. Scott 

Internal Medicine Journal 49 (2019) 893–904

Australian Studies that:

1. Assessed % Inappropriate
2. Improvement Intervention
3. Re-Assessed %



Andrew

www.prostate-cancer.org.au/mens-personal-journeys/

Age 45: pilot license renewal exam found PSA of 6.3; biopsy showed prostate cancer (Gleason 6).

Urologist: “You have prostate cancer and you will be dead in 3 years if you do not have it out immediately, and I can fit you in next Thursday.”.

Refused treatment; chose monitoring; PSA steadily rose

Age 66 - no treatment and in good health

How many men are like Andrew?

The facts behind prostate cancer over-diagnosis



Jill Margo
Health Editor

Mar 11, 2019 — 12.00am

It's well known the [management of prostate cancer in Australia has been seriously flawed](#), but now researchers have discovered the extent of the flaw.

They found 41 per cent of [prostate cancers](#) were "over-diagnosed" across the country in 2012.

While 2012 was the most recent period analysed, they showed the lifetime risk of an Australian man being diagnosed with prostate cancer rose dramatically in the previous 30 years.

41% overdiagnosed
= About 8,000 men/year
Most have surgery (\$20K+),
> \$160M / year

Today's Paper Markets Data

FINANCIAL REVIEW

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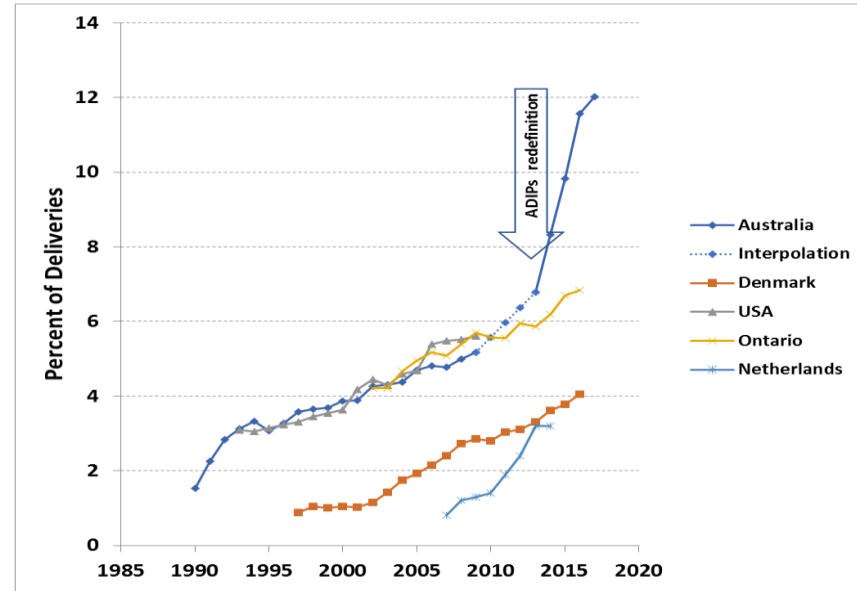
Lifetime risk of prostate cancer overdiagnosis in Australia: quantifying the risk of overdiagnosis associated with prostate cancer screening in Australia using a novel lifetime risk approach

Thanya Pathirana^{1, 2}, Andrew Hayen³, Jenny Doust¹, Paul Glasziou¹, Katy Bell^{1, 4} **BMJ Open, 2019**

Are you at risk of being diagnosed with gestational diabetes? It depends on where you live

Sarah lives in London, in her first pregnancy. At 26 weeks, her 75g glucose test shows a fasting level of 5.5 mmol/l and 2-hour level of 7.5mmol/l - under cut-offs for gestational diabetes. Sarah is delighted.

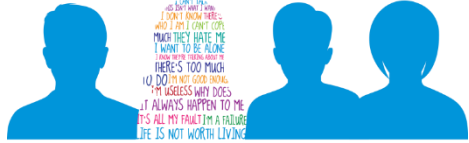
Donna lives in Warwick – has the same results but is diagnosed with gestational diabetes. Donna is devastated. She needs more testing, visits, possibly insulin, and can't deliver locally.



Two Australian studies found no benefit of change (Sexton, 2018; Cade 2019)
Cost around \$30M / year

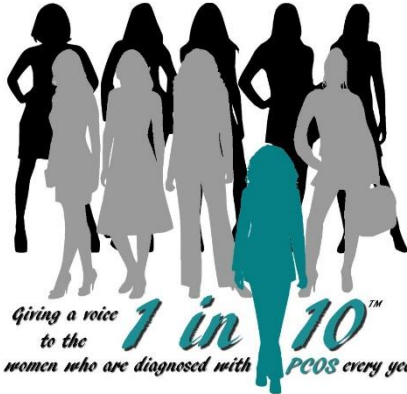
Overdiagnosis & Overdefinition

“Medical science is making such remarkable progress that soon no one will be well” - Huxley



IT'S NOT MY FAULT I'M A FAILURE
LIFE IS NOT WORTH LIVING
IT ALWAYS HAPPEN TO ME
I'M LUCKY ANY DOES
I DO NOT WANT TO LIVE
I WANT TO BE ALONE
HERE'S TOO MUCH
MUCH THEY HATE ME
I DON'T KNOW HERE
WHO I WILL I GIVE GOD

1 in 4 MENTAL HEALTH AWARENESS



Giving a voice to the 1 in 10 women who are diagnosed with PCOS every year.



Daily Mail
THURSDAY, SEPTEMBER 29, 2016 www.dailymail.co.uk DAILY NEWSPAPER OF THE YEAR 65p

Takeaway treats that could save your life
Eat to Beat Diabetes pullout

SEE CENTRE PAGES

4 IN 5 HAVE A HEART THAT IS OLDER THAN THEY ARE



Oh Tom, what

Obesity and lack of exercise to blame

FOUR in five Britons with just 41 per cent of women. The researchers said the

Should heart age calculators be used alongside absolute cardiovascular disease risk assessment?

Carissa Bonner, Katy Bell, Jesse Jansen, Paul Glasziou, Les Irwig, Jenny Doust and Kirsten McCaffery

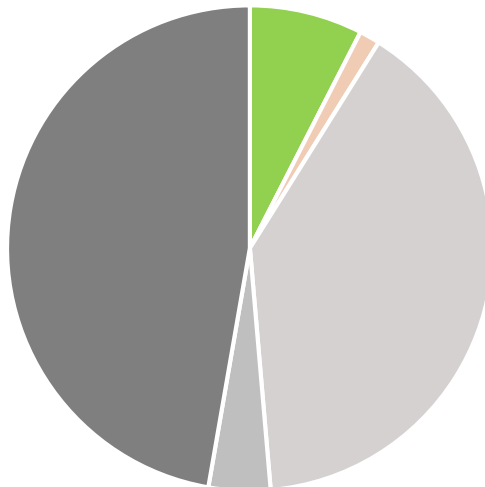
Gains from Better Pricing?

Expenditure	Annual Cost	% savings?	Comments
Pharmaceuticals (PBS)	\$13 Billion	0-10%	Complex
Prostheses	\$2.4 Billion	13%	Underway
Assistive Devices	\$3 Billion	0%	-
Other, eg fees			

Duckett S. Grattan Institute Report, 2017
Prostheses List benefit analysis, MTAA, August 2017
Summers MP, AHR, 2018

Care Delivery models

Quality of reviews, findings of high quality reviews



■ High quality (Cochrane or quality assessed)

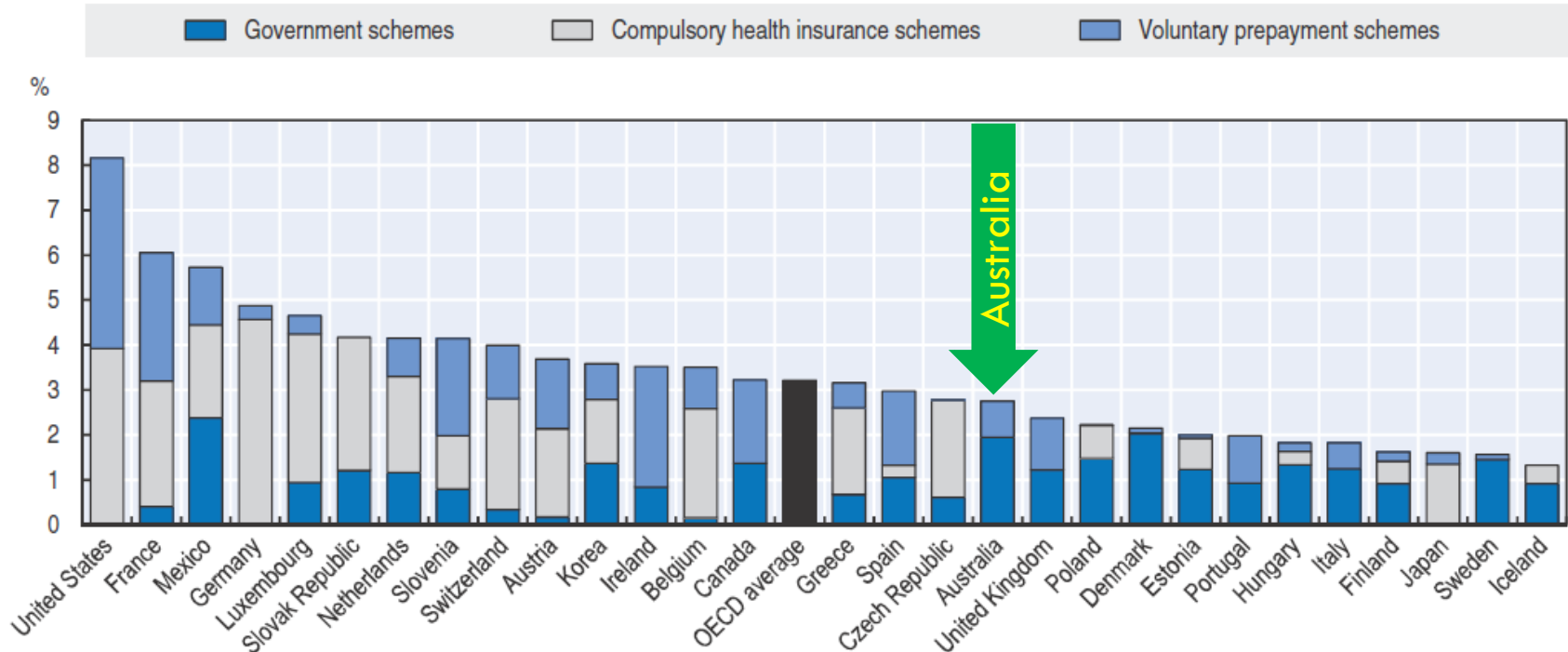
- Equally or more effective, potentially resource saving
- Equally or more effective, with the same or higher costs
- Equally or more effective, with unclear effects on costs
- Inconclusive (empty review)
- Inconclusive (low quality or insufficient evidence)

Examples

- ✓ Day cataracts
- ❖ Group antenatal
- ❖ Heart Failure telecare

Australian Administrative Costs: low

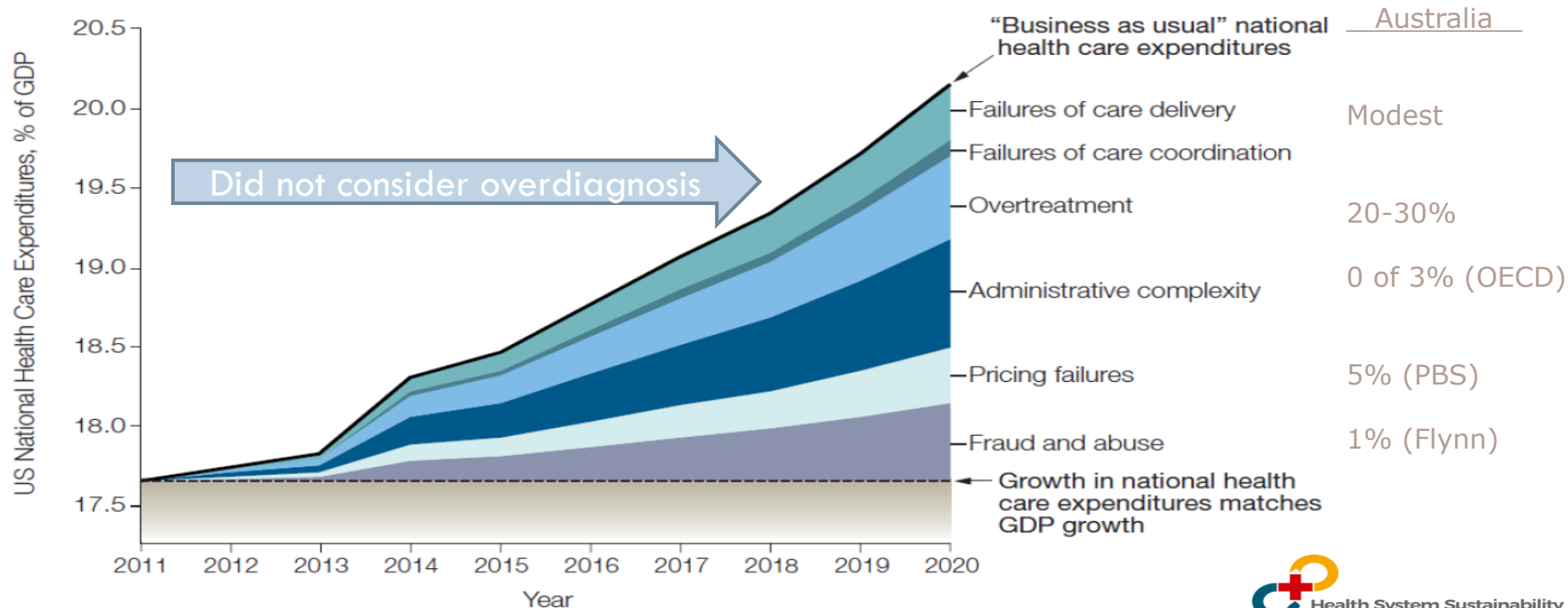
Figure 6.2. Administration as a share of current health expenditure by financing scheme, 2014 (or nearest year)



Note: Compulsory health insurance schemes predominantly refer to social health insurance (SHI) funds but can also refer to compulsory health insurance provided by private insurers. Voluntary prepayment schemes mainly refer to voluntary health insurance schemes. The

Causes and growth in “waste”

Figure 11: Areas of Waste in US Health Care (Berwick and Hackbarth 2012)



THE LANCET

January, 2017

www.thelancet.com

Right Care



“Defining the right care and understanding the forces that work against it constitute a crucial pathway to real affordability. Failing to do so will leave universal access to high-quality, cost-effective, and compassionate care an ever-receding mirage.”