

Review of: "[Commentary] Healthspan Horizon — Pioneering Preventive Care as the New Standard of Healthcare"

Maguelone Vignes¹

¹ European Commission

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The editorial advocates for a significant shift in healthcare systems from a diagnosis and therapy-based model towards a proactive prevention approach. The general current challenges in healthcare are well highlighted, emphasizing the need to adapt to this new paradigm and address the potential difficulties in harnessing technological innovation. The editorial acknowledges the importance of private investments, partnerships with healthcare institutions, and the role of start-ups in the healthcare ecosystem, which are often overlooked in public health approaches. This is why I support its publication. The 5P model and its components are highly relevant in the proposed healthcare system transformation. However, in order to pave the way towards more proactive & preventive health systems and make the most of technological innovations, I would like to emphasize the importance of articulating this model with complementary approaches that will help overcome the implementation challenges. I have three main points to consider:

Firstly, there is a need to add social, organisational, and service innovation to technological innovation. The use of technology for continuous health monitoring should be accompanied by an emphasis on human relationships, ensuring that technological advancements support and enhance professional-patient relationships. This would also help seize opportune moments for preventive action. Technologies will impact healthcare professions, their organisation, and transform the skill-mix (i.e., the combination of various healthcare professionals and support staff with different skills, qualifications, and expertise). Service innovation and the development of healthcare professionals' capacity to listen and build trust with patients is crucial for the adoption of new technologies and for these to effectively serve and adapt to people's needs and capacities. Of course, this is especially true for vulnerable groups, who are more at risk of developing health problems and often have fewer resources to address them (economic and social resources, literacy, and others). In this regard, the "PARTICIPATIVE" pillar of the 5P model should be fully embraced.

Secondly, for social, organisational, and service innovation to happen alongside technological innovation, it is equally important to shift towards more transversal collaborations between stakeholders. The authors point out the importance of private investment and of strategic collaborations with healthcare institutions. They also point out the hospital-centric model of care and the converging factors that necessitate a shift. I would add to these factors the complex intricate health and socio-economic needs, and the increasing prevalence of comorbidities. These should be considered, as they contribute to the need for a transition from a pathology silo-based system to a more integrated, transversal one that considers social and environmental determinants of health. Not only does the hospital-centric model of care pose economic challenges, but also, as it is, it is not fit for addressing the prevalence of non-communicable diseases. This is

why the “ambulatory shift” – enhancing primary care and community-based care - might go along with and support the shift towards more preventive care. Therefore, strategic collaborations with healthcare institutions should make sure to include primary care and community-based care professionals.

Moreover, as it is, public initiatives tend to progress slowly, and the multiple and diverse products provided by private companies often generate confusion, gaps, or overlaps in healthcare delivery. This makes it difficult for citizens to navigate the healthcare system, as well as for professionals to guide them in finding the right services or products. Particular attention should be paid to create interoperable technologies and software that facilitate data collection and sharing without overloading the system or overwhelming citizens and professionals. There again, integrated cross-sectoral approaches would help find coherence and foster collaborations (including between primary care and hospitals).

Thirdly, in line with this reflection, the 5P model and proactive prevention are undoubtedly relevant approaches for the necessary transformation of healthcare systems. However, they should walk side by side with integrated care approaches to ensure more transversal collaborations (see, for instance, the reference below), and with health promotion, which will create supportive environments for health beyond the frontiers of healthcare. I see personalised/precision medicine - focused on the health of individuals - as a part of the health puzzle. Approaches focused on social and environmental determinants are equally important to create living settings that maintain, support, and enhance the health of populations and individuals.

The conclusion effectively teases the upcoming articles, piquing readers' interest in the elements discussed and their prioritization of affordability, accessibility, and equitable distribution of services, as well as fostering interdisciplinary collaboration. I am looking forward to further exploration of these aspects in future articles.

Amelung, Volker, Viktoria Stein, Nicholas Goodwin, Ran Balicer, Ellen Nolte, and Esther Suter, eds. 2017. *Handbook Integrated Care*. Cham: Springer International Publishing. <https://doi.org/10.1007/978-3-319-56103-5>.