The Baltic Sea Region Primary Health Care Network for applied Research and Development

Minutes from meeting at Hotel Europa Royale, Riga. October 9-10 2014

Aims
Report the status of the action plan constituted at the former meeting in Malmo,
Gain insights in PHC of the hosting country,
Discuss on-going activities and coming work,
Presentation on current research.

Agenda (abridged)
Thursday October 9

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<th>Time</th>
<th>Session Title</th>
<th>Presenter(s)</th>
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<td>13.00 – 13.15</td>
<td>Welcome</td>
<td>Aigars Miezitis and Sigvard Mölstad</td>
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<td>13.15 – 13.45</td>
<td>Current state of work</td>
<td>Jens Wilkens, Eva Lena Strandberg and Sigvard Mölstad</td>
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<td>Pillar 1. Description and Financing of PHC.</td>
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<td>Pillar 2. Clinical Excellence in PHC. Discussion.</td>
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<td>13.45 – 15.30</td>
<td>PEI and Patient Centred Health Care</td>
<td>Teresa Pawlikowska Mattias Rööst, Eva Ekvall-Hansson</td>
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<td>16.00 – 18.00</td>
<td>Seminar about Latvian PHC</td>
<td>Aigars Miezitis, L. Aizsilniece, Latvian GP association</td>
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<td>SWOT analysis of present PC system and future vision of PC in Latvia</td>
<td>L. Kozlovska, Rural GP association of Latvia</td>
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<td>Specific aspects of rural primary health care</td>
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Friday October 10

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<th>Time</th>
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<td>10.00 – 11.00</td>
<td>Group work in Pillar 1 and 2, alternatively smaller groups.</td>
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<tr>
<td>10.00 – 12.00</td>
<td>Report out session from group work. Planning of coming meetings; Content and way of working.</td>
<td>Chair; Jens Wilkens</td>
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Notes:

**Aigars Miezitis (AM)**
welcomed and introduced all participants to the meeting and to Riga.
This is the second round of the BSR network with focus on Research and Development.

**Sigvard Mölstad (SM)**
held a presentation round the table with all the participants. See separate list.
Presentation: Clinical excellenceRiga2014

**Jens Wilkens (JW)**
Reminded us of the framework of this network and that this is a project funded by the Swedish Institute S.I. [https://eng.si.se/](https://eng.si.se/)

A presentation of the timeline of the project was made:
Dec 2013: Funding granted
Mar 2013: Meeting in Malmö
Oct 2014: Meeting in Riga
Nov 2016: Project ending

Basically, one could say that money is given for meetings. Meetings and travels are well provided for, not projects.
Eva Lena Strandberg (ELS)
It has been planned for 5 big meetings like this and possibly small project oriented meetings if necessary.

JW
Gave a reminder of the two pillars of the project:
- Description and financing of Primary Health Care (PHC)
- Clinical Excellence in PHC

Eva Lena Strandberg (ELS)
introduced the Patient Enablement Instrument (PEI) which was to be presented by Teresa Pawlikowska.

SM
held a presentation: RIGA2014ResistensSM

Study proposals:
1. Children with respiratory tract infections (RTI). Pediatric study of Pneumococci with decreased sensitivity for Penicillin (PNSP)
2. Women 15-70 years old, with urinary tract infections. (UTI)
3. Attitudes on antibiotic prescribing.
   - Waiting room questionnaire
   - AUDIT on antibiotic prescribing

Ingvar Ovhed (IO)
presented the results from Happy Audit 2 with 8 participating countries and about 25 000 registrations were made in both registrations.
Presentation: Presentation 2014 Riga Ovhed

During the discussion some issues were highlighted; Penicillin V in some countries, were more expensive and/or less available than other kinds of antibiotics and therefore hard, for the doctor, to prescribe.

Teresa Pawlikowska (TP)
presented her work on PEI. Based on 20 years work on Enablement, initially by John GR Howie and others, she has developed the concept of Enablement as a way of describing and measuring the quality of consultations, particularly in PHC. The instrument used, PEI, is a self report, made by the patient, on exiting the consultation.
Presentation: T Paw_PEI for Riga meeting db

The first study aimed to evaluate the PEI in an Polish enviroment. The completion rate was high, for questionnaire based studies, 78 %.
Important factors was: acquaintance with doctor, continuity, consultation length and interruptions, meeting prescribing expectations, etc. The result mirrored to a large extent, those found in UK.

Another study did video recordings of consultations and compared the PEI with RIAS method of verbal and non-verbal interactions. Enablement seemed to help appropriate exchange of information.

**Mattias Rööst (MR)**
presented a swedish study where PEI was used repeatedly. The study showes that the PEI-scores decreased after first registration, then were more stabile. One conclusion that was discussed was if the PEI was more suitable for research purposes than as an intstrument for measuring quality of care.
Presentation: **MRööst PEIRIGA**

**Eva Ekvall Hansson (EEH)**
described another PEI-study performed in Sweden. The participants were patients with osteoarthritis.
Presentation: **Eva E-H PEI Riga**

**AM**
started a presentation of the Latvian PHC system. Latvia has 68 GPs/100 000 inhabitants and the average practice size is around 1500 patients.
Presentation: **Primary Health Care in Latvia**

**Liga Kozlovska (LK)**
made a presentation regarding PHC in a rural enviroment in Latvia. Recertification and continuing education with Denmark as a role model, is discussed.
Presentation: **Specific aspects of rural primary health care**

**Linnea Wickström Östervall (LWO)**
gave a presentation based on the work on her thesis “Essays on antibiotics use: Nudges, preferences and welfare benefits” or, in her words “How to change the default” Using Behavioral economics she studied how reminders could have effect in prescribing antibiotics, showing effect at clinic level but no effect at an individual level. Another study looked at time preferences - Patience or Altruism. More altruism gives less antibiotic use. Higher education (or income) is associated with increased use of antibiotics.
Using traditional economic methods studies has shown that some interventions, targeted at the doctor run risk of being “crowded out” by economic incentives. Questions were raised as to whether this actually studied the interaction between doctor and patient/parent. Could the effect be a result of communication skills?

Summary discussion

Group discussions
(Separate documentation)

Plenary discussion

1 PEI group
TP:
The socio-economic context of consultations would be interesting to study.
New areas, research questions and methods:
* Diabetes type 2:
PEI used as short term outcome, combined with HbA1c as long term outcome
* Patients w arthritis
* Consultations where antibiotic treatment is considered

The difference in PEI in Nurse care vs Doctors care is also an interesting issue.
Hopefully of a number of study proposals will emerge
To validate the PEI instrument where it is not yet validated, i.e. i Lithuania and Latvia is an example.

2 Antibiotic treatment group
SM:
Study proposals
* AB-resistancy among children with Respiratory Tract Infection (RTI) in Sweden and Poland, possibly Lithuania.
Issues: Location of swabs. Logistics around the sampling and cultures.
No money, means no payment for participation
* Urinary tract infections
Poland took part in an EU-study 5 years ago, which could be repeted.
* Patients expectations of antibiotics, consultation-based study. No further progress at the moment

3 Health system and financing group
Suggested studies:
National survey of satisfaction and perception of Primary Health Care
The Swedish “Vårdbarometern” (Care-barometer) and Patientenkäten (Patient questionnaire) could be performed in Baltic countries and become a good “map of differences”. What triggers referrals? is a topic that Arnoldas has done some previous work on and could also be repeated elsewhere.

Evaluation:

Linnea:
Inspiring meeting, more time for group work needed.

TP
Useful, Timeline
Subgroups could meet and prework

ELS
No research projects yet but several research questions.

Ruta
Supporter of 2 half-days

SM
good to meet and report back what happens
More time for small groups Less presentations on second day

ELS
Presentations from all countries are valuable

JW
Multi-disciplinary meetings are good. Week-day choice: Thursday to Friday.
Small group meetings - Go Ahead!

Next meeting in Bialystok in Sept 2015?
Should we have a website for information?

Björn Ekman
This is feasible, could draw a suggestion.

http://tinyurl.com/Rigaoct14
Mail list

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