

Integrated care is better, cheaper and difficult to realise

Integrated care improves health, increases quality of care and lowers costs. These three goals, this Triple Aim in other words, are achieved in many examples from all over the world: from Alaska to New Zealand, from Western Europe to South Africa. However, disseminating all these good examples is easier said than done, as nationwide implementation means the simultaneous realisation of the following six components of integrated care: 1.

Multidisciplinary care pathways and decision trees 2. Patient self-management and shared decision-making by patients and professionals 3. Guaranteeing professional and patient-perceived quality 4. Population-based funding and shared savings 5. An Electronic Health Record and e-health 6. Servant leadership and a strategy for change management.

These are the conclusions Guus Schrijvers draws in his book *Integrated Care: better and cheaper*, which he has presented on Wednesday the 23rd of November 2016 in Wellington during the fourth World Congress on Integrated Care. His conclusions are based on more than 500 studies from the 1960s until mid-2016. In addition, he also draws on his own 45 years of experience with research into integrated care. Examples hail from the Netherlands and other countries with social health insurances, from countries with free-market healthcare and from countries that pay healthcare with tax money.

The book counts 291 pages, twenty chapters and an electronic attachment with hundreds of good, and also less good, examples. The chapters have been organised into six parts: one for each of the abovementioned components.

This book is a must-read for everyone who wants cooperation in healthcare: professionals, patient representatives, leaders, innovators, policy makers, students and their teachers.

Guus Schrijvers is a health economist and emeritus professor at the Julius Center of the UMC Utrecht. He is founder and chair of the International Foundation of Integrated Care. For many years, he was chief editor of the International Journal of Integrated Care. He has published hundreds of articles and numerous books.

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