How can the patient/family microsystem transform health care?

"Doctor’s standing orders for CF self-care at home:

1 open up and get air behind secretions

2 mobilize and collect secretions from the peripheral airways

3 transport secretions towards the central airways

4 evacuate secretions"

new: "... and get to understand your asthma"
At the CF center: "here are some easy to use tools for you to take home"

At home: "let's try something off the net"
Still at home:  
"thanks to the overview we start to see, try to understand new things"

Back at the CF-center:  
"outcome measures that mean something to both of us can improve use of standard procedures"
Back at home: "There must be much more to this"

"So let’s facilitate a network”

• Do personal observations and little experiments
• Use tools to simplify home-based efforts, to ease and enable PEO (individual, group and organizational)
• Work together in groups to support, collaborate and learn how to learn
• Invite the CF center and other resources
• Invite research and quality improvement
Transforming health-care by managing the zone...

Thank you!
Sara Riggare
Anna Essén
Rajiv Mehta
The CF pioneers
Friends at Dartmouth
Friends at Karolinska
Friends at Qulturum
Friends all over

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