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The Situation of Patients and The Medical Health Care in Future

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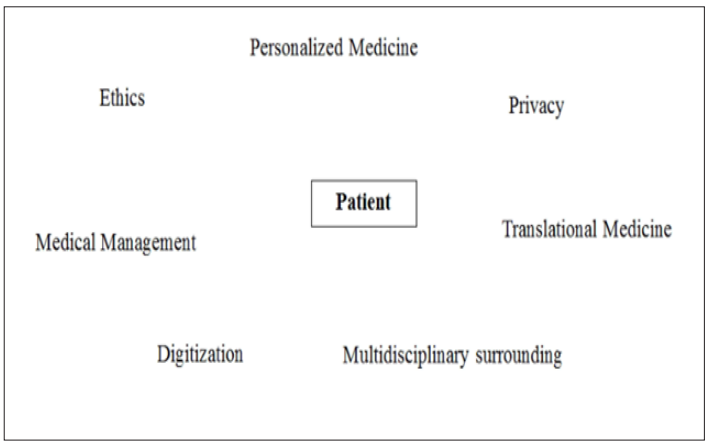
New contributions to the development of health care give a different look to the place of the patient. It appears, that the outcome of medical treatments may depend of the specific medical and physiological condition of the patient and even other kind of conditions outside the patient may contribute to the results of the whole medical treatment. Economical or personal circumstances have their influence on the individual so that the same medical treatment appear with different outcomes. Paying attention to the patient as a unique individual will bring a lot of confidence in the medical relationship. The patient, who has to cope with so much information will be drawn to the right position so that he will follow the medical instructions and will find his way to recovery. In assisting patients of finding extra medical information or when they need to contact with their care supplier, the use of E-health facilities will help. New entities as effectiveness, participation of the patient, ethics, technics, digitization, multidisciplinary approach of research and consultation, deliver a total different look to the way as to how health care has to be secured. New specializations in medical law, medical management, tend to be developed day by day. Effectively working together by transparency in contact and behaviour will bring health care workers and patients closer to each other. New specializations of medicine will bring more effectiveness in using medical procedures. For example Translational Medicine tends to find the best effective way of setting up new treatments, new scientific investigations.

Scientists and clinical specialists may define Personalized Medicine more especially as directed to the needs of the diseased, as described in individual patient cohorts. Translational Research and Medicine as well as Personalized Medicine make use of clinical data, epidemiological data and available bio sample databases for research and clinics. The study of human disease genetics will bring new insights in the way health systems and organs are connected with one another. When enzymes and proteins may be analysed and compared with genetic findings, the origin of irregularities in metabolism, immunologic mechanism, transport, motion, regulation and storage may be better explored. Moreover the introduction of Personalized, Predictive and Preventive Medicine, the Translational Medicine and Precision Medicine, will enhance the implementation of scientific findings. So, when phenotypic and genotypic features of a patient have been established the therapeutic strategy may be adjusted to the individual patient and more information about the risk of complications of the treatment and the natural tendency for a certain illness would be available.

Big datasets, so called Big Data, have been determined, containing the large information of the genomic analysis of individuals. Molecular profiling tests and DNA sequencing are common practice in these laboratories in the determination of chromosomal abnormalities, responsible for many genetic disorders. Professional genetic counselling brings more insight how to deal with the outcome of the DNA tests for individuals and families. Every contribution in this development has to consider the effect to the final result in the health care system. The importance of the condition of the patient remains always the leading motive. Health care will only be complete with the implementation of the patient's contribution. In the design of clinical research projects and clinical guidelines patients have already been given the chance to participate. Sharing patient's opinions about different treatments will help to understand the positive and negative effects of treatments.



Way of living, lifestyle strategies and multifactorial medical management in any family at risk may prevent or delay the onset of complications. To be mentioned are neurologic diseases, diabetes, cancer, anxiety. In these situations a holistic approach of the patient assures a more satisfied condition of the patient and a way to rehabilitation. Viewed in this light any health condition is considered as an individual state of physical, mental, social and spiritual well-being. The main idea of the person-centred medicine is to promote health and, therefore, reduce disease burden with the sick person. Traditional, complementary and alternative medicine may all be of help to achieve this effect.

Integration of bio-informatics into clinical practice asks for the knowledge of how to understand the output of genome analysis and taking decisions from it. In Europe the EU, the European Union, has been developing a big project, called HORIZON EUROPE, which is the name of an enormous subvention program for the years 2021 till 2024. One of the targets of this proposed project is continued training of medical doctors, health care workers, researchers and decision makers in policy, educators and bioinformatics experts. Deans of Medical schools have been informed about the HORIZON EUROPE project. Now and in the future curricula in universities and medical training schools would be adjusted, so that medical studies, and studies in technics and management will bring the right education with the last developments of knowledge included. Renewed attention will be paid to Integrative Medicine, Palliative Medicine and Stratified Medicine. Rare diseases will equally get more attention as being part of Personalized Medicine. Multidimensional interaction of internal and external risk factors, genetic background, ethics, structure and rules, environmental risk factors, lifestyle, culture and many other relationships are all recognised as contributing to the citizens' well-being and have been taken in the decision making of the huge HORIZON EUROPE project, proposed.

The actual patient fiends himself confronted with all kinds of specialized health care workers and specialists, who all will have to be adapted to a continuously changing health care system. Students and health care workers will follow adjusted curricula, so that new knowledge of medicine, science, technics, management can be implemented. Therapeutic strategies may be adjusted to the individual patient and the risk of complications of the treatment. E-health information of patients and communication will be optimized.