## Will We Have Access to Healthcare? Rising Burden of Chronic Disease Hospitalisations: Evidence From Routine Hospital Data

(1) Chair of Health Economics, Policy and Management, School of Medicine, University of St.Gallen, (2) AstraZeneca AG, Medical Affairs

Daria Bukanova-Berend (1), Thomas Campbell-James (2), Justus Vogel (1)



## **BACKGROUND & RESEARCH QUESTION**

## **Background:**

Chronic diseases currently impose a substantial health and financial burden on the Swiss health system. With an ageing population affecting both the demand (patients) and supply (primary care physicians) of healthcare services, this burden is bound to increase. Identifying the factors that can prevent the continuous growth of potentially avoidable hospitalisations is essential.

## **Research question:**



How did the number of potentially avoidable hospitalisations (PAHs) and associated resources develop (beds, expenditures) from 2012 to 2022 and how will they evolve until 2032?

Chronic diseases: Asthma, Chronic obstructive pulmonary disease (COPD), Congestive heart failure (CHF), Hypertension, Type 2 diabetes.

## DATA

OECD: Health Quality and Outcomes indicators (2022-2023)

Federal Statistical Office (FSO): Routine Hospital Data

- •Gender & Age group (5-year ranges),
- Area of residence,
- Length of stay in days,
- Principal and secondary diagnoses,
- Treatments (up to 99),
- Swiss DRG code

FSO: population 2012-2022

Reference tariffs for 26 cantons

- Scenario analyses:
- **FSO:** population projection 2023-2032
- Swiss Medical Association: Primary care physicians (PCP) 2012-2022
- 1. Identify and calculate PAHs per chronic disease on a national level
- 2. Convert inpatient days into hospital **bed numbers**
- 3. Multiply the effective DRG cost weight (CW) by cantonal hospital reference tariff to calculate **expenditures**

**METHODS** 

- 4. Project **PAHs\*** based on:
  - a. demographic change  $\rightarrow$  Derive factor for each forecasting year from FSO population dataset considering age group, gender and canton; Extrapolate each case with the factors for each forecasting year
- b. PCP supply (combined with 1) → Method: Random forest ML model; Prediction: PAHs rate per 100K inhabitants per canton; Features: PCP full-time equivalents (FTEs) per 100K inhabitants per age group per canton, 26 canton dummies
- c. GDMT implementation (CHF and COPD cases, combined with 1&2) → Literature search and economic modelling

#### \* 2019 as a base year

## RESULTS

## Descriptive statistics

## Base year 2019

	Asthma	COPD	CHF	Hypertension	Type 2 Diabetes
Total PAHs	1 608 (100)	10 664 (100)	17 948 (100)	3 654 (100)	6 332 (100)
Female, N (%)	1 121 (69.7)	5 187 (48.6)	9 093 (50.7)	2 601 (71.2)	2 240 (35.4)
Swiss, N (%)	1 498 (93.2)	10 465 (98.1)	17 638 (98.3)	3 549 (97.1)	6 197 (97.9)
Age Group, N (%)					
20-49	508 (31.6)	310 (2.9)	180 (1.0)	245 (6.7)	981 (15.5)
50-59	286 (17.8)	1 262 (11.8)	415 (2.3)	382 (10.5)	1 017 (16.1)
60-69	223 (13.9)	2 667 (25.0)	1 359 (7.8)	539 (14.8)	1 316 (20.8)
70-79	270 (16.8)	3 925 (36.8)	4 289 (23.9)	956 (26.2)	1 590 (25.1)
80-89	261 (16.2)	2 175 (20.4)	8 349 (46.5)	1 215 (33.3)	1 189 (18.8)
90+	60 (3.7)	325 (3.0)	3 356 (18.7)	317 (8.7)	239 (3.8)
Comorbidities					
Mean (SD)	4.53 (4.12)	7.74 (4.67)	11.38 (4.12)	4.28 (3.57)	8.59 (6.00)
Median (IQR)	3 (2 - 6)	7 (4 - 10)	11 (8 - 14)	4 (2 - 6)	8 (4 - 12)

#### Demographic change of the demand (base scenario)

#### Scenario analyses

#### PAHs development due to PCP supply change



## PAHs development due to demographic change



COPD, CHF, Hypertension and Type 2 diabetes prevailed in 60+ age group in 2019. Patients with PAHs due to CHF had ~11 comorbidities on average

# PCP and corresponding full-time equivalents (FTE) per 100k inhabitants



Number of PCP per 100K inhabitants has been and will stagnate, FTEs per 100K inhabitants will decrease



CHF and COPD accounted for ~71% of PAH volume in 2019, increase is observed for all diseases 2012-2019/22 and until 2032

#### Healthcare expenditures



Main drivers for healthcare expenditures are CHF and COPD, also Type 2 Diabetes has a considerable share

The decrease in PCP FTEs per 100k inhabitants might increase PAHs by ~6.4% compared to demographic change scenario

#### PAHs development due to GDMT implementation



## DISCUSSION



The number of PAHs increased significantly in the past (34%) and is project to rise by 45% by 2032, underscoring the rising burden of chronic diseases. When considering changes in the PCP supply structure, the situation becomes even more critical (rise by 58% by 2032)

Improving adherence to clinical guidelines among both primary care physicians (PCPs) and patients holds significant potential to reduce the number of PAHs and the associated healthcare expenditures





Encouraging medical students to specialize in general practice through financial incentives and mentorship programs might increase the supply of PCPs. Additionally, integrating telemedicine and digital health solutions may further decrease PAHs

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## CONTACT

#### Daria Bukanova-Berend, University of St.Gallen

- School of Medicine, Chair of Health Economics, Policy and Management, St. Jakob-Strasse 21, St. Gallen
- <u>daria.bukanova-berend@unisg.ch</u>

Disclosures: This project was financially supported by the AstraZeneca AG. Thomas Campbell-James is employed by the AstraZeneca AG. Justus Vogel has done a scientific workshop on clinical practice guideline adherence funded by the AstraZeneca AG.