

#03

In the third and final debate in this series of sessions on the future of the urban environment, Monocle invites four experts to respond to a particular urban challenge: what does the future of urban healthcare look like?

THE CHALLENGE

What is the future of urban health centres and how will healthcare move beyond treatment to a more proactive and preventative approach to wellness?

The Singapore Sessions are a series of discussions bringing experts from diverse fields to the table, exploring the many and varied solutions that are possible when approaching various global challenges. In partnership with Monocle, each Singapore Session draws on the experience and expertise of leading urban thinkers, architects, consultants and developers – scoping out the future of the global city. This third and final session will rethink the urban health centre, moving beyond medical treatments by developing a preventative and proactive health hub that works across all aspects of our urban lifestyles in the long haul. Rather than being purely medically focused, the debate encompasses diet, exercise and various other therapies and wellness solutions. Monocle has always supported passionate discussion on the urban environment, introducing a new international ranking system through our annual Quality of Life survey. The Singapore Sessions give us another platform to bring together the ideas that are shaping our cities.



THE RESPONSE

Each of the following sessionist's responses offer a glimpse into our experts' visions of how city dwellers will stay healthy in the future.



FRIENDLY HEALTHCARE IMPROVED SERVICE KLAVS HYTTEL, DENMARK

Local urban health centres will get larger and more multi-disciplinary. Increased challenges in recruiting the best personnel will make bigger clusters and professional communities more attractive, and this will change the landscape of medical services. There will be fewer small clinics – the “village doctor” will be a dying breed and integrated medical communities will be on the rise.

Eventually, large hospitals will move outside the dense urban areas, becoming a place where you will go to get the best possible treatment.

Urban health centres will be on hand to treat complex

cases. Open surgery will be almost non-existent within five years and you will be able to walk home after most interventions. Added to this, the rise of “pervasive medicine” will mean that fewer patients actually need to show in person, as medication and monitoring can be handled online. As the number of chronic patients is rising, this will have a huge influence on the daily routines of the health centre. This will mean that prevention will become a focus for urban health.

Finally, there is a strong drive to move away from the typical institutional look of health centres. People will realise that natural materials can perform just as well as “faux” sterile surfaces and your health centre will become like your home or hotel room.



DESIGN MAKEOVER INVITING SPACES

Your health centre will not look like it used to. The typical institutional look will be replaced by bright and friendly spaces full of art to provide a deliberate counterpoint to the functional aesthetics of the clinic.



THE FUTURE HEALTH CLUB A TAILOR-MADE EXPERIENCE NERIO ALESSANDRI, ITALY

People are more and more aware that being healthy is not only about doing a session at the gym, but it's about choosing to follow a lifestyle.

That's why the future health centre will be a lot more than a gym. It will be a lifestyle hub supporting, educating and guiding people towards a healthy lifestyle at home, at work and in their free time. The future gym will become a real consulting centre providing tailor-made training programmes but also education, networking services, remote services, etc.

I expect future health clubs to be connected to people's doctors and to provide specific treatments, since for many illnesses such as cardiovascular diseases or diabetes it has been proven that exercise is a real medicine. People will call their health club to get advice on cooking or where to go on holiday. This will have a strong impact on the club design and layout, on the skills required of staff, on the networking systems and technologies.

Sustainability will be another key issue: at Technogym we are developing a system to turn the energy produced by people's movement on the equipment into 100 per cent clean electricity.



PERSONAL FITNESS ASSESSING NEEDS

Health clubs will be targeting specific population groups by designing special areas to provide the right atmosphere, design and training programmes for different people with different aspirations.



BODY AND MIND A TURN TOWARDS HOLISTIC HEALTH ANDREAS WIESER, AUSTRIA

The urban health centre of the future will be more of a holistic partner for people, helping them to achieve very wide-ranging goals in the regeneration and fulfilment of their everyday lives, rather than a place for treatment.

We currently have a very body-centred understanding of health, with a focus on sport and physical fitness, but this is changing rapidly to a fuller understanding that brings psychology into play. New fields like psychosomatics and psychoneuroimmunology will boom and healthcare will focus on the person in their entirety. Energy medicine and information medicine, or even

spiritual medicine, will be the fields of the future.

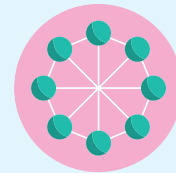
Urban healthcare will rely on an interdisciplinary team of networked experts who have to work with linked diagnosis, detoxification and empowerment of their clients. Modern academic medicine and complementary medicine will work intermingled in diagnosis and therapy.

Ageing populations will no longer tolerate such a dramatic decrease in their standards of living with age, and intelligent life-coaching and other health services (exercise, mobility and diet) will give enhanced mobility and well-being for a longer time. There will be a lot more focus on life balance (not only on a physical level but also an emotional one) and this will be done through health centres as well as remotely via internet-based advisers.



A LIFESTYLE CHOICE KEEPING BUSY PEOPLE TRIM

Health will be seen as an almost philosophical expression of the urban dream. With more time pressures people will look to qualified partners to advise on all aspects of a healthy life.



INTEGRATED CARE HOME DELIVERY YONG YING-I, SINGAPORE

With busier lifestyles and space at a premium, healthcare and wellness promotion must be brought to urban residents. We can avoid many diseases and address chronic conditions early by managing our diets, exercising consistently and undergoing regular health checks. Web portals will provide health information and enable people to find convenient medical services and wellness activities provided in the community.

Healthcare services will be decentralised, with healthcare providers facilitating patients' care transitions through electronic medical records. Trained professionals will visit patients in their homes. They will video-consult with other care team members and the patients themselves, through mobile phones, tablet computers and internet-connected televisions. This will improve the management of patients with chronic diseases, especially the elderly, without them having to visit their doctors frequently.

With more healthcare providers, integration between health promotion and provision is crucial. The strategy is to develop preventive care programmes, invest in infrastructure and a national electronic health record system, and introduce business models for sustainable healthcare services. This will create a healthcare system that is seamless, accessible and affordable for all.



NEIGHBOURHOOD DOCTORS SATELLITE FACILITIES

Instead of healthcare being centred on hospitals, routine procedures such as day surgeries and diagnostic services will be offered in satellite facilities near where people live.

WHAT DO YOU THINK?

To comment on the solutions you see here, visit SingaporeSessions.com/Healthcare

THE SESSIONISTS

Four figures – an architect, a health centre director, a health equipment producer and a health policy maker – whose vision and expertise are informing and changing the way we look at urban health centres today.



01 KLAVS HYTTEL ARCHITECT

Klavs Hyttel is a partner at CF Møller, with a special expertise in medical facility design

CF Møller Architects is one of Scandinavia's oldest and largest architectural practices, with roots dating back to 1924.

More than 80 years later, the firm has expanded to include seven offices, clocking up an impressive range of projects not least in the field of healthcare, where it has executed some of the world's most visionary medical facility designs.

Klavs Hyttel is a partner at CF Møller. His projects in the health sector include the New University Hospital in Aarhus, Denmark, the Dronning Ingrid's Hospital in Greenland and the infectious diseases unit in University Hospital, Malmö, Sweden. The New University Hospital in Aarhus showcases CF Møller's approach to healthcare design, combining an uncompromising commitment to aesthetics with a deep understanding of functionality. Introducing natural light, colour and cutting-edge design into the hospital ward, the patients are given views of the surrounding landscape.

Winner of the Copenhagen Masons' Guild's Architecture Prize and Nykredit's Architecture Prize, Hyttel has also been a Member of the Federation of Danish Architects' competition committee, external examiner for the Fellows of the Royal Academy and external professor at the Aarhus School of Architecture.



02 NERIO ALESSANDRI HEALTH EQUIPMENT PRODUCER

Nerio Alessandri is president and founder of Technogym, a leading producer of fitness and wellness equipment

Nerio Alessandri developed his first piece of fitness equipment in his garage in 1983 at the age of 22. Now the head of Technogym, headquartered in Cesena, Italy, Alessandri is seen as one of the leading figures in fitness and wellness internationally. The company has more than 1,600 employees in 13 branches in Europe, the US, South America, Asia, Australia and Middle East, and it has equipped over 55,000 facilities worldwide.

Alessandri seeks to promote a more holistic wellness through a combination of regular physical activity, a healthy diet and a positive mental approach. He is Italy's youngest "Cavaliere del Lavoro" (Italian industry knighthood) and in 2003 Ernst & Young awarded him Italian Entrepreneur of the Year. Last January he was invited by Davos at the World Economic Forum to talk about wellness as a social opportunity for world governments and businesses. He is also an influential figure in world sport, supplying European and international sports teams such as Inter Milan, Juventus, Chelsea, Ferrari and McLaren Formula One drivers. Technogym was also the official supplier for the last four Olympic Games.



03 ANDREAS WIESER HEALTH CENTRE DIRECTOR

Andreas Wieser is managing director and partner at the Health Centre Lanserhof, Austria

A graduate of the prestigious École hôtelière de Lausanne, Andreas Wieser has gone on to work at some of Europe's premier hospitality and healthcare centres. He has been managing director and partner at the Health Centre Lanserhof since the 1980s, and has been responsible for developing some of the leading health concepts and treatments in the world, winning numerous prizes.

Wieser was the founder and developer of the Lans Med Concept, a health concept that combines state-of-the-art medicine with traditional approaches to healing. This holistic approach draws on modern medical detox treatments, mental-emotional medical support and a beauty and anti-ageing programme that goes far beyond cosmetic treatments. As such, Wieser is spearheading a new form of healthcare that is less reliant on treatment and more about supporting people so they can remain healthy for longer.

He has held numerous positions on boards and councils promoting health in Europe, has set up endowments and foundations to further research into wellness and has written and lectured on how people can achieve a more balanced and fulfilling lifestyle through adapting their everyday behaviour.



04 YONG YING-I HEALTH POLICY MAKER

Yong Ying-I is the permanent secretary of the Ministry of Health for Singapore

Yong Ying-I leads the development of Singapore's health services and is at the forefront of providing the high-quality healthcare that makes Singapore an international medical hub. The ministry is responsible for keeping Singaporeans healthy, with holistic efforts that include promotion of healthy living and ageing, prevention of disease, management of public health outbreaks, regulation of professional standards, effective healthcare financing and delivery of integrated healthcare.

Yong is also chairman of MOH Holdings, which holds the assets of the public sector healthcare institutions in Singapore, giving her an overview of the public and private sectors. Other appointments held by Yong in the Singapore public sector include chairman of the Infocomm Development Authority of Singapore (IDA), where she had previously been chief executive. IDA is the nation's IT development agency and telecommunications industry regulator.

During her civil service career, Yong has served in the Ministries of Finance, Trade & Industry, Home Affairs, Communications & IT, Manpower, and was principal private secretary to then-Deputy Prime Minister Lee Hsien Loong.