High-value cost-conscious care carriers for medical residents in the Dutch health care system: a realist evaluation

**Background**

Dutch healthcare system among the top ranked of the world

Quality of health care has been increasing
Health care costs rising unsustainably
High-value cost-conscious care initiatives to preserve quality, but reduce costs
Focus on medical residents ‘as the twig is bent the tree is inclined’
Identifying high-value cost-conscious care carriers by evaluating HVCCC-initiatives

**Methods**

Medical Residents (n = 13)
Educators (n = 2)
Qualitative Research
Semi-structured Interviews
Realist Evaluations

**Theoretical Framework**

**Context**

There is a motivated educator stimulating high-value cost-conscious care.

**Mechanism**

The educator motivates and inspires medical residents to provide high-value cost-conscious care. The educator connects medical residents to projects. By doing this they develop awareness and experience the importance of delivering HVCCC and setting up projects.

**Outcome**

Medical residents get involved with high-value cost-conscious care and set up projects within their department.

**Pillars for stimulating high-value cost-conscious care**

- Stimulating environment for high-value cost-conscious care
- Stimulating culture for high-value cost-conscious care
- Providing insight in healthcare costs

**Discussion & Conclusion**

Taking these pillars into account does not mean there is a guarantee for success regarding the provision of high-value cost-conscious care, but these are the minimal requirements

- Strengths of this study are realist evaluations to figure out what works, for whom, in what circumstances and why & many different stakeholders from different specialisations
- Several important systematic barriers in Dutch healthcare system
- Future recommendations

Author: Floris Horst
Commissioner: Athena Instituut, Vrije Universiteit
VU supervisors: Tjerk Jan Schuitmaker
Daily supervisor: Gianni van den Braak & Marjolein Moleman
Date: June 22nd, 2018