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

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

- 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.

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