Health, Functioning and Well-being

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SPECIAL COMMUNICATION

Health, Functioning, and Well-being: Individual and Societal

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Abstract

As a society we invest an enormous amount of resources in health because we are convinced that health is linked in some way to a person’s well-being, and that population health is linked to overall societal welfare. But the nature of this link, and the evidence for it, are more controversial. After exploring current attempts to operationalize well-being in a manner amenable to measurement, in this article we offer a way for securing the link between the provision of health care and individual well-being, and societal welfare by highlighting what matters to people about their health. We argue that it is the lived experience of health and its effect on daily life that matters. This experience is captured by the notion of functioning in the World Health Organization’s International Classification of Functioning, Disability and Health. Moreover, viewed as an indicator of health on par with mortality and morbidity, functioning provides the essential bridge that links the provision of health care both to individual well-being and, at the population level, societal welfare.

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But the nature of this link, and the evidence for it, are more controversial.
In this presentation we propose a way for securing the link between the provision of health care and individual well-being and societal welfare by highlighting what matters to people about their health.
We argue that it is the lived experience of health and its effect on daily life that matters. This experience is captured by the notion of functioning in the World Health Organization’s International Classification of Functioning, Disability and Health (ICF).
Viewed as an indicator of health on par with mortality and morbidity, functioning provides the essential bridge that links the provision of health care both to individual well-being and, at the population level, societal welfare.
Well-being

• Little agreement about the precise composition of individual well-being

• **Health** is a component or determinant

Well-being

Norman Daniels

Health is an essential component of individual wellbeing because it is instrumental for any goal or value the individual wishes to pursue in life. Meeting health needs fairly translates into peoples ability to exercise the full range of opportunities.

Just health by Norman Daniels
Well-being

Amartya Sen and Martha Nussbaum

Health is part of the set of capabilities essential for an objectively good life. A capability is an objective opportunity that embodies all necessary preconditions for its achievement.

**Development as freedom** by Amartya Sen

**Creating capabilities** by Martha Nussbaum.
We need a health indicator that can capture the contribution of **health** to well-being and the **health care system** to societal welfare.
“….. does not necessarily require us to get involved in the potentially futile task of **defining** the concept of health: rather it is only necessary to **operationalize** health.”

We need an operationalization, not a definition of health
Stucki G, Rubinelli S, Bickenbach J. Disabil Rehabil. 2020;42(3):442-444..
Towards a Common Understanding of the Health Sciences.
“what is my life if I am no longer useful to others”

Goethe

What matters?

Intrinsic health
CAPACITY

Body structures & functions

PERFORMANCE in interaction with the environment

Activities & Participation
Linking health and well-being
The experience of wheelchair users

PERFORMANCE in the interaction person - environment

Resources and CAPACITY of the person

Facilitating Environment
ICF Case Studies
Translating Interventions into Real-life Gains – a Rehab-Cycle Approach

Introduction  Case Studies  About the project

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Case 1 | Goal-Setting
Case 2 | Independence
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Case 6 | Recovery After Traumatic SCI
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Case 12 | SCI and Environmental Accessibility
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Case 14 | Bowel And Bladder Management
Case 15 | Psychological Issues And SCI
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Case 19 | SCI And Chronic Pain Management
Case 20 | Rights For Persons With Disability

ICF Case Studies
Translating Interventions into Real-life Gains – a Rehab-Cycle Approach

Return-to-Work
Case Study 07

www.icf-casestudies.org
Linking health and well-being

Healthy ageing

World Report on Ageing and Health.
Functioning
a universal experience

Disease
Injury
Ageing

Disability

Functioning

Optimal Functioning
“The ICF is the best model for operationalizing the complete domain of the lived experience of health by an individual, and by extension a population, understood in terms of the outcome of an interaction between biological health status and the environment, and personal resources.”

Personal communication Jerome Bickenbach

Functioning— the third health indicator in the health system and the key indicator for rehabilitation.

# Rethinking the Health Strategies in light of the ICF

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Health Goal</th>
<th>Indicator</th>
<th>Classification</th>
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<tbody>
<tr>
<td>Preventive</td>
<td>Disease prevention</td>
<td>Morbidity</td>
<td>ICD</td>
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<tr>
<td>Promotive</td>
<td>Biological health</td>
<td>ICF Capacity</td>
<td>ICF</td>
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<td>Curative</td>
<td>Disease control</td>
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<td>ICF Capacity</td>
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<td>Rehabilitative</td>
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<td>ICF Capacity &amp; Performance</td>
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<td>Palliative</td>
<td>Quality of Life</td>
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Applications of the ICF at all levels of the health system

• Macro Level
  – Rehabilitation Policy and Programming

• Meso Level
  – Clinical Quality Management for Rehabilitation

• Micro Level
  – Individual Rehabilitation Project

Functioning information in the learning health system.
To scale up rehabilitation in health systems worldwide we need to integrate functioning information in health information systems

Enhancing continuous Quality Improvement and Supported Clinical Decision-making by standardized reporting of functioning

NRP74 StARS Project
Standardised Assessment & Reporting System for Functioning Information in Swiss Rehabilitation

Part A: Quality Improvement

Part B: Clinical Decision Support

www.nfp74.ch/en
ICF StARS
Standardized Assessment and Reporting System

- Toward standardized reporting for a cohort study on functioning: The Swiss Spinal Injury Cohort Study.
- Standardized reporting of functioning information on ICF - based common metrics.
ICF-based Functioning Assessment and Reporting Systems are now sufficiently developed to advocate for the integration of the ICF in national health information systems

Olle Höök Lectureship 2015:
Call for contribution

• Implementation of ICF in health information systems

• Implementation of ICF as reference system for the assessment and reporting of health outcomes of health technologies

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