



Doctors' Caravan Association

Asociatia Caravana cu Medici

IMPROVING HEALTHCARE ACCESS IN RURAL AND REMOTE AREAS

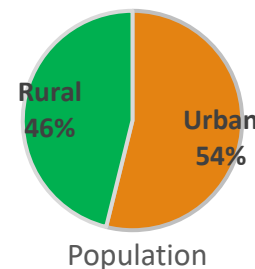


Concept

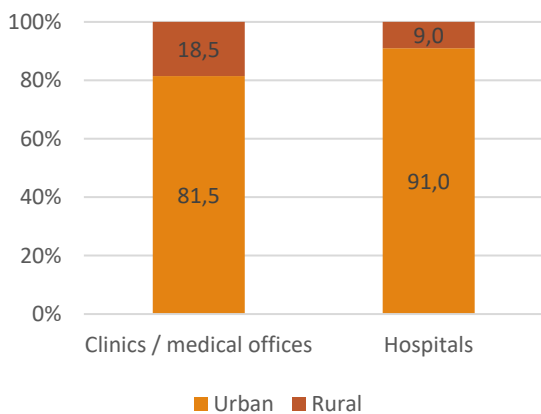
- ❖ The Doctors' Caravan Association (Caravana cu Medici - CCM) is a non-governmental organization composed of doctors and medical students who travel voluntarily to rural areas of Romania and provide free medical services.
- ❖ CCM was founded in 2014 as an initiative to improve healthcare access in rural and remote areas.
- ❖ We provide basic and advanced medical care, perform screening and diagnostic tests, raise awareness and educate the rural population on the importance of prevention and healthy lifestyle.

Why?

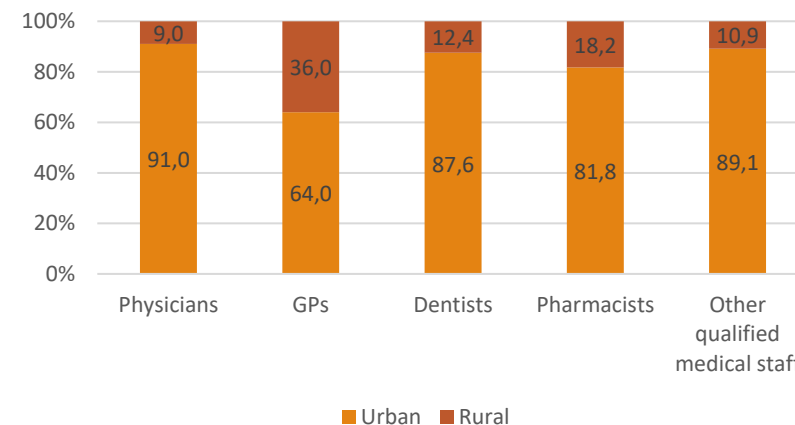
The poor access of the rural population to health services is a major problem of the Romanian medical system



46 % of the 19 mil inhabitants of Romania are located in the rural setting



Most of the healthcare infrastructure and medical personnel are located in urban areas.



The needs of the population in rural areas are more serious and greater compared to the urban area where specialized medical services are currently concentrated

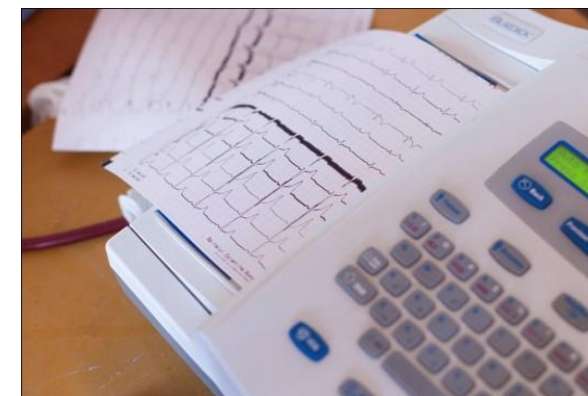
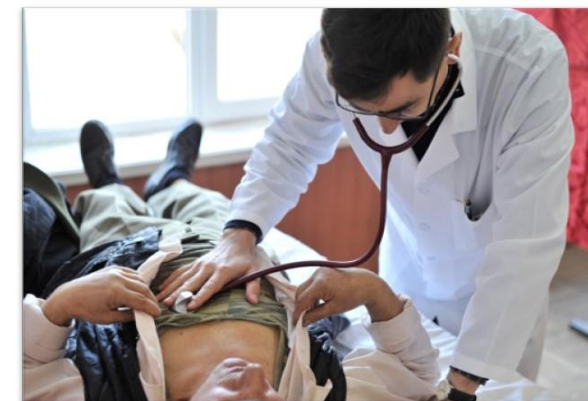
How does it work



❖ A multi-disciplinary team of doctors, with the help of medical residents and medical students travel to rural and remote areas and offer medical services.

❖ We perform basic and advanced screening and diagnostic tests: clinical examination, blood tests, blood pressure, EKG, abdominal and cardiac ultrasound.

❖ Depending on the result of the investigations, the patients receive medical advice, treatment or recommendations for further investigations.



How does it work



❖ We usually perform the caravans during the weekend

❖ We use mobile health units or we can transform a local space - GP clinic if there is any, school, town hall - into a one day hospital circuit



❖ We can evaluate ~ 100 patient/day



Types of caravans

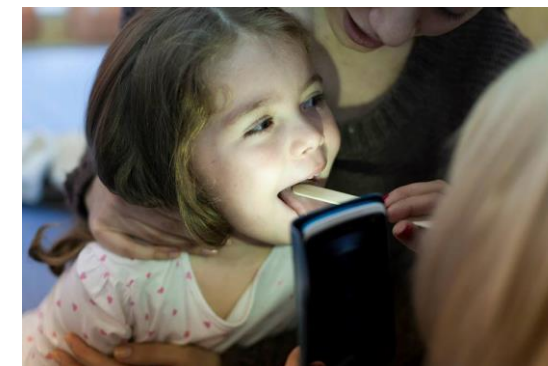
The caravans can be focused on the most common pathologies (e.g. cardiovascular pathology, pressing issues concerning female health - such as cervical cancer, and viral hepatitis cases identification, pediatric screening etc)

Currently we organize 3 types of caravans depending on the population needs and the resources that can be mobilized:

➤ General screening caravans for adults



➤ Pediatric caravans



➤ Women's health caravans

(PAP smear, breast ultrasound, transvaginal ultrasound, gynecologic consultation)



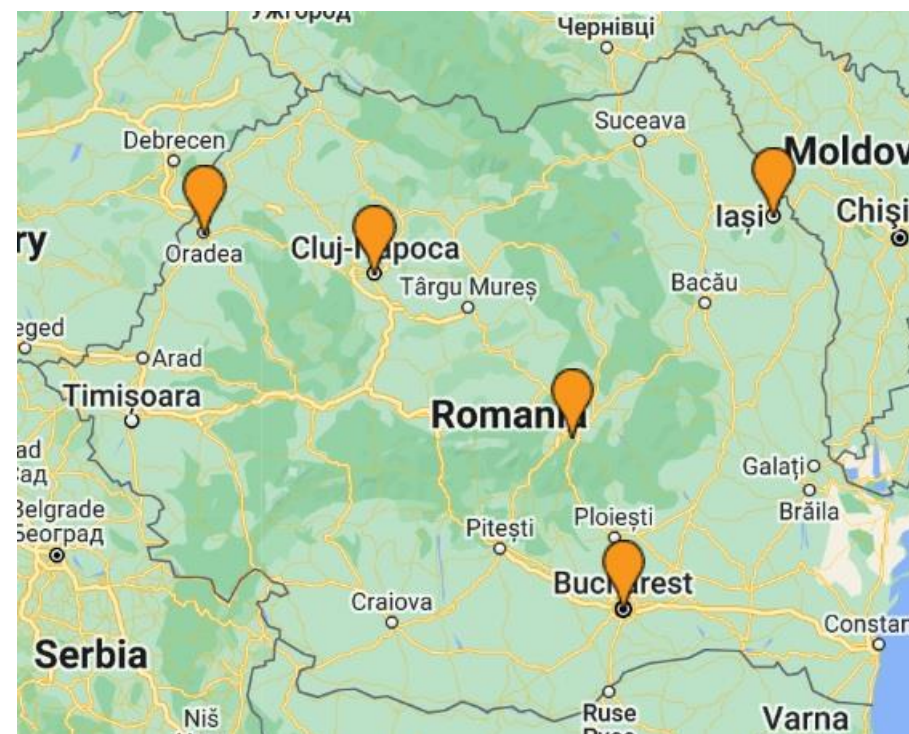


Overall activities

1. Evaluate of the health status of the population.
2. Assess and manage risks for most prevalent diseases.
3. Perform advanced medical screening and diagnostic test.
4. Define individual treatment plans.
5. Consider appropriate further investigations by enabling care plans between the family doctor and the specialist doctor at the level of the nearest town/ county /city.
6. Give basic health information and promote prevention medicine.
7. Monitor treatment adherence and health status by long-term follow-up.
8. Statistical analysis and report of findings in the examined population.

Results

- ❖ Between 2014-2023 we have organized **~200 caravans** and have offered free medical services to over **30.000 beneficiaries** (adults and children)
- ❖ We have gathered **hundreds of volunteers** - doctors, medical students (and also non medical personnel)
- ❖ We have established 5 city branches (Bucharest, Iasi, Cluj, Brasov, Oradea) in our attempt to reach **national coverage** and improve access to health services in all of rural Romania



Telemedicine & eHealth

We use an EMR and telemedicine platform that has helped us completely digitalize the medical process and facilitates access to medical services and follow-up for patients.

Medical platform key points:

- ✓ personalized medical examination file adequate for each medical specialty
- ✓ automatic upload of blood tests
- ✓ medical history and upload of other relevant medical files
- ✓ facilitates medical consultations through telemedicine
- ✓ can be used for follow-up of patients
- ✓ medical education platform





Costs

- ❖ All the medical services provided by CCM are free
- ❖ All the doctors that participate in the program are volunteers
- ❖ The program is sponsored by different private funders or through CSR programs.
- ❖ We are currently working on a model to integrate the services provided with the National Health Insurance House so that all the rural residents can have improved access to healthcare.



Mobile Healthcare Act

- ❖ Based on our activity and our results, the CCM team started working in 2019 on a legislation proposal
- ❖ Result => in march 2022 the Mobile Healthcare Act was passed through Parliament and became an official law.
- ❖ It is an entire new chapter in the general law that defines the health services in Romania (Legea 95/2006) and consists of 20 articles that describe the activity of providing healthcare through mobile health services and medical caravans.



Mobile healthcare - a new paradigm of providing medical services

- ❖ Many health services are inaccessible to a large proportion of the rural population. This new concept, where the medical system comes to the patient and not the other way around improves patients' access to health services in areas that lack medical infrastructure.
- ❖ CCM offers services for prevention and prophylaxis, screening of the most prevalent medical conditions, but also a regular general or specialized medical control, these services being complementary to GP / family medicine.
- ❖ The mobile healthcare model we are using can be a solution for people living in rural and remote areas because is a more efficient way to provide primary prevention and healthcare services and improves access to medical services.

