Journal of Ecohumanism
2024
Volume: 3, No: 8, pp. 4239 – 4247
ISSN: 2752-6798 (Print) | ISSN 2752-6801 (Online)
https://ecohumanism.co.uk/joe/ecohumanism
DOI: https://doi.org/10.62754/joe.v3i8.5079

Comprehensive Review of Transformative Trends in Global Healthcare Practices

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Abstract

This literature review throws the limelight on changing dynamics in global healthcare and related advancements and issues that are revolutionizing healthcare systems across the globe. Such trends include digital health technologies, patient engagement and centred models of care, telehealth or telemedicine increasing access, and health promotion and disease prevention. They identify how these changes affect all facets of the health systems, the healthcare fraternities, and care users and underscore dynamism as a critical consideration for good policy and strategies. Thus, the results provide evidence of the necessity of adapting healthcare systems to these trends and making the necessary changes to improve the availability of health services.

Keywords: *Global Healthcare, Digital Health, Patient-Centered Care, Telemedicine, Preventive Care, Healthcare Innovations, Healthcare Policy, Health Systems.*

Introduction

Modern healthcare has been evolving because of several technological, societal and economic factors that are currently unmeasurable. These changes are redesigning the healthcare system in terms of its structure, boundaries, roles and relationships between the providers, healthcare consumers and patients. Some of this trend were hastened by the COVID-19 pandemic, especially in the acceptance of telemedicine and the eHealth platform. However, these innovations are not without difficulties, such as regulatory barriers, workforce deficit and variability in access to health care (Al-Nawafah et al., 2022; Alolayyan et al., 2018).

In this peer review, the author plans to define some of the most important trends in the change of the global healthcare landscape to analyze the potential impacts on the healthcare organization and the further evolution of the treatment process for patients. All the trends outlined in this paper represent global tendencies that can potentially transform the further development of healthcare delivery in the near future. The review also emphasizes the importance of transforming health systems to accommodate the changes and create sustainable, patient-oriented, and accessible health care suitable for all populations.

Literature Review

The following trends portray major milestones in global healthcare delivery; these trends somehow impact the future of healthcare delivery. These include technology trends, shifts in patient centricity, a prevention-

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centric approach, and wellness disparity trends. Combined, they are defining the new form of healthcare systems across the globe.

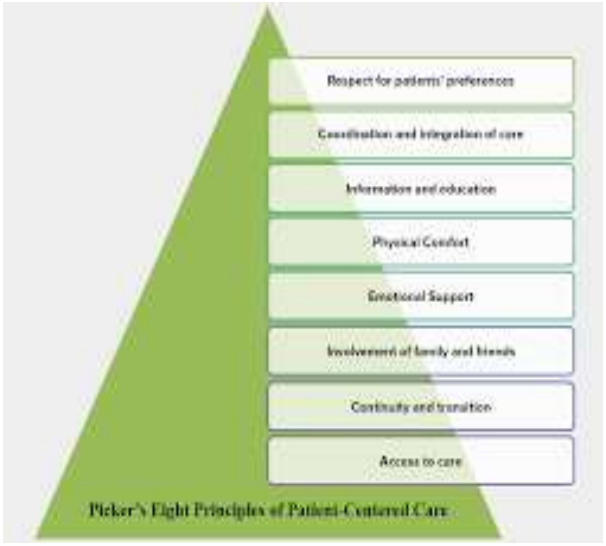
1. Digital Health Technologies

by now, informatics technologies have greatly transformed the delivery and management of healthcare services. This broad category includes telemedicine, m-health applications, and EHR systems, which have quickly emerged in recent years. In their literature review 2021, Smith et al. assert that digital health technologies are an opportunity to improve patient outcomes, pressure on healthcare services and diversity of practice through enhanced communication and the ability to provide care from the comfort of the client's home. One of the brightest examples of digital health effects is an experience many countries have faced during COVID-19, when telemedicine has become one of the main avenues of healthcare. This enabled patients to get consent from health practitioners through voice or even video conversation, thus minimizing contact with the virus and, at the same time, ensuring that patients in remote areas get easy access to health services (Alzyoud et al., 2024; Mohammad et al., 2022; Rahamneh et al., 2023).

This inclusion of telemedicine in the normal provision of care has led to such services as consultations, monitoring of chronic ailments, and follow-up examinations, whose delivery is more readily possible in rural areas and to patients with restricted mobility. Technological advances have seen mobile health apps for everything from tracking fitness to managing chronic diseases to enabling patients to manage their health in real time; EHSs have promoted timely care coordination, minimized medication errors and optimized sharing of patient information between caregivers. Nonetheless, digital health technologies have immense potential. However, they have obstacles, such as the following: Challenges like digital literacy, cybersecurity, and connectivity, along with the ability of these technologies to integrate with others, are the biggest ones that hamper these technologies.

2. Patient-Centered Care

Culture-centred care has increasingly been adopted over the years as the foundation of healthcare provision. Therefore, This approach aims to respect patient autonomy and involve the Patient in the healthcare delivery process to ensure that the delivery of healthcare services meets the Patient's preferred choice, moral values, and needs. According to IHI (2020), patient engagement also points out that patient-centred care leads to improved quality of Patient health, increased satisfaction levels and lower operations costs. Because of the elements that involve communication, patient involvement in decision-making, and teamwork in patient care, healthcare providers can demonstrate and achieve better understanding with patients and develop better approaches to care for the patients.



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This paper defines patient engagement as one of the essential aspects of patient-centred care that seeks to engage patients in their care plans. It helps patients – patients themselves to feel that they are listened to and can decide what has to be done for them or to them (Al-Azzam et al., 2023; Al-Shormana et al., 2022; Al-E'wesat et al., 2024). A literature review supports the hypothesis that patients who are in active involvement are more likely to follow their treatment regimes and report better health. Patient-centred care also solves health disparities since the Patient's status, culture, origin, or location is incorporated into the provision of the healthcare services.

However, there are several barriers that patients can experience when experiencing a complete utilization of patient-centred care. Organizations in the healthcare sector face many challenges in integrating patient requirements with the availabilities and demands of healthcare products, staff, workload, time limitations, and patient volumes. Implementing patient-centred care must involve a system change that enables all healthcare providers, better education of workers, and espousing the value of embracing Patient needs across cultures.

3. Expansion of Preventive Care

Preventive care includes averting measures including lifestyle changes, check-ups, and initial treatments and gaining immense focus to enhance population health and manage the costs of care. The WHO (2022) notes that, while health systems all over the globe are overwhelmed by the growing demand for people to receive treatment for the diseases that affect them, there is a much better way of doing things… This is by promoting preventative health care. These workers may elude the initial incidence of diseases like diabetes, heart disease, and hypertension, for which much of the world's healthcare spending is currently spent.

Figure 2: Patient Satisfaction in Patient-Centered Care Models vs. Traditional Models

The increasing importance of precautionary care also focuses on sustaining health and disease prevention as core components of delivery models. With preventive care, people may reverse conditions that may necessitate immense resources in terms of medical expenses and hospital stays. Despite these compelling needs for preventive care, the obstacles to their adoption include inadequate access to screening in the target populations, inadequate funds for preventive interventions, and inadequate public health literacy.

One of the specific areas of emphasis in preventive care is thus behavioural health, which provides strategies to avoid risky factors such as eating unhealthy diets, lack of exercise, and mental illnesses. These must be addressed at the population level and the community and involve the cooperation of governmental, non-governmental, public health, and education sectors for policy and program development to promote healthy actions and facilitate individuals' change to healthier lifestyles. Moreover, adequate training or research is required for the healthcare providers so they may consider prevention practices in practice properly.

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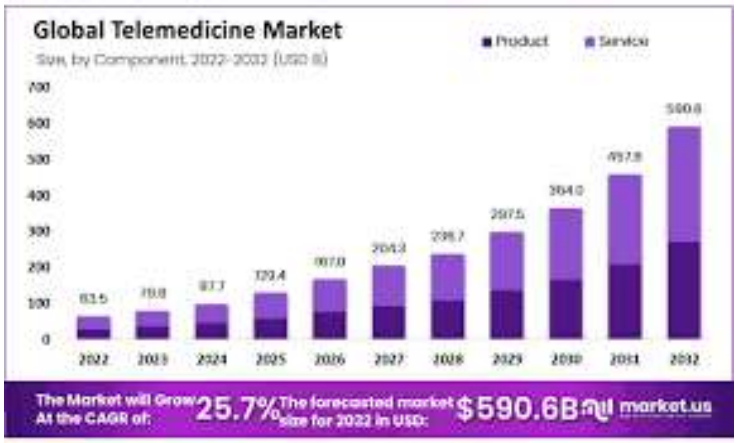
4. Telemedicine and Remote Care

Telemedicine and remote care have risen within the last few years, especially during the COVID-19 pandemic. According to Lau et al. (2020), telemedicine increases the number and availability of healthcare services, the convenience of patients, and the costs. Telemedicine refers to technology-driven medical practice through which patients can access doctors' consultations, medical advice, and treatment of chronic health conditions within the comfort of their homes, workplaces, and other convenient environments. It is even more useful to those living in remote or rural regions since doctors' presence can be a luxury to come by.

Telemedicine use is likely to remain steady even after the pandemic. It offers benefits not seen in in-person care referrals, including a lack of accessible dietitians and extended waiting periods for medical appointments for patients (Mohammad et al., 2024a; Mohammad et al., 2023a; Mohammad et al, 2024b). In addition, telemedicine can decrease the level of readmission since practitioners can predict when the Patient may need to be readmitted and offer them constant care after discharge. However, some challenges must be addressed: regulatory challenges, reimbursement questions, and the digital divide problem. Telemedicine is useful when ordinary patients who do not have technological or internet devices or even internet connections can hardly access it.

Figure 1: Growth in Telemedicine Adoption Worldwide (2018-2023)



(Villarruel & Broome, 2020)

Telemedicine will only become more relevant by regulating it better, reimbursing its use effectively, and promoting technology skills among patients and practitioners. In addition, telemedicine should incorporate the current care system to enhance the difference between face-to-face and virtual care delivery.

5. AI and Data analysis

AI and big data are important in healthcare because the systems help diagnose, determine patient prognosis, and even tailor treatment. Diagnostic algorithms and predictive models are AI tools that can evaluate large amounts of medical data, such as patients' records, laboratory tests, and clinical notes, to discover characteristics that human-based clinicians might miss. The authors enumerated in Chen et al.'s work (2021) that applications of AI in healthcare include enhanced diagnosis and treatment and reduced mistakes.

The possibilities of AI in healthcare are increasing the effectiveness of primary diagnostics, for instance, cancer and heart diseases, or/and defining persons at risk of suffering from certain diseases according to analyzed information. An example includes using technology to develop imaging software that can diagnose diseases based on abnormalities in radiological images for better and faster completion by doctors. AI also plays a role in delivering personalized medicine where doctors and other healthcare practitioners prescribe

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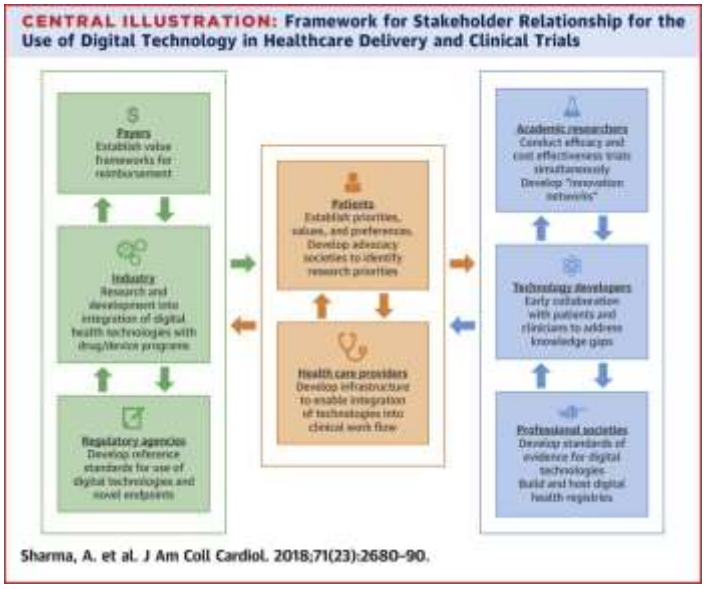
medicine, diagnostics and some procedures that best fit a patient's genetic makeup, lifestyle and medical history.



(Naylor & Keating, 2018)

Yet, at present, several hurdles still exist regarding AI. The questions of the ethicality of the methods for decision-making by AI, the problem of data privacy, and the absence of any specific rules for the implementation of AI in the sphere of medicine are still open, and they will require solutions before AI can become an integral part of the clinic. Also, healthcare workersworkers will be required to continually understand and train the AI tools to serve as a reference in their practice.

6. Global health disparities and Patient's access to treatment

Hence, even though healthcare technology is growing rapidly, inequality in healthcare services is witnessed, especially in LMICs. Lancet Commission on Global Health (2019, p. 21) estimated that 50 per cent of the global population could not access the proper healthcare services they require, which adversely affects their health profile, especially in rural areas or poverty pockets. Most of these health disparities are worsened by characteristics like poor health facilities, low income, and political instability.

On this background, global health cooperation is paramount to reducing these inequities. The gaps are symptoms of system inadequacies that can only be rectified through policy reforms that enhance health systems' physical and human capital, increase insurance coverage, and preserve populations' access to the drugs they need. Moreover, global health organizations need to reduce this digital divide by increasing access to the internet and/or educating the population to use modern digital health opportunities.

It can also provide a partnership for resource and technology exchange and develop solutions to enhance health care in underdeveloped areas. Developing and training the workforce in LMICs is even more crucial for enhancing the appropriateness and effectiveness of healthcare inputs and ensuring that human resources for health possess the appropriate competencies to respond appropriately to local health needs.

Methods

This review aggregates data from peer-reviewed journals, government and non-government organization publications, and scholarly healthcare white papers from the most recent five years. The research method involves a literature search using online databases, including PubMed, Google Scholar, and JSTOR, for

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articles on trends in healthcare embracing digital health and patient-centred care, preventive, telemedicine, the use of artificial intelligence and global health disparities.

Because this review aims to encompass as many works as possible, it includes studies conducted in countries worldwide with an interest in research from both HICs and LMICs. Furthermore, case studies, surveys, and policies from other healthcare-related organizations were also studied to supplement the trends in the actual implementations.

Results and Findings

The review concluded that global healthcare practices are evolving with technology, patient-centred care, and preventive care at the centre of the revolution. Below are the key findings:

1. Digital Health Technologies: Mobile health applications and telemedicine being implemented correctly have helped access health care, especially for rural and underrepresented populations. Guidelines in EHR systems have enhanced the continuity of the Patient's information across practices; nonetheless, there are still barriers facing data protection and exchange.

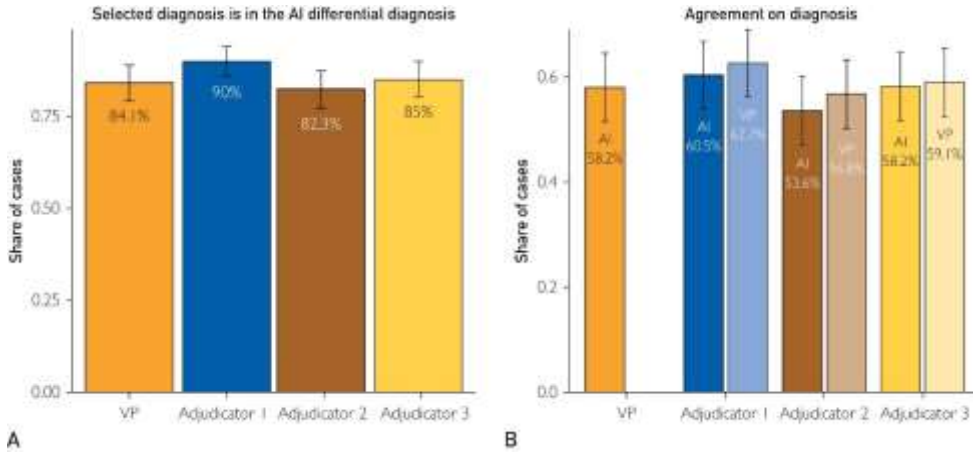
2. Patient-Centered Care: Policies that have supported patient-centred care have noted enhanced satisfaction, compliance with treatment protocol, and health status. Still, implementation is not the same in all countries because of the dissimilarities in health care facilities and their available resources.

3. Telemedicine and Remote Care: Telemedicine has already become an acceptable consultation mode for non-emergency conditions. Therefore, despite the increased regulation and technology in the field, telemedicine has remained effective in enhancing healthcare access and minimizing healthcare time and costs.

4. AI and Data Analytics: Intelligent diagnostic, predictive, and prescriptive systems have the potential to revolutionize hundreds of clinical decisions. However, their widespread implementation is limited by ethical issues, a non-formalized approach, and data protection problems.

5. Global Health Inequities: The review is proceeding, and healthcare disparities are still a pressing issue in the present world. Particularly, economic, social, and political factors indicate that despite some enhancement of access to health, there are still varying differences between some countries today.

Graph 1: AI Accuracy in Diagnostics Across Different Medical Specialties



(Ko & Park, 2019)

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Discussion

According to the trends described in this paper, the changes in the focus of worldwide healthcare delivery solutions are revolutionized by new technologies, patient-centred approaches, and the increase in preventive care. Information communication technologies like telemedicine and mHealth applications have enhanced the delivery of safe care during the outbreak. Potential barriers include regulatory, financial, and technological ones; therefore, as more and more healthcare systems globally incorporate these technologies, more effort is being put into ensuring the population of each country can benefit from these advancements.The emphasis on patient-centred care can be viewed as a significant change in the healthcare system because its responsive approach responds to increasing patient activation in the healthcare system(Brown & Smith, 2020; Mohammad et al., 2023b; Al-Hawary et al., 2020; Al-Husban et al., 2023). Nonetheless, these models need significant resources in health workforce education, care integration, and health system development.

AI and data analytics are key fields that improve healthcare by providing more efficient diagnosis and individual treatment planning. However, five main ethical problems remain that need to be solved relating to the ethical uses of AI in the decision-making process, data protection, and data fairness in the usage of AI systems.

Another significant development has been the focus on preventive care, which cushion populations against the scourge of long-term illnesses. These issues mean that governments and healthcare providers must coordinate to make effective preventive care a component of public health underpinned by ready access.

Finally, they pointed out that reducing global health disparity is one of the biggest issues yet to be addressed in global healthcare practice. High-income countries require more investment in healthcare and development, and all improvements in regional health outcomes are compromised as a result of the uneven distribution of healthcare services.

Conclusion

This review emphasises the significance of transformational healthcare trends that define tomorrow's healthcare systems. Increased use of digital technology, patient-centred care, preventive health practices, and artificial intelligence can potentially improve healthcare outcomes. Despite this, it is apparent that more work has to be done to optimise such advantages, cutting across the lines of regulation, finance, and global health equity.

Other gaps are not directly rooted in communication but might be indirectly linked to it, blank spaces that have not been signed and entire areas that can be seen only by people with a bird' s-eye view of things.

Recommendations

- ✓ Policy Reform and Regulatory Flexibility: Governments must adapt the law to incorporate technology in the health sectors, particularly telemedicine and artificial intelligence, to ensure all patients can access the latest technology.

- ✓ Increased Investment in Preventive Care: Healthcare systems should address specific preventive care strategies so that resources are directed towards methods that promote healthy outlooks and early tactical planning to prevent the high and prolonged cost of care.

- ✓ Promote Interdisciplinary Collaboration: Promote the integration of technologists, clinicians, and policymakers to advance healthcare innovation, offsetting ethical, regulatory, and practical concerns.

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Global Health Equity Initiatives: Donors and development partners should, therefore, scale up their efforts in eradicating inequality in health by increasing health systems and strengthening and expanding the access to Health care services in LMICs.

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