

Indiana University, PBHL-P450 or PBHL-H670
Health Systems Around the World: Understanding Sweden's Health Care System
and

Central Michigan University, HSC 516
Exploring the Swedish Healthcare System: Stockholm and Malmo

[Syllabus DRAFT, to be updated through end of March, 2017]

May 22-26, 2017

(travel before and after these dates)



Stockholm, Sweden [Image source](#)

LOCATION: Fairbanks School of Public Health (RG 6040)
London, England

DATES: Class #1: Fall 2016 (November 11th)
Class #2: January 20th (9:00 am till 12.30pm)
Class #3: February 17th (9:00 am till 12.30pm)
Class #4: March 3rd (9:00 am till 2 pm)
Sweden trip: March 22-26

FACULTY:

Paul Halverson, DrPH
Dean, Fairbanks School of Public Health

Sue Babich, DrPH, MS
Associate Dean of Global Health and
Professor
Health Policy and Management
317-274-3850 (office)
smbabich@iu.edu

Course Description:

This course provides an in-depth introduction to a global model for health services delivery and provides students with the opportunity to compare and contrast systems in Sweden and the United States. Participants will spend substantial time out in the field visiting Stockholm and Malmo-area health facilities, historical sites, and universities.

The Organization for Economic Co-operation and Development (OECD) and The Commonwealth Fund rank Sweden among the [best healthcare systems in the world](#). In addition, the healthcare system in Sweden is often used as a model by other countries. This international health course explores questions such as these: What makes Swedish healthcare system one of the best? How much of that can be replicated in other parts of the world? Cross-cultural learning will be facilitated onsite for the students through lectures by Swedish healthcare professionals, site visits, interactions with locals and diverse members of the student group, debriefing sessions onsite (cultural processing) and daily journaling of reflections.

This course will bring together students in health disciplines from two different academic institutions, at various academic levels, which will allow for personal growth and rich exchange of ideas. For 2017, participating institutions will include Central Michigan University and Indiana University, Fairbanks School of Public Health.

The students will learn key facts about Swedish healthcare, specifically, historical and social development, governance (healthcare law, monitoring and policy, county councils, and the role of the patient), financing, and service provision (private vs. public, purchaser-provider split, and public health services). In addition, the students will broaden their knowledge of European healthcare: What is local and what is European when it comes to healthcare system performance in Sweden? The students will analyze recent developments, such as patient choice as an engine for improved performance and provision of healthcare services to the elderly and refugee populations.

The course will be a combination of lectures and visits to local healthcare providers. Lecturers will represent or have experience working in prestigious universities (Karolinska Institute, Stockholm University and Lund University), county councils, the OECD, the World Bank, the World Health Organization, United Nations bodies, international consultancy firms, hospitals, etc. The course includes visits to many Swedish organizations, such as Stockholm County Council, a local governance organization; a private hospital with public contract; a research hospital; an NGO and a Public Health Department; and a primary care clinic, which is typically represented by about 15 physicians and managed by a physician or a nurse. The visits will be set to match learners' professional interests.

While the main focus will be on the capital city of Stockholm, we will take a side trip by train to the South of Sweden, city of Malmo. We will learn about regional service provision and the recent developments related to the increase of asylum seekers. Compared to Stockholm, Malmo has a higher percentage of foreign born citizens and has been the main entry point for asylum seekers. According to J. Troub, a contributing editor at Foreign Policy, “A nation of 9.5 million, Sweden expected to take as many as 190,000 refugees, or 2 percent of the population — double the per capita figure projected by Germany, which has taken the lead in absorbing the vast tide of people fleeing the wars in Syria, Iraq, and elsewhere” ([Troub, Feb 2016](#)).

In the past, course speakers were Jens Wilkens, a health economist who worked with the National Board of Health and Welfare in Sweden and WHO's Health Financing Departments; Kenneth Nelson, a sociologist who researches poverty and inequality at Swedish Institute for Social Research, Stockholm University; Björn Ekman, a health economist and the principal health economics adviser to the WHO project on Maternal and Newborn Health and Poverty; and Adam Lagerstedt, a Chief Planner in Västmanland County Council.

A personal journal is to be submitted upon return to the United States. It will contain daily entries with reflections on what has been learned. Students are encouraged to take notes throughout the day on what they learned from course activities and then add personal notes reflecting on transferability of Swedish practices to the United States, trends common to both US and Swedish societies or any other topics relevant to the course objectives (see below).

Course References:

To be provided by course instructor via Canvas. Prior to departure, students will be given several articles to read about the Swedish healthcare system, as well as general orientation to Sweden and Stockholm.

Technology Requirements: Access to a personal computer and the Internet.

PROGRAM COMPETENCIES

This course contributes to the following undergraduate competencies:

1. Communicate effectively with diverse stakeholders, including public health and health care professionals, individually and in-group settings using verbal, written, and electronic modes of communication.
2. Work individually and within a team setting by applying organizational knowledge and leadership skills.
3. Recognize and demonstrate sensitivity to diverse points of view.

LEARNING OBJECTIVES

At the completion of this course, students will be able to:

1. Describe the basic components of the US healthcare system.
2. Describe the core components of public health.
3. Identify and discuss the differences between the US healthcare system and other developed countries (e.g. Germany, Japan, UK).
4. Describe the history, organization and financing of Sweden's health care system.
5. Understand the rationale for current reforms underway in Sweden.
6. Discuss the challenges faced by the Swedish health care system including issues relating to cost, quality and access to care.
7. Compare and contrast the Swedish and U.S. healthcare systems.
8. Debate future directions for Swedish health care and implications for the public's health.

Students will improve their understanding of the US healthcare system by comparing it with another system. They will also improve their awareness of historical attempts to improve healthcare around the world and the outcomes of such improvements. A special focus will be on trends common to US and Swedish societies, such as population aging, multiculturalism, rapidly increasing healthcare costs, etc.

Cross-cultural learning will be facilitated onsite for the students through interactions with locals and diverse members of the student group, debriefing sessions onsite (cultural processing) and daily journaling of reflections.

REQUIREMENTS AND EXPECTATIONS

To receive credit for this course, you must complete the following requirements:

Full attendance at pre-trip class sessions:

Class #1: January 13th (3:00-5:30pm)

Class #2: January 20th (9:00am-12:30pm)

Class #3: February 17th (9:00am-12:30pm)

Class #4: March 3rd (9:00am-3:00 pm)

Exam during Class session #3: Short answers and essays covering the course content from the first three course sessions. A score of 75% earns a passing score; poorer performance will earn a lower grade.

Full participation in Sweden

March 22-26

Sharing your experience with the IUPUI Campus

1. You must submit a proposal for how you plan to share your experience with others on campus
 - What information do you plan to share?
 - Who is your target audience?
 - How and when will you share the information? (must be sometime during the remainder of the Spring 2017 semester; you are encouraged to be creative!)
 - You must submit your proposal no later than May 1.
 - A proposal should be no longer than one page (Times New Roman, 12 points, double space). The course instructors will review your proposal, provide comments, and provide final approval.
2. You must develop a presentation/poster or other material that you will illustrate your experience on this trip. Plan to share this information with IUPUI campus. We encourage you to be creative and will provide ideas during the trip.
3. You must submit a summary of your work by June 30, 2017. For example, if you wrote an article for a campus publication, you should submit the article. If you hosted an event, you should submit a summary of the event, including any materials you presented, the number of attendees, etc.

Reflecting on Your Experience

Reflective Journal

These journal entries should document your formal and informal interactions with local health professionals and community members as well as your personal development in the program. You should incorporate the course readings and lectures. Reflections are expected at the end of each class session before traveling and at the end of each academic day abroad.

EVALUATION AND GRADING SCALE

Satisfactory completion of the course requirements will result in an "A" in this course. Requirements that are not submitted on time or are of poor quality will result in a lower grade.

The student's final evaluation is based on the points below:

Assessment	Undergraduate	Graduate
Attendance at pre-trip class sessions	20%	20%
Exam	20%	20%
Reflective journal	30%	30%
Presentation to IUPUI campus	30%	20%
Additional readings (document in reflective journal)		10%
TOTAL	100%	100%

TRAVEL GUIDELINES AND INFORMATION

See information available on iAbroad and on the class Canvas site.

ATTENDANCE

To receive academic credit for this course, you must be present at all pre-trip meetings, and on the trip to Sweden in May.

ADMINISTRATIVE WITHDRAWAL

A basic requirement of this course is that you will participate in all class meetings and conscientiously complete all required course activities and assignments. If you miss the required activities, you may be administratively withdrawn from this course. Administrative withdrawal may have academic, financial, and financial aid implications. Administrative withdrawal will take place after the full refund period, and if you are administratively withdrawn from the course, you will not be eligible for a tuition refund. If you have questions about the administrative withdrawal policy at any point during the semester, please contact me.

STUDENTS WITH DISABILITIES

Students needing accommodations because of a disability will need to register with Adaptive Educational Services (AES) and complete the appropriate forms issued by AES before accommodations will be given. The AES office is located in Taylor Hall, UC 100. You can also reach the office by calling 274-3241. Visit <http://aes.iupui.edu/> for more information.

STUDENT COURSE EVALUATION

The School of Public Health evaluates all courses. Student course evaluations will be conducted in a manner that maintains the integrity of the process and the anonymity of respondents.

ACADEMIC INTEGRITY

Academic and personal misconduct by students in this class are defined and dealt with according to the procedures in the Student Misconduct section of the IUPUI *Code of Conduct*, <http://studentaffairs.iupui.edu/student-rights/student-code/>

Mandatory Pre-trip Meetings

Class #1: January 13th (3:00 -5:30 pm) RG 6040

3:00-4:00 pm	Welcome, introductions, overview of the course
4:00-5:00 pm	Discussion of the logistics of the trip
5:00-5:30 pm	Q&A

1.5 contact hours

Class #2: January 20th (9:00 am -12:30 pm) RG 6040

9:00-10:00 am	Overview of the U.S. healthcare system & public health
10:00 -10:15 am	Q&A
10:15-10:30 am	Break
10:30-11:15 am	Comparison of the US healthcare systems with other countries
11:15am -12:15 pm	PBS Frontline's "Sick Around the World."
12:15-12:30 pm	Q&A

3.25 contact hours

Class #3: February 17th (9.00 am - 12.30pm) RG 6040

9:00-10:30 am	Sweden and public health
10:30-10:45 am	Break
10:45-11:00 am	General discussion lead by the instructor
11:00-12:00 pm	Round-table discussions of the readings and cases
12:00pm-12:30 pm	Q&A

3.25 contact hours

Class #4: March 3rd (9:00 am - 2:00 pm), RG 6040

9:00-10:15 am	Exam
10:15-10:30 am	Break
10:30-12:15 am	Round table discussions: Cases and readings
12:15-12:30 pm	Q&A
12:30-1:00 pm	Lunch
1:00 pm - 3:00 pm	Review of daily schedule, and overview of safety tips

5.25 contact hours

Total 13.25 contact hours before the trip

Experience in Sweden

Leave United States no later than MAY 19-20, Friday-Saturday

Flights from US to Stockholm arrive the next day. You will lose one day of travel. Your flight must leave no later than May 20 to arrive in Stockholm on May 21.

Arrive Sweden no later than MAY 20-21, Saturday-Sunday

Arrive at least one day prior to the course start to get over the jet leg and to enjoy cultural activities suggested below.

Day 0 MAY 21, Sunday

Meet students and faculty from participating institutions, as well as our trip organizers from The Swedish HealthCare Academy. Mingle and light refreshments in the early evening of MAY 21 (location and time will be announced via email).

Day 1 MAY 22, Monday

Morning session, location: TBD

Details about the week, speakers, locations, emergency contact information, etc.

Introduction to Sweden

- History of Sweden in 19th and 20th century, in relation to state development and social system
- Introduction to Swedish welfare system: History with focus on social development
- Governance: Political system, tax system, leading to the way the healthcare system works today

Introduction to the Swedish Healthcare system

- Health system performance in Sweden
- Introduction to the Swedish Healthcare system
- Health system performance in Sweden.

Guided debrief and discussion about morning sessions (1/2 hour)

3.5 contact hours

Afternoon session

Site visit to the Stockholm County Council Health Department

- How the system works from an administrative point of view, how services are provided and paid for, from the governmental perspective
- Allocation of funds: prevention vs. treatment.

Site visit to a Flemingsberg vårdcentral clinic, a family medicine center

– Management and administration of a clinic that has specialists in family medicine and pediatrics, district nurses, pediatric nurses, nurses, physiotherapists, occupational therapists, dietitians and counselors.

2.0 contact hours (figured at 50% of actual hours in the field)

Guided debrief and discussion about morning sessions (1.0 hour)

Total contact hours for afternoon = 3.0

Day 2 MAY 23, Tuesday

Morning session

Governance

- The healthcare law
- County councils and municipalities
- Monitoring and policy
- The role of the patient

Financing

- Revenue collection, pooling and purchasing

Provision

- Purchaser provider split
- Private and public
- Clinical excellence and research

Public Health Service

Guided debrief and discussion about morning sessions (1/2 hour)

3.5 contact hours

Afternoon session

Site visit to newly opened Swedish hospital, New Karolinska Solna

- This [investment of US\\$1.7 billion](#) (construction but not medical technology equipment) aims to change the way hospital healthcare is provided with a focus on the patient's needs, faster provision of care, and increased patient safety with single rooms for all inpatients
- Admitted its first patient in 2016; responsible for treating the most seriously ill or injured patients
- Possible visit to Sexual Health Unit.

Site visit to Public Health department at Karolinska Institute (KI)

- KI is one of the world's foremost medical universities and Sweden's single largest centre of medical academic research that offers the country's widest range of medical courses and programmes. Since 1901 the Nobel Assembly at Karolinska Institutet has selected the Nobel laureates in Physiology or Medicine.

- Lecture on how the largest health research center in Sweden addresses its country's current public health issues. Possible focus on sexual health or mental health.

Guided debrief and discussion about morning sessions (1.0 hour)

*Group travels to Malmo by train, about 4-5 hours one way

3.0 contact hours

Day 3 MAY 24, Wednesday

In Malmo, Sweden

Morning session

Overview of refugee healthcare in Sweden, a lecture by Lund University/Malmo University

- Sweden's response to the recent influx of asylum-seeker refugees
- Economics of healthcare for a population not yet paying taxes
- Challenges of having unknown pre-existing illnesses in a population.

Site visit to Swedish Red Cross

- What role do NGOs play in terms of refugee integration and healthcare?

Guided debrief and discussion about morning sessions (1/2 hour)

3.5 contact hours

Afternoon session

Site visit to Malmo City Council, Department of Health

- Overview of role of department of health of local municipal government in managing large influx of refugees and providing care and policies.

Site visit to a primary healthcare clinic in Malmo

- Management and administration
- Insight into a primary healthcare clinic in area of large refugee/new immigrant population, are there different challenges?

*Group travels back from Malmo to Stockholm by train.

Guided debrief and discussion about morning sessions (1.0 hour)

Total contact hours for afternoon = 3.0

Day 4 MAY 25, Thursday

A day for cultural experiences in Stockholm.

Day 5 MAY 26, Friday

Morning session

Site visit to Löjtnantsgården: Nursing home for elderly care and group living for people with dementia.

- Social support for the elderly and the responsibilities of municipalities.
- Presentation about the elderly care services in the City of Stockholm.

Guided debrief and discussion about morning sessions (1/2 hour)

3.5 contact hours

Afternoon session

Site visit to private healthcare clinic: Sophia Hemmet

- Presentation and overview on private healthcare in Sweden
- Summary lecture by Swedish healthcare consultant and mingle with speakers from week.
Dinner with professors: Lessons learned and deep processing

4.0 contact hours

27 contact hours during time abroad

Grand total = 40.25 contact hours

MAY 27 (Saturday), MAY 28 (Sunday) & MAY 29 (Memorial Day, USA)

Consider staying for at least one extra day to enjoy cultural activities suggested below.

Cultural experiences in Stockholm:

Your family is welcome to join you before or after the class session/tour dates

Optional cultural experiences can include several performing arts venues and outstanding museums in the city center, all within a walking distance or easily accessible by subway. Our course agenda is full Monday-Friday but evenings are free. Arrive early or stay for an extra day to enjoy these activities.

City center

- Drottningholm Palace and Theater (\$8-14). No palace in the north of Europe is as grand and spectacular as this regal complex of stately buildings sitting on an island in Lake Mälaren. The royal family still lives here, but don't expect to discover the king walking the corridors in his underwear. The royal apartments are guarded and screened off. The palace is dubbed the "Versailles of Sweden," and so

it is. In fact, work began on this masterpiece in 1662 about the same time as Versailles. It is listed as a UNESCO World Heritage Site.

- Operahuset, Royal Opera House (\$20-120). Founded in 1773 by Gustav III (who was later assassinated here at a masked ball), the Opera House is the home of the Royal Swedish Opera and the Royal Swedish Ballet.
- Vasa Museum (\$20-25). The Vasa Museum (Swedish: Vasamuseet) is a maritime museum in Stockholm, Sweden. Located on the island of Djurgården, the museum displays the only almost fully intact 17th century ship that has ever been salvaged, the 64-gun warship Vasa that sank on her maiden voyage in 1628. The Vasa Museum opened in 1990 and, according to the official web site, is the most visited museum in Scandinavia.
- The Nobel Museum (\$15). The Nobel Museum is a museum devoted to circulate information on the Nobel Prize, Nobel laureates from 1901 to present, and the life of the founder of the prize, Alfred Nobel.
- Modern Arts Museum (\$20). Moderna Museet has one of the world's finest collections of art from 1900 to the present day, including key works by artists such as Marcel Duchamp, Louise Bourgeois, Pablo Picasso, Niki de Saint Phalle, Salvador Dalí, Carolee Schneemann, Henri Matisse and Robert Rauschenberg, along with more recent acquisitions of contemporary art. The collection also comprises photographic art and photography of international renown, spanning from the 1840s until today. It has an excellent café with a breathtaking view of the city.
- Stampen (address: Stora Nygatan 5) is a jazz and rhythm'n'blues pub located in the historical Old Town district of Gamla Stan - it's an island of cobble-stone walks and old buildings, linked by several bridges to the north and south, and within walking distance of many popular city-center locations such as the Royal Palace (5min), Slussen (10min), and Centralen (15min). The beginning of Drottninggatan, the popular pedestrian street is just 3 min away. For 35 years, Stampen has been bringing quality live music 6-7 days a week. A core of local musicians and bands, and foreign acts alternate, to grace our stages with anything from happy Traditional Jazz, to bopping Swing Rock and Roll, to tasteful Soulfull Deep Blues to Piano Boogie. [A link to their band list.](#)
- Nordiska museum (\$15, free on Wed, see below). Nordiska museet is Sweden's largest museum of cultural history. It is home to over one and a half million exhibits, including exclusive items and everyday objects, all with their own unique history. The collections reflect life in Sweden from the 16th century to the present day. Discover exhibitions on Swedish trends and traditions in areas such as home interiors, fashion, jewellery, table settings, folk art, textiles, dolls houses, etc. A highly-recommended restaurant is located in the museum and serves hot meals in traditional Swedish style, coffee and fresh-baked bread. Wednesdays 17.00–20.00 free entrance (September-May only). Website: <http://www.nordiskamuseet.se/en/>
- ABBA The Museum (\$30) is more than an ordinary museum. Naturally, the members' costumes, gold records, original items, memorabilia, and much, much more are here. But at this museum you are an important part of the experience! We simply want you to experience the feeling of being the 5th ABBA member. To find out what you would look like in their legendary stage costumes, to sing at the Polar Studio, to experience exciting hologram illusions, and to enter the stage together with the band.

Your material will be recorded on your personal ID number on your ticket. Website:

<http://www.abbathemuseum.com/en/>

A bit further away

- Skansen, the world's oldest open-air museum (\$15). This museum, where it is easy to spend at least ½ day, is situated on the island of Djurgården within the city limits of Stockholm. The founder's aims live on in the museum today. He wanted to bring the traditional rural culture to life by exhibiting furnished houses and farmsteads, cultivated plots and gardens and both domestic and wild animals. When Skansen started, its focus was on farming and Sami culture. Visitors to Skansen meet a miniature historical Sweden reflected both in the buildings and their surroundings – from the Skåne farmstead in the south to the Sami camp in the north. The venues illustrate the different social conditions in which people lived in Sweden between the 16th century and the first half of the 20th century. The majority of houses and farmsteads are from the 18th, 19th and early 20th centuries. At Skansen there are both domestic and wild Nordic animals such as bears, wolves and lynx. Enjoy a delicious meal in one of our restaurants with breathtaking views over Stockholm. And don't miss our Museum shop, selling traditional handicrafts and Swedish design products. Skansen is open all year round. Website:

<http://www.skansen.se/en>

- Millesgården is an art museum and sculpture garden, located on the island of Lidingö in Stockholm, Sweden. It is located on the grounds of the home of sculptor Carl Milles and his wife, artist Olga Milles, who are both buried there. Carl Milles was one of the great contemporary artists and his home is now a museum. There is a special Michigan connection: In 1931-50 Carl Milles was professor at Cranbrook Academy of Art in Michigan, USA.

If you are travelling with children

- Junibacken (\$15), a museum and children's theater dedicated to the work of Swedish author and artist Astrid Lindgren. Here you'll meet all the characters created by Astrid Lindgren including Pippi Longstocking and Karlsson-on-the-roof. Junibacken is situated on the island of Djurgården in central Stockholm. With its daily performances, Junibacken is one of Sweden's major children's theatres, and the museum contains the largest children's bookstore in Sweden. There is a special train there that is the highlight of the entire trip, be sure to take it.

- Tom Tits Experiment (\$27). Bring the family on a visit to our huge building full of experiments. Here you can open the door to a world where you can choose whether to dive deep into a mixture of creativity and knowledge or simply draw your fingers across the surface. This is a world of magic that invites young and old to explore and experiment together. You can spend a whole day in our building without exhausting all the possibilities on offer, or you can choose to just drop in for a few hours and concentrate on exactly what you and your family are interested in. It is both an activity center and interactive children's museum. Website: <http://www.tomtit.se/english/>