

UNIVERSITY OF MEDICINE AND PHARMACY TÂRGU-MUREȘ

**Comparative Analysis about Methods of Monitoring the Health of
Populations in Romania and Hungary**

PhD Thesis –Abstract

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Introduction According to WHO's recommendation, healthcare policies should be based on epidemiological data that have been obtained through up to date and sustainable systems of monitoring population's health status. Initiated by the well-developed countries and taken over by all countries of the European Community, the concern to collect, analyze, store and interpret the population's health condition is being intensified, also the determinants of health. Health monitoring is in order to create a scientific and economic ground for health policy and decisions regarding the necessity and opportunity of evidence based interventions in public health. Romania also needs to comply, and has to, like other European countries, elaborate its own health monitoring system. The primary goal of the research is to compare and to assess the methods used in a neighbouring country: Hungary, which has its economic indicators and healthcare system on a comparable level to Romania.

Monitoring and assessing the general health of the population are methods with the advantage of obtaining information about the whole population, including those which do not address healthcare systems for various reasons (is indeed or declared healthy, he/she is not informed, does not want to seek medical advice or is hampered by certain conditions and circumstances). This part of the population is missing from the data obtained from patients' records and from the reports of sanitary institutions and authorities, and other healthcare providers. Those providers have almost exclusively relationship with groups of the general population with ill health, and only with certain small sized healthy population groups, that are subjects to periodical mandatory examinations, performed in some special cases. Data collected this way is biased and not representative for the entire population.

The thesis is structured in two main parts and contains annexes too. The **general part** includes aspects concerning the evolution, respectively the current state of knowledge regarding methods of health monitoring. The **personal contributions part** is composed of two studies

(sections), the first one being dedicated to a systematic review that attempts to identify all the national health surveys that would meet the eligibility criteria in Hungary and Romania, a systematic presentation, synthesis and comparative analysis of the characteristics, values and findings of the included studies. The **aim** of this first study is to perform a meta-analysis of the methodology achieved in Hungary and Romania with regards to assess population's health status, in order to find an applicable model for the future in Romania.

In the second part of my personal research the **aim** was to evaluate the impact of the most recent health survey in Romania, program called National Assessment of the Population's Health Condition (it's Romanian acronym was PNESSP) upon general practitioners in Harghita county, from the central region of Romania.

Conclusions: Health surveys are primary tools for evidence-based public health planning and health policy-making.

Hungary has established and implemented a durable system for continuous public health monitoring. Subsequently, this has paved and underpinned a series of successful health policy decisions and also made it feasible to objectively evaluate the effectiveness and appropriateness of healthcare programs. In the long term, the outcome expected of such population health monitoring programme, is the roll-out of appropriate national healthcare-planning and disease prevention, cost-effective interventions in comparison with curative medicine, and result in increasing long-term quality of life.

An efficient health monitoring model could be adopted also in Romania, actually lacking public health monitoring system according to European recommendations. Data on public health for national health system has to be collected and processed on the basis of a standard model, reporting standard indicators that allows data transfer at a community level.

The general practitioners from Harghita county have the pretension for the data reported by them during PNESSP and archived in National Centre for Public Health Statistics and IT (Centrul National de Statistică si Informatică în Sănătate Publică al Institutului Național de Sănătate Publică) to be processed statistically and analyzed scientifically.

The statistical analysis of this database corroborated with the morbidity and mortality data of DSP should constitute a solid base for elaborating the local healthcare policies

Keywords: healthcare policy, health monitoring, health survey methodology, public health reporting