


Volume 14, 01 October 2014

Publisher: Igitur publishing

URL: <http://www.ijic.org>

Cite this as: Int J Integr Care 2014; Annual Conf Suppl; [URN:NBN:NL:UI:10-1-116132](https://nbn-resolving.org/urn:nbn:nl:ui-10-1-116132)

Copyright: 

---

Conference Abstract

## Lessons learned in seven years of comprehensive integrated care in the Kinzigtal – reasons for the success

*Miss Elisa Kern, Project Leader, Gesundes Kinzigtal GmbH, Germany*

*Mr. Friedrich Fichtner, Head of Disease Management, Gesundes Kinzigtal GmbH, Germany*

*Helmut Hildebrandt, CEO OptiMedis AG, Germany*

Correspondence to: **Miss Elisa Kern**, Project Leader, Gesundes Kinzigtal GmbH, Germany, E-mail: [e.kern@gesundes-kinzigtal.de](mailto:e.kern@gesundes-kinzigtal.de)

---

### Abstract

**Introduction:** Gesundes Kinzigtal as a population based integrated care model started in 2006 with a cost saving contract with two sickness funds. The model invests into cross-sectoral cooperation, activation of patients, prevention and involvement of all stakeholders. Disease management programs encourage the achievement of a better health outcome for the defined population.

**Aims:** Based on the practical experiences we will discuss the opportunities and challenges of a population based integrated care system. Seven years of experiences with ups and downs.

**Results:** Originally started as a physician network, Gesundes Kinzigtal grew to a cross-sectoral model which includes besides physicians, hospitals, nursing, therapists and pharmacies also municipalities, schools and sports clubs. The central agency for this process is a management company which is majority-owned by the local physician network.

Stakeholders work together to improve the health status of the population. Therefore, cross-sectoral thinking and working have to be currently encouraged by the management agency exemplarily by using disease management programs.

**Conclusions:** A structured and determined health improvement approach towards regional populations can create an added value by improving the quality of care. However, a lot of requirements are needed to achieve this result. A common idea of a better health care under given restrictions motivates all parties.

### Keywords

**population-based, disease management, integrated care, intersectoral care, Gesundes Kinzigtal, Germany**

---

## **Powerpoint presentation**

<http://www.integratedcarefoundation.org/content/making-transition-integrated-care-organisational-enablers-support-integrated-care>

---