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**TEXAS TECH UNIVERSITY  
HOM 5310**

**Exploring the Swedish & Estonian Healthcare Systems:  
Stockholm, Sweden & Tallinn, Estonia**

May 23-28 2016, travel before and after these dates



Stockholm, Sweden Image: <http://mi3ch.livejournal.com/2197800.html>

**Instructor:** Jeffrey H. Burkhardt, PhD, FHFMA  
**Class Day:** Monday-Saturday, May 23-28 2016  
**Class Time:** Varies, typical hours are 9:00 am - 5:00 pm, M-Fr  
**Classroom:** Drottninggatan 95 A, Stockholm, Sweden

**Office Hours:** by appointment  
**Office:** Rawls W329  
**E-mail:** [Jeffrey.burkhardt@ttu.edu](mailto:Jeffrey.burkhardt@ttu.edu)  
**Phone:** 806.843.2137  
**my cell number in Stockholm will be provided before the trip.**

If interested, email your resume and wishes for this class to [jeffrey.burkhardt@ttu.edu](mailto:jeffrey.burkhardt@ttu.edu)

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### **Course Description:**

The Organization for Economic Co-operation and Development (OECD) ranks Sweden as the best healthcare system in the world. In addition, the healthcare system in Sweden is often used as a model by other countries. This international health course offers opportunities to develop cross-cultural competencies for students with healthcare experience. They will explore questions such as these: What makes Swedish healthcare system the best? and 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 health administration students from at least two different academic institutions, at various academic levels, which will allow for personal growth and rich exchange of ideas. For 2016, participating institutions include LeTourneau University in TX, Central Michigan University, Governors State University in Illinois, and possibly Texas Tech University.

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 when exploring the following question: What is Swedish and what is European when it comes to healthcare system performance in Sweden and Estonia? Also, the students will analyze recent developments, such as patient choice as an engine for improved performance and new ways of measuring quality and performance.

To supplement lectures by key researchers and practitioners from leading Swedish institutions, for instance, Karolinska Institute, one of Europe's largest and most prestigious medical universities the students will engage in site visits. Among possible sites are local governance organizations, such as Stockholm County Council; a private hospital with public contract; a research hospital; 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 Sweden, we will take a side trip to Tallinn, Estonia to learn about their healthcare and to experience Tallinn, a UNESCO world heritage site. It was founded in the 12th century and has been under the rule of Denmark, Sweden, and Germany as well as Russia, and all left their mark on the city's architecture. It is one of the best preserved medieval towns in northern Europe, and makes a beautiful impression from the sea, with its ancient city walls, church spires, and red-tile roofed homes. We will not visit any healthcare organizations in Estonia but will hear a lecture about their evolving, post-Soviet healthcare system while traveling to/from Tallinn on a cruise ship overnight. The cost of the night on a ship is comparable to the cost of one night in Stockholm discount hotel.

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One of the course speakers is Jens Wilkens, health economist, National Board of Health and Welfare in Sweden. He is also a lecturer on health systems development and healthcare financing at Master Programs in Global Health at Uppsala University and the Karolinska Institute. His key areas of expertise include health systems performance assessment, health financing, and the implementation of health service reforms. Previous employments include WHO's Health Financing Departments in both the European regional office and HQ in Geneva, as well as a self-employed consultant. To be determined - other speakers. Examples: prominent politicians involved in Swedish healthcare reform, health economists who evaluate the reform effectiveness, managers and clinicians from the organizations we visit.

By design, this unique course will be tailored to the educational needs of the enrolled students. The students will spend three days learning about the foundations of the healthcare system in Sweden and two days of exploring topics of interest to the members of the student group. That is why each student is asked to submit 1) a resume that shows healthcare experience, which can be paid and/or volunteer and 2) a statement of interests to be considered in the selection of course speakers and site visits. Such tailoring of course activities to student needs requires in advance registration and will not be available to those who enroll 2 months (or less) prior to the course start.

A personal journal is to be submitted within two weeks of student 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 goals, such as reflections on Estonia and its healthcare system (see below).

**Prerequisites:**

Healthcare experience, paid or unpaid (volunteer experience and internships count). Please submit your resume to the course instructor: [Jeffrey.burkhardt@ttu.edu](mailto:Jeffrey.burkhardt@ttu.edu)

**Course References:**

To be provided by course instructor via Blackboard. 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.

**Learning Outcomes:**

1. Learn about and appreciate another culture while being immersed in that culture.
2. Discuss what makes Swedish healthcare system the best in the world.

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3. Explain the foundations of the Swedish healthcare system: 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)
4. Analyze organizational structures, financing models, legal aspects, quality of care considerations, and delivery models in Swedish healthcare system.
5. Provide supported arguments in response to the following question: What is Swedish and what is European when it comes to healthcare system performance in Sweden?
6. Analyze recent developments in Swedish healthcare, such as patient choice as an engine for improved performance and new ways of measuring quality and performance.
7. Compare and contrast how care is provided in Sweden, Estonia and in the United States.
8. Compare and contrast the political decisions that impact US, Swedish and Estonian healthcare systems.

Students will improve their understanding of the US healthcare system by comparing it with the Swedish 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 both 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. This course will bring together students from at least two different academic institutions, at various academic levels, which will allow for personal growth and rich exchange of ideas.

### Course Policies

#### Attendance and participation:

- Attending all days of program activities and site visits, participating in class discussions, and completion of reflective journal entries on time are expectations of this instructor.
- Attendance is recorded and included in student assessment for participation.
- **Late assignments/re-writes are not accepted.** There are no make-ups for missed assignments.

#### Academic Integrity:

All academic work must comply with the Central Michigan University *Policy on Academic Integrity*.

#### Classroom Policy:

The classroom is intended to promote learning, interpersonal mutual respect, and dignity. We can agree to disagree with one another in a discussion and maintain civility. Students who interrupt class via inappropriate language or distracting behaviors, including cell phones (**calls OR texting**), verbal abuse or disrespect of another, disruptive or aggressive behavior, may be asked to leave

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class. This could result in disciplinary action under the *Code of Student Rights, Responsibilities and Disciplinary Procedures*.

### **Disability Accommodation (Operating Procedure 34.22)**

Any student who, because of a disability, may require special arrangements in order to meet the course requirements should contact the instructor as soon as possible to make any necessary arrangements. Students should present appropriate verification from Student Disability Services during the instructor's office hours. Please note: instructors are not allowed to provide classroom accommodations to a student until appropriate verification from Student Disability Services has been provided. For additional information, please contact Student Disability Services in West Hall or call 806-742-2405.

### **Communication:**

Communication is primarily through the class sessions or via email. In preparation for the trip and post-trip, messages and announcements to students may also be posted in **Blackboard Announcements** periodically regarding class activities or other course related information. Students are encouraged to check the Blackboard Announcements at least weekly and CMU email daily.

### **Course Evaluation**

**Participation:** See above.

**Written assignment:** Students will complete daily journal entries documenting their reflections of daily program activities. Instructions will be posted in the class Blackboard. A personal journal is to be submitted within two weeks of student return to the United States.

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

Assessment	Undergraduate	Graduate
Reflective journal	50%	50%
Participation	50%	40%
Grad student assignment		10%
<b>TOTAL</b>	<b>100%</b>	<b>100%</b>

## **Course Agenda**

### **Arrival                      MAY 21-22, 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. Flights from US to Stockholm arrive on the next day (you will lose one day of travel). Your flight must leave no later than May 21 to arrive in Stockholm on May 22.

Sunday dinner: MAY 22 (To be determined)

### **Day 1                      MAY 23, Monday**

Morning session

Introduction to Sweden

- History with focus on social development
- Governance – political system, tax system

Introduction to the Swedish Healthcare system

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

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 Services

Afternoon session: Study visit

Study visit to a US\$2 billion construction project for a new Swedish hospital

- New Karolinska Solna

Study visit to a Swedish hospital

- Department of Thoracic Surgery, Karolinska University Hospital, Health Outcomes Measurement



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**Day 2            MAY 24, Tuesday**

Morning session

The European context: What is Swedish and what is European

- Differences in performance
- Differences in the system functions

Rights and channels to complain for Swedish patients

Afternoon session

- Local Governance – visit to Stockholm County Council and/or
- Management and administration of PHC clinics: Study visit to PHC clinics; Mörby vårdcentral

**Day 3            MAY 25, Wednesday**

A day for cultural experiences – students are provided with a transportation card, many museums are free on Wednesdays.

**Day 4            MAY 26, Thursday**

Hotel checkout, luggage on the bus

Morning session

Social support and the responsibilities of municipalities.

- 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 Department of Elderly services, City of Stockholm.

Afternoon session

Last 10 years of Swedish reform:

- Patient choice as an engine for improved performance
- Efficiency and equity

Boarding a cruise ship to Tallinn, Estonia, leaving at 5:30 pm

On-board lecture: Orientation to Estonian healthcare

**Day 5            MAY 27, Friday**

10:45 am arrival in Tallinn. Activities in Tallinn: Meet as a group for a local presentation on Estonian healthcare and an orientation to Tallinn's center. Exploration of Tallinn (on foot, in small groups, if possible, accompanied by Estonian students enrolled in health-related programs).

6:00 pm boarding a cruise ship to return to Stockholm. Onboard dinner activities:

Processing of lessons learned, concluding remarks.

**Day 6            MAY 28, Saturday**

10:15 am arrival in Stockholm

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**MAY 29 & MAY 30 (Memorial Day, USA)** - Consider staying for at least one extra day to enjoy cultural activities suggested below.

## **Practical Matters and Cultural Experiences**

**Program cost sheet for 2016 ( to) be update soon**

**The program fee includes:**

- Fees for lecturers according to proposed program
- Planning and organization of full week content
- Premises for lectures and group work
- Coffee and snacks during scheduled hours as proposed in program
- On some days: Lunch (when we need to stay as a group, excludes time on a cruise ship) or busses (if we have site visits)
- Full week companion of qualified coordinator. A native English speaking public health specialist living in Sweden will assist during your stay.
- Access to technical expertise by staff at Swedish Health Care prior, during, and after the visit to Sweden
- Advise on social activities and tourist information
- Weekly card covering all local public transport

**Money and language:**

Most people, including policemen, speak English. Sweden does not use Euro because it has its own currency, Swedish Krona (designated as SEK on price tags). There is limited need for cash if you have a credit card that works in Sweden. The best way to find out is to call your credit card company and to attempt to by a Flygbussarna bus ticket online (see instructions below) or call your credit card company.

**Getting there:**

**Do not buy your plane tickets** until your instructor confirms that it is time to buy them. The course is held in Stockholm, Sweden, which is 7 hours ahead of Texas time. If you travel from Texas, American and United both offer connections from LBB (Lubbock) to ARN (Arlanda airport in Stockholm). If you have connections or layovers, do not spend time shopping, rush for your next flight. Travel time from Lubbock to Stockholm is ranges from 16 to 24 hours, depending on the connection, and you arrive in Stockholm the next day (**the day you left + one day**). Leave at least



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two days prior to Monday when the course activities begin. This will give you an extra day to recover from jet leg and to enjoy the city.

Once you land, take a Flygbussarna coach/bus from the Arlanda airport to the city center. It is a 50 min ride for about \$30. To verify that your credit card works in Sweden, buy a coach ticket online with your credit card (go to <http://www.flygbussarna.se/en> Arlanda to Cititerminalen, pick “return” which means round trip). The cost should be around \$30 or 178-210 SEK. Youth tickets are valid for people from age 16 to 25 (inclusive). Another option for getting to the city center is a high speed Arlanda Express train. It is a 20 min ride for \$70 round trip but check their website for any specials.

Wifi spots are available in many locations around the city, including the airport coach and the Arlanda train.

### **Where to stay:**

The Swedish HealthCare Academy is housed in a beautiful spacious facility near the city center and within an easy walk from the Central Station. Its address is Drottninggatan 95 A, Stockholm, Sweden. There are several conference and break rooms. It is the main place for holding class lectures, prior to organizational visits. Accommodations near the Swedish HealthCare Academy are available at different levels.

**Cheapest.** City Backpackers is a hostel. It is a safe, clean but basic accommodation for price-conscious students. The hostel charges 190SEK (exchange is about 1USD=7SEK but check it online) per person to stay in a small room of 6 bunk beds. The room is very basic (dorm like) with a toilet and a shower outside of the room to be shared by residents of multiple rooms. The hostel adds 25SEK for sheets and an optional breakfast for 55SEK, which would bring the total price to 270SEK per person per day. The hostel has a kitchen with a separate fridge for each room and free uncooked pasta. The visitors must leave shoes at the entrance. City Backpackers also offers three apartments, each for 6 people for a cost of 380SEK per person per night with sheets and breakfast. Program fee will also include lunch, snacks and refreshments. Students will pay for all other meals.

**Moderate.** In 2015, most students enjoy staying at the HTL Kungsgatan hotel. **Address:** Kungsgatan 53, 111 22 Stockholm, Sweden, **Phone:**+46 8 409 209 20.

**Other.** Major hotel chains (Raddisson, Clarion) are within walking distance and can accommodate less price-conscious students. Contact your course instructor for further details, [ivani1sv@cmich.edu](mailto:ivani1sv@cmich.edu)

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### **Transportation within Stockholm:**

Stockholm subway is a safe and easy to navigate mode of transportation. A daily card is about \$16, a weekly pass will be cheaper per day. You will get a pre-paid travel card on Monday, do not buy your own.

One possible pleasant yet cultural experience is to take subway to the suburb of Kista, where in a large shopping center one can see the full diversity of the Swedish society. A visit to the city center does not give a full perspective on different nationalities and races of Swedish residents.

### **Cultural experiences:**

Family members are welcome to accompany you but there are stipulations: 1) there could be an extra charge for a family member to cover pre-program dinner and travel to Tallinn and 2) only registered students can participate in educational activities. While you are learning, your family members can explore the city and enjoy rich cultural experiences. 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.

For everyone, city center

- Drottningholm Palace and Theater (\$7-14). 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 (\$15-20). 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.

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- The Nobel Museum (\$10). 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 (\$15). 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 Soulful Deep Blues to Piano Boogie. See band list <http://www.stampen.se/html/program.html> Typical schedule: Mon - Blues nigh, Tue - Trad. Rock'n swing, Wed, Th - Swing/trad, Fr, Sat - Two bands Usually one swing/jazz and one blues/soul. Dancing downstairs. Sundays open sometimes for traditional jazz.
- Nordiska museum (\$14, 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 (\$28) 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/>

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A bit further away

- Skansen, the world's oldest open-air museum (\$14). 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 (\$10-15), 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/>