

Houses of Health- Part 1- Brief Commentary

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Abstract

Immune stabilization, homeostasis and immunomodulation of humans are important in the context of COVID-19. Currently no worldwide-approved treatment for COVID-19 and no worldwide-approved COVID-19 vaccine exist.

So named “Houses of Health” with a new holistic concept explored and developed by the author of this article together with two physicians in Switzerland, could be a landmark.

The specific inclusion of traditional and complementary medicine, therapies and interventions could support immune stabilization, homeostasis and immunomodulation of humans.

The houses should start at mid-2021 in Switzerland.

Content

On March 11, 2020 the World Health Organization in Geneva/ Switzerland characterized COVID-19 as a pandemic [1]. Until today (August 2020) the Johns Hopkins University document more than 23 million confirmed global cases and 800.000 people which had died from COVID-19 [2].

The complex SARS-CoV-2 structure was published in several publications, for example by Florindo et al. [3]. The co-authors like many other researchers document that until today no worldwide-approved treatment for COVID-19 and no worldwide-approved COVID-19 vaccine exists.

Immune stabilization, homeostasis and immunomodulation of humans are important in the context of COVID-19.

In Switzerland ambulatory care in general is provided mostly by self-employed physicians working in independent single practices offering both primary care and specialized care. In the past decade it has seen a rise in physician networks and health maintenance organizations (HMOs) in Switzerland [4].

In this overall context with COVID-19 new service houses of health, not single practices, were conceptualized in Switzerland by the author of this article. The plans for these houses started long ago, but intensively since March 2020 with two Swiss physicians.

A report of the WHO in 2019 was hereby a pusher [5]. The WHO global report in 2019 about traditional and complementary medicine covered the first time facets of traditional medicine-products, practices and practitioners. The report underlined additionally the different effects of complementary medicine.

The planned “Houses of Health” will include traditional and complementary medicine, therapies and interventions with a specific holistic approach, and with experts from different scientific disciplines (like medical doctors).

Four leading functions are planned for each house of health. The houses will have a specific legal structure.

These houses of health are nationally located, but internationally aligned with defined benefits, marketing and unmistakable branding, and sustainable multiplier functions.

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To implement the new concept in the planned houses and to reach clients in the best way, always detailed concepts are requested.

A sound, but specific sub-concept in this new concept is integrated with the inclusion of a coordinated bilingual or multilingual reception. The forwarding of treatment, counseling and services to the experienced team members of each house with various professional specialties needs to be detailed structured, analyzed and documented.

Important is additionally to locate these houses of health with a low-threshold, brought, quick access in the centers of cities to reach different groups of humans and age-groups, which will use different forms of transportation like trains, buses and at different time windows during the day, like in rush hours [6-8].

Evaluation, evaluation of quality and efficiency of a single intervention and the holistic approach is an imperative. Evaluation from the patient/clients perspective has increasingly become an established part of working in the health service [9]. To explore health markers in combination with the perspective and satisfaction of clients and patients with the new concept is important and an imperative.

The houses will fail, like other projects, when engaged investors, supporters and co-workers are missing. To build up a highly engaged workforce, this project will look for further co-workers with professional skills & competences, education, continuing education and trainings, and with attitudes like trust, self-confidence, agreeableness, and openness [10].

Summary

There is a great demand for houses of health, especially in times of COVID-19, but the implementations of this unique overall concept and with detailed sub-concepts are hereby of great importance.

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Legal structures, safeguards are just as important as the protection of the concept in the context of copyright issues.

Competing Interests

The author declare that there is no competing interests regarding the publication of this article.

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