



Health, Functioning and Well-being

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SPECIAL COMMUNICATION

Health, Functioning, and Well-being: Individual and Societal



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Abstract

As a society we invest an enormous amount of resources in health because we are convinced that health is linked in some way to a person's well-being, and that population health is linked to overall societal welfare. But the nature of this link, and the evidence for it, are more controversial. After exploring current attempts to operationalize well-being in a manner amenable to measurement, in this article we offer a way for securing the link between the provision of health care and individual well-being, and societal welfare by highlighting what matters to people about their health. We argue that it is the lived experience of health and its effect on daily life that matters. This experience is captured by the notion of *functioning* in the World Health Organization's International Classification of Functioning, Disability and Health. Moreover, viewed as an indicator of health on par with mortality and morbidity, functioning provides the essential bridge that links the provision of health care both to individual well-being and, at the population level, societal welfare.

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because we are convinced that health is linked in some way to a person's well-being, and that population health is linked to overall societal welfare.

But the nature of this link, and the evidence for it, are more controversial.

In this presentation we propose a way for securing the link between the provision of health care and individual well-being and societal welfare by highlighting what matters to people about their health.

We argue that it is the lived experience of health and its effect on daily life that matters.

This experience is captured by the notion of **functioning** in the World Health Organization's International Classification of Functioning, Disability and Health (**ICF**).

Viewed as an indicator of health on par with **mortality** and **morbidity**, **functioning** provides the essential bridge that links the provision of health care both to individual well-being and, at the population level, societal welfare.

Well-being

- Little agreement about the precise composition of individual well-being
- **Health** is a component or determinant

Health, Functioning and Well-being: Individual and Societal.

Stucki G, Bickenbach J. Arch Phys Med Rehabil. 2019;100(9):1788-92

Well-being

Norman Daniels

Health is an essential component of individual wellbeing because it is instrumental for any goal or value the individual wishes to pursue in life.

Meeting health needs fairly translates into peoples ability to exercise the full range of opportunities

Just health by **Norman Daniels**

Cambridge: Harvard University Press; 2009.

Well-being

Amartya Sen and Martha Nussbaum

Health is part of the set of capabilities essential for an objectively good life. A capability is an objective opportunity that embodies all necessary preconditions for its achievement.

Development as freedom by **Amartya Sen**

New York: Oxford University Press; 1999.

Creating capabilities by **Martha Nussbaum**.

Cambridge: Harvard University Press; 2011.

We need a health indicator
that can capture the contribution of

health to well-being and the
health care system to societal welfare

“..... does not necessarily require us to get involved in the potentially futile task of *defining* the concept of health: rather it is only necessary to *operationalize* health.”

We need an operationalization, not a definition of health

Stucki G, Rubinelli S, Bickenbach J. Disabil Rehabil. 2020;42(3):442-444..

Towards a Common Understanding of the Health Sciences.

Stucki G, Rubinelli S, Reinhardt JD, Bickenbach JE. Gesundheitswesen. 2016;78:e80-4.

“what is my life if I am no longer useful to others”

What matters?

**Intrinsic
health
CAPACITY**

***Body structures
& functions***



**PERFORMANCE
in interaction
with the
environment**

***Activities &
Participation***

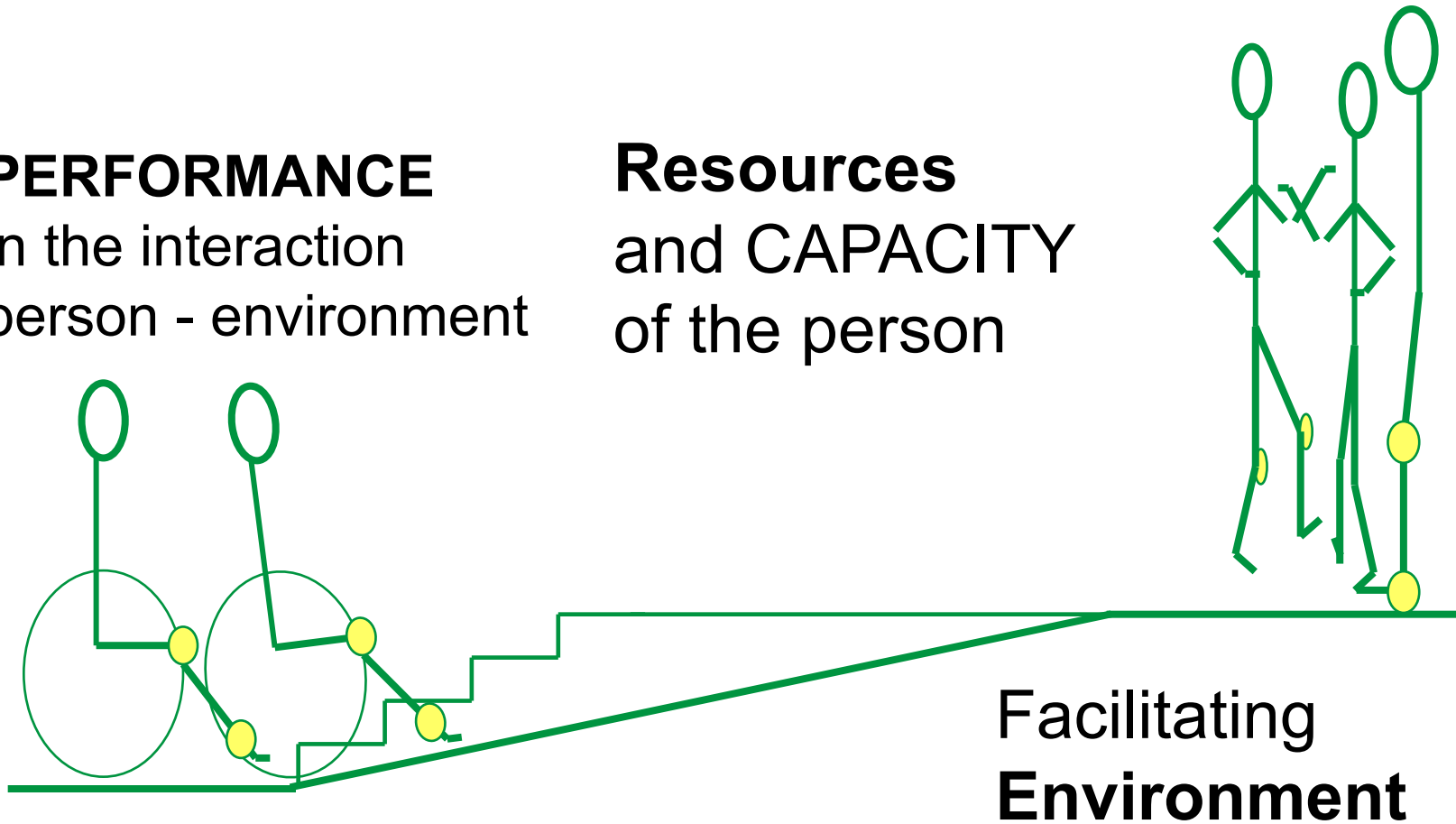
Linking health and well-being

The experience of wheelchair users

PERFORMANCE

in the interaction
person - environment

Resources
and **CAPACITY**
of the person



ICF Case Studies

Translating Interventions into Real-life Gains – a Rehab-Cycle Approach

[Introduction](#) [Case Studies](#) [About the project](#)

You are here: ICF Case Studies/Case Studies



Case 1 | Goal-Setting

Case 2 | Independence

Case 3 | Hope

Case 4 | Health Behaviour

Case 5 | SCI in Older Persons

Case 6 | Recovery After Traumatic SCI

Case 7 | Return-to-Work

Case 8 | Community Reintegration

Case 9 | Sports in Rehabilitation

Case 10 | Walking Recovery

Case 11 | Care in Low and Middle-Resource Countries

Case 12 | SCI and Environmental Accessibility

Case 13 | SCI In Adolescence And Peer Relationships

Case 14 | Bowel And Bladder Management

Case 15 | Psychological Issues And SCI

Case 16 | Time-Related Aspects

Case 17 | Motivation And Rehabilitation

Case 18 | Social Service Support In SCI Rehabilitation

Case 19 | SCI And Chronic Pain Management

Case 20 | Rights For Persons With Disability

ICF Case Studies

Translating Interventions into Real-life Gains – a Rehab-Cycle Approach

Return-to-Work

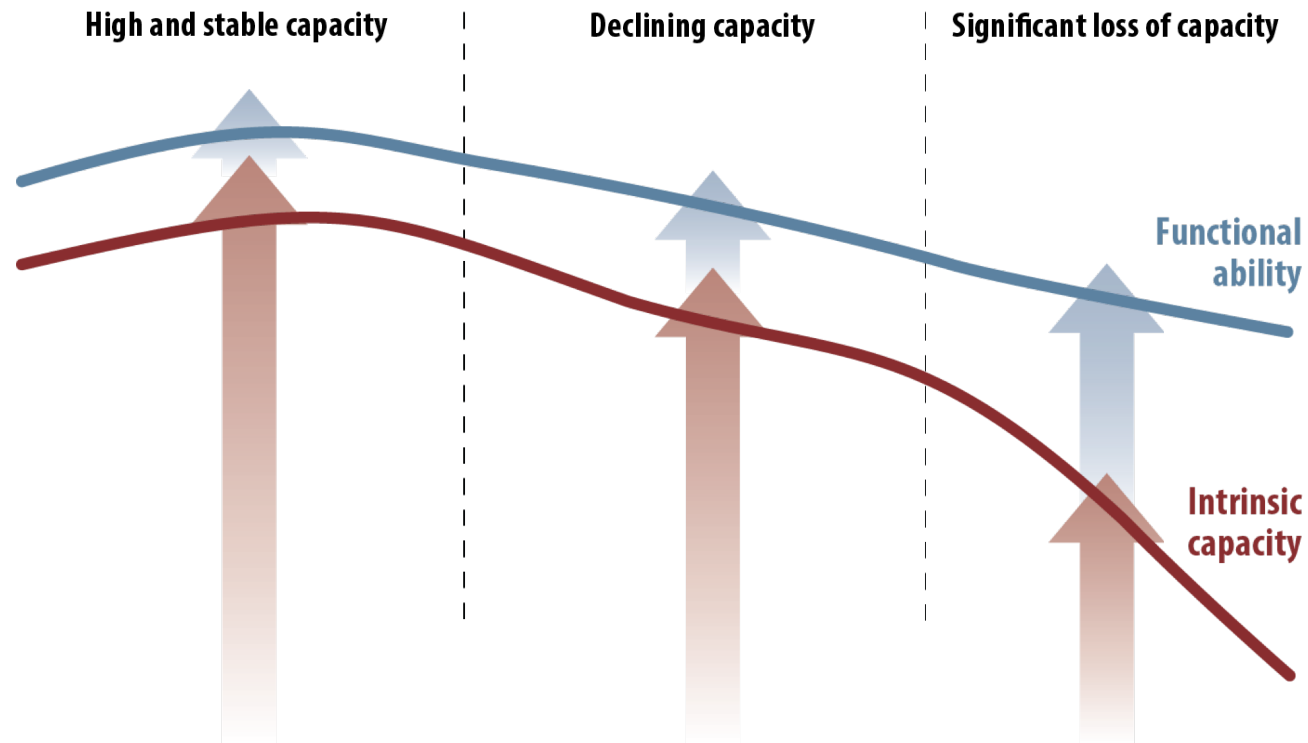
Case Study 07



www.icf-casestudies.org

Linking health and well-being

Healthy ageing



World Report on Ageing and Health.
World Health Organization. WHO Press, 2015.

Functioning a universal experience

Disease
Injury
Ageing

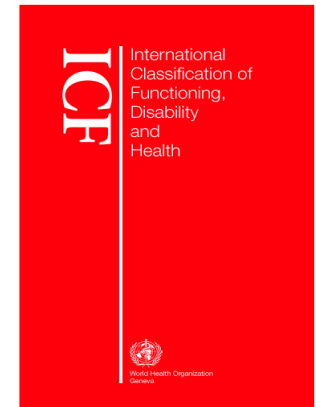
Disability

Functioning

Optimal Functioning



“The ICF is the best model for operationalizing the complete domain of the lived experience of health by an individual, and by extension a population, understood in terms of the outcome of an interaction between biological health status and the environment, and personal resources.”

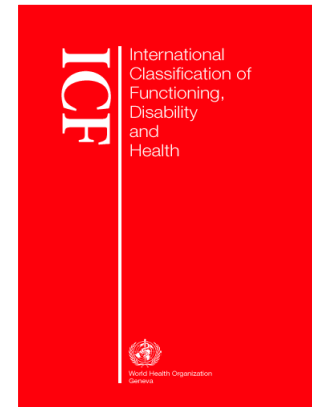


Personal communication Jerome Bickenbach

- **The International Classification of Functioning, Disability and Health.**
World Health Organization. WHO Press: Geneva, 2001.
- **Models of Disablement, Universalism and the ICIDH.**
Bickenbach JE, Chatterji S, Badley EM, Üstün TB. Soc Sci & Med. 1999;48:1173-87.

Functioning the 3rd health indicator,

Complementing Mortality and Morbidity



Functioning—the third health indicator in the health system and the key indicator for rehabilitation.

Stucki G, Bickenbach J. Eur J Phys Rehabil Med. 2017;53:134-8.

Functioning

Disability

Ageing

NCD

REHABILITATION

TREATMENT

Injuries

PREVENTION

**Infectious
diseases**

PROMOTION

Rehabilitation: key for health in the 21st century. Rehabilitation 2030: a call for action. World Health Organization [Internet] 2017. Available from:

<http://www.who.int/disabilities/care/rehab-2030/en/>

Rehabilitation: The health strategy of the 21st century.

Stucki G et al, J Rehabil Med. 2018; 50(4):309–16.

Rethinking the Health Strategies in light of the ICF

| Strategy | Health Goal | Indicator | Classification |
|----------------|---------------------|----------------------------|----------------|
| Preventive | Disease prevention | Morbidity | ICD |
| Promotive | Biological health | ICF Capacity | ICF |
| Curative | Disease control | Mortality | ICD |
| | | ICF Capacity | ICF |
| Rehabilitative | Optimal functioning | ICF Capacity & Performance | ICF |
| Palliative | Quality of Life | | |

Applications of the ICF at all levels of the health system

- **Macro Level**
 - **Rehabilitation Policy and Programming**
- **Meso Level**
 - **Clinical Quality Management for Rehabilitation**
- **Micro Level**
 - **Individual Rehabilitation Project**

Functioning information in the learning health system.

Stucki G, Bickenbach J. Eur J Phys Rehabil Med 2017;53:139-43.

REHABILITATION

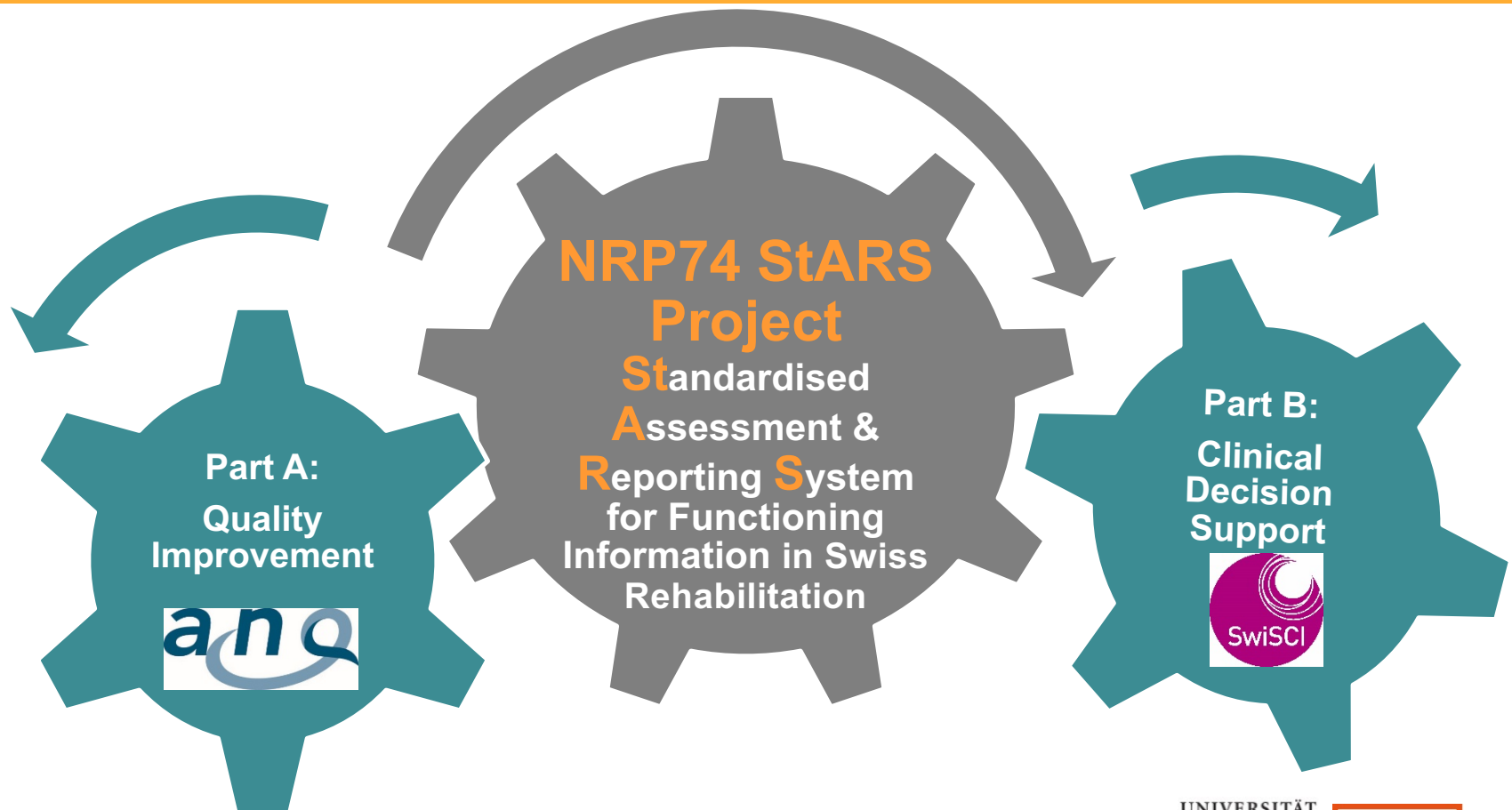
— 2030 —

a call for action

To scale up rehabilitation in health systems worldwide we need to integrate functioning information in health information systems

- **Health information systems and rehabilitation. Rehabilitation 2030: a call for action. World Health Organization. [Internet] 2017.**
Available from: <http://www.who.int/disabilities/care/rehab-2030/en/>
- **Strengthening rehabilitation in health systems worldwide by integrating information on functioning in national health information systems.**
Stucki G, Bickenbach J, Melvin J. Am J Phys Med Rehabil. 2017; 96:677-81.

Enhancing continuous Quality Improvement and Supported Clinical Decision-making by standardized reporting of functioning



www.nfp74.ch/en



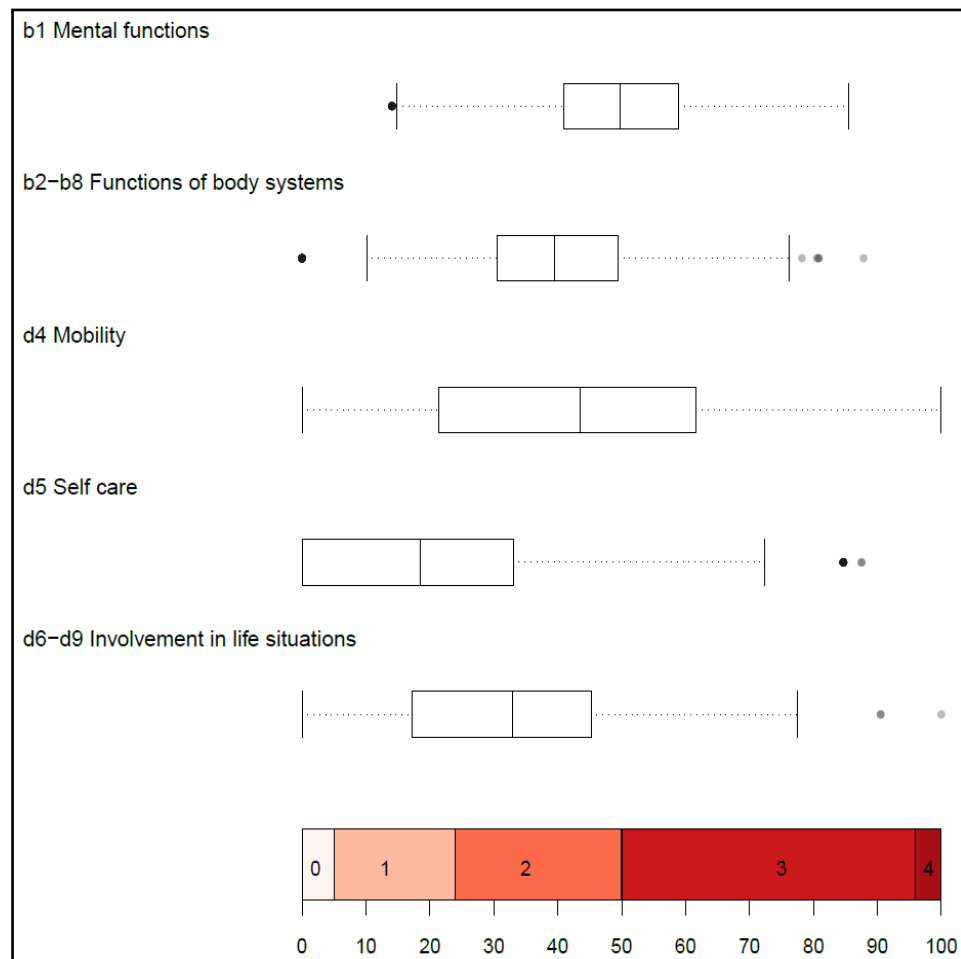
Smarter Health Care
National Research Programme



**Swiss
Paraplegic
Research**

ICF StARS

Standardized Assessment and Reporting System



- **Toward standardized reporting for a cohort study on functioning: The Swiss Spinal Injury Cohort Study.**
Prodinger B et al. J Rehab Med. 2016;48:189-96.
- **Standardized reporting of functioning information on ICF - based common metrics.**
Prodinger B et al. Eur J Phys Rehabil Med. 2018 ;54(1):110-117.

ICF-based Functioning Assessment and Reporting Systems are now sufficiently developed to advocate for the integration of the ICF in national health information systems

Olle Höök Lectureship 2015:

**The World Health Organization's paradigm shift and implementation of the
International Classification of Functioning, Disability and Health in rehabilitation.**

Stucki G. J Rehabil Med 2016; 48:486-93.

Call for contribution

- Implementation of ICF in health information systems
- Implementation of ICF as reference system for the assessment and reporting of health outcomes of health technologies

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