

First Line Social Health Care:  
A Mutualistic Health Care Organization in Romania.  
Asociatia De Ajutor Mutual



*Ioan Suru*

*Local coordinator ADAM Slatina-Timis*

# Health Care:

- **Health Care system after 1989:**

- Very slow changes
- Arrears situation health care system
- Shrinking economy

- **1995-1998 Privatization: (British – Dutch – Bismarck model)**

- Decentralization: CJAS'ses (42) (buying care from public and private institutions and responsible for making contracts with hospitals)
- Structure for medical profession (admissions)
- Found social security system (CNAS)
- Organization and description tasks public health
- Organization, functioning and financing hospitals

# Health Care:

- **Social security system for health care:**

- Strengthen position 'family doctor'
- Decreased influence hospitals
- Negative effects:
  - decreased access due to smaller insured packet
  - this leads to increasing inequality in medical consumption
- Compulsory insurance:
  - employers and employees (5% + 5.5% on salaries)
  - self-employer (5.5% on brute income)
  - unemployed, prisoners and conscripts: state pays
  - children, veterans and handicapped: for free

# Health Care:

- **Facts about healthcare in Romania:**

- **Expenses:**

- 687 €/inhabitant vs. 2192 €/inhabitant in EU
- 3.6 % of GIP vs. 8.% of GIP in EU

- **GPs:**

- 2.2 doctors/ 1000 patients
- 5.5medical assistants / 1000 patients

- **Hospital beds:** 6.02/1000 inhabitants vs. 5.61/1000 inhabitants in EU

- **Life expectancy:** 76.2 years for women, 69.2 years for men

- **General mortality:** 964/ 100 000 inhabitants

- **The lowest rate of obesity** in EU: 7.9%



## Health Care:

...A health system should be seen as a unity, where the particular aspects become meaningful as they impact on the whole system: also, such a unity should be placed in a context.

...We have to start from the premise that health costs. We have to teach the Romanian society that health is not for free.

## A mutualistic Organisation in Romania.



Asociația De Ajutor Mutual Slatina-Timis

# Why this project ?

## 1. Generally:

- Changes in Romania and privatization, also in services.
- Certain categories of people are in danger to fall out the boat.
- Lack of financial means from the state to guarantee local health care will be first visible in the villages.
- “Gratitude money”. Extra “black” money for treatments. Official and unofficial tariff lists.
- Changes in payment (honorary) of the providers will effect in no interest in a carrier in a village (difficult to find someone).
- ADR = Action **Villages** Romania.
- Insufficient control on quality and functioning of health care.
- Only few or no prevention activity and actions.

## Why this project ? (cont.)

### 2. Local:

- First line health care already longer a big problem in Slatina-Timis: practically no doctor, no dentist, dispensary in bad condition, most of the time no accessibility (permanence, phone, ...) etc.
- Healthcare was also a goal in the first project. This project was a continuation.
- Look for systems for an active participation of the people in health care. Own responsibility and participation.
- Learn to take future in own hands.
- Develop a new model that can show an alternative to organize the health care in Romania.
- A patient directed development of health care.

***Integrated development project Slatina-Timis*** (VZW Geels Roemeniëkomitee with support from Flemish Government) 1999-2001.



## Fundatia pentru Dezvoltarea Asociatiilor de Ajutor Mutual

*A foundation created by :*  
VZW Geels Roemeniëkomitee and LCM

- A Romanian foundation that can act in whole Romania
- The aim of this foundation is to start local mutualistic organizations (ADAM'ses)
- The pilot project of such organisation is Slatina-Timis
- This foundation is the key point for future initiatives in the field of medical (health) and social activities
- **The founders are 2 Romanians and 3 Belgians**



## ADAMSlatina-Timis

### Asociatia De Ajutor Mutual Slatina-Timis

- Local organisation of mutual help in Slatina-Timis
- Created by the FDAAM
- The aim is to offer the inhabitants of Slatina-Timis a good and accessible **first line health care** system based on the goals described by the foundation
- The general assembly exists of all members of ADAMS
- This association is responsible for all local activities
- **The founders** represent different institutions and organisations, specialists and users. Personnel of the medical centre are co-opted.
- The board (6 Romanians and 1 Belgian) meeting is every month.



## What exactly is an ADAM ?

- **Social Movement**
- **Solidarity**
- **Access to good qualitative health care**
- **Social services**
- **Democratic member organisation**
- **Financial means**
- **European standards**
- **Prevention**
- **Elimination of a polarized society**



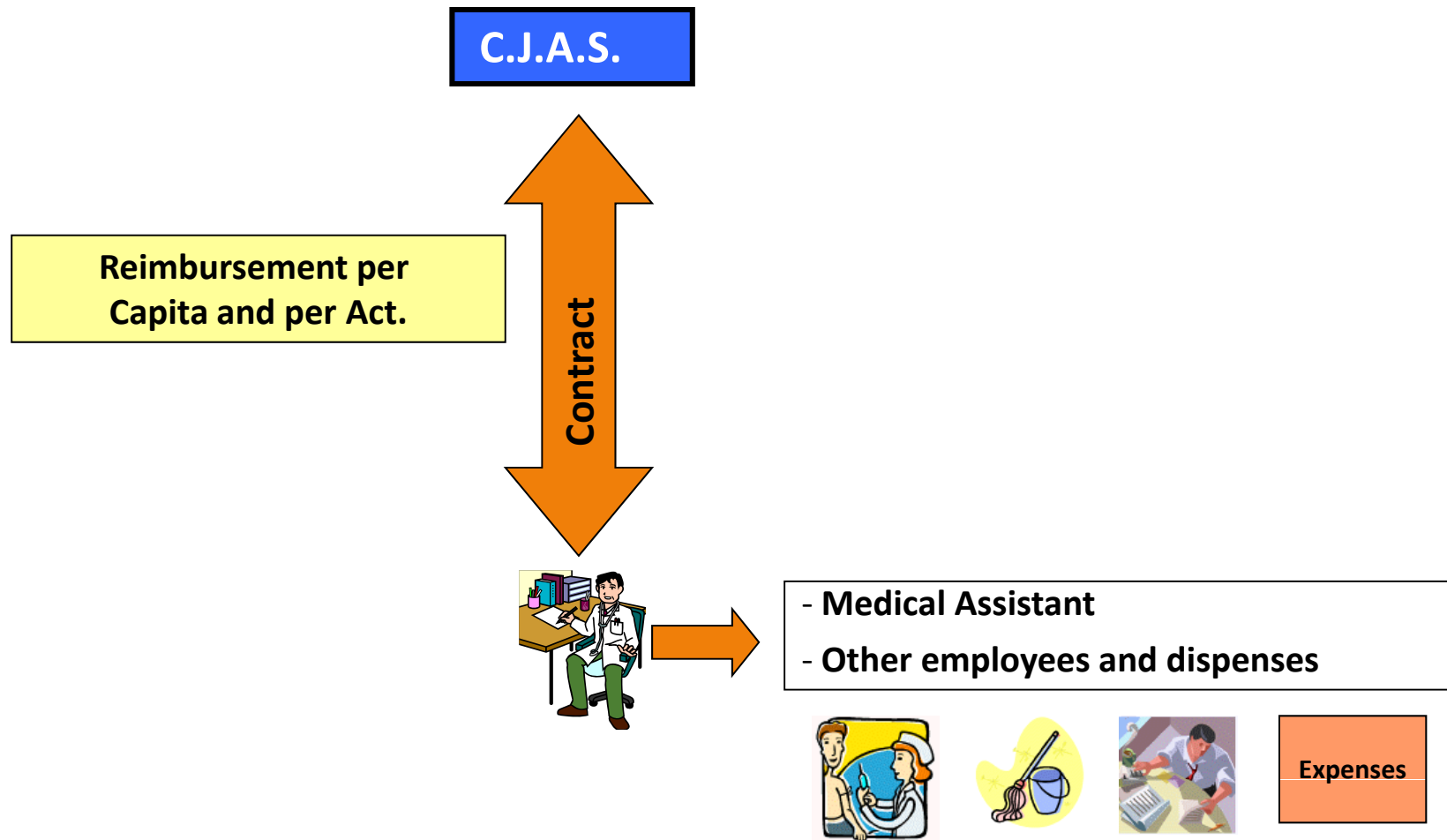
## What exactly is an ADAM ? (cont.)

- Co-operation
- Volunteer engagement
- Non profit oriented
- Independent
- Contract with the CJAS
- Close collaboration with own or contracted health care providers
- Social fixed prices
- Close collaboration with CNAS & CJAS – a win-win situation



# Medical cabinet Family Doctor:

Contract situation in Romania: **Normal**



# Medical cabinet Family Doctor:

ADAM

Contract situation: **ADAM**

C.J.A.S.

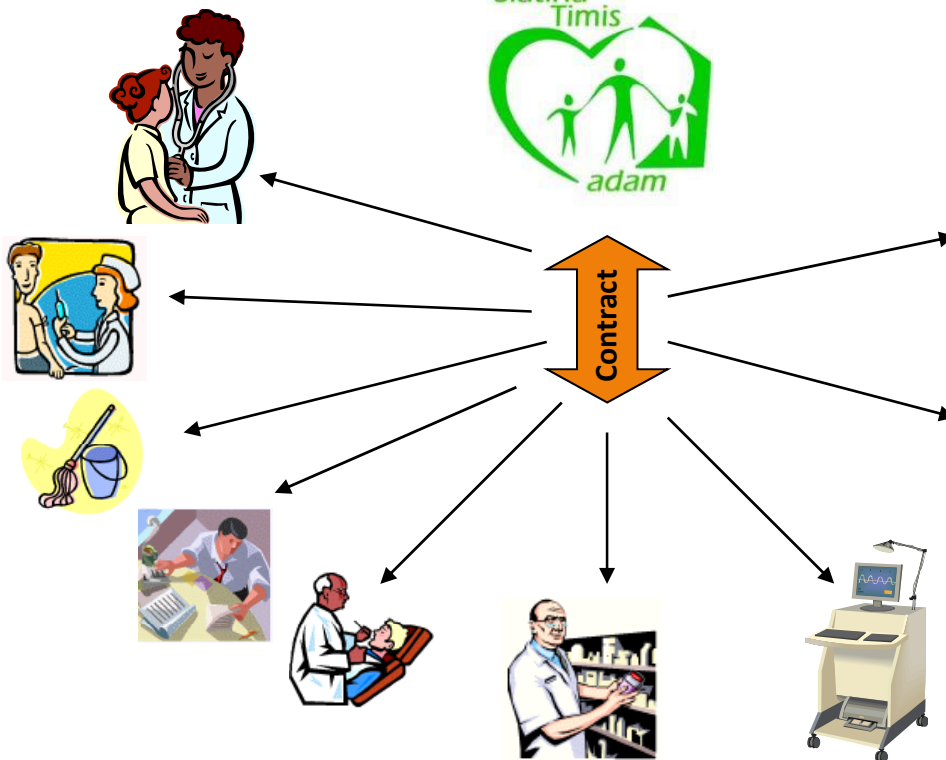
Reimbursement per  
Capita and per Act.

Contract



Contract

Etc.











## Realisations in Slatina-Timis: pilot project.

- Contract ADAM Slatina - CJAS Caras-Severin for doctor and dentist: **first in Romania.**
- 2 doctor cabinets: 1 doctor contract with ADAM Slatina.















## Realisations in Slatina-Timis: pilot project.

- Treatment room + 2,5 assistants + 0,5 local coordinator: contract with ADAM Slatina (1 assistant mountain village).







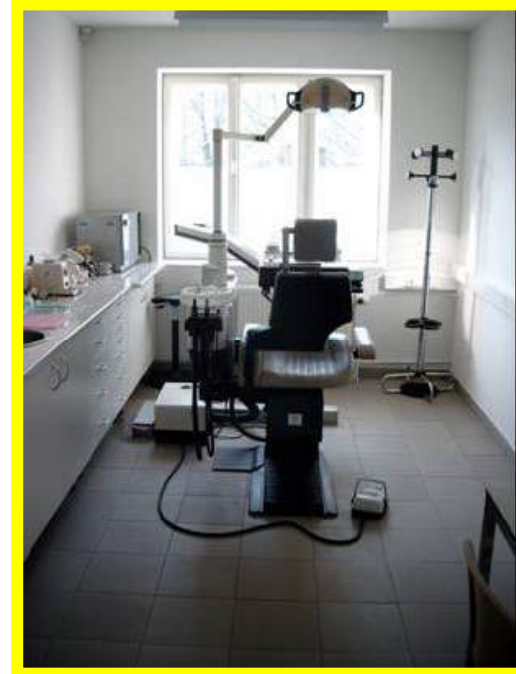


## Realisations in Slatina-Timis: pilot project.

- Dental cabinet: 1 dentist contract with ADAM Slatina.
- Cleaning woman: contract with ADAM Slatina
- Accountant: contract with ADAM Slatina











## Realisations in Slatina-Timis: pilot project.

- Pharmacy fully equipped: contract third party with ADAMSlatina. Also para-pharmacy.
- Evolving towards a social pharmacy.







## Realisations in Slatina-Timis: pilot project.

- 2 medical points in 2 mountain villages.
- ADAM Slatina as a member organisation: 1.724 members.



# ADAM

## ADAM: member organization.

### ADAM: membership fee

- Contribution: 10 RON 2007 – 15 RON 2008 et 2009 – 20 RON 2010 (€ 5)
- Reinvested in different services of ADAMS for the members.



**ASOCIAȚIA DE AJUTOR MUTUAL SLATINA-TIMIȘ**  
Caraș-Severin; 327360, Slatina Timiș, 198 A  
Tel. / Fax: 004-0255-260807 | mutualite\_csro@yahoo.com

**CARNET DE MEMBRU**

Nr. ....

Nume și prenume: .....

Adresa: .....

Cod numeric personal: .....

	Data	Cotația	Semnătura și stampila
2002			
2003			
2004			
2005			
2006			



## Realisations in Slatina-Timis: pilot project (cont.)

- Mediotheque.
- Small kitchen and bathroom.
- Cooled stock room.









## Realisations in Slatina-Timis: pilot project (cont.)

- Waiting room, secretariat, WC's (also for handicapped people).
- Terrace and garden: meeting places
- Automatic international phone line medical centre and cabin outside.
- Internet and e-mail, fax.
- Copy service.
- Meeting rooms: 3 for 15-20 people; 1 for 30-35 people.
- PC-room: PC-classes.
- Big exposition hall.











## Realisations in Slatina-Timis: pilot project (cont.).

- Revalidation room and equipment.
- Consultations specialists.
- ECG.
- Packet for newborns.
- Body care: women (by women organisation).
- Counselling.
- Guard.
- Home care (visits).





## Realisations in Slatina-Timis: pilot project (cont.).

- Contact 2<sup>nd</sup> line: hospitals Caransebes, Resita and Timisoara.
- Care of the sick: organisation.













## Realisations in Slatina-Timis: pilot project (cont.).

- Glucose measuring diabetics + diabetics passport + diets information.
- Light therapy.
- Vaccinations + vaccination card.
- Echography.





## Realisations in Slatina-Timis: pilot project (cont.).

- Medical control school people (in pipeline).
- Urine examination: sticks en microscopically.
- Reflexology (in pipeline).

The logo for Slatina Timis adam features a purple heart shape. Inside the heart, there are stylized purple figures of a man, a woman, and a child holding hands. The text 'Slatina Timis' is written in purple above the heart, and 'adam' is written in purple below the heart.

**CARNET DE VACCINARI**

Numele: .....

Prenumele: .....

Data Nasterii: .....

Domiciliul Stabil: .....

.....

Numele si prenumele tatalui: .....

.....

Numele si prenumele mamei: .....

.....

Codul Numeric Personal: .....



## Realisations in Slatina-Timis: pilot project (cont.).

- Eye tests and reading glasses.
- Social fund.
- First aid football matches Slatina-Timis.



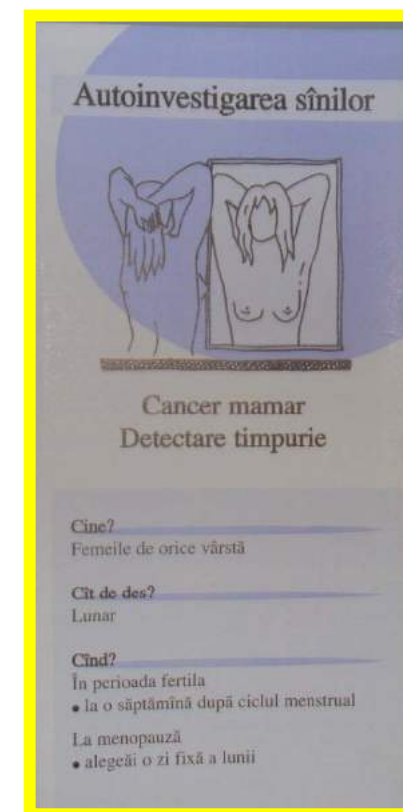






## Realisations in Slatina-Timis: pilot project (cont.).

- Health promotion.





## Realisations in Slatina-Timis: pilot project (cont.).

- Service car Dacia Pick-up.
- Packet newborns.
- Hearing aids (in pipeline).
- House for organisations.
- Diploma's schools.
- Support social organisations.
- ...





## Health situation in Slatina Timis: Comparison 1990-2000 & 2000-2010

- Beneficiaries (primary and secondary): 7000
- People inscribed on the ADAMS list= 2584
- MEMBRII ADAMS = 1658

### 1. AVERAGE AGE OF DECEASED PEOPLE:

1990-2000 ☞ 68,1 years

2000-2010 ☞ 73,8 years

### 2. INCIDENCY OF INFECTIOUS – CONTAGIOUS DISEASES

1990-2000 = 40%

2000-2010 = 18%

A) TBC Ex:1996- 3 cases 2002- 2cases

1997- 3 cases 2003 ----

1998- 4 cases 2004- 1 case

B) HEPATITA: 1990-2000 ☞ 21 cases

2000-2005 ☞ 3 cases

2005-2010 ☞ none



## Health situation in Slatina Timis: Comparison 1990-2000 & 2000-2010

### 3. PREVALENCE OF THE CHRONICAL SICK

#### a) TUMORS - CANCER

1990-2000 ➡ 28 cases

2000-2010 ➡ 7 cases

#### b) DIGESTIVE AFFECTIONS

1990-2000 ➡ 62 cases

2000-2010 ➡ 12 cases

#### c) LUNGS SICKNESS

1990-2000 ➡ 50 cases

2000-2010 ➡ 26 cases

#### d) RHEUMATISMS

1990-2000 ➡ 45 cases

2000-2010 ➡ 40 cases





## Health situation in Slatina Timis: Comparison 1990-2000 & 2000-2010

### e) HEART DISEASES

1990-2000 ➡ 148 cases

2000-2010 ➡ 155 cases

\*in alignment with the ongoing increase of the national average rate

### f) DIABETES TYPE 2

1990-2000 ➡ 21 cases

2000-2010 ➡ 36 cases

### g) RHENAL DISEASES

1990-2000 ➡ 21 cases

2000-2010 ➡ 19 cases



















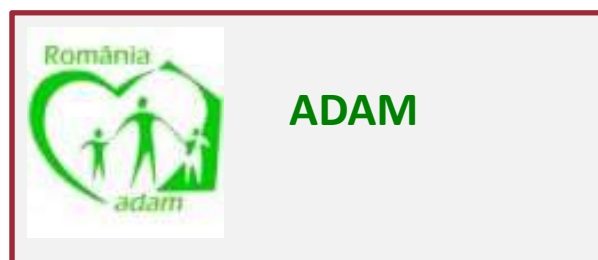






# First Line Social Health Care

## Possible Structures :



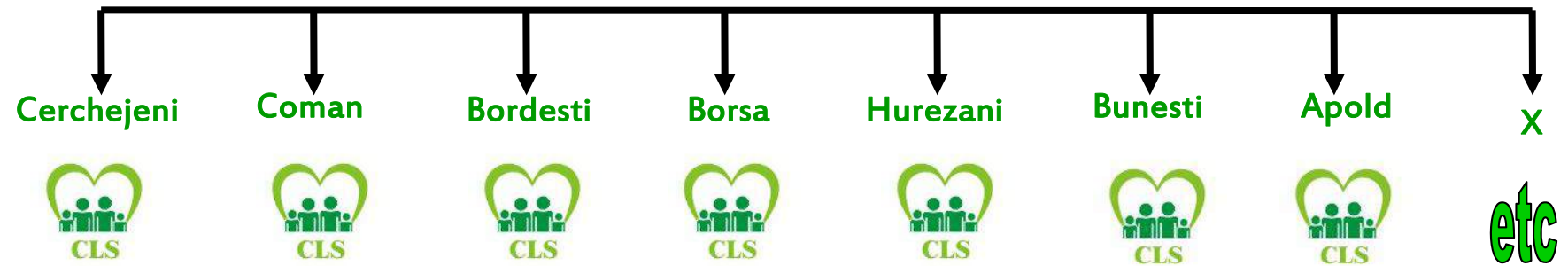
CLS:



**FDAAM**



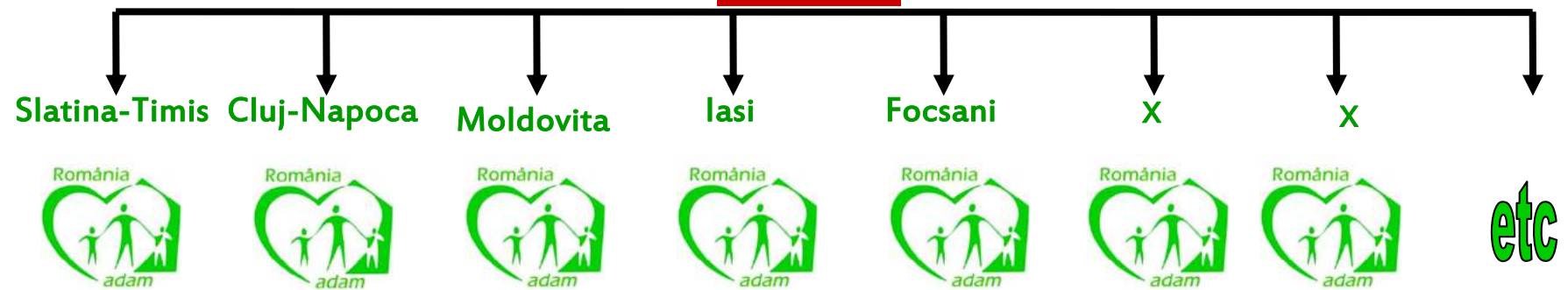
**CLS**



# ADAM

**FDAAM**

**ADAM**





# ADAM

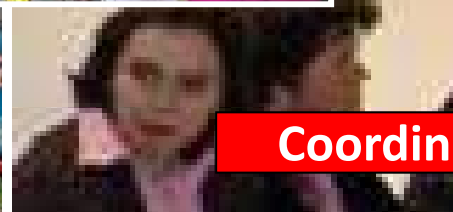
Who are the principal players in Romania?

FDAAM = National Foundation



ADAM = Local Mutualistic Organization

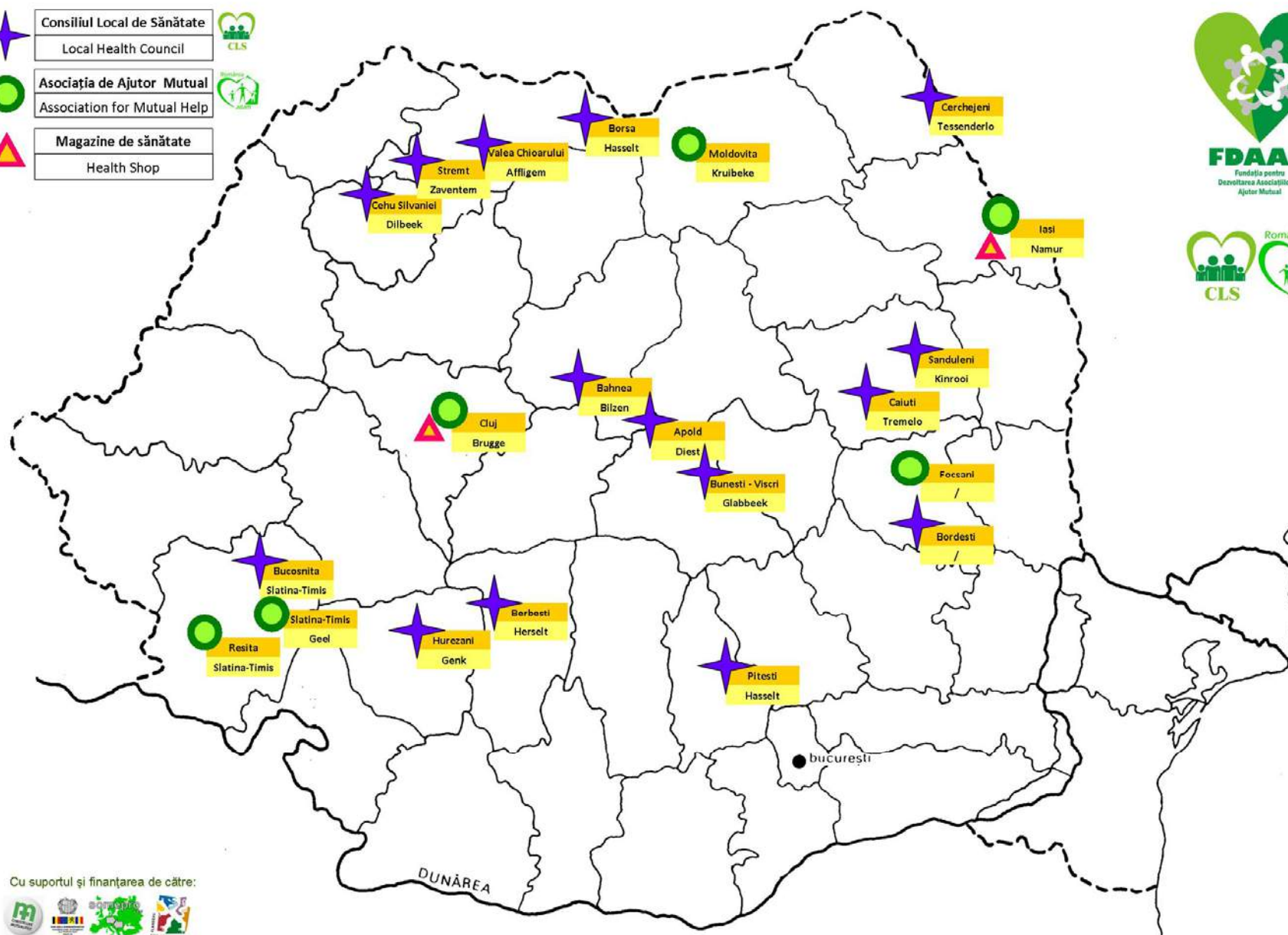
**Board**



**Coordinators**



	Consiliul Local de Sănătate	
	Local Health Council	
	Asociația de Ajutor Mutual	
	Association for Mutual Help	
	Magazine de sănătate	
	Health Shop	



Cu suportul și finanțarea de către:



Foundation for the Development of Mutual Help Associations - Windows Internet Explorer

http://www.fdaam.ro/en/

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 **Enjoy your life healthy, by the side of your loved ones!**

**Redirect 2% of your state taxes to our Foundation FDAAM !**

[Find out how](#)

**Welcome to F.D.A.A.M. (Fundatia Pentru Dezvoltarea Asociatiilor de Ajutor Mutual)**

**Foundation for the Development of Associations of Mutual Help - F.D.A.A.M.** – offers support for the improvement of health, in the benefit of all Romanian citizens, no matter the address, health condition or financial conditions.

The Foundation supports the start of health initiatives CLS'ses, ADAM'ses etc. in different locations in Romania. They will participate in the creating of communitarian strategies of health condition improvement of Romanian citizens together with other factors involved in this field and will negotiate medical services (quality medical care at an acceptable price) with providers of such services.

[Find out more about us](#)

**Councils - C.L.S.**



Local Health Councils (CLS) are informal groups of volunteers and professionals from a village/municipality/town who take actions towards improving the health situation in their community. They first make an analysis of the local situation starting from a social point of view.

**Associations -A.D.A.M.**



An ADAM (Mutual Help Association) is a key element in the first line of health care services in a village, locality or a town. An ADAM is a social movement oriented towards the inhabitants of a village and which has an inclination for disfavored groups (sick persons, disabled persons, elders

**FDAAM News**

**Asociatia De Ajutor Mutual Slatina Timis in parteneriat cu Consiliul Local Slatina Timis organizeaza EUROEST ( Sarbatoarea Europeana)**

Asociatia De Ajutor Mutual Slatina Timis in parteneriat cu Consiliul Local Slatina Timis organizeaza EUROEST ( Sarbatoarea Europeana). Perioada: 05 ...

[Full story](#)

**Echipa FDAAM participa la Conferinta Nationala a Pacientilor**

In perioada 11-13 martie 2010 echipa FDAAM va participa la Conferinta Nationala a Pacientilor. Conferinta Nationala a Pacientilor se doreste a f...

[Full story](#)

[News archive](#)

**FDAAM NETWORK**



Foundation for the Development of Mutual Help Associations - Windows Internet E

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## 2010—European Year for Social Inclusion

In EU, 78 million persons – representing 16% of the population – are presently threatened by misery. On the EU territory, the citizens think that in the area they live in, 1 person from 3 (29%) live in misery and that 1 person from 10 lives in extreme misery conditions. In all the member states, a part of the population is the victim of exclusion and deprivation, often being confronted with a limited access to basic services. 19% of the children are exposed to the risk of misery on the entire EU territory and 1 child from 10 lives in families with non-working members. Therefore, 2010 was declared the European Year for Fight against Misery and Social Exclusion.

## Health Calendar 2010

The international health days represent a treasure of ideas for CLSes and ADAAMs: they are like pockets of projects – we only have to choose one, we will have enough inspiration sources for getting to action; these are established function of the health priorities of the people in the entire world and offers us a lot of viability.

Down you can have some of the health international days from The Mondial Health Calendar:

February: 4—Against Cancer Day; 19—Healthy Stiles Day, etc.

March: 5—Women Day; 21—Day of the Human Rights; 21—Down Syndrome Day etc.

April: 7—Mondial Health Day

May Antismoking Day; 10—Movement for Health Day; 12—Medical assistants, j.a.m.d.

## Who we are ?

FDAAM is a Romanian – Belgian foundation.

You can contact the FDAAM staff of qualified and motivated Romanian people that can bring our projects close to you.

Join our international network and benefit from our learning experiences (trainings, forums, conferences). Visit our website [www.fdaam.ro](http://www.fdaam.ro) for further information.



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## NEWS on FDAAM and Belgian partners initiatives in Romania

# Health for all!



## The ending and beginning word

On the time of asking and answering questions, we gather around the family, we bake some cozonaci, cook a pot of

sarmale, drink some tuica, joke and make the best of a bad

joke. It was a difficult year and 2010 seems to be as difficult as 2009 for Romania. 2009 was a year of meeting people and knowing each other. The term of "mutuality" and "solidarity" became more or less clearly outlined in Romania. And this outline is first of all due to FDAAM volunteers. Dear colleagues, dear FDAAM volunteers, this newspaper number is for you, thank you for your endeavor in 2009 and we are waiting to initiate as much activities as possible in 2010. Without You, FDAAM wouldn't be what is today.

## A National Network.

The "mutuality" and "solidarity" SPIRIT is step by step rediscovered in Romania and us, FDAAM, are the authors of this change.

"Happy New Year,

May all your wish come true!"...







# CLS & ADAM

## Partners





## Realisations:

### 2009-2010

- Filial in Resita (capital of the Caras Severin county):
  - ✓ Cooperation with met Cartel-Alfa (building).
  - ✓ Cooperation with and support diabetic organization C-S.
  - ✓ Cooperation with ASP, AGLT, Rotary, ...
- Filial in Luncavita-Verendin (15 km from Slatina) on their request:
  - ✓ Building rent for free for a long period (25 year).
  - ✓ Start a dental cabinet (01/06/10), CLS, Visidom, men organization, renting service, ...
  - ✓ About 70 members end 2010.

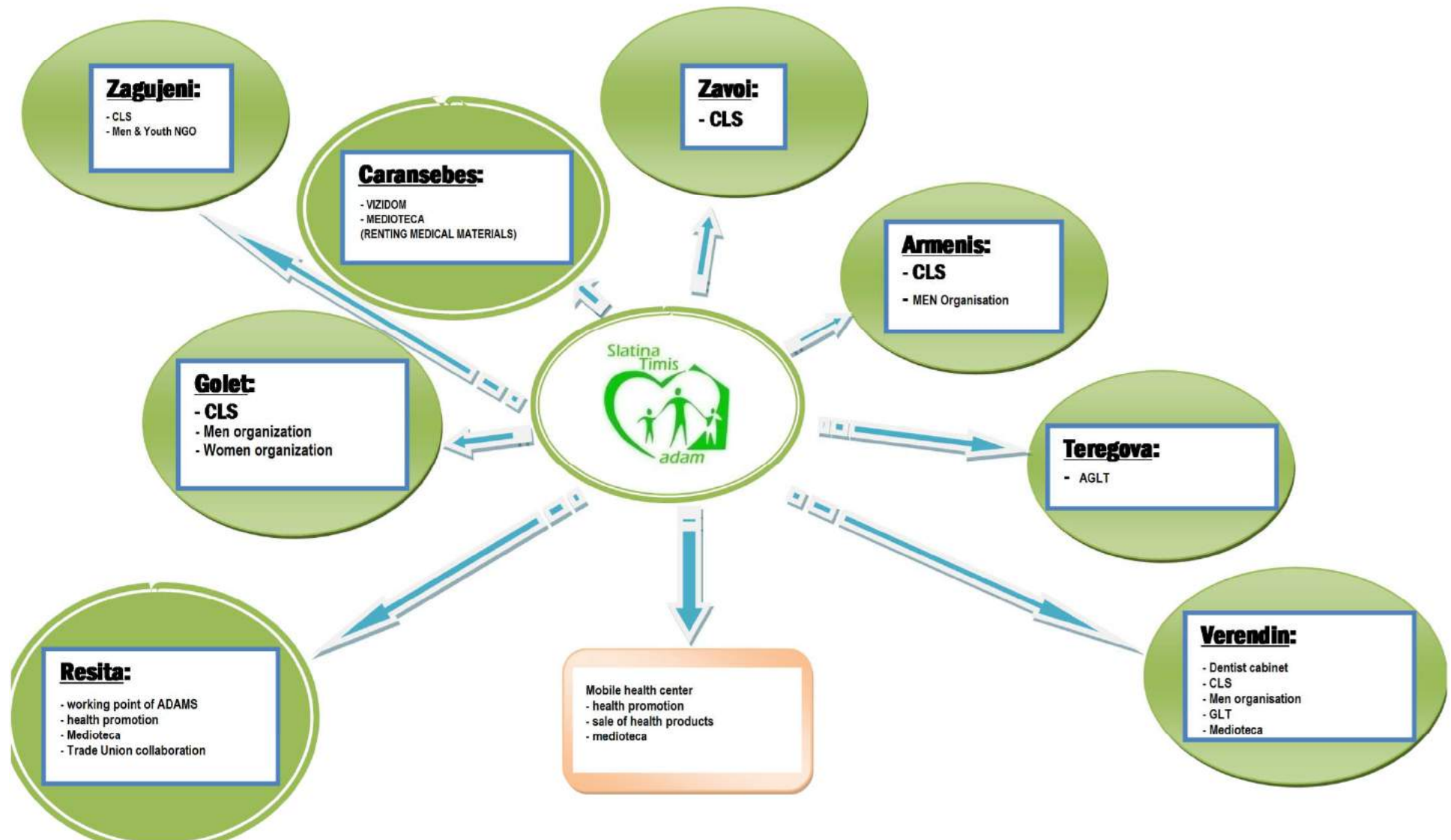








## Regional development ADAM Slatina-Timis





**Dank U !!!**

**Thank You !!!**

**Mulumesc !!!**

**Hvala!!!**

