

Health Tourism and Medical Treatment two parts in Health Resorts

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Health Resorts ?

Which kind of principles are included?

Centres using methods to re-activate self-healing power by

- Saenger's 11 principles of treatment
- Personality patient-oriented concept
- Use of endogenous power stimulation and stabilizing forms of treatment
- Activation of the patient's own responsibility for his health
- Use of a pleasant and culturally encouraging environment close to nature to stimulate the therapeutic acceptance.

Health Resorts ?

Therapeutic Principles

1 **stimulatio**

- Naturopathic, reactivate of self healing power

hygienetic
oriented
„self healing“

2 **substitutio**

- Substitution for metabolic malfunctions

3 **directio**

- Pharmacotherapy

4 **excludio**

- Surgery



pathogenetic
oriented
„artificial healing“

Types of Health Resorts

- Spas using natural spring water or natural peloids
- Wellness centres using equipments for pleasure and fun
- Climatic centres using healthy climate in the mountains
- Thalasso centres using the natural remedies of the sea
- Kneipp centres using the 5 columns of “Sebastian Kneipp”

Water as an elixir of life

- Dietetic baths

- cleanse
- refresh
- give pleasure
- enjoy

- Medical baths

- take healthy
- compose
- palliative effect
- healing effect

Water is good for treatment and for health

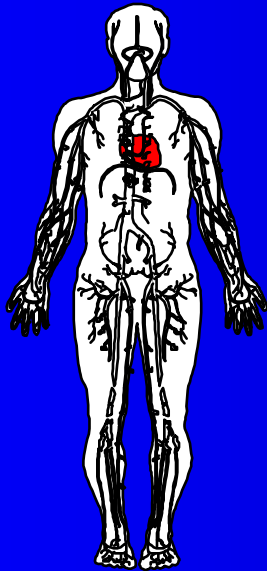
- It can be used in prevention (Dietetic)
 - By drinking as food
 - By bathing as cosmetic
- It can be used in medical treatment
 - By bathing about its physical and pharmacological effects mediated by the skin
 - By drinking about its stimulating effect to the inner organs
 - By inhaling about its effect on the respiratory systems

Water is the most used medicament

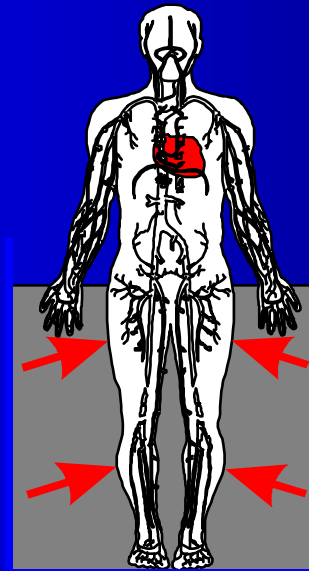
- Everybody is using it.
- Everybody believes its effectiveness.
- The medical experience is bigger than in any other drug.
- The private share in costs is higher than in any other medicament.
- It is the cheapest medicament.
- No other medicament was described so many times by artists than water.

Effect by immersion

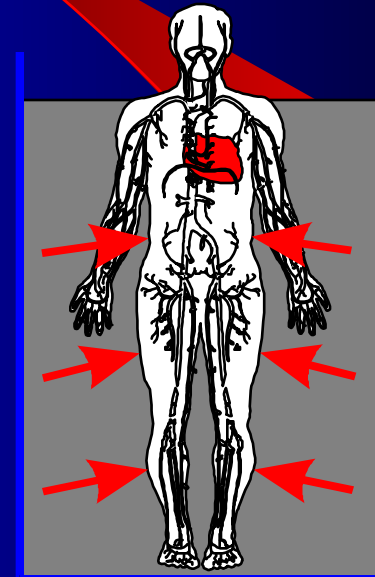
Air bath
Air bath



Half bath
Half bath



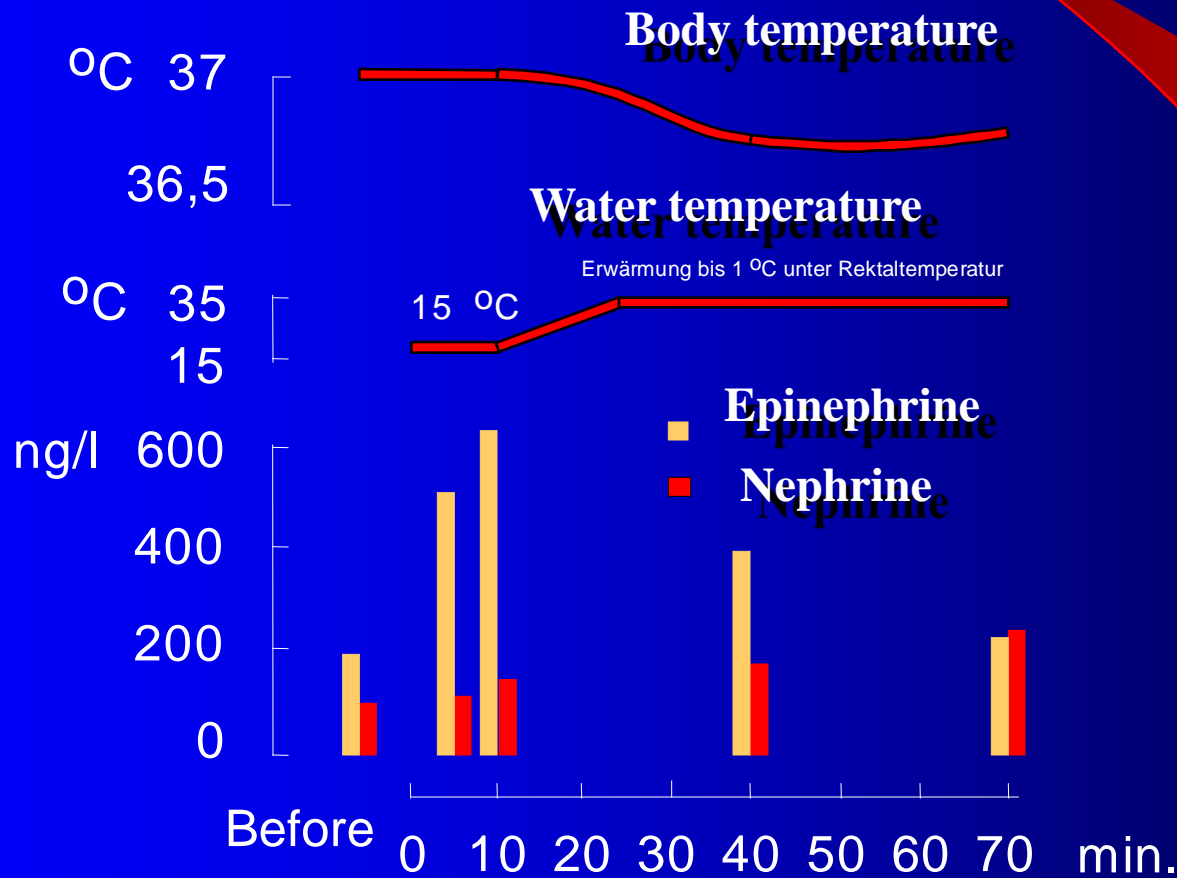
Full bath
Full bath



About 1000 ml of blood flows into the thorax

Effect of cold bath on Epinephrine

nach Bührung



Effect of cold bathing

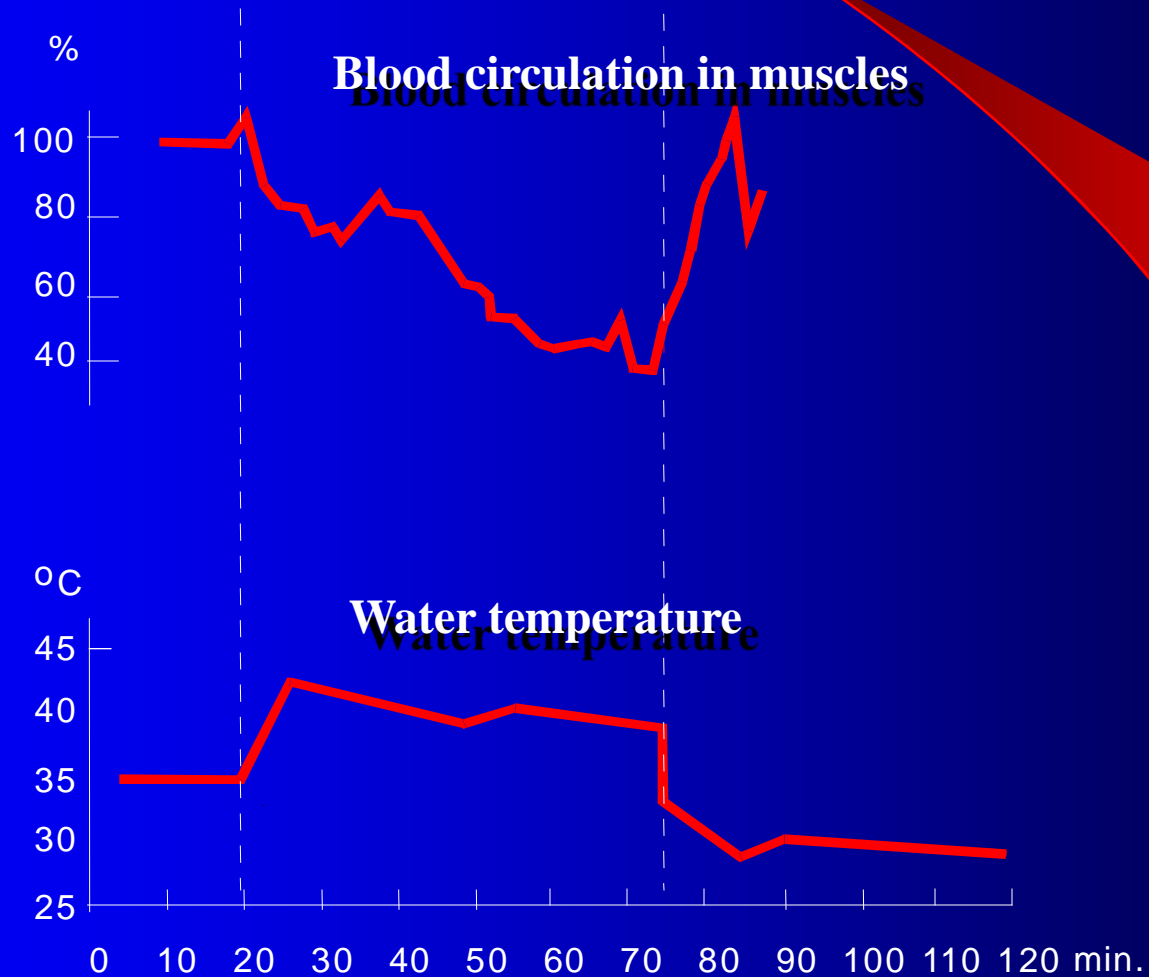
- Thermic Stimuli for Training of regulation of blood flow
 - Functional disturbance of blood flow
 - Phlebopathy
 - Cardio vascular diseases
- Thermic Stimuli for Training of inurity
 - Infect prophylaxis

Effect of changing cold-hot bathing

- Thermic Stimuli for Training of vegetative-hormonal Functions
 - Convalescence
 - Psycho-vegetative Syndrome
 - Cardio vascular regulation disturbance
 - Metabolic disturbance

Effect of hot bath on blood circulation

by Barcroft



Effect of hot bathing

- Muscle relaxation
- Increase of extensibility the structures of connective tissue
- Analgesic
- Anti Inflammatory by Overheating
 - Rheumatic diseases
 - chronic-inflammatory diseases of the urogenital system
 - Post acute after trauma conditions and operations on locomotor system

Chemical bath effects

- Activation of endogenous inflammatory resistance
- Decrease of increased pain sensitivity
- Normalisation of blood pressure

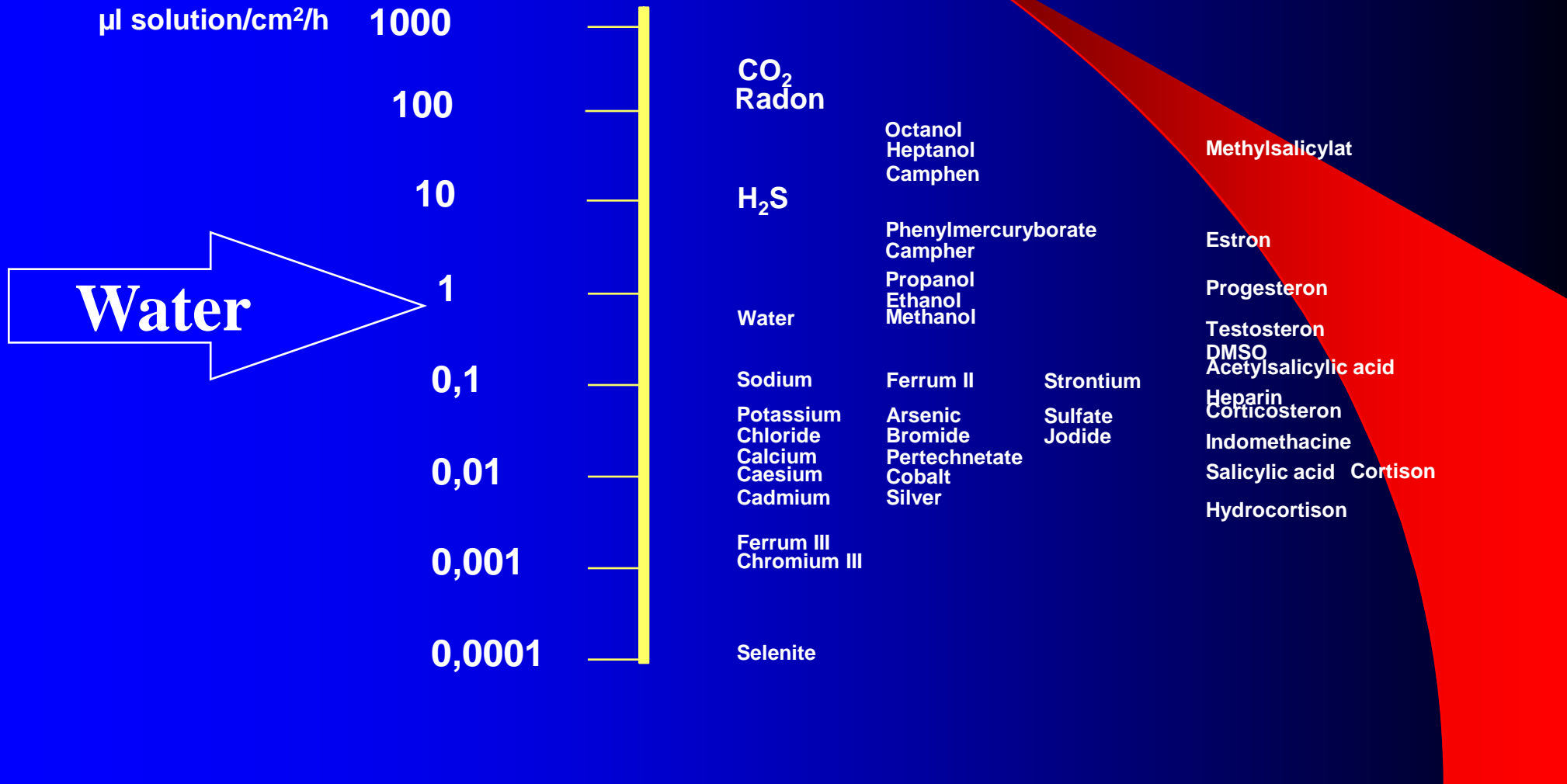
Rheuma baths

- Sulphur
- Radon
- Brine
- Peloids

Skin baths

- Oak bark
- Camomile, yarrow
- Shave grass
- Plant oils
- Sulphur

Permeability of skin for solutions in water



Diseases of the locomotoric system

The following treatments are effective:

- Sulphur baths (only in bath tubs or showers)
- Radon baths (only in bath tubs or in gas containers)
- Brine baths
- Carbon dioxide baths (only bath tubs or in gas containers)
- Hot water baths

Therapeutic use of Sulphur Baths in rheumatology

- Degenerative diseases of joints
- Extra articular rheumatism
- Rheumatoid arthritis
- Post traumatic lesions
- Postoperative therapies

Therapeutic use of Radon baths

- Rheumatoid Arthritis (not acute stadium)
- Ankylosing spondylitis
- Treatment of pain by Radiculitis, Neuritis, Neuralgia
- Hypertension Stadium I und II WHO
- Sklerodermie
- Osteoporosis

Therapeutic use of Carbon Dioxide baths

- Disturbance of micro circulation in the skin
- Trophic Ulcera of the skin, venous Ulcera
- Decubitus
- Peripheral arterial occlusive disease in any stadium
- Functional arterial disturbance of vascularity

General rules for effective bathing

- **Chemical** effects of water can be used only in bath tubs
 - No disinfection
 - Concentration in bath tub
 - $\text{H}_2\text{S} > 10 \text{ mg/l}$
 - Radon $> 1 \text{ kBq/l}$
 - $\text{CO}_2 > 1 \text{ g/l}$
 - Brine 10-150 g/l (in case of indication)
- **Physical** effects of water can be uses in pools
 - With disinfections (chemical substances are destroyed)
 - Temperature $> 30 \text{ }^\circ\text{C}$ (in case of application)

Basic Infrastructures of Health Resorts (I)

- Natural resources and remedies certificated for treatment
- High quality standard of air and healthy climate
- Resort with special equipment depending on indications for bathing, drinking, inhaling, gymnastics and physical therapy
- Favourable therapeutic environment with parks and walking areas
- Areas for fitness, sports, and relaxing
- Specialized physicians and medical teams

Basic Infrastructures of Health Resorts (II)

- Special hotels or pensions with dietetic measures and maintenance for patients
- Cultural events
- Health education centre
- Health promoting urbanisation
- Equipment of medical care and first aid
- High quality standard of hygienic equipment

"Kur" and Rehabilitation (Definitions)

- "Kur" (cure of treatment, course) is a special **type** of medical treatment in Health Resorts with natural remedies during a period of 3-6 weeks. It mainly use the reactivation of self-healing powers by stimulation and training by minimize the use of drugs.
- Prevention or Rehabilitation are the **goal** of treatment.

Two Functions of Health Resorts and Spas

- Health Resorts are centres in treatment of chronicle diseases and to realize preventive and rehabilitative goals.
- Health Resorts are centres to get health in healthful vacations.

Importance of Health Resorts and Spas

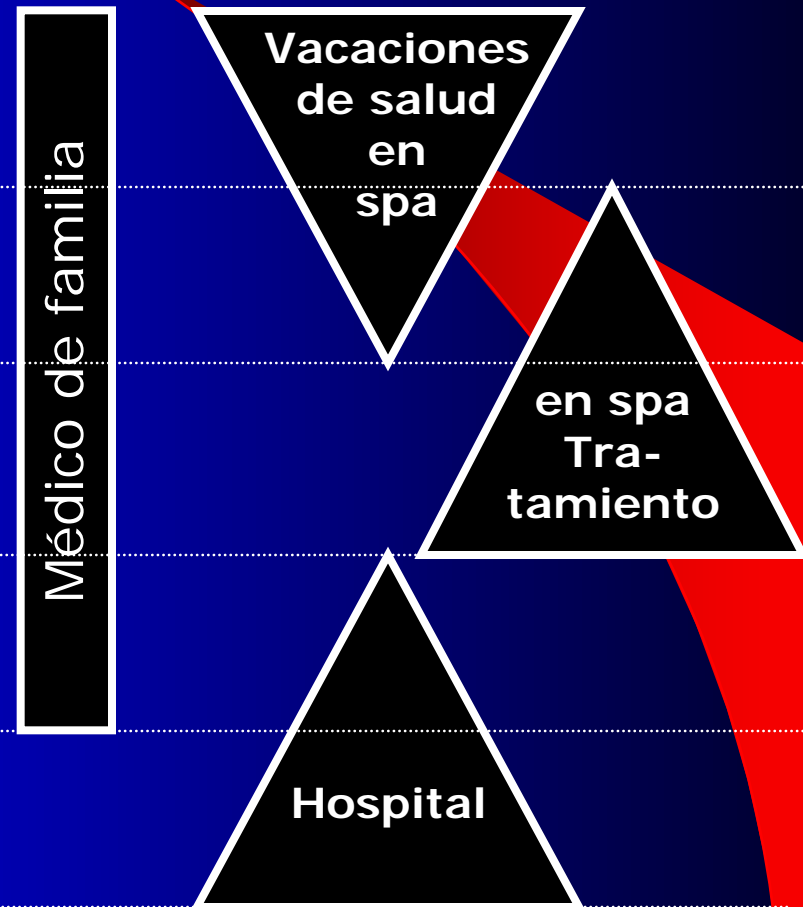
- Therapeutic use of classical forms of prevention and rehabilitation.
- They provide economic incentives for regional health care industries and tourist markets.
- They serve as healthy ecological location for environmental protection and appreciation.

Integration of Spas and Health Resorts in the Health Care System

- Out-patient treatment by the **Family Physicians**
- In-patient treatment of special acute diseases in **Hospitals**
- In-patient or out-patient rehabilitation mainly in **Spas and Health Resorts**
 - of chronic diseases
 - of acute diseases, stroke, street accidents a. o. after treatment in special hospitals
- In-patient or out-patient prevention in **Spas and Health Resorts**

Situación y competencia terapéutica

- Sano
- Agotado
- Enfermedades crónicas
- Enfermedades agudas
- Caso de emergencia



Course of Treatment

depending on impairment, malfunctions, disability or handicap

- Out-patient treatment course
(Patients stay in Pensions or "Kur"-Hotels)
- In-patient treatment course
(Patients stay in Sanatoriums or Rehabilitation Clinics)

European Spas and Health Resorts

Austria	98	Luxembourg	2
Belgium	3	Poland	79
Bulgaria	43	Portugal	41
Croatia	13	Romania	89
Czech Republic	31	Russia	20
Estonia	5	Slovakia	23
France	100	Slovenia	15
Germany	329	Spain	63
Netherlands	3	Switzerland	56
Hungary	28	Turkey	338
Italy	300	United Kingdom	20

German Spa and Health Resort Industry

- **329 Health Resorts and Spas**
- **annual increment value 13.300 million \$**
- **Work force 310.000 persons (= \$42.903 per person)**
- **118 million overnights 1993 in 726.000 beds (=44,5%)**
- **9.8 million visitors 1993 (=12 days per visitor)**
- **8.2 million patients privately financed (=83,6%)**
- **1.6 million patients social financed (=16,4%)**

German Spa Statistics 1993

1993	East-Germany	West-Germany
Health Resorts and Spas	60	269
Visitors	477.977	9.364.301
Private Visitors	390.647	7.842.000
Social Visitors	87.330	1.522.000
Overnights	4.400.000	113.606.988

Costs of Treatment in Spas and Health Resorts

- Out-patient treatment \$2000 during 3 weeks
 - insurance pays \$10 per night and 90% of treatment costs
- In-patient treatment \$2500 during 3 weeks
 - patients pay about \$10 per day

Public Health the goal of present-day Health Resort Medicine

- Prevention is better than Therapy
- Learning to Live Healthfully

Social Taxable Rate in Germany

19,2 % of income for the Retirement Insurance
(income more than \$350 per month)

13.2 % of income for the State Health Insurance
(income \$350-3600 per month)

Health Costs in Germany

- 1969 46.000 million\$
- 1992 286.000 million\$
- payment of the State Health Insurance 138.400 million\$
 - in-patient treatment in hospitals 37,1 %
 - out-patient treatments 29,0 %
 - administration 6,0 %
 - health resort and spa treatment 2,3 %
- payment of the Retirement Insurance 19.300 million\$

Costs of Chronic Back Pain in Germany 1994

- 1989
2,3 million cases of back pain resulted
43 million non-working days
- 1994
30.000 million\$ treatment costs
for disorders of spine and back pain and
18.000 million\$ non-working salary
total 48.000 million\$

Statistics of Health Resort and Spa Treatment 1992

53 % Diseases of the locomotoric system

14 % Diseases of the circulatory system

13 % Psycho-social diseases

5 % Metabolic diseases

5 % Tumours

5 % Respiratory tract diseases

5 % others

Education

Learning to treat chronic illness needs

- the patients with these disorders,
- efficient therapy centres,
- teachers with enough practise.

The fight against the chronic illnesses

- cannot be won only by control of the free market
- can only be won by political decisions

Research

Three levels of research goals are important:

- medical treatment effect during the course of treatment
- long-term medical and social-medical effectiveness
- difference between expense and success: the efficacy.

The following methods are suitable:

- clinical comparison
- comparison of costs before and after treatment
- comparison of non-working time

Conclusion

Chronically ill patients are dependent on the possibilities offered at the Health Resorts and Spas.

But healthy tourists learn in Health Resorts too.

The goal of both groups in treatment and prevention is the same:

“To die young, but as late as possible”.



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Slides**