

Advancing the healthcare system through the future

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Essay questions: (b) What are some of the principles the government can adopt to ensure that healthcare resources are allocated in the best way possible to maximise the benefits on health and well-being of Singaporeans?

As the government faces challenges in the healthcare system with a growing population. These issues can be addressed in ensuring that resource allocation is in the best way possible by emphasizing preventive care, encouraging community engagement and implementing data-driven solutions. Having Gamified mobile apps that promote healthy habits, free health checks, and linking with community centers that provide health education and support groups can all help achieve these goals. Additionally, using artificial intelligence (AI) to analyze health data can help predict disease outbreaks, optimize resources, and identify high-risk groups for early intervention. These strategies help people take responsibility for their own health and reduce the strain on the healthcare system.

Singapore has been consistently recognized for its efficient healthcare system. However, navigating the healthcare system can be challenging at times, due to the lack of booking slots and long waiting times for appointments and the difficulties of identifying the correct specialist. This mirrors a global trend as the growing population strains healthcare resources. However, some of the principals that the government can adopt to ensure that healthcare resources are allocated in the best way possible is by prioritizing preventive care, focusing on community engagement and embracing data-driven resource allocation which will enhance the ability to optimize the healthcare system in the future.

The focus into preventive care is a crucial investment that the government should allocated their resources into. The government can highlight this idea by leveraging the popularity of mobile apps by creating a gamified version of the existing Healthy365 application and motivate Singaporeans to take part in understanding the importance of preventive care by having a interactive platform with personalized avatars, engaging storylines and social elements fostering healthy competition. These can be further enhanced by providing every Singaporeans a sports wearable for free with the functionality of tracking sleep patterns, activity levels, and nutrition through the wearables which can trigger

personalized reminders for preventive screenings or consultations with specialists based on pre-set risk factors. The government should also focus on getting healthcare support groups to highlight to Singaporeans about the data privacy in ensuring a system where citizens control their data and choose to share it anonymously for research that improves public health which fosters trust and empowers citizens to be active participants in their healthcare journey. Furthermore, if Singaporeans happen to still fall sick after maintaining preventive care procedures, the government can provide free healthcare checkup to motivate Singaporeans to continue to be consistent in their preventive care measures while ensuring that people does go by with undetected diseases. This measure will effectively improve the healthcare efficiency in reducing the number of people booking slots to visit polyclinics or hospitals to give up slots for those really urgently in need as well as the reduction in the number of people will reduce the waiting time to visit a doctor due to not falling sick often.

The focus into community engagement is also a important investment that the government should allocate their resources into. The government can promote this idea by collaborating with community centers and grassroots organizations to conduct health education

workshops and create peer support groups for different regions around the nation to foster a sense of community and share responsibility of well-being. Through all these workshops and support groups for encouragement in healthy living, the government can provide help Singaporeans offset the cost of all these programs and provide healthy groceries vouchers at supermarkets for active contributors in wanting to live healthily. Through the help with all these benefits, it can not only help in reducing the number of Singaporeans falling sick, it can also help in understanding where and what type of specialist to look for through advices and counseling. This measure will effectively ensure that the government spend the resources wisely to improve the healthcare system without needing to spend a lot more money into the subsidiaries of Singaporeans medical costs.

Another focus into data-driven resource allocation is also a worthy investment that the government should allocate their resources into. The government can explore deeper into the usage of AI to analyze vast amounts of healthcare data for prediction of disease outbreaks. Where the data can be updated by health authorities for different regions across the nation to keep track of which part of the country has a high cases of certain diseases for the AI to compile the data quickly to reduce the time

in tracking of these illness and having real-time analysis of ambulance dispatches and clinic workloads across the country which can also help in the quick allocation for more resources to nearby clinics for stocking up on medication. Furthermore, the government can further enhance the usage of AI by creating a data-driven platform that analyzes anonymized health data to identify high-risk populations based on demographics, medical history, and wearable data which can reduce pressure on hospitals and emergency services by acting quick in preventing complications for people with chronic diseases. This measure will effectively ensure that Singaporeans will be able to identify the correct specialists with this advanced technology to improve the healthcare system.

In conclusion, prioritizing preventive care through gamified apps with subsidized screenings, fostering citizen engagement with data-ownership focused wearables, and implementing data-driven resource allocation powered by AI. The government can transform the healthcare system into a model of citizen-centric efficiency which empowers individuals to take charge of their well-being and fostering a culture of proactive health management. However, the government must spend its resources to work together with healthcare providers and empowered

citizens to ensure the system's sustainability. Through these steps, the government has the potential to not only address current challenges but also has the possibility of becoming a global leader in the healthcare delivery. As other nations struggles with similar demographic shifts and resource constraints, the improved citizen-centric healthcare system can serve as an inspiration, paving the way for a healthier future for everyone, while ensuring that healthcare resources are allocated in the best way possible to maximise the benefits on health and well-being of Singaporeans.

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