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Q1 During the session 'Shaping the Future of Healthcare Through Policy and Regulation: Perspectives from Across Europe', you shared the stage with leaders from the National Institute for Health and Care Excellence (NICE), the Organisation for Economic Co-operation and Development (OECD), the Ministry of Health in the Netherlands, and the European Observatory on Health Systems. What was the one key theme that resonated with all panellists, regardless of their institutional backgrounds?

All panellists shared their vision for a reimagined approach to health, one where each of us plays a unique role, extending beyond traditional healthcare. They acknowledged the need for deeper dialogue among diverse stakeholders to achieve truly patient-centred care (with timely, tailor-made, and trouble-free services) and foster meaningful innovation. A colleague from the OECD emphasised the progress in evidence-based health policy, cautioning against chasing novelty for its own sake. The conversation also highlighted untapped potential within the system, or opportunities to transform healthcare by rethinking how resources are used. The discussion was dynamic, enriched by examples of best practices and successful public-private partnerships aimed at building sustainable and resilient healthcare systems.
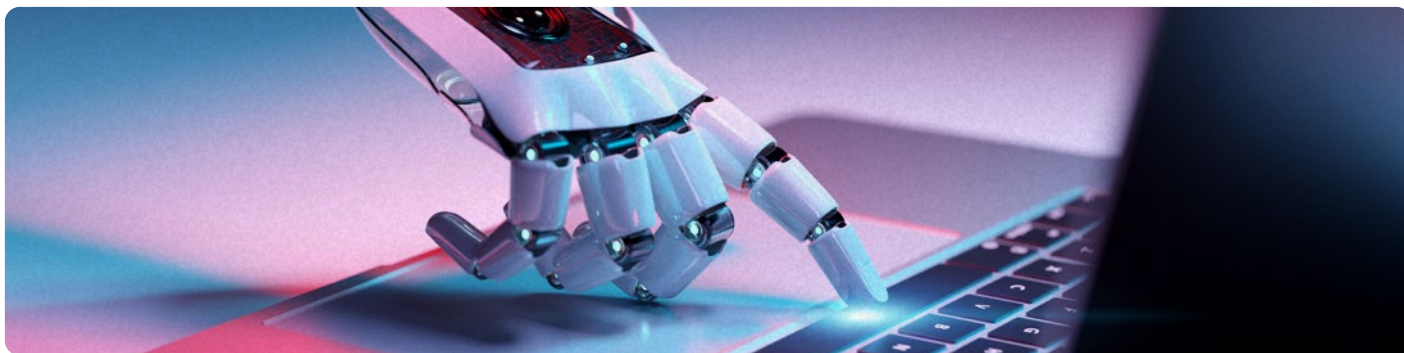
Q2 What were the key differences between each speaker's perspective on policy and regulation across Europe?

Participants represented a range of sectors, and it was noted that legislation is gradually becoming more agile, driven by inclusive public dialogue and stakeholder engagement, which foster diverse opportunities. The discussion also explored innovation within the context of the EU legal framework. While expectations are high for the European Health Data Space (EHDS), some member states face challenges due to budgetary constraints and the rising burden of chronic diseases. There was consensus on the need for greater mutual learning and the potential benefits of harmonising policies and legal frameworks in pursuit of the shared public good. The essential role of private sector and academic collaboration was underscored, particularly as the health sector is increasingly recognised for its strong growth potential and tangible societal impact.

Q3 What successful models or pilot projects have you seen that demonstrate the effective integration of digital health solutions into national healthcare systems?

We are increasingly embracing information and communication technology (ICT) solutions that reduce administrative burdens in healthcare, while enabling the collection of primary data to support more effective patient treatment. The rapid advancement of AI across various branches of healthcare

> **Some member states face challenges due to budgetary constraints and the rising burden of chronic diseases**

is opening up promising opportunities, not only for clinical care and pharmaceutical innovation, but also, on a broader scale, for prevention and early disease detection. It was encouraging to learn how many of these emerging solutions are being developed in close collaboration with both medical and administrative staff, ensuring they are grounded in real-world needs. Patient experience is also becoming a key component in the design of new services. Ultimately, the success and longevity of these innovations depend on their practical relevance and ability to address actual challenges. We must recognise that co-designed and jointly developed services are still not the norm in healthcare. It takes time and cultural change to adopt this approach. Yet, as highlighted in several international reports, prevention and early detection are essential to bridging the gap between growing healthcare demands and the services available to meet them, and it should be provided in the public and private partnership framework.

> " **Improved data availability will enable more efficient, personalised decision-making** "

Q4 Were there any emerging trends or technologies showcased at HLTH Europe 2025 that you believe will have a transformative impact on healthcare in the next 5 years?

HLTH Europe brought together a wide range of software and ICT service providers, showcasing digital solutions built with quality and compliance frameworks already in place. The diversity of these solutions reflected the rapid evolution of the healthcare technology landscape.

A major shift is underway in data processing. Interoperability, data exchange, and connectivity are no longer just goals but ongoing developments, unlocking new opportunities for ICT advancement and AI integration. Improved data availability will enable more efficient, personalised decision-making, not only in treatment but also in training, upskilling, and reskilling healthcare personnel across institutions. Diagnostic tools are poised to deliver the impact long anticipated by both clinicians and patients. The event also placed strong emphasis on prevention and rehabilitation, highlighting numerous promising initiatives that deserve broader support for the public good across countries. It became clear that technology is becoming an integral part of every aspect of healthcare delivery. As such, both healthcare professionals

and patients must receive regular updates and education on emerging healthcare innovations to ensure successful adoption and sustained impact.

Q5 Looking ahead, what is your vision for the ideal digital health ecosystem in Europe by 2030, and what steps are needed to achieve it?

The digital health ecosystem is increasingly inclusive and interoperable, driving innovations that extend well beyond the healthcare sector. These advancements are already enhancing citizens' quality of life, improving health outcomes, and enabling more personalised and timely healthcare services. In short, we are beginning to fully realise the vast potential of ICT and AI in health.

Momentum continues to build as the European Commission advances the EHDS and other EU-level initiatives. Patients are not only demanding better services, they are also willing to actively participate in their development. Collaborative efforts are already underway and must be sustained, guided by the principle that "the only true luxury in life is human relationships," as beautifully expressed by Latvian author Māra Zālīte. As we move forward, it is essential that innovation remains grounded in humanity, keeping people at the heart of health policy and digital transformation.