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Revolutionising Military Healthcare: A Holistic Approach for Enhanced Readiness and Wellbeing

19 Feb 2024

By Dr Katrina Sanders
Chief Medical Officer, Aspen Medical

The global shift towards holistic health innovation is reshaping the future of military medical services. Despite significant strides, achieving sustained health improvements and optimising military readiness globally demands more innovative approaches.

Innovation in military healthcare is gaining global prominence. To further advance innovation on a global scale and ensure continuous health improvements, the key lies in holistic innovation. Beyond merely treating ailments and the absence of pathology, this transformative approach considers the various aspects of an individual's life – social, physical, environmental, medical, spiritual, nutritional, psychological, and financial. By incorporating innovative methods like high-performing sports health models, precision medicine, and virtual health, we can reshape military healthcare to elevate outcomes and enhance patient experiences.

The integration of the high-performance sports health model, a critical component of holistic innovation, into military health strategies deserves thoughtful consideration. Drawing parallels between the demands of defence forces and elite sports, this model prioritises individual and collective wellbeing, optimising operational effectiveness through tailored programs, such as physical training programs and recovery initiatives. Adapting personalised high-performance sports health models ensures both physical readiness and mental resilience. With efficient communication channels and continuous improvement through data analytics, military units are fortified for mission-critical situations.

Precision medicine, a linchpin of holistic innovation, delves into individual genetic, environmental, and lifestyle variations. The potential for accurate diagnoses, early disease risk prediction, and customised treatment plans marks a paradigm shift in military healthcare. Beyond traditional healthcare, precision medicine extends to environmental surveillance and military intelligence, leveraging genomics for proactive protection against toxic chemicals. However, the seamless integration of precision medicine necessitates treating military biodata as critical operational information, with stringent oversight for digital biosecurity. Precision medicine, an essential component of military health, identifies risk and fortifies readiness, safety, and operational efficiency.

Virtual health, a pivotal force in delivering holistic innovation strategies, operates as a transformative approach. By expanding existing virtual health capabilities, including telecommunication, digital tools, and AI-powered diagnostics, and seamlessly integrating them into daily practices, it ensures improved accessibility and operational efficiency. The extension of healthcare services to military personnel and families provides a means of accessing advanced medical capabilities – essential for operational settings. The resulting reduction in strain on physical facilities leads to substantial cost savings. Beyond fiscal benefits, virtual health prioritises overall wellbeing through a patient-centred approach, utilising remote monitoring and AI diagnostics to address complex medical needs. While integrating virtual health is crucial for modernisation, the military health service should be designed to be desegregated and deliverable across various locations without relying solely on digital technologies to address potential cybersecurity risks. It is a delicate balance between leveraging technology and ensuring a resilient and adaptable military healthcare system.

Holistic innovation, embracing high-performing sports health models, precision medicine and virtual health is essential for optimal outcomes and improved experiences for military personnel. This holistic approach is not a fleeting trend but the future of military healthcare, striving to enhance readiness and wellbeing for those who serve.