



ORIGINAL

Sustainable Health Leadership: Balancing Economic Constraints with Quality of Life Improvements

Liderazgo sanitario sostenible: Equilibrar las limitaciones económicas con mejoras de la calidad de vida

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ABSTRACT

Introduction: with a need to balance economic constraints and quality-of-life improvements, sustainable health leadership is vital. This involves leaders making strategic decisions to promote health and well-being within their organizations, while also being mindful of their organizations' bottom lines. The principle of sustainability focuses on the long-term consequences of decisions for the economic, social, and environmental determinants of health.

Method: sustainable Health Leadership response A scoping review was undertaken to investigate the role of sustainable health leadership in the tension between economic constraints and quality-of-life improvement. We reviewed diverse studies and frameworks around sustainable health leadership, to find overarching themes and actionable strategies to achieve this balance.

Results: the literature review demonstrates that effective, sustainable health leadership demands holistic approach by taking into consideration the not only the financial but also the social and environmental impacts of decisions. Collaboration, stakeholder engagement and a longterm perspective are among the key factors seen as vital to the successful building of sustainable health leadership.

Conclusions: for striking a balance between economic constraints and quality of life improvements, sustainable health leadership is a must. Avoiding siloed approaches: It is important for leaders to have a long-term focus beyond decisions that impact only a narrow aspect of health and involve stakeholders to promote collaboration. When leaders incorporate sustainability into their decision-making, they make a positive impact that is both economic and social – the effects can last for generations.

Keywords: Improvements; Sustainability; Leadership; Collaboration.

RESUMEN

Introducción: ante la necesidad de equilibrar las limitaciones económicas y las mejoras de la calidad de vida, es vital un liderazgo sanitario sostenible. Esto implica que los líderes tomen decisiones estratégicas para promover la salud y el bienestar dentro de sus organizaciones, al tiempo que tienen en cuenta los resultados de éstas. El principio de sostenibilidad se centra en las consecuencias a largo plazo de las decisiones para los determinantes económicos, sociales y medioambientales de la salud.

Método: respuesta del liderazgo sanitario sostenible Se llevó a cabo una revisión del alcance para investigar el papel del liderazgo sanitario sostenible en la tensión entre las limitaciones económicas y la mejora de la calidad de vida. Se revisaron diversos estudios y marcos en torno al liderazgo sanitario sostenible, con el fin de encontrar temas generales y estrategias accionables para lograr este equilibrio.

Resultados: la revisión bibliográfica demuestra que un liderazgo sanitario sostenible y eficaz exige un enfoque holístico que tenga en cuenta no sólo las repercusiones económicas, sino también las sociales y medioambientales de las decisiones. La colaboración, el compromiso de las partes interesadas y una perspectiva a largo plazo son algunos de los factores clave que se consideran vitales para construir con éxito un liderazgo sanitario sostenible.

Conclusiones: para lograr un equilibrio entre las limitaciones económicas y la mejora de la calidad de vida, el liderazgo sanitario sostenible es imprescindible. Evitar los enfoques aislados: Es importante que los líderes se centren en el largo plazo, más allá de las decisiones que sólo afectan a un aspecto limitado de la salud, e impliquen a las partes interesadas para fomentar la colaboración. Cuando los líderes incorporan la sostenibilidad a su toma de decisiones, consiguen un impacto positivo tanto económico como social: los efectos pueden durar generaciones.

Palabras clave: Mejoras; Sostenibilidad; Liderazgo; Colaboración.

INTRODUCTION

Sustainable health leadership of health-sector leaders to make the tradoff between economic constraints to individual and community quality of life sustainable. This also means taking action and developing policies that will serve both economic stability as well as the health of individuals, and populations.⁽¹⁾ There are several challenges that healthcare systems currently face, such as rising healthcare costs, an aging population, and the burden of chronic diseases.⁽²⁾ This situation places a strain on the economic abilities of the healthcare organizations, which hinders their ability to offer healthcare services to the population.⁽³⁾ Within a society where healthcare companies are scrutinized more than ever, leaders in the healthcare companies must navigate the balance between being willing to change to attain more affordable price-tags for anything up to life-saving surgery and a need to improve the lives of the patients they treat. This is how healthcare leaders could establish sustainable healthcare by focusing on preventive care and designing healthy lifestyles.⁽⁴⁾ It keeps longterm costs down, too, by preventing or catching disease in its early stages – something health organizations can take advantage of. It improves the quality of life of individuals as well as provides financial relief to healthcare organizations.⁽⁵⁾ Chronic diseases like obesity, diabetes, and heart disease can be costly to treat, and a focus on healthy eating and physical activity can prevent these chronic diseases from developing in the first place. The use of technology and innovation to improve healthcare delivery is another aspect of sustainable health leadership.⁽⁶⁾ How could technology expand the efficacy and efficiency of healthcare systems? Electronic health records enhance the efficiency of patient care by facilitating information sharing among health professionals by minimising errors and decreasing clinical time as well as making optimum use of resources.⁽⁷⁾ Healthcare organizations must keep pace with the latest trends in technology. Health system leaders also have a responsibility to focus on the health and growth of their staff.⁽⁸⁾ However, a thriving and engaged workforce is essential for any healthcare organization to be successful. By investing in employee wellness programs and fostering a positive work environment, we can witness heightened productivity, lower turnover rates, and, ultimately, a significant enhancement in the quality of care provided to patients. This also covers the fair compensation and opportunities for professional growth, as well as development for healthcare employees.⁽⁹⁾ Caring for the health of our people requires health leadership for sustainability. It is not enough for healthcare organizations to deliver good quality care, they must also operate in an ethical and sustainable way. This encompasses everything from hiring a diverse workforce and practicing environmentally sustainable methods to working with the community to reduce healthcare disparities and improve the social determinants of health. Healthcare leaders should focus on building these values into their leadership practices, thus improving the reputation of their organizations and gaining the trust of their community. Striking a balance between economic limitations and quality of life improvements is not always an easy task, requiring healthcare leaders to make tough decisions.⁽¹⁰⁾ This could mean making some difficult choices about trimming the budget or seeing through to success some new policy initiatives, policy directions that will help to prove out over the long haul, but may not be what everybody wants to see in those early days. Effective communication and collaboration with key stakeholders, including employees, patients, and the wider community, is key here. This approach can lead to more informed and equitable decisions that ultimately benefit patients and providers alike. Sustainable health leadership seeks to balance economic constraints against improvements in quality of life. 0:45 It includes investing in preventive care, embracing technology and innovation, investing in the workforce and meeting social responsibility. Although healthcare leaders need to acquire the necessary expertise, they also require effective communication and collaboration with stakeholders to ensure that hard choices needed to positively impact the long-term sustainability of their organizations can or will happen. As we know, the healthcare value chain is large and diverse, and understanding this diversity can have rich implications for using sustainability

as a means to improve economic conditions and individual and community health in substantial ways. The key contribution of the paper can be summarized as follows:

- Sustainable health leadership understands that health care must be affordable and accessible to all people, regardless of economic status.
- Sustainable health leadership fosters the application of creative and efficient solutions to strike a balance between economic limitations and quality-of-life enhancements. That could mean the adoption of new technologies, the enhancement of the healthcare infrastructure, and the search for ways to streamline processes so as to minimize waste and improve efficiency across the board.
- One method of taking such a comprehensive approach is by assessing the environmental, social, and economic impacts of the way we deliver healthcare and prioritize investments in preventative measures and public health initiatives, the design of which is being driven by the objective of sustainability and long-term improvements in quality of life for the whole community.

The remaining part of the research has the following chapters. Chapter 2 describes the recent works related to the research. Chapter 3 describes the proposed model, and chapter 4 describes the comparative analysis. Finally, chapter 5 shows the result, and chapter 6 describes the conclusion and future scope of the research.

METHOD

Table 1. Comparative Analysis of Existing Models

Author	Year	Advantage	Limitation
Pietrosemoli, L.,et,al	2019	The Venezuelan energy crisis provides an opportunity for increased adoption of renewable energies, promoting sustainability and reducing reliance on fossil fuels.	Limited investment in renewable energy infrastructure due to the government's focus on the oil industry and economic issues.
Macke, J.,et,al	2018	Improved access to public services such as transportation, healthcare, and education leads to a more convenient and efficient lifestyle.	One limitation could be the lack of inclusivity and representation of marginalized communities in the development and implementation of innovative city initiatives.
Pereno, A.,et,al	2020	Enhanced understanding of diverse perspectives and better collaboration towards achieving shared goals for sustainable healthcare.	Challenging to align the competing interests of different stakeholders while prioritizing sustainability goals.
Tamunomiebi, M. D.,et,al	2020	Increased job satisfaction and motivation, resulting in improved productivity, creativity, and overall performance.	Work-life balance may not account for external factors such as family responsibilities or job demands that affect performance.
Tomislav, K.,et,al	2018	Encouraging long-term economic, social, and environmental balance for current and future generations.	One limitation of sustainable development is the difficulty in balancing environmental, social, and economic factors to achieve long-term sustainability.
Shinbrot, X. A.,et,al	2019	Increased diversity and representation in decision-making processes lead to more comprehensive and practical sustainability solutions.	Neglect of intersectional approaches in studying and addressing gendered barriers and diverse experiences.
Iqbal, Q.,et,al	2021	Fostering positive environmental, social, and economic impacts for both current and future generations.	There is no universally agreed-upon definition or set of principles for sustainable development.
Pan, S. Y.,et,al	2018	One advantage is the potential increase in economic benefits while minimizing negative impacts on the environment and local communities.	Requires significant financial resources, making it less accessible for smaller businesses and developing countries.
Fulmer, T.,et,al	2021	The benefit of better health and health care for older adults will enhance their quality of life and overall well-being.	Vague and general recommendations may lack specific guidance for implementation and may not address the unique needs of diverse older adults.
Wiradendi Wolor, C.,et,al	2020	The advantage is that it allows employees to receive relevant and timely training while working remotely, improving their work performance despite the pandemic.	Limited access to technology and resources may hinder employee engagement and the effectiveness of virtual training and leadership.

Pietrosemoli, L., et al., the Venezuelan energy crisis is caused by the country's over-dependence on oil production, mismanagement of resources and economic instability. Sustainable recommending a change in renewable energy. Wind, solar and hydropower projects are underway but are stalling in the face of political and economic resistance. Macke, J., et al. described how a smart city uses technology and data-driven solutions enhance citizens' quality of life. By looking deeper into their perception of Smart City projects, this case study in Brazil sees how Smart City initiatives impact the citizens' quality of life in several dimensions, like safety, mobility, and access to services. Pereno, A., et al. During the analysis, we also see that had germinated a multi-stakeholder perspective regarding sustainable healthcare. They also have to acknowledge the fact that health outcomes are sustainable and equitable when all the relevant actors recognize their interdependency and interrelatedness. Tamunomiebi, M. D., et al. Work-life balance, the balance between an employee's work and personal life, has been discussed in work on this domain. Work-life balance improves job satisfaction, mental and physical health, and productivity. Employers are required to provide a supportive work environment to encourage a good work-life balance and enhance employee productivity. Tomislav, K., et al. of international sustainable development: i.e. fulfilling current generations' needs without compromising the capacity of future generations to meet their own. It was developed in the 1980s to address increasing anxiety over the adverse effects of economic growth on the environment and society. Examples of modern issues would be climate change, resource depletion, and social inequality.

Shinbrot, X. A., et al. This paper illustrates how women can enhance their leadership potential for sustainable development. It highlights how women are afflicted by this domain but also how they are beneficiaries of them, and opportunities for women to become vital leaders in sustainability. Iqbal, Q., et al., one important concept relating to its programs is sustainable development, which is a process that partakes from the needs of present without compromising the ability of future generations to meet their own needs. The importance of sustainable leadership in a learning organization is balancing economic, environmental and social issues with the long-term success and benefits for the organization and its members. Pan, S. Y., et al. Sustainable tourism seeks to achieve economic growth while ensuring environmental conservation and social responsibility. Among the innovations in sustainable tourism practices are eco-tourism, community-based tourism, and responsible travel. Transition to the green economy still encounters challenges such as the challenges posed by over-tourism phenomenon and the demands of the sustainable development goals. Fulmer, T., et al. have discussed. The narrative describes six influences for positive change in the health and health care of older adults in the United States. This collection addresses: healthy aging; disparities in care; chronic care management; person-centered care; informal caregivers; and advanced care planning. Wiradendi Wolor, C., et al. the coronavirus pandemic, which has resulted in the dramatic growth of e-training, e-leadership, and work-life balance practices in the workplace. This has been successfully accomplished over time as this has become the need of the hour to keep working employees in position and provide them with the skills, support, and work-life balance required for performing efficiently during hard times.

DEVELOPMENT

This is part of our proposal for the sustainable health leadership project. This means economic growth and development while keeping the health of individuals and societies in accordance with sustainability. There are a few major strategies that can be utilized. We also need more focus and effort to help in moving towards more efficient and cost-effective healthcare systems, for instance investment in technology, which can replace workers and also help reduce healthcare cost. Preventive measures and early intervention techniques should be the priority, this will help alleviate some pressure on the health care systems and lead to better health outcomes. Sustainable Health Leadership promotes a healthy sustainable lifestyle. This can be done through efforts to encourage healthy eating and physical activity and to mitigate health consequences of environmental factors. It helps enhancing individuals' quality of life and is a lucrative long term investment in terms of minimising the costs for healthcare. This needs to focus on the community and how they may (or may not) be involved in making decisions around their health. This encourages diversity and makes sure that all communities have a voice on their needs and challenges as far as healthcare implementing and preparing goes. Figure 1 shows the development model.

For example, we call the continuous improvement over quality of life, the virtuous cycle: sustainable consumption, zero emissions, energy efficiency, circular economy, etc. Quality of life QOL is a subjective measure of the positive and negative aspects of life. Policies and practices can improve quality of life; these may focus on economic development, environmental protection, and individual health and well-being. Sustainable consumption is the use of resources that meets the needs of the present without compromising the ability of future generations to meet their own needs. Zero emissions is the absence of carbon dioxide emissions into the atmosphere. This can be done by using renewable energy sources, installing carbon capture and storage technologies, and encouraging energy efficiency. This can be done by implementing energy-efficient technologies, increasing energy management systems, and promoting behavioral practices for energy

conservation. This means continuously reusing, recycling, and regenerating materials and products in a closed-loop system rather than a traditional linear model where items are produced, consumed, and discarded.

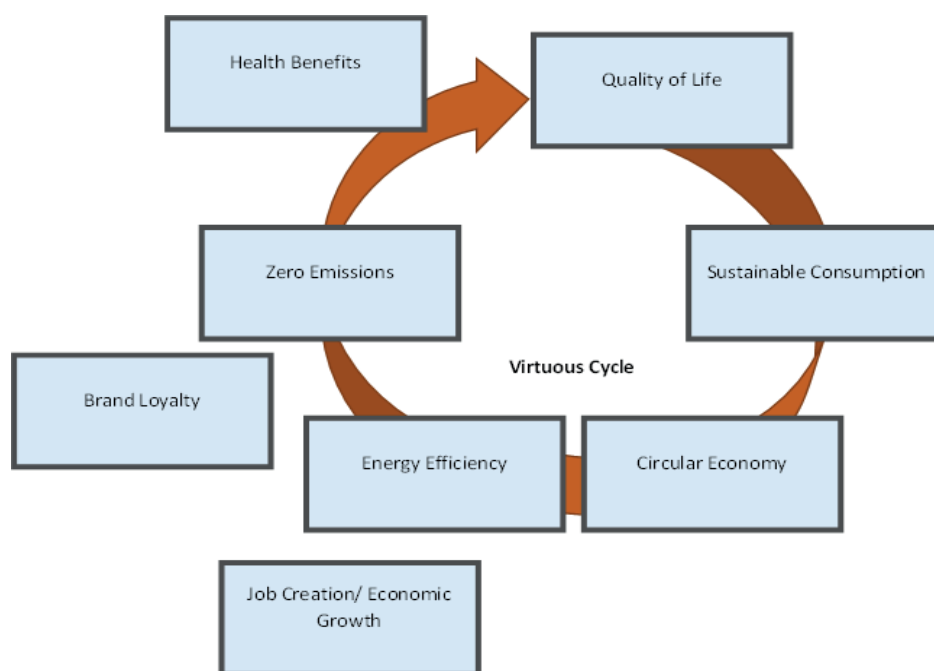


Figure 1. Development model

RESULTS AND DISCUSSION

The discussion and results underscore the tension and nuances inherent in the dilemmas faced by leaders across the healthcare ecosystem working to balance economic pressures; and the need to enhance the quality of life for consumers and communities. A major finding proposed even meaningful change will need collaboration between health care leaders, policymakers, and community stakeholders. That means addressing the underlying social determinants of health, pushing for preventive approaches, and using technology to make more of the resources we have. The findings also highlight the need to balance short-term profits with long-term rewards and be more transparent with all stakeholders. Trust and support of all parties involved are essential for the success of sustainable health leadership; therefore, one of the great challenges is to gain and maintain it.

Cost-effectiveness

Cost-effectiveness is a measure of the efficiency of a healthcare intervention in terms of its financial impact on both individuals and the overall healthcare system. In the context of Sustainable Health Leadership, cost-effectiveness also considers the effect on quality of life, incorporating economic constraints and trade-offs while striving for improvements in the overall health and well-being of individuals and communities.

No. of Inputs	Comparison Models				
	FHM	HSM	UGSM	ETM	Proposed Model
02	41,32	44,87	46,21	47,19	41,32
03	43,75	41,98	47,34	45,86	43,75
04	46,04	42,25	41,97	48,22	46,04
05	44,89	47,13	43,31	41,54	44,89
06	47,58	45,69	44,83	46,12	47,58

It involves balancing the cost of healthcare interventions with the outcomes and benefits they provide, ensuring that limited resources are used effectively and efficiently. Figure 2 shows the Computation of Cost-effectiveness.

It is therefore crucial to recognize the balance between the economic impact on the healthcare system and the humane aspects of medical care, as the end goal is always the best healthcare result for individuals and society.

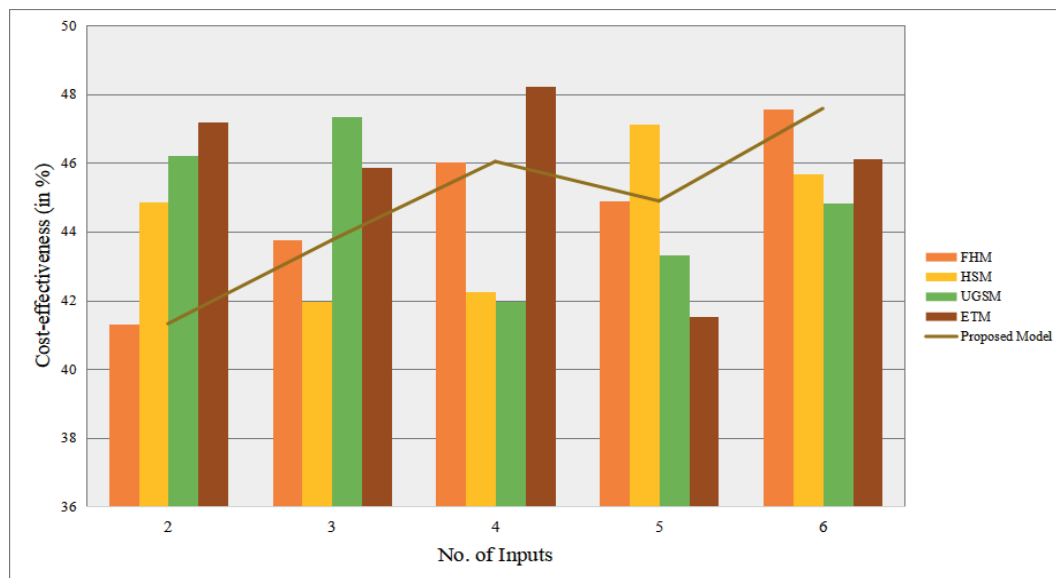


Figure 2. Computation of Cost-effectiveness

Health system efficiency

Health system efficiency: The extent to which a health system can deliver a given quality and quantity of care at the lowest possible cost and waste. The core of operational excellence is the appropriate use of resources, streamlining processes, and utilizing evidence-based practice to provide the greatest value to the patient. "Health leadership for sustainable health considers resource limits and also focuses on improving quality of life for individuals and whole communities.

No. Of inputs	Comparison models				
	Fhm	Hsm	Ugsm	Etm	Proposed model
10	42,91	45,27	43,95	46,83	42,91
20	44,82	47,58	45,76	43,29	44,82
30	46,11	42,68	46,94	47,65	46,11
40	47,29	46,85	41,19	45,47	47,29
50	48,56	43,91	47,33	41,84	48,56

It requires finding the right balance between finances and compassionate, effective care, alongside a culture of improvement. Figure 3 shows the Computation of Health system efficiency.

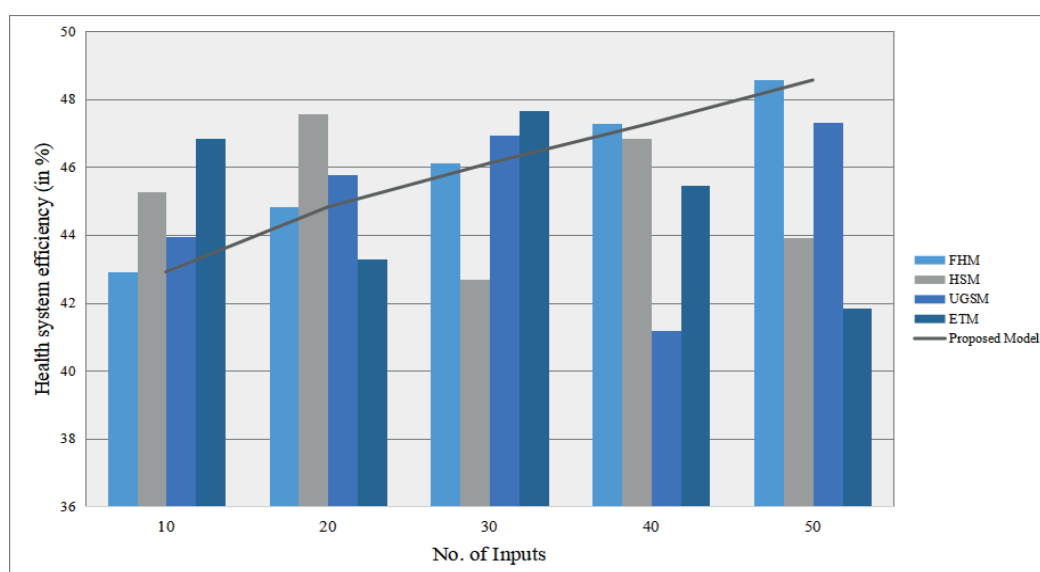


Figure 3. Computation of Health system efficiency

It also fosters a culture of collaboration and innovation so that challenges can be addressed while also producing sustainable solutions that deliver benefits to both patients and the health system as a whole.

Monitoring Progress

All this is based on Sustainable Health Leadership framework which seeks to balance economic constraints with quality-of-life improvements in the health sector. It is critical to measure progress against this goal, including health outcomes, cost-effectiveness, access and equity. Similarly, monitoring changes in policy and institutional frameworks, as well as stakeholder engagement and collaboration, can also serve as useful indicators of the efficacy of sustainability strategies.

No. of Inputs	Comparison Models				
	FHM	HSM	UGSM	ETM	Proposed Model
60	41,49	46,13	45,97	43,56	41,49
120	47,75	43,81	42,35	45,83	47,75
180	43,18	47,62	46,41	42,27	43,18
240	45,92	41,28	47,54	47,36	45,92
300	46,54	45,47	43,67	46,11	46,54

Consistent reporting and data analysis enables you to identify where improvements are needed and helps inform decisions for selecting future actions. Figure 4 shows the Computation of Health system efficiency.

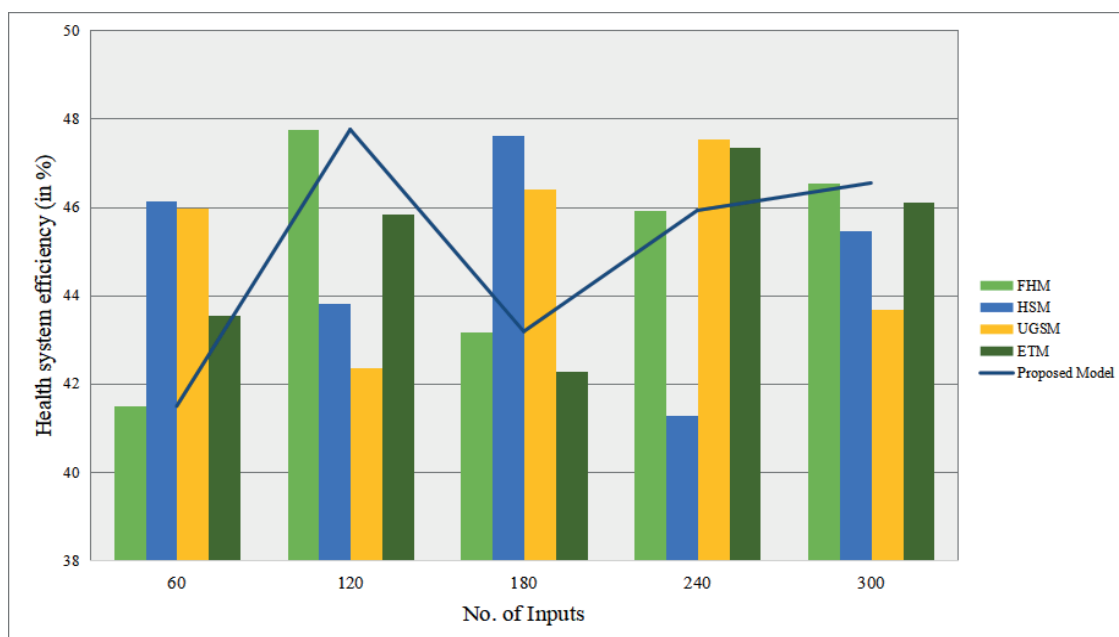


Figure 4. Computation of Health system efficiency

Quantified measures such as stakeholder satisfaction questionnaires, case studies and other qualitative means may assist in gauging the implications that sustainability initiatives have for people and their quality of life and wellbeing. However, the long-term sustainability of this framework-striking a balance between economic restriction and quality-of-life improvement-will require ongoing monitoring and evaluation.

CONCLUSIONS

The end framework, Sustainable Health Leadership, reconciles where to demand investment with where health industry returns are life quality enhancing across people, technology and interfaces, processes, and organization. Then we should establish metrics that allow us to track progress toward the goal like health outcomes, cost-effectiveness, access to care, and equity. The analysis of changes in both policy and framework conditions and stakeholder engagement and collaboration can also give an idea on the effectiveness of sustainability strategies. Data analysis and reporting after a set time can reveal areas of this area which needs improvement and should be considered for future actions. More qualitative measures, such as surveying

stakeholders for their perceptions of sustainability initiatives, or studying case studies of their impact can be useful in quantifying this measure of success. This model will require ongoing monitoring and evaluation to assess the impact and address potential trade-offs as the Sustainable Health Leadership framework becomes an intrinsic part of the U.K. economy, balancing economic restrictions with improvements in quality of life.

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