

## Registries in healthcare

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The Registries provide clinically relevant human data to healthcare professionals and researchers for increasing our understanding of a clinical condition and for treating or counselling patients. Planning healthcare without reliable data from disease registries may prove to be a futile exercise resulting into loss of resources. Hence disease Registries are vital for monitoring the incidence, prevalence and mortality rates, the effectiveness of national disease prevention and control initiatives, resource allocation, and public policy related to the specific disease control.

Sweden has been collecting epidemiological health data for over two centuries and owns more than 100 National level Government supported disease registries.<sup>1</sup> Swedes established their Cancer registry in 1958 that allowed them a life-long follow-up and examine exposure to the internal and external factors that lead to complications and adverse effects decades later. Registries thus enable medical professionals to engage in continuous learning from the transparent data and considerably reduce the incidence of various disease or postoperative complications and the healthcare spending by employing best clinical practices. An international study of thirteen registries from Australia, Denmark, Sweden, the United Kingdom, and the United States also corroborated the fact that registries facilitate improved health outcomes, often at lower cost.<sup>2</sup>

We are observing ageing population and falling birth rate in the developed world. Improved healthcare has resulted in less mortality, higher morbidity and accompanied disability which will increase the dependency on the healthcare system. Hence, a tailor-made healthcare system based on the demographic

trends is needed. Registries will play a pivotal role in addressing this challenge and policy making.

Unlike Swedes, US and some other European countries, cancer and other diseases registration is a prevailing issue in the developing and under developed countries. Registries help to address the core challenge of not having a standardized strategy of data collection and global researchers benefit from the transparency and active dissemination of the data. Registries also support adoption of best clinical practices among the healthcare professionals in a cohesive manner to provide quality care, alleviate global disease burden and incurring healthcare cost. Registries datasets cater the Policy-makers, the medical industry and researchers around the globe. There is a dire need to establish National level population-based registries in Pakistan to strengthen our National Healthcare System.

### References

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