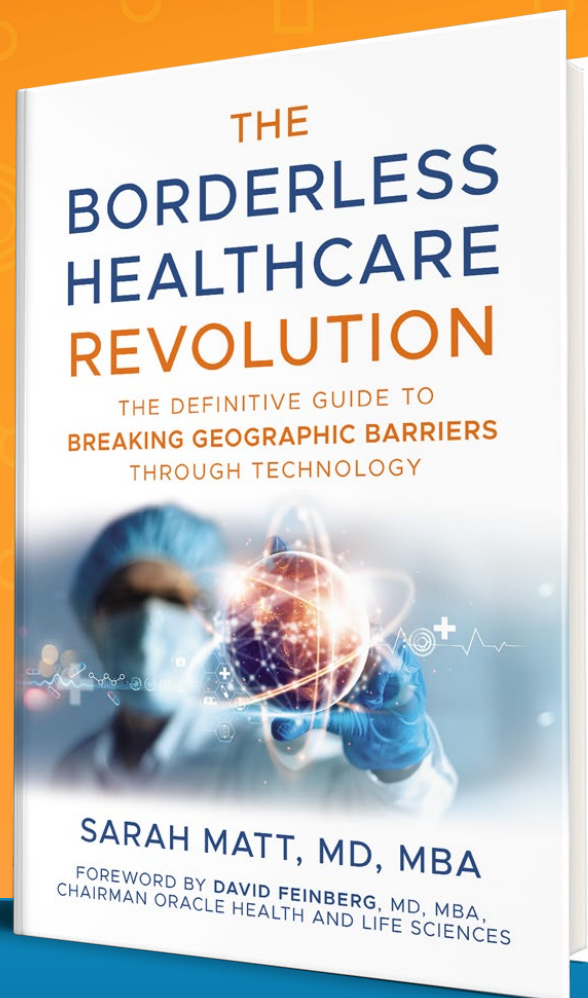


# The Borderless Healthcare Revolution:

The Definitive Guide to Breaking Geographic Barriers Through Technology

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*Book Club Discussion Guide*



**SARAH MATT** **MD**

***The Borderless Healthcare Revolution: The Definitive Guide to Breaking Geographic Barriers Through Technology* translates frontier-grade innovation into day-to-day practice for clinicians, health-system strategists, and policymakers who refuse to accept geography as destiny. Use the questions below to spark deep and engaging conversations that focus on the intersection of healthcare, technology, and humanity.**

In Chapter 1: The Geography Problem, the author argues that “the technology was always there—what changed was our willingness to use it.” Do you think the expansion of telehealth during the COVID-19 pandemic narrowed or widened healthcare disparities? Why?

Dr. Matt challenges readers to identify a single barrier in their own environment and pilot a small solution. What’s one barrier you’ve seen in your community, and what solution could you pose to address it?

Singapore’s workshops and public forums are used as an example of how AI protects patient data and supports clinicians. Do you think similar strategies could be effective in the U.S., given that attitudes towards government, privacy, and healthcare providers might differ?

AI-driven virtual care is described as shifting from reactive to anticipatory. Do you believe there are ethical implications to systems that predict and intervene in patient health before symptoms even appear? What communications strategies or safeguards can help balance this innovation while maintaining trust?

Chapter 5 discusses how “skepticism gave way to excitement” in reference to the robotics revolution. What factors do you think can move healthcare professionals or the general public from fear of new technology to enthusiasm? What about robotic surgical platforms makes you excited about the future of healthcare?

There is a serious discussion of historical data gaps, as well as the potential for AI algorithms and care to be unbalanced. Where does the healthcare system fail some people based on their demographics or zip code? What are ways where you have seen this change or improve? What more can be done?

Dr. Matt waited to tackle the economics of access in Chapter 8: Economics of Borderless Care, after technology, systems, and trust have been discussed. How does this placement affect your understanding of how financial systems underpin the previous chapters?

Governments are the most important accelerators or barriers to digital care quality. Have you engaged in policy advocacy? How might we do so to ensure that digital solutions are sustainable and responsive to patient’s needs over time?

Dr. Sarah Matt closes the book with bulleted advice for patients, providers, and policymakers or builders, as well as 25 steps for turning the Five Pillars into tangible action. Which step can you personally pledge to work toward in your current role? Where have you already begun taking small steps toward it?