

Evaluation Study for Self Management of Patients with Ankylosing Spondylitis (AS) through a Personal Health System

FRI0346

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PALANTE PROJECT



- Co-funded by European Commission under Competitiveness and Innovation Framework Programme (CIP)
- Grant agreement no: 297260
- Start date: 1 Feb 2012
- End date: 31 July 2015
- EU contribution: € 3,182,000
- Total cost: € 6,364,005
- Project web-site: <http://palante-project.eu/>

PROBLEM

- ↑ Aging of European population
- ↑ Number of chronic patients
- ↓ Number of care workers

SOLUTION

Citizens' contribution to their own treatment
↓
Patient empowerment through ICT

GOAL

To empower patients enabling them

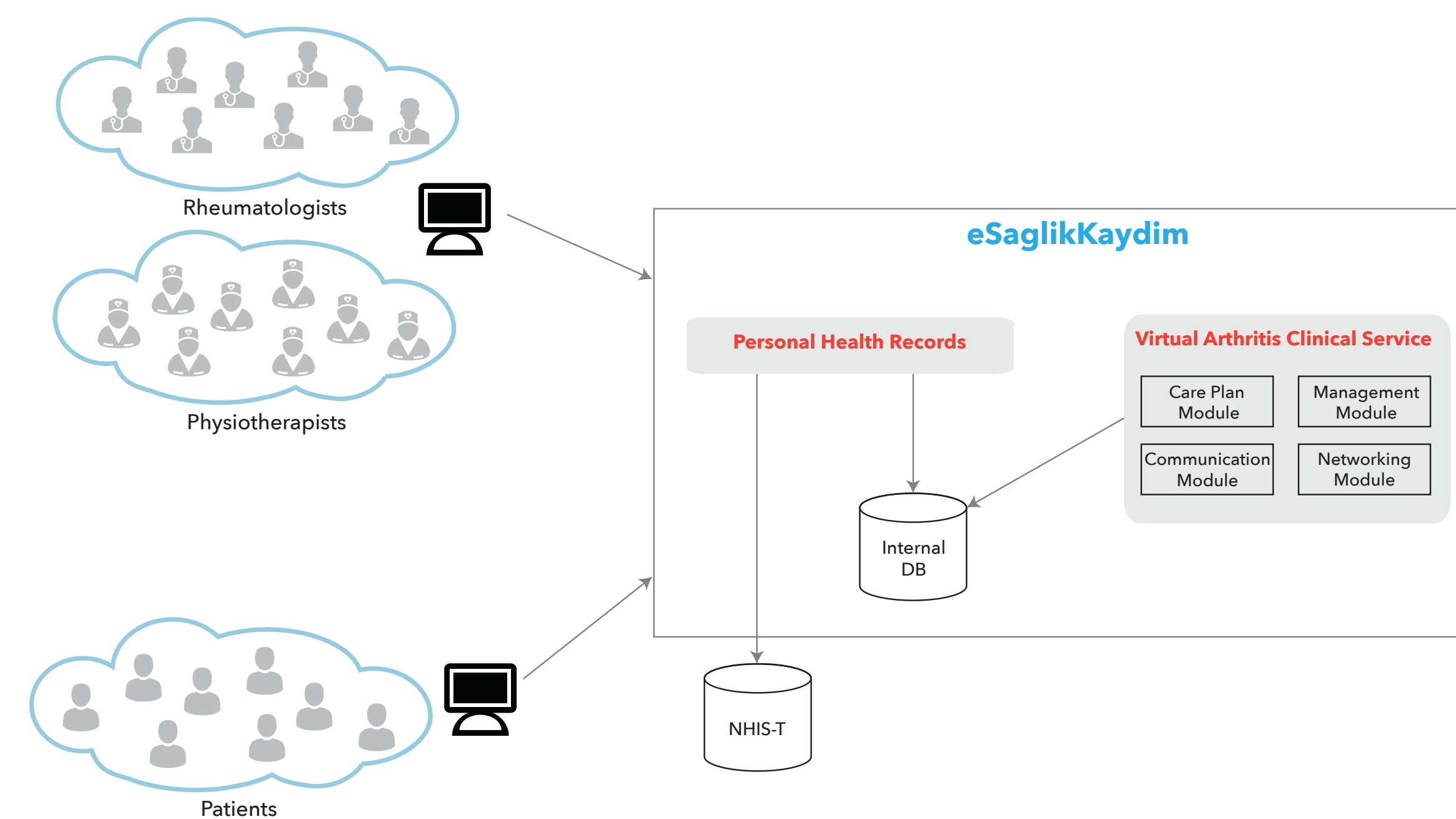
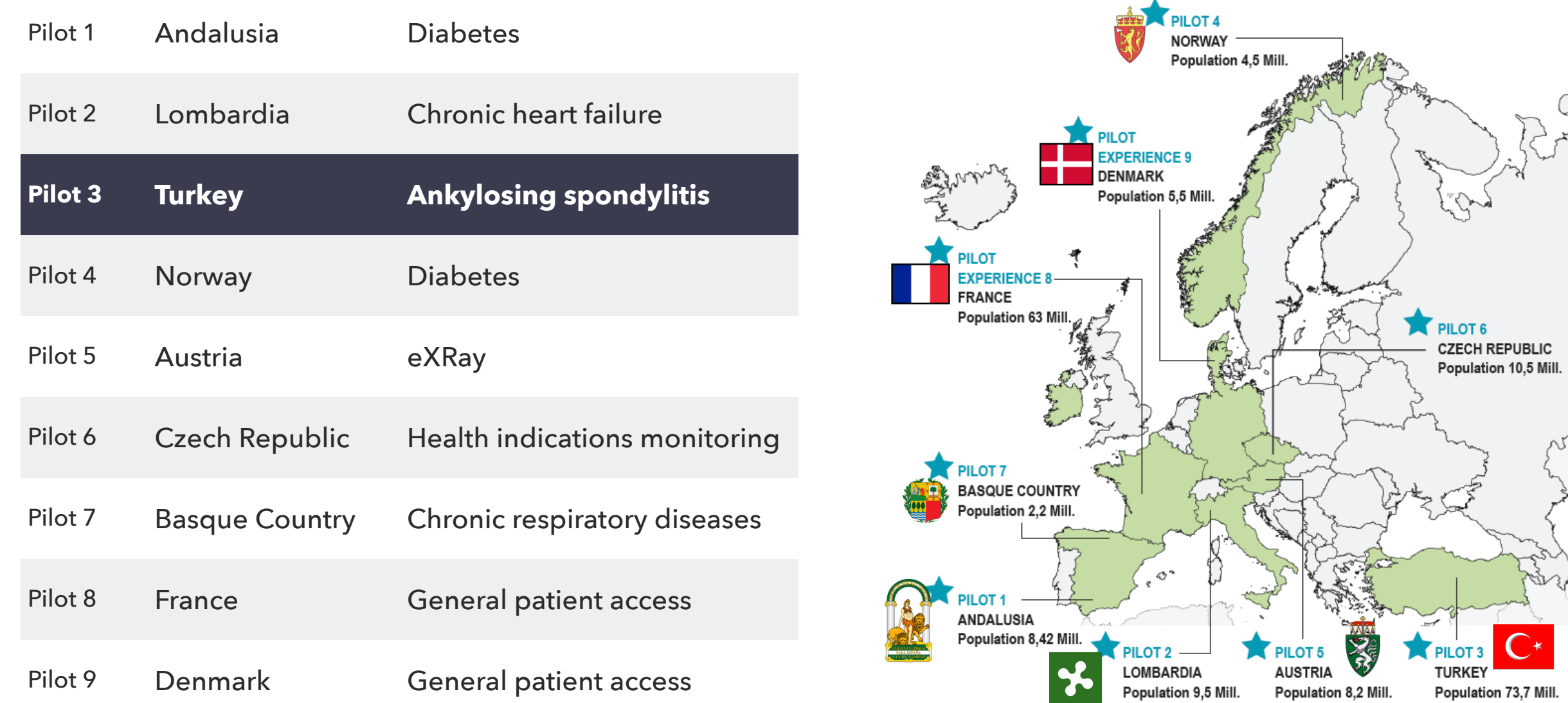
- 1 to make informed decisions about their health
- 2 to take an active role in their care
- 3 to collaborate effectively with their healthcare team

NEW SERVICES

- Monitoring systems
- Recording of measurements
- Treatment adherence
- Comprehensive self-learning
- Tailored education
- Lifestyle guidance
- Secure messaging (Patient-HP)
- Data sharing (Patient-HP, HP-HP)
- Patients' management of their own information

CURRENT SERVICES

- EHR for citizens
- Appointment/booking
- E-prescription
- Lab tests
- Radiology
- Discharge reports
- Emergency episodes, ...



Personal Health Records (PHR)

- Allergies
- Diseases
- Encounters
- Procedures
- Immunizations
- Social History
- Family History
- Medications
- Laboratory Measurements
- Weight, Height, Blood Pressure, Pulse, Body Temperature Measurements

Virtual Arthritis Clinical Service (VACS)

- Remote follow-up
- Information access
- Chronic disease management
- Remote consultation
- Disease and treatment education
- Medication and non-pharmacological treatment follow-up
- Medication and non-pharmacological treatment benefit analyze
- Reminders
- Different interfaces and functionalities for patients and healthcare professionals

VIRTUAL ARTHRITIS CLINICAL SERVICE

General Information

- Summarizes the patient's latest records related to AS

Patient Diary

- Allows patients to record daily problems and physical and mental statuses
- Patients are requested to fill it at least once in three months

Message Board

- Enables patients to consult their healthcare professionals remotely
- Prevents time and money loss of patients for traveling to hospitals
- Lightens the workload of HPs by reducing total number of daily appointments

Questionnaires

- BASDAI, BASFI, ASQoL
- System calculates the result automatically
- HPs evaluate and comment on the results

Reminders

- Patients follow their medication and exercise schedule, and appointments
- SMS, e-mail or system notification

Evaluations

- Patients evaluate the treatment according to effects on them
 - Side effect of medication, efficiency level of an exercise
- Provides collaboration between patients, supporting each other and sharing experiences and suggestions
- HPs make more accurate decisions on the treatment of patients

My Arthritis Medications

- Displays medications of the patient related to ankylosing spondylitis

My Workouts

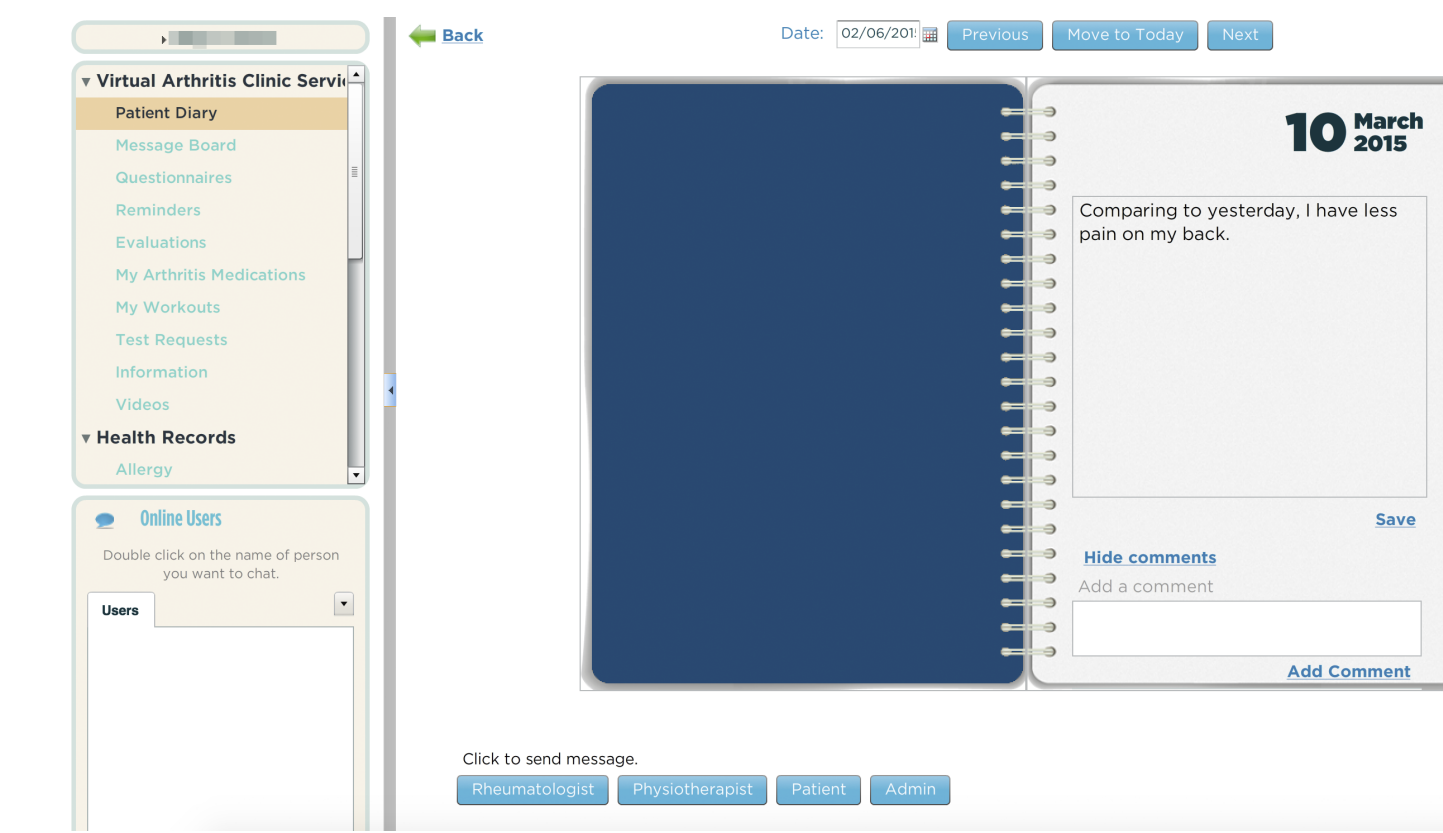
- Allows patients to record their exercises
- Physiotherapists monitor and manage them

Test Requests

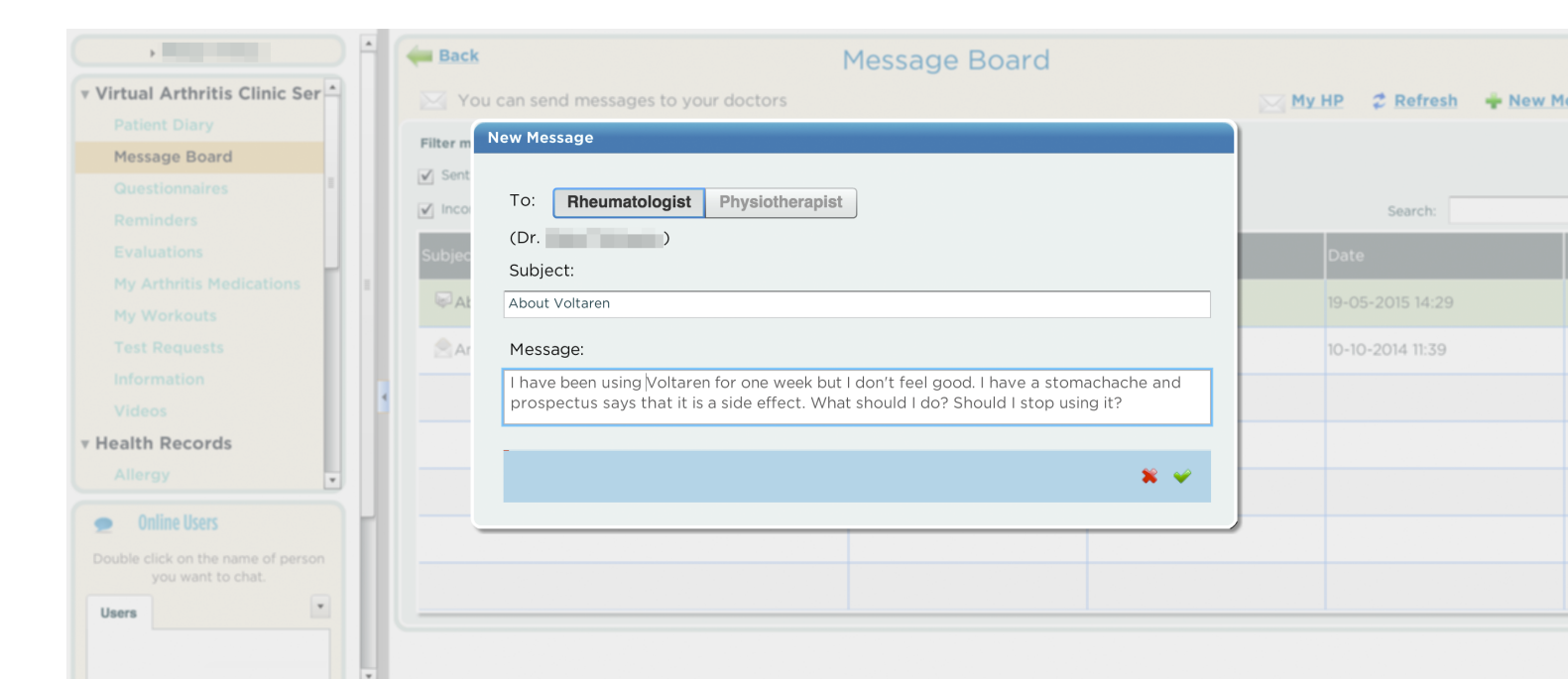
- HPs ask patient to apply a test; evaluate and comment on test results
- Patients read the evaluations and comments of HPs, as well as the test results

Information and Videos

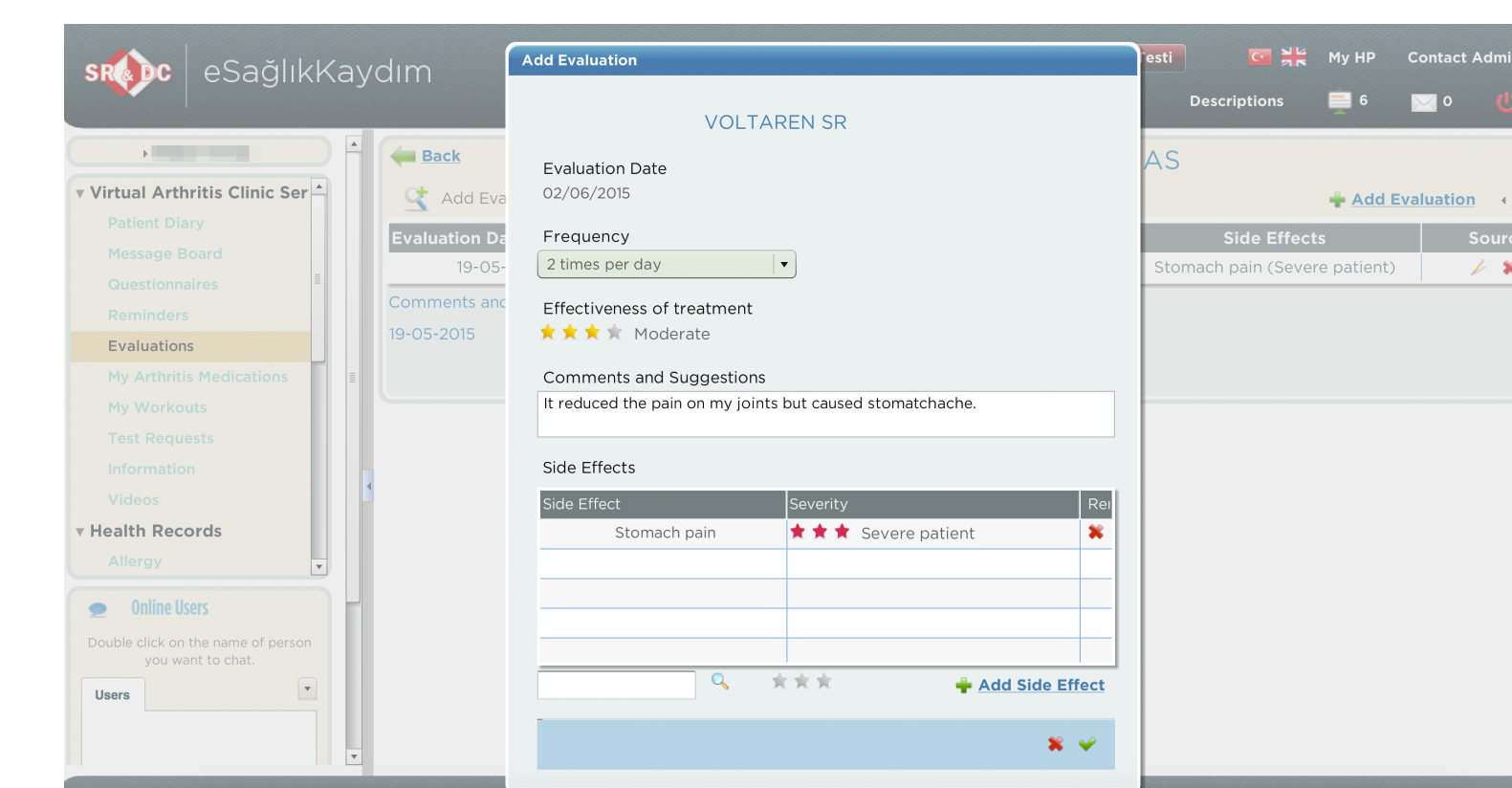
- Patients learn how to do the exercises correctly
 - Exercises at desk, standing exercises and lying exercises



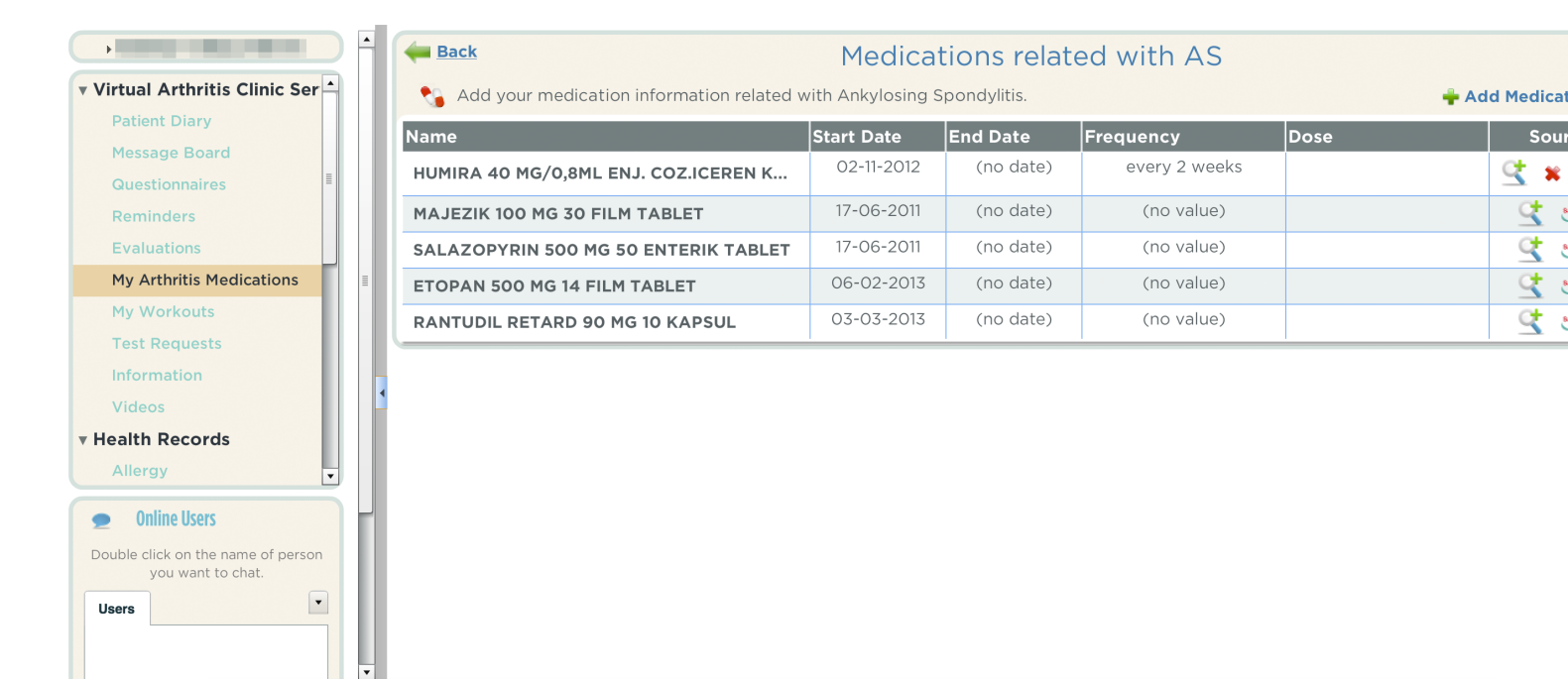
Patient Diary



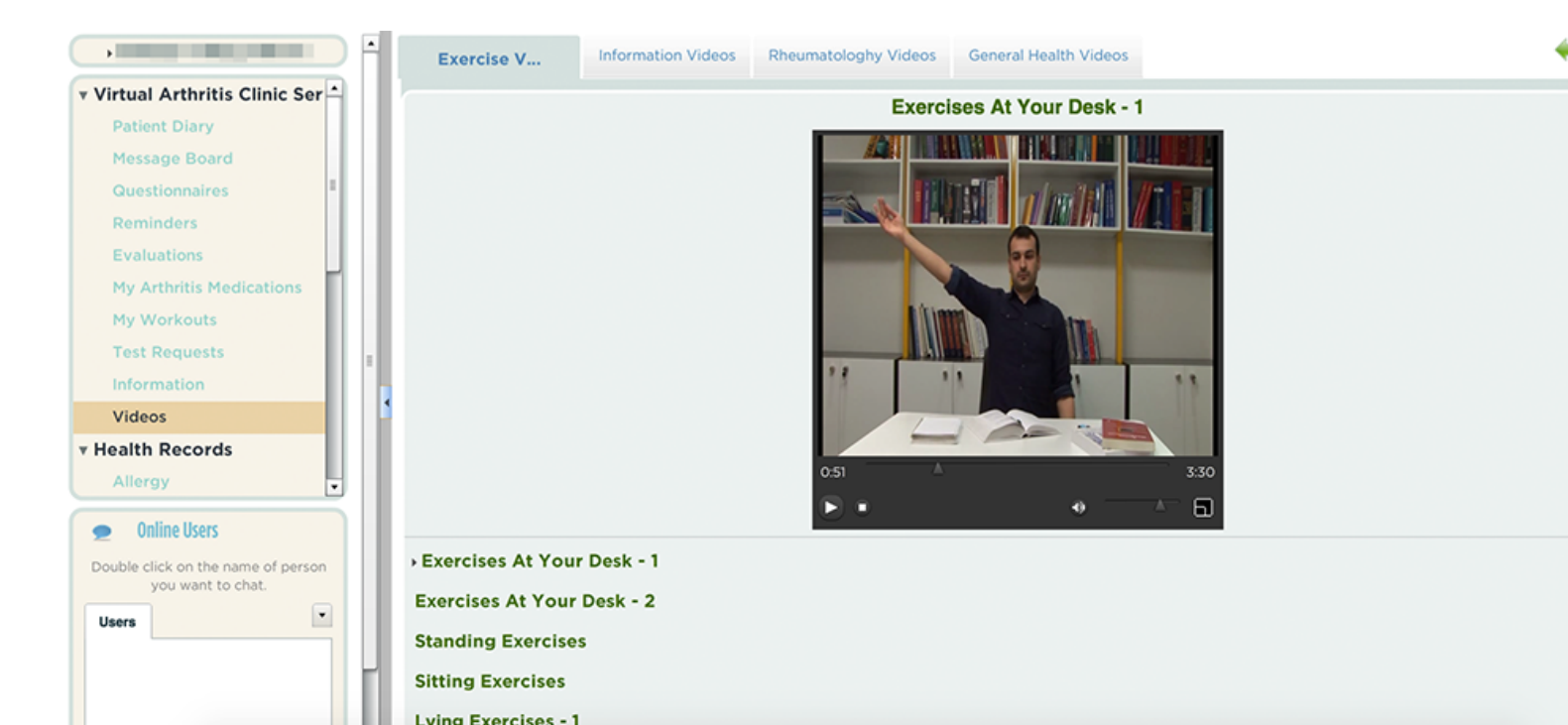
Message Board



Evaluations



My Arthritis Medications



Videos

RESULTS

Pilot study held in Turkey

131 patients, 3 healthcare professionals

33 patients communicated with HPs 36 times

- 15 - Side effect of medicine and result of blood test
- 18 - Symptom change

4 patients asked to come face-to-face meeting

2 of them were using Anti-TNF Agent

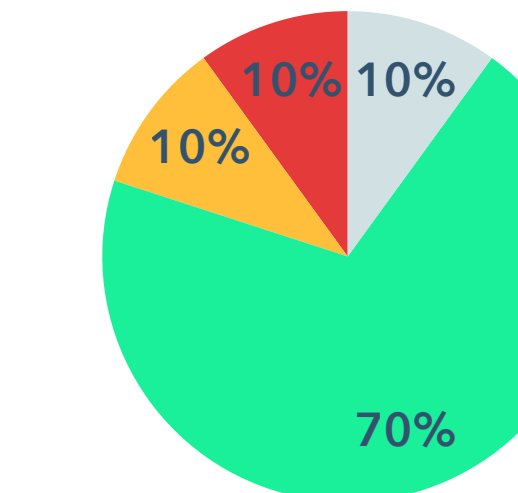
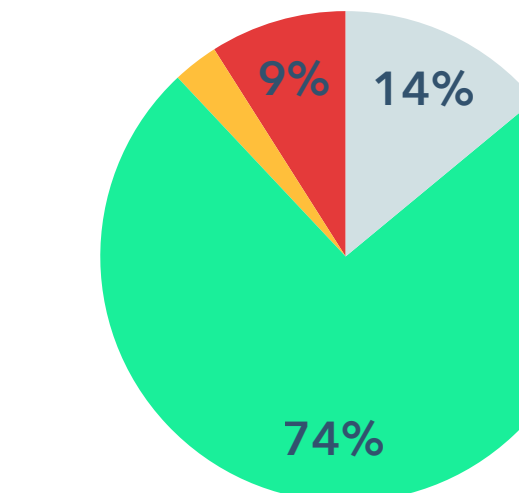
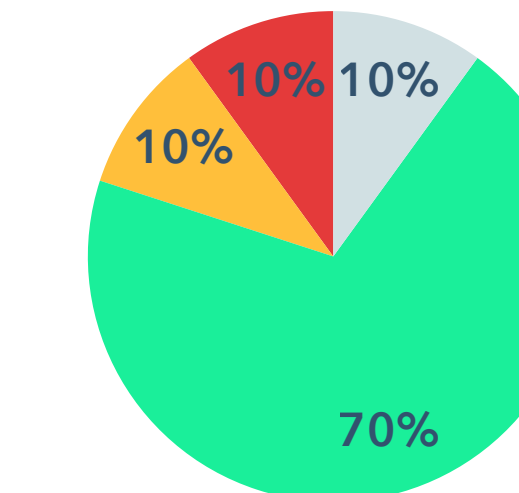
No need for 29 patients to go to hospital

Decrease in number of hospital visits

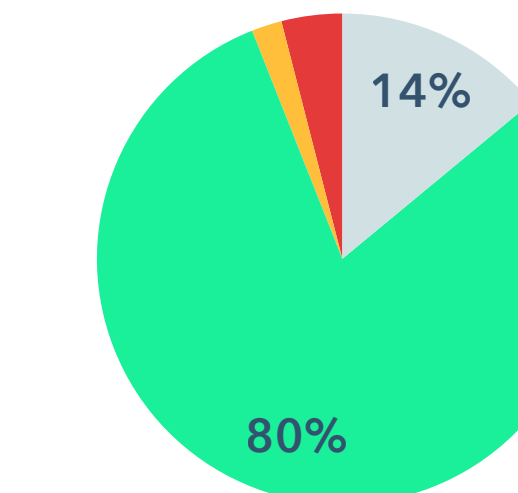
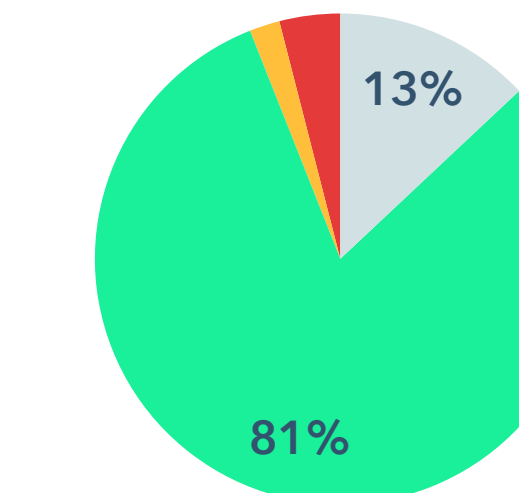
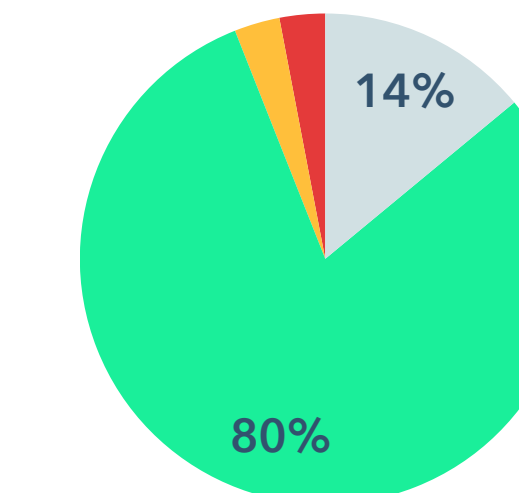
Decrease in healthcare costs

COMMUNICATION EDUCATION INFORMATION

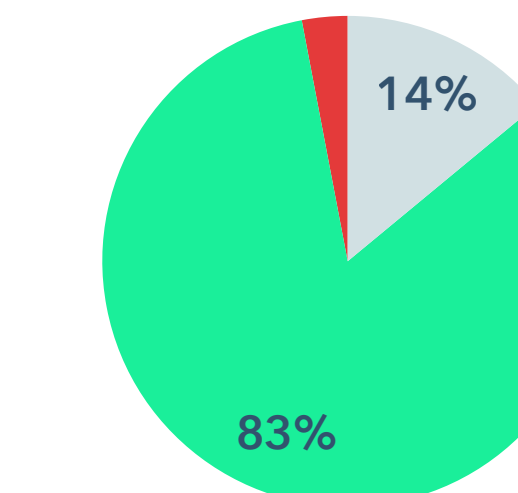
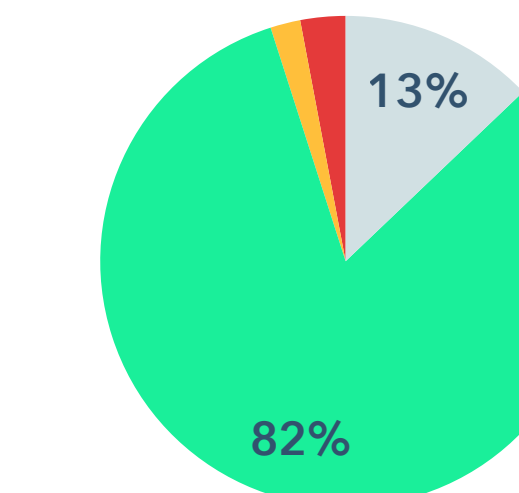
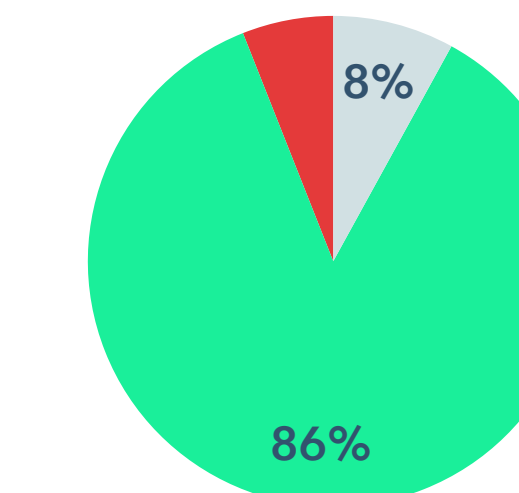
Using ... functionalities enabled me to accomplish my healthcare tasks more quickly.



The services have improved my ideas/information about my disease.



I want this service to continue.



Don't know Agree Neither Disagree