



Empowering Care Consumers with Personalized eHealth and Telecare Applications for Self-Management

Main Issue: Patients need to perform self-management which require health literacy and competencies

Situation in Healthcare

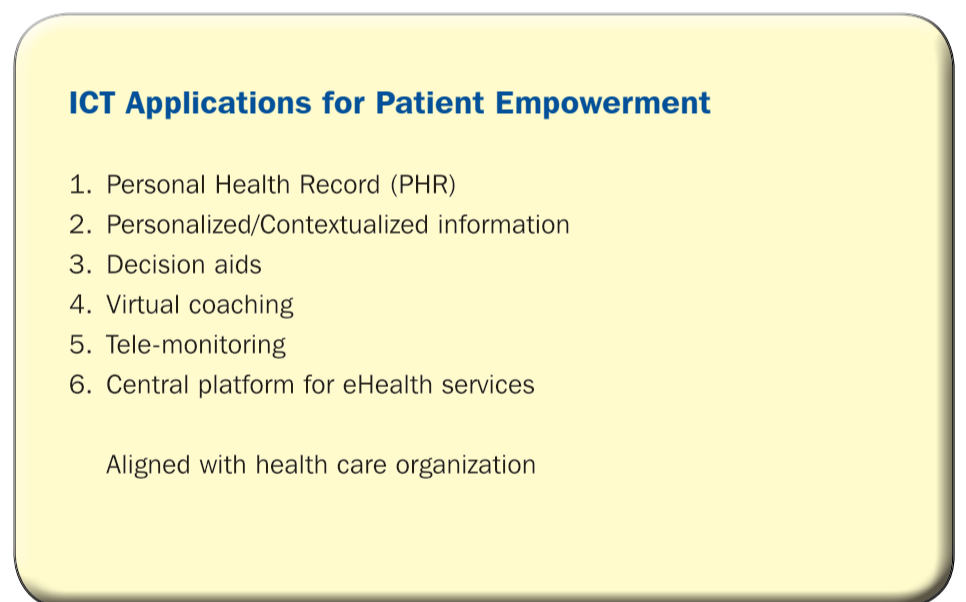
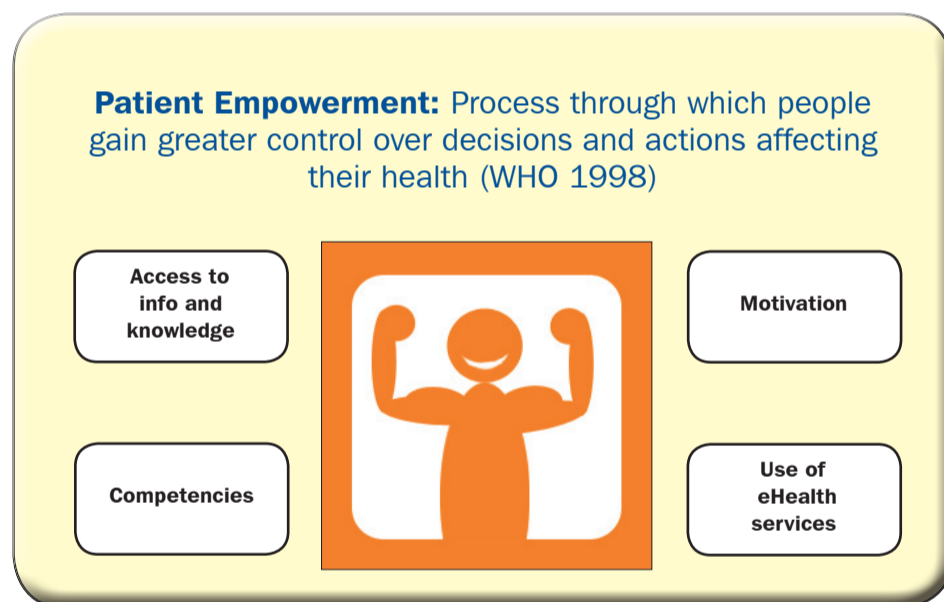
- Aging of the population
- Rising number of (chronic) patients with multiple illnesses
- Increasing burden on health care service
- Shortage of health care workforce
- Stronger position patients & care consumers

Potential Improvements in Health Care

- Reduction of gap between care demand and supply
- More patient responsibility for own health
- Governmental push for Disease Management
- Patient Empowerment (PE) supported by Information & Communication Technology

Scenario

Laura has Diabetes Type II. As a result, she is faced with the challenge to cope with her chronic disease, while maintaining a good quality of life.



PHR for gaining insights in own health condition and self-management activities

Virtual Coach for motivating attainment and maintenance of self-management goals

Outcome Measures

- Patient involvement, health and quality of life
- Medical professional satisfaction
- Care process quality and efficiency

Recommendations

- Multidisciplinary User-Centered Design and implementation for ICT-based PE solutions
- Further PE evidence-based practices
- Reallocation of care activities

