EMPOWER – Support of patient empowerment by an intelligent self-management pathway for patients

Workshop “7th Framework Program – funded eHealth systems for diabetes"

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Patient Empowerment as the driving vision for EMPOWER

Patient empowerment is seen as an essential aspect of patient-centric care and is identified as a main element of change for improved quality and safety in healthcare. **Patient Empowerment engages patients to a greater extent in their healthcare process** so that disease management becomes an integrated part of their daily life.

There are different ways strengthening Patient Empowerment:
- e.g. ensuring participation of patients and citizen in decision-making processes, strengthening health literacy, providing self-management support, fostering patient-physician relationship

- What do patients need to cope better with their chronic diseases as part of their daily life?
- and how can that be supported by ICT?
EMPOWER – Support of patient empowerment by an intelligent self-management pathway for patients

| Call & Work Program: FP7-ICT-2011-7,  
| Objective ICT-2011.5.3a Patient Guidance Services (PGS),  
| Safety and Healthcare record information reuse (STREP)  

| Duration: 36 months, February 2012 – January 2015  

| Partners:  
| Salzburg Research Forschungsgesellschaft m.b.H. (Austria) - Coordinator  
| Helmholtz Zentrum München (Germany)  
| GO IN Integrationsmanagement- und Beteiligungs-GmbH (Germany)  
| Università della Svizzera italiana (Switzerland)  
| Software Research and Development and Consultancy Ltd. (Turkey)  
| Intracom Telecom (Greece)  
| Ministry of Health (Turkey)  

| 2 Pilot Applications  
| 1 pilot in Ingolstadt, Germany with a network of GPs and diabetes specialists  
| 1 pilot in Ankara, Turkey with family doctors and clinicians  

Objectives in EMPOWER

(1) Fostering self-management with adaptive and secure patient pathways
   - by including treatment goals and recommendations from physicians
   - Adapted to the patients skills, requirements and needs
   - Including disease-relevant information material and hints (EMPOWER Tips) as an integrated part of the EMPOWER features

(2) Supporting behaviour changes with personalised action plans
   - by including services for personalised, long-term self-management goals realised by short-term activities

(3) Facilitating self-control by collecting patterns of daily living
   - Services for Observations of Daily Living (ODLs) about vital, physical and mental parameters and about physical and lifestyle activities

(4) Semantic interoperability with existing Personal Health Applications
   - by supporting semantic interoperability based on established standards such as ISO/CEN13606 information models
EMPOWER approach - supporting (self-)management of diabetes patients
EMPOWER - specify treatment goals & self-management recommendations

Diagnose Typ-2 Diabetes

Diabetes-Training, Nutrition, Activity and Medication: Metformin

HbA1c < 7.5%

HbA1c > 8.5% after 3-6 months

HbA1c > 7.5%

OAD combination therapy or OAD / exenatide combination therapy
  - metformin / acarbose
  - metformin / DPP-4 inhibitor
  - metformin / Exenatide
  - metformin / SH
  - metformin / SHA

HbA1c 8.5 - 9.5

Intensification of insulin therapy
  - MDI (basal/bolus)
  - Premixed insulin bid, if MDI not!
  - Combination with metformin, if contraindication/intolerance

HbA1c 6.5 - 8.5

the recommendations for self-management goals

- Checking blood sugar and blood pressure daily
- Checking weight once a week (preferably always at the same time, e.g. in the mornings)
- Reducing 5 kg within the next three months
- Doing some moderate exercises on a regular basis
- To stop smoking
- Checking the eating behaviour and changing it to a diabetes-compliant nutrition.
- A date for the next consultation in 3 months

the medication list

08.02.2012

Ramipli 2.5 mg 1 x 1, at morning
Eplerenon 25 mg 1 x 1, at morning
Simvastatin 40 mg 1 x 1, at evening
ASS 100 1 x 1, at lunchtime
Carvedilol 12.5 mg 1 x 1, at morning
Metformin 500: 1 x 500 mg at night, 1 week 2 x 500 mg at night, after 7 days 2 x 1000 mg
EMPOWER - Define long-term goals

Please specify your personal self-management goals:

1. Select Recommendations
2. My Goal

Tips
At the beginning, select a treatment goal you can easily start with. You can select none, or one or more treatment goals.

My recommendations for self-management from

Date  Care Provider  Recommendations

- Wed Feb 08 08:30:00  Hans Schmidt  Take the medication

- Wed Feb 08 08:30:00  Hans Schmidt  Measure and record the glucose level

- Wed Feb 08 08:30:00  Hans Schmidt  Check your weight

- Wed Feb 08 08:30:00  Hans Schmidt  Change your diet

- Wed Feb 08 08:30:00  Hans Schmidt  Do some exercise

Please specify your personal self-management goals:

1. Select Recommendations
2. My Goal

Specify a goal: Blood sugar

Goal Description: Get regular with measuring my blood sugar before October

Describe any rewards or motivations that might help you achieve your goal:
Make a city-trip to Budapest for Christmas!

Tips
If it is difficult for you make goals, experiment with strategies that might help you. You might share your goals with family or friends, health professionals, or use the internet. You might divide your goals into smaller goals that are more achievable for you.
EMPOWER – specify actions on a weekly basis
EMPOWER – collecting data

- Blood Glucose
- Blood Pressure
- Body Weight
- Meals
- Physical Activities
- Medication
- Mood
- Problems
- Sleep
- Stress
EMPOWER – evaluation & feedback

Review Wed, Jan 22 - Tue, Jan 28, 2014


- Complete
- Incomplete
- Observ

Cycling
30 min.

Biking Riding the bike going to work
30 min.

Blood Glucose

Activity Feedback: 80% overall performance

Activity | Performance | Tips
--- | --- | ---
Jogging | 50% (1/2) | 
Blood sugar | 50% (5/10) | 

Record results

Define / modify goals

Specify recommendations

Specify action(s)
EMPOWER approach – planning the next week
And finally…

We cannot empower patients!

We only can provide a framework (tools, services, etc.) that makes it easier for patients to empower themselves.
Contact

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