

# EMPOWER



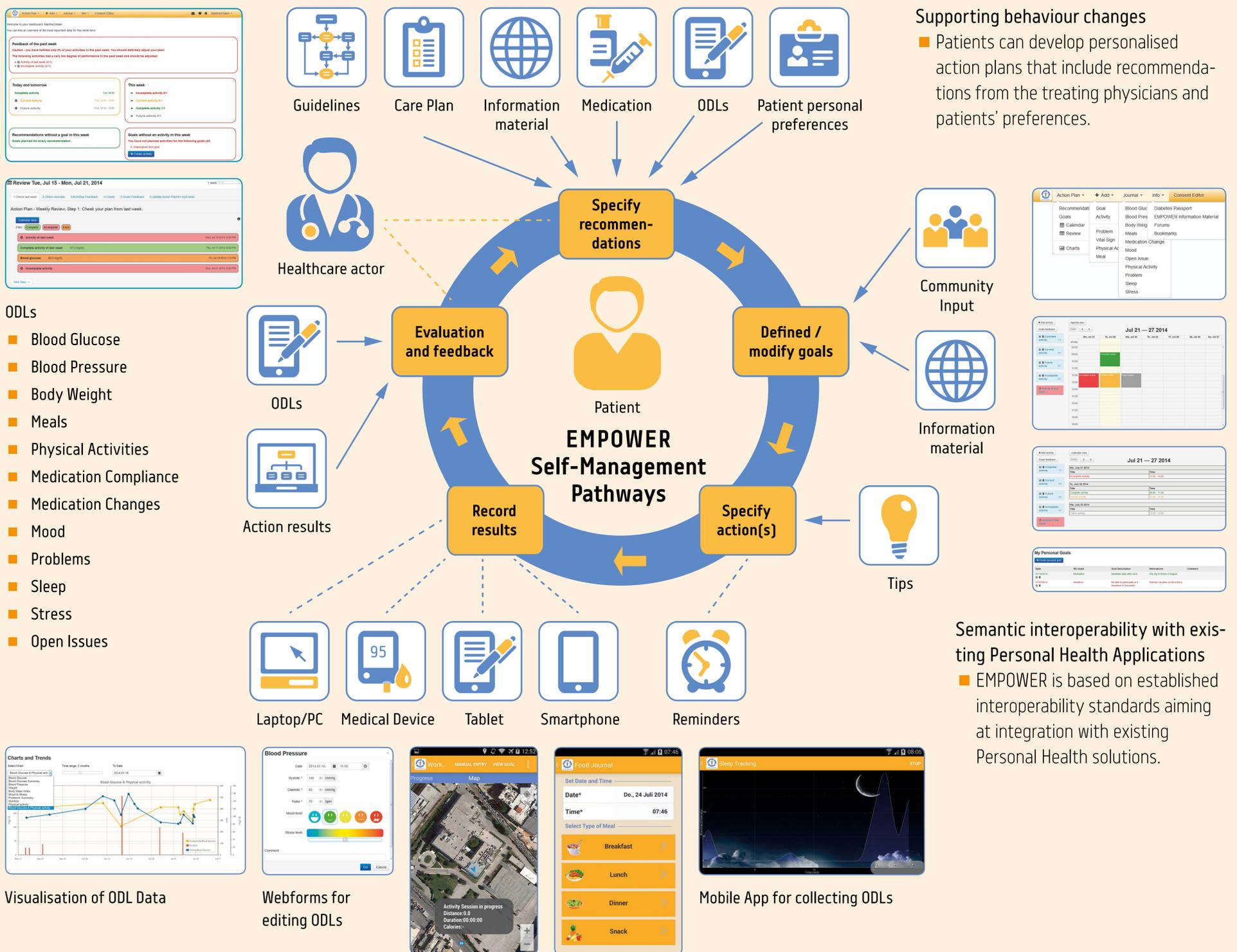
## Patient-Empowerment Services for Diabetes Self-Management

EMPOWER is a modular and standard-based Patient Empowerment Framework which facilitates the self-management of diabetes patients and provides services for:

- the specification and execution of actions to change behaviour according to diabetes-specific health care needs
- monitoring of Observations of Daily Living (ODLs) such as vital, physical, mental parameters, physical and lifestyle activities based on health standards
- the specification and communication of recommendations from medical professionals to patients based on standardised guidelines

EMPOWER Components:

- Decision Support Component for Medical Professionals
- Self-Management Patient Pathway for planning and feedback
- Personal Health Applications for collecting ODLs
- Consent Management to ensure Secure Communication and Access
- Reporting and Visualisation for Patients and Medical Professionals



EMPOWER semantically integrates heterogeneous information sources (patient records, diabetes guidelines, patterns of daily living) for a shared knowledge model. The Self-Management Pathways facilitate the specification of recommendations that allow creation of individual goals for the patient. Derived from these goals and other personal preferences patients can plan their individual diabetes-specific actions. Recommendations, goals and actions can be further adapted situation-based.

EMPOWER focuses the R&D efforts on a patient-centric perspective that also involves healthcare professionals. The self-management pathway is evaluated in pilot applications for diabetes patients in Germany and Turkey with their different national settings in two phases. Feedback from validation phase 1 was collected via questionnaires, regular telephone feedback and round tables. The framework for validation phase 2 is based on the „Model for ASessment of Telemedicine (MAST)“.

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