

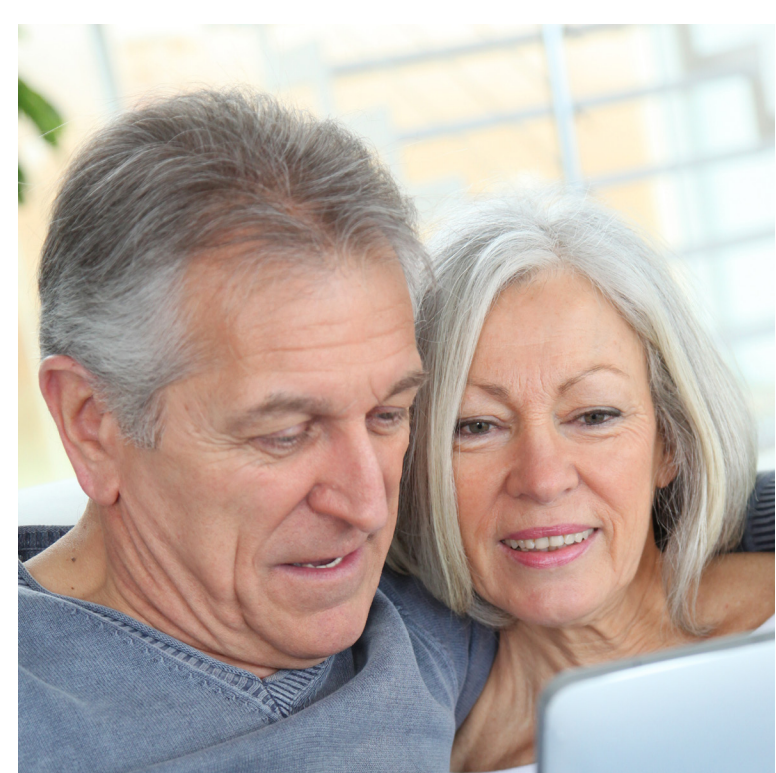
Support of Patient Empowerment by an intelligent self-management pathway for patients

EMPOWER supports the self-management of diabetes patients through a modular and standards-based Patient Empowerment Framework. It helps sufferers of diabetes with observing daily patterns of living and with managing personalised action plans.

Patient Empowerment involves patients to a greater extent in their own healthcare process and disease management becomes an integrated part of their daily life. The capability of self-management opens the possibility for patients not only to contribute to their own healthcare but also to be more in control of their disease. EMPOWER develops a modular and standard-based Patient Empowerment Framework which facilitates the self-management of diabetes patients based on

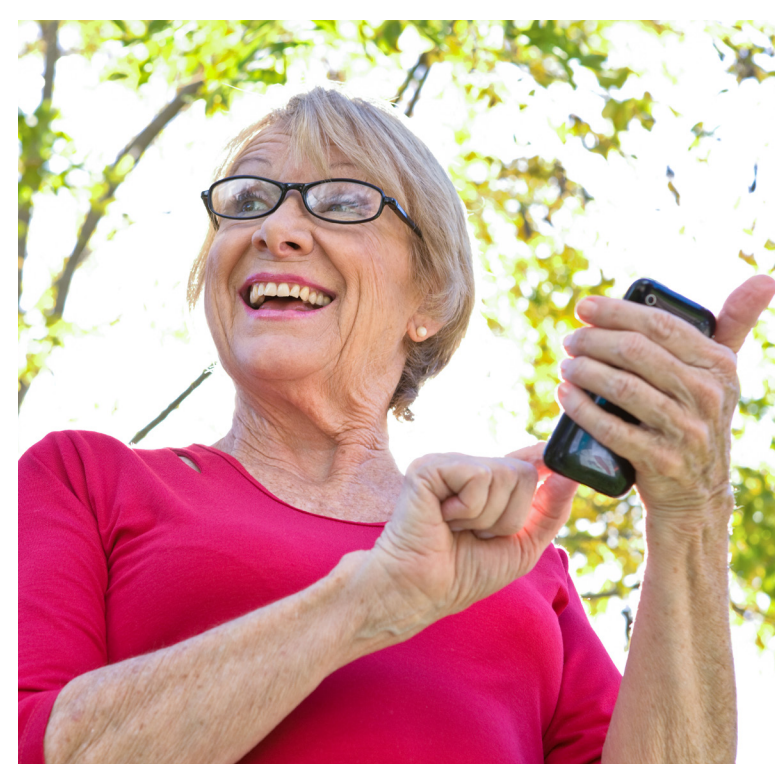
- services for the specification and execution of actions to change behaviour according to diabetes-specific health care needs and
- services for monitoring of vital, physical, mental parameters as well as physical and lifestyle activities based on health standards.

EMPOWER focuses the research and development efforts on a patient-centric perspective that also involves healthcare professionals. EMPOWER provides knowledge-based Self-Management Pathways for diabetes patients focusing on the following goals:



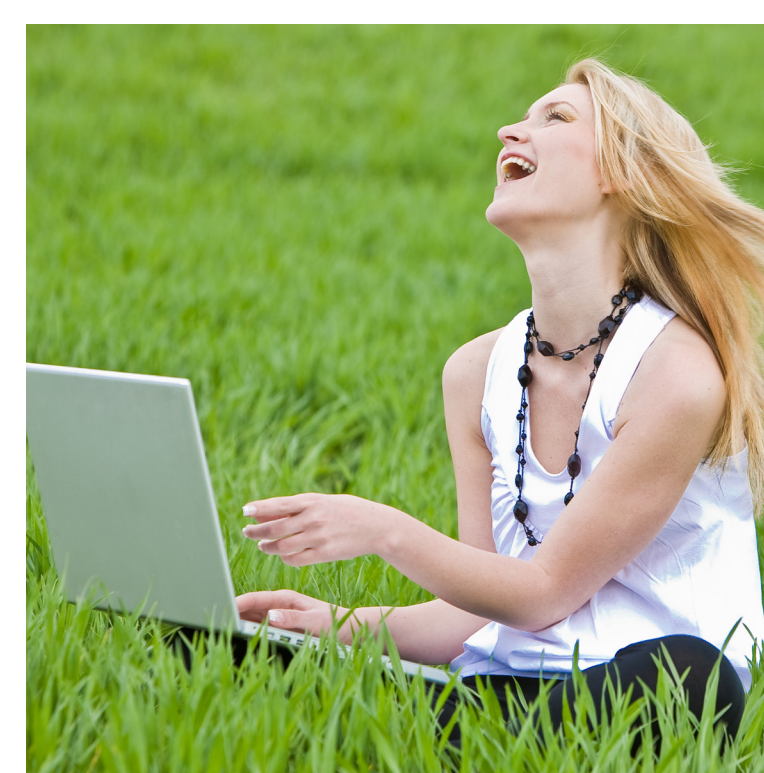
Adaptive and secure patient pathways

The patient's self-management competences and preferences are adapted and improved iteratively.



Collecting observations of daily living

Empower helps to collect data on vital, physical and mental parameters, concerning physical and lifestyle activities and medication compliance.



Supporting behaviour changes

Patients can develop personalised action plans that include recommendations from the treating physicians and patients' preferences.

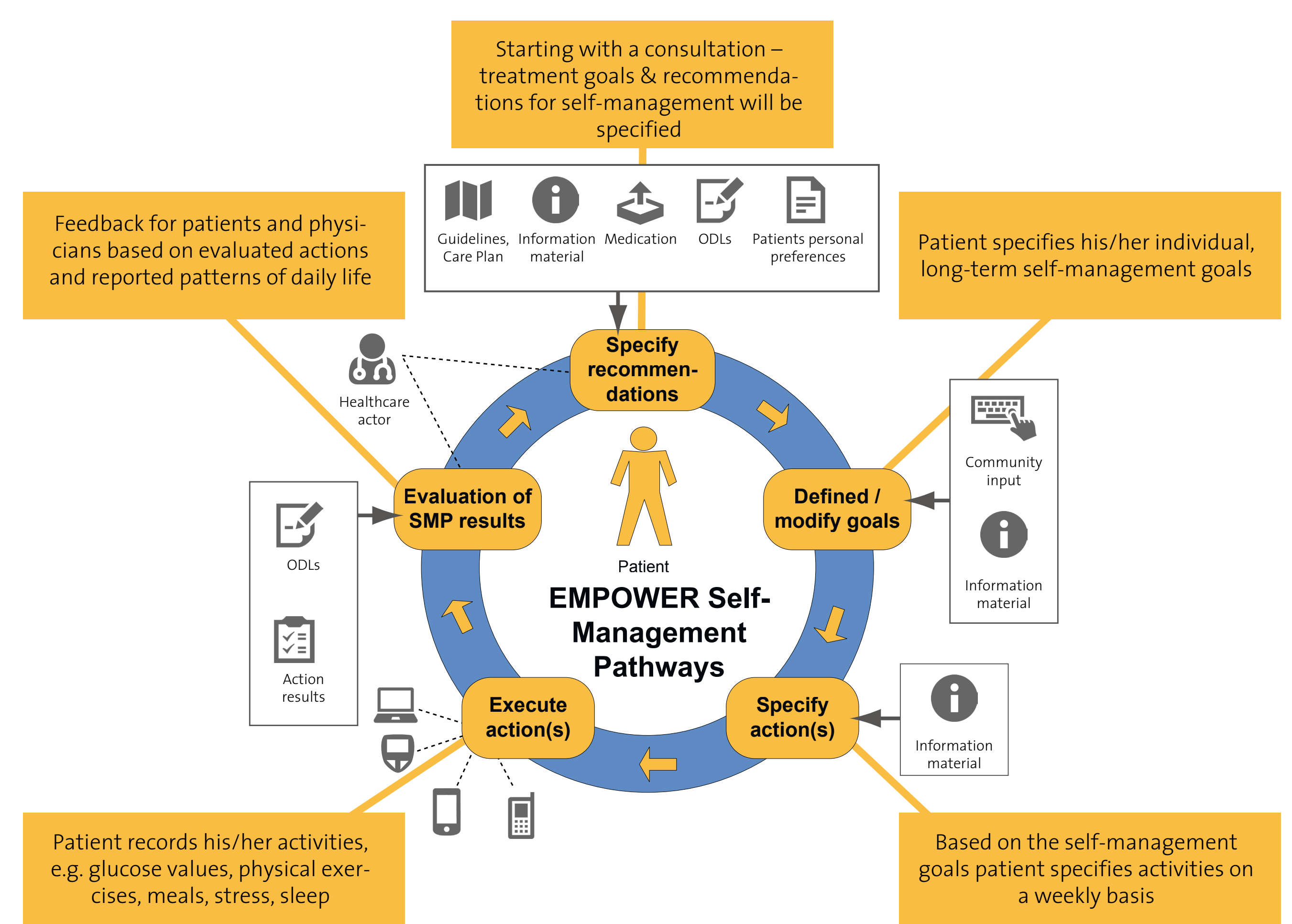


Semantic interoperability with existing Personal Health Applications

EMPOWER is based on established interoperability standards aiming at integration with existing Personal Health solutions.

EMPOWER semantically integrates multiple 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 specifying individual goals for the patient. Based on these goals, relevant information and their preferences patients can specify their individual diabetes-specific actions.

Recommendations, goals and actions can be updated iteratively according to current needs and preferences. The self-management workflow will be evaluated by two pilot applications for diabetes patients in two countries (Germany, Turkey) with their different national settings.



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