The future of eHealth activities within the NDPHS

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Agenda

1. The eHealth for Regions Network
2. eHealth on the European agenda
3. eHealth activities within the NDPHS
The eHealth for Regions Network

Why do we need closer cooperation in eHealth matters?

- demographic change
- increase of chronic diseases
- growing demands in the health care system
- increasing lack of physicians, nurses, and health workers
- limited budget conditions
- unequal access to health care services in remote areas

8th of March 2013
The eHealth for Regions Network

These challenges demand transnational cooperation in finding solutions:

- Better interoperability
- Harmonized laws and regulations
- Adequate business plans to guarantee reimbursement of services offered
- Infrastructure and software applications to support health cooperation across borders.
Health Care and eHealth Trends

- **Empowered Patient**
  - More Patient's contribution
  - Patient websites
  - m-Health
  - Personal Health Records (PHR)

- **Data Revolution**
  - Electronic Patient Records
  - Real-Life-Data
  - Electronic Guidelines
  - Doctor's Portals

- **Integrated Treatment**
  - Networks
  - Health Management
  - New Reimbursement Structures

- **Health Economic Innovation**
  - Stagnant Pipeline of Drugs
  - Cost-Benefit Assessments
  - Personalized Medicine
  - Rare Diseases
  - Good-Enough Offers

Rising health expenditure as a catalyst for adaptation processes
The eHealth for Regions Network

Strategic objectives of the network

- Increase awareness and acceptance of eHealth!
- Improve the availability and accessibility of health care services!
- Foster mutual access to regional health care markets!
- Cooperate within joint projects!

8th of March 2013
Structure of the eHealth for Regions Network

The network partners originate from 6 countries of the Baltic Sea Region (Denmark, Finland, Germany, Latvia, Lithuania and Sweden)

The network agreement defines the network structure and tasks.
The eHealth for Regions Network offers:

- a sustainable and broad network of different partners in the BSR
- exchange of expertise and good practices
- support in implementing transnational projects
- access to EU-funding possibilities
- a forum for actively shaping the EUSBSR
- access to the NDPHS through the status as associated partner
- access to regional health care markets
Cooperations

NDPHS

epSOS

Regional Tele-medicine Forum

Scan Balt

ImPrim
eHealth on the European agenda

Digital Agenda

• **Key Action 13**: Undertake pilot actions to equip Europeans with secure online access to their medical health data (by 2015) and to achieve widespread deployment of telemedicine services (by 2020);

• **Key Action 14**: Propose a recommendation defining a minimum common set of patient data for interoperability of patient records to be accessed or exchanged electronically across Member States (by 2012);

• Foster EU-wide standards, interoperability testing and certification of eHealth systems through stakeholder dialogue (by 2015);

• Reinforce the Ambient Assisted Living (AAL) Joint Programme to allow older people and persons with disabilities to live independently and be active in society.
eHealth on the European agenda

**EUSBSR** *(EU Strategy for the Baltic Sea Region)* – Priority Area 12

Flagship-projects:

- **ImPrim** *(Lead partner: NDPHS and Blekinge County Council, Sweden)*
- **ICT for Health** *(Lead partner: University of Applied Sciences, Flensburg, Germany)*
- **PrimCareIT** *(Lead partner: South Ostrobothnia Health Care District, Finland)*

**eHealth Action Plan 2012-2020** *(Public Consultation)*

**eHealth week 2012** *(Copenhagen)*

**eHealth Ministerial Conference 2011** *(Budapest):*

  Presidency Declaration *(Annex: telemedicine and telemonitoring services)*
eHealth activities within the NDPHS

“The prosperity of the macro-region is based on its human capital; consequently a healthy population is a critical factor behind sustainable economic development of enterprises and societies. Improving people’s health and social well-being is particularly important in the content of the ageing society and the growing threat posed by non-communicable diseases, two of the greatest macro-regional challenges in the 21th century.”

19 Partners from eight countries

**Denmark**
Aalborg University
Region of Southern Denmark
Region North Denmark

**Germany**
University of Applied Sciences Flensburg
European Forum for Telemedicine
Institute for Cancer Epidemiology at Luebeck University
Diakonissen-Hospital Flensburg
County Council of Segeberg

**Norway**
Diakonhjemmet Hospital Oslo

**Poland**
City Hospital Lebork

**Finland**
Seinäjoki University of Applied Sciences
South Ostrobothnia Healthcare District
Regional Council of South Ostrobothnia

**Sweden**
Hässleholm Hospital, Department of Internal Medicine

**Lithuania**
Lithuanian University of Health Sciences
Kaunas University of Technology
Vilnius University Hospital
Santariškių Klinikos

**Russia**
Pavlov State Medical University, St. Petersburg

8th of March 2013
WP 1: Project Management and Administration

WP 2: Communication and Information

WP 3: Strategies to improve the social capacity of citizens and medical professionals to utilise eHealth technologies

WP 4: Empowerment of citizens with chronic heart disease with lifelong learning and self-monitoring

WP 5: Education for health care professionals and citizens with chronic diseases to utilise eHealth technology

WP 6: Enabling mobile citizens with chronic diseases to document health data in a multi-lingual personal health portal

8th of March 2013
Selected Results

Benchmark Atlas: an interactive online system which provides an overview over the predicted progress in eHealth-related indicators in the countries of the Baltic Sea Region. This easy-to-use, interactive tool enables citizens, journalists and decision makers to compare eHealth indicators among the countries in the BSR.
SALUDA supports patients with chronic heart disease.

Website [www.saluda-asd.eu](http://www.saluda-asd.eu):
> eLearning program SALUDA WBT)
> electronic patient record SALUDA EPR.

The learning program informs about the reasons of the chronic heart failure and how life style changes lead to better quality of life. In the electronic patient record you can enter the daily measurement of weight, blood pressure and heart rate. Critical values are marked and help your general practitioner to adapt the drug timely.
Selected Results

Baseline study of eHealth in education in the Baltic Sea Area - Extent, level, and content of eHealth in the existing formal educational systems

How to teach eHealth - Report on learning approaches and trends

Concept of the Joint European Multidimensional Master’s program in eHealth, its target groups, learning objectives, and relevant modules
Selected Results

https://vivaport.eu

A multilingual personal health portal
eHealth activities within the NDPHS

Challenges such as

• inactive patients
• rising health expenditures
• disintegration of services

could be tackled by

• patient empowerment
• new health economic approaches
• innovative networks and intelligent data management
Patient Empowerment (P.E.)

“Empowerment is viewed as a process: the mechanism by which people, organizations, and communities gain mastery over their lives.”
- Julian Rappaport,
eHealth activities within the NDPHS

Patient Empowerment

• patients performing an active role in health care

• patients pursuing a lifestyle that is geared towards individual risks

• patients need to be able to detect these individual risks and to understand how to influence them

• certain health portals and a health record must be accessible
Applications and P.E.

Welcome to the eHealth for Citizens portal!

"eHealth" becomes more and more important in our healthcare systems.

But what exactly is meant by the term "eHealth"?

This portal, developed during the EU project "ICT for Health", aims at introducing you, as a citizen or patient, to the topic eHealth. Discover the many different possibilities of using eHealth technologies and learn how you can benefit from eHealth.

Enjoy reading about, watching, and listening to stories about eHealth!

Your "ICT 4 Health" Team.

Annegret, Jaakob and Marija are already using eHealth applications.

On the following pages they will describe how eHealth supports them in their daily life and helps them manage their chronic disease.

Annegret (75)
From Friedrichswalde in Germany. Has a heart failure. She lives far away from her children and was not able to take care of herself any more. Read more about how eHealth has given her back her independence.

Jaakob (57)
comes from Savukoski a rural area in Finland. Jaakob was diagnosed with COPD: one of the most common long diseases, that makes it difficult to breathe. Click on the arrow and see how eHealth can improve his quality of life...

Marija (74)
lives in Ramonai, a small village in Lithuania. She suffers from type 2 diabetes, because it is increasingly difficult for her to walk, she is always afraid that she might fall. With the help of the new technologies she feels secure.

www.ehealthforcitizens.eu
Example for patients with chronic heart diseases

Annegret’s heart failure must be monitored daily. In the small village Friedrichsfeld there is no cardiologist, who could visit Annegret at home daily to check her vital signs. That’s why she decided to use telemonitoring applications. She sends her blood pressure, her weight and her ECG recordings via cell phone to the next hospital in Eberweide.

The hospital checks Annegret’s data daily. If Annegret’s vital signs are outside normal range, an alarm is triggered immediately.

Then the hospital sends an ambulance to Annegret in Friedrichsfeld. Using telemonitoring she feels secure, even in case of an emergency.

Watch the video below: Telemonitoring for patients with chronic heart diseases!
eHealth activities within the NDPHS

Lifestyle change

• changing one’s own lifestyle is not something that can be prescribed

• the process of lifestyle change must be built upon the three pillars participation, empowerment and community

• the last two pillars are not conceivable without eHealth
eHealth activities within the NDPHS

Key tenets of the patient empowerment philosophy:

• Patients cannot be forced to follow a lifestyle dictated by others.

• Preventive medicine requires patient empowerment for it to be effective.

• Patients as consumers have the right to make their own choices and the ability to act on them.
eHealth activities within the NDPHS

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 Rising health expenditure as a catalyst for adaptation processes
eHealth activities within the NDPHS

New projects should be initiated in sectors that are relevant for people, for example:

• **Tele-monitoring** and **Ambient Assistant Living** are of great importance. These solutions unburden health care providers, improve access to qualified diagnostic and therapy and boost the security for chronic patients and long term patients.

• Improving **eHealth literacy** of people through support in developing enhanced skills such as traditional literacy and numeracy, computer literacy, media literacy, science literacy, information literacy and health literacy.
eHealth activities within the NDPHS

Future research should focus among others on:

• developing and piloting of intelligent services (especially in the field of Life-Style-Management and Prevention!)

• promoting the advantages of eHealth applications

• improving eHealth literacy of people through support in developing enhanced skills such as traditional literacy and numeracy, computer literacy, media literacy, science literacy, information literacy and health literacy
eHealth activities within the NDPHS

Recommendations:

1. Enhanced communication and cooperation through a more institutionalized exchange of experiences from the different countries on a regular basis (see the results from the ICTforHealth project).

2. More attention should be paid to social factors in health care.

3. At the same time upcoming projects need to take into account the personal responsibility of people.
eHealth activities within the NDPHS

4. NDPHS should adopt eHealth as field of activity and take a leading role in Europe. Without an enforced application of eHealth technology future challenges cannot be dealt with.

5. Based on a first inventory respective groups of stakeholders should be set up (universities; training).

6. The eHealth for Regions Network (as YOUR associated expert group) is able to take over the coordination and management of the process.
www.ehealthforregions.net

Moving towards a European eHealth Area

Welcome

"To facilitate transnational cooperation on health" is the purpose of the network. eHealth is a key facilitator of cooperation between partners across borders. By using eHealth the international partners collaborate to exploit synergetic potentials for better quality, efficiency and access to health care services for the citizens in the regions. more »

Regional Political Support for eHealth

A Political Strategic Board supports the network. Representatives from the highest regional political level give strategic advice and foster the joint implementation of eHealth for the benefit of the citizens. more »

Development of cooperations on eHealth

The partners cooperate transnationally to learn from different national approaches, share expertise and use joint resources and capacities. Read about the strategic development of cooperative eHealth projects. more »

News

Information Event about the eHealth for Regions Network

The Ministry of Employment, Social Affairs and Health of the Land Schleswig-Holstein, Germany, invites interested persons and organisations to an information event about the eHealth for Regions Network and its work. more »
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