



CHRODIS+
IMPLEMENTING GOOD PRACTICES FOR CHRONIC DISEASES



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mHealth tools for fostering quality of care for people with chronic diseases

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chrodis.eu

Why did you start?

- **Problem Description:**
 - **Diabetes** affects over 60 million European citizens, introducing a significant burden to their life and the healthcare systems
 - **Tinnitus** affects ~50.8 million EU citizens, of which 5.1 million are negatively influenced by it
 - **Lifestyle** is a major contributing factor in chronic diseases that **has to be controlled**
- **Available Knowledge:**
 - Increasing **health literacy** and reinforcing **self-management** are key components for **patient empowerment**
 - Information & Communication Technologies (**ICTs**) can contribute in **better self-management of chronic diseases**, giving patients the opportunity to **be involved in their own care and facilitate their behavioral change**

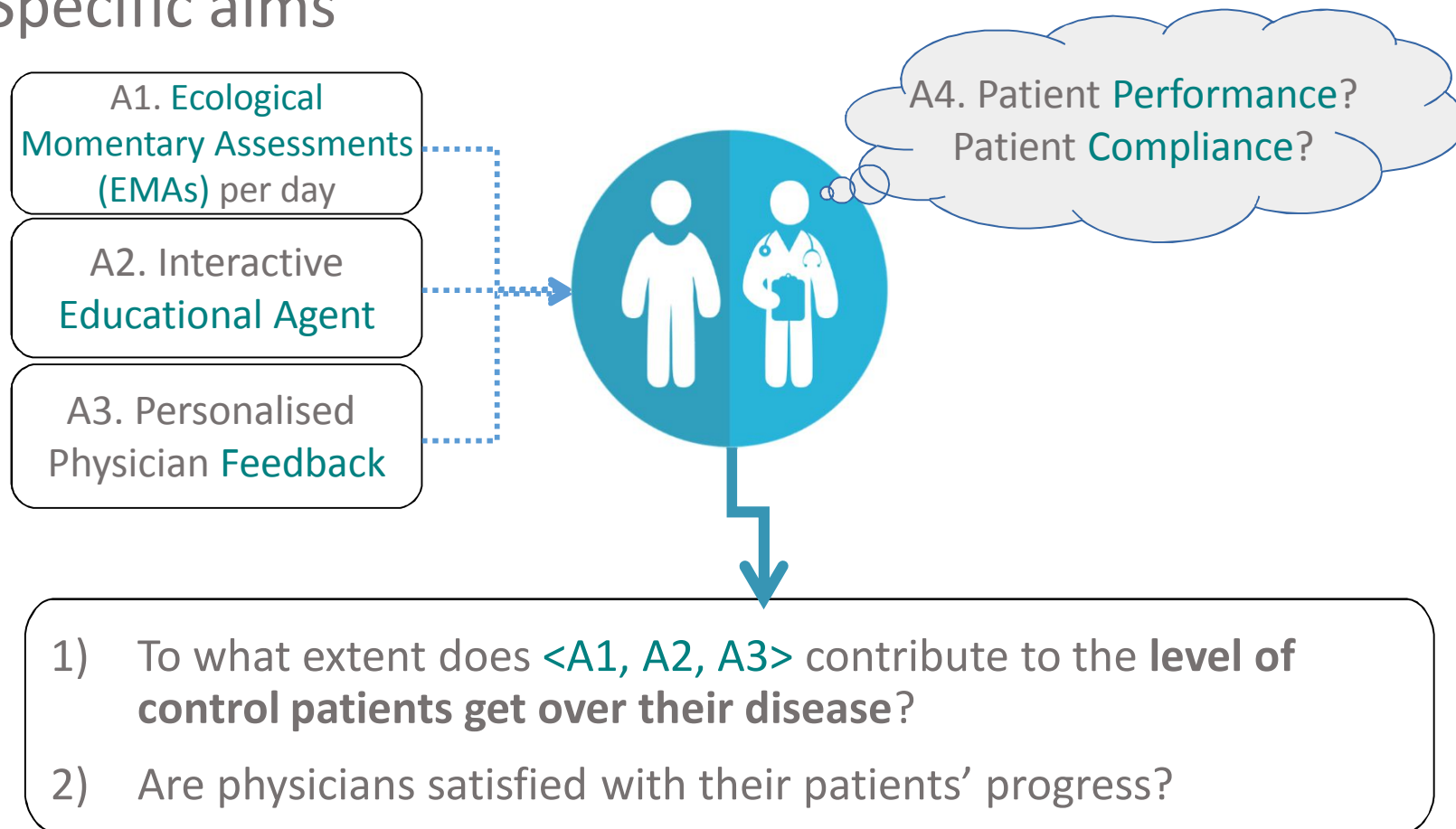


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Why did you start?

Specific aims



What will you do?

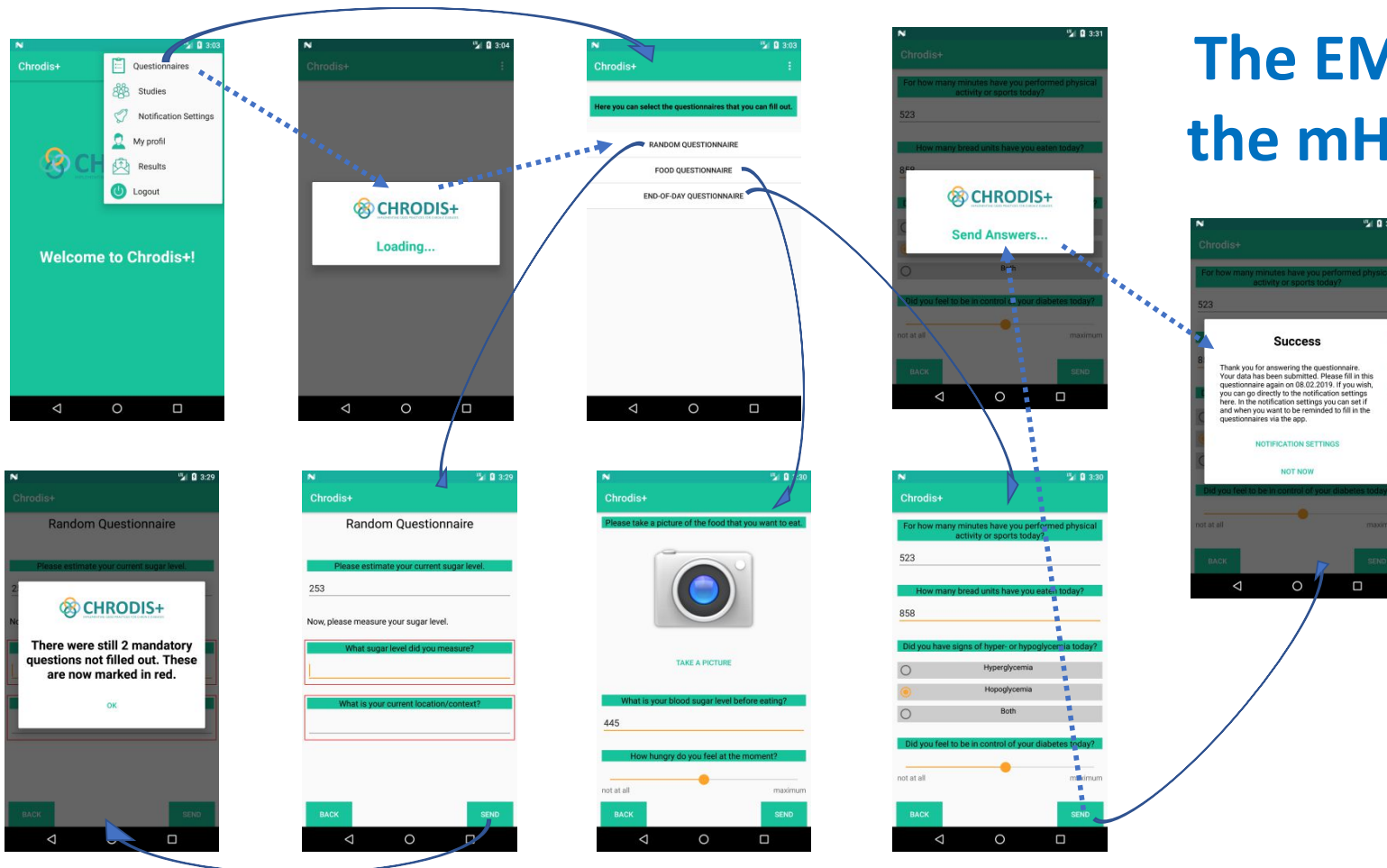
- A pilot on mHealth tools aiming to assess to what extent various **self-management and patient empowerment ICT-based features** contribute in **patient control over their chronic disease**
- The pilot brings together **3 technology providers** (ULM, CERTH, OVGU) and **3 pilot sites** (CSC, NCPHA, UHREG)
- Diseases of focus: **Diabetes** (CSC, NCPHA) & **Tinnitus** (UHREG)



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What will you do?



The EMA part of the mHealth app

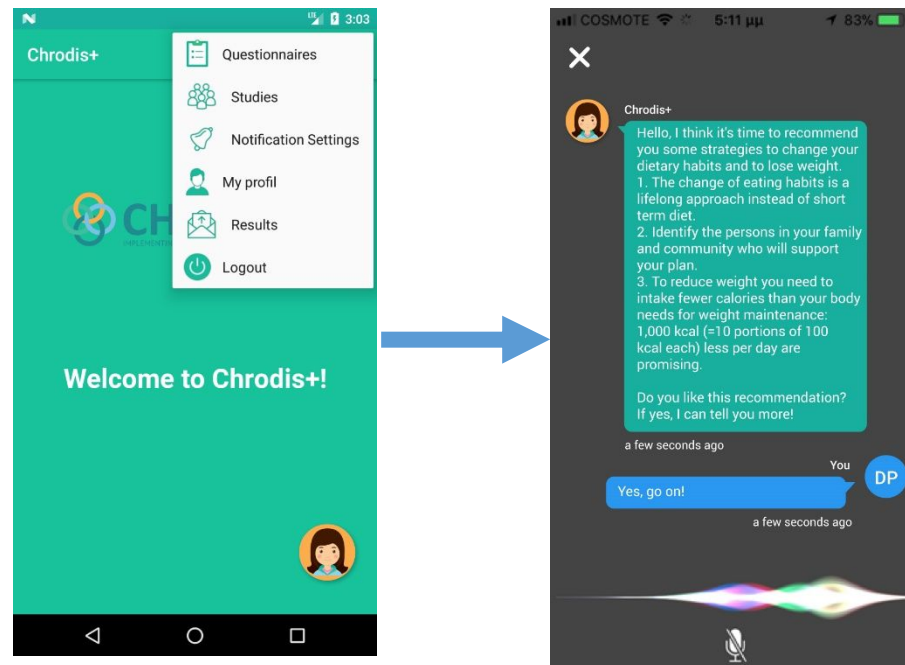


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What will you do?

The Interactive Educational Agent



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What will you do?

Who are my patients?

Registration Questionnaires for demographics, screening, and diabetes self-management

How do they feel?

Food and Glucose levels assessments + End-of-Day Questionnaire

Who gets what?

Basic Intervention: 50% (No feedback/education – mHealth only)

Extended Intervention: 50% (Physician feedback + education + mHealth monitoring)



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Measures

Key Performance Indicators:

- Recordings in the enrolment vs final day of patient participation
- Basic vs. extended features of the app
- Patient compliance with treatment plan
- Caregiver satisfaction
- Factors of patient behavioral change



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Enablers & Barriers for the QCR tool



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The Joint Action on Implementing good practices for chronic diseases (CHRODIS PLUS)

This presentation arises from the Joint Action CHRODIS PLUS. This Joint Action is addressing chronic diseases through cross-national initiatives identified in JA-CHRODIS to reduce the burden of chronic diseases while assuring health system sustainability and responsiveness, under the framework of the Third Health Programme (2014-2020). Sole responsibility lies with the author and the Consumers, Health, Agriculture and Food Executive Agency is not responsible for any use that may be made of in the information contained therein.



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