



CHRODIS+
IMPLEMENTING GOOD PRACTICES FOR CHRONIC DISEASES



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WP7 Workshop

Budapest, May 13th 2019

Planning the uptake of mHealth tools:
enablers, barriers and key messages

Experience from Regensburg and Ulm

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Why did you start



Problem description

Tinnitus is a phantom perception of a tone in the absence of any physical source for it. Over 10% of the European populations reports a chronic perception of tinnitus.

In approx. 1% of the population, affected people severely suffer from the tinnitus where it causes sleep disturbances, attentional problems, depression and anxiety.

Available knowledge

Until now, there is no treatment available that reliably cures the chronic condition of tinnitus.

Rationale

It is proposed that continuous tinnitus monitoring can help to demystify tinnitus. The pilot action will therefore use an intervention based on EMA.



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Background



- Insights on the outpatient clinic treatment of patients with tinnitus and on the support of patients with an mHealth app, as monitored by the Tinnitus Center Regensburg within the University Hospital of Regensburg (UHREG)
- Insights from the Tinnitus Research Initiative (TRI), including the TRI Think Tank on auditory simulation, the TRI pharma workgroup, the TRI neurostimulation workgroup and the feedback from 9 international TRI conferences
- The TRI flowchart for the management of tinnitus patients
- The TRI patient database, which can be used for recruitment
- Insights from the usage of a tinnitus mHealth app by patients in a voluntary basis
- Insights from the European COST Action TINNET (BM1306), 2014-2018
- Insights from the ongoing European School for Interdisciplinary Tinnitus Research (ESIT), Marie Skłodowska-Curie grant 722046

Key Findings



- Internet-based solutions and mobile apps for patient support proliferate. Not all of them satisfy the ambitious goals they set, so there is risk that patients become weary and face new solutions with distrust.
- Self-management via a mobile app does not annulate the overhead of patient monitoring. Healthcare professionals need to acquire insights about the nature, time and cost of patient monitoring via a mobile app. This may be a barrier to the deployment of self-management solutions.



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Enablers, Barriers, Key Messages



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„Personalised“ conclusion or message

During the pilot phase, we got positive feedback from the patients.
e.g.

Ich würde die App mit sehr gut bewerten und auch später weiterempfehlen."



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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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