



ALMA MATER STUDIORUM
UNIVERSITÀ DI BOLOGNA

App e malattia cronica.

Tra empowerment e retorica dell'expert patient

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The healthcare systems in Europe are facing new challenges such as the ageing of the population, and increased budgetary pressure. In this context, mHealth could be one of the tools to tackle these challenges by contributing to a more patient-focused healthcare, and supporting the shift towards prevention while at the same time improving the efficiency of the system.

It is also foreseen that by 2017 3.4 billion people worldwide will own a smartphone and half of them will be using mHealth apps¹².

According to recent estimations¹³ 97,000 mHealth apps are currently available across multiple platforms on the global market. Approximately 70% of mHealth apps target the consumer wellness and fitness segments. 30% of apps target health professionals, easing access to patient data, patient consultation and monitoring, diagnostic imaging, pharmaceuticals information etc¹⁴.

‘The Patient Will See You Now,’ by Eric Topol

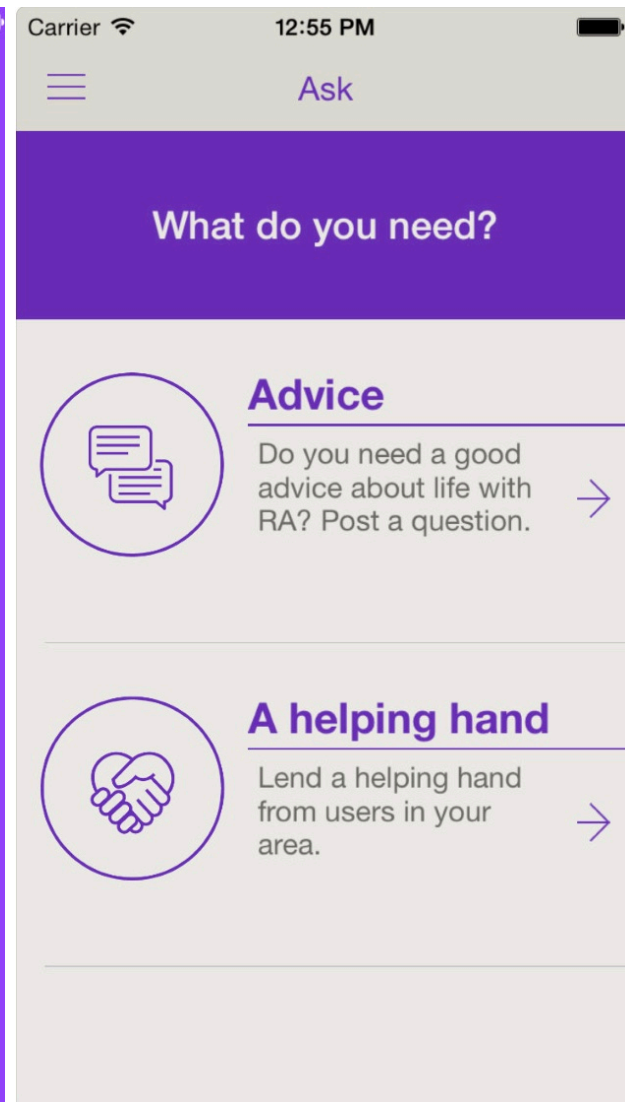
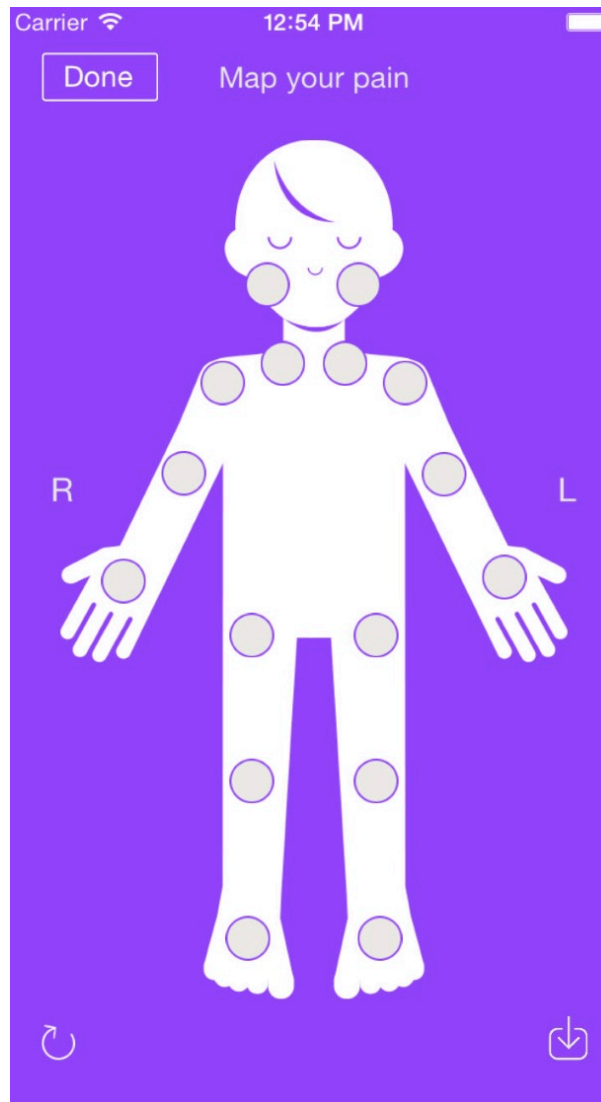
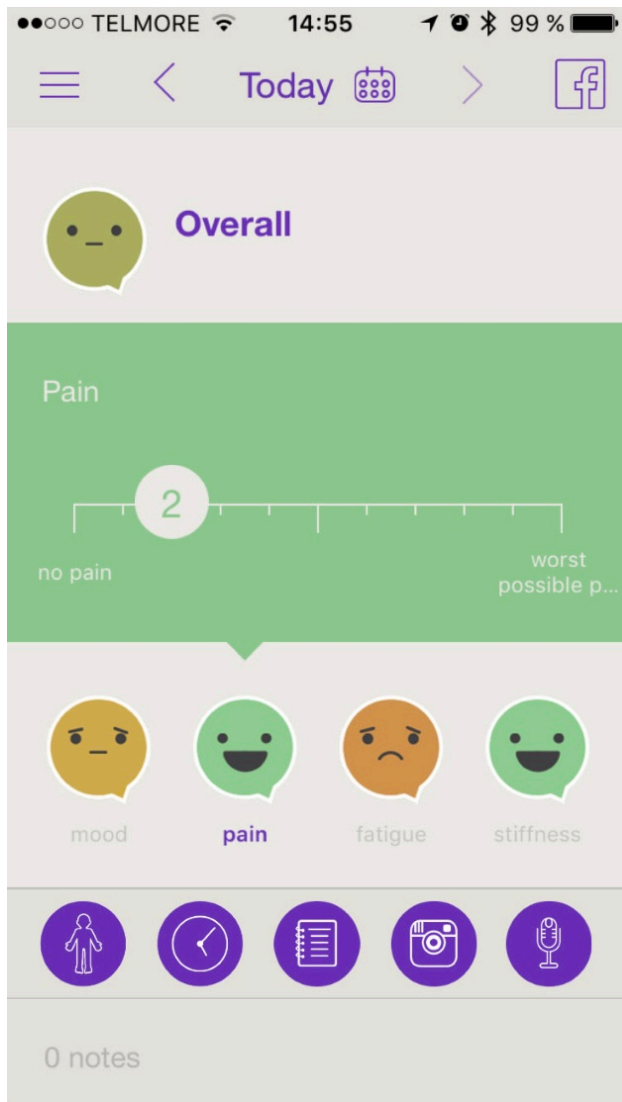
By SANDEEP JAUHAR FEB. 13, 2015



With his previous book, “The Creative Destruction of Medicine,” Eric Topol, a cardiologist and director of the Scripps Translational Science Institute, established himself as one of medicine’s most innovative thinkers about the digital future. In “The Patient Will See You Now,” his exhaustively researched follow-up, Topol turns his attention to medicine’s “democratization” via “unplugged digitization, with the smartphone as the hub.” With approximately two billion users worldwide, smartphones, Topol says, “are the most rapidly adopted technology in the history of man.”

“We are about to see a medical revolution with little mobile devices,” he writes, and in this transformation, “smartphones will play a role well beyond a passive conduit.” They will perform blood tests, medical scans,

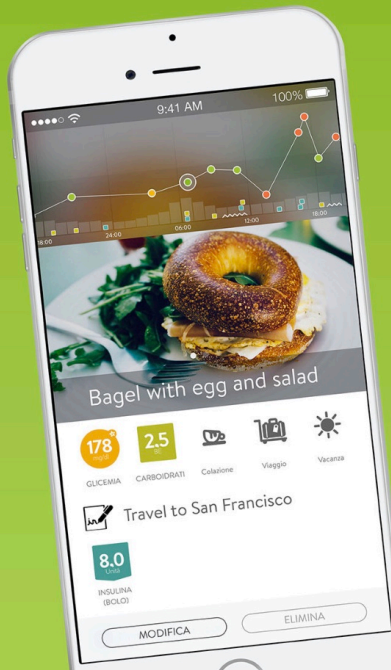
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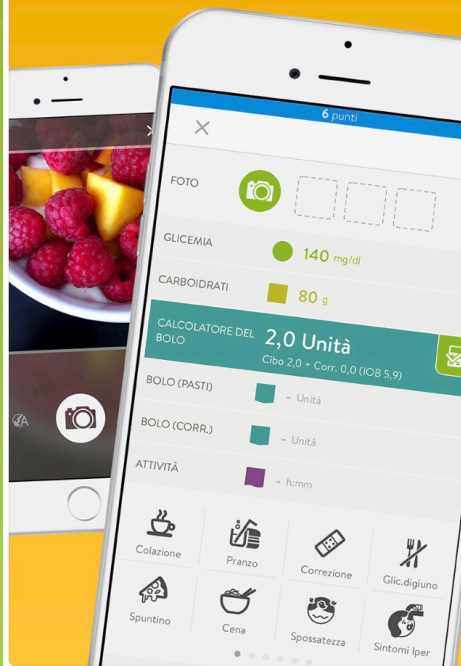
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GLICEMIA, PASTI, INSULINA, APPUNTI ...



Calcolatore del bolo

CALCOLIAMO INSULINA AI PASTI E INSULINA CORRETTIVA



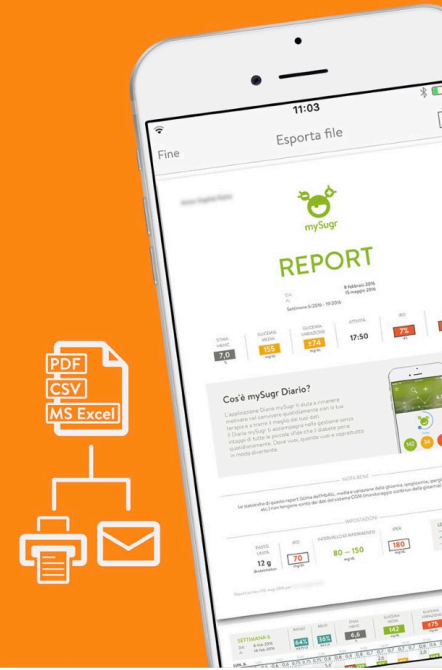
Tutto sott'occhio

RICERCA LE REGISTRAZIONI E FANNE TESORO



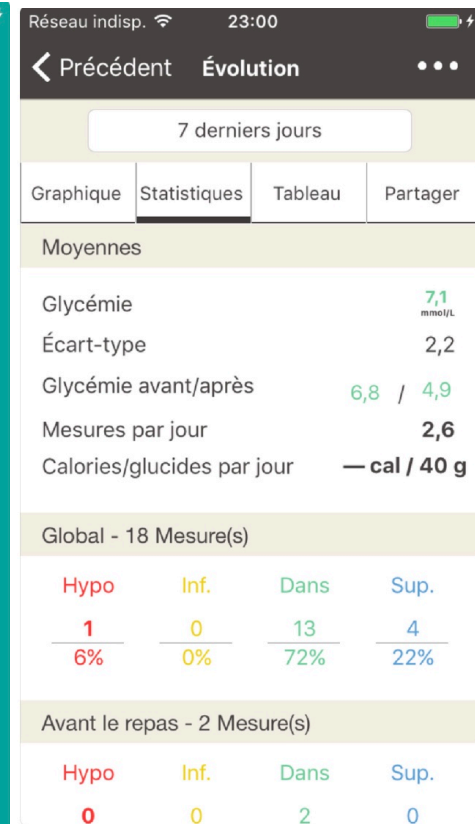
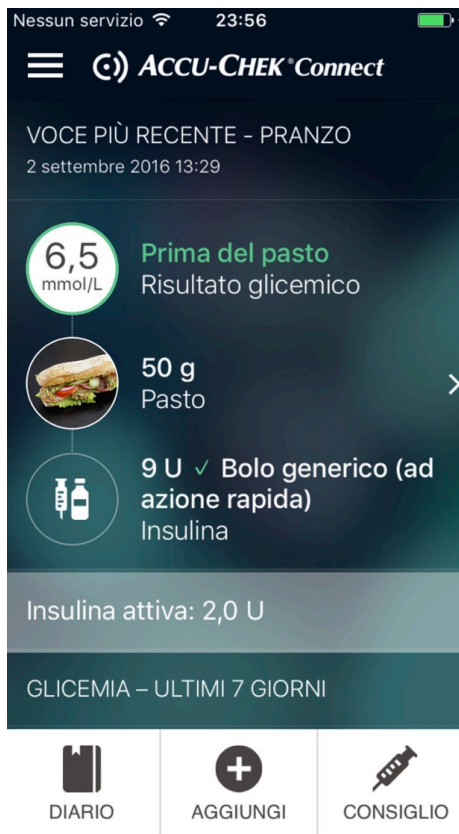
Report per la tua visita medica

PRATICO, CHIARO E SEMPRE PRONTO



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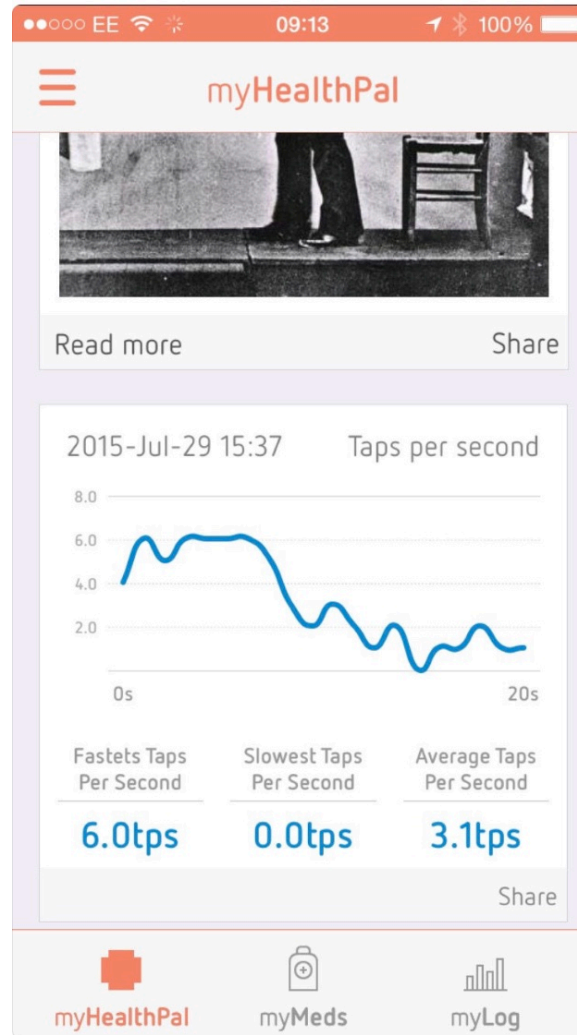
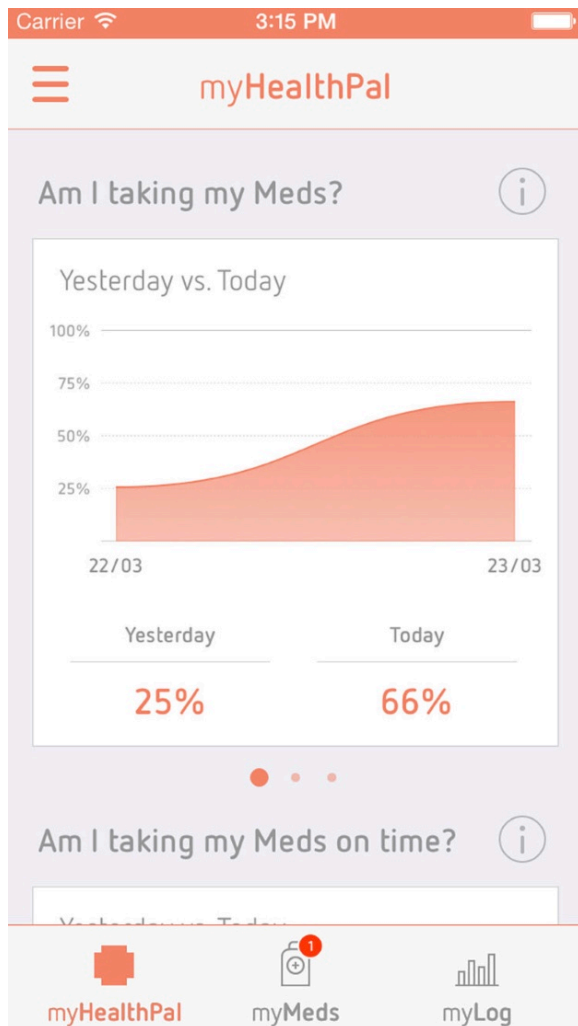
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ORIGINAL ARTICLE

Telemonitoring for chronic heart failure: the views of patients and healthcare professionals – a qualitative study

Peter Fairbrother, Jenny Ure, Janet Hanley, Lucy McCloughan, Martin Denvir, Aziz Sheikh and Brian McKinstry on behalf of the Telescot programme team

Aims and objectives. To understand the views of patients and professionals on the acceptability and perceived usefulness of telemonitoring in the management of chronic heart failure in the context of day-to-day care provision.

Background. There is an increasing interest in the potential for telemonitoring to support the home-based management of patients with chronic heart failure. However, little is known about the views of patients and professionals on the use of telemonitoring in this context. A chronic heart failure telemonitoring service was set-up by NHS Lothian, Scotland, to evaluate the intervention.

Design. A qualitative design was adopted to explore the views of patients and professionals participating in the service.

Methods. Semi-structured interviews were undertaken with 18 patients (61% male, mean age 75 years) and five professionals participating at different time points in this new service. Interviews were audio recorded, coded and thematically analysed using the Framework approach.

Results. Five main themes were identified: 'information, support and reassurance'; 'compliance and dependence'; 'changes and challenges'; 'determining the criteria for patient applicability to telemonitoring'; and 'continuity of care'.

Conclusion. Patients and professionals considered telemonitoring useful in the management of chronic heart failure, although with some caveats. Telemonitoring was popular with patients because they felt reassurance arising from what was perceived as continuous practitioner surveillance. Professionals expressed concern regarding perceived patient dependence on practitioner support. Increased workload was also a concern. Both groups acknowledged the need for improved technology and changes to service provision in order to better meet the intended objectives of the service.

Relevance to clinical practice. Although popular with patients, professionals emphasised the importance of case selection and adequate training and support, both for patients and themselves, in order to maximise the expected benefits of the service, particularly with regard to enabling self-management.

Key words: heart failure, primary care, qualitative research, telehealth



Can My Smartphone Make Me Healthier?


If we help our employees to be healthier, all sorts of good things can happen. Employers can see better productivity, reduced absenteeism, lower health care costs and even a more energized culture. At the same time, employees may suffer fewer health issues, better manage their health conditions and have greater quality of life. This article describes the effectiveness of smartphone apps to motivate behavior change across multiple dimensions of employee well-being. The authors provide case studies and explain what employers should consider when designing initiatives that use apps to improve employee well-being through employee benefit plans.

by **Scot Marcotte, CEBS** | *Conduent HRS* and **Ruth Hunt** | *Conduent HRS*





A qualitative study of user perceptions of mobile health apps

Wei Peng^{1*} , Shaheen Kanthawala¹, Shupey Yuan² and Syed Ali Hussain³

mHealth Tools for the Pediatric Patient-Centered Medical Home

Michael R. Slaper, MHSA; and Kimberly Conkol, RN, BSN

Perceptions of Smartphone User-Centered Mobile Health Tracking Apps Across Various Chronic Illness Populations: An Integrative Review

Susan D. Birkhoff, MSN, RN¹, & Suzanne C. Smeltzer, EdD, ANEF, FAAN, RN²



Supporting the self-management of hypertension: Patients' experiences of using a mobile phone-based system

I Hallberg^{1,2}, A Ranerup^{2,3} and K Kjellgren^{1,2}

Globally, hypertension is poorly controlled and its treatment consists mainly of preventive behavior, adherence to treatment and risk-factor management. The aim of this study was to explore patients' experiences of an interactive mobile phone-based system designed to support the self-management of hypertension. Forty-nine patients were interviewed about their experiences of using the self-management system for 8 weeks regarding: (i) daily answers on self-report questions concerning lifestyle, well-being, symptoms, medication intake and side effects; (ii) results of home blood-pressure measurements; (iii) reminders and motivational messages; and (iv) access to a web-based platform for visualization of the self-reports. The audio-recorded interviews were analyzed using qualitative thematic analysis. The patients considered the self-management system relevant for the follow-up of hypertension and found it easy to use, but some provided insight into issues for improvement. They felt that using the system offered benefits, for example, increasing their participation during follow-up consultations; they further perceived that it helped them gain understanding of the interplay between blood pressure and daily life, which resulted in increased motivation to follow treatment. Increased awareness of the importance of adhering to prescribed treatment may be a way to minimize the cardiovascular risks of hypertension.

Journal of Human Hypertension (2016) **30**, 141–146; doi:10.1038/jhh.2015.37; published online 23 April 2015



A cross-sectional survey and service evaluation of simple telehealth in primary care: what do patients think?

Elizabeth Cottrell,¹ Kate McMillan,² Ruth Chambers³

Perceptions of Smartphone User-Centered Mobile Health Tracking Apps Across Various Chronic Illness Populations: An Integrative Review

Susan D. Birkhoff, MSN, RN¹, & Suzanne C. Smeltzer, EdD, ANEF, FAAN, RN²

Perceptions of Successful Cues to Action and Opportunities to Augment Behavioral Triggers in Diabetes Self-Management: Qualitative Analysis of a Mobile Intervention for Low-Income Latinos With Diabetes

Elizabeth R Burner¹, MD, MPH; Michael D Menchine¹, MD, MPH; Katrina Kubicek^{2,3}, PhD; Marisela Robles², MS; Sanjay Arora¹, MD



Pact Is First Health App To Become An Insurance Plan

[+ Comment Now](#)[+ Follow Comments](#)The word "PACT" is displayed in large, three-dimensional, red letters with a white polka-dot pattern. The letters are illuminated from within, giving them a glowing appearance. They are mounted on a plain, light-colored wall. The letters are slightly shadowed, suggesting they are floating or mounted on a surface. The overall aesthetic is clean and modern.

Panopticon

The New York Times

Book Review

JULY 25, 2013

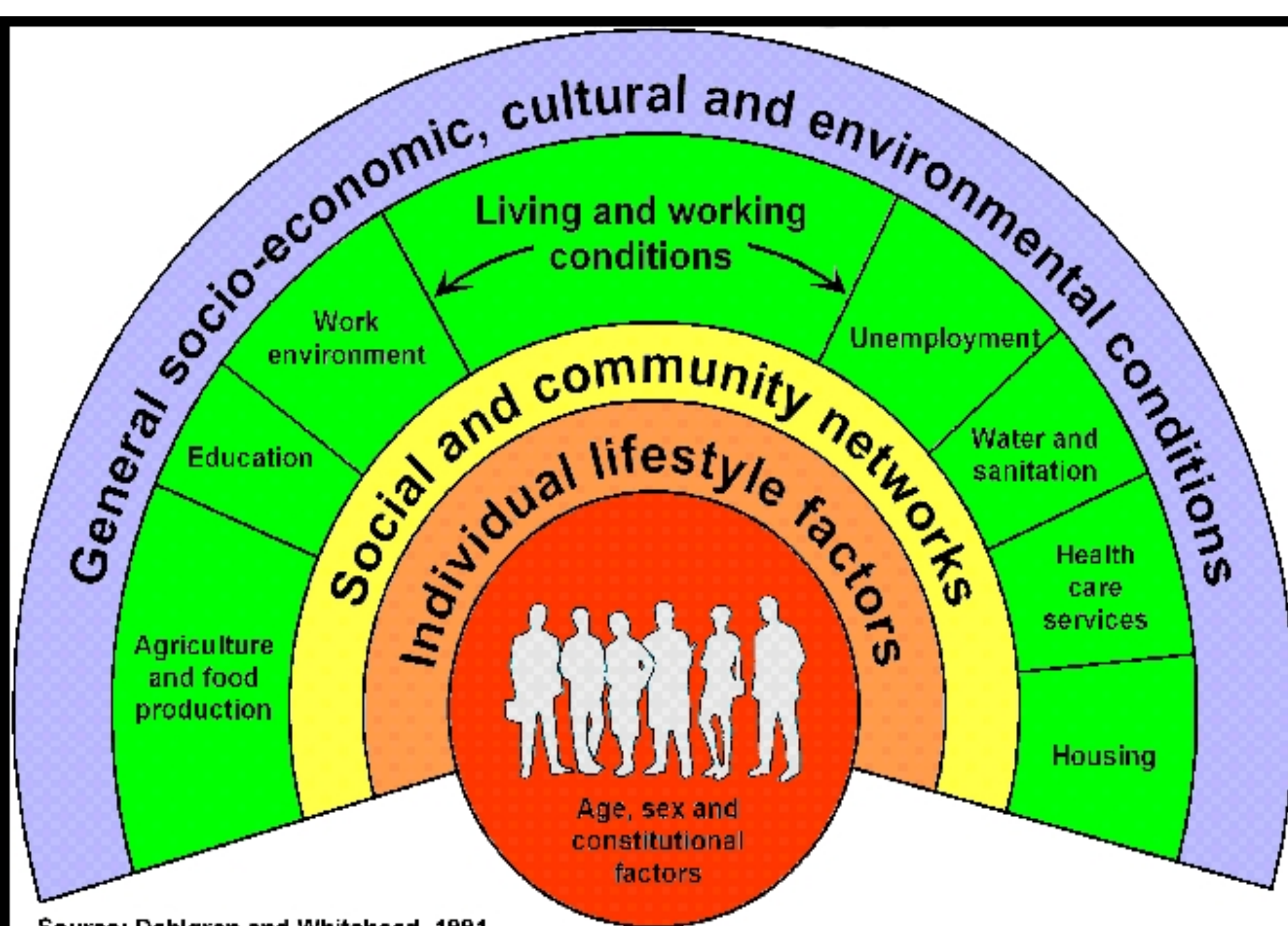


Surveillance State

By Tom Shone

"I'm a bit unconvinced by reality," says Anna Hendricks, the heroine of Jesse Fager's debut novel, *The Panopticon*. "It's fundamentally lacking in something, and nobody seems bothered." When we first meet Anna she is handcuffed in the back of a police car, her school uniform covered in blood, on her way to an institution for young

offenders. She has no family, and has never seen so much as a photograph of any relatives. Her hobbies include jaywalking, tripping on school days, painting CCTV cameras fluorescent pink and hand-delivering the lights from police cars, covered with glitter, to the desks of her local constabulary. Now 15, she still feels "2 years old and really
Continued on Page TK



Source: Dahlgren and Whitehead, 1991

Inclusione digitale per diminuire esclusione sociale

- Maggiore comprensione del mondo
- Maggiore autostima
- Accesso a piattaforma
- Miglioramento cognitivo
- Miglioramento emotivo
- Miglioramento socialità faccia a faccia



Solo all'apparenza immobile...

