

e-Health and patient empowerment

Recent developments in Information and Communication technologies (ICT), resulting in miniaturized embedded sensors and external devices that easily connect to smartphones, open new possibilities to measure parameters with clinical relevance everywhere and when is needed.

These advances could have a potential disruptive effect on the way healthcare is delivered, generating new opportunities and novel professional roles, as well as moving the focus from care-when-needed to prevention.

In this lecture, after a brief recap of the evolution of eHealth, the main reasons why eHealth approaches represent the future for healthcare in EU will be described, together the relevant barriers. The basic concepts of Patient-Centered Care approach will be discussed, by defining taxonomy and roles relevant to patient empowerment.

Traditional and novel e-Health tools for patient empowerment will be presented, with a particular focus on behavioral models and m-health opportunities.

The need to quantify the effectiveness of these solutions will be explored, together with some practical examples.