

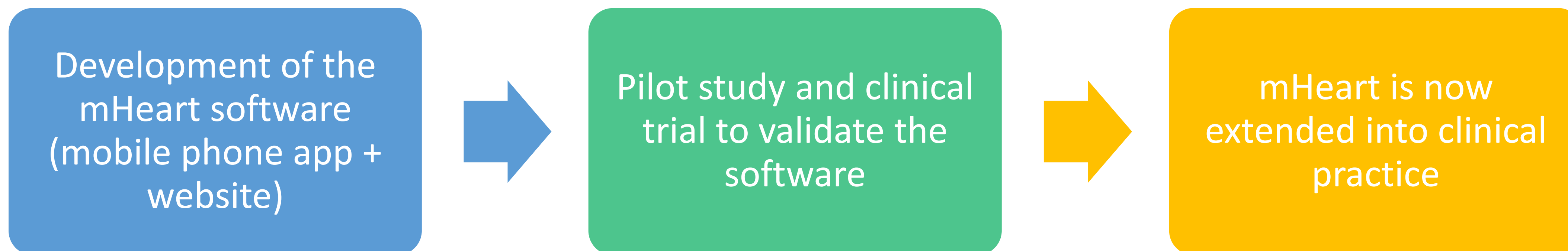
THE APPLICATION OF AN EHEALTH MODEL IN THE HEALTH CARE SYSTEM

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What was done?

An eHealth program directed to heart transplant patients (HTP) was implemented.



Check the app

<https://n9.cl/ajut>



Why was it done?

To benefit HTP, who are therapeutically complex patients, from an intensive telematic follow-up



To improve human relations between patient and Health providers



To enhance patient's empowerment and expand advanced patient-centered care in healthcare systems

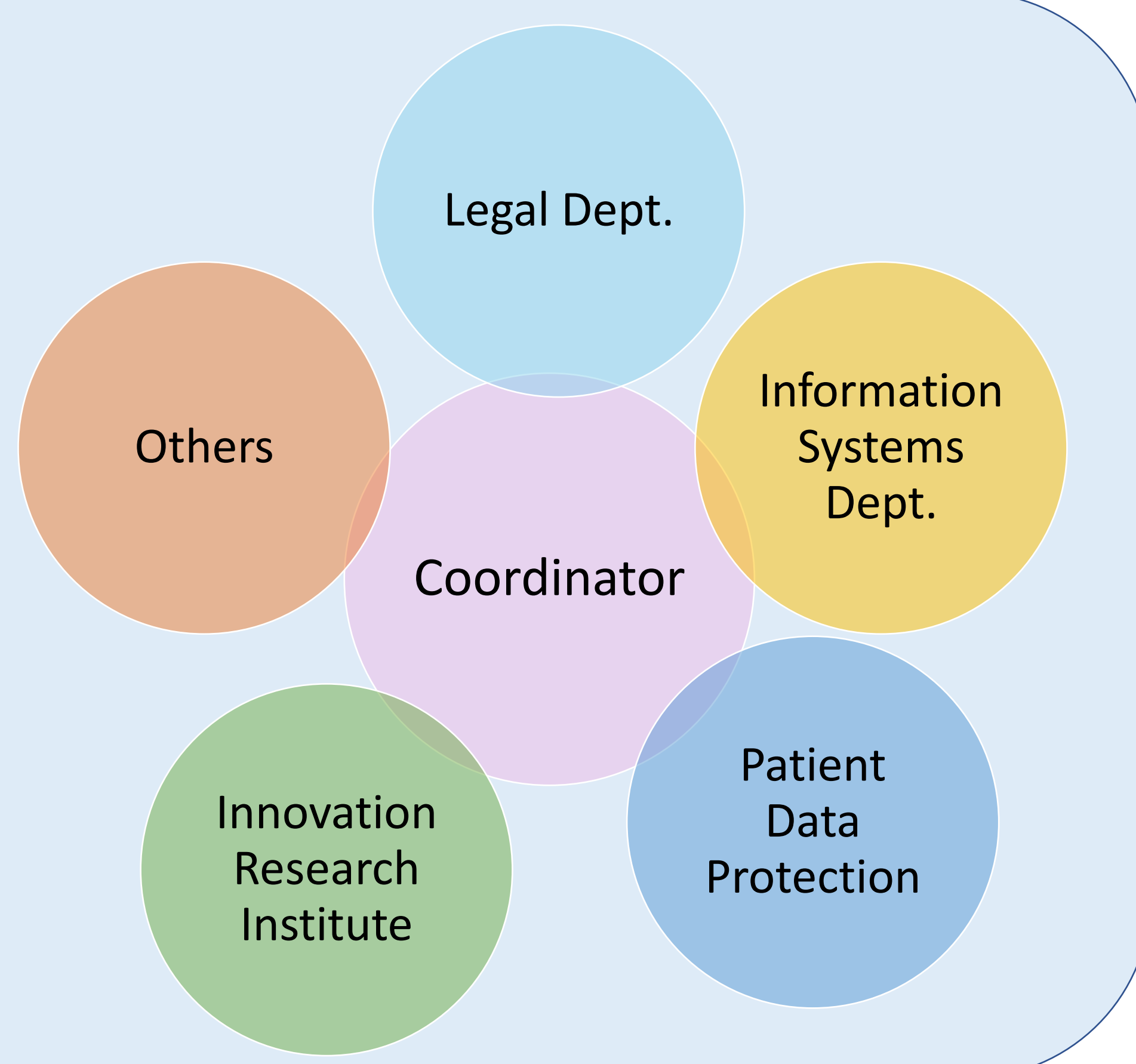


To create interdisciplinary projects that lead to an increased interaction among Health providers



How was it done?

This project and its potential scalability has achieved the creation of a well-established framework involving among relevant others:

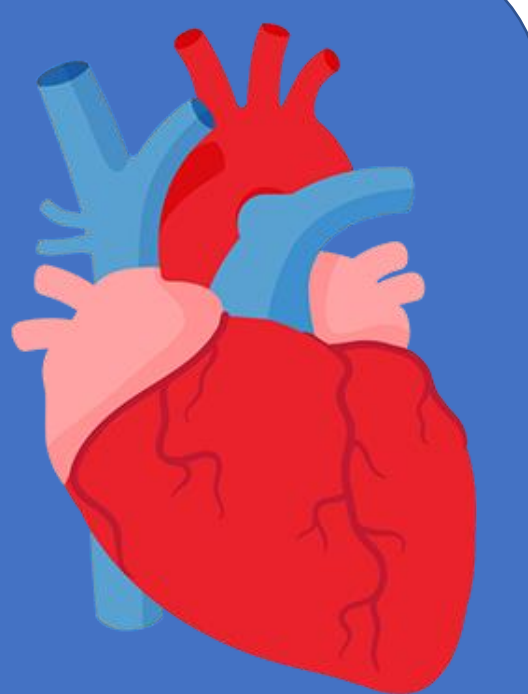


The success and the scalability of these innovative projects in our centre depended on:

- ✓ Health providers' engagement with eHealth
- ✓ New interoperability solutions
- ✓ Adequate institutional support
- ✓ Government reimbursement models

What has been achieved?

Clinical trial conducted in 134 HTP



Improved recipients' adherence to immunosuppressants (85% mHeart follow-up vs 46% conventional follow-up) [OR=6.7 (2.9;15.8),P-value=.000]

Improved patients' experience to the therapeutic regiments [P-value <0.05]

Reduced in-clinic facilities (65% mHeart follow-up vs 35% conventional follow-up)[OR=3.4 (1.7;6.9),P-value=.001]

What is next?

This eHealth experience has allowed continuing creating evidence on the use of the eHealth in other populations: an onco-hematological platform, **EMMA** (Ehealth Medical self-Management Aid), has been designed including diverse profiles depending on the clinical specifications (e.g. Multiple myeloma or bone marrow transplant conditions); **MyPlan** has been adapted to perform an interdisciplinary follow-up of any multimorbid population with polypharmacy. Thus, the system can be used in any multimorbid patients by activating or omitting certain modules that define the target patients' specific comorbidities (e.g. glycemia module or blood pressure module). The new EMMA and MyPlan will be clinically tested in diverse trials in 2021.

