



Changing culture

Who are we?



Elena Mornealo – Moldova



Helle Kruuse-Andersen - Denmark



Marie Cris Gambal - Austria



Maciej Kolasa - Poland



Renate Reingruber – Austria



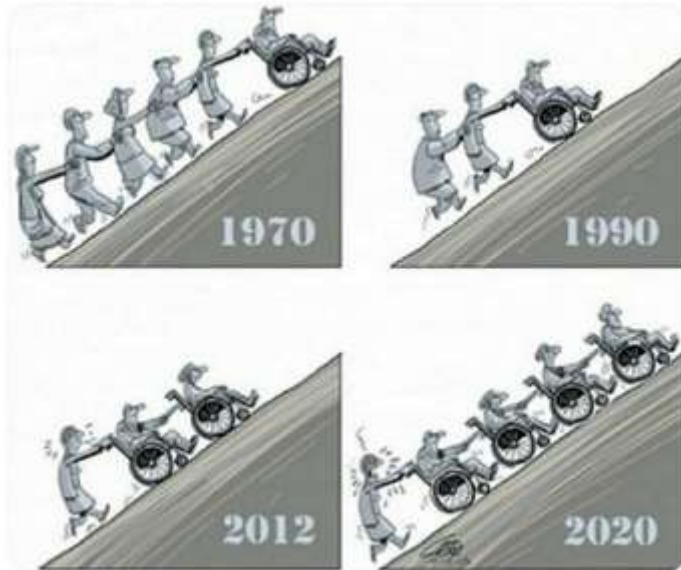
Mārtiņš Zeidaks - Latvia



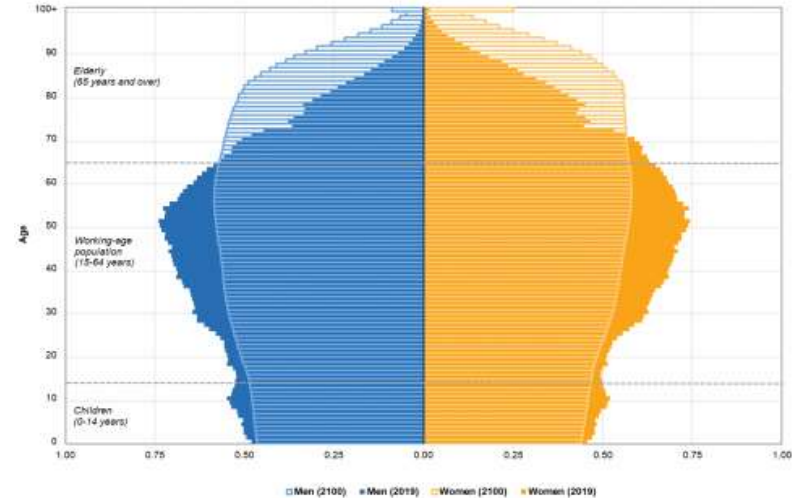
HAUS DER BARMH^{IGKEIT}
Es lebe das Leben.



Changing culture is necessary



Population pyramids, EU-27, 2019 and 2100
(% of total population)



Source: Eurostat (online data code: proj_19np)

eurostat

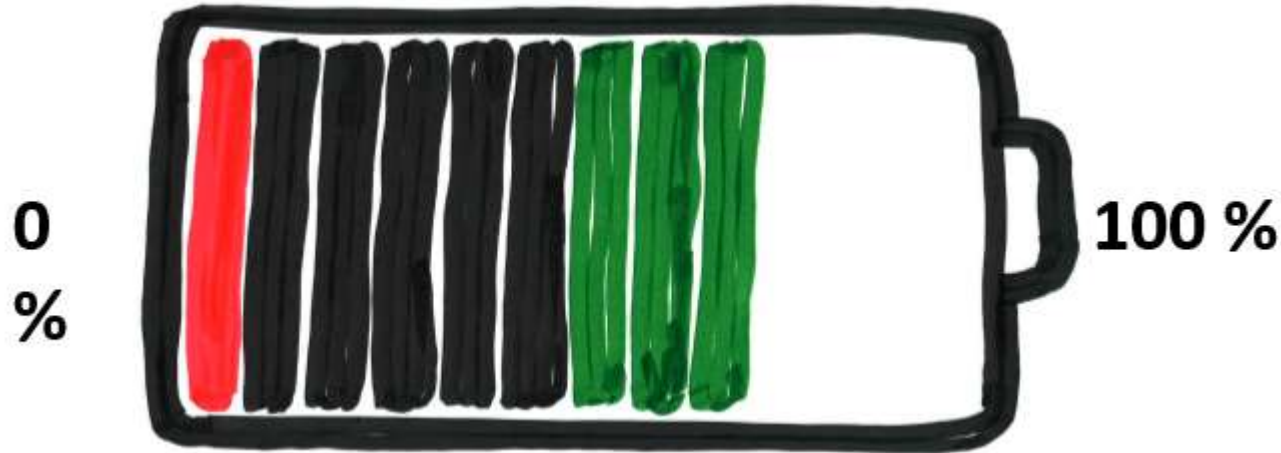
Lack of staff

Aging pyramid shape
Increasing number of the patients

Financial pressure

Self-management: a way to change culture

- Being in control
- What's important in life
- Ownership
- Empowerment



Examples of self-management



- Connected-care
- Digital platforms



- Stay healthy



Connected care

“At home if possible, hospital if necessary”

- In other words, care that is always close to the patient.





Connected care



Education & Self Management



Telemonitoring

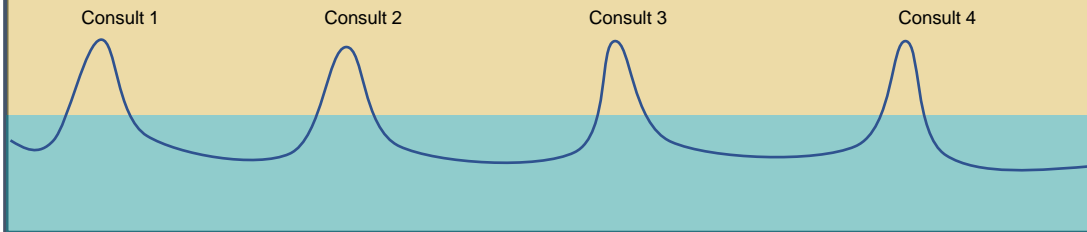


Isala@home



Mr. Johnson

Traditional out patient care



Isala

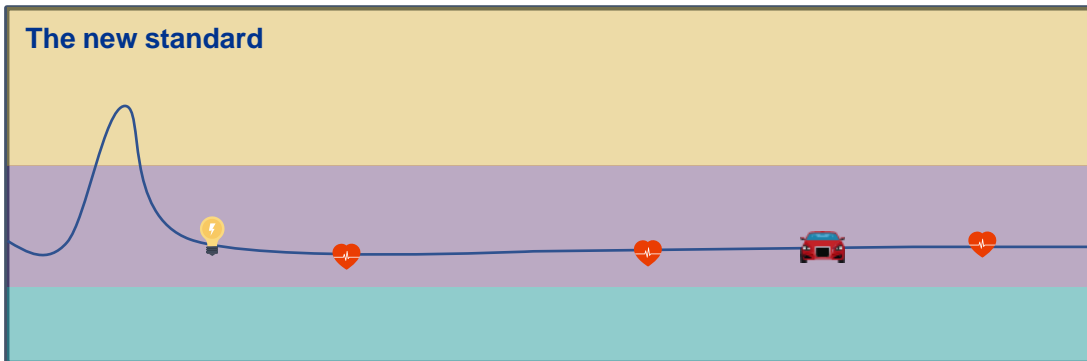
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@home, primary care



Mr. Johnson

The new standard



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Connected @home

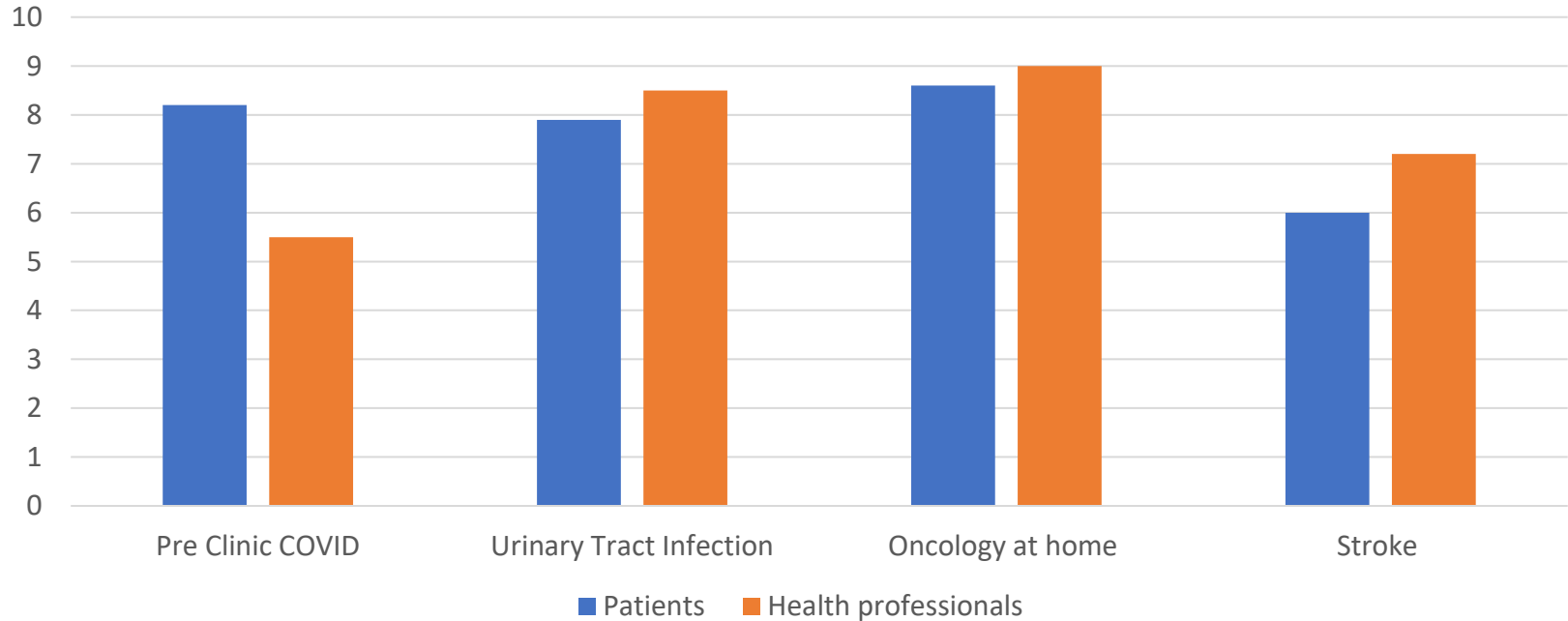
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@home, primary care



Connected care

Patients and staff appreciate connected care



(satisfaction rate 0-10 from ISALA Hospital Zwolle)



Digital platform

Online digital health platform for IBD patients at a distance

Irritable bowel disease

My IBDCoach

Individual care plan

Contact with
healthcare
providers



Reports
Periodic check-ups
Preparing for consultations
Monitoring and calling advice
E-learning modules
Evaluations



Digital platform

Results from My IBDCoach

- Positive effect on patients
 - Quality of life
 - Self-management
 - Satisfaction
- Message function is experienced as very useful by patients



BMJ Journals

BMJ Evidence-Based Medicine

Telemedicine platform myIBDcoach reduces hospitalisations and outpatient gastroenterology visits in patients with IBD **FREE**

Lauren George, Raymond Cross

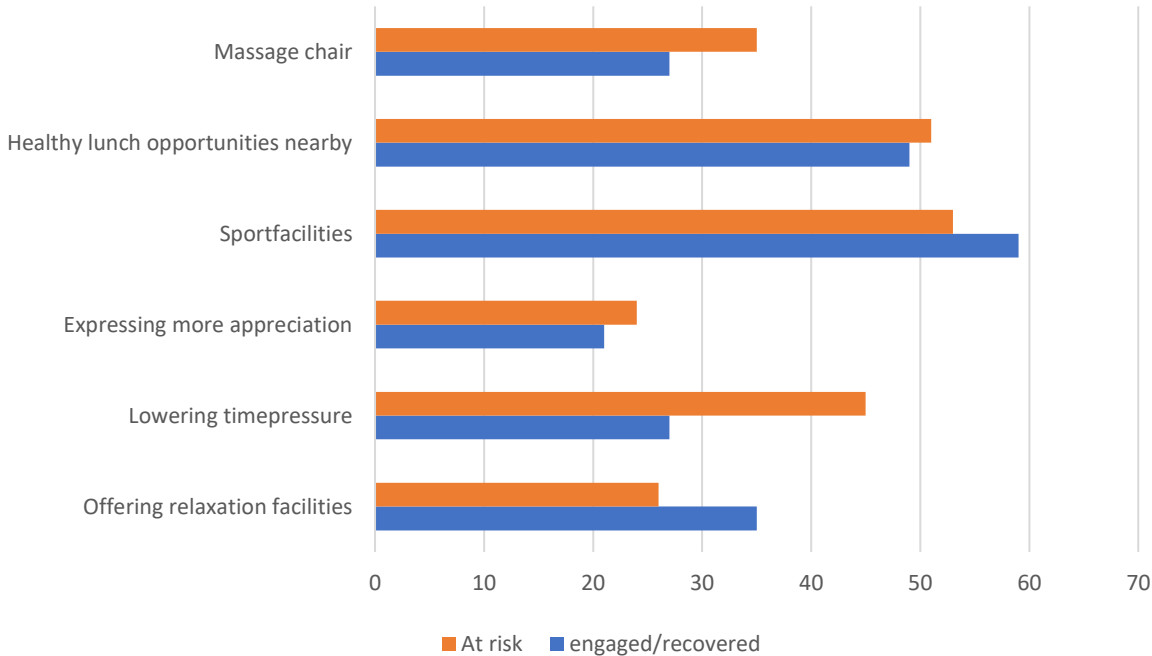
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Stay healthy

Preferences of personel to feel fit and energetic (Sterk&fit ISALA)





Stay healthy

Stay healthy with **strong@night** (O₂ programme)

Interventions:

- Clinical lessons and vitality coaching
- Night food
- Recovery webinars
- Power nap, massage chair

Results:

- Continue interventions nutrition, power naps and information
- Netherlands Society of Occupational Medicine recommends to continue for further results
- More evidence needed



Take home messages

- Be curious and innovative;
- Look for evidence or make evidence along the way;
- Keep moving forward!

