



“Promoting Cooperation among European Regions for Capacity Building of Integrated Care Systems based on Innovative Services and Technologies”

SUPPORTING HEALTHIER AND INDEPENDENT LIVING FOR CHRONIC PATIENTS AND ELDERLY

Summary of Results

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Reshaping Healthcare: transfer of complexity from hospital to home

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Field Studies



Wellness & Rehabilitation



Frailty - Transitional care - Palliative care



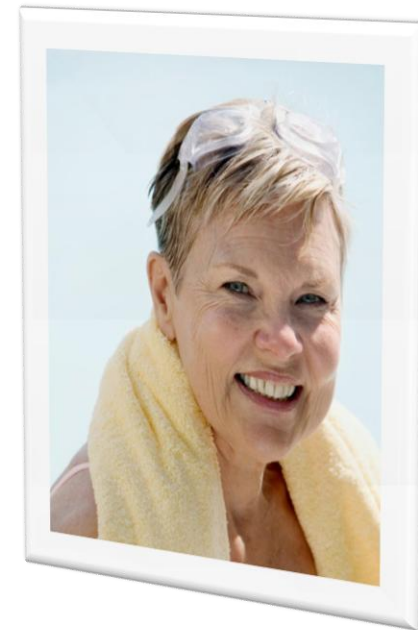
Home hospitalisation



Support

Wellness & Rehabilitation

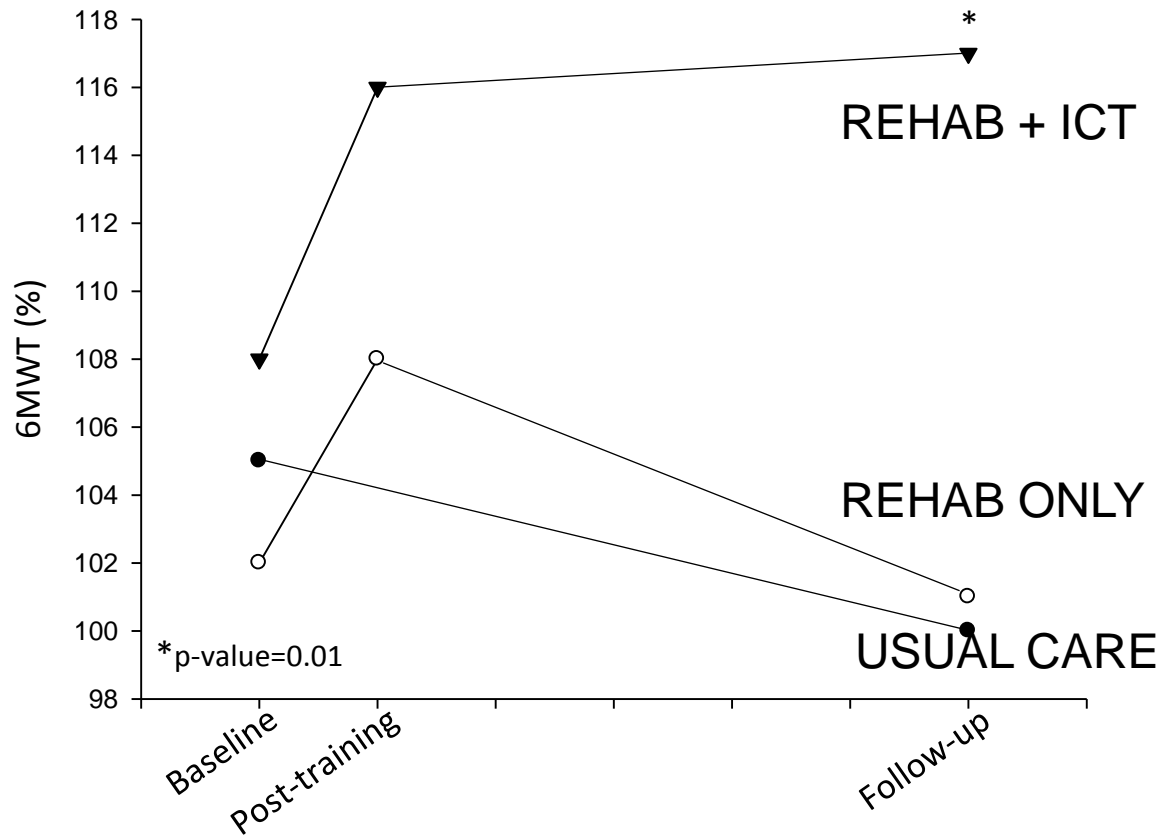
- Facts: Physical activity improves health outcomes, but < 5% of eligible patients benefit from specific programs
- Objective: Assess effectiveness of ICT (mobile technology & patient's portal) to enhance aerobic capacity and daily life activities in a sustainable integrated care service (ICS)
- Patients:
 - DoW 700 subjects
 - Studied 394 (12 m follow-up 205 subjects) in 3 sites
- Summary results:
 - Feasibility of extensive deployment
 - Effectiveness of the program
 - Technological limitations (mobility 2008-9)



Wellness & Rehabilitation

BCN data

- Results:** Sustainability of aerobic capacity, increased daily life activities and enhanced health-related quality of life



Baecke Total Score

$p=0.03$

SGRQ Total Score

$p=0.02$

Enhanced Care

- Objectives:
 - Assess effectiveness of ICS-ICT to prevent hospitalizations in high risk frail patients
 - Generate an operational definition of frailty
 - Propose ICS for frail patients across health care tiers
- Patients:
 - DoW 1.400 subjects
 - Studied 1.800 subjects in 3 sites
- Summary results:
 - Identification and assessment of ICS
 - Effectiveness demonstrated in all 3 sites
 - Identification of factors determining successful adoption
 - Proposals for use of remote monitoring



Enhanced Care

Proposals

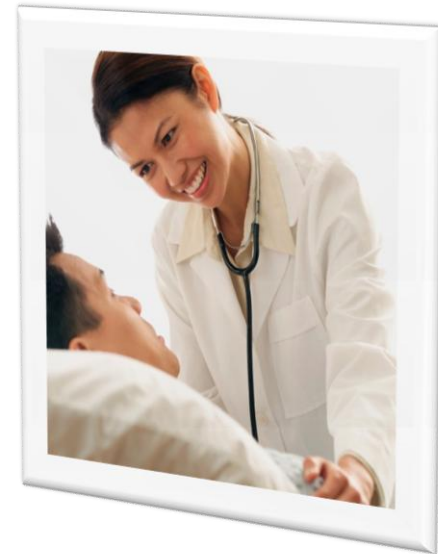
- Programs
 - Prevention of hospitalizations in patients with history of high rate of admissions
 - Transitional Care after discharge
 - Frail patients in the community (low & high complexity)
 - Palliative care

- Frailty vs Complexity of Care & ICT requirements

- Strategies for deployment by country characteristics

Home Hospitalization

- Objective: Provide complete substitution of an acute hospital stay in the patient's home.
- Patients:
 - DoW 2.400 subjects
 - Studied 2.450 subjects
- Summary results:
 - Running as a regular services in BCN
 - Cost-efficacy demonstrated in the two sites that assessed the program
 - Potential for generalization at EU level limited by well identified country specific factors



Support

- Objectives: Reinforce Primary Care potential for diagnosis and follow-up of complex therapies. Support tertiary care interventions at home
- Studies: Use of ICT collaborative platform in BCN (Forced Spirometry) and Norway (ultrasound to assess left-ventricular function)
- Patients:
 - DoW 700 subjects
 - Studied > 7.000 subjects
- Summary results:
 - Cost-efficacy of the program
 - Development Clinical Decision Support Systems
 - Regional Scalability (Basque Country & Catalonia)
 - Generalization to other scenarios

