

# CLEAR

## Clinical Leading Environment for the Assessment and Validation of Rehabilitation Protocols in Home Care

The project sets up an innovative e-Health service based on the development of protocols for rehabilitation and chronic disease management therapies, which can be implemented at home following well defined procedures under the control of medical staff. The ambition is to contribute to the harmonization of eHealth and rehabilitation services in Europe.

### Objectives

CLEAR is a 2.74M€ EC-funded project which brings together 13 European public and private organisations to focus on two main different goals:

- To set-up a tele-rehabilitation service allowing doctors to design, develop and implement clinical based protocols for home rehabilitation and tele-care.
- To contribute to establish a “European standard” for rehabilitation services freely accessible from the WEB.

The project aims at treating through the “Habilis platform” at least 800 European patients affected by cognitive, neurological, orthopaedic, pulmonary pathologies as well as chronic pain in Italy, Spain, Poland and The Netherlands. CLEAR objective is to increase patients’ autonomy and quality of life, decrease family’s burden, stress and isolation

### Expected Results

1. An open, interoperable and robust platform, independent from specialised hardware at home;
2. Integrated e-rehabilitation modules helping to optimise healthcare centre resources;
3. Individually tailored clinical exercises and treatment protocols for home rehabilitation, remote patient supervision and self-care management;
4. Data accessibility to enable the interpreting of results on patient progress/deterioration;
5. Customised and defined service operational modes inside the four participating hospitals.

### Current Status

- Web based platform for service provision already implemented and tested on a consistent target group of patients;
- Clinical protocols prepared and standardized among the participant clinical centres;
- Health Technology Assessment methodological approach designed and set up;
- Clinical trials start on May 2010.



### Socio-economic Benefits

The economic impact of the service on the health structure concerned is assessed during the project life accounting local policies of national/regional governments as well as individuals health centres.

#### CASE STUDY / PRACTICAL EXAMPLE / SCENARIO

Piero is a 49 years old man with left upper limb impairments after a stroke and was referred to the clinic 3 months ago. Before his stroke, Piero lived at home with his family. The doctors decided that he needed mass practice to improve his upper limb functionality. The physiotherapists therefore provided a therapy plan for him to train the functional skills of his left arm. In this plan, Piero was assisted by physio- and occupational therapists to train for several hours per day, 5 days a week. At the end of the rehabilitation program Piero must go home. He made important improvements, but the therapists think Piero could improve even more if there was more time to practice. His doctor therefore asks Piero to use the CLEAR system, in which Piero can practice outside the clinic, but still can contact therapists. In this way he can expand the period of practicing functional tasks with his arm, while he lives at home.

Further rehabilitation areas are: **Cognitive diseases, Chronic Pain, Pulmonary Diseases, Post surgery rehabilitation for hip and knee replacement.**

The expected socio economic benefits are:

1. **Improved quality of life for patients** through a reduced need to attend healthcare centres;
2. **Improved healthcare centre effectiveness** by treating more patients at the same time;
3. **Greater understanding** of the socio-economic impact of the e-Health services proposed, which will help both the future adaptability and economic viability of healthcare systems;
4. **Standardisation and coordination** of the activities of national companies, to provide a pan-European service customised in each Member State;
5. **Contribute to the impact of the ICT PSP** as the project is conceived as a platform to deliver services for patient's, and particularly elderly people, benefit;
6. **Increased European SME market potential** as the structure of the service attributes an important role to the Local Service Providers, whose main task is the technical support of the local hospitals and healthcare centres;
7. **Increased quality of European rehabilitation practice** through the push for common standards, making it possible to design rehabilitation paths that can be implemented remotely.

## Organisations involved

- **Hospitals:** Fundació Privada Institut de Neurorehabilitació Guttman (Spain), Rehabilitation Centre Het Roessingh (Netherlands), Warszawski Uniwersytet Medyczny (Poland), Azienda Unità Sanitaria Locale 11-Empoli (Italy);
- **Platform integrators:** Signo Motus Srl (Italy), Universidad Politécnica de Madrid, (Spain);
- **Project development assessors and validators:** Istituto Superiore di Sanità (Italy), Roessingh Research and Development and Stichting Menzis Beheer (Netherlands), Regione Toscana (Italy), Centrum Systemow Informacyjnych (Poland), Fundació Privada Centre Tic I Salut and Fundació Institut Català de l'Envel·liment (Spain);
- **Local service providers:** enrolled by the hospital under a sub-contract basis.



### CLEAR

**Clinical Leading Environment for the Assessment of Rehabilitation Protocols in home care**

**Project co-ordinator:**

Signo Motus s.r.l. (Italy)

**Contact person:**

Vartuli Maria Teresa

Tel: +39 090 357028

Fax: +39 090 356913

Email: [teresavartuli@signomotus.it](mailto:teresavartuli@signomotus.it)

Website: [www.habiliseurope.eu](http://www.habiliseurope.eu)

**Partners:**

- Italy
- the Netherlands
- Spain
- Poland

**Timetable:** from September 2008 to August 2011

**Total cost:** € 5,600,000

**EC funding:** € 2,740,000

**Project Identifier:** CIP-ICT-PSP-2007-1-224985

### KEYWORDS

Rehabilitation, Home-care, Chronic disease management, Telemedicine, Tele-care, eHealth services