

# RENEWING HEALTH REgionNs of Europe WorkING together for HEALTH



RENEWING HEALTH aims at implementing large-scale real-life pilots for the validation and evaluation of innovative and patient-centred Personal Health Systems and telemedicine services using a common rigorous assessment method. The project involves nine of the most advanced European regions in the implementation of health-related ICT services for citizens with diabetes, chronic obstructive pulmonary disease or cardiovascular disease.

## At a Glance

### Project:

REgionNs of Europe WorkING together for HEALTH (RENEWING HEALTH)

### Project coordinator:

REGIONE DEL VENETO, ITALY

### Partners:

Austria, Belgium, Italy, Denmark, Finland, Germany, Greece, Luxembourg, Norway, Spain, Sweden

**Duration:** From 01/02/2010 to 30/09/2012

**Total cost:** €14.11m

**EU contribution:** €7.00m

**Programme:** ICT Policy Support programme under the Competitiveness and Innovation Framework Programme (CIP)

### Further information:

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CIP: [http://ec.europa.eu/cip/index\\_en.htm](http://ec.europa.eu/cip/index_en.htm)

ICT-PSP: [http://ec.europa.eu/ict\\_psp](http://ec.europa.eu/ict_psp)

The new European Commission portal on social affairs: <http://ec.europa.eu/social>

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## Objectives of the project

In facing the upcoming challenges of an ageing population, the healthcare market is united when it comes to the potential of applying technological solutions to healthcare delivery processes. But despite a general level of maturity in **telemedicine applications** and **Personal Health Systems (PHS)**, the market is not characterised by large scale implementation at either local, national or international level, nor by transfer of **solutions across institutions and borders**.

The barriers to a wider implementation of PHS and telemedicine services are often attributed to legal and integration issues as well as the lack of evidence of the effects. The latter is due to poor assessment methodologies and small sample sizes. RENEWING HEALTH focuses in particular on this. With a total sample size of 7900 patients and the use of a common model for assessment, the project will provide the missing foundation for evidence of the effects of telemedicine services and PHS.

## Project description

REgionNs of Europe WorkING together for HEALTH is a clear statement as to the content and focus of the project.

**Nine European regions** have joined forces; in collaboration with competence centres and patient and industrial associations, they will implement **real-life large-scale trials** to validate and evaluate innovative telemedicine services with a patient-centred approach, using a common rigorous assessment model. The nine regions already have a high level of maturity and are advanced in their use and implementation of PHS and telemedicine services. In RENEWING HEALTH, the regions

have committed at a high level to contribute to a large scale implementation and evaluation in perhaps one of the most significant projects in PHS and telemedicine in Europe to date. The results will provide valuable information for the planning and design of the regions' future healthcare delivery.

The regions and partners are **working together** and sharing experiences and ideas. They will collaborate to manage issues such as integration, patient involvement and user perceptions, as well as the transferability of the knowledge and results pooled in the project to other regions in Europe. More specifically, all real-life pilots in the project use a common rigorous evaluation method. The Model for Assessment of Telemedicine (MAST) is applied to all trials and ensures a systematic and multidisciplinary approach to the evaluation of the pilots - thus producing evidence that is sustainable and trustworthy.

**Health and chronic conditions** have a major impact on a person's daily life, and the quality of it. RENEWING HEALTH includes PHS and telemedicine services that can be included in the management of these conditions at different levels – prevention, specialised treatment, care, and rehabilitation. The systems or services have different timeframes - short, medium or long-term interventions - but they are all patient-centred and provide better quality of life for citizens.

#### Expected results and outcomes

RENEWING HEALTH aims to improve services to the large segment of the population suffering from **COPD, Diabetes and Cardiovascular diseases**. The ultimate goal is to demonstrate that **Personal Health System** based and **telemedicine services** are **sustainable**, and improve quality of life, enable patient involvement and empowerment while at the same optimising the use of resources in healthcare provision.

By use of a common assessment model – MAST – the large scale real-life pilots in RENEWING HEALTH will produce solid evidence and information on the following elements of each of the systems and services:

- A high quality study of the clinical effectiveness of the intervention. The performance of a PHS or telemedicine service in regular clinical practice is assessed in large Randomised Controlled Trials.
- An economic analysis of the costs and resources at both a socio-economic and institutional level (business case).
- Organisational consequences – the kind of resources that are mobilised and organised when implementing a new technology and the consequences hereof.
- Patient-related consequences. Patients' and their relatives' perception of, trust in and acceptance of a service is essential for a successful use of the technology, and a prerequisite for obtaining empowerment.
- Socio-cultural, ethical and legal issues that possible arise in the wake of implementing a new technology.
- An identification and assessment of any

safety concerns. This concerns 'clinical safety' for the patients and staff, as well as technical reliability.

In RENEWING HEALTH, all these aspects will be exposed and evaluated. The project will demonstrate the sustainability and effects of the PHS and telemedicine services for an organisation, for the patient, etc. Thus a reliable foundation for decision-making by the health authority is established. Likewise, results from the study are transparent and can be transferred to other institutions, countries, etc.

#### Case study

In the Finnish project of RENEWING HEALTH, the aim is to improve patients' self-management skills by offering chronic patients a personal Health Coach along with measurement devices which uploads data to a **Personal Health Record (PHR)**. Self-management is increasingly considered a cost-effective tool for the management of chronic diseases and according to the latest knowledge, self-management should be based on mutual agreement of personal goals between the patient and the health professional.

The Finnish project is randomised controlled trial and will recruit 550 patients with heart disease and type II diabetes in total.

The Health Coach is a nurse who is specifically trained for offering health counselling in a new way. The Health Coaches meet all the patients at the beginning and end of the process where the baseline and follow-up data is collected. The patients in the intervention group will however be trained at baseline in how to use the devices and upload data to the PHR. Also, they will receive a personal self-management plan. During the intervention process, the Health Coach will call the patient approximately once a month for a period of one year and motivate him to change life habits and increase his understanding of the condition and the healthcare environment. Via the PHR, the Health Coach and the patient can follow the patient's progress and whether he achieves the goals agreed. When either party – patient or Health Coach - needs to make unscheduled contact with the other, he/she can send a safe message via the web PHR application. Patients also have the option to call the Health Coach.

In the project, the self-management process is controlled by the Health Coaches. However, all the nurses and physicians in the health centres of the region are potential users of the Remote Patient Monitoring system in the future.