eHealth – what is needed for research to reach clinical benefit?

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Health and eHealth

WHO:

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

eHealth is the use of information and communication technologies (ICT) for health
Swedish government’s vision

In 2025, Sweden will be best in the world at using the opportunities offered by digitisation and eHealth to make it easier for people to achieve good and equal health and welfare, and to develop and strengthen their own resources for increased independence and participation in the life of society.
Evidence-based eHealth?

• What is the role of the universities?

• Does eHealth have to be evidence-based?

• Does a lack of evidence hinder the growth of eHealth?
Some examples of eHealth on our site

• eVisits (video)

• eVisits (asynchronous, chat)

• Treatment of hypertension
TELEULCER

eVisits (video) multimorbid elderly with hard to heal ulcers
METHOD

- Video consultation (Skype)
- Evaluation

  » Time to diagnosis (days)
  » Healing time (days)
  » VAS Pain
  » Eq-5d Health
eVisits (chat, not video)
Infections and eVisits
WWW.PERHIT.SE
Person-centredness in Hypertension management using Information Technology
Specific aims

1. Increase the proportion of persons with hypertension obtaining a BP goal ≤140/90 mmHg
2. Define the correlation between achieved BP and self-reported symptoms of high BP, lifestyle and medication intake
3. Determine self-efficacy, adherence and health-related quality of life (HRQoL) after use of the interactive mobile phone support system
4. Perform a health economic evaluation of the intervention
36 health care centres including 25 patients each
Screenshot from the web-based platform