

EMPOWER

EMPOWER – Pathways for Supporting the Self-management of Diabetes Patients

eHealth Summit Austria

19. Juni 2015

DI Manuela Plößnig, MSc

Salzburg Research Forschungsgesellschaft

manuela.ploessnig@salzburgresearch.at

<http://www.empower-fp7.eu>



The research leading to these results has received funding from the European Community's Seventh Framework Programme (FP7/2007-2013) under grant agreement No 288209, EMPOWER Project

EMPOWER – Support of patient empowerment by an intelligent self-management pathway for patients



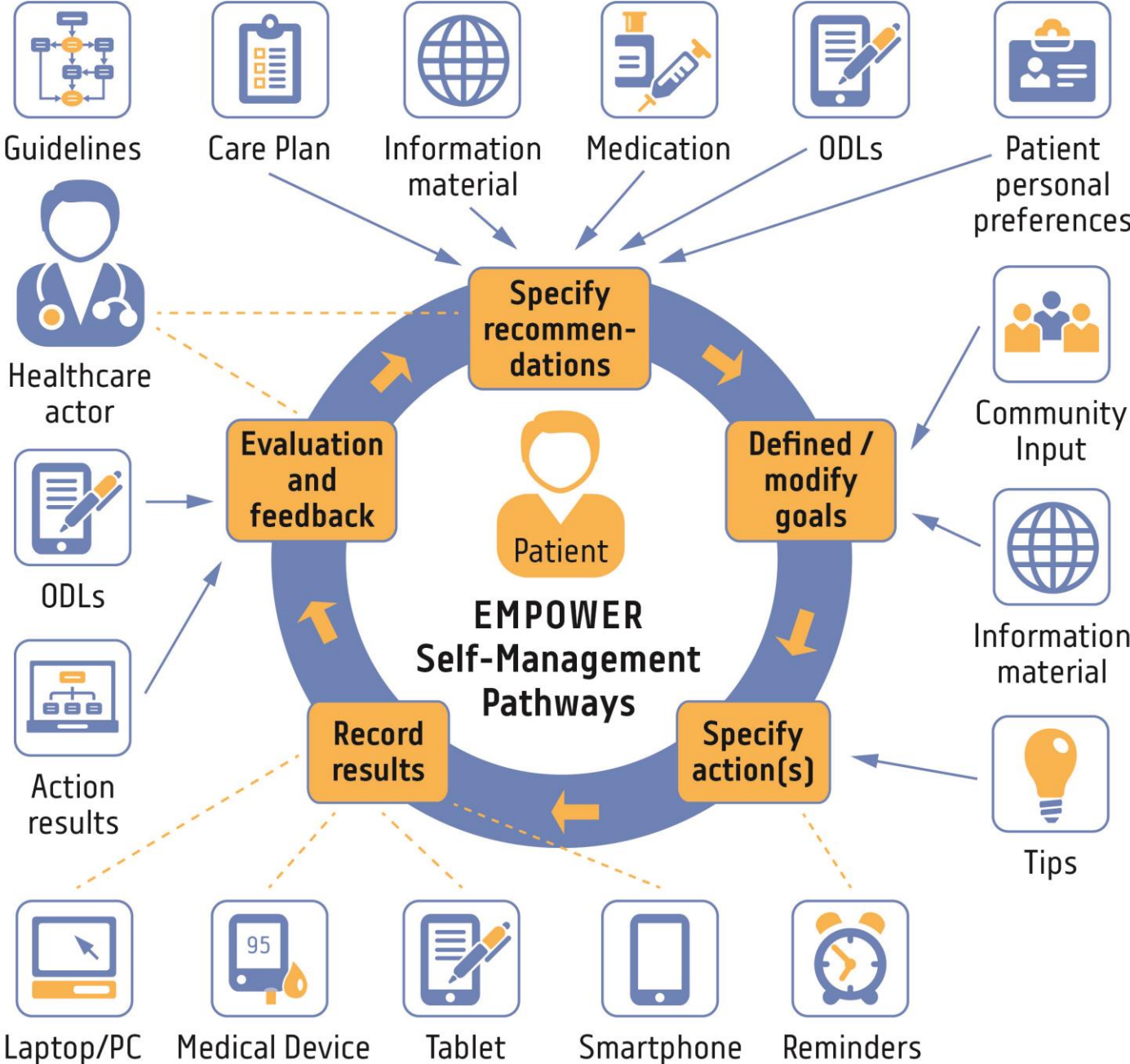
- | **Call & Work Programm:** FP7-ICT-2011-7,
Objective ICT-2011.5.3a Patient Guidance Services (PGS),
Safety and Healthcare record information reuse (STREP)

- | **Duration:** 36 months, February 2012 – January 2015

- | **Partner:**
 - | Salzburg Research (Austria, Coordinator)
 - | Helmholtz Zentrum München (Germany),
 - | GO IN (Germany),
 - | Università della Svizzera italiana (Switzerland),
 - | Software Research and Development and Consultancy (Turkey)
 - | Intracom Telecom (Greece)
 - | Turkish Ministry of Health (Turkey)

- | **Project Goals** - fostering self-management for diabetes patients by supporting
 - | behaviour changes towards a healthier lifestyle and
 - | self-control by collecting “Observations of Daily Living”

EMPOWER Self- Management Pathway



Validation (August 2014 – January 2015)



| Instruments

- | Base – Model for Assessment of Telemedicine (MAST)
- | Quantitativ – System Usability Scale (SUS), Technology Acceptance Model (TAM), Spreitzer`s Empowerment Scale
- | Qualitativ – Round Table discussions

	Germany	Turkey
Pilot site	Region of Ingolstadt	Corum – Hitit University Hospital
Users	6 health professionals 1 diabetes assistant 21 patients 4 mobile users (16 m, 5 f; 20 - 70 years; 7 Type I, 14 Type II;	6 physicians 2 diabetes nurses 1 dietician 39 patients 10 mobile users (22 m, 17 f; 20 - 60 years; 16 Type I, 23 Type II)

Some Results

	Germany	Turkey
Blood glucose monitoring	No difference	Already high level of regular blood glucose monitoring, no noticeable changes
Nutrition plan Eating behaviour	Not used much Positive effect	Very much used No noticeable changes
Physical activity	Positive effect Non-intentional physical activity: slight increase	Very low Non-intentional physical activity: slight increase
Foot control	No difference	Noticeable increase
Doctor-patient relationship	Improved communication Improved monitoring Improved information exchange	Slight increase improved communication
Empowerment	Slight increase on self-efficacy, self-determination, impact	Slight increase on meaningfulness

EMPOWER Demonstrator & Tutorial

- | <http://www.empower-fp7.eu/>
- | menu item „**Demo**“



Contact

Manuela Plößnig

Salzburg Research Forschungsgesellschaft m.b.H.
Jakob Haringer Straße 5/3 | 5020 Salzburg, Austria
manuela.ploessnig@salzburgresearch.at
T +43.662.2288-402 | F +43.662.2288-222