

Careum Congress 2014

17./18.03.2014, Basel

«Machtfaktor Patient 3.0» – Patienten verändern das Gesicht des Gesundheitswesens

"The power of patients 3.0" – Patients are changing the face of health care

CAR14-114

The Livilivet project: Quantified self-rehabilitation and patient empowering solutions

Sjoberg, Sebastian* (1)

(1) *Blekinge Centre of Competence, Karlskrona, Sweden*

Teaser: The goal is to not only measure the perceived health of any individual patient, but designing a digital tool that the patient will actively want to use for his or her own sake. The Livilivet project has developed an intuitive web application for this purpose that will be used by 48 youths in 2013.

Background, objective: The Livilivet project is founded upon the results of previous educational programmes (such as Klaralivet) conducted in southern Sweden by the Blekinge Centre of Competence and partners. The overarching objective is to develop alternative and more effective methods of rehabilitation that will help people in social exclusion come closer to working life and better health.

The particular objective for the Livilivet project is to measure the perceived health of individual patients - at the beginning of an intervention, during the middle of it and at the end. Thereby, we will be able to ascertain changes within different areas of health (physical as well psychological) that may or may not occur during the course of rehabilitation.

Approach, methods, patient engagement: In order to collect this data the participants must regularly (ideally daily) report their perceived health to the therapists. To make this process simple and more intuitive we have developed a web application that empowers the participants with personal visualizations of their health, when they answer the questions through any internet connected device. The therapists get access to a wider range of data and can export this from their admin dashboard into other formats for integration with other research platforms.

Early impressions confirm that this method, using our bespoke web application as a measuring tool, will yield tangible improvements to patient engagement. The participants experience a sense of value and reward upon seeing their perceived health visualized and quantified in a user friendly way. In turn, this gives the therapists access to more stable metrics than in previous studies.

Findings: The Livilivet project will initiate a study between September 16 and December 20 where 48 participants between the ages of 15 and 25 will use our web application regularly to report their perceived health, in conjunction with regular group meetings with therapists. The study will measure the changes within key areas (such as personal finance, physical exercise, family relations, work and more) in order to see how the participants may improve their personal health metrics through regular rehabilitation empowered by new quantified self data.

Discussion and implications: Livilivet aims to explore what patient centric solutions, built and designed for easy and intuitive use, can do to enhance the efficacy of traditional rehabilitation methods through a quantified self-approach.

Key terms: quantified self, web app, application, rehabilitation, patient empowerment, data