

My Health / My eHealth
Meeting the challenges of making eHealth
personal

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eHealth and ePatient: a new health culture?

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So What is eHealth ?

A shorthand label encompassing : health computing, health informatics, health telematics and telemedicine.

The significance of the term lies in the breadth of meanings it conveys:

“eHealth characterizes a technical development, but also a state-of-mind, a way of thinking, an attitude, and a commitment for networked, global thinking, to improve health care locally, regionally, and worldwide by using information and communication technology.”
(Eysenbach, G, 2001) .

The promise of eHealth

*The Health sector is facing great challenges
(demanding and ageing citizens, information
accessibility, knowledge management)*

**improvements in eHealth systems & services have
been shown to contribute to**

- 1. Access to health care**
- 2. Quality of health care**
- 3. Cost Benefits, efficiency, productivity**

Sophie's Story

Step 1 - Unstructured searching, idle enquiry

- life style information on a government sponsored website
- validated on-line questionnaire

Step 2 – Easy Interface with local health providers

- Regional network for local appointment booking (repeatedly)

Step 3 – Clinical Decision Making

- National oncology decision support

Step 4 – Healthcare Administrative support

- Integrated Electronic Health Record (repeatedly)
- Regional network for bookings (repeatedly)

Sophie's Story

Step 5 - Informed Choice

- validated databases of interventions
- real-life stories

Step 6 – Clinical applications

- 3 Dimensional pattern recognition
- Radio therapy planning and targeting
- Second Opinion referral system

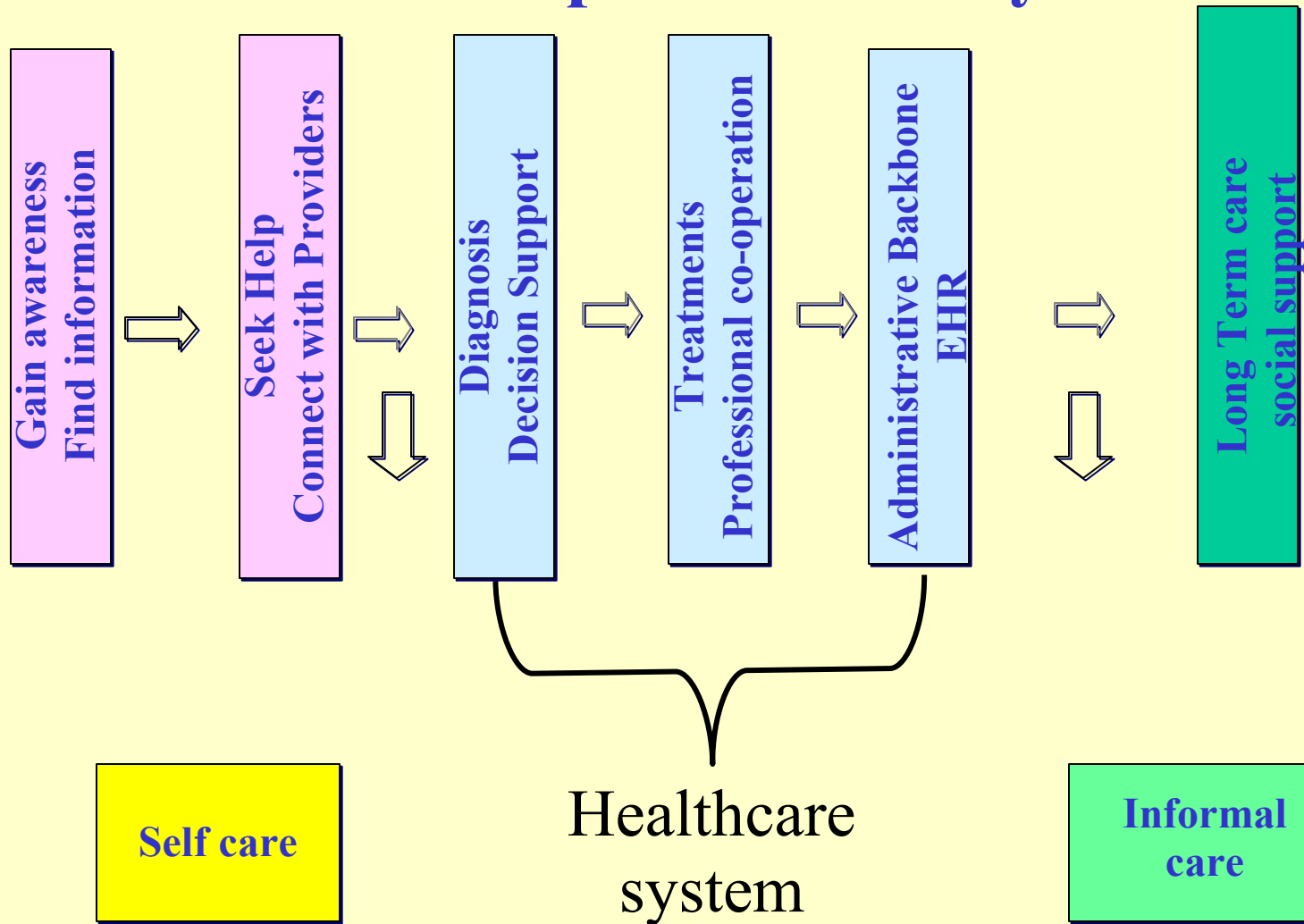
Step 7 – Patient Follow-up

- networked clinical and administrative information systems

Step 8 – Self Help

- Closing the loop, maintaining personal care

Sophie's Journey



Each and every step must be personalised ...

Making it Personal

- Accessibility v. Privacy
- eHealth must be based on personalised data, stored and accessible in an Electronic Health Record
- BUT Confidentiality must be preserved, and informed consent must be obtained

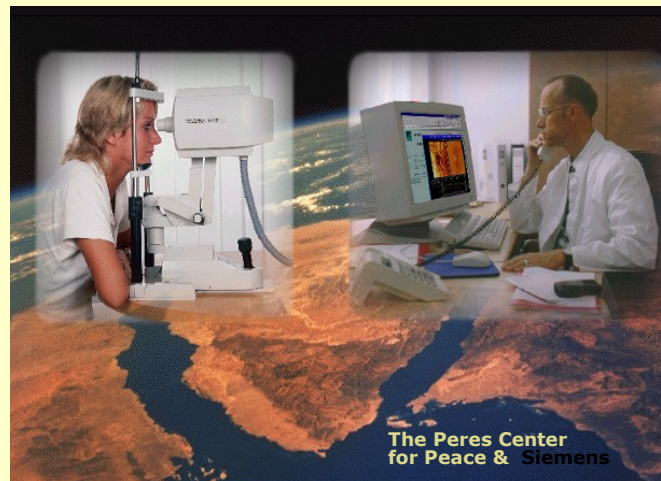
Where is eHealth Now?

The Tools

Examples of eHealth tools available

eHealth tools for Health Professionals

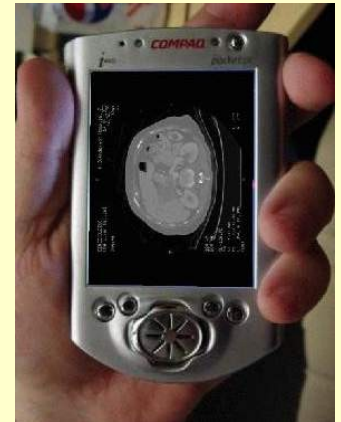
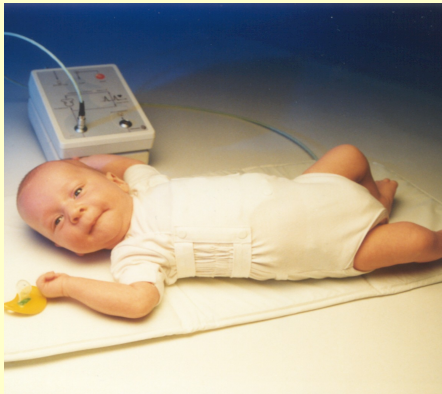
- fast access to vital data anywhere, anytime
- collaboration and research
- Support to public health & management



Examples of eHealth tools available

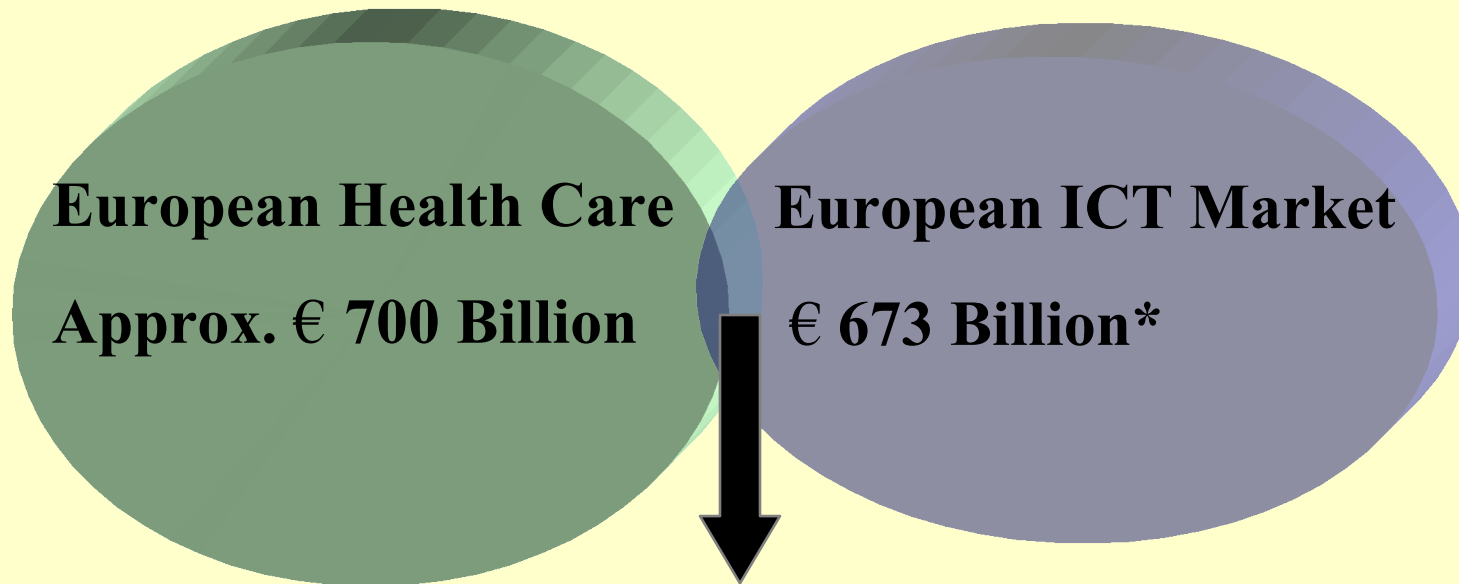
eHealth systems for Patients / Citizens

- Telemedicine services, e.g for homecare
- Wearable systems for health status monitoring
- Providing Quality Health Information to Citizens



Where is eHealth Going

Deployment of eHealth tools



eHealth < 2% of European ICT Market

Despite the potential the deployment of eHealth tools is relatively low

*EITO (2002): *European Information Technology Observatory 2002*

**To make it reality for
everyone everywhere we
need**

Political Commitment

↪ **Electronic health cards**

↪ **Health information networks**

↪ **Online health services**

REGULATORY FRAMEWORK

- ↪ **Data Protection**
- ↪ **Digital Signatures**
- ↪ **eCommerce**

R+D & INNOVATION

- ↪ **New tools**
- ↪ **Best Practices**
- ↪ **Wide dissemination**

**..... the challenge is to
make it a reality for all
through full accessibility
and interoperability**

eHealth Accessibility

- **Physical** - public access to internet (libraires, schools, community centres)
 - with linked public transport
 - adjusted to personal needs (W3C accessibility criteria)
- **Affordable** - competitive internet access rates
- **Trustworthy** – up to date, reliable information
- **Professionally supported** - the medical profession must be eHealth friendly!

..... the challenge is ours

Thank you

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