

## RESEARCH INTO PRACTICE: INTEGRATED CARE SOLUTIONS FOR THE CITIZEN

Authors: Angelina Kouroubali, Dimitrios G. Katehakis, Haridimos Kondylakis,  
Lefteris Koumakis, Kostas Marias

### Introduction

[CBML](#) at [FORTH-ICS](#) has a long history in conducting state of the art research activities that are then translated into real life software solutions at its business unit: [CeHA](#). This paper summarizes three high profile EU funded projects, REACTION, iManageCancer, and MyPal, that have contributed to an advanced personal health record for the citizen (PHR-C).

### Methods & Results

[REACTION](#): Remote Accessibility to Diabetes Management and Therapy in Operational Healthcare Networks, developed an integrated approach to improve long term management of diabetes, continuous blood glucose monitoring, clinical monitoring and intervention strategies, complemented by education on life style factors such as obesity and exercise.

[iManageCancer](#): Empowering patients and strengthening self-management in cancer diseases (H2020), developed a cancer specific self-management platform according to patient needs to avoid, early detect and manage adverse events of cancer therapy including psycho-emotional evaluation and self-motivated goals.

[MyPal](#): Fostering Palliative Care of Adults and Children with Cancer through Advanced Patient Reported Outcome Systems (Horizon 2020), set up an integrated digital health system for cancer patient care to enable patients and their families to actively report concerns and changes in condition and receive prompt prognosis and advice from specialists such as oncologists, physicians and psychologists.

Modules that have been incorporated into PHR-C include ones for self-assessment, smart communication, psycho-emotional assessment, recommendations, motivation and others. Through PHR-C, patients receive personalized information and are involved in a shared care plan, where they can report outcomes, communicate with healthcare providers and adhere to their prescribed therapy.

### Conclusions

The optimal management of chronic diseases such as diabetes, and cancer require involvement of patients and their caregivers and regular contact with the healthcare team. PHR-C encompasses key tools required to effectively support next generation integrated care solutions for the citizen.

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