

A person in a white lab coat is seen from behind, interacting with a digital interface. The interface consists of a grid of hexagonal icons, each containing a different symbol: a DNA helix, a heart with a pulse line, a person silhouette, a brain, a microscope, and a globe. The person's hands are raised, touching the icons. The background is a dark blue gradient with a faint world map outline.

THE | SHAPING A TECHMED | HEALTHY EVENT | FUTURE

14:45 - 16:00 | PERSONALISED EHEALTH FOR SUSTAINABLE HEALTHCARE

PERSONALISED EHEALTH FOR SUSTAINABLE HEALTHCARE

MONIQUE TABAK - UNIVERSITY OF TWENTE

Associate professor 'Personalised eHealth technology'
Biomedical Signals and Systems group, EEMCS

DISCLOSURE SLIDE

no financial interests





(add a picture/figure/interactive tool within this red area)
(if you don't want a picture, please use the next slide)

HIGH-QUALITY, AFFORDABLE, EFFICIENT, AVAILABLE HEALTHCARE



CHANGES REQUIRED

- **Care at the right time and right place:** Transition of care from institutions to daily environment, change of care
- **More focus on prevention & lifestyle:** early diagnostics, self-management and patient empowerment
- **Patient-centricity:** personalized or tailor-made healthcare

>> Towards more **sustainable** healthcare

eHEALTH

THE KEY ENABLING TECHNOLOGY

‘E-health is the application of digital information and communication to improve or support health and healthcare’*

eHealth enables:

- Exchange/sharing information
- Remote Monitoring health changes
- Support clinical and shared decision making
- Personalise, adapt interventions
- (AI-driven) tailored coaching lifestyle



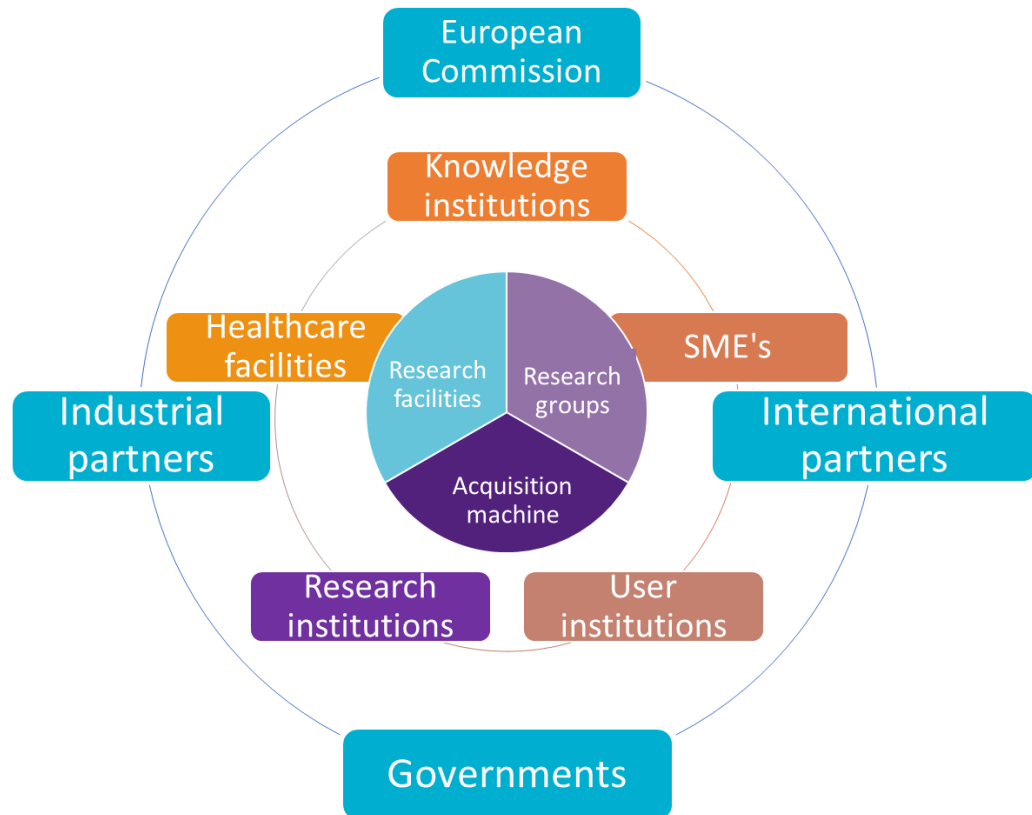
eHEALTH @ UTWENTE

Mission: to create innovative personalized eHealth services that substantially contribute to a sustainable, efficient and effective healthcare for all citizens, especially for those with chronic conditions

- **Technological expertise** for developing, understanding *and* applying innovative eHealth technologies
- Unique combination the knowledge and experience from **all required disciplines** in one place, such as biomedical engineering, computer science and behavioural science
- **Cover whole translational chain of eHealth** from development towards contributing to sustainable implementation in daily care



eHEALTH @ UTWENTE



Personalised eHealth technology research programme

- **One-stop-shop** with the knowledge, facilities and network to accelerate eHealth innovations for Remote Person Management.
- The eCMC supports the development and implementation of eHealth innovations by joining the forces of knowledge institutions, healthcare institutions and companies.



Example portfolio



Stress in action (Gravity)



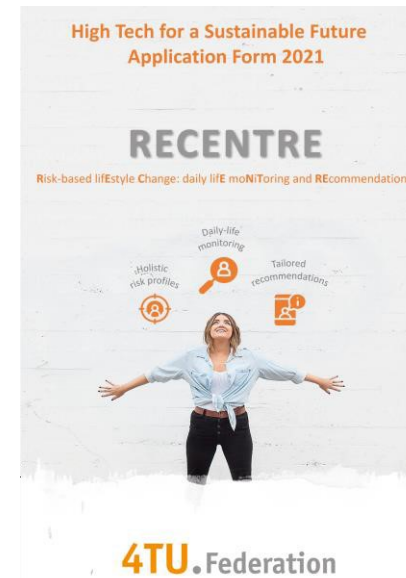
RE-SAMPLE (H2020)



Healthbox (Nell, NWO)



LOAD (NWA-ORC)



Challenge: eHealth services that contribute to a sustainable, efficient and effective healthcare for all citizens

TODAY: 3 key ingredients of success:

- Co-creation in research and innovation
Sefora Tunc
- Develop intelligent, personalized technologies
Annemieke Witteveen & Tom Hueting
- Implementation in newly designed hybrid healthcare processes
Rob van Doremalen & Boony Thio

