

eHealth in Geriatric Rehabilitation

possibilities and barriers in developing future rehabilitation programs

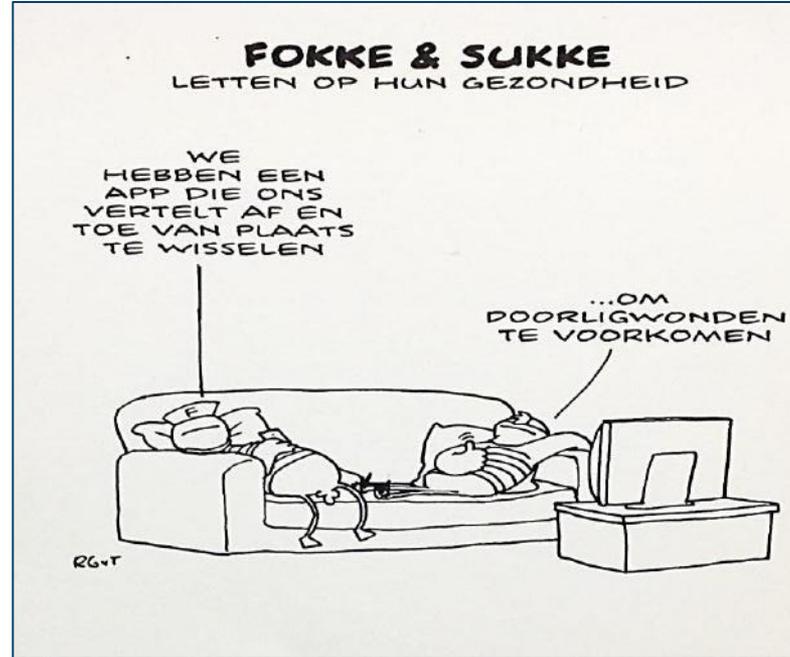
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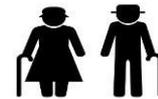






“Het gebruik van informatie- en communicatietechnologieën, en met name internettechnologie, om gezondheid en gezondheidszorg te ondersteunen of te verbeteren”





Voordelen

Consumer-oriented
medical apps proliferate

Preventive Medicine 108 (2018) 93–110

Contents lists available at [ScienceDirect](#)

 **Preventive Medicine**

journal homepage: www.elsevier.com/locate/ypmed



OGLE
PLAY
120
250
180
250
120
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250

Review Article

Effectiveness of eHealth interventions for the promotion of physical activity in older adults: A systematic review

Saskia Muellmann^{a,*}, Sarah Forberger^a, Tobias Möllers^b, Eileen Bröring^a, Hajo Zeeb^{a,c}, Claudia R. Pischke^a

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“Apps generally fail to incorporate evidence-based content and lack rigorous testing for efficacy”



Position Paper GRZ



SAMENVATTING

In 2015 en 2016 is een wetenschapsagenda opgesteld voor de GRZ in Nederland. Bij de totstandkoming van deze wetenschapsagenda zijn de volgende doelgroepen betrokken: ActiZ, wetenschappers van het consortium GRZ, (vertegenwoordigers van) bestuurders van zorgorganisaties, professionals uit de GRZ, vertegenwoordigers van patiënten, een huisarts, vertegenwoordigers van beroepsverenigingen (Verenso, V&VN, KNGF / NVFG, EN, NIP, LHV), verzekeraars en onderzoekers.

De volgende onderzoeksthema's zijn voor de komende jaren van belang om de GRZ te verbeteren:

1. De patiënt centraal,
2. Triage,
3. Zorgpaden,
4. Ambulante revalidatie,
5. Cognitieve vermogens,
6. Ondersteunende technologie,
7. Meetinstrumenten.



Position Paper GRZ

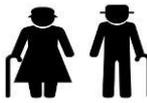


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INTERNATIONAL JOURNAL OF MEDICAL INFORMATICS 83 (2014) 416–426

journal homepage: www.ijmijournal.com

Older adults' perceptions of technologies aimed at falls prevention, detection or monitoring: A systematic review

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ARTICLE INFO

Article history:

Received in revised form

14 March 2014

Accepted 17 March 2014

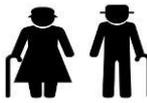
ABSTRACT

Background: Over recent years a number of Information and Communication Technologies (ICTs) have emerged aiming at falls prevention, falls detection and alarms for use in case of fall. There are also a range of ICT interventions, which have been created or adapted to be pro-active in preventing falls, such as those which provide strength and balance training to older adults in the prevention of falls. However, there are issues related to the adoption and

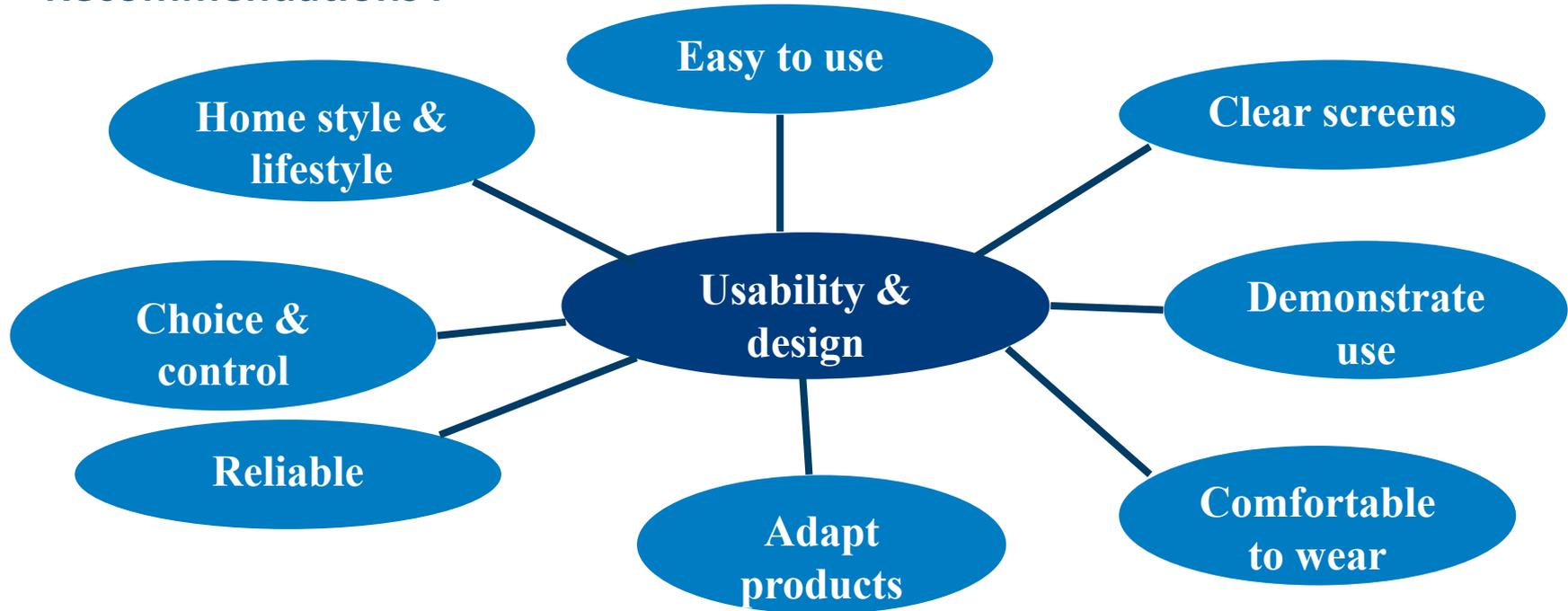


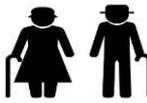
FARSEEING



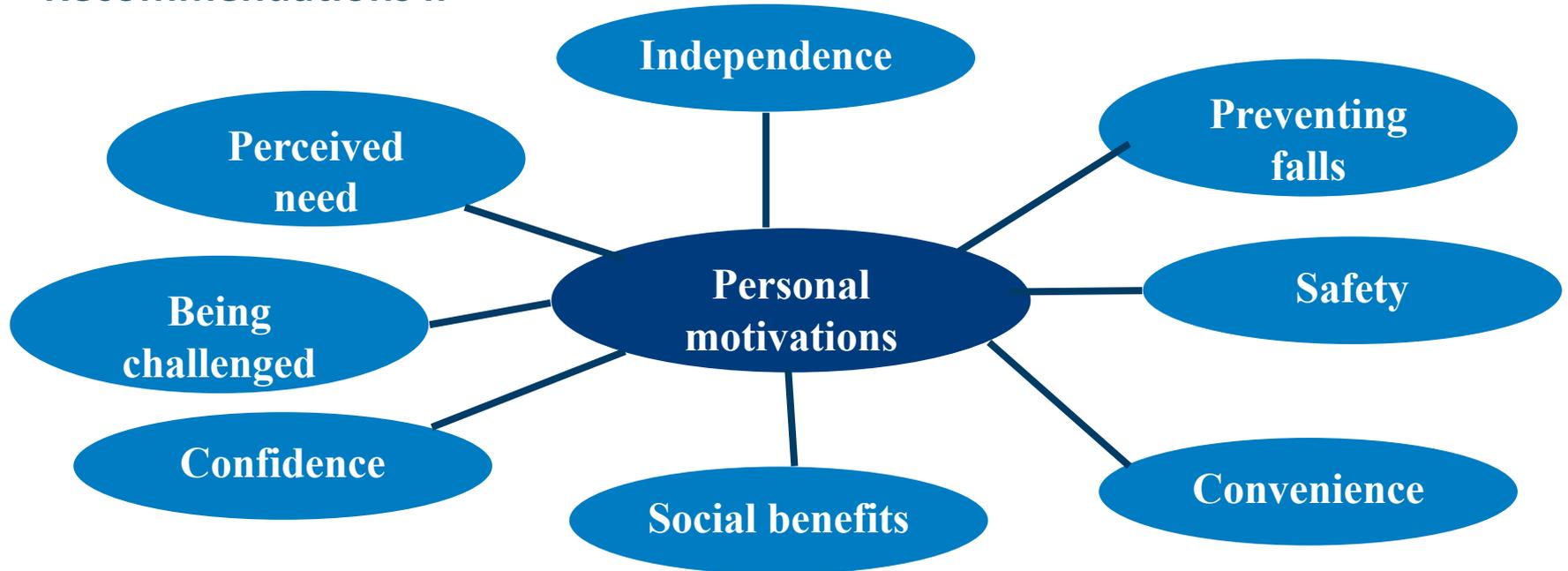


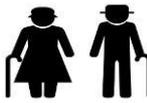
Recommendations I



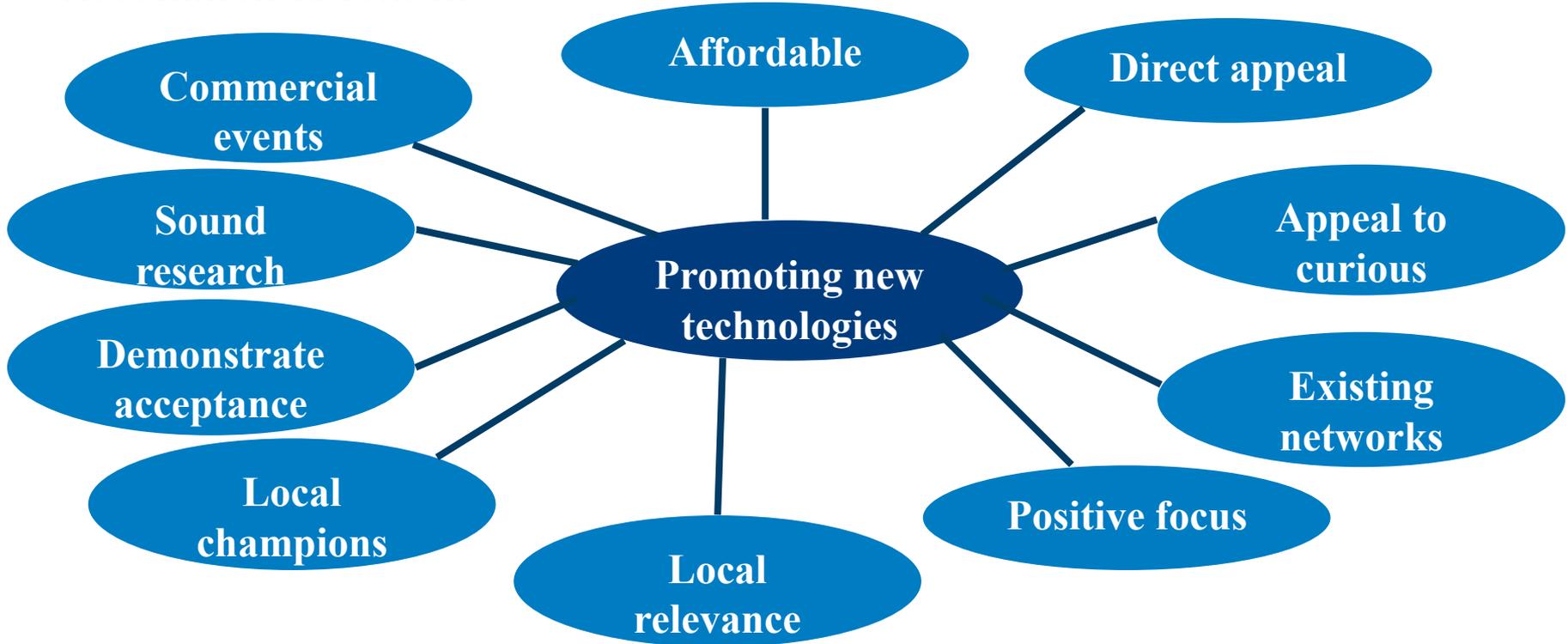


Recommendations II





Recommendations III



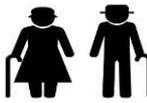


Barriers

Patient level: hearing and/or vision impairment, fear for technology, lack of space at home, cognitive impairment

Possible solutions

Co-create, recommendations FARSEEING



CO-CREATIE

IN KAART BRENGEN
BEEHOEFTES PATIËNT



VOORUITGANG VOOR PATIËNTEN MET PATIËNTEN

BEGRIJPEN



ONTWERPEN



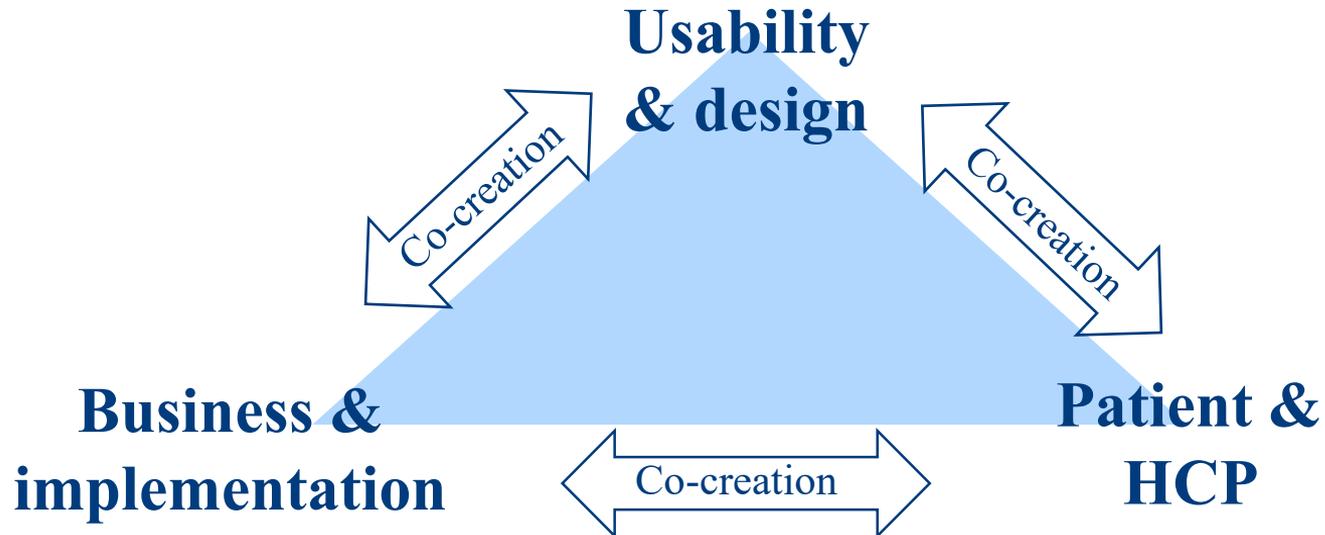
IMPLEMENTEREN



ONTWIKKELEN

TESTEN
&
EVALUEREN







Lessons learned:

1. Multidisciplinary approach (triple co-creation)
2. Personalization may seem obvious, but it rarely is
3. After implementation the real embedding starts, eHealth as a second nature
4. Start early on questions like: who is the paying customer.
And: what is legally required?



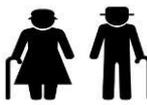
Barriers	Possible solutions
Patient level: hearing and/or vision impairment, fear for technology, lack of space at home, cognitive impairment	Co-create
Reduced contact	Blended care: eHealth as an addition to personal contact. To what extent can be determined on the basis of patient wishes and possibilities



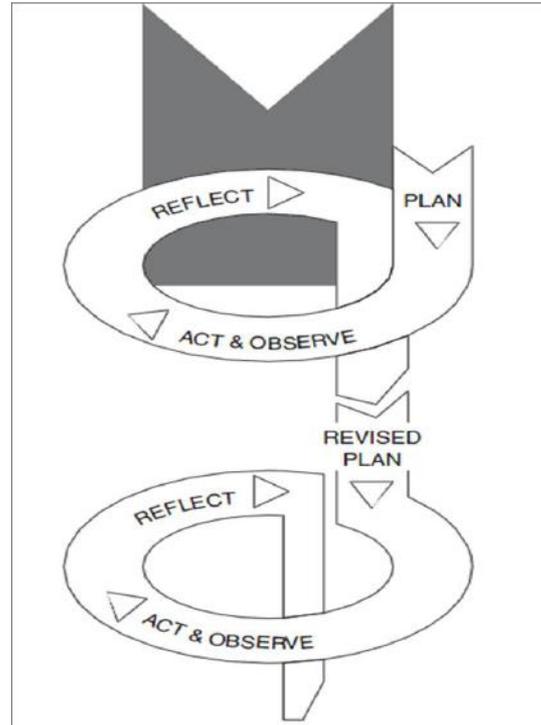
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Finance/costs	Involve health insurers and the government in the initial stages in eHealth projects and make agreements about multi-year financing if there is added value



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Effectiveness	Scientific research eHealth in GR

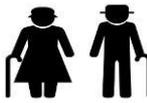


Action research method

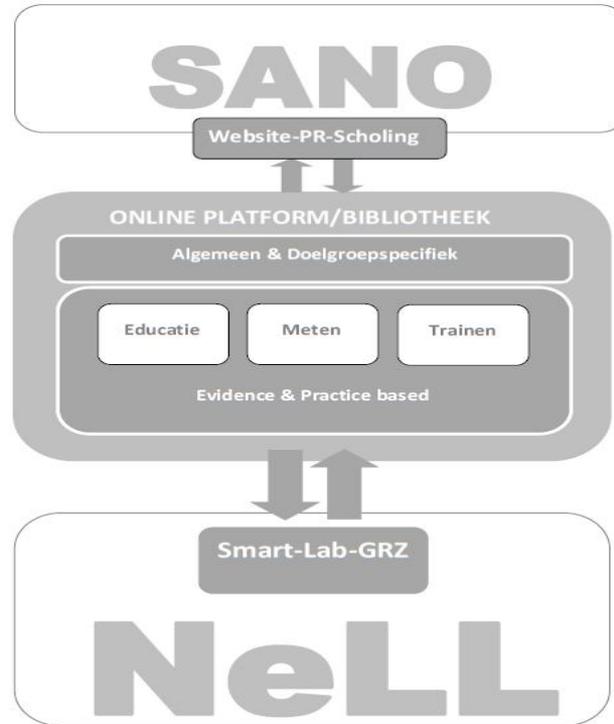




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Effectiveness	Scientific research eHealth in GR
Implementation	Online platform/library Expertise centrum



Online platform





Conclusions

- Literature on effectiveness of eHealth in older adults is promising.
- The potential benefits (and need) of integrating eHealth in to GR are increasingly being recognized.
- No evidence on feasibility and effectiveness eHealth in GR; research is needed (implementation and effectiveness)
- Focus on: self-management, specific interventions and early discharge or home-based rehabilitation
- Co-create, blended care, structural finance, evidence based
- Develop online platform to facilitate implementation in daily practice and research