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“App-timised patient protection: best possible care of chronically sick patients”

In Germany, 43 % of women and 38 % of men – and counting – suffer from a chronic disease. At the same time, the requirements for the German healthcare system become more challenging, as the treatment regimen requires close medical care. For example, the number of patients with chronic kidney failure increases as well. The German Organ Transplantation Foundation (DSO) reports: in 2016, more than 2 000 kidneys were transplanted to patients with endstage renal disease (ESRD). Around 80 000 patients with ESRD undergo haemodialysis or peritoneal dialysis. Additionally, around 23 000 patients with kidney transplants receive medical care. The care of this patient group is complex and particularly costly. Decreases in the adherence to therapies alone cause annual expenses of around 75 billion euros – due to hospital stays and absence from work.

Essential factors for a long-term therapeutic success are therapy adherence, the communication between physicians and patients and a continuous documentation of the state of health. Issues that eHealth tools can support already today. Every second health app addresses chronically sick people and, for example, supports medication. The project of Prof. Dr. Klemens Budde, Charité University Medicine Berlin even goes one step further: the interactive platform Medical Allround-Care Service Solutions (MACSS) shall improve the safety and quality of life of patients with kidney transplants.

The platform for instance serves as central collection point for examination results, patient diaries, vital data as well as therapy and medication plans – and as means of communication for networked patient care. Medical specialists and office-based physicians can exchange medial data via MACSS and adapt treatment plans more easily. Vital data that the patient enters are directly transmitted to Charité. In case of anomalies that might be a sign of complications, the patient is asked to visit a specialist immediately. Thus, the system helps identify dangerous infections such as bloodstream infections at an early stage. On the patient’s smart phone, MACSS serves as personal therapy assistant: it reminds of appointments and medication, illustrates the therapy’s success, warns of possible interactions and hence supports a long-term therapy adherence.

Source

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