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

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eHealth and ePatient: a new health culture?

Petra Wilson
European Health Management Association
Deputy Director, Brussels
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
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

European Health Care
Approx. € 700 Billion

European ICT Market
€ 673 Billion*

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 (libraries, 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

petra.wilson@ehma.org