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Sustainable clinical models, ICT based, for the management of chronic diseases: the CLEAR project

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Abstract

CLEAR proposes the implementation of a tele-rehabilitation service in four Member States of the European Union, with the ambition to convert the project after its completion and to show feasibility of a European platform to contribute to the harmonization of e-health services in the EU.

A tele-rehabilitation service is a combined service that allows patients to extend the rehabilitation treatment at home, or at the point of their need, under the supervision of a remote team. Its effective implementation should cover the rehabilitation and self care needs of a specific patients' group under efficacy, safety, privacy and ethical methods.

Objectives

The project plans to carry out four pilot tests in four Member States (IT, ES, NL and PL) on home protocols and therapies developed on four types of pathologies usually affecting the elderly: neurological, orthopaedic, pneumonic disorders and chronic pain.

Materials and Methods

The project, based on technological mature applications developed mainly within the "H-CAD" (IST-5th FP) and eTen "Hellodoc" projects, will enhance the deployment of eHealth services and optimize healthcare resources through a European platform for the development of "home treatment protocols". Such platform provides health professionals with a Service architecture based on a communication server, a hospital database purposely conceived for tele-rehab and License Software for doctors and patients to handle the service.

The CLEAR project is a fundamental step in helping doctors treating patients who seek health treatment in a comfortable environment, including home, under supervision of a specialized team.

This service will lead the healthcare professionals to a significant reduction of time spent per patient and, as a consequence, to consistent savings in money.

Expected Results

Different service clinical models, related to the treated pathologies, validated in the four different clinical centres. A health technological assessment of the impact of the service on the National Health System in the four countries.

Keywords: tele-rehabilitation, sustainability, elderly people, pathologies
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