

A co-operative mHEALTH environment targeting adherence and management of patients suffering from Heart Failure

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Business need

Heart failure (HF) is a staggering clinical and public health problem, related with significant mortality, morbidity, and healthcare expenditures, particularly for those aged ≥ 65 years. Conditions including **high blood pressure** or heart defects can cause HF.

Patients suffering from HF experience several effects, such as difficulty in breathing at rest/ exercise, fast or irregular heartbeat. **Co-morbidities**, such as chronic obstructive pulmonary disease, frequently accompany HF, contributing to increased morbidity and mortality, and an **impairment of quality of life**.

Solution

The goal of managing HF is primarily to **decrease the likelihood of disease progression**: decreasing the risk of death and the need for hospitalization, and lessen the symptoms.

HEARTEN involves several **professionals in patient monitoring and management**:

- Healthcare professionals
- Caregivers
- Nutritionists
- Physical activity experts
- Psychologists



all working together in order to **create a patient-centered collaborative environment**.

Outcomes

- The HEARTEN system can provide to the ecosystem professionals information related to
- ✓ patient's status change
 - ✓ medication and global adherence levels (in terms of medication nutrition and physical activity)
 - ✓ risk for adverse events (relapses)
 - ✓ risk for death.

