mHealth support to prevent noncommunicable diseases

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Background

- Hibrid personalised life style intervention infrastructure was established at University Szeged.

- Persones with significant lifestyle risk are undergoing short term institutional intervention (3-5 days) followed by at least 12 weeks telemedical coaching based telemonitored mobile phone logged nutritional data, heart rate monitored training data, as well as blood pressure, blood glucose or bodyweight data, as required.

- Individuals are educated in interactiv group session for natural history of relevant diseases in accordance to the German patient education guideline during the institutional phase.

Goal

- To transforme existing patient education curriculum to an e-learning environment.

- Use AI (Artificial Intelligence) to evaluate the health litaracy and IT skill of the subjects, to guide the intensity, speed of the education.

- Utilisation of AI to spare human efforts also in the supervision of telemonitored data.

Expected benefits

- Improved accessibility of afforded telecare service
  - also persons with active employment can be involved
- Reduced cost
  - Human effort can be transformed to IT activity
- Lowering the level of service in the service pyramid
  - Method developed at University level can be delivered at GP level.
- Transforming drug/hospital centred health care to an effective prevention focused care.

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