



## The Digital Human Body of Knowledge

### - Health Variant -

Strategy  
Co-Design  
Corpus  
Operating Model



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THEME/TOPIC
Objective
• Increase patient safety when travelling and at home
Risks
<ul style="list-style-type: none"> <li>• No appropriate transport home from hospital</li> <li>• Patient tired from surgery and medications.</li> <li>• Patient physically weak.</li> <li>• Risk of sternum injury.</li> <li>• Risk of falls.</li> <li>• No or limited appropriate transport to and from medical appointments</li> <li>• No or limited transport for other excursions away from home</li> <li>• No one at home to perform household tasks</li> <li>• No one at home to cook</li> <li>• No one at home in case of falls or other injuries (e.g. in shower)</li> <li>• No one at home to help with lifting</li> <li>• Doesn't know who to call or what to do when things go wrong</li> <li>• Doesn't know who to call with questions about wound care, bathing, food, exercise etc</li> <li>• <del>Too busy to attend scheduled medical appointments</del></li> <li>• <del>Afraid to go home from hospital</del></li> <li>• Nothing prepared at home for patient (clean, healthy foods stocked etc)</li> <li>• <del>Doesn't know what to expect at home</del></li> <li>• Stairs at home for access, reach bedrooms etc</li> <li>• Trip and access hazards at home</li> <li>• No aids such as bed ropes, shower chairs etc</li> <li>• Doesn't know how to care for wound</li> <li>• Doesn't know how to clear lungs</li> <li>• Doesn't know how to mobilise joints</li> <li>• Doesn't know how to safely wash themselves until wound is healed</li> <li>• <del>Returns to work too soon</del></li> <li>• Doesn't know how to transition back to normal activities</li> <li>• Lifts or moves things that are too heavy</li> <li>• Doesn't understand that housework and gardening aren't suitable when first home</li> <li>• Unaware of travel restrictions, especially flying</li> <li>• Unaware of risks of high altitude, excess heat or cold</li> </ul>

- Uses unapproved treatments, coverings on wound to avoid scarring

<b>Enablers</b>
<ul style="list-style-type: none"> <li>• NOTE: knowledgeable and capable full-time home carer is the key enabler for home safety</li> <li>• NOTE: safe transport with assistance to get home and to medical appointments is also a key enabler for home safety</li> <li>• Education and awareness whilst an inpatient, at discharge and through cardiac rehab</li> <li>• Alternatives to rehab for those that cannot or will not attend rehab</li> <li>• Advise how to obtain aids either through hospital (provided or purchased from pharmacy), purchased at external pharmacy or online for delivery</li> <li>• Advise how to order and have delivered healthy frozen or prepared meals to reduce outings and risks from cooking (moving/lifting) if no home care</li> <li>• Advise how to safely move and lift items including clear limits</li> <li>• Advise how to safely use stairs – reduce number of times per day they are climbed (e.g. rest on couch downstairs during the day and only sleep upstairs at night), rest part way, don't pull up with arms whilst sternum healing etc</li> <li>• Instructions with pictures or videos on wound care, bathing etc that can be accessed/replayed at home as reminders and for carers to learn from</li> <li>• Schedule with key milestones and/or assessments before adding activities</li> <li>• Fall activated alarms to call family / emergency (note: water proof watch or on lanyard for showers)</li> <li>• Advise on travel including flying, altitude, cold, heat etc</li> <li>• Advise car alternatives such as ride sharing, taxis etc if there is someone who can travel with them to help with safety and carrying and to sit in back with cushion between chest and safety belt</li> <li>• Scheduled reminders for repeated tasks</li> <li>• Ability to call up explanations and advice when advice/procedures forgotten or not well understood</li> </ul>
<b>Awareness Goals</b>
<ul style="list-style-type: none"> <li>• Travel hazards and restrictions and need for assisted safe transport home from hospital and to appointments</li> <li>• Home hazards and restrictions and need for knowledgeable and capable full-time carer for first few weeks</li> <li>• Process for gradually and safely increasing activity within these restrictions during the first few weeks - delivered by staff and not Coach?</li> <li>• Tips for home preparation before going home (e.g. mobility/safety aids, frozen foods etc ordered online and delivered) – delivered by staff and not Coach?</li> <li>• Procedure for getting help or advice</li> </ul>
<b>Data Capture</b>
<ul style="list-style-type: none"> <li>• Does the patient have a knowledgeable and capable full-time home carer?</li> <li>• Does the patient have access to safe transport with assistance to get home and to medical appointments?</li> <li>• What are the key risks for the patient including home environment (e.g. stairs), transport, foods etc?</li> <li>• </li> </ul>

THEME/TOPIC	
Tells (Awareness)	Asks (Data Capture)
You are not allowed by law to drive until cleared by your physician and will need someone you know to safely drive you home and to medical appointments. The driver must also be able to assist you with carrying any bags and if you fall ill whilst travelling. Ride share and taxi drivers won't be able to help you walk from the car into buildings for appointments or to carry items for you.	Do you live with someone or know someone else who can pick you up and safely drive you home from hospital and to medical appointments? They must be able to carry items for you such as bags and be able to assist you when walking if needed or call for help if you fall ill when travelling.
You are not allowed to lift, move or carry items weighing over 5 lbs until cleared by your physician. Also, for several weeks you will be very tired from your surgery and medications. You will need someone at home who is strong enough to cook, clean and perform other household tasks for you. They should also be available to call for help when you are showering as you might get dizzy and fall.	Do you live with someone or have someone who can visit every day for a few weeks who is strong enough to cook, clean and perform other household tasks for you including lifting and moving items over 5 lbs?
Tell patient about main risks at home – stairs, falling especially in shower, getting in and out of chairs and bed etc.	Do you live with someone or have someone who can be in the home when you are showering etc. who can call for emergency assistance if you fall?
Procedure for getting help – emergencies and just advice	Do you have stairs at home that you will need to use? Is your bed very low or very high off the ground and might be difficult for you to get in and out of? Do you have a comfortable chair that you can rest in during the day that is easy to get in and out of?