Module 5 – A practice based eHealth case

Example case 1

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| ***Background*** | **Peter** (38 years)  Lives with wife and two children, 2 & 4 years old. Peter was diagnosed with leukemia two years ago and is now struggling with his treatment and trying to maintain his daily life. Peter is used to working with computers and would like to be able to use both his computer and his smart phone to access his care information and communicate with his care providers. He has had high blood pressure for a long time and been medicated for it since he was 25. After changing physician, Peter tried to cut down on the medication, but has now been warned of the possibility of stroke. |
| ***Healthcare needs*** | Peter would like:   * A reminder services for check-ups and treatment. * To be able to track his own blood count and blood pressure and record how his lifestyle affects it. * Rehabilitation support, exercises etc. * Electronic communication with healthcare services – ask questions online without waiting on the phone. * Participate in support from other young leukemia sufferers. * Access to his own eMR and the ability to input and share his own health data. |
| ***Healthcare issue*** | Peter finds that he is not as actively involved and in control of his healthcare as he would like to be. He is frustrated that he’s not getting enough rehabilitation and is searching for alternatives. |
| ***Your suggested eHealth strategy*** | I would recommend the app “Supporting wellness after cancer treatment”.  In this app he can set reminders, track his health, search for rahabilitation and exercises, he can also cmmunicate with the hospital, connect with other people and share his own health data. |

Example case 2

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| ***Background*** | **Jenny** (25 years)  Jenny has been diagnosed with hepatitis B after being infected while being tatooed on holiday in SE Asia. She is dismayed at the potential effect chronic liver disease may have on her life. She has googled current antiviral treatments and is paranoid about their side effects and the implications of the disease for family, partners and pregnancy. She has regular checkups with her GP but always wants more information and feels she needs to share her concerns with other young prople diagnosed with HBV. She is also aware that there have been recent developments in antiviral treatments which may drastically reduce harmful side effects and lead to effective self medication.  Her goal is to be disease free in 5 years but she feels that she needs help now to cope with her anxieties before they have a greater impact on her day to day life and relationships. |
| ***Healthcare needs*** | Jenny would like:   * To be able to commuicate directly with an infection diseases specialist. * Communicate discreetly with a counsellor to get help with her anxiety. * Be able to manage and preferably “own” her own health records including her LFT results * Participate in support groups with other HBV sufferers. * Contribute to and participate in current research providing there is the promise of a relatively quick outcome. |
| ***Healthcare issue*** | Jenny feels alone with a frightening disease and needs immediate access to up to date information and reassurance about her anxieties. |
| ***Your suggested eHealth strategy*** | I would recommend the app “Synergy”.  In this app she communicate with specialists, her counsellor, she can manage her ow health records, participate in support groups and participate in research. |