Smart participatory care models (ICTs and the Health Sector: Towards Smarter Health and Wellness Models)

Better health outcomes require greater patient empowerment. Personally controlled health records, participatory mobile health and health apps, and social networks today provide an environment conducive to more "coownership and co-production" of health and wellness. They represent a new participatory care paradigm and are transforming the ways in which patients connect and communicate, share personal health information, discover and access new care options. The effectiveness, safety and utility of these innovations for accelerating the diffusion of information on healthy lifestyles, fostering behavioural modification and health innovations, including clinical research, require further exploration.

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