Context / background of the project

One of the EU Health Strategy's concrete themes includes "empowering citizens – putting patients at the heart of the system and encouraging them to be involved in managing their own healthcare needs". Preventive care should therefore not be left to doctors and hospitals only, individuals must also be empowered to become "smart patients".

Activities

- Framework Analysis with focus group meetings

- Development of intellectual outputs (Needs assessment report, tools, online platform, mobile apps)

- Testing phase in collaboration with health and migrant organisations

- Dissemination activities and multiplier events

- 5 transnational meetings

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QUALED, Žilina, Slovakia

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Akadimaiko Diadiktyo (GUNET), Athens, Greece

Holistic Empowerment of Citizens to Become Experts in Their Own Health

http:// www.smart-patients.eu

Objectives

- Empower citizens to become expert patients and develop self-confidence and patients' competence;

- Develop practice oriented support that empowers them to detect health issues at an early stage, contributing to healthy living;

- Develop internet and mobile application tools for preventive self-care;

- Provide a low level threshold glossary for readers with lower educational levels;

- Include refugees and migrants through translations of the materials into Arabic and Pashtun.

Results

- Smart Patient Tools: awareness raising, guidance and information materials that empower citizens to detect health issues at an early stage;

- Online platform containing all project materials the tools;

- Mobile Smart Patient Apps as virtual information and a learning environment;

- Website, newsletters, flyers;

- Quality management plan and evaluation report.

Anticipated impact

- Impact on the target group: increased sense of initiative for their health; increased level of digital competence; more active participation in society; increased opportunities for personal development through a healthier lifestyle.

- It is expected that by the end of the project more than 7500 EU citizens will interact with the Smart Patients platform and tools.

- Impact on stakeholders: Smart Patients as effective way of delivering health initiatives and promoting a healthy lifestyle.