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## One size no longer fits all: personalising heart failure care

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# ONE SIZE NO LONGER FITS ALL: PERSONALISING HEART FAILURE CARE

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## BACKGROUND

Heart failure (HF) affects > 26 million people worldwide, with prevalence increasing due to ageing population. A change is therefore required in how optimal treatment is delivered. Maximising patients' self-care is mandatory, however current HF eHealth products are 'add-ons' to standard care, with minimal benefits to the patient or overstretched healthcare HF services.

## AIM

To co-design an e-Health product to maximise self-care of patients with HF.

## METHODS

The international PASSION-HF consortium, of which QUB is a partner, is developing an integrated eHealth-product. DoctorMe will enable self-care and self-prescription of medication. It will do so through features such as a decision support engine of treatment algorithms based on international HF guidelines, integrated with self-learning AI algorithms and feedback systems. The interactive physician avatar (DoctorMe) will use serious gaming tools to stimulate and improve compliance.

## RESULTS

Qualitative interviews were conducted in 4 European countries, involving patients with HF and their caregivers (n=82). Three key themes were identified:

### REASSURANCE

A desire that advice from DoctorMe is safe with reassurance it is determined by HF professionals. **2**

### PERSONALISED

A wish for recommendations to be tailored to their individual needs. **2**

### TRANSPARENCY

Patients were open to the use of digitalised systems and the possible change to healthcare delivery. **1**

This data was used to inform the development of the first prototype of DoctorMe, which is currently being pilot tested in the Belfast Health & Social Care Trust for acceptability and proof of concept. To date, 74 patients have been recruited to use DoctorMe for 26 weeks.

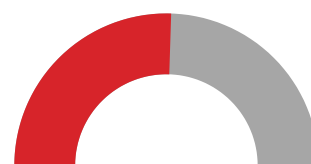
The PASSION-HF next-generation eHealth product will enable personalised patient self-care. It will be easily accessible, providing support 24/7 with all decisions made available to the healthcare professional. Predicted results as below:



SCAN ME



a reduction of more than 70% of pressure on the health care system.



50% less costs while improving patient care and potentially outcomes.