



DREAMING Newsletter DK

eIDeRly-friEndly Alarm handling and MonitoriNG

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Experience from DREAMING benefits new developments in AAL

The DREAMING project has shown some interesting intermediate results confirming that new technology can support and develop the way public authorities communicate and interact with citizens in their own homes. An idea meant to meet future challenges in healthcare. This is also one of the ideas behind KMD Online Omsorg (Online Care), an interconnected online portal targeted at citizens. Read more about Online Omsorg in the fact box on the right.

To a great extent, Online Omsorg can benefit from the lessons learned in the DREAMING project. It provides good opportunities for gaining an understanding of how home monitoring and video dialogue can be introduced and implemented with success for citizens and municipal organisations.

An initial exchange of experience shows that the DREAMING project can contribute to shedding light on how the technology can be implemented in a process of user-driven innovation by which participating in the project and working with the technology also becomes interesting for the health professionals. In order to ensure a successful implementation, it is important that it makes sense for the health professionals and that the quality of the service provided for the citizens is not compromised. At the same time, the DREAMING project has gained experience with the organisational implementation in the municipality and the challenges this can entail. One of these challenges is rethinking the delivery of health care in the context of the new technology.

Furthermore, the DREAMING project has shown how important it is to include the IT department of the municipality when implementing the new technology. This ensures good cooperation and effective set-up and support of new IT in the homes of citizens and in the municipality.

The focus on interaction with all players and on the creation of benefits for all (citizens, health professionals, and municipal funds) is a very important parameter for the success of future AAL initiatives. The DREAMING project has experience with this, and this knowledge can be used in the further development and implementation of similar initiatives and technology in the public sector.

Projects like DREAMING and Online Omsorg show that digitalisation can provide better service for the citizens and at the same time offer great potential for the freeing of resources. Resources can be freed, e.g. because video dialogue can help converting transportation time into face-to-face time. Intermediate calculations from KMD show that on national basis 186m DKKR can be saved annually, just on transportation time. In addition, the DREAMING project sheds light on benefits in terms of fewer hospitalisations, increased sense of security, and the collection of health data.

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Learn more about KMD at <http://www.kmd.dk/eng/Pages/default.aspx>

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Facts about Online Omsorg

Online Omsorg is an interconnected citizen portal simply constructed and accessible via touch screen. A video camera makes it possible to deliver health care to elderly citizens by video contact over the Internet instead of paying physical visits. The citizens can have 'live' guidance from home care personnel, do home monitoring, get help for rehabilitation, reminders, and information material, emergency call contact, and supervision agreed on in advance.

Furthermore, the portal will make it possible for the citizens to cultivate their social network. For example they can have video contact with a grand child in Australia or family members living in another part of the country.



Status on Langeland

This issue of the newsletter will mainly be about the international interest that the Danish pilot has yet again attracted. In the next issue, the focus will be on Langeland Municipality and the pilot. Therefore, read this paragraph for a short update of the pilot status and see the next issue for a greater insight into the activities on Langeland.

Even though the pilot is going well, participating in a project like DREAMING is not completely unproblematic. Thus, Langeland Municipality regularly meets challenges to be overcome. Recently, a breakthrough was achieved in relation to the video conference equipment that has been unstable for a long time.

In this connection, Ole, the local technical expert, again proved indispensable by working intensely to get the system up and running. In cooperation with the supplier of the video

conference equipment, the error has been identified and is being rectified. Thus, the video conference system will soon be improved, so that the citizens can get more out of having it in their homes.

In its role as the Danish pilot site, Langeland Municipality has already gained good experience from the participation in DREAMING. A big part of this is the user-driven innovation resulting from the project.

A good example is a physiotherapist affiliated with the municipality who has chosen to use the video conference in her rehabilitation of elderly citizens. This way, assistance for the rehabilitation can be carried out over a distance and the citizens, who can now do their rehabilitation in their own living room, save time and inconvenience.

Another example is a new perspective on the cooperation between

home nurses and GPs. The inclusion criteria for the project participants (65+, part of the home care system) result in a vulnerable group with a high number of drop-outs because of deteriorating health and death.

Langeland has taken note of this and wants to initiate a closer cooperation with GPs in order to explore the possibility of including citizens, who are not yet part of the home care system (e.g. when the GP instructs the home nurses to keep an eye on them).

By intervening sooner, it is hoped that the technology will have an even better effect on the citizens' health and quality of life in general.

These activities take place outside of the project and should not be considered directly involved in DREAMING.

Read the next issue for a more comprehensive look into the status of the pilot on Langeland. ■

Report from Global Telehealth 2010, Perth, Australia

In November 2010, the DREAMING project was presented to representatives from Europe, Africa, Australia, and Asia on the Global Telehealth conference in Perth, Australia. The conference reflected how telehealth has the potential to work on many scales, from global multinational initiatives to the provision of community-based homecare.

The Danish team wrote and submitted the article "The DREAMING Project" to the conference, and as it was accepted, two of the authors travelled to Australia to participate.

The article covered the DREAMING project in general, however with a specific focus on lessons learned from the Danish pilot on Langeland. Project manager Casper Dahl Marcussen presented the project to a large number of interested conference participants and afterwards

participated in a panel discussion where the audience had the opportunity to ask questions (see the picture on the right).

The conference offered the opportunity to get to know projects and initiatives from other countries in workshops and in an exhibition area.

Many of the exhibitors and projects had equipment similar to that in DREAMING and especially the project TRAC run by the Australian organisation Silver Chain (see below) had many elements in common with DREAMING.

Thus, the conference provided the opportunity to hear about lessons learned in other projects, which has contributed to expanding the project's horizon at the same time as having the project presented in a new international forum. ■



Read the article "The DREAMING Project" by following this link:

www.aths.org.au/GT2010/Shortpapers/GT2010%20SP%20-%20Clemensen.pdf

Silver Chain: DREAMING in Australian

Silver Chain is an Australian organisation that provides aged, disabled and terminally ill citizens with personal health care services. Some of these tasks can be compared to the Danish home care system. At Global Telehealth 2010, Silver Chain presented the TRAC project (Telehealth Research Across the Community), which, like DREAMING, is a randomised controlled trial of the use of home monitoring in the care for elderly citizens with COPD or heart failure. The equipment in TRAC is similar to that in DREAMING. However, there is the difference that the measurements are not sent by Bluetooth, but have to be entered manually by the citizen.

As the focus is on elderly citizens with COPD or heart failure, divided into two sub-projects, the target group is also close to the one in DREAMING. The first sub-project, with COPD as its focus area, was completed in September 2010, where after the results were written down in a concluding report.

As the report says, the main conclusion of the project is that remote monitoring of chronically ill citizens results in savings for Australia, as well as improvement of citizens' health and disease management.

Furthermore, the project showed that the elderly citizens are open towards the new technology and want to have the possibility to use it in the future. ■



Read the report about TRAC from Silver Chain by following this link:

www.silverchain.org.au/assets/TELEHEALTHREPORT-2010.pdf

DREAMING at eTELEMED 2011

In February 2011, IARIA (International Academy, Research, and Industry Association) held the conference eTELEMED 2011. The conference took place in Gosier on the overseas region of France, Guadeloupe, and was part of DigitalWorld, which is a collection of conferences concerning digital solutions within areas such as eLearning and human-computer-interaction. eTELEMED focused on eHealth and telemedicine. Four authors from MedCom, Odense University Hospital, and the Region of Southern Denmark, respectively, had written an article about patient involvement and empowerment by means of eHealth and telemedicine technologies based on lessons learned from DREAMING as well as MedCom's project "Implementation of telemedical ulcer care". The article was presented at the eTELEMED

conference and is available on Think Mind Digital Library (link in text box on the right). The article has a patient approach, instead of a technology approach, to the subject and has been commended for its reader-friendliness.

At the conference, many interesting applications of eHealth within widely different areas were presented: from transportation planning during massive disasters and an interactive web site for the enlightenment of young people about sexually transmitted diseases to a virtual patient forum connected to the primary sector for guidance and motivation in connection with weight loss. Conference participants showed great interest in the organisation of the Danish health care system and in the work done in the regions and MedCom with eHealth and telemedicine. ■



Read the article about patient involvement and new citizen roles by following this link:

www.thinkmind.org/index.php?view=article&articleid=etelemed2011_5_20_40117

Langeland Municipality & Region of Southern Denmark

Langeland Municipality and Region of Southern Denmark are the Danish partners in DREAMING and Langeland also acts as the Danish pilot site. Both the municipality and the region hope that DREAMING will provide a better utilisation of the resources for welfare and elderly care, improve working conditions for employees in the public welfare sector, and increase the elderly citizen's degree of self management, dignity, and quality of life.



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PreventionCentre (ForebyggelsesCentret) Langeland

The PreventionCentre on Langeland attends to health promoting and preventive efforts on the island. The centre is engaged in development and project work, as well as health promotion and prevention directly targeted at the elderly citizens. The PreventionCentre has an important role in the deployment of the DREAMING project on Langeland.

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