

208 - DIGITAL SOLUTIONS FOR PHYSICAL AND MENTAL HEALTHY AGEING

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Digital Solutions have recently come into the spotlight to address well-known political, economic and societal challenges raised by the unprecedented phenomenon of population ageing. Most of the digital solutions aim "ageing in place" by allowing old people and their families to manage disease and stay home and independent as far as possible. The Symposia "Digital Solution for Physical and Mental Health Ageing" aims to debate on the application of digital solutions for promoting a physically and mentally healthy ageing, by analysing challenges and good practices and future work in this hectic field. Some technologies and apps in the fields of therapy adherence in dementia, caregivers of people with dementia support; frailty screening and referral and how reuse the biomedical, and finally how to evaluate health multi-national pilots will be addressed.

Presentation 1: DIGITAL HEALTH SOLUTIONS FOR THERAPY ADHERENCE IN DEMENTIA

Renato Silva, ICBAS, University of Porto, CINTESIS R&D Centre, Porto4Ageing, Portugal

Adherence is defined as the extent to which a person's behavior corresponds to desirable healthcare goals jointly established with the healthcare provider. Medication non-adherence and non-persistence is a major public health problem with significant health and economic consequences, particularly in the management of chronic diseases. Novel digital adherence monitoring devices may offer a solution for patients who tend to forget their medication. Some examples of these advanced technologies include smart pill dispensers, electronic medication packaging, and smart inhaler add-ons. Moreover, some of these devices connect to a mobile app that records when medication is administered and send reminders or motivational messages. These stand-alone medical devices are usually developed independently of the drug they are monitoring. This communication focuses on a review of new technological solutions to support therapeutic adherence, namely in older people.

Presentation 2: DIGITAL HEALTH SOLUTIONS FOR THERAPY ADHERENCE IN DEMENTIA

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Frailty is an emerging global health burden, with major implications for clinical practice and public health. The course of frailty is characterised by a decline in functioning across multiple physiological systems, accompanied by an increased vulnerability to stressors, and its prevalence is expected to rise with increased longevity. The development/progression of frailty can be postponed and reversed so its early detection is essential to prevent, delay the onset and decrease the burden of frailty. This communication focus on a review of eHealth and mHealth solutions for frailty assessment.

Presentation 3: ONLINE TRAINING AND SUPPORT PROGRAM (ISUPPORT) FOR INFORMAL DEMENTIA CAREGIVERS

Soraia Teles, ICBAS and Faculty of Medicine, University of Porto, CINTESIS R&D Centre, Portugal

Informal caregivers of people with dementia are at greater risk of developing physical and mental health problems when compared to the general population and to caregivers of people with other chronic diseases. Internet-based interventions have been studied for their potential to minimize the negative outcomes of caring, accounting for virtues as their convenient delivery, ubiquity, potential scalability and presumed (cost)effectiveness. This communication focus on the presentation of an innovative tool – iSupport for dementia - designed to prevent or minimize the negative psychological effects of informal care provision. iSupport is an online training programme for informal caregivers of people with dementia developed by the World Health Organization (2017) and recently adapted to the Portuguese

culture. A seven-step methodological approach adopted to culturally adapt iSupport to Portugal will be described as well as discussed the preliminary results of a pilot study with iSupport.

Presentation 4: EVALUATION METHODOLOGIES FOR DIGITAL HEALTH PILOTS

Pedro Rocha, ICBAS, University of Porto, CINTESIS R&D Centre, Portugal

Abstract

A health pilots' evaluation program has a critical importance for their public and private funders, but also for reach credibility and useful conclusions that can be improved and scale-up. An effectiveness evaluation designing should include a program theory, a mixed method approach, a triangulation of quantitative and qualitative data, and understanding a context (economic, social, political, cultural, mentalities). This communication focus on literature review regarding evaluation methodologies of large-scale, complex and multi-national health projects, in the context of Horizon 2020. For this funder, each singular project should to put in place an appropriate system for policy and programme evaluation and monitoring, that will be strategic, comprehensive, coherent and evidence-based.