

Pressrelease no.2

Smart Patients Project

Holistic Empowerment of Citizens to Become Experts in Their Own Health

Link: <https://smart-patients.eu>

Being a smart patient has to be learned. The corresponding educational process on which our project is based is empowerment. It requires a holistic approach that includes, as the WHO definition states, aspects not only from medicine, but also from sociology and psychology. Smart patients understand their own contribution to recovery as a necessary complement, rather than competition with the achievements of medicine. They also want to lead a life that prevents them becoming a patient. They understand that health cannot be maintained only by medical intervention, but depends also on lifestyle as well as on social and environmental factors.

The goal of the “Smart Patients” project is to empower citizens to develop self-confidence and patients’ competence in interaction with medical experts, to support them in promoting health and preventing disease and also participating in treatment and healing process. The main objectives are summarised under the project motto: Prevent-Empower-Participate. We have designed three online modules, which focus on empowering patients to develop self-confidence and competence in promoting health and participating as informed citizens in healthcare system. Smart Patients courses offer a range of awareness raising, training and demonstration materials that will empower citizens around important health issues. Each module is made up of a series of sub-modules and these sub-modules can be completed as stand-alone learning experiences. The Smart Patients’ mobile phone application was developed to facilitate flexible access to the module materials where ever and whenever patients need. The application can be downloaded for Android phones and tablets.

The partnership of the “Smart Patients” project comprises an interdisciplinary team of social and medical research organisations, learning and media education specialists, and an ICT communication expert institution, who are keen to meet the requirements of the patients. The partners' consortium has all the skills necessary to support the successful development, implementation and dissemination of the project. Collaboration of the partners in this project takes into consideration the social and cultural diversity of the participating countries and also ensure the practicability and feasibility of the outcomes. Partners communicate and disseminate the project and its outcomes to their extended network in a viral spread of the Smart Patients project through face-to-face, media and web activities. They also have a wide network of stakeholders, actors and policy makers that are targeted in order to further exploit the outcomes of the project. Exploitation and sustainability is envisioned to be long-lasting in the afterlife of the project as online material will be available until 2023.