

What is happening?

IPPOSI and UCD are hosting a conference in late November (24th likely) 2014 called '*Connected Health and Me: the Patient Perspective*', and at the conference we will be doing a 'Health Hack'.

First off, what is 'Connected Health'?

Connected Health allows patient and clinicians to make better decisions. It is a new model for health management that puts the correct information in the correct hands at the correct time, so it is about engaging patients with their health through technology. This can be done in a wide range of ways, and Connected Health includes phrases like eHealth, Digital Health, mHealth, Telehealth, Telecare, remote care, and assisted living. It is supposed to improve outcomes by gathering, linking and interpreting information from many different sources to enable informed, patient-centred care decisions.

The goal for this conference is to create a patient centered perspective on Connected Health, and a patient pool who are active managers of their own health via the digital tools that allow them to own, reflect on, learn from, use and share their health information with professionals, friends, family and carers.

Okay, I get that, so what is a 'Health Hack'?

It's a collaborative workshop between patients and the healthcare technology industry. Both groups work together to find Connected Health solutions to patient dilemmas, challenges, issues or and frustrations. Examples of existing Connected Health solutions include:

- Stroke patients in the midlands being examined remotely via a computer with the requisite technology (i.e. a 'robot' with video and audio) which means they can access stroke physicians during evenings and weekends.
- VHI HomeCare is a clinical service available to VHI members that allows suitable patients to be treated by doctors and nurses in the comfort and safety of their own homes, where previously hospital admissions was the only option.
- Wearable technologies can detect and relay information about your movements, or lack of them, for a whole range of reasons, from keeping track of how active you are, to alerting emergency services if necessary. Similar technologies can also monitor your adherence to medicines, and can relay this information directly to your doctor.

But in order for the Health Hack to work the industry partners need issues, challenges and problems to solve, which patients can provide. This is a win-win for everyone.

So what do we have to do?

Identify the frustrations or challenges that go with your condition, or with the lifestyle it dictates. It's very important that you only think about the frustrating issue here – don't worry about any solution, that comes later, what we're desperate to know at the

application stage is what the challenges or issues are in your life that drive you mad, and the simpler, or more obvious they are the better. Ideally the frustration should be shared by the community of people who have the same condition or the same issues as you – we're not looking for problems that are personal to you alone, sadly! There is a box on the application form for you to describe the dilemma in (about 500 words approx.) but if you can say it quicker than that, perfect.

There is also a box where you can fill in your ideas for a solution, but we cannot stress enough that you do not need to have an idea for a solution to enter – this is about finding issues and frustrations that can hopefully be fixed.

What happens after I apply?

A short list of five entrants will be interviewed on camera in UCD, between 19th and 21st of August, where they will be recorded talking about their particular problem. Then these videos will be uploaded to the web, and they will be shared with industry. Each entrant will also have a researcher from UCD assigned, and a facilitator too.

What happens at the conference?

The five entrants (now project teams) will briefly present their problem during the morning of the conference, and then after lunch the conference breaks into five simultaneous workshops – open to all delegates – where people with different backgrounds, such as industry, science, or a clinical background and of course patients, can associate freely during a facilitated session that aims to develop a Connected Health solution to a project team's identified problem.

At the end of the ninety minute session the teams head off to work on their final presentations which happen towards the end of the conference, following which the judges make their decision and the winner is announced. The winning team wins a €15,000 feasibility grant from Enterprise Ireland (tbc).

Summary of steps

1. Patients submit application forms with frustration / issue / dilemma identified
2. A short list of five patient videos are recorded and uploaded to the web
3. Videos are shared with members of the Connected Health Industry
4. Entrants (now teams) are assigned a researcher and facilitator
5. On the morning of the conference the five teams introduce their issue to the conference delegates
6. After lunch, every delegate gets to choose their preferred project to sit in on and contribute towards the development of a solution
7. In the late afternoon the project teams present their solutions to the conference and the judges make a decision and announce a winner