

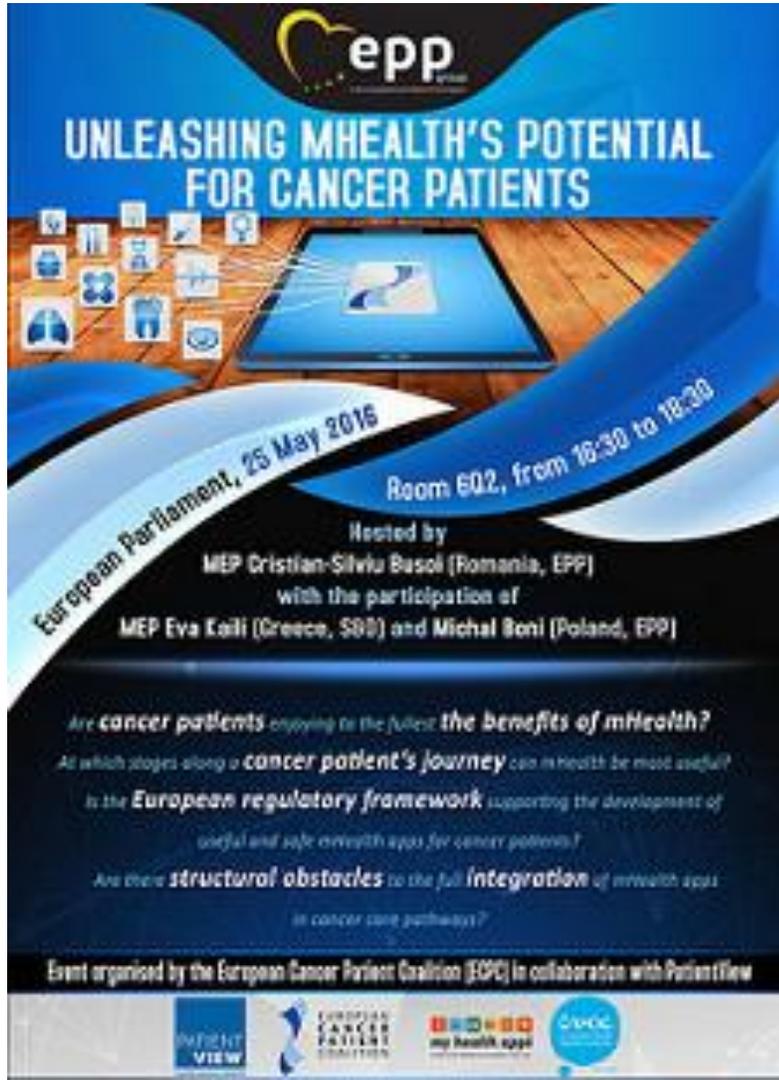
mHealth & eHealth:  
*Understanding the Future of  
Cancer Care*

Chair: Kathi Apostolidis, ECPC Vice President

Speakers: e-patientDave de Bronkart

Dee O'Sullivan/[mhelathapps.com](http://mhelathapps.com)

# Unleashing mHealth's potential for cancer patients



**epp**  
EUROPEAN PARLIAMENT

## UNLEASHING MHEALTH'S POTENTIAL FOR CANCER PATIENTS

European Parliament, 25 May 2016  
Room 602, from 16:30 to 18:30

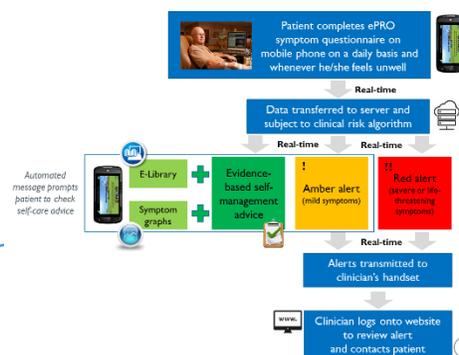
Hosted by  
MEP Cristian-Silviu Basol (Romania, EPP)  
with the participation of  
MEP Eva Kaili (Greece, S&D) and Michał Boni (Poland, EPP)

Are cancer patients enjoying to the fullest the benefits of mHealth?  
At which stages along a cancer patient's journey can mHealth be most useful?  
Is the European regulatory framework supporting the development of  
useful and safe mHealth apps for cancer patients?  
Are there structural obstacles to the full integration of mHealth apps  
in cancer care pathways?

Event organised by the European Cancer Patient Coalition (ECPC) in collaboration with PatientView

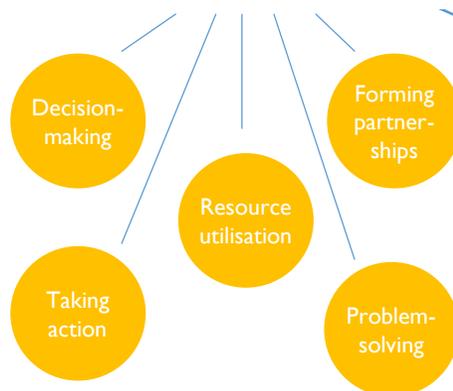


# How can ASyMS promote gains in patient self-efficacy?



## Self-management

“It is about giving people living with long-term conditions the tools, skills and support they need to manage the symptoms and the consequences of living with a chronic condition, and improve their own well-being”  
 (Barlow et al. 2002; selfmanagementuk.org)



## Self-management support

“The systematic provision of education and supportive interventions by health care staff to increase patients' skills and confidence in managing their health problems, including regular assessment of progress and problems, goal setting and problem-solving support”  
 (IOM, 2003)

## Self-efficacy

One's beliefs in their capability to successfully manage tasks and consequently influence situations that impact on his/her life – influenced by performance accomplishments.  
 (Bandura 1989, 2001)



# ECPC involvement in mhealth

- **Projects**
- **European Commission Initiatives**
  - **Code of Conduct for mhealth apps**
  - **Working Group for mhealth guidelines  
assessment**

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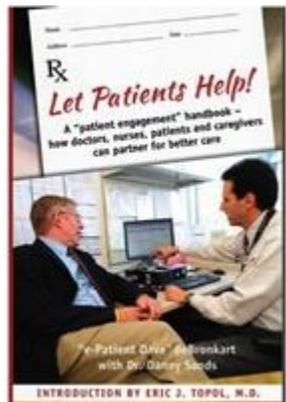
### Mayo Chiefs Name a Patient as 2015 Visiting Professor

Posted by @LeeAase, Oct 22, 2014

Every year, Mayo Clinic Internal Medicine Chief Residents have the opportunity to invite a Visiting Professor to spend several days engaging in educational activities and speaking at Medical Grand Rounds. Invitations are meant to reflect upon the personal interests of the chief residents and the messages we wish to convey to our Medical Grand Round audience of trainees, consultants, and researchers across the Mayo Clinic Health System.

# e-patient Dave deBronkart

- Reknown cancer survivor, speaker & patient empowerment activist
- A Mayo Clinic Visiting Professor of Internal Medicine
- Dave was diagnosed with stage IV kidney cancer in 2007.
- The median survival time for his condition was 24 weeks.
- Thanks to the help of an online network for patients with his disease, he quickly learned about treatment options & found support for his recovery.
- e-Patient Dave is cancer-free & has a higher calling: empowering patients to have access to the best health care possible — by connecting with resources online.
- Dave is also an author. His little book **Let Patients Help** for patients and families and physicians, has been translated in several other languages & of course in Greek, and you may find it online.



# Dee O'Sullivan-*myhealthapps*

- Dee OSullivan has been the director of myhealthapps.net:
- a web portal of health apps reviewed and tested by patient and health consumer organisations worldwide.
- Dee has more than 20 years' experience of the political and policy-making arenas at both (UK) and EU levels, encompassing a wide range of roles from editorial to advocacy, primarily in the field of public health.
- Member of the Commission WG on mhealth guidelines assessment]]