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

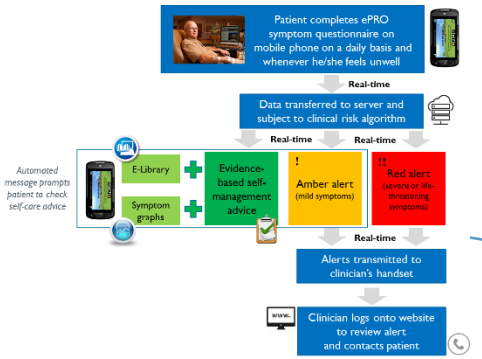
Chair: Kathi Apostolidis, ECPC Vice President

Speakers: e-patientDave de Bronkart

Dee O'Sullivan/mhelathapps.com

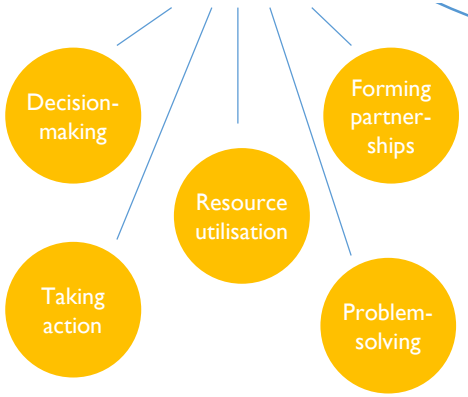
Unleashing mHealth's potential for cancer patients

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)

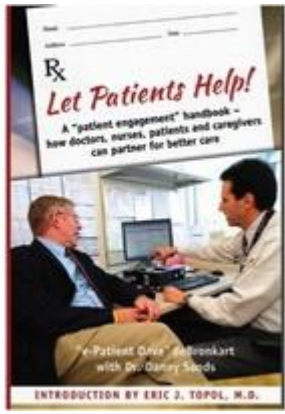
Self-care self-efficacy

ECPC involvement in mhealth

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

e-patient Dave deBronkart

- Reknown cancer survivor, speaker & patient empowerment activis
- 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]]