



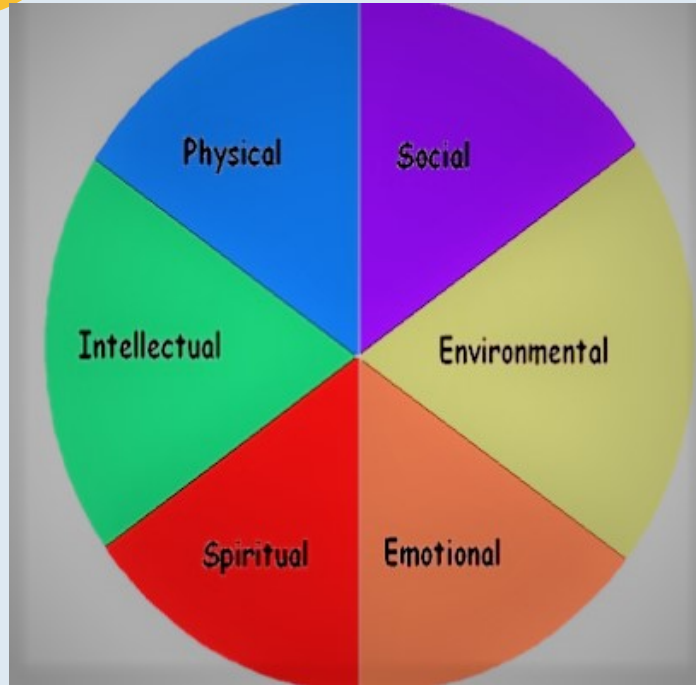
Health and Wellbeing A new Design Tech based

Aalto Univ
Espoo
18.01.19
Cláudia Freire



Health

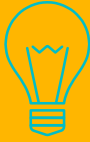
Components: Conceptual approach review



“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”¹

1: World Health Organization. About World Health Organization. Constitution. Available at: <http://www.who.int/governance/eb/constitution/en/>. Accessed: January 18, 2019.





Health Global Problems: Data

- Less than half the people in the world today get all of the health services they need.
- In 2010, almost 100 million people were pushed into extreme poverty because they had to pay for health services out of their own pockets.
- 13 million people die every year before the age of 70 from cardiovascular disease, chronic respiratory disease, diabetes and cancer – most in low and middle-income countries.
- Every day in 2016, 15,000 children died before reaching their fifth birthday..
2

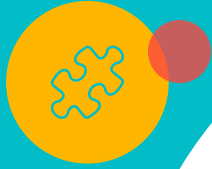


2: The Global guardian of public health. United Nation. Available at : <http://www.un.org/en/sections/issues-depth/health/index.html> /. Accessed: January 18, 2019.



Solutions.

eHealth





eHealth: Towards a Healthcare Service-Oriented Boundary-Less Infrastructure³

3: Mircea, RUSU & Gavril, SAPLACAN & Sebestyen, Gheorghe & Nicolae, Todor & Lorand, KRUCZ & Cristian, LELUTIU. (2010). **eHealth: Towards a Healthcare Service-Oriented Boundary-Less Infrastructure**. Applied Medical Informatics. 27.



eHealth possible concept

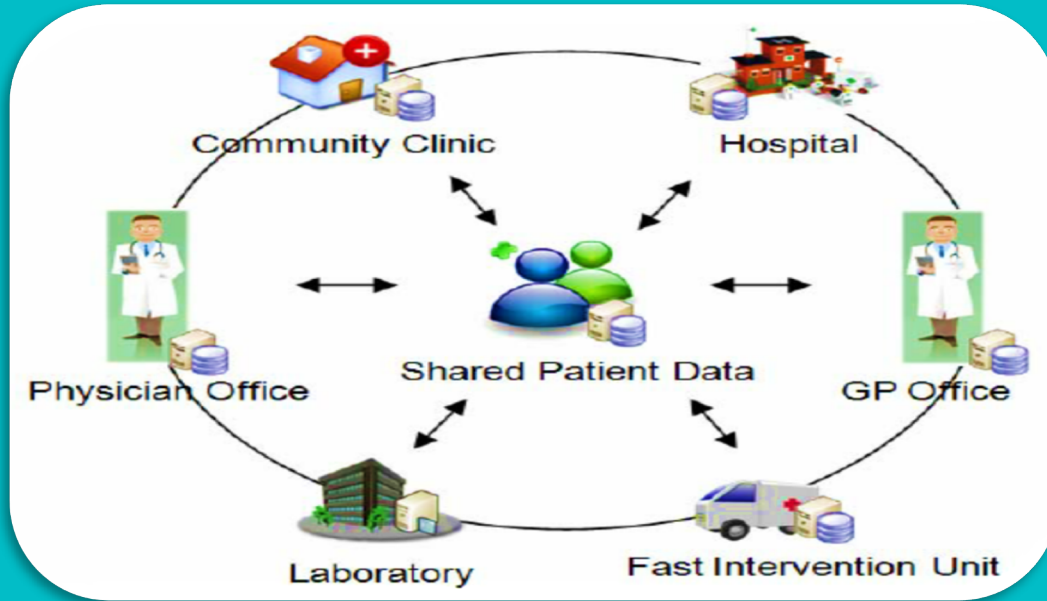
- “**eHealth** is the use of information and communication technologies (ICT) for health.”⁴



4: eHealth at WHO. Available at: <https://www.who.int/ehealth/about/en/> /.

Accessed: January 18, 2019.

Big concept⁵



5: Mircea, RUSU & Gavril, SAPLACAN & Sebestyen, Gheorghe & Nicolae, Todor & Lorand, KRUCZ & Cristian, LELUTIU. (2010). eHealth: Towards a Healthcare Service-Oriented Boundary-Less Infrastructure. Applied Medical Informatics. 27.

Benefits of eHealth:



“eHealth services can contribute to a shift in healthcare from disease-centred to patient centred if they:

- help healthcare professionals maintain a closer eye on the health status of the patient and facilitate chronic disease management
- contribute to the sustainability and improvement of patient-healthcare professional relationships and do not replace direct patient-health professional contact
- are designed around the needs of the patient, are accessible, and user friendly
- helps improve adherence to treatment and life-styles and enables concordance
- facilitate/are accompanied by patient empowerment strategies. “ 6

6: Only Patient-Centred Solutions Can Ensure eHealth Brings Benefits For Patients- Available at: <http://www.eu-patient.eu/News/News/only-patient-centred-solutions-can-ensure-ehealth-brings-benefits-for-patients/> Accessed: January 18, 2019.



Questions



Q - "How did you end up working in this field?"

A- Mental Health Clinical Research work.

Q-"Segments of health and well-being?"

A- Mental Health Promotion.

Q- "Emerging trends?"

A- mHealth assessment. 7

"Neuropsychiatric disorders are the third leading cause of global disability-adjusted life years..."

QUESTIONS

Q- “The **possibilities** and **limitations** of technology when solving challenges in health and well-being?”

A- (P) IOT as global operational framework. Ultra fast quantum communication gates. Low cost Healthcare. POC (PoinOfCare) HC delivery for remote zones.

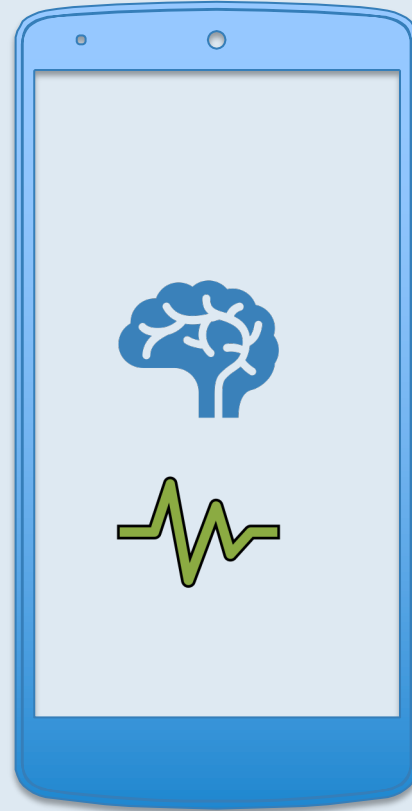
(L) ePatients data safety. Global Clinical ecosystem adaptation to eHealth system. Lack of ePatients education on eHealth benefits. Lack of public investment for a democratic eHealth approach ecosystem.





eHealth

Building innovation for a
new collective Brain. 😊



HEALTH IN THE SDG ERA



www.who.int/sgd





Thanks!

Any questions?

You can find me at [@claufresearch](#)

&

claudiaf.univ@gmail.com

