

THE EUROPEAN PATIENTS' FORUM

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“ A STRONG PATIENTS' VOICE TO
DRIVE BETTER HEALTH IN EUROPE ”

Who we are



- The **European Patients' Forum (EPF)** is an independent non-profit, non-governmental **umbrella organisation of patient organisations** across Europe and across disease-areas
- Our **79 members** include disease-specific patient groups active at EU level and national coalitions of patients

Increasing role of health apps in patient care

- Health apps are playing an increasingly important role in patient care and improve how individuals manage their well-being.
- Health apps empower users to track activities, monitor vital signs, and receive personalised health insights.
- Patients can actively engage in their care through real-time data access and timely reminders.
- The trend also supports remote patient monitoring, facilitating proactive healthcare interventions.
- By enhancing patient engagement and promoting preventive care, health apps contribute to more efficient and personalised healthcare delivery, potentially transforming the patient-healthcare professional relationship and improving overall health outcomes.

Overview of key considerations

1. Equity

- Ensure **fairness and independence** in decision-making processes
- Promote **inclusivity and diversity** to nurture a balanced environment
- Address **inequalities** and promote **equal opportunities** for all stakeholders



2. Trust

- Create a **culture of transparency** and open communication
- Trust through **consistent and reliable actions**
- Prioritise **relationship-building** to strengthen trust among stakeholders



Overview of key considerations

3. Skills/Training

- Invest in **continuous learning** and development opportunities.
- Identify and bridge **skill gaps** to enhance individual and team capabilities
- Create a **culture of adaptability and innovation** through skill-building initiatives

4. Incentives

- Convenience and accessibility
- Personalised health monitoring
- Health education and information
- Goal setting and gamification
- Remote monitoring and telemedicine
- Medication reminders
- Integration with wearable devices
- Social support and community engagement
- Cost savings



Overview of key considerations

Also...

- **Privacy and security**

- Compliance with regulations
- Privacy settings
- Regular security audits



- **Collaboration with healthcare providers**

- Integration with healthcare systems
- Healthcare professional involvement



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