

MODULE 1

mHEALTH OR MOBILE HEALTH

Session 1: Introduction to mHealth

Objective: Introduce participants to the concept of mHealth and its significance in healthcare delivery.

**TRAINING PROGRAM FOR ENHANCING THE ADOPTION
OF MOBILE HEALTH BY PERSONS WITH MENTAL HEALTH PROBLEMS**



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MODULE 1

PRESENTATION OF THE TRAINING PROGRAM FOR ENHANCING THE ADOPTION OF MOBILE HEALTH BY PERSONS WITH MENTAL HEALTH PROBLEMS

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OBJECTIVES



- 1. Explanation of the Erasmus Plus mHealth Programme-presentation of the project and the programme
- 2. Principles on Digital Health (e-Health)-basic definitions and introduction
 - 2.1.- Health APPs-examples, categories
 - 2.2.- Uses and utilities-explanation of purpose
- 3. Difficulties, barriers, needs-explanation of the major issues

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WHAT IS ERASMUS+?

Erasmus+ is the EU's program to support education, training, youth and sport in Europe.

The 2021-2027 program places a strong focus on social inclusion, the green and digital transitions, and promoting young people's participation in democratic life.

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The program also:

- supports the European Pillar of Social Rights
- implements the EU Youth Strategy 2019-2027
- develops the European dimension in sport

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What is this project?

MENTAL MOBILE HEALTH is launched with the AIM of increasing the competences of persons with mental health conditions (PMHC) for improving their self-management through the adoption of mobile health (mHealth) solutions

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Principles of digital health?

There is an umbrella term for digital health: e-health

E-health is everything in health that has digital aspects. It refers to all use of information and communication technology in medicine (satellites, computers, monitors...)

This is more than what we want to talk about in these sessions, so don't worry.

What we will be talking about is **mHealth**. Any idea what that is?

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mHealth is an abbreviation for “mobile health” and is used for any treatment, medical procedure, purpose, public health initiative, wellness, fitness etc. that is used on mobile devices.



It is used in many places, contexts and by many different people. Can you think of any examples?

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- Education and awareness
- Helpline
- Diagnostic and treatment support
- Communication and training for healthcare workers
- Disease and epidemic outbreak tracking
- Remote monitoring
- Remote data collection
- Wellness
- Fitness

We're not interested in all of these areas. What we do want to know is how to use mobile health. Any ideas?

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Applications

As stated above, mHealth is delivered through mobile devices-phones, smartwatches, tablets...

While in the past, several mHealth initiatives were done through the SMS system, currently APPs are used to provide mHealth services.

These applications offer a number of services, are in a number of languages etc. Health APPs are, more than ever, **commodities**.

More than a million health and wellness apps are available from the Apple and Google app stores, with more being added daily.

Can you think of any?

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Health and Wellness Apps

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The vast array of general health and wellness apps available include nutritional apps like Loselt and MyFitnessPal that help you track your eating and exercise habits and lose weight, fitness apps like Strava, Fitplan, and Aaptiv, sleep trackers like Sleep Cycle, and mental wellness apps like Calm, Headspace, and Happify. A number of these apps come preinstalled on phones and track your steps, heartbeat etc. and are designed to be used with watches, fitbits and other wearable technology.

These are by far the most common apps

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Health Management Apps

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These apps typically offer general health management tools like medication trackers and reminders, as well as disease-specific functions like blood glucose tracking for people with diabetes or reporting bleeding events for people with hemophilia. Many of these apps can also be set up to share information directly with your doctor.

For those looking for an app to help you manage a specific illness a good source of recommendations would be with national organizations that advocate for people with that condition.

Due to projects like these, many institutions have one or more apps of their own that help you manage your visits, prescriptions, and electronic health record.



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Telehealth and Telemedicine Apps

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Apps can connect you directly with a doctor for a virtual appointment or help you seek out and book local health care providers for in-person visits. Virtual visits to the doctor are a reality for many post-pandemic

All in all-do you use mHealth?

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Activity: check your phone!

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Conclusions



mHealth is very diverse and there are solutions for YOU out there.

Can you think of any risks?

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There are 2 general risks:

- 1- loss of privacy
- 2- lack of quality control

There are numerous upsides as well!

Try to think of some



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Upsides

- 1-Personalised
- 2-Secure
- 3-No waiting
- 4-Low cost
- 5-Uninvasive

Let's review here and see each other again on....



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