

## PROJECT PROGRESS

It has been a busy few months since our last newsletter in August, with the pre-trials of the PhysioDom system taking place in each of the pilot sites in the Netherlands, UK and Spain.

It was both exciting and slightly scary when we all came to carefully unwrap our PhysioDom TV boxes and connect them to a TV in our first participants' homes! Thankfully it all worked well ... the TV came on showing new messages, a diet plan and measurements ready to be taken. It's always a relief to get the first few systems up and running, and its only when they are used by 'real' people that you can begin to iron out bugs and get a proper sense of how useful the system will be.



Installing and trialling the pre-trial system was the culmination of many months of effort and the consortium has worked well together to overcome a number of technical challenges.

The project management board met at Wageningen on 3/4<sup>th</sup> October and throughout last autumn, the project team worked hard on identifying which features should be developed and implementing any changes needed to the system ready for the main trial, which will be starting as you read this!

Recruitment of participants for the main trials started in November 2015, with almost half of the participants having been recruited by the end of the year. The three pilot sites plan to finish the recruitment of their participants by the end of February and to start the main trials (controlled phase) starting in March 2016.

450 devices (scales, pedometers and TV boxes) have been ordered, as well as 100 additional blood pressure monitor devices, which are due to be delivered to the pilot sites between February and April 2016.

## UPDATES FROM PILOT AREAS

### The Netherlands



**WAGENINGENUR**  
For quality of life

The pre-trial system was launched in the Netherlands in August. Their pre-trial went well, receiving positive comments from local nurses Ariene & Ingrid:

*"We noticed increased awareness about nutrition and physical activity."*

*"Participants develop healthier food habits."*

*"Home measurements of blood pressure are more valid than those taken in the hospital."*

*"Participants appreciate extra attention on nutritional status and blood pressure."*

Great feedback was also received from the participants in the trial, with many suggesting how the system could be made more user friendly.

E: [lisette.degroot@wur.nl](mailto:lisette.degroot@wur.nl) W: [www.wageningenur.nl/en.htm](http://www.wageningenur.nl/en.htm)

### The United Kingdom



The first systems for the UK pre-trial were installed in August. 20 participants took part in the trial.



One of the participants in the pre-trial Barbara Chorley [pictured left] said *"I have lost a bit of weight since using it which is a bonus. It's keeping up with the times having health*

*information on your TV."*

Daniel Heery, Project Manager at Cybermoor said *"This is a great way for people who want to improve their diet and get more exercise, to benefit from free advice and support coming straight into their homes via their TV."*

Listen to the feature on BBC Radio [ipad.io/rGrR](http://ipad.io/rGrR)

E: [physiodom@cmsl.org.uk](mailto:physiodom@cmsl.org.uk) W: [www.alstonhealthcare.co.uk](http://www.alstonhealthcare.co.uk)

## Spain

**CST:** During the Spanish pre-trial, 15 people used the system regularly and participants identified some areas for development, including the light on the TV box being too bright and improving the usability of the menus on the user interface.

Positive feedback was received from nurses taking part in the pre-trial:

*"I can see that the PhysioDom system could become a good service for elderly people."*

*"I found the HHR-Pro software easy and intuitive."*



Esther Gimenez [right] was in charge of the Spanish pre-trials and Albert Marquez Colome [left] led on the technology at CST.

E: [roca@cst.cat](mailto:roca@cst.cat) W: [www.cst.cat](http://www.cst.cat)

## OTHER ACTIVITIES

CST showcased the PhysioDom system at three healthcare events in Barcelona:

**30 September 2015**  
**'Caring for the Carer'**



**2 October 2015**  
**VII Jornada de Salut**

CST presented the PhysioDom project at the above events in the context of innovation projects supporting the care and monitoring of older persons and their carers.

*CST pictured above presenting to 120 delegates at the VII Jornada de Salut in Barcelona on 2<sup>nd</sup> October*

**26/27th November 2015**

**V Jornada del Pla de Salut de Catalunya**



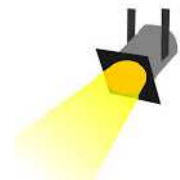
Health Plan Conference organised by the Catalan Government for organisations involved in the Catalan health

sector. CST presented a poster on PhysioDom-HDMI.

## SPOTLIGHT ON ...

We plan to do a brief 'Spotlight' feature in each newsletter, to profile individual team members working on the project.

Our first Spotlight profile is on **Paul Pilichowski**.



Paul [pictured left] is the lead partner at **Habitat Sante**, coordinating the pilot sites and liaising with the technical partners on the design of the system. It is unlikely that PhysioDom would have developed without Paul's drive and commitment.

Paul has worked on telehealth projects since the late 1980s when he worked as a Consultant Surgeon in Vercors. He is passionate about the role that technology can play in transforming care for people. *"I am delighted to see PhysioDom being used in homes across Europe, delivering real benefits. We must now build on the success of the pre-trials and improve the system before the main trials start in earnest."*

E: [paul.pilichowski@habitatetsante.net](mailto:paul.pilichowski@habitatetsante.net)

## For further information contact:

Project Coordinator: Ramon Roca  
 Email: [rroca@cst.cat](mailto:rroca@cst.cat)  
 Tel: 93 731 00 07 | ext 1882  
 Website: <http://physiodom.viveris.fr>  
 Facebook: PhysioDom  
 Twitter: PhysioDomHDIM