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Empowering Patients with Longterm Conditions by Supporting Development of e-Personal Goals

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The prevalence of patients with long term conditions (LTC) among European populations above 75 years old is higher than 70% with 40-50% multi-morbidity rate. According to a US report, $\frac{3}{4}$ of the total healthcare cost were sent for the patients with LTC. An Irish report presented that the consumption of health services by patients with 4 or more co-morbidities was five times higher than patients with no LTC. Care for patients with LTC is often characterized fragmented, ineffective, and disconnected.

Information and communication technology (ICT) is one of the important factors that supports patients with LTC and reduce the cost. However, there is little attention on how to considering the patients' individual needs, values, preferences and care goals into the digitally driven care settings.

In this workshop, we will discuss barriers and enablers in relation to the integration of personal goals of patients with LTC into digitalized care plans based on what is important to the patient. We invite healthcare professionals and medical informatics researchers to the poster at which we will discuss and analyze our own examples from experience and elaborate typical barriers and enablers. Service design methods will be used to facilitate the discussion and support participants to articulate their own opinions and concepts.

We expect that the identified barriers and enablers during the discussion might be valuable input for the design and deployment of patient-tailored care plans in the digital era which can contribute to empowering patients with LTC and enhancing their quality of life.

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