



## "E-HEALTH REVOLUTION: ENHANCING SENIORS' QUALITY OF LIFE"

Modern society relies on technological innovations, especially in healthcare. E-health, using information technologies in the medical field, transforms global healthcare. The European Union, advocating for digital solutions in health, develops legal frameworks to regulate and support e-health. This article analyzes EU law in e-health, focusing on key aspects, challenges, and perspectives.

- **Improved Healthcare Access:** E-health tools ease seniors' access to medical services, especially in remote regions. Telemedicine, electronic prescriptions, and online health monitoring bridge the gap between patients and providers.
- **Independence in Health Management:** E-health empowers seniors to control their health. Applications for health monitoring, medication reminders, and electronic health diaries enable effective daily healthcare management.
- **Faster Diagnosis and Intervention:** E-health technologies enable quicker identification and monitoring of health issues. Monitoring systems for blood pressure, glucose levels, and devices for tracking physical activity improve treatment effectiveness.
- **Reducing Social Isolation:** E-health serves as social support for seniors, especially those living alone. Telemedical platforms, online health forums, and communication applications reduce social isolation, positively impacting overall well-being.
- **Long-Term Care Optimization:** E-health supports caregivers by facilitating health monitoring and providing access to medical information. Electronic care management systems, therapy planning apps, and communication platforms optimize long-term care for seniors.

Modern technologies, including e-health, significantly improve seniors' quality of life by facilitating healthcare access and providing daily activity support. These innovations contribute to a more independent and healthy aging society.

## PAACO-GLOBULE: THE NOUVELLE-AQUITAINE DIGITAL HEALTHCARE COORDINATION SERVICE

Paaco-Globule is a good practice from the Nouvelle-Aquitaine region that was presented during the Study Visit n°2. Paaco-Globule is the regional coordination service developed for health professionals communication and coordination. It is supported by the Regional Health Agency Nouvelle-Aquitaine and deployed by ESEA (E-health in action): the institutional body for the development of e-health in Nouvelle-Aquitaine (NA). The aim is to optimise coordinated care between all professionals who take care of patients. This e-pathway tool is now being rolled out to all professionals in NA, to encourage, facilitate and secure the sharing of information and exchanges between professionals working with patients.

More information on Paaco-Globule <https://www.interregeurope.eu/good-practices/paaco-globule-the-nouvelle-aquitaine-digital-healthcare-coordination-service>



## STUDY VISIT N°2 IN THE NOUVELLE-AQUITAINE REGION

Gérontopôle Nouvelle-Aquitaine and the Nouvelle-Aquitaine Region have welcomed the CARES European partners and their local stakeholders to Bordeaux on 22 and 23 November 2023. These two days were packed with discussions and the sharing of good practices in eHealth for older adults in the Nouvelle-Aquitaine region and from the other European regions. The event gathered 55 participants, including more than 30 stakeholders from Nouvelle-Aquitaine (NA) and 22 European partners.

During the first day, CARES partners were introduced to the French healthcare system as well as the background on eHealth for older adults in NA. A round-table discussion on "eHealth and older adults: overview and perspectives in NA" was also organised. The objective of the round-table was to provide an overview of eHealth for older adults in NA, presenting the challenges and opportunities from the perspective of different health professionals involved in the health pathway of older adults.

A total of 10 good practices in eHealth for older adults and disabled were presented: 5 good practices from the CARES partners and 5 good practices from the NA region.

The second day took place at the Local Resource Centre of a nursing home to discover teleconsultation at home for older adults. This day was the opportunity to discover the good practice in the field, meet the stakeholders involved and exchange with them.

More details on good practices from NA [https://gerontopole-na.fr/wp-content/uploads/2023/12/Participant-Booklet-CARES-SV2\\_EN-1.pdf](https://gerontopole-na.fr/wp-content/uploads/2023/12/Participant-Booklet-CARES-SV2_EN-1.pdf)

## INTRODUCING TELECPD – COPD MANAGEMENT THROUGH TELEMEDICINE

The Danish TeleCOPD initiative, financed in 2016 and later developed across five regions with pilot testing initiated in 2023, presents an innovative approach to supporting individuals with Chronic Obstructive Pulmonary Disease (COPD). At its core, TeleCOPD aims to empower citizens grappling with severe COPD by enhancing their disease management strategies, minimizing exacerbations, and reducing hospitalizations.

TeleCOPD achieves these objectives by providing essential equipment for continuous monitoring of vital signs such as heart rate, oxygen saturation, and body weight, all within the comfort of citizens' homes. Moreover, TeleCOPD offers a direct channel for citizens to provide answers to disease-specific queries.

Qualified nurses, employed by municipalities or hospitals, analyze the collected data, and promptly reach out to citizens upon detecting any indications of deteriorating health. Notably, the platform presently handles non-urgent cases, serving as a valuable complement to citizens' routine interactions with the healthcare system. Looking ahead, the platform will expand its scope to encompass individuals who experience heart failure (TeleHeart).

In 2024, the region of Southern Denmark established the Telemedicine Service Center South (TSCS). The service center ensures seamless provision and maintenance of all home-based monitoring equipment and provide technical support for healthcare professionals and practitioners.

Key offerings of the center include:

- Technical support for health professionals and practitioners engaged in daily interactions with COPD patients.
- Prompt assistance in resolving any issues pertaining to the home monitoring equipment.
- Supply of equipment for eligible citizens to utilize TeleCOPD and, subsequently, TeleHeart.

This innovative endeavor represents a significant leap forward in COPD management, emphasizing Southern Denmark's commitment to leveraging technology for the betterment of public health.

