

Technologies for Personal Health



Public Nuadu Project Seminar, 4. June 2009

Location: Helsinki University of Technology, TUAS building, room TU1, Otaniementie 17, Espoo (Otaniemi)

This seminar will give an overview of technologies developed for assisting people in their everyday life to take care of their health. Application areas range from monitoring activity and safety of elderly people and cardiac outpatients, to life-style coaching for young people. The presenters are from various companies and institutes from Spain, France and Finland who participated in the Nuadu project (2006-2009, www.nuadu.org), led by Philips and resorting under the Eureka/ITEA programme (www.itea-office.org).

The project originally set out to explore the opportunities of using networked services to provide cost-effective and efficient healthcare and wellness services. As health care costs keep rising due to ageing population, expensive care of chronic illnesses and a rising number of life-style related diseases, the project particularly aimed to find solutions to enable people to monitor and care for their own health. The technologies developed in the project were tested in pilot sites in Spain, France, The Netherlands and Finland focusing on elderly care (E, F), chronic patient monitoring (E), rehabilitation (NL), occupational health (FIN) and life-style coaching (E, FIN). The solutions comprised of advanced web and mobile technologies including sensor networks and monitoring techniques using activity sensing and camera monitoring, among others. This seminar will present the technologies as well as the evaluation results of the pilot sites.

Preliminary programme:

9:00 Welcome & introduction

- Keynote: The role of Personal Health Systems to improve public health (speaker TBC)
- Nuadu project overview – umbrella and scenario for Nuadu – pilot sites (Mounir Mokhtari, INT, France)

9:50 Ambient assisted living

- Telemedicine applications in community living environment (Juliette Boulanger-Reerink, Medetic, France)
- Adaptive Notification System for Assisted Living Homes (Mahmoud Ghorbel, Alcatel-Lucent, France)
- Monitoring elderly people by means of video (Laurent Lucat, CEA-List, France)
- Activity monitoring with the Vivago wrist band (Ari Nikkola, Vivago, Finland)

11:10 Break

11:30 Chronic disease management – case cardiovascular disease

- CAP project – cardiac rehabilitation by mobile phone – (Jukka Salminen, Nokia, Finland)
- Tunewalk – guided exercising for cardiac patients (Jussi Mattila, VTT, Finland)

12:10 Lunch & demonstrators

13:10 Supporting healthy living – health promotion and fitness

- VITA! – A pilot experience for the comprehensive promotion of healthy lifestyles in a university setting (Teresa Meneu, ITACA, Spain)
- WebTrainer and MobileCoach (Joni Kettunen, Firstbeat, Finland)
- SelfRelax – evaluation of a mobile relaxation application (VTT, Finland, speaker TBC)
- Diet management and monitoring – Hyperfit and NutritionCode (Pertti Väisänen, Tuulia, Finland)

14:30 Break & demonstrators

15:00 Workplace health promotion

- Occupational health services - Finnish pilot overview (Timo Leino, TTL, Finland)
- Integration of Nuadu technologies into a personal health system (Elina Mattila, VTT, Finland)
- Stakeholders in occupational health services (Ari-Matti Auvinen, HUT, Finland)
- Nuadu Portal and Personal Health Record (Jaakko Lähteenmäki, VTT, Finland)
- Finnish pilot usability research (Aino Ahtinen, Nokia/VTT, Finland)

16:30 Closing remarks

Participation:

Welcome to participate in this seminar, learn about the Nuadu project and present your questions to the presenters. Participation in the seminar is free of charge (lunch not included). Please register for the seminar by the **1st of June** with Taina Toivonen (taina.toivonen@vtt.fi; tel. +358-20-722 3755). For questions about the Nuadu project, please contact Johan Plomp (johan.plomp@vtt.fi; tel. +358-20-722 2305) or Ilkka Korhonen (ilkka.korhonen@vtt.fi; tel. +358-20-722 3352).