



Reducing Risk from Chronic Illness by Lifestyle Changes Supported by Online Health Self-Management

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Agenda

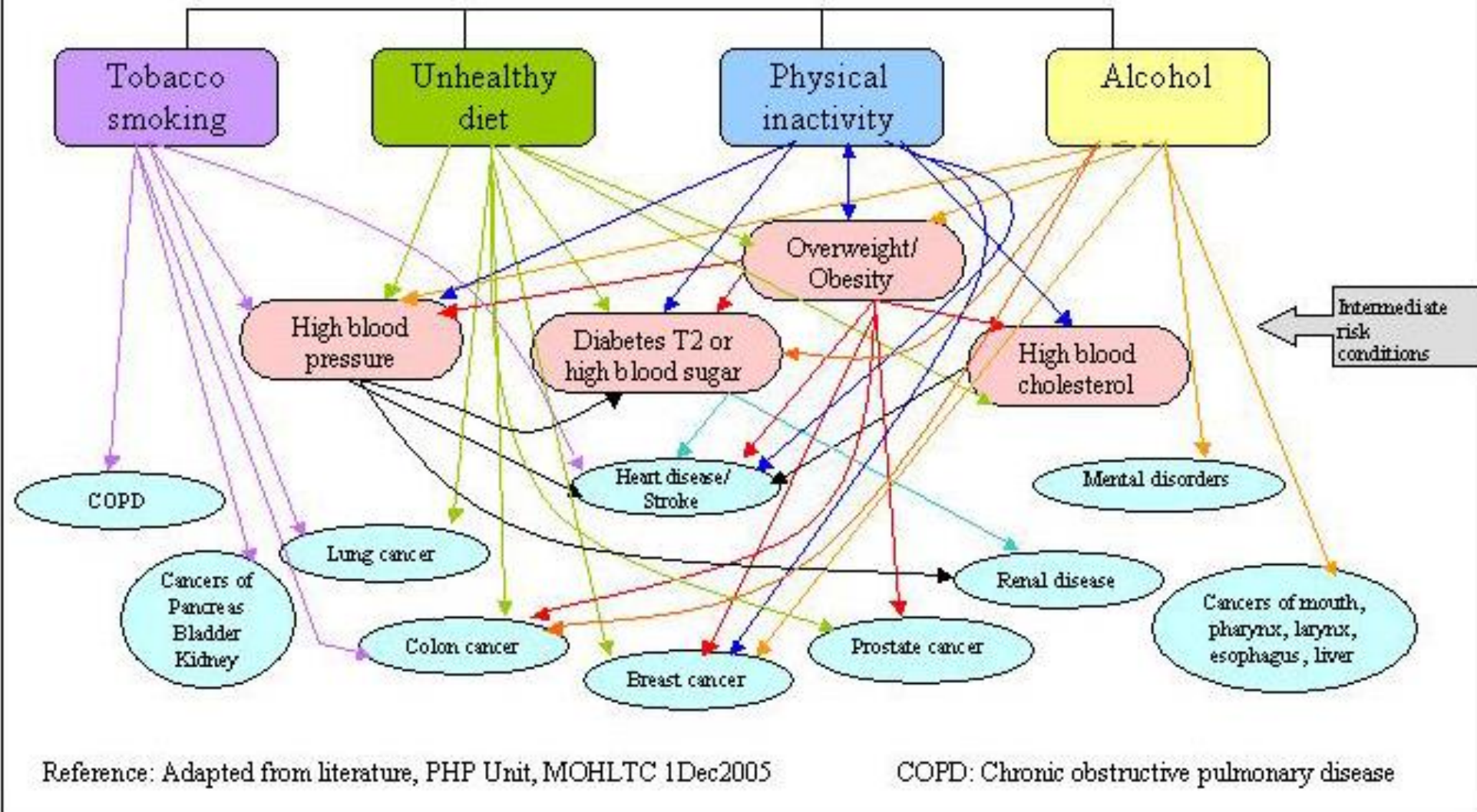


- Introduction and Background
- Objectives of Chronic Health Self-Management Program
- Tools for Behavioural Change
- System Design

Chronic Disease Risk Factors are Common to Many Conditions

3

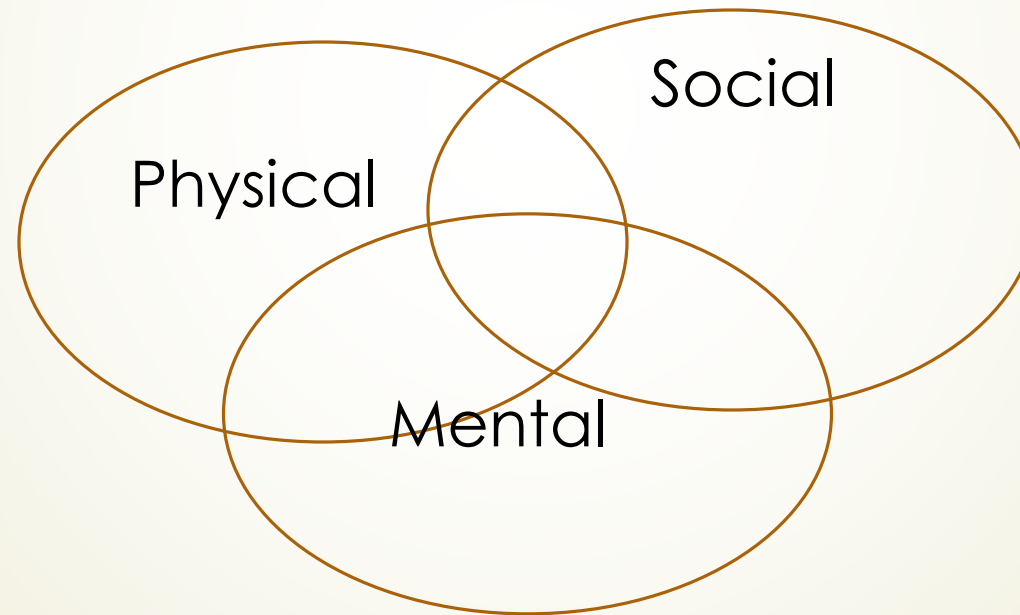
MOHLTC 2007



Human Needs and Health

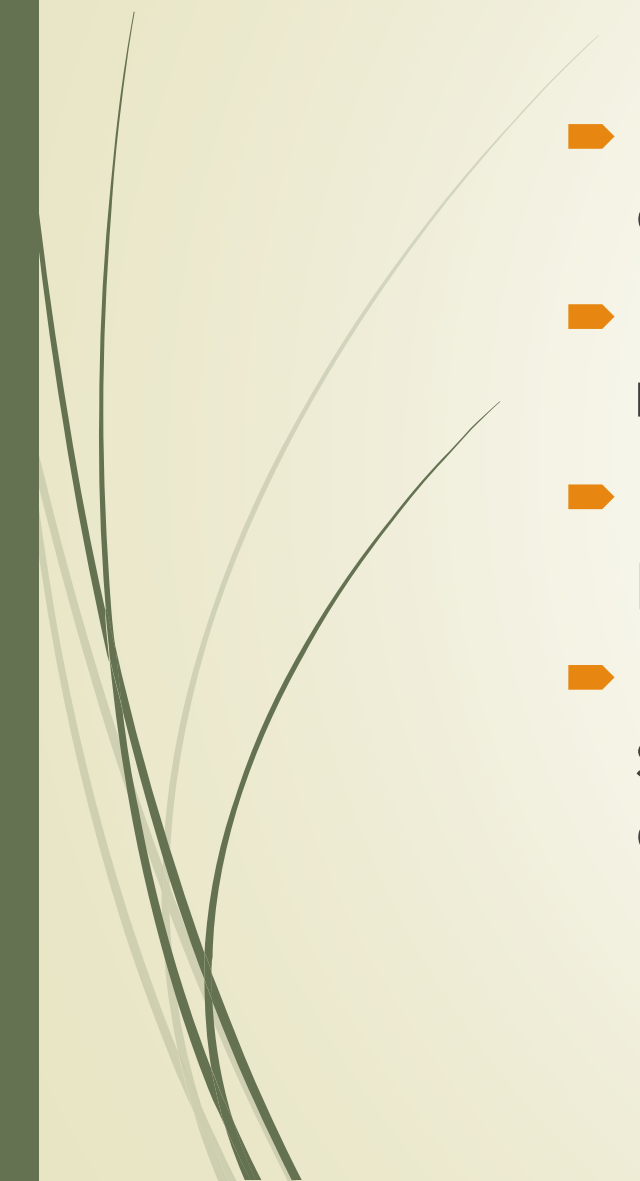
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The medical system's focus tends to be mostly on treating the patient's physical state





Project Objectives

- ▶ Promote healthy self-management lifestyles to aid in disease prevention, early detection and intervention
 - ▶ Encourage long-term sustainability in terms of patient recruitment, continuation, and operating costs,
 - ▶ Keep self-management patient motivation high and program attrition low, and
 - ▶ Deal with psychosocial patient characteristics such as social isolation, loneliness, depression, avoidance coping and low self-efficacy
- 



Promoting Behavioural Lifestyle Change

- ▶ Permanent behaviour change and good habit formation
 - ▶ Addressing lifestyle changes
 - ▶ Changes to social environment to address problems such as loneliness
 - ▶ Online support for treatments of psychological issues
- ▶ Motivation to continue following a revised lifestyle
 - ▶ Intrinsic motivation
 - ▶ Gamification (Challenges or targets; feedback; leaderboards; rewards; social interaction)
 - ▶ Education and learning
 - ▶ Extrinsic motivation
 - ▶ Financial rewards

Home

Norm's Apps®



BPM



Healthy Diet



Smoking



Glucose



Social Interaction



Talk



Weight



Activity



Journal

Blood Pressure Monitor Manual Data Entry

Blood Pressure

Diastolic

Systolic

Pulse

Date Time

Enter Comments

Submit

2019 **Go** 

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Remote Patient Monitoring
eHealth Apps ©

A Few Samples of Social Interaction Advice

Education

Social Interaction

Go



Combat loneliness and depression by sharing memories: Relive those glory days!

Expressing yourself through writing or art can be one way to feel more in control of your life. It n



Health sciences course unites elementary students and seniors through music

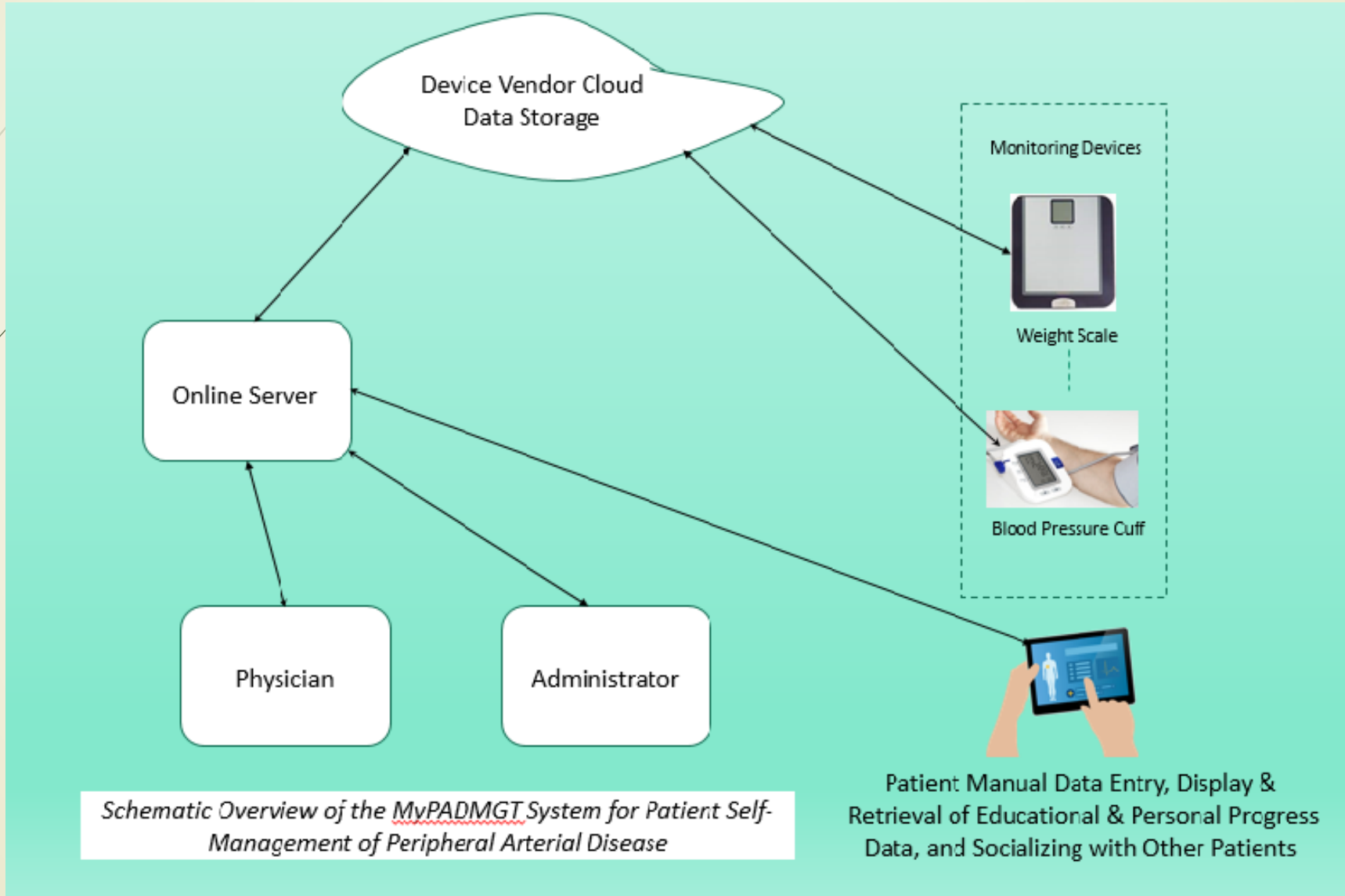
Bringing generations together is a positive experience for both youth and older adults. You can rea



Pet Visiting Program

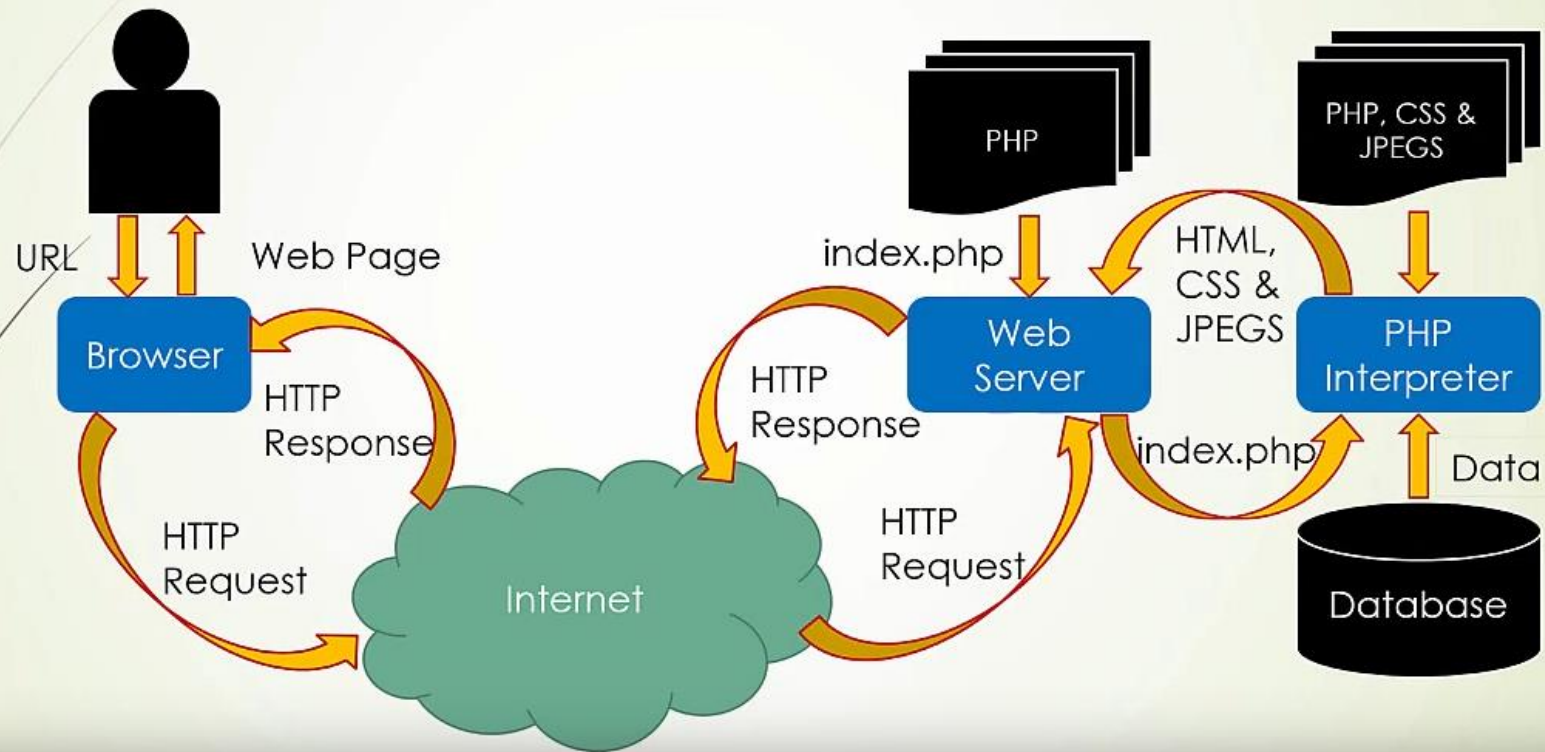
Many people love animals but may not be able to have their own pets. There are ways to visit with o



Schematic Overview of MyPADMGT System



WordPress Content Retrieval for Display

How PHP Websites Work





Thank you for your interest and
attention.

Questions?

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