Why should we use eHealth applications for symptom management?

Wendy H Oldenmenger, RN PhD
Coordinator Oncology Nursing Research, Erasmus MC Cancer Institute
Lecturer, University of Applied Science, Rotterdam
The Netherlands
Board Member, European Oncology Nursing Society (EONS)
Disclosure slide

- Nothing to declare
Why do we need eHealth applications?

- Limited time
- Forget to discuss

- Symptoms have major impact QoL
- Retrospective symptom assessment
Online symptom monitoring
Expectations before using an eHealth application: facilitators

- Easy to use
- Easy access to reliable and personalized information
- Early recognition of increasing symptom severity
- Integration into electronic medical record
- Skilled nurse practitioners to monitor patients
- Simple registration scale
- Direct feedback on same day
- Financial reimbursement
- Integration into electronic medical record
Expectations before using an eHealth application: barriers

- Symptom registration can be a burden
- Delay in feedback
- Daily registration might be a burden for patients
- Extra workload for professionals
- Extra costs for the department
- No instant benefits for doctors
- Some patients may over report severity in symptoms
Experiences of eHealth applications: facilitators

- User friendliness of application
- As addition to face-to-face contact
- Decent support
- Easy access to HCP
- Graphical overview of symptoms
- Access to reliable information

- Reliable technology - easy to use
- As addition to face-to-face contact
- (ongoing) training
- Clear logistics
- Awareness that eHealth can increase efficiency of effectiveness of treatment
Experiences of eHealth applications: barriers

- NRS not sufficient enough
- Constant reminder of disease
- Overwhelming amount of information
- Older, frail or less educated patients may find it challenging
- Technical challenges
- Increased focus on symptoms
- Believe that current practice is good enough
- Ambiguity about effectiveness
- Older, frail or less educated patients may find it challenging
- Worried about increased workload and cost-effectiveness
Summary

- EHealth applications are nurse-led interventions.
- Effective systems exists of:
  - Real-time monitoring
  - Personalized monitoring & education
  - eConsult
References


Thank you for your attention

w.h.oldenmenger@erasmusmc.nl
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