

## Connected health devices, from development to use by healthcare professionals

Press release • Paris • March 21<sup>st</sup>, 2017 • **Are doctors, pharmacists, nurses and physiotherapists ready to adopt connected health devices? What are the obstacles and handicaps to overcome? To answer these questions, Le Lab e-Santé launched a large field-based study — UPDOCS — on using connected health devices and sharing the generated data. We look at what the inclusion phase reveals.**

### UPDOCS: a multi-partner study...

UPDOCS is the first multi-partner study to explore healthcare professionals' use of connected health devices. It was made possible by the wide-ranging expertise of the stakeholders and partners brought together within its sponsor, Le Lab e-Santé. The coordination, implementation and follow-up are being overseen by Virtual Care, data analysis by InAdvans, and the data integration platform by Tactio Health Group, in partnership with Claranet for authorized health data hosting.

It is supported by GCS Poitou-Charentes, Groupe Pasteur Mutualité (tablets provided to study centres) and Terrillon (connected devices provided at cost price).

### ...in real-life conditions

Moving away from research and opinion surveys on French users' or healthcare professionals' receptiveness to connected health devices and their innovativeness, UPDOCS is grounded in reality. Its main aim is to assess the general use of connected devices made available to patients by staff within multidisciplinary health facilities, healthcare centres or pharmacies.

UPDOCS also seeks to determine and assess:

- Obstacles and drivers to healthcare professionals' adoption of connected health devices in the workplace
- Profile of healthcare professionals who see benefits to using the technologies
- Actual uses of these technologies
- If multidisciplinary health facilities are effective platforms for various healthcare professionals to adopt connected health devices.

### UPDOCS: an enlightening inclusion phase

UPDOCS concluded its initial phase on 31 January. It will last ten months amongst healthcare professionals and six months for patients. The study centres now include six multidisciplinary health facilities (with two in the Poitou-Charentes region), two pharmacies and one healthcare centre, representing forty healthcare professionals in total.

"The forty healthcare professionals have activated thirteen Virtual Santé accounts. That already shows that information is being shared naturally, with one account used by several healthcare professionals to monitor one or more patients," says Virtual Care CEO, Frédéric Faurenes.

Explaining the reasons for the study's success amongst patients, "people like that there are no drugs involved and connected devices are seen as fun," says nurse Cécile Brouard. Amongst healthcare professionals, doctors and paramedicals agree that the study is unique: "devices connecting patients and physicians are what I hope to see in tomorrow's medicine," stresses Dr Joël Valendoff.

The early data shows that most included patients are male, a third of the population is aged between 30 and 39, and nearly half have very low or low levels of physical activity. Time will tell whether the midway results confirm that connected health devices offer healthcare professionals a motivational tool for sedentary young men.

### About UPDOCS

In each participating study centre, UPDOCS makes the Virtual Santé solution (TactioRPM system adapted to the French market, particularly via data hosting by an authorized health data host) available to healthcare professionals on iPads and a range of connected devices (scales, activity trackers, blood pressure monitors, etc.), which are then provided to patients agreeing to join the study. The included patients are overweight (BMI >28), have high blood pressure or a high-risk pregnancy, and use iOS or Android smartphones or tablets. The interim results are expected in late June 2017 and the definitive results in the autumn.

### UPDOCS partners:



### Assisted and supported by:



### Study centres:

- Bignoux Health Facility, Vienne (supported by GCS Esanté Poitou-Charentes)
- Scorbé-Clairvaux Health Facility, Vienne (supported by GCS Esanté Poitou-Charentes)
- Paris Faidherbe Health Facility, Paris
- Villeneuve-sur-Lot Health Facility, Lot-et-Garonne
- Corbeil-Essonnes Health Facility, Essonnes
- Saint-Amand-en-Puisaye Health Facility, Nièvre
- Compiègne Healthcare Centre, Oise
- Truchtersheim Pharmacy, Bas-Rhin
- Millesoins Pharmacy, Haute-Vienne

### About Le Lab e-Santé

Le Lab e-Santé aims to bring together and encourage all healthcare stakeholders to promote and support fast-changing digital health. Founded in 2002, Le Lab e-Santé is a think-tank working to further knowledge of the uses, practices and obstacles associated with digital health tools, which are now booming. It also makes recommendations to both private and public stakeholders. To do so, Le Lab e-Santé has increased its members and involved all major health communication stakeholders in the form of boards: one board of healthcare professionals and another of representatives of patients' groups, carers and institutions. For more information: [www.le-lab-e-sante.fr](http://www.le-lab-e-sante.fr) and via Twitter: [@lelabesante](https://twitter.com/lelabesante).