

# eHEALTH

*Quo Vadis?*

*Dean Gean MD FACOEM  
Regional Medical Director  
Liberty Mutual*

## TALK OUTLINE

### eHealth

- What?
- So What?
- Now What?

# eHealth

- **What?** *(Hx, Gyn Study, Other Studies)*
- So What?
- Now What?

## GERM THEORY / ANESTHESIA

19<sup>th</sup>  
Century

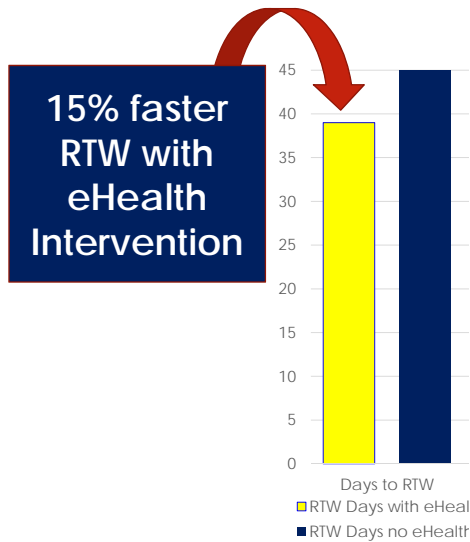




HYSTERECTOMY eHEALTH RTW STUDY	
<b>eHealth Interventions (N=110)</b> <ul style="list-style-type: none"> <li>• <b>Online OB/GYN feedback</b> (with pictures)</li> <li>• <b>Electronic Patient Forum</b></li> <li>• <b>Problem Response</b> (recovery evaluation and personalized provider triage)</li> <li>• <b>RTW Advice</b> (for EE and ER)</li> <li>• <b>FAQs</b></li> <li>• <b>Personalized pre- and postop ADL and RTW instructions</b></li> <li>• <b>Instructional "common pitfalls" video</b></li> <li>• <b>Links</b> (to other relevant websites)</li> <li>• <b>Glossary with medical terms</b></li> </ul>	<b>Standard Interventions (N=105)</b> <ul style="list-style-type: none"> <li>• <b>Usual care</b> (given by OB/GYNs, OEM physicians, and GPs)</li> <li>• <b>Patient leaflets</b> (re: surgery)</li> </ul>

BJOG 2014;121:1127-1136.

## OUTCOMES HYSTERECTOMY eHEALTH RTW STUDY



### Other Outcomes:

(w/ eHealth Intervention)

- Quality of Life - **5% Improved**
- Pain Intensity - **45% Improved**

BJOG 2014;121:1127-1136.

## WHAT ELSE? MAYO: eHEALTH BENEFICIAL EFFECT ON CARDIOVASCULAR DISEASE

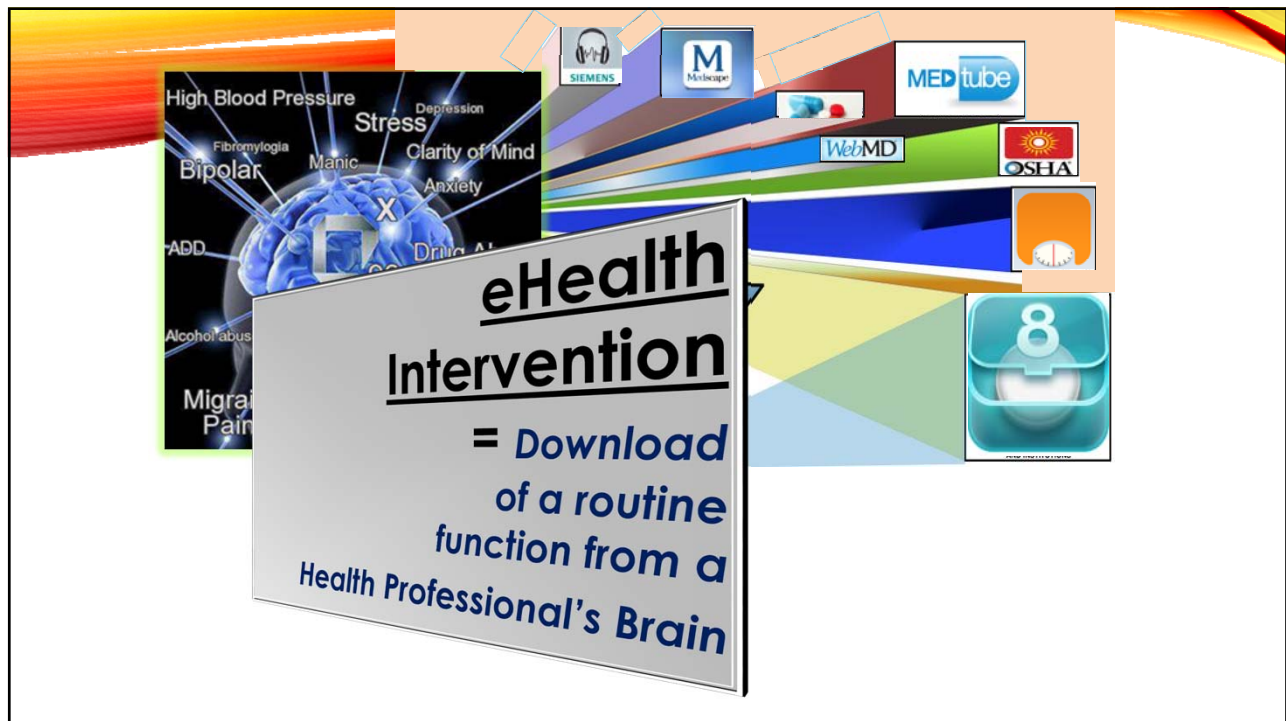
Meta Analysis of 51 research articles (*pooled analysis*):

- **6.5% absolute risk reduction overall**
  - Telemedicine, web-based solutions, and SMS texting best
- **Primary prevention benefit**
  - *CVD risk factors*, weight loss, BMI, BP, total and LDL cholesterol
  - *Reduction in Framingham risk scores*
  - *No observed benefit in CVD outcomes*,
- **Secondary CVD prevention and heart failure**
  - *7.5% absolute risk reduction* in secondary prevention groups
  - *Benefit on all-cause mortality and CVD morbidity*
  - *40% relative risk reduction in CVD outcomes* esp. secondary prevention and heart failure groups

Mayo Clin Proc 2015; 90(4): 469

# eHealth

- What?
- **So What?** (*Changes, Big Picture*)
- Now What?

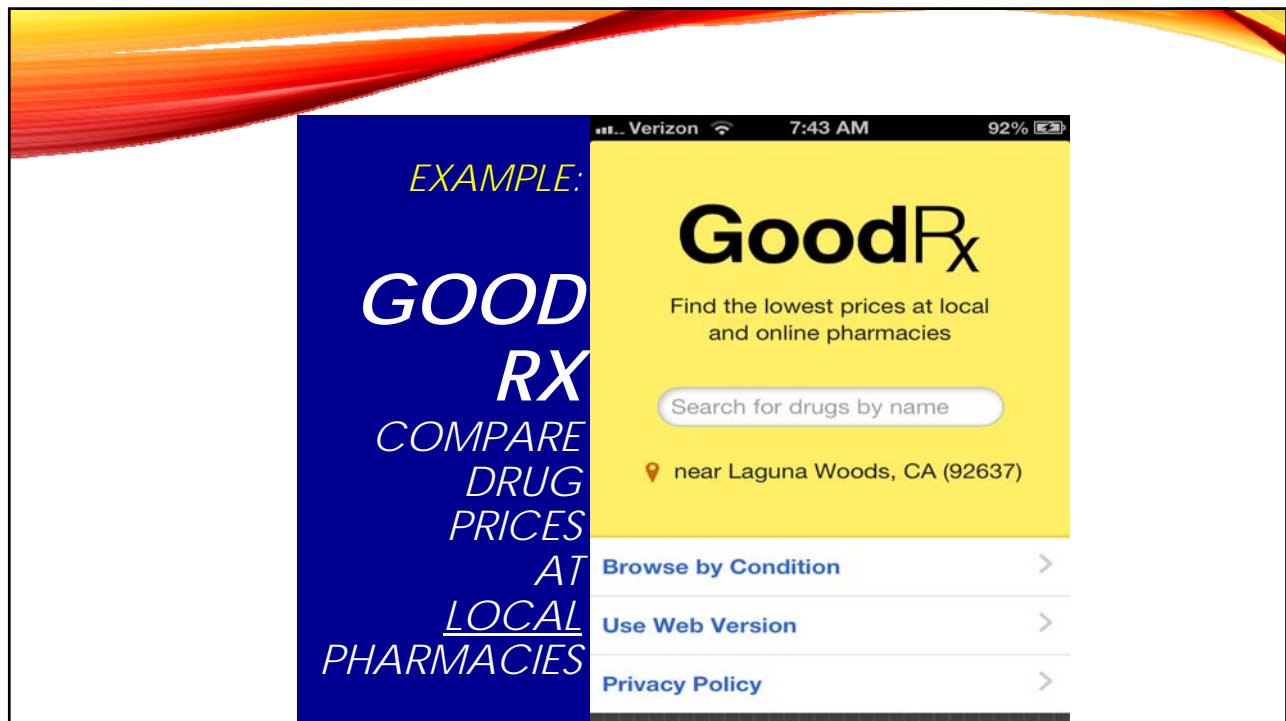


# TECH IS CHANGING THINGS

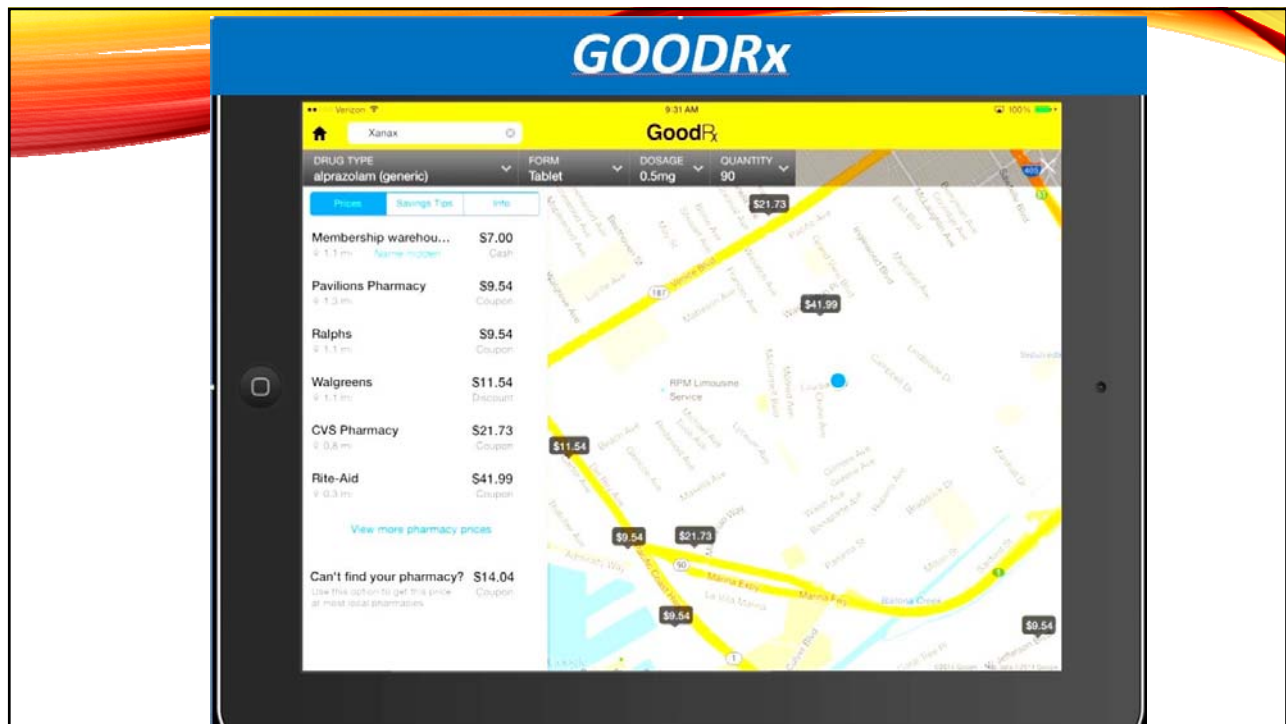
- Bypassed Gate Keepers *(Disintermediation)*
- More Patient Options *(Patient gets a Voice)*
- Routine functions Automated *(Low hanging fruit 1<sup>st</sup>)*

**Likely Net Impact =**

*Decreased marginal cost of health interventions/health care.*







# eHealth

- What?
- So What?
- **Now What?** *(implications for workplace health-related programs)*

## So, What's The Bottom Line?

Most articles show eHealth is *effective/cost-effective* or at least suggest *evidence is promising*, which is consistent with previous findings.

... attention should be given to the development and evaluation of strategies to *implement* effective/cost-effective eHealth initiatives *in daily practice* ...

J Med Internet Res 2014;16(4):e110  
<http://www.jmir.org/2014/4/e110/>

## SOME PREDICTIONS

- eHealth Interventions become Standard of Practice
- Doctors as 'Coaches' (*like your tax preparer*)
- More Self-care Websites/Apps (*wellness program implications*)
- More Crowdsourcing of Health Problems and Solutions
- More Telemedicine
- Company Wellness programs as eHealth Coordinators



Questions?

