



Workshop “Patient-Adherence” in Vienna

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Patient-Adherence

Adherence describes the extent to which a patient complies with doctor's recommendations, such as medication (medication adherence), life-style changes or dietary recommendations.

The active collaboration between the doctor and the patient is at the forefront: the goal is a joint decision-making process as well as a common therapeutic goal. The patient is actively perceived and involved.

Adherence is a key factor for therapy success.

Improvement of Adherence effects:

Patients:

- Increase patient satisfaction, through better drug efficacy and fewer side effects
- Reduced morbidity, improved survival

Doctors:

- Improved patient care

Pharmaceutical companies:

- Increased drug efficacy through proper drug intake

Health System:

- Increased efficiency in healthcare
- Less side effects, lower follow-up costs, fewer hospital stays
- Cost reduction

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Digital drug development

Companies with no background or history in the medical area are now leading the field of early detection and prevention of diseases.

Data, collected by users, gets analysed, with health apps playing a major role. Diabetic apps make the detection of treatment errors easier and can speed up the process of error detection. The trend towards apps for specific diseases can be seen. Namely those which assist the patient in his/her everyday life and replace Dr. Google, but not the actual physician.

Traditional pharmaceutical companies are trying to catch up with their own solutions or to cooperate with non-medical companies.

In the prevention, fitness apps with various measuring devices (watches, bracelets, etc.) help to record and monitor the health and vital signs around the clock.

In some countries the costs for prescribed, digital therapies are covered by health insurance companies (e.g.: Germany).

In the future, physicians, pharmaceutical companies, start-ups, and non-medical companies, will have to find a way to co-exist and cooperate, not only for the profit but also for the well-being of the patient.

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Educational and training need: Peritoneal dialysis

During the last years, an increase in home dialysis therapies (“peritoneal dialysis” - renal replacement therapy) can be seen.

CMOs from the 13 largest dialysis providers have formed an alliance to support this trend. But they also indicate deficiencies and improvement possibilities.

Medical staff and doctors have been trained, but patients have to be prepared more intensively for this self-treatment and more training facilities have to be created. However, these initiatives cannot reach all patients. It is important to make the offer more comprehensive and more intensive.

The CMOs are sure that the only way to ensure adequate treatment of patients is a better and intensive training of doctors and nursing staff. With a growing number of patients in need of the therapy, the necessity is given and the time pressing (pioneers are countries like Canada, Australia and New Zealand).

Peritoneal dialysis is an effective therapy that is practical to the patient, because it is not necessary to be treated in a hospital. Through more intensive training in this area, a better organized supply and information of the patients, is now to be ensured.

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