

INNOVATIVE APPROACHES TO PATIENT CARE UPON COLLABORATIVE RESEARCH INOVATIVNI PRISTUPI ZBRINJAVANJU BOLESNIKA UZ POMOĆ KOLABORATIVNIH ISTRAŽIVANJA

Paul Studenic^{1,2}

¹*Division of Rheumatology, Department of Internal Medicine 3, Division of Rheumatology, Medical University of Vienna, Vienna, Austria*

²*Division of Rheumatology, Department of Medicine (Solna), Karolinska Institute, Stockholm, Sweden*

Opportunities and developments in society and healthcare show an increasingly faster turnover. This poses flexibility needs and time occupation on health care workers and researchers. Rheumatologists can make greater improvements in their patients' lives but in many instances still a lot of time for patients is lost, lost waiting for a personalized approach.

An important innovation for more patient-centered care is patient-centered research in the meaning of collaborative research. Collaborative research refers to a comprehensive diverse research team including patient research partners (PRP) on an equal level with researchers. Recently there has been an update of the European Alliance of Associations for Rheumatology (EULAR) Recommendations for PRP involvement strengthened on the basis of a Systematic Literature Review (SLR). PRPs have live with a rheumatic disease and provide input into research based on their experiential knowledge. The attitude, knowledge and skills collected disease specific and within research specific competencies are then combined in experiential expertise. Their contribution can be manifold and add value into any step of the research cycle. This means that advise of PRPs starts from the inception of a research idea.

To address the gap between modern treatment options and personalized management, opportunities of ehealth need to be embraced. Over the past years a tremendous increase of smartphone usage has been seen throughout all age groups thus equipping anyone with the general opportunity of better monitoring and faster reaction in case of health deterioration if synchronized with their healthcare provider. Willingness to active disease monitoring is however rather low with gladly the least reason that the respective disease is regarded as stable low. This poses a challenge to prevention of major flares and leaves little room for early adjustments. The combination with passive tracking of motions, movements, hand dexterity integrated into a personalized algorithm that identifies ideal time points for connecting patients with their rheumatologists would decrease lifetime with active disease. This prevents damage and increases health related quality of life and in parallel optimizes utilization of available resources in healthcare through dynamic visit schedules instead of fixed potentially unnecessary appointments.

Keywords: collaborative research, patient care, patient involvement

E-mail of the main author: paul.studenic@meduniwien.ac.at

Conflict of interest statement: The author declares no conflict of interest.