



STARS

Empowering patients by professional
STress Avoidance and Recovery Services



European
Commission

Horizon 2020
European Union funding
for Research & Innovation

Overview

- PCP and Horizon 2020 specific call
- Mission statement and consortium
- Background
- Need and direct benefit
- Envisaged PCP process
- Questions

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PCP co-fund actions

Pre-commercial procurement (PCP)

Steer the development of solutions towards concrete public sector needs, whilst comparing/validating alternative solution approaches from different vendors.

Public procurement of innovative solutions (PPI)

Act as launching customer/early adopter/first buyer of innovative commercial solutions newly arriving on the market.

Horizon 2020 call

eHealth innovation in empowering the patient

- empowering hospitalized patients, outpatients and their families/cares to support a continuum of care across a range of services supported by ICT
- enhance the ICT skills and increase adherence of patients and care givers
- increase the role and the responsibility of the patient
- support self-management of health

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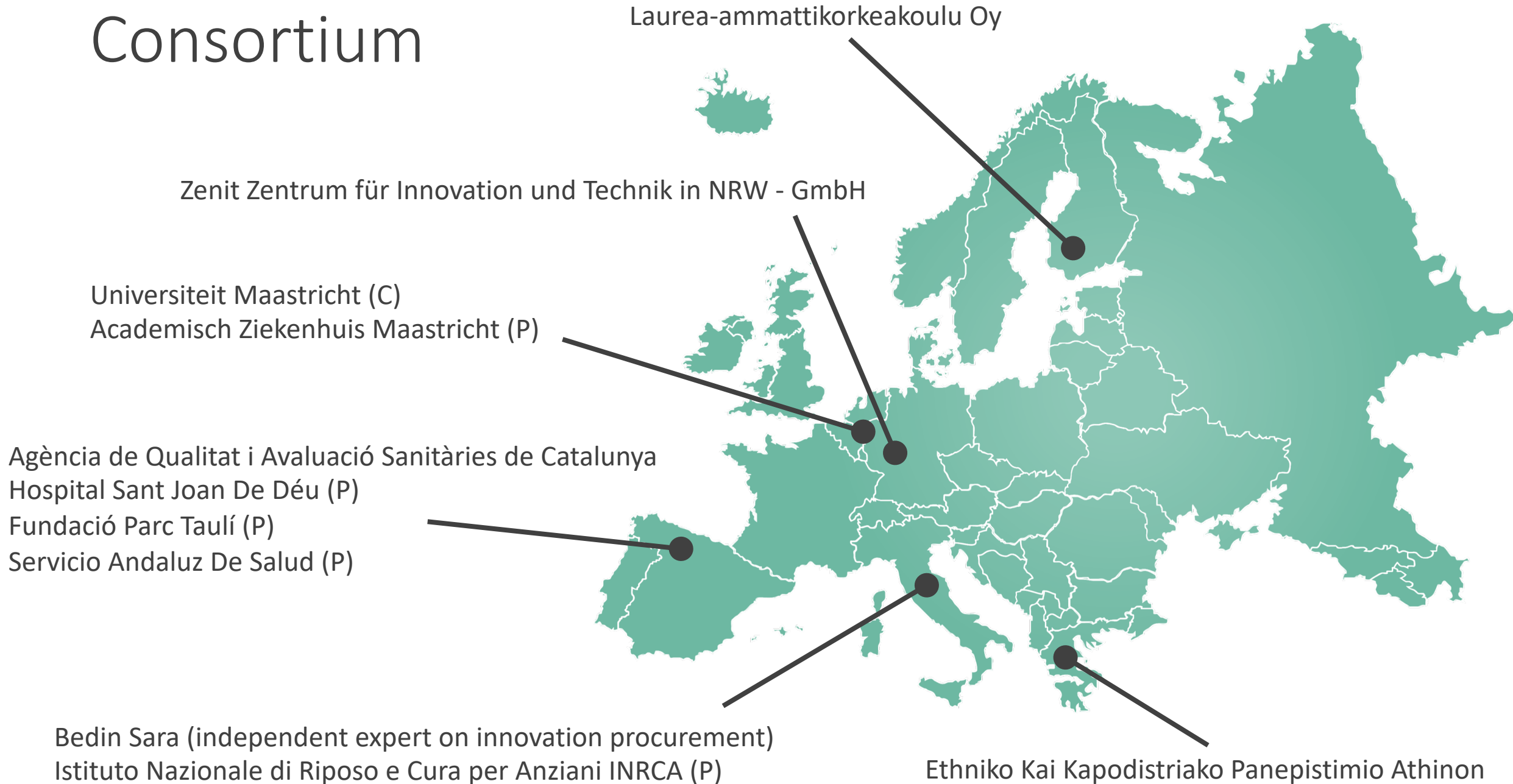
Mission statement

Five leading European hospitals challenge the European industry to design and develop a resilient support tool to be applied in the field of patients planned for surgery, with the aim of reducing stress during the entire care path.

The available budget for the development of this innovative solutions is 4.7 million euro of which **3.26 million** (including VAT) will flow to the industry.



Consortium



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Stress during the patient journey



Pre-clinical

I am so nervous.
Will everything be ok?
How long will I be in the hospital?
Will I have pain?
When will I be operated?



Clinical

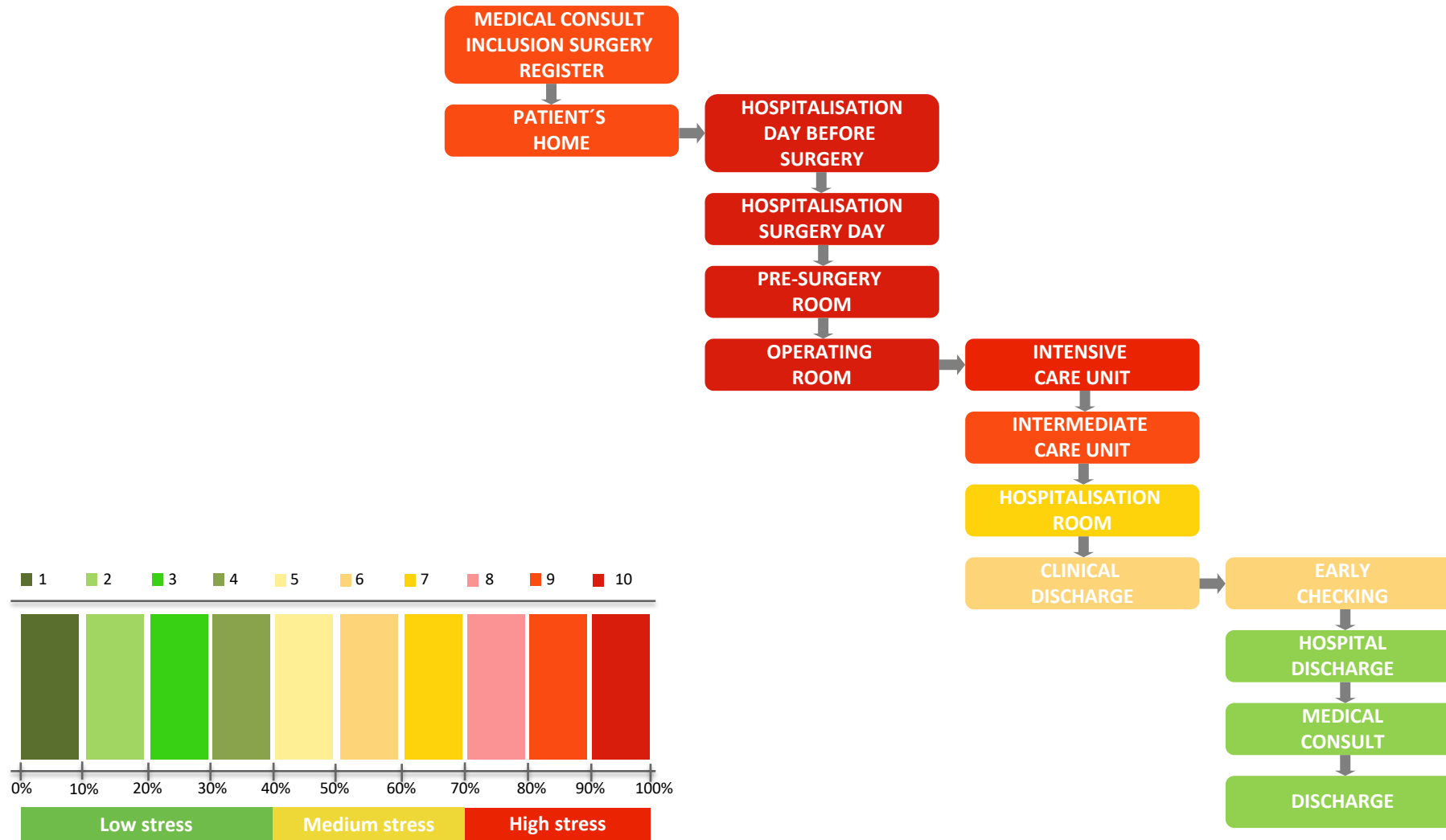
I am really stressed!
Will I be in safe hands?
Was the operation successful?
Is this pain normal?
I want to go home.



Post-clinical

May I follow my daily routine?
I can't do anything by myself.
When will I get well?

Stress during the patient journey



With the courtesy of
Ignacio Muñoz Carvajal MD, PhD
Cardiovascular surgery unit
Reina Sofia university hospital

Stress during the patient journey

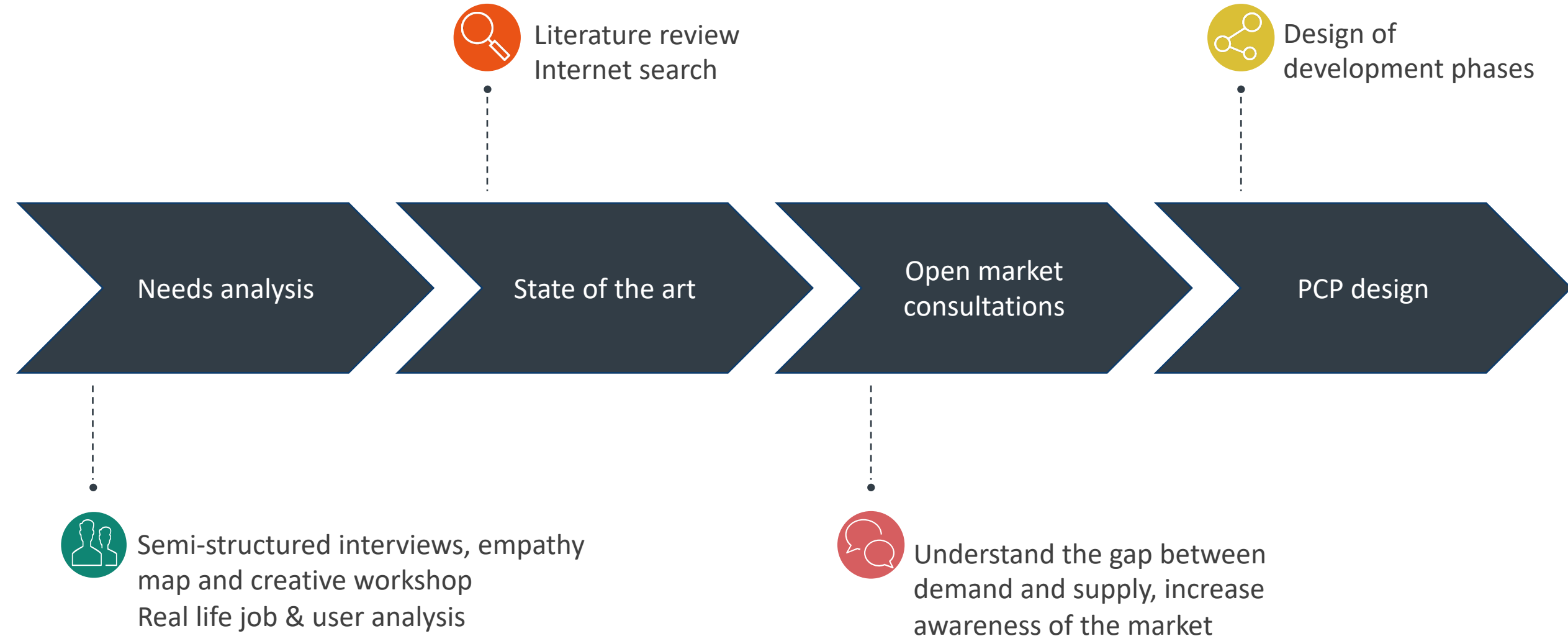


- Increased mortality
- Complications during hospital stay
- Increase in re-hospitalization
- Sedating drugs (delirium)
- Increased time wound healing
- Delay in return to daily routine
- Reduced quality of life

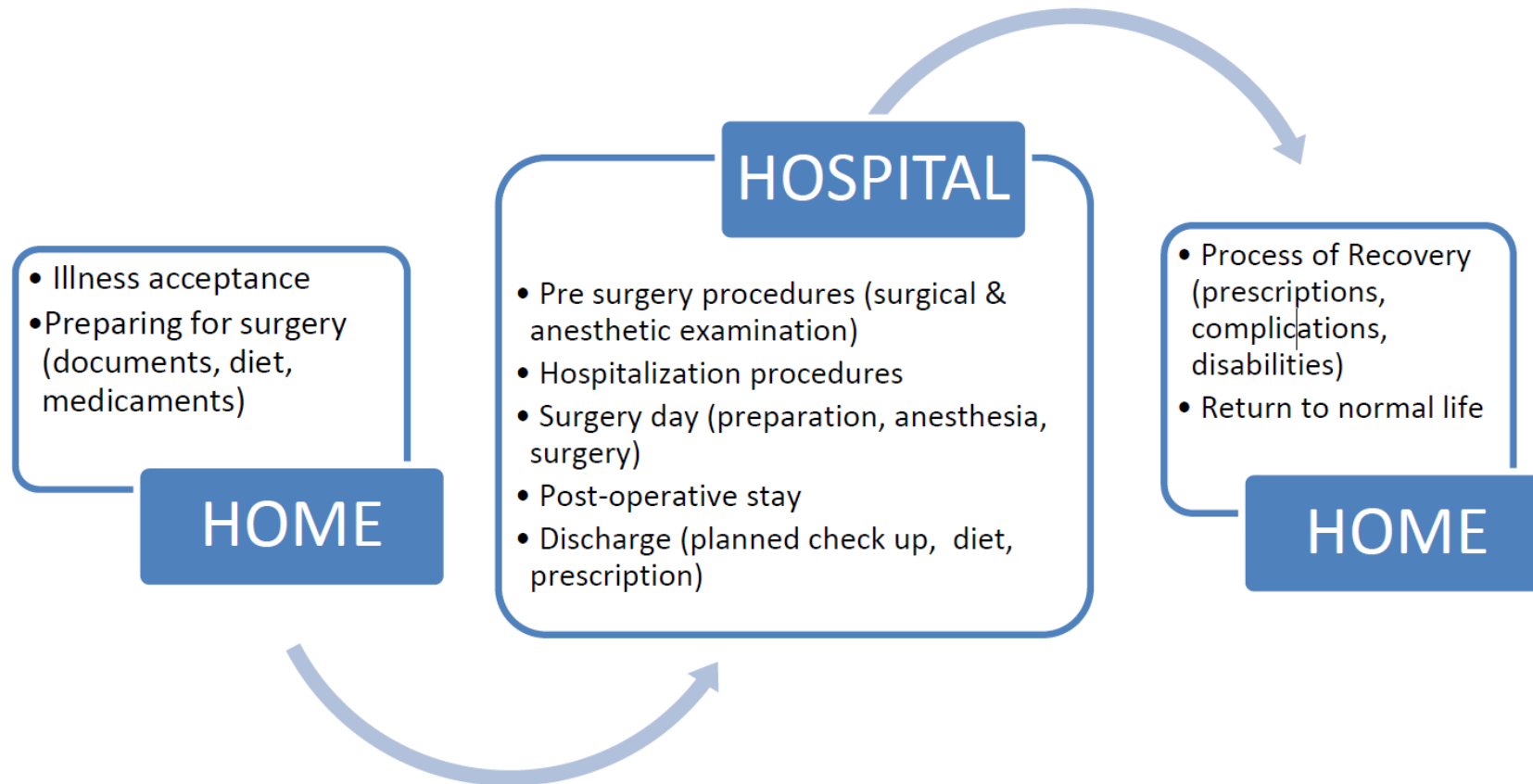
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Preparatory phase



Key processes of the surgical journey



Need for information and education



- Illustrate patient journey with a description of hospital environment and surgical steps
- Describe preadmission instructions: what is expected from patients and caregivers
- Provide personalized reassuring info
- Provide reliable and validated info about peri-operative symptoms and pain management
- Provide personalized info about recovery

Need for follow-up and monitoring



- Allow self-assessment of perceived stress through a Visual Analogue Scale
- Provide reassuring feedback and guidance to patients based on validated knowledge
- Provide information to clinicians about the patient's pain intensity
- Provide info to clinicians about complications and recovery time (after discharge)

Need for communication



- Between patients and clinicians
- Between patients and caregivers
- To caregivers: follow up the situation and location of the patient during hospitalization
- To healthcare professionals: obtain patient info, identify and manage patient's stress

Need for enabling autonomy



- Provide patients the opportunity to create a friendly and personalized environment, for instance related to light, noise, scent, etc. in the hospital facilities

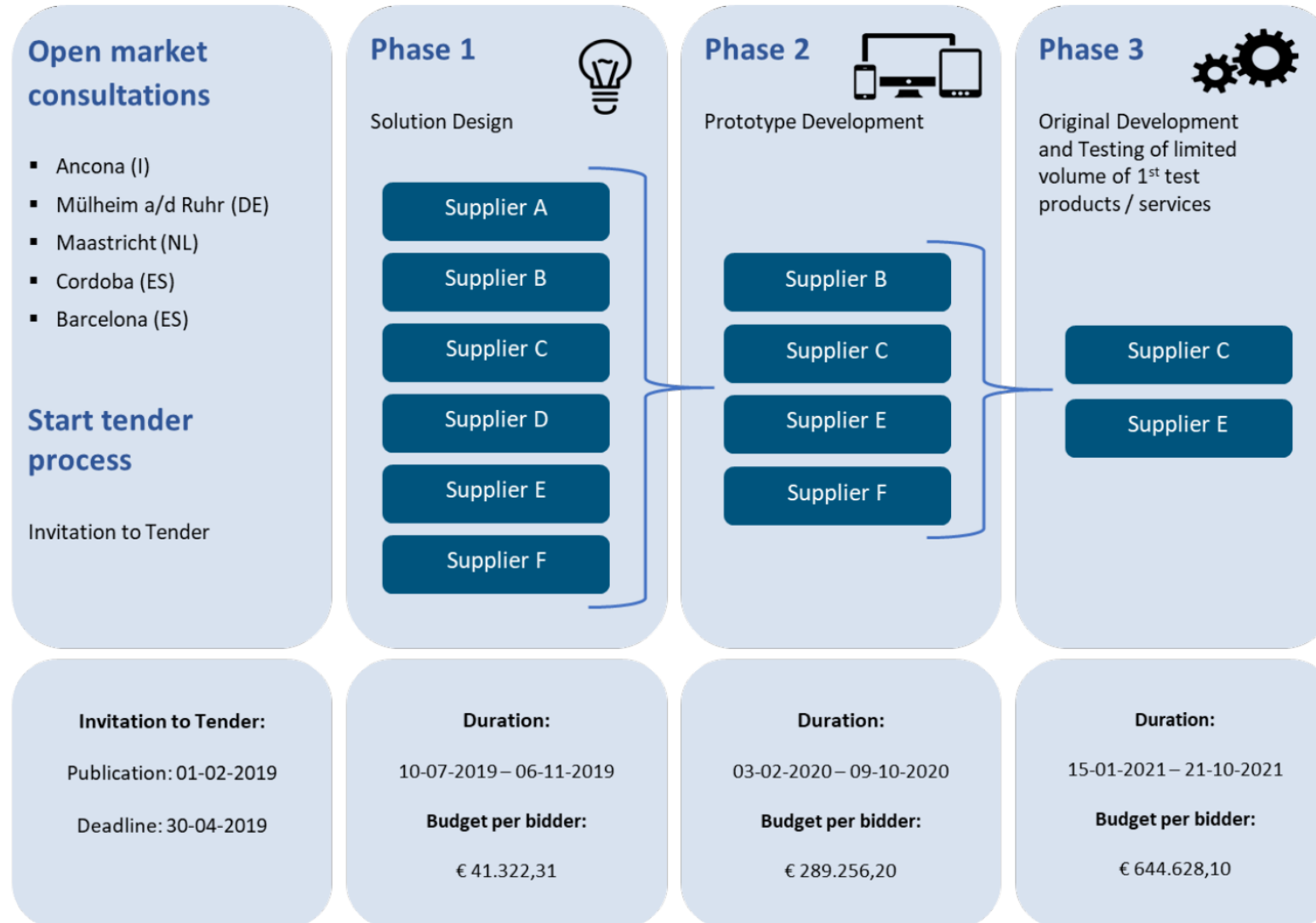
Direct benefits

- ↓ cases of pre- and postoperative complications caused by stress
- ↓ drug consumption and medications during the complete patient journey
- ↓ time to return to daily routines
- ↑ communication between patients and healthcare professionals
- ↑ quality of life of patients and caregivers

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Envisaged PCP process



A hand holding a yellow stress ball with a smiley face. The background is a soft-focus image of the hand and the ball.

Want to help to reduce stress for patients undergoing surgery?

www.stars-pcp.eu; info@stars-pcp.eu

The background of the slide is white and filled with several black question marks of varying sizes and styles. Some are simple, clean lines, while others are more scribbled or multiple-lined. In the bottom right corner, a hand is visible, holding a black marker and having just finished drawing a question mark.

Questions?

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