

The medical uptake of mHealth solutions

The term *medical uptake* is here used in a broad sense in which different levels of uptake can be identified. The term “medical” also refers to the point of view of the clinician or healthcare provider. Medical uptake must signify the degree of acceptance within the established healthcare system.

The medical uptake of mHealth solutions cover issues of the empowerment of patients, the patient-doctor relationship, the application and use of medical guidelines, the opportunities and challenges of personalised health challenges and user acceptance.

Patient empowerment and individualisation	<ul style="list-style-type: none">• acknowledge heterogeneity of patients• educate patients in the use of mHealth• individualism as key to integration
Patient-doctor interaction	<ul style="list-style-type: none">• redefinition of role of clinical staff• education of healthcare providers
Medical guidelines	<ul style="list-style-type: none">• European standards and templates for medical guidelines• integrated care pathways• training of clinicians
Personalised health systems	<ul style="list-style-type: none">• cross-border accessibility of data• standardisation of data exchange• define ownership of data
User acceptance	<ul style="list-style-type: none">• establish uniform regulations to increase trust• ensure usability and quality