

Personal Health and Wellness Management with Technologies

Freimut Bodendorf
University of Erlangen-Nuremberg
Nuremberg, Germany
freimut.bodendorf@fau.de

Nilmini Wickramasinghe
Swinburne Univ. of Technology
Melbourne, Australia
nwickramasinghe@swin.edu.au

Tuan Huy Ma
GWQ ServicePlus AG
Duesseldorf, Germany
tuanhuyma.work@gmail.com

Abstract

For nine years now this minitrack has been home to a persistent and growing community of academic researchers and healthcare professionals who are interested in the possibilities of innovative technologies and IT support for individual health and wellness. It is highly interdisciplinary and brings together IT solutions, medical impacts, and business value. It also brings together theory and practice by presenting scientific concepts and methods as well as empirical investigations and case studies. We will continue to anticipate future potentials of actual trends like artificial intelligence, socio-technical environments as well as health ecosystems and platforms.

1. Research scope

In 2020 the world was impacted by a global pandemic, COVID-19. The full and far reaching effects are still being felt from multiple perspective including healthcare and the economy. As vaccines are being rolled out, monitoring of individual health and wellness becomes even more important. Moreover, for those who have recovered from COVID-19 it is essential they monitor their on-going health and wellness as so little is yet known about longer term impacts of this virus. Hence, today, empowering patients and focusing on patient centered care delivery is more critical than ever before. Technology is a key enabler in this regard with mobile Apps, wearables, and individualized services dramatically influencing how patients and their families can manage health and wellness. Further, they have the potential to facilitate and enhance superior healthcare delivery by clinicians and caregivers as well as assist in addressing many of the challenges currently facing healthcare delivery in all OECD countries. Moreover, these solutions foster active patient participation in their care as well as promote self-management of wellness and fitness; essential aspects in managing chronic diseases. In

addition, the data collected from these solutions have the potential to enable sophisticated services for self-care, sustainable wellness management and value-based care to ensue.

Hence, this minitrack focuses on how such technologies and digital services might be utilized to address the challenges currently facing healthcare delivery, escalating cost pressures, a growing aging population, an increasing prevalence of chronic diseases and a move to a preventive care focus. Integral to these approaches is a patient-centric view in order to satisfy consumer expectations, provide high quality care, and improve wellness.

2. Research topics

In this minitrack research papers address technological aspects, sociological and process perspectives, theories, models, and applications. Particular topics in our sessions deal on the one hand with pandemics management. Examples are personal healthcare IT use during the COVID-19 pandemic, personal data donations in a healthcare crisis, privacy and socio-cultural perspectives, digital contact tracing as well as benefits of teleassessment. On the other hand our sessions address innovative principles and concepts of specific personal healthcare solutions. Examples are fitness and stress data monitoring as well as affect and emotion recognition.

3. Interdisciplinary perspective

