

# Exit strategies for COVID-19 lockdown, what role do regions play

SAPHIRe  
Securing Adoption  
of Personalised  
Health in Regions



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# EXIT STRATEGIES FOR COVID-19 LOCKDOWN, WHAT ROLE DO REGIONS PLAY

ICT ENABLED CARE SERVICES  
FOR SENIORS, GREEK  
DEPLOYMENT SITE

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DS GREECE

*"Medical or health care system as one of the essential institutions of the state should also assist that state to achieve its purpose, in this case, the "happiness" or eudaimonia for the individual citizen. "Eudaimonia" or "happiness" is "a virtuous activity of the soul."*

## ICT enabled healthcare for seniors

Good health is a key part of quality of life



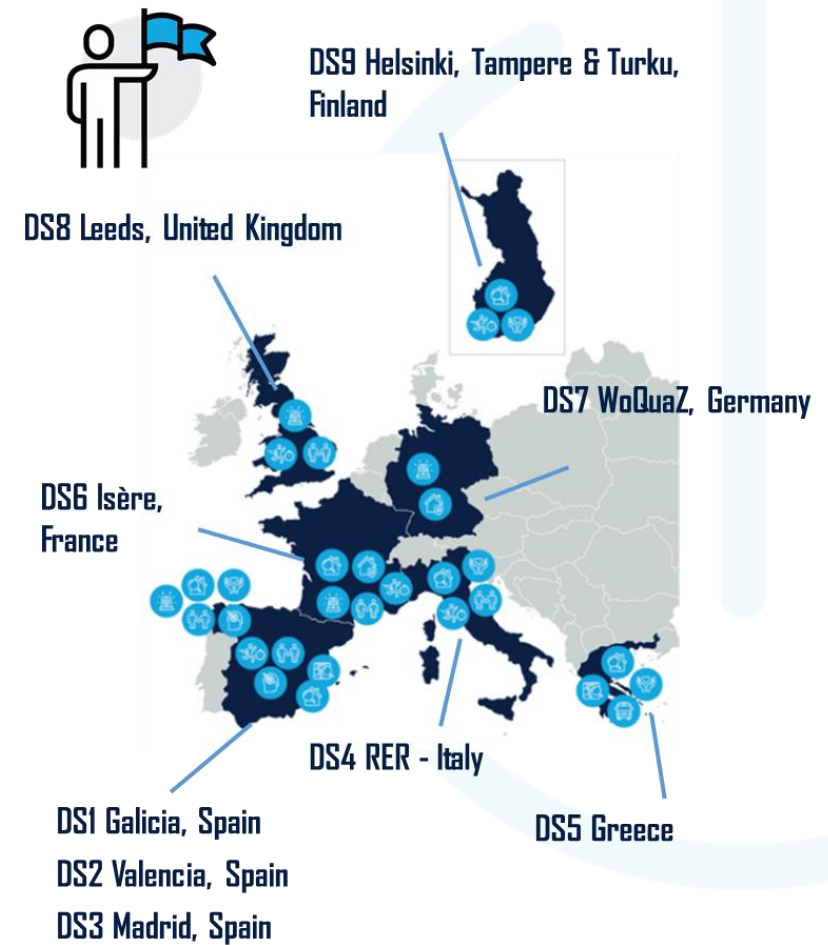
# GOAL OF THE PRESENTATION

## Personalised Healthcare in the Greek Region & COVID-19?



#ACTIVAGEblog

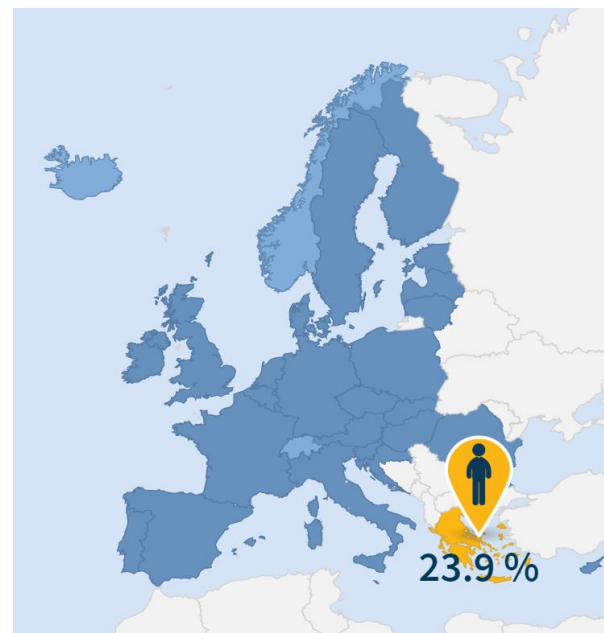
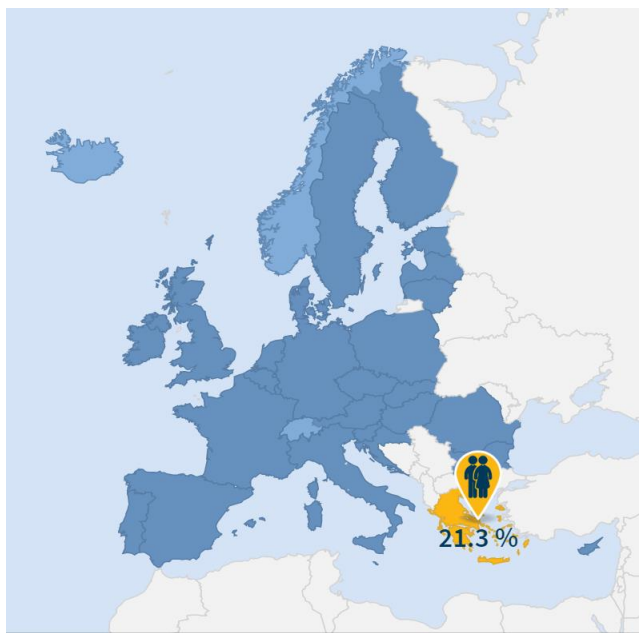
ACTIVAGE  
PROJECT



# GREECE, ONE OF THE MOST AGING COUNTRIES

## Healthcare, an imperative

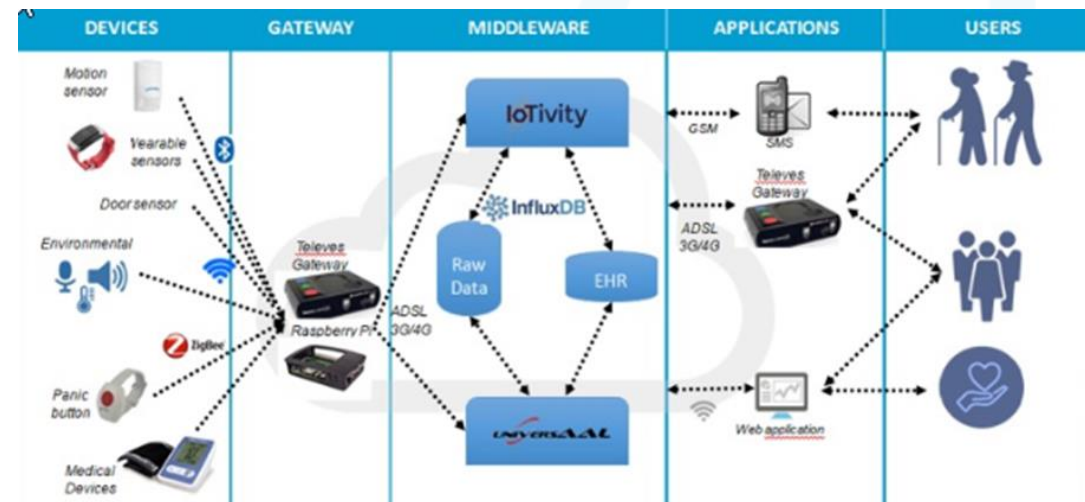
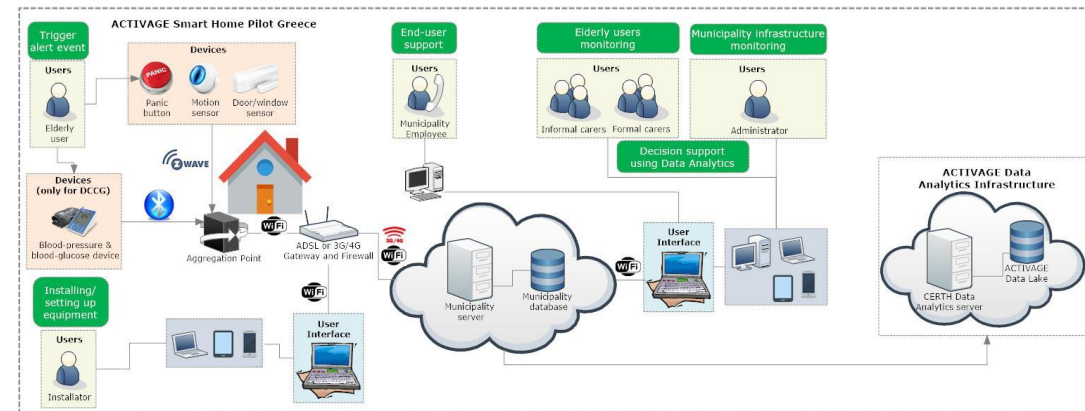
- ❑ Greece, between the
  - highest aging rates in Europe
- ❑ 2016, 22.0 % in Italy, in Greece (**21.3 %**), Germany (21.1 %), Portugal (20.7 %), Finland (20.5 %) and Bulgaria (20.4 %).
- ❑ People living alone in Greece, 23,9%



[https://ec.europa.eu/eurostat/statistic-explained/index.php/People\\_in\\_the\\_EU\\_statistics\\_on\\_an\\_ageing\\_society](https://ec.europa.eu/eurostat/statistic-explained/index.php/People_in_the_EU_statistics_on_an_ageing_society)  
<https://ec.europa.eu/eurostat/cache/infographs/elderly/index.html>

# SMART HOMES & ICT ENABLED CARE SERVICES

- ❑ Monitoring Platform developed CERTH to **visualize effectively older adults data** from the smart homes
- ❑ A Smart Home Solution provided for seniors' **well being, health and autonomy**
- ❑ A number of services supported:
  - a. Telecare services,
  - b. Behavioural Monitoring Service,
  - c. Comfort and Wellbeing Service,
  - d. **IoT Integrated Healthcare Service**
- ❑ **Medical devices:** vital parameters monitoring of **Blood Pressure and Glucose for Patients with Diabetes Mellitus**



# TELE-HEALTH SERVICES

## ICT enabled care services for seniors

- **ICT enabled Integrated Care service**
  - Telecare and telehealth services for older adults and patients of Type 2, Diabetes Mellitus
- **Partners involved**
  - **Cities Net of the Municipalities of Central Greece and its competence center e-trikala of the Municipality of Trikala,** have been involved in the health scenario of Integrated Care
  - Interdisciplinary Development Enterprise Cities Net SA
  - CERTH/ITI (Centre for Research & Technology Hellas)
  - ICCS (Institute of Communication and Computer Systems)
  - GNOMON and SWARCO
- **Beneficiaries**
  - Older adults
  - Caregivers and/or responsible clinicians.
- **Final outcome**
  - Safety and security to seniors living alone, a supporting tool for the caregivers and clinicians to help them monitor and assess the daily life of older adults



# GREEK DEPLOYMENT SITE

## Recruitment & Installations

Greek Deployment Site	Confirmed on 31/12/19	Targeted (end project)	Progress (%)
DS5 GRC – DCCG	308	150	205%
DS5 GRC – MM	228	150	136%
DS5 GRC – MPH	186	150	124%

Users confirmed in Greek Deployment Sites municipalities

Pilots	Completed on 31/12/19	Targeted (end project)
DS5 GRC - DCCG	114	150
DS5 GRC – MM	83	150
DS5 GRC - MPH	88	150

Installations completed in the Greek Deployment Site



### □ Recruitment

#### • Older adults

- DCCG:
    - UC1 & UC3: 114 elderly
    - UC2: 100 elderly + 1 caregiver = 101
  - Municipality of Pylaias-Chortiati: 88
  - Municipality of Metamorforis: 125
- #### • Caregivers
- DCCG: 93 (total)
  - Municipality of Pylaias-Chortiati: 82
  - Municipality of Metamorforis: 100



### □ Installations

- DCCG: 114
- Municipality of Metamorforis: 83
- Municipality of Pylaias –Chortiati: 88

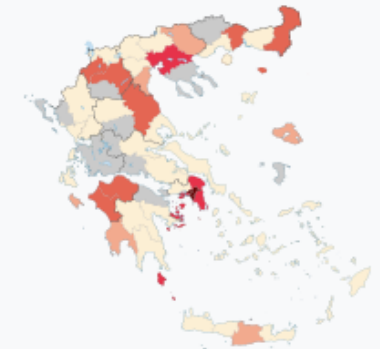


# COVID-19

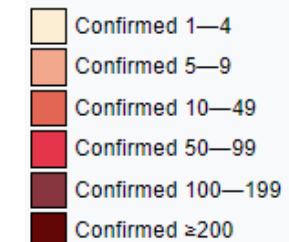
## Greece



### COVID-19 pandemic in Greece



Map of the COVID-19 outbreak in Greece as of 31 March 2020.



<b>Disease</b>	COVID-19
<b>Virus strain</b>	SARS-CoV-2
<b>Location</b>	Greece
<b>First outbreak</b>	Wuhan, Hubei, China
<b>Index case</b>	Thessaloniki
<b>Arrival date</b>	26 February 2020 (3 months, 2 weeks and 6 days)
<b>Date</b>	As of 14 June 2020
<b>Confirmed cases</b>	3,121
<b>Recovered</b>	1,442 <sup>[1]</sup>
<b>Deaths</b>	183

Government website

[covid19.gov.gr](https://covid19.gov.gr)

# IMPACT OF COVID-19 IN GREEK REGION

## Difficulties, adaptations

- **COVID-19 lockdown** measures affected the pilot activities of the GR DS.
  - **Difficulties**
    - Visiting houses for technical support
    - Reach target audience of the IoT Integrated Healthcare Service
    - Solve technical issues (i.e. false batteries/sensors replacement)
  - **Internal plans and adaptations:**
    - Remote technical support and guidance by CERTH for problem-solving
    - Evaluation of services in different terms life support & vital signs measurement, support inside home



## Contingency measures

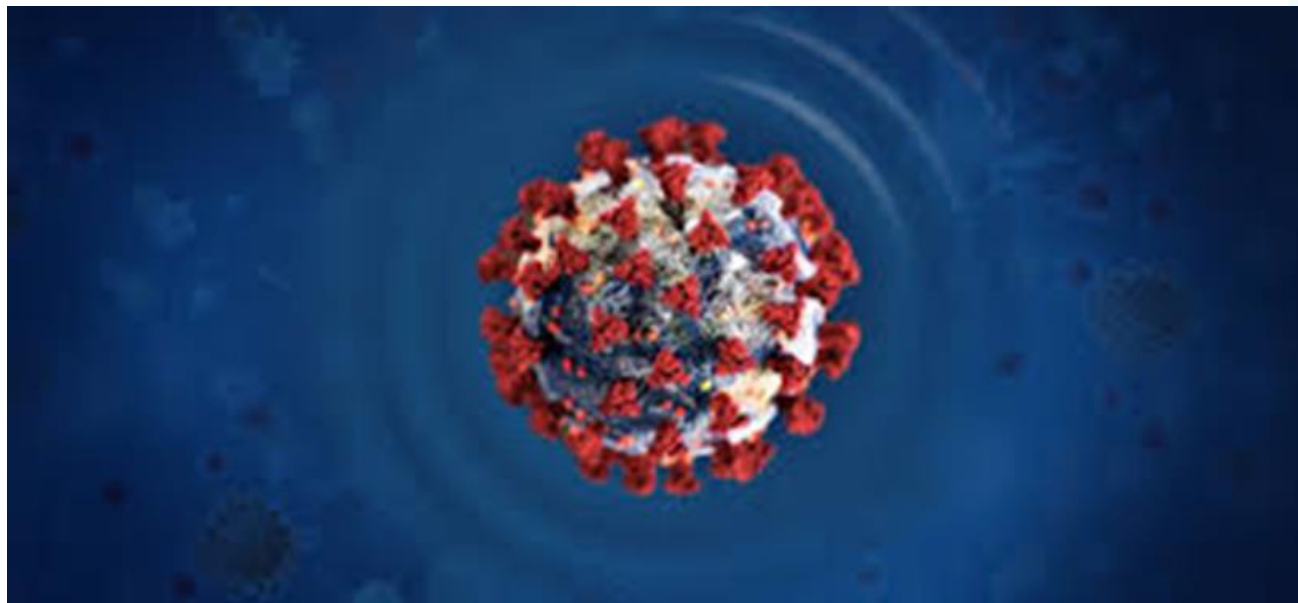
- **Run the solution differently**
  - Instructions of National Public Health Organization and the Ministry of Health for the treatment of COVID19 pandemic
    - Self-limitation at home for older adults and particularly for patients with chronic diseases (e.g. Diabetes Mellitus)
  - For this reason, the Municipality of Trikala, e-trikala SA and CERTH announced from 16/3/2020 the free concession of the equipment of the Call Center until June 2020
- **New use cases of Healthcare services due to COVID-19**
  - 6 users responded so far
  - Telecare service for older adults during COVID19 lockdown by CERTH and etrikala of the Municipality of Trikala
  - IoT telehealth service for patients with Type 2 Diabetes Mellitus during COVID19 lockdown by CERTH and etrikala of the Municipality of Trikala



# THE IMPACT OF NEW USE CASES' TO DEAL WITH COVID-19

## IoT -Health care services & Contingency plans

- Reduce the potential exposure of older adults to relatives' visits
- Continue the IoT telehealth service for patients with Type 2 Diabetes Mellitus **during COVID19 lockdown**, remote disease management at home
- Reduce outpatient visits
- Support health professionals work



# Thank for your attention

## Questions?

