



Region Zealand

Monitoring patients with Borderline with the Monsenso mHealth solution

Mental illness: Borderline Personality Disorder

Country: Denmark

Region: Region Zealand

Project period: March – December 2016

Powered by Monsenso

Background

The Zealand Healthcare Region provides medical services to more than 820,000 citizens spread out across 22 councils in the region.

The Produktion, Forskning and Innovation Centre of the Zealand Healthcare Region in Denmark was looking for a smartphone-based application to replace the existing paper-based self-assessments and clinical questionnaires. The application would be used in a pilot study to support the treatment of 30 patients with Borderline Personality Disorder (BPD) receiving Dialectical Behavioural Therapy (DBT) over a 20-week period.

Objective

The main goals of the pilot study were to identify and track the triggers and early warning signs of patients with BPD, and to evaluate the project from a Mini Medical Technology Assessment (MTV) perspective, in relation to performance, future impact on patient outcomes, and financial implications.

Challenges

- To provide patients and healthcare providers with an effective smartphone-based solution that is able to identify and track triggers and early warning signs.
- To optimise the treatment of BPD and to reinforce the recovery process by improving patients' access to information about their illness.
- To configure, further develop, and install the Monsenso system so that it can be tested in day-to-day operations in the psychiatry unit in Region Zealand.

Our solution

The Monsenso mHealth solution is configured to meet the needs and track the symptoms of patients with borderline. It is based on a double-loop treatment model that connects patients and healthcare providers.

The Monsenso system gives patients the opportunity to enter and visualise self-reported data and early warning signs. At the same time, the system provides healthcare providers with access to prognosis, statistics, pattern analysis, risk, and tracking of early warning signs.

The solution consists of a smartphone application for patients, and a web portal for healthcare providers. The web portal allows care providers to access all the data collected by the patients' smartphones, and facilitates data analysis.

Each clinic has access to an overview of the patients for whom they are responsible. This allows healthcare providers to monitor patients closely in order to quickly identify when the patients' conditions are changing and document the process patients go through during their treatment.

“The Innovation Centre of the Zealand Healthcare Region in Denmark aims to offer its patients high-quality treatment with the latest technology available. With the implementation of the Monsenso mHealth solution, clinicians are able to access a patient's historical aggregated data, which will help them offer a better treatment based on evidence,” said Jesper Lackman, Project Manager at The Produktion, Forskning and Innovation Centre.