

mZdravlje: suvremeni način praćenja zdravstvenog stanja i rada srca

mHealth: state of the (he)art

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KLJUČNE RIJEČI: mZdravlje, digitalno zdravlje, fibrilacija atriya, mobilni uređaji.

KEYWORDS: m-Health, digital-Health, atrial fibrillation, mobile devices.

CITATION: *Cardiol Croat.* 2018;13(11-12):460. | <https://doi.org/10.15836/ccar2018.460>

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mHealth (mobilno zdravlje, mZdravlje) opći je izraz za uporabu mobilnih telefona i druge bežične tehnologije u medicinskoj skrbi. Najčešća primjena mZdravlja je uporaba mobilnih telefona i nosivih uređaja kao i softverskih aplikacija ("Apps") u zdravstvene svrhe, uglavnom radi edukacije potrošača o uslugama preventivne zdravstvene zaštite. Međutim, mZdravlje se također koristi za nadziranje bolesti, pomoć u liječenju, praćenje izbijanja epidemije i kronično zbrinjavanje bolesti. Svjetska populacija od 7 milijardi mobilnih uređaja pruža dobru priliku za praćenje fiziologije, ponašanja i bolesti kao i edukacije pacijenata.¹⁻³ Predstavljamo zbrinjavanje pacijenta s fibrilacijom atriya pomoću aplikacija mZdravlja na udaljenosti od 2000 km. Ova aplikacija olakšava raniju i precizniju dijagnozu te bi mogla omogućiti učinkovitije, prikladnije i potencijalno troškovno učinkovitije pružanje skrbi. Zbog budućeg potencijala digitalnog zdravstva, britanski tajnik Jeremy Hunt je izjavio: NHS aplikacijom će pacijenti preuzeti nadzor nad svojom zdravstvenim stanjem te će u prosincu 2018. godine ista biti dostupna svima u Engleskoj. To je budućnost za svaku zemlju. eZdravlje je također ključno područje za Europsko kardiološko društvo, jer se pametnim telefonima i aplikacijama također može omogućiti obrazovanje, potaknuti promjena ponašanja i povećati pridržavanje terapije pacijenata te se mogu pružiti interaktivni algoritmi liječenja kako bi se pomoglo liječnicima. Digitalno zdravlje ljudima mora biti imperativ.

mHealth (mobile health) is a general term for the use of mobile phones and other wireless technology in medical care. The most common application of mHealth is the use of mobile phones and wearable devices and software applications ("Apps") for health purposes, mainly to educate consumers about preventive health care services. However, mHealth is also used for disease surveillance, treatment support, epidemic outbreak tracking and chronic disease management. World population of 7 billion mobile devices could give a nice opportunity for monitoring of physiology, behavior and disease and patient education.¹⁻³ We present the management of patient with atrial fibrillation using mHealth applications at a distance of 2000 km. This App facilitates earlier and more accurate diagnosis and could create more efficient, convenient and potentially more cost effective delivery of care. Based on the future potential of digital-Health, UK secretary Jeremy Hunt said: NHS app will put patients in control of their health-care and will be available to everyone in England in December 2018. This is a future for every country. E-Health is also a key area for the European Society of Cardiology because smartphone and apps can also provide education, encourage behavior change, and increase treatment adherence in patients as well as deliver interactive treatment algorithms to aid clinicians. Digital-Health has to be a human imperative.

RECEIVED:
October 21, 2018

ACCEPTED:
November 5, 2018



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