

TACHISTA<sup>t</sup>

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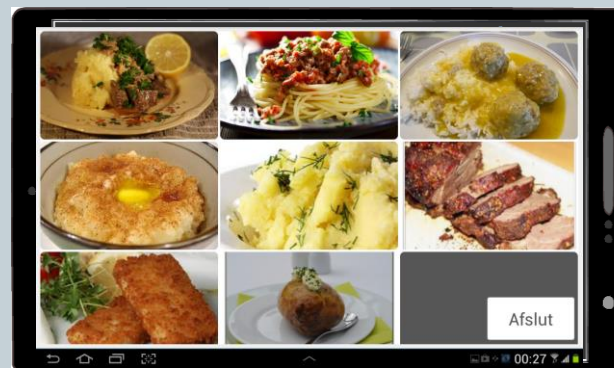
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# Food'n'Go : MinMenu

SUPPORT FOR INCREASED FOOD  
INTAKE AND PHYSICAL ACTIVITY  
WITH THE AID OF TECHNOLOGY



# We have a problem!

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- **Health Care System under pressure from multiple sources**
  - New expensive treatments and medicine
  - Demography – We live longer
  - Diminishing resources
  - Etc, etc, etc.

# Aim

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- To develop, test and implement innovative IT solutions for **involvement** and increased **empowerment** of older patients and their relatives
  - During admission and after discharge

# Target audience with a true need!



- 42 % low BMI and 50 % weight loss in the last 3 months
- 38 % depression symptoms
- 21 % dementia symptoms
- Patients spent 17 hours per day in bed

Pedersen M et al. Twenty-Four-Hour Mobility During Acute Hospitalization in Older Medical Patients. *J Gerontol A Biol Sci Med Sci.* 2013 March;68(3):331–337

# IT as a possible solution

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- Lack of understanding, focus and resources.
- IT and welfare technology is a potential solution, but how do we address the target users?

**THERE IS A DILEMMA!**

- Older frail persons are normally excluded from health care programmes and it-projects

# App and Websites for patient, staff and relatives

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- Choosing and ordering meals
- Registration of intake
- Registration of physical activity
- Motivating patient for increased intake and physical activity
- Involving relatives
- Supporting staff interventions
- Individual dietary profiles
- Customisable menus



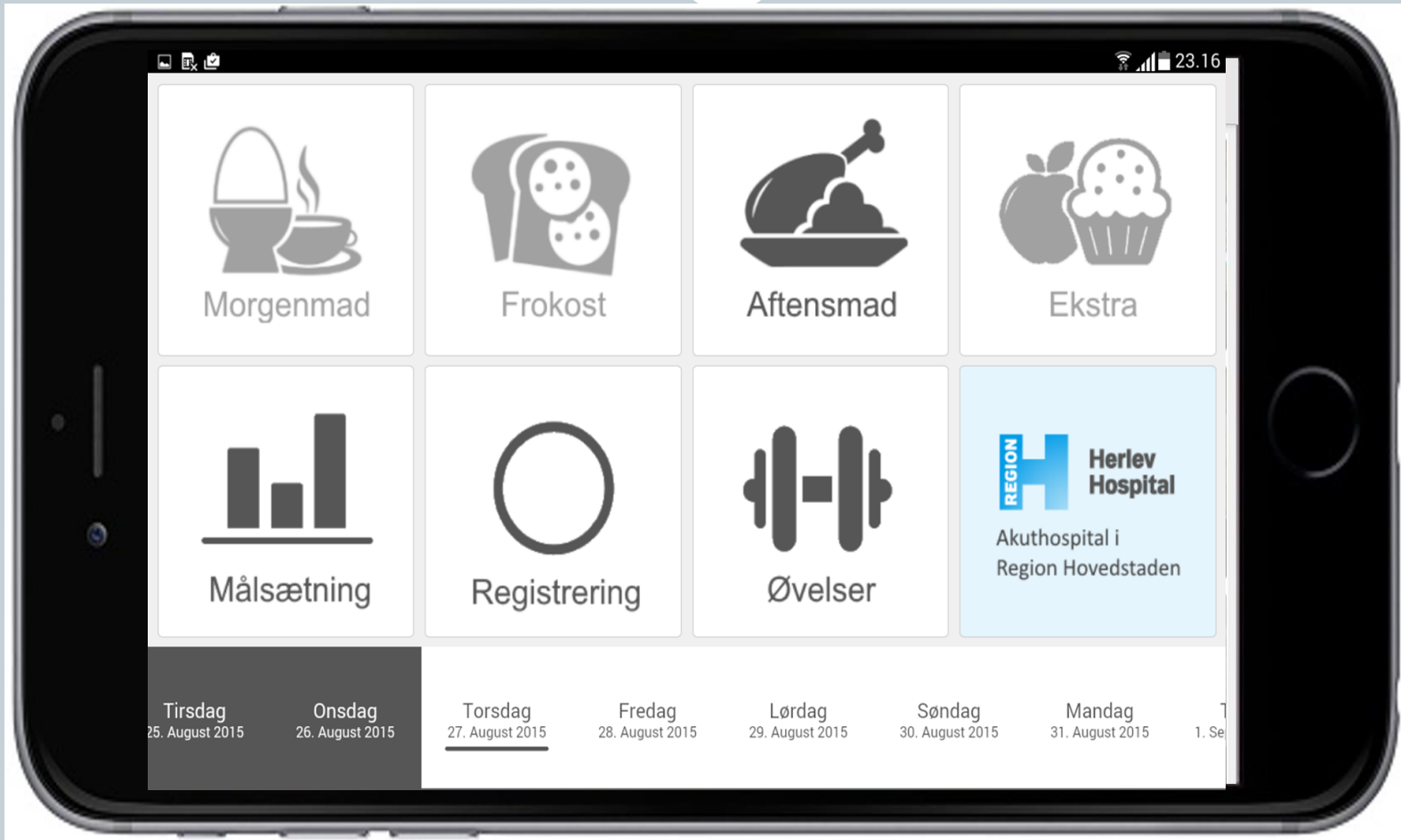
Aim: Patient empowerment



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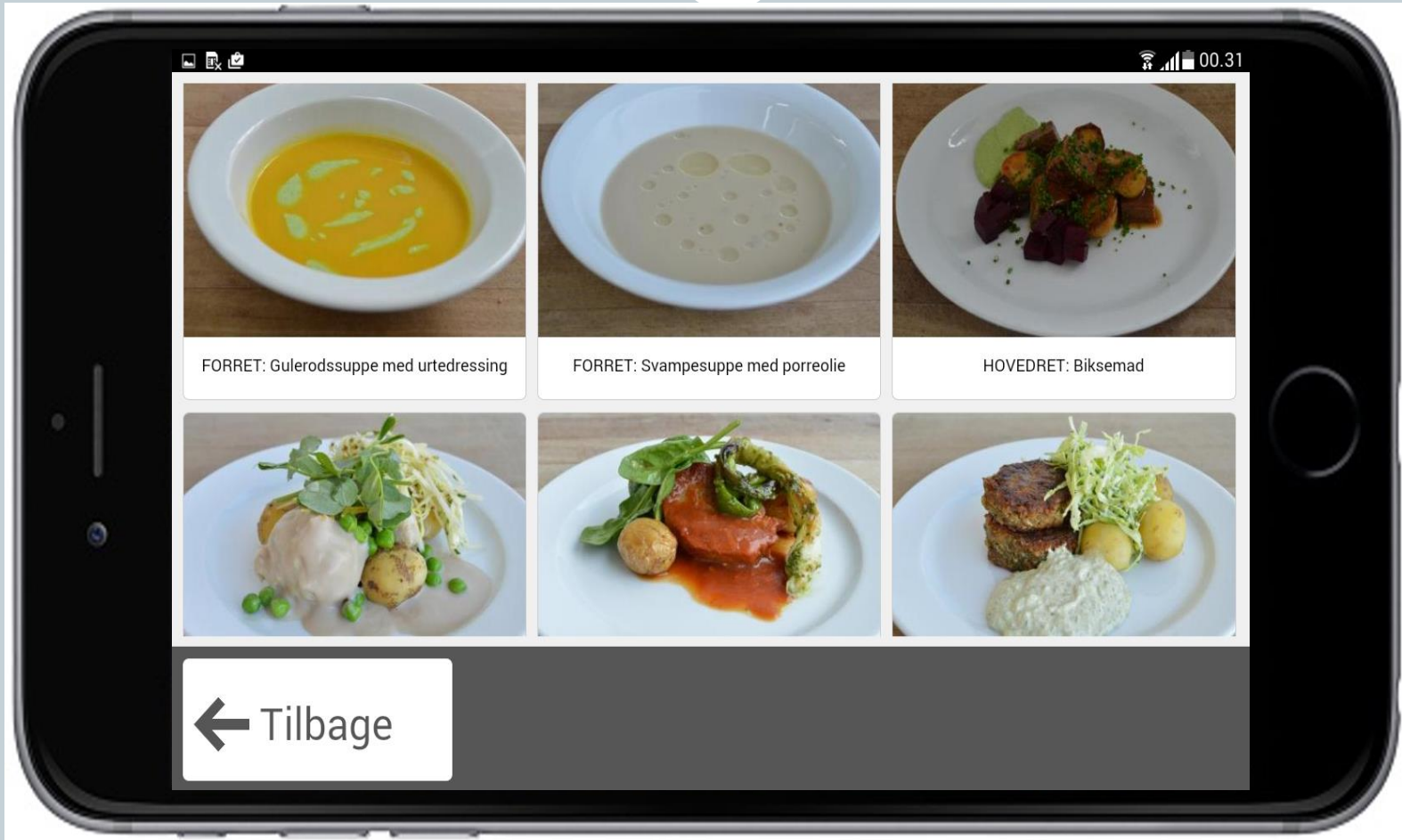


# Customisable startscreen

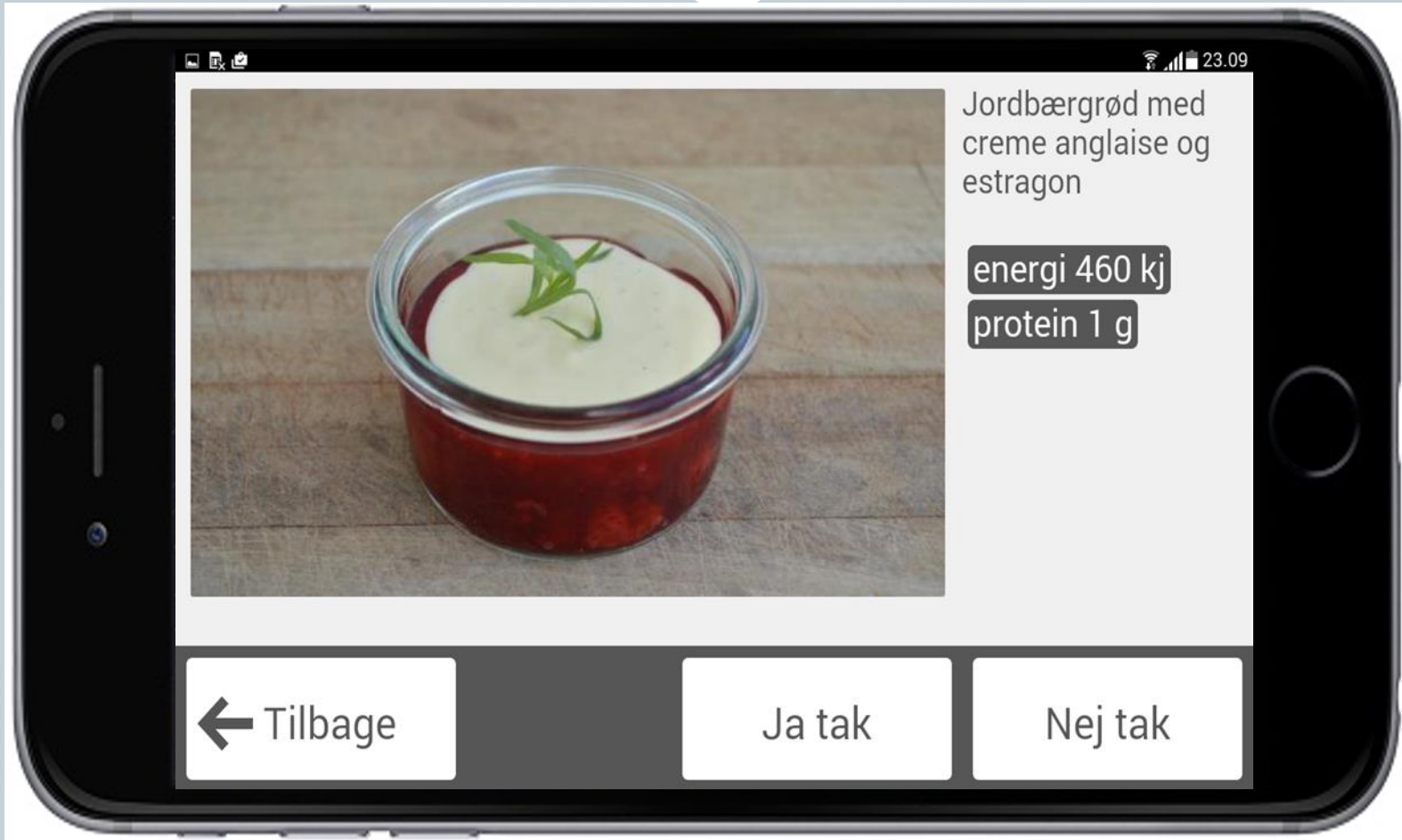




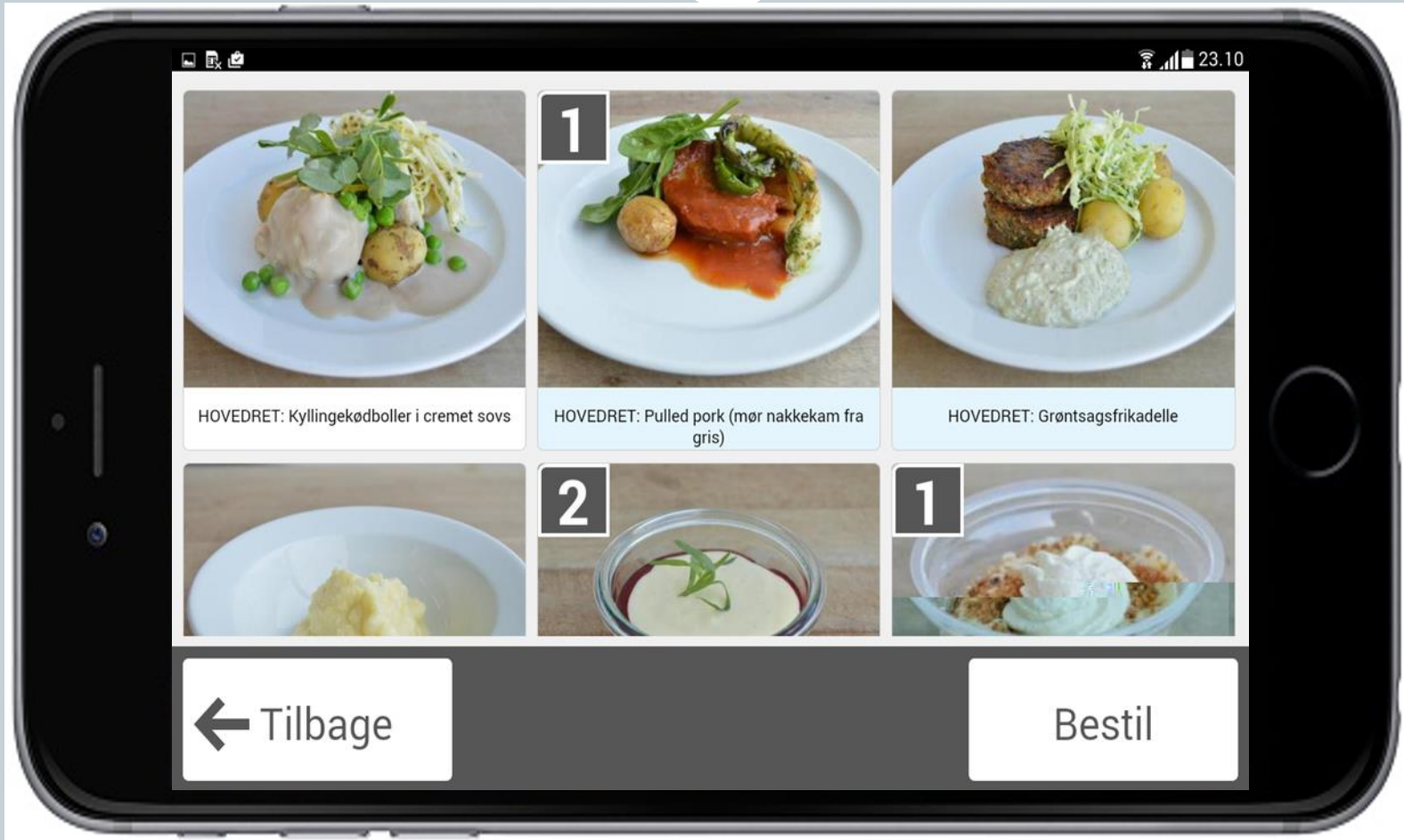
# Menus with pictures



# Detail screen with customised info



# Patient's choice





















# Overview of total order



# Patient nutrition registration



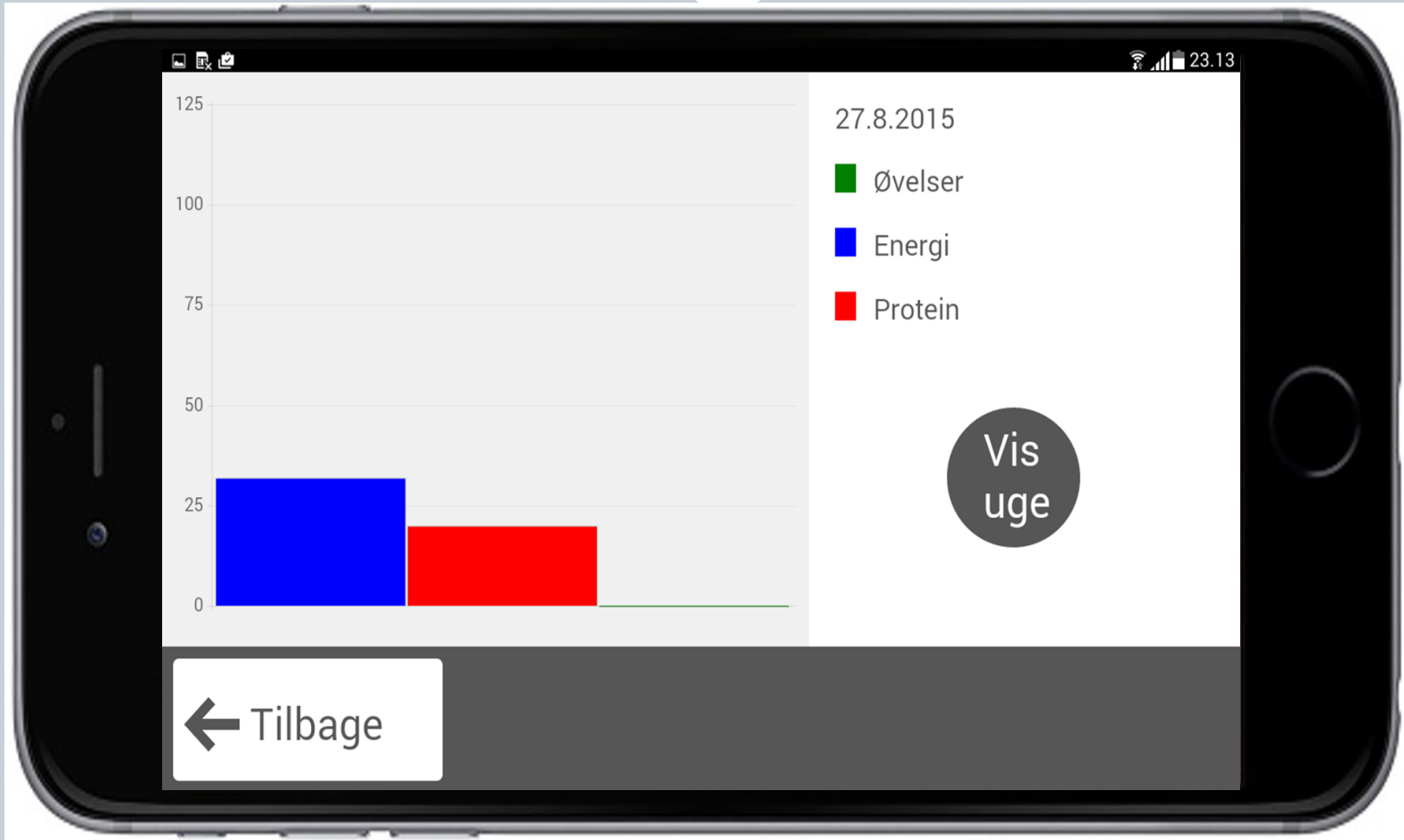
Så meget har jeg spist den 27.8.2015

					
DESSERT: Jordbærgrød	Det hele	Det meste	Halvdelen	En smule	Intet
					
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← Tilbage

Afslut

# Simple feedback



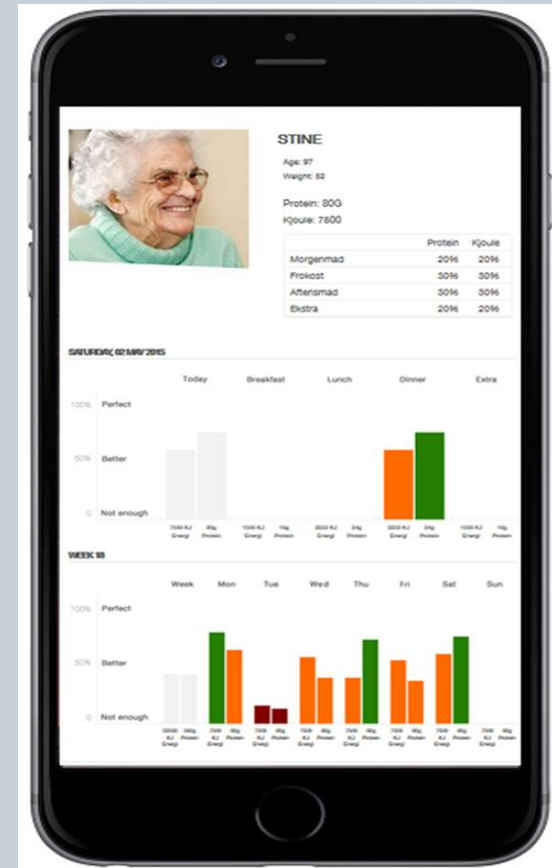
# Progress and development



# Involve relatives ?

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- Involving relatives based on patient's consent
- Supporting staff interventions
- Empowerment to both patients and relatives





# Results and impact

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- Even very frail patients without it-experience participated and managed to operate the tablet
- Empowerment to a dis-empowered group
- Increased functional level, intake and quality of life
- Knowledge of elderly people's preferences and needs in relation to technology use

