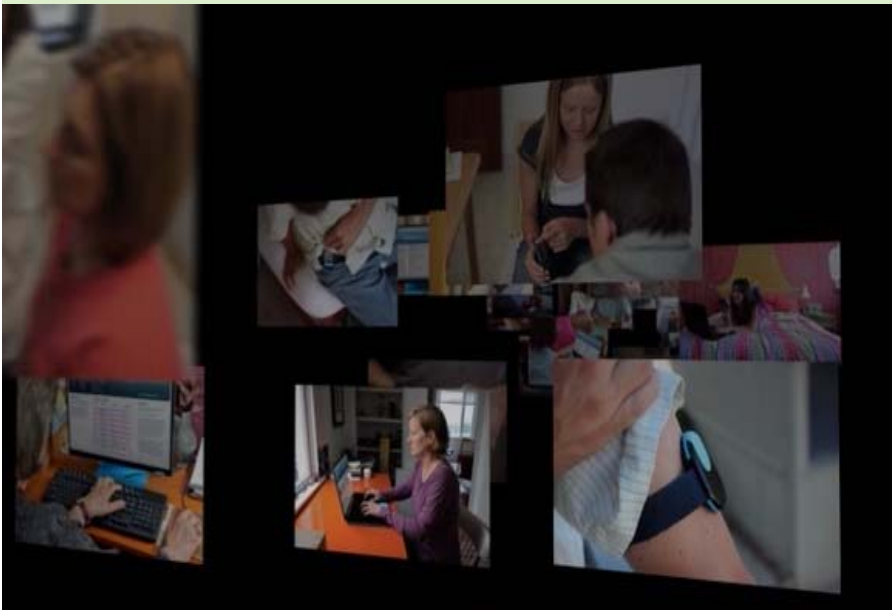


Project Health Design:

Rethinking the Power and Potential
of Personal Health Records

Developing and Testing **Personal Health** Records



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Why would people
use **PHRs**?

- To understand their own health patterns
- To have a single point of access to health data
- To bring the ever-day health experience into the clinical encounter
- To get guidance and direction in day-to-day living
- To help one clinician know what the other one is doing

Action

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Lay people are actually pretty good at
creating **personal health** records ... on paper!



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**ENVISIONING THE FUTURE
OF PERSONAL HEALTH
RECORDS**

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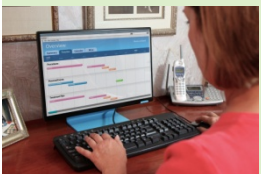
Rethinking the Power and Potential
of Personal Health Records



Effective PHRs are not about the record, they're about the action they achieve



Dynamic PHRs operate well beyond the PC



Attending to observations in daily living yields better health

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What we learned:

Collecting ‘observations of daily living’ may be the most important feature of **PHRs**

- ODLs are information that is collected and reported by the patient
 - sleep, diet, exercise, mood, adherence to medications
 - important to health, but not collected in a clinical setting
- Grantee teams learned much about what ODLs people pay attention to, use to assess health, and want to share with their clinicians



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**People don't live from clinical episode
to clinical episode ~
they manage their health every day**

Monitoring and understanding ODLs empower patients to:

- ✓ create a more meaningful portrait of their health
- ✓ Determine whether treatments are working,
or are not working!
- ✓ facilitate more productive conversations
with clinicians



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Round 1 Challenge:

Create 'next generation' **PHR**

Move perceptions of **PHRs** from
static repositories of information
to dynamic, interactive applications

Round 2 Challenge:

Link **PHRs** & Clinical Practice

Understand and use
observations in
daily living for
health and clinical care



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Where you can find more information:

www.projecthealthdesign.org