



## Press Release

### HeartMan: Self-management for Heart Failure

- The HeartMan project, funded by the EU's Horizon 2020, has developed a digital self-management system for patients with congestive heart failure.
- Moderated by Tamsin Rose, the HeartMan final conference presents the technology developed, findings from the clinical trial in Belgium and features a discussion with Petra De Sutter, Belgian Senator (Greens) and Ioana-Maria Gligor, European Commission DG SANTE, on the political aspects of digital health and self-management technology.
- *"Becoming a heart patient is a major life change. Suddenly, there are a lot of things to consider in your daily life and it's not easy to adjust your daily routines to the new reality. The HeartMan system can help you make these changes"*, says Luc De Ram, a participant in the Belgian clinical trial.

*Brussels, 23 April 2019*

In the European Union, 1.8 million people die from cardiovascular disease (CVD) every year and almost 49 million people live with CVD. Heart failure is a CVD condition and a major health burden throughout Europe. Prevalence is estimated at 1-2% of the population in developed countries and the costs related to heart failure in the EU are around €29 billion a year. Moreover, due to Europe's ageing population and the occurrence of multiple conditions, the prevalence of heart failure is set to increase.

Funded by the European Union's Horizon 2020 programme, the HeartMan project started in 2016. HeartMan involved from a very early stage patients with congestive heart failure and caregivers to identify user requirements for a personal health system and to co-design prototypes. The HeartMan system comprises of a sensing wristband and a mobile application. HeartMan's system aims to help patients and their informal caregivers to monitor and manage physical activity, nutritional needs, mental state and medication, using data collected through the sensing wristband and manual input. A decision support system interprets all the collected data and offers personalised advice.

A randomized controlled proof-of-concept trial was set up and launched in April 2018 in two countries – Belgium and Italy. The Belgian trial included 36 patients with 13 patients in the control group receiving usual care and 23 patients in the intervention group using the HeartMan personal health system on top of usual care. While no definite conclusions can be drawn until the Italian trial is complete, preliminary findings suggest that the HeartMan intervention could have beneficial effects on illness perception and clinical outcomes.

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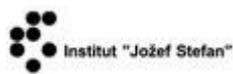
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**About HeartMan:** HeartMan is a research project funded by the European Union's Horizon 2020 programme. It has developed a personal health system to help congestive heart failure patients manage their disease. The HeartMan system provides advice on disease management adapted to each patient, and it does so in a friendly and supportive fashion. The project started in 2016 and will finish in 2019. <http://www.heartman-project.eu/>

**The HeartMan consortium of partners:**



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