

Helbredsprofilen beyond silos

Helbredsprofilen.dk is a website with videos to empower patients in everyday life with a chronic or long term condition

The videos are told by clinical staff, other people with a condition and their relatives

AT HOME OR ON THE MOVE

The patient and their relatives uses Helbredsprofilen as a support both before and after clinical visits and even without ever being in contact with healthcare providers.

The videos enable them to...

- see how others cope
- get easy access to experience and knowledge without touching written material
- learn together with relatives if they wish
- learn what they do not know to ask, or might forget to ask
- watch things, that are easier shown, than explained
- repeat watching over and over, when and where needed



"I asked the municipality for a new social security nr. - 'cause I was no longer the same after the diagnose ..."

Patient - Hartfailure



"This is how and when you change the bandage at home ..."

Demonstration - Arthrosis



"Work used to be the best medicin, so we try to establish some challenges at home ..."

Relative - COPD



"It is important to keep intimacy, touch brings relief. It is also very important to be able to be honest with one another..."

Patient - Cancer



AT HOSPITAL OR GP

Clinical staff uses Helbredsprofilen as reference in connection to:

- Coping and rehabilitation
- Examinations (eg. the callings)
- Operations (eg. the callings)
- Diagnose explanation
- Symptoms and how to deal with them, or what to be aware of
- Medication and side-effects
- How to inform relatives
- Physical training
- Discharging

AT THE MUNICIPALITY

Rehabilitation staff and social advisers uses Helbredsprofilen as reference and direct teaching in connection to:

- Lifestyle awareness (smoking, alcohol etc.)
- Job/leave/support options
- Funeral planning
- Physical training
- Coping and rehabilitation
- Family challenges

HELBREDSPROFILEN COVERS LIVING WITH:

- EVERYDAY LIFE WITH CHRONIC DISEASES
- HEART INSUFFICIENCY
- COPD
- ARTHROSIS
- CANCER TREATMENT
- END OF LIFE

Fictive case: Helle gets a hip surgery

Helle visits the GP because of hip pain. The Doctor advises Helle to get a hip surgery. She is in doubt. Helle gets more information about hip surgery from some of the videos on Helbredsprofilen she encountered on Facebook.

Helle and the GP talk about pro's and con's of surgery and the GP believes she would benefit from a new hip. At home Helle watches more videos from Helbredsprofilen, especially the film about others having been in doubt weather they should go through surgery, and she decides to go through with it.

After seeing the GP again she gets a calling from the hospital, and in it, there are links to Helbredsprofilens videos explaining how to prepare for

the surgery (pre-training, no eating 6 hours before etc). At the pre consultation, she and her husband are introduced to Helbredsprofilen again.

Immediately after the surgery, she begins the exercise. She has an iPad with Helbredsprofilen next to her at the hospital bed showing exactly which exercises to perform, and she then knows what to do.

Helles treatment was completed at the hospital. The staff have explained thoroughly how she should treat her wound at home, and has shown her videos on Helbredsprofilen where she can see how it is done, and how to proceed with rehabilitation exercises.

She takes care of the wound and the rehabilitation by following exercise program from Helbredsprofilen at home. She is a bit worried that the

training hurts too much, but she's reassured she is ok by watching some of the videos with other former patients telling about their similar experiences. That It is all normal, with a bit of pain.

After 14 days, she's being offered an exercise-course at the municipality. Helle is introduced to new exercises directly from Helbredsprofilen, and uses the same videos at home to proceed with the exercise.