

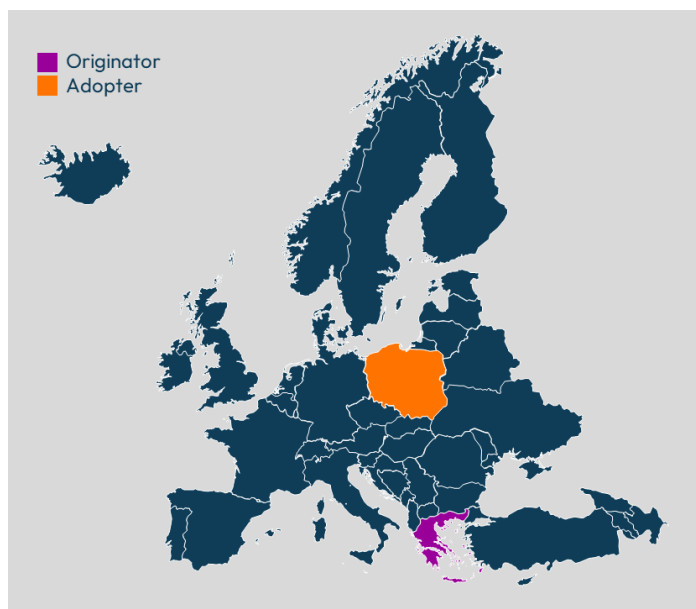


## DHU Twinning: GrePolCare

### Greek-Polish FrailCare Twinning

Originator: Foundation for Research and Technology – Hellas (FORTH) Institute of Computer Science,  
Centre for eHealth Applications and Services (Greece)

Adopter: Medical University of Lodz – Geriatrics Clinic (Poland)



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## Project Overview

The **GrePol Care Twinning** aligns with the EU priorities on the uptake of digital solutions in health and care. FORTH (Originator) has developed a digital solution for managing frailty to support shared care plans and integrated care. It addresses several of the twinning topics, including ICT support for management of frailty, ICT supporting adherence to medication and care plans, advanced digital tools to support Integrated Care, including integration of health and social care services, interoperable digital solutions to support person-centred and integrated care and digital shared care plans (e.g., support to multi-disciplinary team(s)).

## Collaboration and Capacity Building

The twinning brings together two complementary teams to foster capacity building for implementing and using the digital solution **BONVITA**. The technical team of **FORTH** collaborates with the **Geriatrics Department at MUL** to stimulate mutual learning and transfer of innovative practices between Greece and Poland. The **BONVITA** is a digital platform for effectively screening, preventing, and managing frailty and pre-frailty. It moves beyond the state of the art, offering a holistic digital technology solution that integrates all essential components supporting shared care plans and integrated care.

## BONVITA Platform

**BONVITA** content is based on the comprehensive geriatric assessment (CGA) as the gold standard for diagnosing and planning the treatment of frailty status. Based on the clinic's preferences, the selection of questionnaires can be customized to reflect organizational processes. The solution is flexible and customizable to include new frailty assessment measures and functionalities and adapt to scientific developments. **BONVITA** supports in practice shared care plans that involve various stakeholders. All components collaborate harmonically, offering to all involved stakeholders advanced security integration with legacy systems already available while promoting communication, information sharing, and shared care planning. It enables intelligent planning, smart calendars, recommendations, lifestyle monitoring, alerts, medication management, intelligent dashboard and analytics, education and training, and reporting.

## Matching Needs with Solutions

**GrePol Care** offers the opportunity to create a match between the **BONVITA solution** (ORIGINATOR) and the **Geriatrics Clinic of the Medical University of Lodz** (ADOPTER) to address the needs of the end-users and establish an environment for continuous learning. The twinning facilitates the additional development/localization/customization and system integration activities and provides the opportunity to receive feedback, validate the potential impact of the solution (i.e., the value hypothesis), and refine the business plan for the commercialization of the **BONVITA** solution based on the validation results.



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## Enhancing BONVITA with WIGOR

The twinning also enhances the **BONVITA** solution with the "**WIGOR**" application. **WIGOR** was created to support patients and specialists in geriatrics (doctors, nurses, physiotherapists, dieticians) and people from the home environment of the geriatric patient. These activities were carried out as part of the VIGOUR project Evidence-based guidance to scale up integrated care in Europe.

### WIGOR Application

The application transfers the medical knowledge about the patient (derived from the Comprehensive Geriatric Assessment) necessary to develop a continuous care schedule in a home environment and monitors and supports the patient in the implementation of daily recommendations related to the prevention of the frailty syndrome. The application has been tested and is available in Polish for Android devices. The set of tests (from the comprehensive geriatric assessment - CGA) and their interpretation were consulted and adapted to the recommendations of specialists.

### Expanding Networks

The twinning expanded the network of both participants to the wider ecosystem of Greece and Poland.

### Visit to Poland

During the Greek-Polish Frail Care Twinning visit in Poland, the **FORTH** team was hosted by the GrePol Care partner, the **Geriatrics Department of the Medical University of Lodz**. During the visit, Dr. Angelina Kouroubali had the chance to visit the Creator - Prevention and Rehabilitation Centre in Lodz (Ośrodek Profilaktyki i Rehabilitacji w Łodzi), the Modern care home Dom Seniora Uniwersytetu Łódzkiego Edu-Sowa, and the Medical Simulation Centre of MUL Centrum Symulacji Medycznych Uniwersytet Medyczny w Łodzi.

### Visit to Crete

During their visit to Crete, the Polish partners attended informative presentations about the activities of FORTH-Institute of Computer Science, Centre for e-Health Applications and Services, **the "smarthealth" European Digital Innovation Hub, and the Hellenic Digital Health Cluster (HDHC)**. They also visited the Headquarters of ORamaVR where they were introduced to the award-winning **MAGES™** SDK authoring platform for high-fidelity medical XR training simulations.

### *Workshops and Collaborative Activities*

At **ORamaVR**, the visitors had the opportunity to receive hands-on experience of a collaborative networked medical operation simulation. During the visit, a workshop was conducted for the design and development of appropriate technology tools for older adults. Health communication practices for delivering information to older adults about their Comprehensive Geriatric Assessment results were showcased through the MUL



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application WIGOR. In addition, a workshop on inclusive design for the BONVITA platform was also conducted. Lessons learned and fruitful discussions were also on the agenda.

### Visit to Venizeleio General Hospital

During their visit to Crete, the Polish partners visited **Venizeleio General Hospital of Heraklion**, where they were informed about the current research conducted in the orthopedics clinic as well as about the pioneering activities of the Prevention of Falls Clinic, the only such clinic in Greece. The visit concluded at the Administration of the 7th Healthcare Region of Crete, where the Polish partners attended an in-depth presentation of the activities of the Public Health Directorate.

### Future Collaboration and Synergies

**GrePolCare** twinning was concluded with several discussions for potential synergies focusing on fruitful exchanges and future collaboration opportunities.

### Social Media Links

- [Facebook](#)
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- [LinkedIn 2](#)
- [Facebook Share](#)
- [Facebook Watch](#)
- [LinkedIn 3](#)
- [LinkedIn 4](#)
- [LinkedIn 5](#)



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## Agendas of Twinning Meetings

**UNIVERSITY OF MEDICINE**  
**UM** **Digital Health Uptake**

Digital Health Uptake Project - GerPol Care Twinning

**Agenda of the Twinning Visit in Poland,  
28-31.05.2024, Medical University of Lodz**

**Day 1, 28/5/2024 Tuesday**

**9:30-10:30** Introduction with Prof. Tomasz Koska -challenges of geriatric care in Poland; procedures used in the Geriatrics Clinic, the problems (Dziekanat, Hallena 1 street, room 116).

**10:30- 11:00** Geriatrics Clinic tour: Elinet software

**11:00- 11:30** Coffee break

**11:30 -13:00** Focus group, meeting with the multidisciplinary team of the Clinic - discussion about BONVITA, CGA, and functionalities.

**14:00- 16:00** Visit to Physiotherapy Center:  
- Physiotherapy in long-term care  
- Organization  
- Software  
- Cryochamber

**18:30 - 21:00** Official Dinner at "Na Zdrowie" Restaurant  
(<http://www.restauracja.nazdrowie.pl/>)

**DAY 2, 29/5/2024 Wednesday**

**10:30-11:30** Modern care home ( *Rewolucji 1905 r. street, nr 66* )  
- What is important  
- How to organize care  
- Digital exclusion  
- Curriculum for classes for seniors

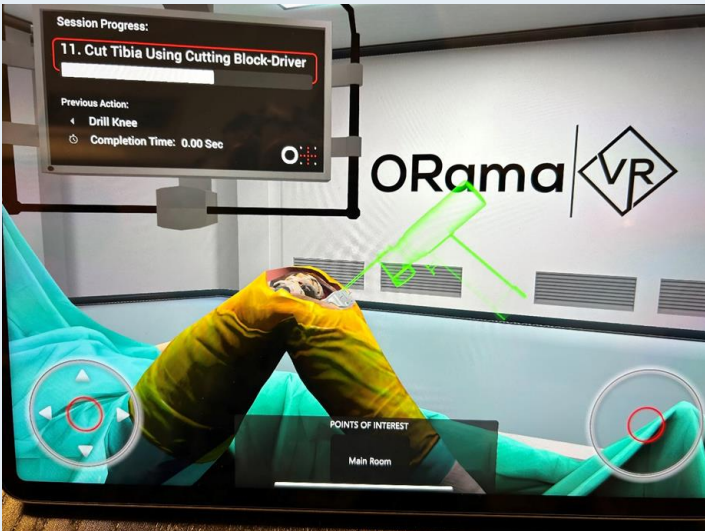
**11:30-12:30** Presentation of BONVITA at Modern Care Home formal caregivers' opinion  
- provide feedback about additional functionalities

**13:00-14:30** Visiting Medical Simulation Centre. Guide: Maria Bartczak (PHD).

## Picture repository



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