



**GAMES FOR HEALTH EUROPE
2025**

DISCLOSURE SLIDE
for presentations at the

GAMES FOR HEALTH EUROPE 2025 CONFERENCE

I herewith confirm that there is not any conflict of interest with the conference organization or any of its sponsors.

REMOTE MONITORING @ HOME

Transforming healthcare and enabling digital



RM@Home
funded by Interreg Rhine-Meuse

Present today



JULIE



RUBEN

This is Carl

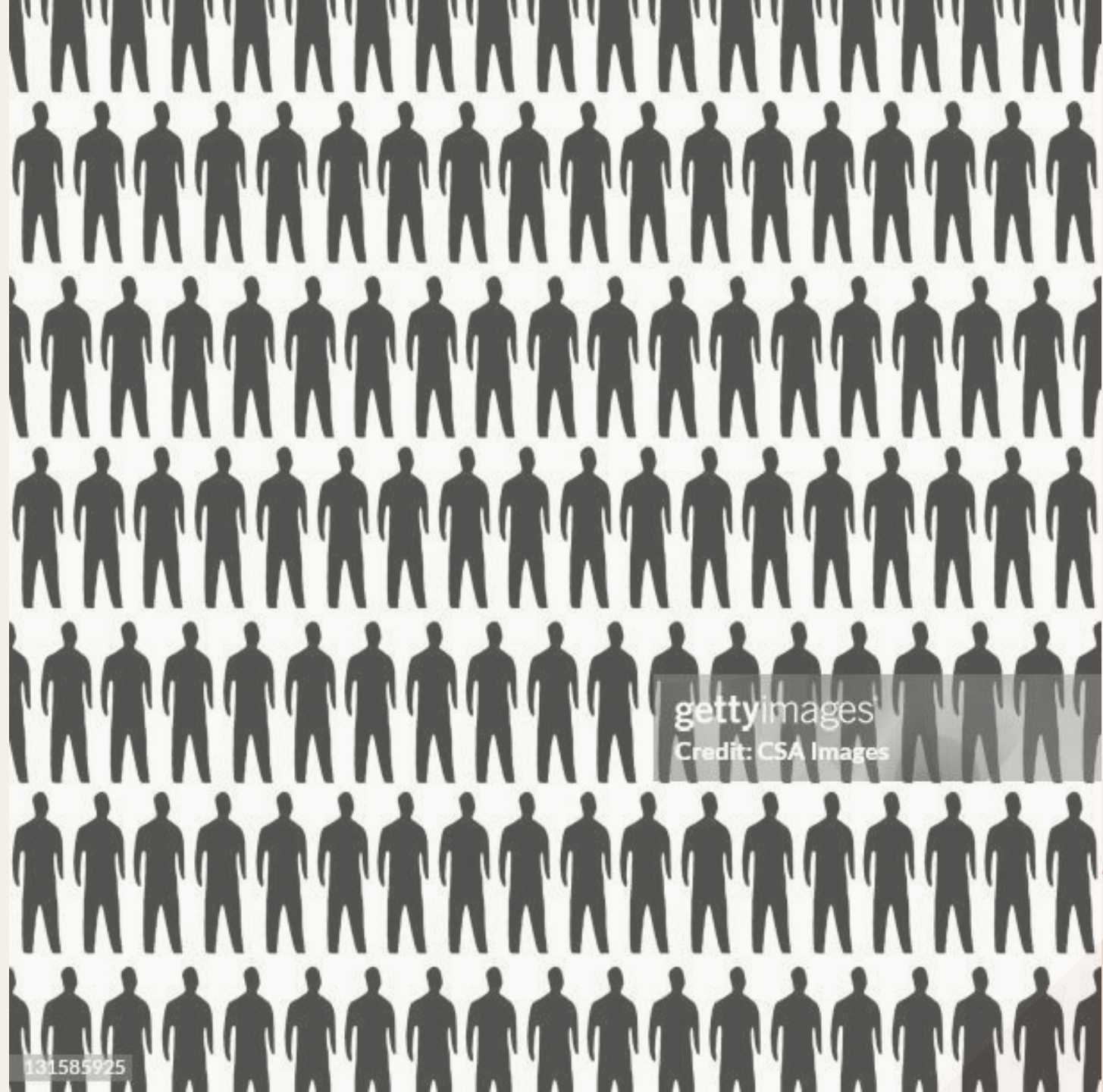
79Y man

Enjoying his pension

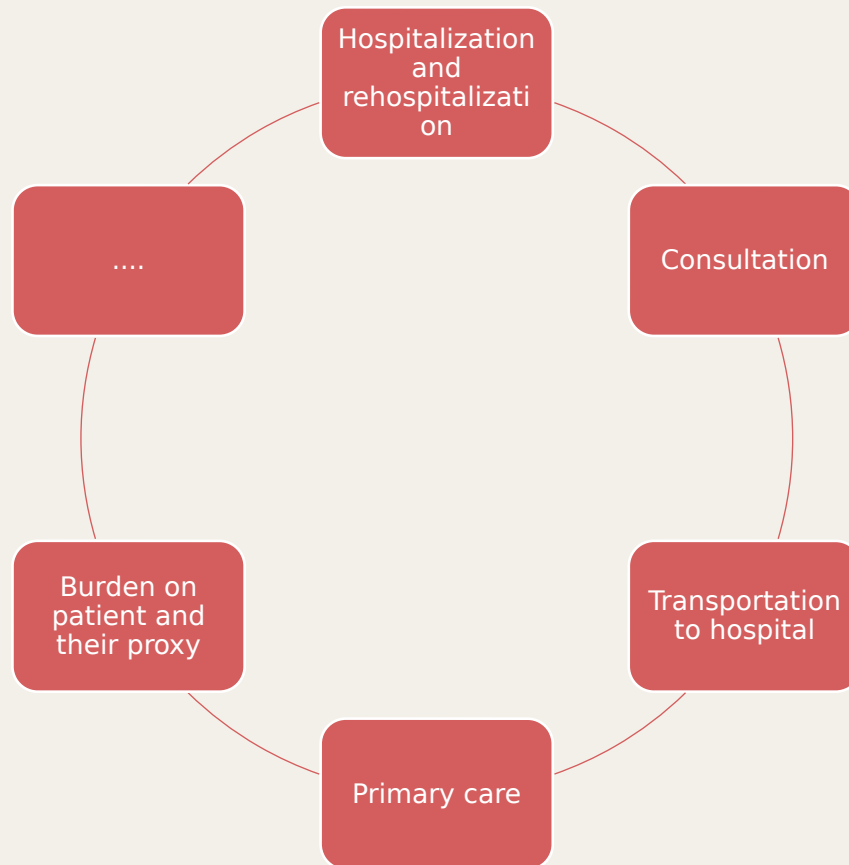
Has 2 kids and 4 grandkid



However, like 40% of the EU population, Carl suffers from a chronic disease.



Carl is affected by his chronic condition in numerous ways



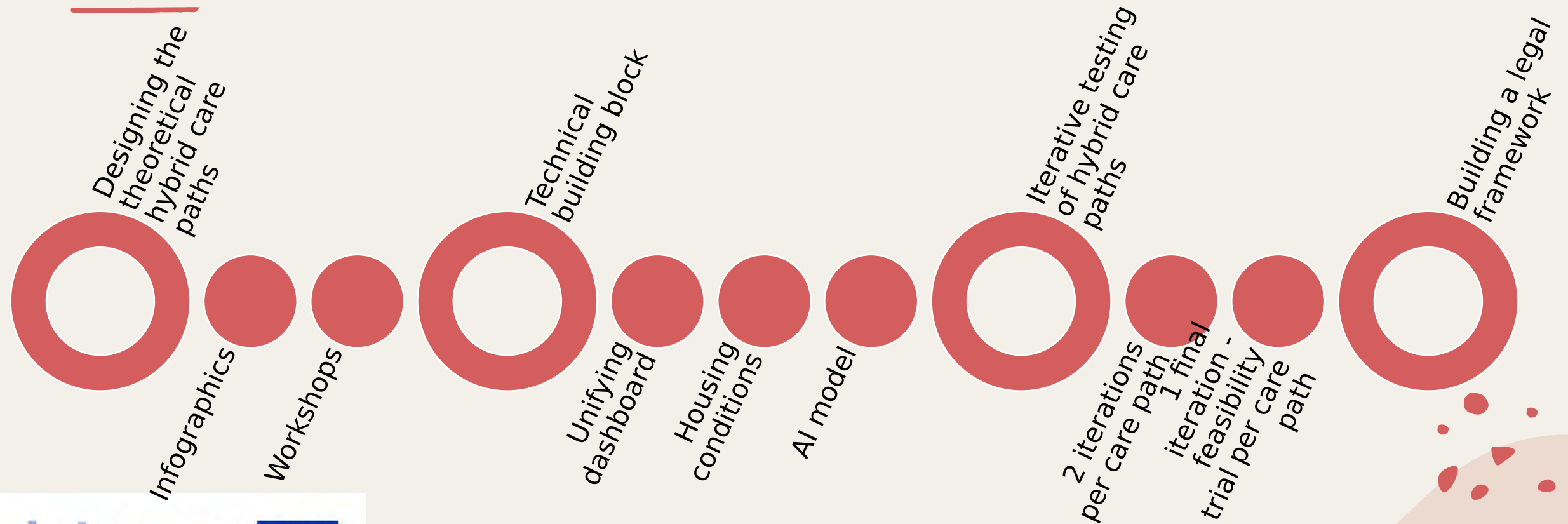
Grandkids who embrace digital – we propose a **hybrid solution**





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Transfrom 'old' to hybrid – phased approach



COPD

Chronic Obstructive Pulmonary Disease

COPD Symptoms

- Chronic Cough
- Production of Mucus
- Fatigue
- Shortness of Breath
- Dyspnea
- Chest Discomfort

COPD Causes

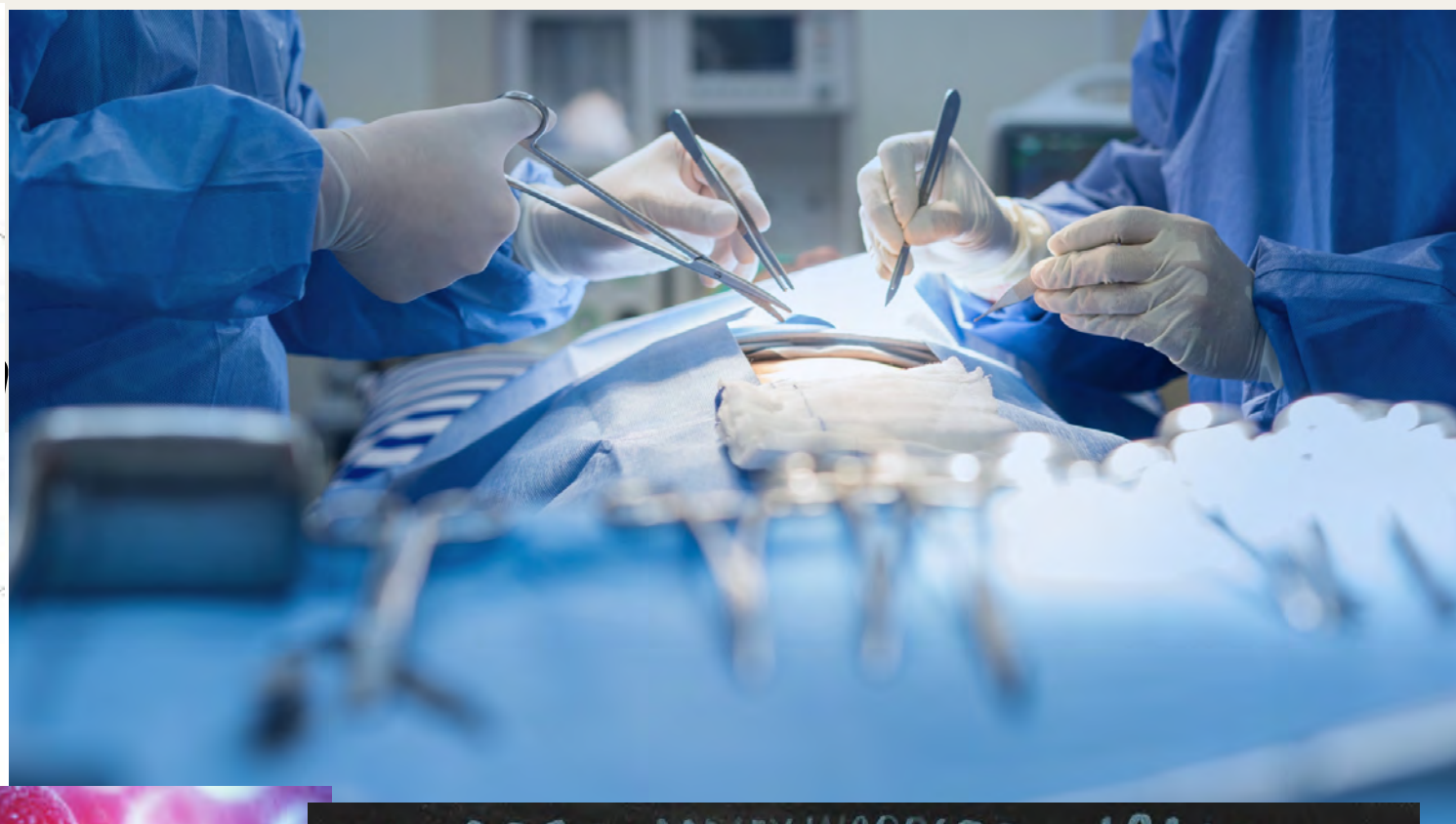
- Smoking
- Air Pollutants
- Genes

HEALTHY AIRWAY ✓

Smooth Muscles, Normal Bronchial Tube, Open Airway (Lumen), Healthy Alveoli

CHRONIC BRONCHITIS ✗

Inflammation and Excess Mucus



ONCOLOGY

BOLD BUSINESS

JOB PRESSURE MONEY WORRIES EXHAUSTION
 TROUBLE STRESS SEROTONINS BRAIN CHEMISTRY WEIGHT OF THE WORLD
 DARKNESS STUCK
 FAMILY OBLIGATIONS CHEMICAL MESSAGING DOPAMINE RECEPTOR SYNAPSES CULTURE CONTEXT
 BULLYING TRAUMA NEURAL PATHWAYS LIFE STORY STIGMA PAIN

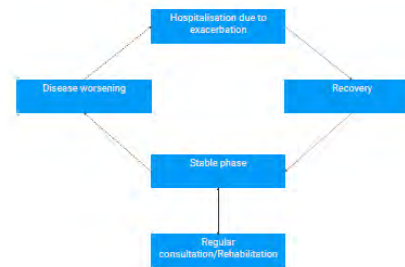
Transfrom 'old' to hybrid – phased approach

Designing the theoretical hybrid paths

Infographics

Workshops

COPD



COPD exacerbation

Patient details

Gold class F

Scenario

Short background story that explains what has happened before this journey and will give better context to the patient needs and reasoning...

Goals and Expectations

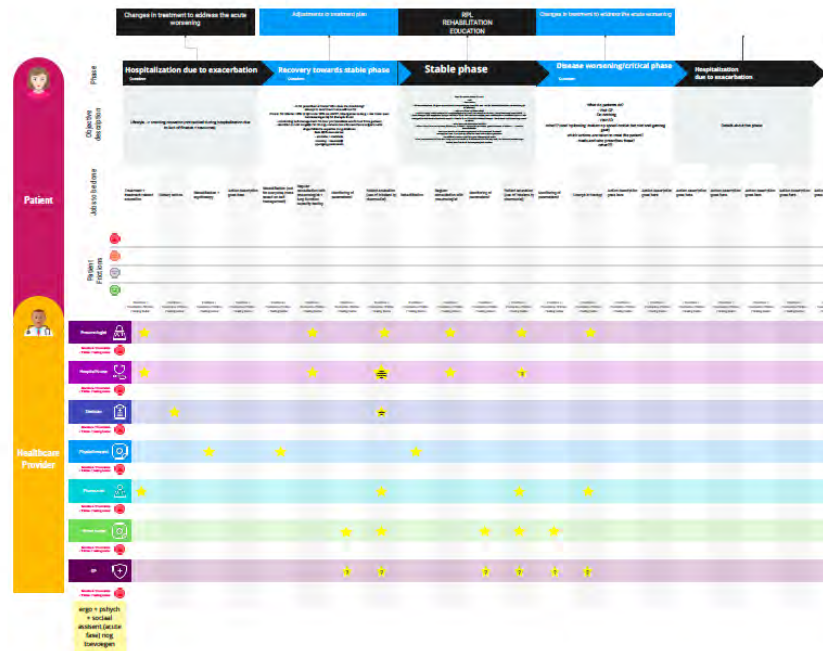
Goals and expectations

Health history

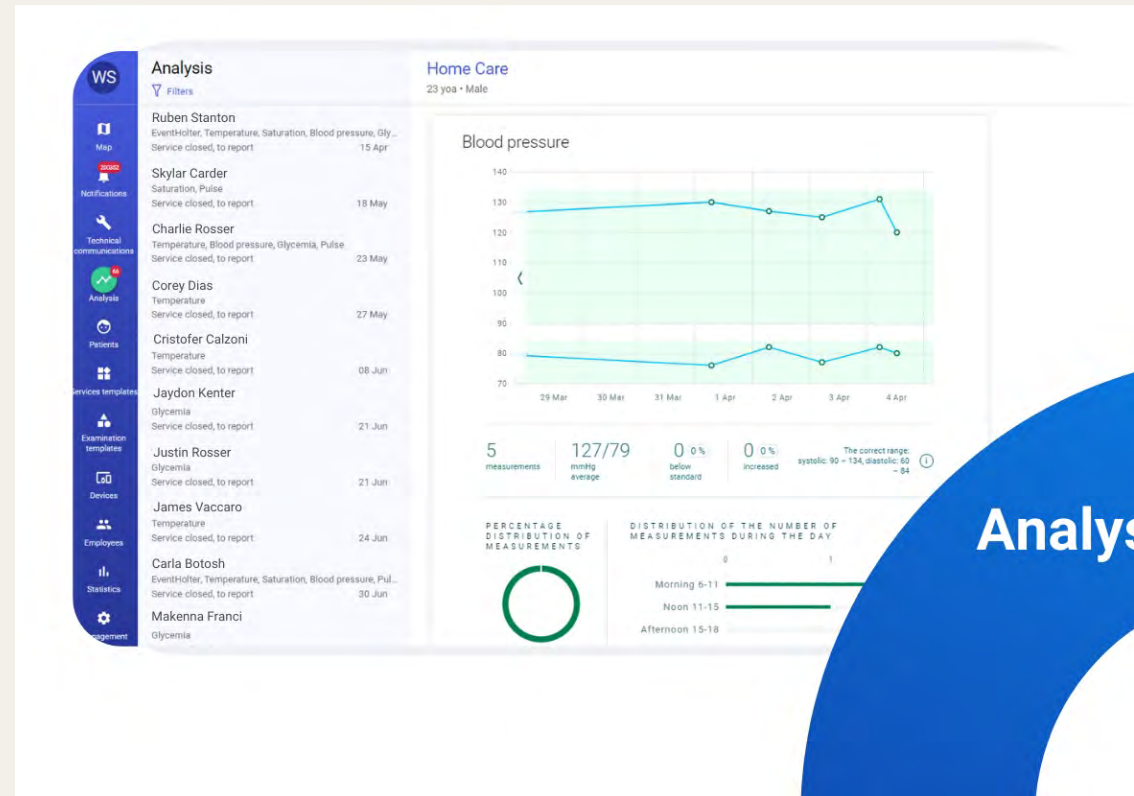
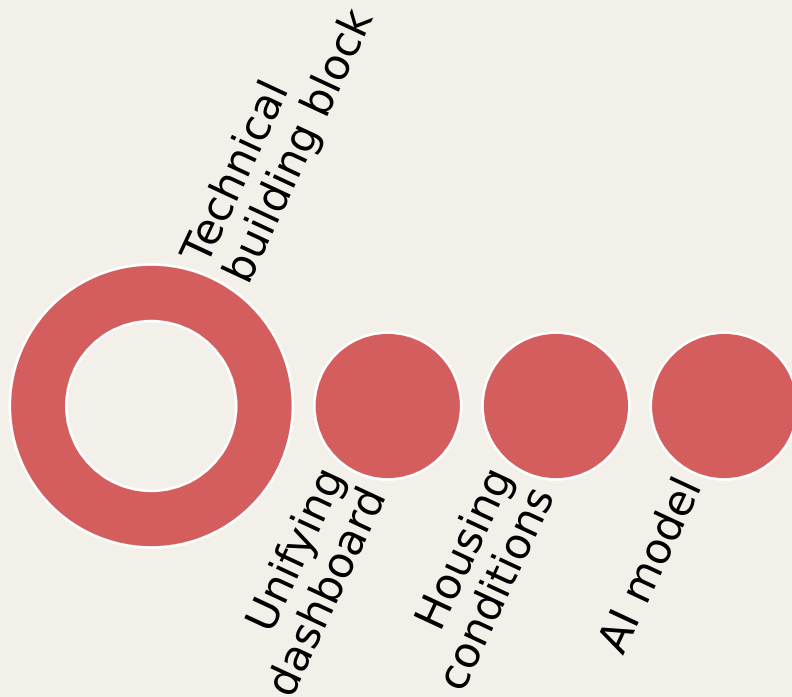
Fact 1
Fact 2
Fact 3

Main opportunities

- Opportunity description: What is the insight that might lead to a future improvement?
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Transfrom 'old' to hybrid – phased approach



Analyse

Transfrom 'old' to hybrid – phased approach



Transfrom 'old' to hybrid – phased approach

?



*Building a legal
framework*



But how?



Remote monitoring in Chronic Obstructive Lung Disease

Ruben Knevels

PhD researcher

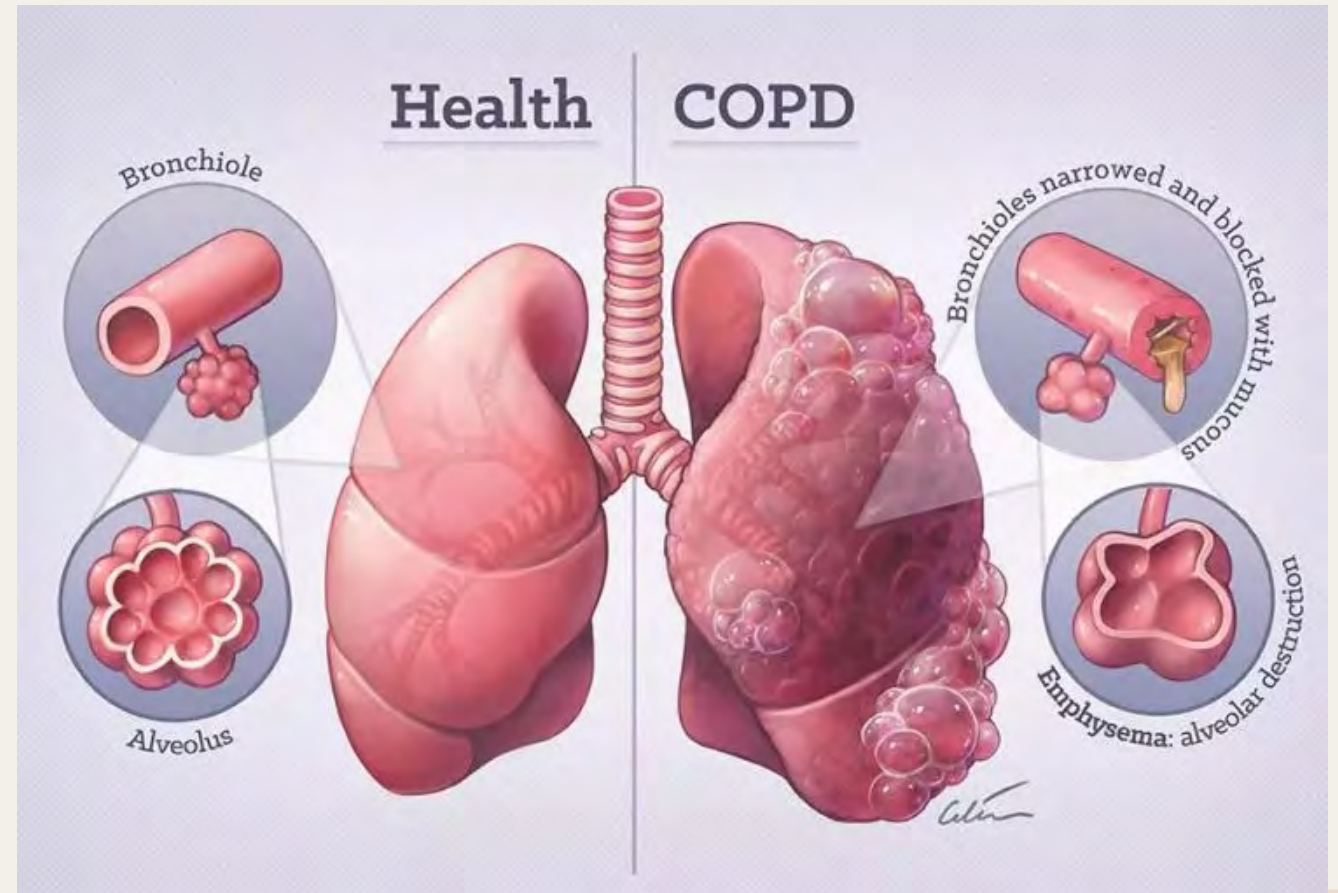
Hasselt University - Belgium

What is COPD?

Umbrella term

Airflow limitation / dyspnea

Not fully reversible



Zhang M. (2021)

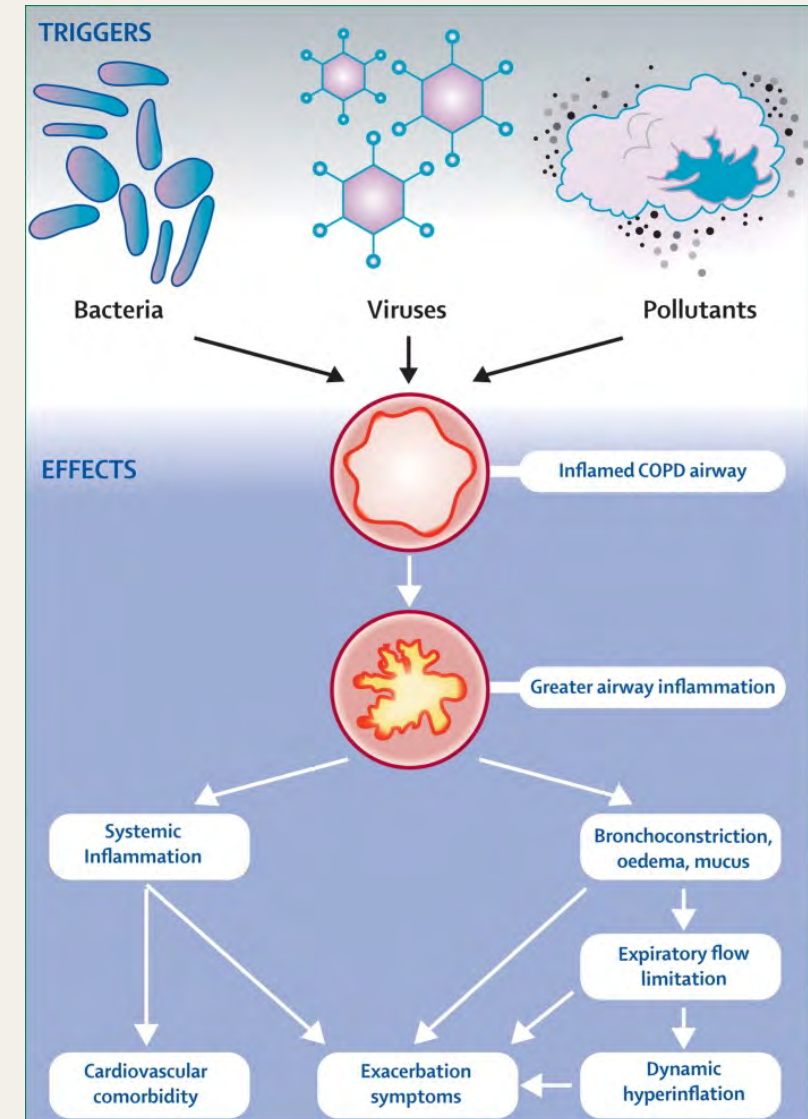
COPD exacerbation

Episodes of acute disease worsening

Infectious / non-infectious

Leading cause of emergency room visit

Leading cause of hospitalization



Wedzicha J. et al. The Lancet (2007)

Carl's journey

Carl

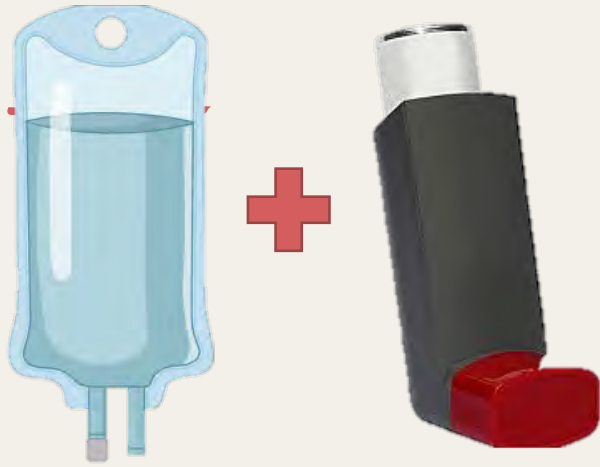
79 years old

COPD patient

2 exacerbations in the preceding year







**HOSPITAL
DISCHARGE**

What's next?

**IMPROVE
FOLLOW-
UP**

**PREVENT
(RE)HOSPITALIZATION**

**IMPROVE
OUTCOMES**

1. Remote patient monitoring

Monitoring of vital parameters

- Oxygen saturation
- Respiratory rate
- Heart rate
- Core body temperature
- ...

Real-time access on platform

Manual review / review by AI



AT HOME

**COPD
PATIENT**

**IN
HOSPITAL**

Home
nurse

General practitioner

Other
stakeholders

Pulmonologist

Informal care
taker

Physiotherapist

Physiotherapist

Other
stakeholders

Hospital
nurse

2. Housing conditions

Indoor air pollutants

- CO₂
- Volatile organic compounds
- Nitrogen oxides
- PM_{2,5}
- ...

Indoor air conditions

- Humidity
- Temperature

Potential exacerbation trigger?



The best way to predict the future of healthcare is to create it. Remote patient monitoring isn't just technology—it's a lifeline, a bridge to better outcomes, and a step toward truly patient-centered care



COMARCH



NALLA





GAMES FOR HEALTH

EUROPE

2025