

Issue
13-14

Apr-May,
2016

Newsletter



eSMARTproject.eu
@eSMART_EU
esmart@surrey.ac.uk

eSMART: Randomised controlled trial to evaluate **e**lectronic **S**ymptom **M**anagement using the Advanced Symptom Management System (**ASyMS**) **R**emote **T**echnology for patients with cancer

We welcome you to the April May Issue of eSMART Newsletter. The RCT is already running among Clinical sites in Greece, UK, Ireland, Austria and Norway!! In this issue you can read more about the current recruited numbers. We also represent the Greek eSMART team and the Greek clinical sites.

WELCOME ON BOARD!

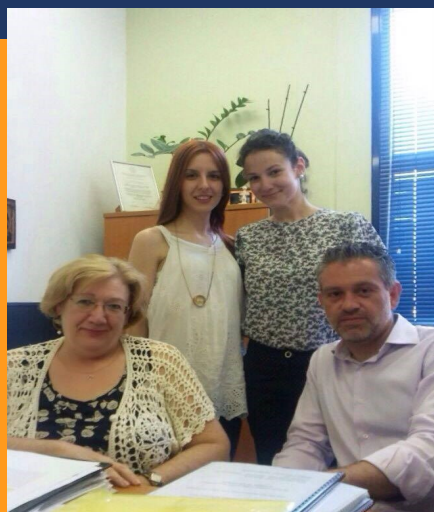
Pilot speaking! My name is Elisabeth Patiraki and the co-pilot is Stylianos Katsaragakis. I am thrilled to introduce you the Greek eSMART team and its' three clinical sites.

Due to the well known economical crisis, Greek hospitals have to deal with a remarkable lack of nursing personnel. Thus, initially nurses were skeptical about the feasibility of such an ambitious project.

However, our belief is that everything you can imagine is real. And here we are now, up in the air, flying with more than 20 recruited "passengers" and an enthusiastic "crew".

My office-"the control tower" of the collective effort of the co-investigators, three Principal Investigators, three nurse researchers and 40 alert handlers. I am honored and thankful to Professor Nora Kearney who trusted me being part of this exciting journey.

Enjoy your flight!



Professor E. Patiraki, Greece Partner Leader
M. Christou RN, MSc, Research Nurse
M. Dimoula, RN, MSc(c), Research Nurse at General Air-Force Hospital
Lecturer S. Katsaragakis, Greece Partner Co-researcher

Previous & Upcoming Events

- 25 May 2016
European Parliament Event:
'Unleashing the mHealth potential for cancer patients' [+Find out more](#)
- 3rd – 5th June 2016.
M-HEALTH and E-HEALTH: [Understanding the Future of Cancer Care](#). ECPC Annual General Assembly, Brussels

The Newsletter Team



Prof Elisabeth Patiraki
University of Athens
Editor

Prof Christine Miaskowski
University of California, San Francisco

Dr Stylianos Katsaragakis
University of Peloponnese

Dr Annegret Schneider
University of Surrey

Mr Francesco Florindi
ECPC

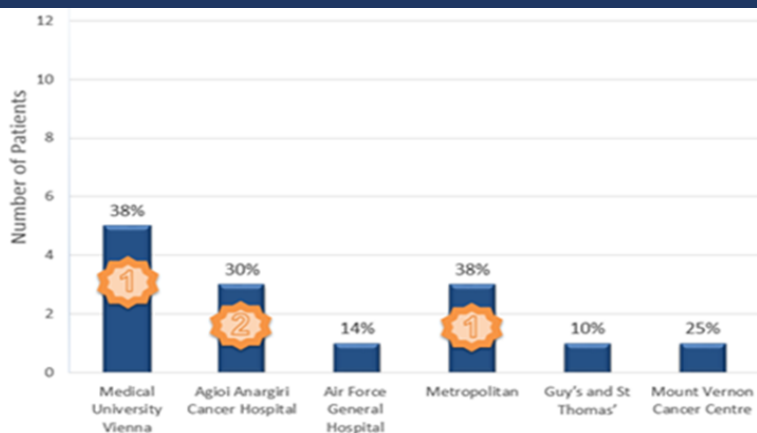
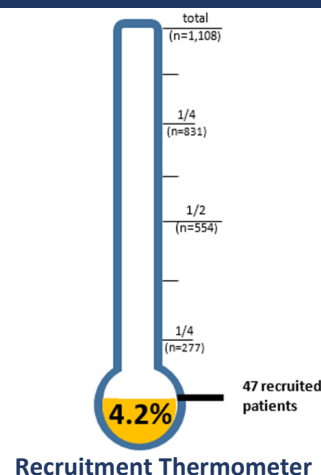


Figure: Recruitment by site compared to monthly target (Based on data from 08.05.2016)



This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement number 602289

Issue
13-14

April-May,
2016

Newsletter

"Agiol Anargiri" Cancer Hospital (AACH) , Greek eSMART Clinical Site



"Agiol Anargiri" Cancer Hospital (AACH)

The "Agiol Anargiri" Cancer Hospital (AACH) in Kifisia, Athens, was firstly established in 1969 by the "Hellenic Anticancer Society" (www.cancersociety.gr) as a hospital for terminally ill cancer patients with lower incomes. During the next decade the hospital was gradually transformed to a cancer hospital. In September 1999 a large earthquake in Athens damaged the building to such an extent that made it completely inadequate to hospitalize people. With European financial support, the hospital re-opened in 2008. The hospital was reinforced with a number of clinics and health professionals of general healthcare services (cardiology, pneumonology, emergencies etc.). The base of eSMART and its main part takes place at The One-Day Chemotherapy Clinic (ODCC) of the hospital. ODCC was founded in 2011 and since then more than 1000 patients per month visit the clinic for chemotherapy treatment.

Ms Anna Papadouri, RN, MSc, is the PI of AACH. She has been working with patients with cancer since 2006 and she serves as an elected member of the Board of Directors of the Hellenic Oncology Nurses Society (member of EONS and ISNCC) for the last eight years.

How did you get involved on the eSMART project?

Personal interest in everything innovative and useful in our daily clinical practice led me to be involved in the study. The idea that nurses could monitor outpatients' care while participating in a collaborative research trial between clinical setting and the academic society was also, a great motivation.

What is your feedback from the health care providers/nurses and patients involved on the feasibility study?

Patients seemed to acknowledge the usefulness of the study. Many others who just heard about the project were interested to participate though they didn't fulfill the inclusion criteria. They felt that the 24-hour possibility for direct contact with a nurse from the healthcare team would be an important aspect of their care. Nurses were enthusiastic but also concerned about the technical and practical parts of the study. Physicians, especially seniors, expressed skepticism at first, but afterwards were willing to assist and support every step of eSMART.



Right to left:

M. Christou RN, MSc, Research Nurse
A. Papadouri RN, MSc, Principal Investigator
K. Anamirloglou RN, Alert Handler

Location of eSMART Partners map



Location of eSMART Clinical Sites



This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement number 602289

Issue
13-14

April-May,
2016

Newsletter

Metropolitan Private Hospital (MPH) , Greek eSMART Clinical Site



Metropolitan Private Hospital (MPH)

Metropolitan Private Hospital (MPH) was founded in 2001 and is located in Neo Faliro, Athens, Greece. 25,000 patients choose MPH for their hospitalization and more than 150,000 patients visit the Outpatient, Diagnostics Departments and Emergency Department, annually. The hospital consists of approximately 230 beds and covers all medical specialties and diagnostic laboratories. The most outstanding Departments are the Oncology and Radiotherapy Department, as well as the Orthopedic Surgery and the Radiodiagnostic Department.

Dr Vasileios Barbounis is a medical oncologist and has been the director of the 3rd Oncology Department of MPH since 2013. His multidisciplinary team has annually under their care more than 300 patients with cancer. His main interests are breast, colon and lung cancer and sarcomas.

He has given numerous presentations in national and international conferences. Meanwhile, he is also the President of the Greek College of Senology and ex-editor of the forum of Clinical Oncology, which is the Official Journal of Greek Oncologists. He spends most of his free time dealing with antique British cars, while of importance is his everyday activities teaching and mentoring health care professionals.

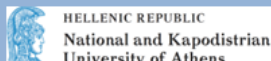
" I decided to get involved with eSMART as MPH's PI because I have experienced the need for 24 hour care of patients who have received chemotherapy. Despite that eSMART is a challenge for both our team and the hospital, we are convinced to fulfill the unmet needs of our patients".

After the experience of the pilot study and the first days of the 2nd part he stated that **eSMART works as a very helpful tool for physicians and developed the value of cooperativeness between physicians and nurses in general and not only among those involved in the study.**



Dr Vasileios Barbounis, MD
Principal Investigator at the Metropolitan
Private Hospital
Stavroula Sgourou, RN MSc,
Research Nurse at the Metropolitan Private
Hospital

eSMART PARTNERS



Partner	Clinical Site	Partner	Clinical Site
MUW	Medical University Vienna	UoA	Agioi Anargiri Cancer Hospital
UCD	St James's Hospital		Metropolitan Private Hospital
	University Hospital Waterford		Air Force General Hospital
	St Vincent's University Hospital	KCL	Mount Vernon Cancer Centre
	St Vincent's Private Hospital		Guy's and St Thomas'
Oslo	Innlandet Hospital Trust		St George's London



This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement number 602289

Issue

13-14

April-May,

2016

Newsletter

General Air –Force Hospital, Greek eSMART Clinical Site



**Captain Chryssoula Karlou RN, MSc, PhD,
Principal Investigator at General Air –Force
Hospital.**

Captain Chryssoula Karlou RN, MSc, PhD is the head nurse and the PI for eSMART for the Oncology –Hematology Department of General Air –Force hospital.

The unit has 22 beds and 14 staff nurses working on a shift system. Every day 35 patients with cancer receive their chemotherapy treatment at the One Day Clinic (ODC).

“The central component of our philosophy is the holistic approach in addressing patients’ problems. Regularly nurses participate in multidisciplinary cancer management programs, in order to prevent or minimize treatment side effects and support effectively patients and significant others through the cancer trajectory”.

General Air –Force Hospital.



On Nurses Day 12th May 2016 all nurses working in oncology-hematology ward of the General Air–Force hospital were honored by the Director of Nursing Department for their achievement in the field of continuing education and patient care

She also pointed out :

We try to incorporate research activities into daily clinical practice, be critically aware of the evidence based practice and identify effective techniques to translate evidence into practice.

We are very interested in patients’ education and promoting their self care. The last five years we created different booklets and leaflets addressing major treatments’ problems such as nausea and radiotherapy side effects.

From the very beginning all the oncology nurses of the unit were very excited with the eSMART study and really keen on participating in such an innovative program.

We definitely enjoy our participation !!



This project has received funding from the European Union’s Seventh Framework Programme for research, technological development and demonstration under grant agreement number 602289

Issue

13-14

April-May,

2016

Newsletter

eSMART on ECPC Events

‘Unleashing the mHealth potential for cancer patients’

On 25 May 2016 a multi-stakeholder event at the European Parliament focused attention on how digital apps and tools are helping to address the rising burden of cancer, which affects more than 16 million EU citizens. The event called ‘Unleashing the mHealth potential for cancer patients’ was co-organised by ECPC and Patient View and hosted by MEP Cristian-Silviu Busoi (EPP, Romania).

The key themes and findings from the event included: Latest developments across Europe from regulatory, cancer app developer and patient perspectives, patients’ unmet needs in cancer that can be addressed by mobile digital solutions like apps - mHealth and finally, recent apps tested to support cancer patients.

Dr. Jo Armes of King's College London, one of the partners of the eSMART project, was a speaker during the event in Panel 2: Examples of patient-oriented apps. The objective of Panel 2 was to show existing examples of patient-friendly mHealth apps and to provide practical illustrations of how mHealth can positively impact cancer care pathways. She introduced eSMART and gave an update on the clinical trial. “The strength of eSMART is that it is developed by healthcare professionals for healthcare professionals, with the active support of patients, and is designed to be embedded into healthcare practice”, she stressed.

Kathi Apostolidis, ECPC Vice President, also a speaker, focused on the key principle of patient-centricity: “For mHealth to unlock its true potential, apps have to be patient-friendly. You need to put the patient at the centre of the development process, starting from his/her needs” and went on to add that mHealth is about information and connectivity”.

ECPC General Assembly 2016



The eSMART project was also featured during the ECPC Annual General Assembly, the largest cancer patient gathering in Europe, taking place in Brussels on the 3rd – 5th June 2016. This year, ECPC dedicated a session to mHealth called: M-HEALTH and E-HEALTH: Understanding the Future of Cancer Care.

Kathi Apostolidis, who chaired the session, introduced the eSMART project highlighting how ASyMS can promote gains in patient self-efficacy.

The session was followed by the intervention of Dave de Bronkart known on the Internet as e-Patient Dave, one of the world’s best-known evangelists for the patient engagement movement. “ePatient Dave also referred to eSmart featuring a slide showing how it works” .

YOUR FEEDBACK

We value your opinion and invite you to share your thoughts about the eSMART newsletter with us:
esmart@surrey.ac.uk

PREVIOUS ISSUES

The eSMART Newsletter is a monthly way to share the latest news and information about eSMART project.

If you wish to receive the eSMART Newsletter automatically every month, please provide us your email address.

You can also find previous issues of eSMART Newsletter [here](#).



This project has received funding from the European Union’s Seventh Framework Programme for research, technological development and demonstration under grant agreement number 602289