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**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 cancers

Welcome to the double November/December issue of our eSMART newsletter, created by the Medical University of Vienna. In this issue you will read about the esmart team of Vienna, patients' recruitment in the PILOT phase of the study and events where the eSMART Project was presented.

## Recent events

Dundee, Scotland, 4<sup>th</sup> November 2015

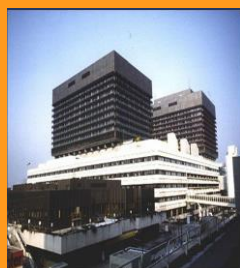
BCS Tayside and Fife Branch and BCS Health Scotland Specialist Group

Margaret Moore and Dr Constantina Papadopoulou:  
*"eSMART Implementing ASyMS Technology – Advances"*

: The talk focused on the advances implemented to date and also in some technical challenges which have been overcome.

## WELCOME

Medical University of Vienna



Welcome from the Medical University of Vienna!

We would like to welcome you to the combined November and December edition of the eSMART newsletter. We are delighted that several sites have already started the recruitment of patients, including the Medical University of Vienna which started in January of this year.

This issue of our newsletter contains two interviews: Principal Investigator Professor Alexander Gaiger and Heidrun Nycz, who is one of the first research nurses at the Medical University Vienna working on the project.

Additionally, in this newsletter we will introduce members of the eSMART

team of the MUW, including brief information with regard to their professions and personal interests.

The newsletter will finish with a summary of two presentations that were delivered by the eSMART team at MUW on the study and well as first reactions regarding the project at MUW.

Finally, we want to thank our eSMART partners for all your continuing effort.

The Medical University Vienna wishes all participating sites good luck with the start of the enrolment into the eSMART project!

## The Newsletter Team



Prof Elisabeth Patiraki  
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Editor



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University of California, San Francisco



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University of Peloponnese



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University of Surrey



Mr Francesco Florindi  
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Ulrich Jaeger, Alexander Gaiger, Julia Riedl, Heidrun Nycz, Myriam Weber, Katharina Kammer, Simone Lubowitzki, Heinz Koelbl (from the left to the right side)



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



Heidrun Nycz  
Research Nurse, MUW

Heidrun Nycz is a registered nurse, specialized on oncology care, working at an oncological day clinic in the General Hospital of Vienna, which includes the MUW. Her interests are in Practical Education und Guidance; Patient Education. "I spend my free time with my family, travel around the world and reading books."

### Why have you decided to participate in the eSMART study?

"The improvements of the side effect management is very important for me in my activity as graduate nurse in an oncologic day clinic. I want to participate in an innovative, modern and contemporary trial."

### What do you expect of the eSMART project?

"I expect from the study, to provide scientific evidence regarding the management of side effects and patient support useful in daily practice."

### How would you describe the first experience with the equipment?

"The equipment, which is used in the trial, is intuitive and easy to

use. The design is like a smart-phone and I think most patients will handle it very well. The CTAQ questions are easy and well defined."

### How valuable/useful was the training in Glasgow?

"I enjoyed training in Glasgow. I was introduced to the design of the study, the software and the different devices. The best part of the training was to try out the cleverly designed devices themselves. A big thank you goes out to Annegret and Constantina!"

### Which tasks do you see for you in the study team of the Medical University of Vienna?

"My tasks as Research Nurse for the eSMART trial are widespread: I will support the recruitment and

the introduction to the devices, but my main tasks will be in the handling of alerts and the subsequent documentation."

### Regarding the eSMART project, you are one of the first Research Nurses at the Medical University of Vienna, how are you doing with this role?

"It's very exciting being one of the first research nurses at the MUW, in particular because I am able to participate in a promising and trendsetting concept of telemedicine. Personally, I'm looking forward to extended experiences and competences. It's a great honour for me being part of it!"

### How did you get to the eSMART-Project?

I spent a weekend with a friend fishing in the Puget Sound (Seattle, WA, USA). He had his own telemedicine company. I was so impressed watching him supporting in an efficient and competent manner crewmembers out in vessels somewhere in the North Pacific using well-defined medical algorithms, while we were having a family weekend with the kids.

### What were your intentions?

"Trying to teach old dogs new tricks"

### What do you expect of the project?

"To find out whether telemedicine can improve cancer care."

**How useful do you find the telemedicine?** "Given that more and more patients are diagnosed with cancer and can be treated more efficiently, we are facing new challenges in chronic cancer care. Telemedicine will enable us to define patients with high-unmet medical needs, will improve patient's adherence and resilience and will build bridges between caregivers, patients and their families. "

### Can you imagine that the software for the eSMART device has a chance/ be implanted in Austria?

"Our brains are not well equipped to cope with chronic disease, complex treatment algorithms and coping with treatment side effects while being traumatized by an existential crisis – no matter where we live and how we are socialized. I believe eSMART technology will make a difference and will assist and support people affected by cancer in Austria and all over Europe. "

### Which experience/ reactions of your colleagues can you make in the course of the introduction of the study at the Medical University Vienna?

"If it was easy someone else would have already done it. "

### How did you experience the start?

"Thankful."



Dr Alexander Gaiger,  
Principal Investigator, MUW

Dr Alexander Gaiger, Medical doctor & Professor of Internal Medicine. He is specialized in hematology and oncology at the Medical University Vienna in Austria. He is Head of the clinical division of cancer rehabilitation at the Lebens, Med Zentrum in Bad Erlach, Austria and psychotherapist.

"I enjoy spending time with my family (skiing, hiking, sailing, scuba diving and traveling). If there is some time left I play the guitar and love to read (right now Terry Pratchett)."

Issue

08/09

November-December

2015

# Newsletter

## Austrian eSMART Team



Dr Ulrich Jaeger ,  
Investigator

Dr Ulrich Jaeger is Medical doctor, Professor of Internal Medicine, specialized in hematology and oncology. He is the Head of the clinical division of hematology and hemostaseology at the Medical University Vienna in Austria.



Simone Lubowitzki ,  
Research Fellow

Simone Lubowitzki is a Research Fellow in cancer care at the Medical University Vienna in Austria. She has master degree in educational science, psychotherapist in training (behavior therapy) as well as currently completing a three-term course of studies of psycho-oncology.

"In my spare time, I am an enthusiastic Cross-Fitter, like to go running, cross-country skiing, hiking, mountain biking as well as travelling, preferably around the world!"



Katharina Krammer,  
Research Fellow

Katharina Krammer is a Research Fellow in cancer care at the Medical University Vienna in Austria.

"Prior to this job I studied psychology and completed the clinical psychologist seminar as well as the first part of the psychotherapeutic education. Currently I am completing the Psycho-oncological seminar.

"In my leisure time I like to meet friends, do sports with them and travel around the world."



Julia Riedl, MD ,  
Alert Handler

Julia Riedl is a medical doctor and a clinical fellow in hematology and oncology at the Medical University of Vienna in Austria. She is also PhD student with a research focus on coagulation disorders in cancer patients.

"In my spare time I like to meet with friends, go climbing, skiing, go to cinema and concerts and I enjoy travelling. "



Rupert Bartsch, MD,  
Patient Recruitment

Rupert Bartsch is a medical doctor. He is also a Professor of Internal Medicine and specialist for breast cancer at the Medical University Vienna in Austria.



Heinz Koelbl, MD ,  
Patient Recruitment

Heinz Koelbl is a medical doctor, Professor of Gynaecology and Head of the clinical division of general gynaecology at the Medical University Vienna in Austria.



Christian Singer, MD ,  
Patient Recruitment

Christian Singer is a medical doctor, Professor of Gynaecological oncology and Head of the clinical division of senology at the Medical University Vienna in Austria.



Gerald Prager MD ,  
Patient Recruitment

Gerald Prager is a Medical doctor, Professor of Internal Medicine, specialist for vascular biology in cancer and colorectal cancer at the Medical University Vienna in Austria.



Myriam Weber, MD,  
Patient Recruitment

Dr Myriam Weber has been working as a resident physician at the department of Obstetrics and Gynaecology of the Medical University of Vienna / General Hospital of Vienna since February 2015. From early 2014, she has

been dealing with the issue of breast cancer at the Brustgesundheitszentrum AKH/ MUW. For the editorial work of educational films about breast cancer, she received the Roche Austria Journalism Prize of the Austrian Society of Senology in 2014. As a member of the team of Prof Singer, she has devoted her scientific focus to breast cancer. Born and grown up in Munich, Myriam loves to spend her spare time in the Alps and doing sports.



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## Lectures of the eSMART team of Vienna

### ÖARP congress in Bad Erlach, Austria: "Telemedicine"

As part of the congress of the Austrian academy for cancer rehabilitation and psycho-oncology (ÖARP) on October 2<sup>nd</sup> and 3<sup>rd</sup>, 2015, Simone Lubowitzki and Katharina Krammer held a lecture about the topic "telemedicine". Seventy participants from different oncological disciplines (medical doctors, nurses, psychotherapists, psychologists) took part. The presentation focused the history of telemedicine, pros and cons, demonstration of the eSMART devices and their functions, apps and their benefit for oncological patients.

### General Hospital, Vienna: "Symptom management with the ASyMS-Software"

Heidrun Nycz, Research Nurse of the eSMART study team, conducted a presentation with the title "Symptom management with the ASyMS-Software", as part of the Oncologic Forum at the General Hospital Vienna, in October 2015. Twenty members of the staff of the different oncological areas of the General Hospital participated at this event. The presentation demonstrated the concept of the eSMART trial as well as the area of responsibility of a Research Nurse.

## Location of eSMART Clinical sites



## PREVIOUS ISSUES

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

Each edition provides updates regarding study's progress, meetings & publications and up-coming events. It also includes a focus on a specific clinical site, introducing key people and sharing patients' experiences and "clinical pearls".

Each issue reaches inboxes on the beginning of the month.

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](#).

## YOUR FEEDBACK

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

## eSMART PARTNERS

