

MoSHCA: My Mobile Smart Healthcare Assistant

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INTRODUCTION

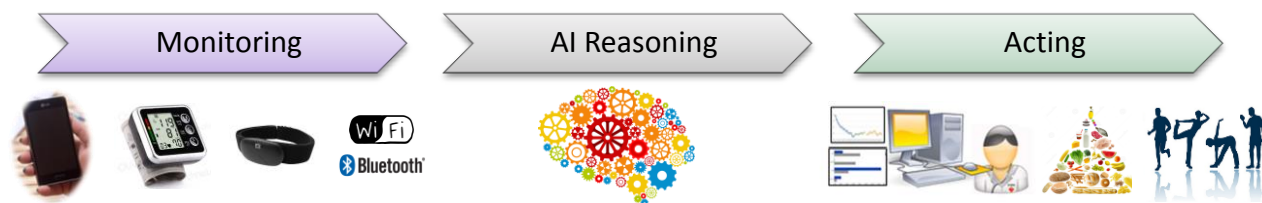
MoSHCA is an mHealth project designed to improve patient-doctor interaction and patient empowerment. This project provides intelligent, user-friendly mobile applications to facilitate the self-management and self-control of patient's health. The project is oriented to both chronic diseases patients and to users who want to keep track of their health.



METHODOLOGY

Monitoring patients health by means of smartphone devices, wireless sensors and artificial intelligence:

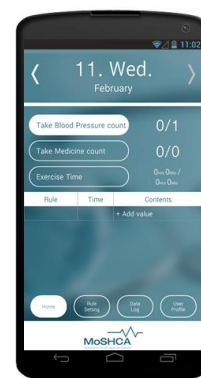
- Patients use a **smartphone** app together with **medical wireless sensors** in order to get relevant Information.
- Using **Artificial Intelligence** the app performs an evaluation of the user and gives **him personalized feedback**.
- The app sends the information to a medical center where **care-givers** can **validate** and improve the app advices.



RESULTS

7 different health applications have been developed. Among them, one dedicated to **hypertension (H)** control and one dedicated to **promote a healthy life (HL)**.

- Control diet, calories & exercise (HL)
- Remote caregivers monitoring (H)
- Provide tips & advises (H, HL)
- Detect warning situations (H)
- Scheduling & Reminders (H)



CONCLUSIONS

Smartphones and mobile technology offer interesting opportunities for engaging users in their health control. MoSHCA explores such opportunities through wireless sensors and artificial intelligence. Analyzing the data obtained by sensors using different artificial intelligence techniques can help both users and caregivers to take well-reasoned decisions, leading to a more healthy and autonomous society.

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