Your smartwatch tracks your heart rate. An app checks your medications for dangerous interactions. Your doctor reviews your symptoms without you ever leaving home. This is not the future; it is already happening!

SAFEPOLYMED

SafePolyMed.eu

Improving Safety in Polymedication by Managing Drug-Drug-Gene Interactions

Safety in Polypharmacy training 2026

Session 6 - Video 2/2

Safety Signal Reporting & Digital Health Tools

Digital Health Tools and the Future of Polypharmacy Safety

Tamika Lang, Joan Jordan, Olga Millán

LeukaNET Leukemia Advocates Network

Patvocates PATIENT ENGAGEMENT IS IN OUR DNA

Funded by the European Union

AI Disclosure: *Avatars, voices, and some visual elements in this video were generated using HeyGen & Copilot. The educational content was created by humans and subsequently edited and summarised with AI assistance.*

What Do We Mean by “Digital Health”?

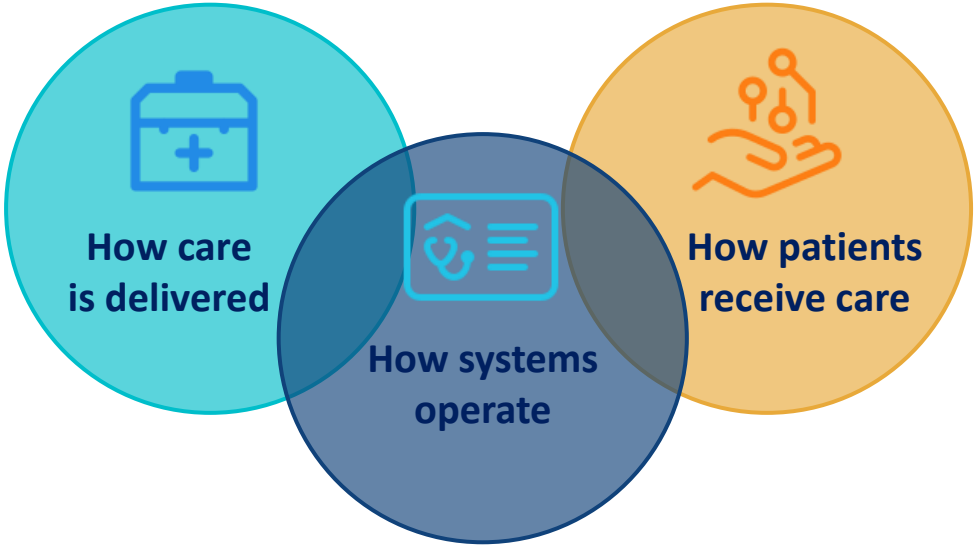
The EU defines digital health as tools that improve prevention, diagnosis, treatment and monitoring.
The WHO describes it more broadly: an umbrella term covering e-health and emerging fields.



https://health.ec.europa.eu/ehealth-digital-health-and-care/overview_en
https://www.ncbi.nlm.nih.gov/books/NBK541902/pdf/Bookshelf_NBK541902.pdf

Why Digital Health Matters

Digital health is transforming three things at once. A shift that accelerated dramatically after COVID-19.

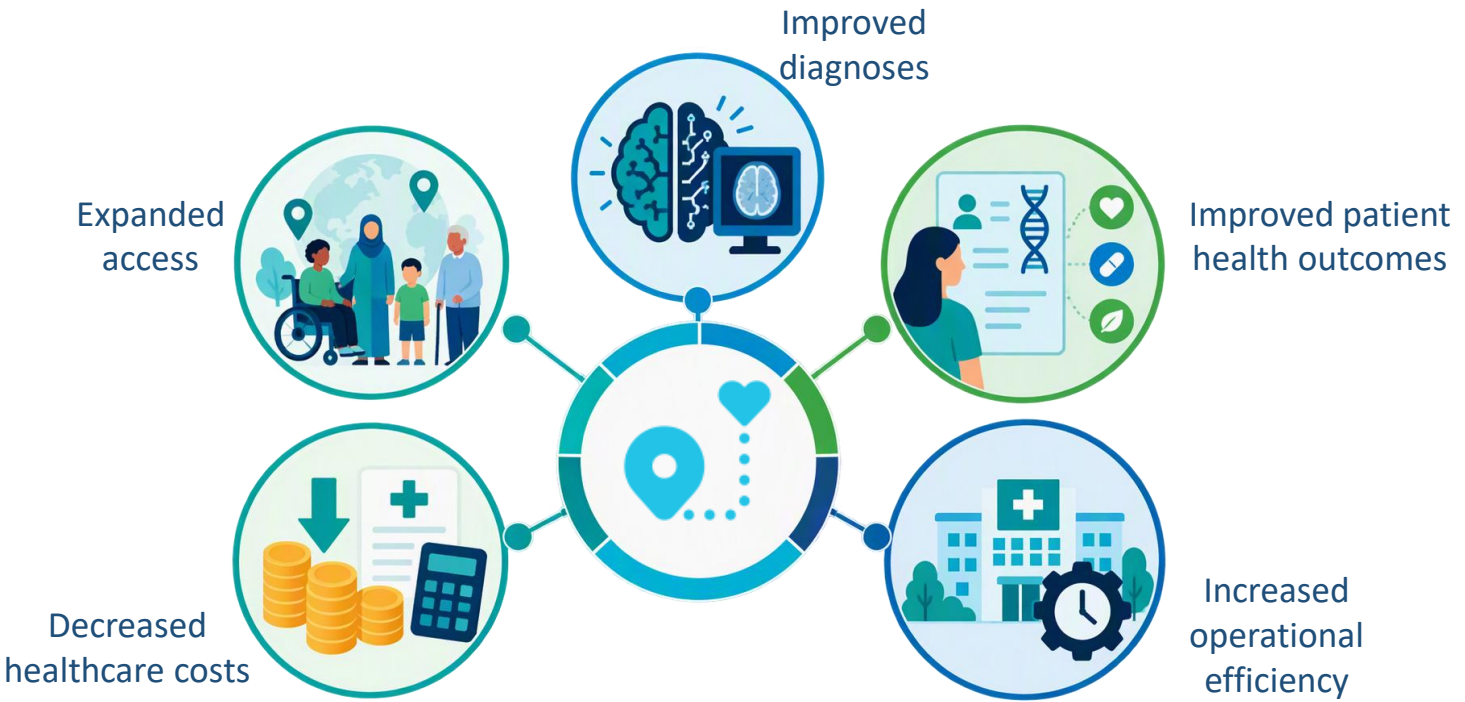


Digital tools are reshaping healthcare delivery from the ground up!

https://www.coursera.org/articles/digital-health
https://phrma.org/Digital-Health

The Benefits of Digital Health

Digital health is transforming things. A shift that accelerated dramatically after COVID-19.



https://www.coursera.org/articles/digital-health
https://phrma.org/Digital-Health

The Trade-Offs of Digital Health

TRADE-OFFS

- 🚧 Requires access to tech
- 📖 Digital literacy needed
- 💲 High cost (e.g. ~$500M EMR rollout)
- 🔒 GDPR / data protection
- 🤝 Shifting patient-provider dynamic

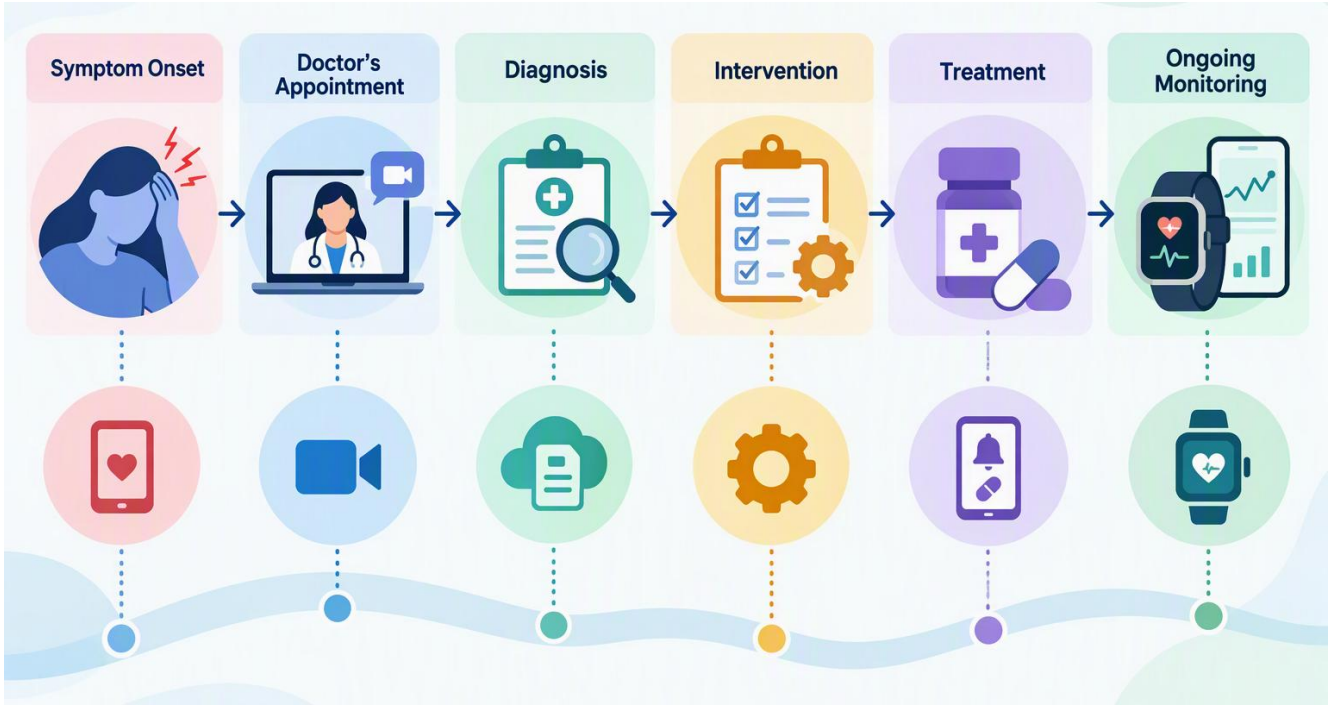
Real case

Her own cardiologist asked about her smartwatch data before anything else.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9883713/

https://opmed.doximity.com/articles/my-first-long-term-relationship-with-a-patient-81b9f9e8-f190-4472-9843-57b62b93a143

The Digital-health-enabled Patient Pathway



Content informed by PhRMA (2023) | https://phrma.org/Digital-Health

A Vision for the Future: Home-Centred Geriatric Care

Researchers envision home-centred geriatric care where older adults managing polypharmacy are supported by connected devices and remote monitoring, rather than requiring frequent clinic visits.

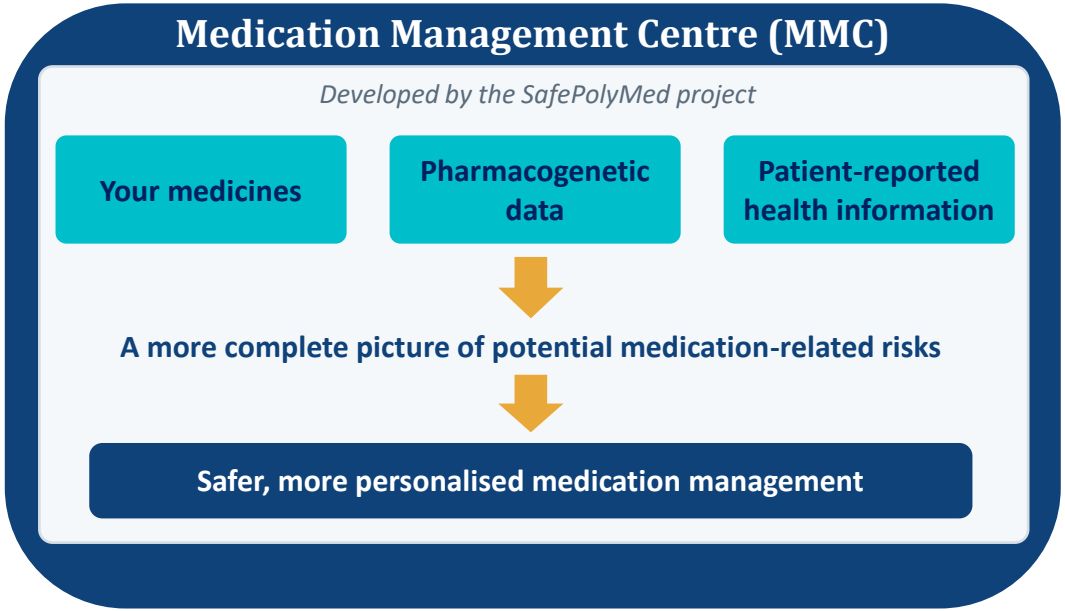


Bringing monitoring home, especially valuable for patients managing polypharmacy.

Content informed by Chen, Ding and Wang (2023) | https://www.nature.com/articles/s41591-023-02391-8

Digital Tools in Practice: Checking Your Medications

Digital tools can help patients and healthcare professionals better understand potential medication-related risks and interactions, supporting more informed discussions about treatment.



https://www.safepolymed.eu/digital-tools/mmc

Key Takeaways

Digital health tools work best when paired with digital literacy, thoughtful data protection, and a healthcare relationship that stays genuinely human.

- ✓ Digital health = e-health, AI, big data, telehealth & more
- ✓ Real benefits and real trade-offs
- ✓ The patient pathway is going digital

Session 6 complete ✓

▶ Next: Session 7 — Data Safety, Privacy & GDPR

Credits & Attributions

Authors

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AI disclosure

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Figures

- What Do We Mean by ‘Digital Health’?; The Benefits of Digital Health; The Digital-health-enabled Patient Pathway and Home-Centred Geriatric Care illustrations generated using Microsoft Copilot and reviewed and edited by humans.
- The Digital-health-enabled Patient Pathway content informed by PhRMA, “Patient Journey Through a Technology-driven Health Care System” (2023).
- Home-Centred Geriatric Care content informed by Chen, Ding and Wang, ‘Digital health for aging populations,’ Nature Medicine (2023).

Icons

- Selected icons by Icons8 - http://icons8.com/icons

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