



DIGITIZATION AND HEALTH

Digital lenses, virtual doctor's consultations and medical 3D-Print. Which digital services benefit our health?

1001 TRUTH – an initiative by Deutsche Telekom AG
Moderation documents for a workshop (approx. 90 minutes)



LIFE IS FOR SHARING.

PUBLICATION DETAILS

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FURTHER INFORMATION

<https://story.1001wahrheit.de/digitization-and-health>

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REQUIRED MATERIALS

Tablets, blackboard, flipchart, cards, pen and paper for the participants

NOTES FOR MULTIPLIERS

In the course of this workshop, participants will learn more about the topic of “Digitalization and Health”. At the beginning of the workshop, the possibilities and dangers of digitalization and health will be discussed with the help of a few examples. These insights will then be linked to actual apps and tools, as well as innovative health care concepts.

Digital aids make everyday life easier for both doctors and patients. With them, important information can be exchanged at any time. Or they can help us live healthier and become more active.

The core statements of the workshop are therefore:

1. There are already a number of different digital health services available. However, these must be carefully checked before use.
2. Digital concepts such as the electronic health card help transmit information quickly and reliably. This can save lives in an emergency.
3. In the future, more and more technologies will find their way into the doctor's office or the operating room - e.g. augmented reality, 3-D printers or robots.

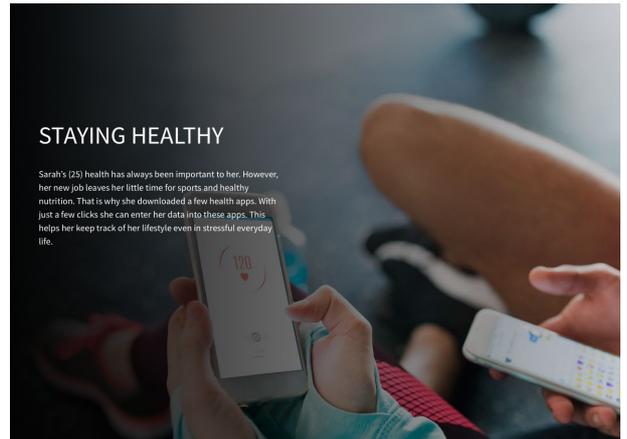
PHASE 1: INTRODUCTION

10 MIN.

Procedure

“Welcome to our workshop on “Digitization and Health”. Today, you will learn how digitization helps you stay healthy and how illnesses can be treated by digital means.

I will start by showing you a few examples.”



STAYING HEALTHY

Sarah's (25) health has always been important to her. However, her new job leaves her little time for sports and healthy nutrition. That is why she downloaded a few health apps. With just a few clicks she can enter her data into these apps. This helps her keep track of her lifestyle even in stressful everyday life.

Task

“Discuss one of the examples with each other. Which advantages or problems do you see?”

Possible solution

“Advantages are no more waiting times or quick advice. I see problems with medical interventions without doctors.”

Your Notes

PHASE 2: HEALTHCARE IS CHANGING

15 MIN.

Procedure

“Stories like this show: Our healthcare is changing and being enhanced by the new possibilities that come with digitalization. More and more new technologies are being used, making treatment easier for patients and doctors alike.”



DIGITAL HEALTH REVOLUTION

Scenarios like these make it clear: Our healthcare is changing and is being enhanced by the new possibilities that come with digitization. Health apps and applications are particularly popular. Almost every second person uses one on their smartphone. In the following chapter you will learn more about gadgets and applications for “health”.

Task

“Think about the technologies you are already benefiting from. Collect ideas with your neighbor.”

Possible solution

Equipment in hospitals or doctors' offices, EDP, health apps, wearables, etc.

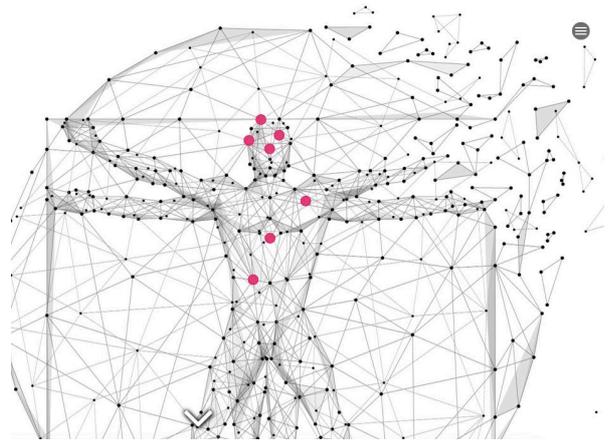
Your Notes

PHASE 3: HEALTH APPS

10 MIN.

Procedure

“Digitization is already affecting our healthcare system. More and more health apps are conquering the market. Below, you will find an overview with examples of health apps. For example, people suffering from allergies can be informed by the pollen app.”



Task

“Take a look at the health apps and take a stance: which app enriches your everyday life?”

Possible solution

“In my opinion, the emergency app can help save lives.”, “Maybe allergies could be controlled better with an app.”

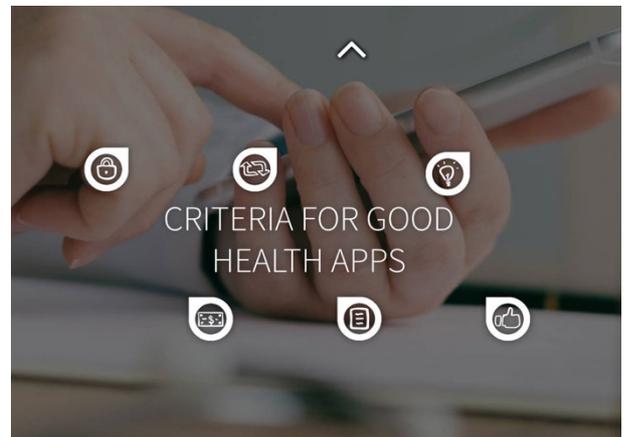
Your Notes

PHASE 4: CRITERIA FOR GOOD HEALTH APPS

10 MIN.

Procedure

“A health app is successful if it meets these six criteria. This means, for example, that the app protects its users’ data, is always up-to-date and, above all, is professionally qualified. Only then are health apps not only comfortable, but also have a real added value for everyday life.”



Task

“Look at the criteria. Add further criteria for what you consider to be successful health apps.”

Possible solution

“It is important to me that health apps protect my privacy, with for example, password protection.”

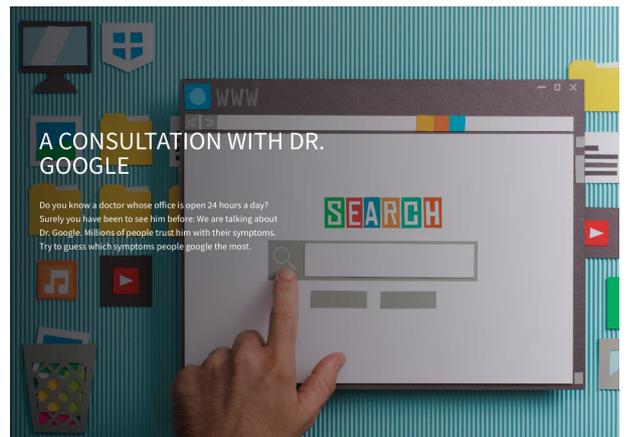
Your Notes

PHASE 5: ILLNESSES AND THE INTERNET

10 MIN.

Procedure

“Do you know a doctor whose office is open 24 hours a day? I am sure you have been to see him before: I am talking about “Dr. Google”. Millions of people trust him with their symptoms.”



Task

“Guess which diseases are most commonly searched for on the Internet.”

Possible solution

“I think that illnesses like cancer are searched for most often.”

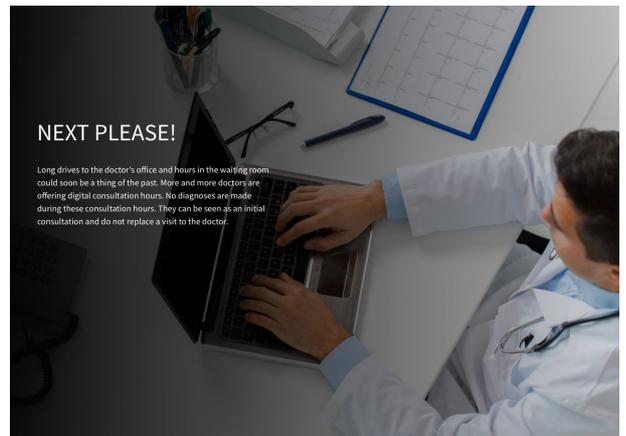
Your Notes

PHASE 6: NEXT, PLEASE! – DIGITAL CONSULTATIONS

15 MIN.

Procedure

“Long drives to the doctor's office and hours in the waiting room could soon be a thing of the past. More and more doctors are offering digital consultation hours. No diagnoses are made during these consultation hours. They can be seen as an initial consultation and do not replace a visit to the doctor. In a test, digital consultation hours were checked to find out how good they are.”



Task

“Take a look at the video. Discuss it with your neighbor: What are the advantages? Where do you see disadvantages?”

Possible solution

Arguments pro: no risk of infection etc.;
Arguments contra: danger of misdiagnosis etc.

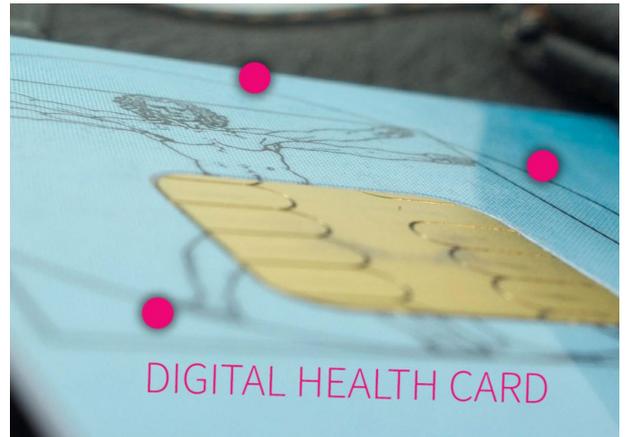
Your Notes

PHASE 7: THE DIGITAL HEALTH CARD

15 MIN.

Procedure

“Suddenly, Mr. Wagner (57) loses consciousness. Apart from his electronic health insurance card (also known as a digital health card) and his identity card, he carries nothing with him. He is taken by an ambulance to the nearest hospital and treated locally by doctors. Find out how the digital health card and the data stored on it can help Mr. Wagner in the hospital.”



Task

“Find out more about the digital health card. Summarize your findings.”

Possible solution

The participants discuss things such as consent, voluntary patient files or a voluntary medication plan.

Your Notes

PHASE 8: HEALTH CARE IN THE FUTURE

5 MIN.

Procedure

“What will the future of digital healthcare look like? Digital technologies such as augmented and virtual reality, operating robots or 3-D printing will change healthcare. Watch the next short videos to see what medical progress we can expect.”



Task

“Select a technique and explain why you selected it: Which one do you find particularly useful?”

Possible solution

The participants will use the arguments developed in the module and their personal experiences.

Your Notes



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