



Health Monitor



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What is Health Monitor

Health Monitor is a (digital) tool that provides a simple, quick and valid way to monitor a patient's health experience.² Health Monitor uses a ladder model and a quadrant-based approach.



Why use Health Monitor?

Health Monitor makes it uniquely possible to gain an insight into a patient's health experience. Combining Health Monitor with biomedical information helps healthcare providers to gain a more complete picture of the patient's state of health.¹

This approach allows the available care and support to be tailored to suit the patient's needs. In turn, this should lead to better healthcare outcomes, increased patient satisfaction and more effective care,¹ especially when patients and healthcare providers are able to make decisions together.^{3,4}



How does Health Monitor work?

Patients and the care that can be provided are placed into quadrants. This helps to make sure that patients receive the care that is best suited to the quadrant that they are currently in. This means that the care provided continuously matches the care that the patients need.

Health Monitor can therefore be used to provide **personalised care**.



Two questions about a patient's health experience can provide an insight into the patient's subjective health experience and well-being. This helps to determine the patient's position on the ladder.

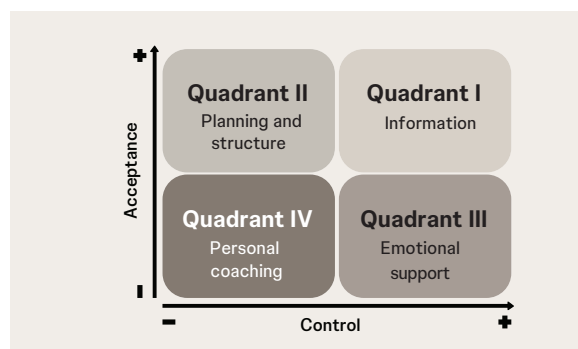
Six questions are used to provide an insight into the two most important factors that influence a patient's position on the ladder.

1. have a lot of influence over my own health
2. I am content with my state of health
3. feel that I have control over my own health
4. The way I am currently able to function physically and/or mentally is acceptable to me
5. I am largely able to manage my state of health myself
6. I accept my state of health as it is



Patient profiles

Understanding patient profiles and/or preferences is key to ensuring personalized care.



References:

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2. Bloem, J.G. (2008). Beleving als medicijn' (Experience as a medicine: the development of a general subjective health instrument – in Dutch with English summary). Doctoral dissertation, Nyenrode Business University, The Netherlands.
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3. Broersen, S. (2011). Shared decision making voor beginners. Medisch Contact, 26, 1639-1641.
4. Pollard, S., Bansback, N., & Bryan, S. (2015). Physician attitudes toward shared decision making: A systematic review. Patient Education Counseling, 98 (9), 1046-1057.

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