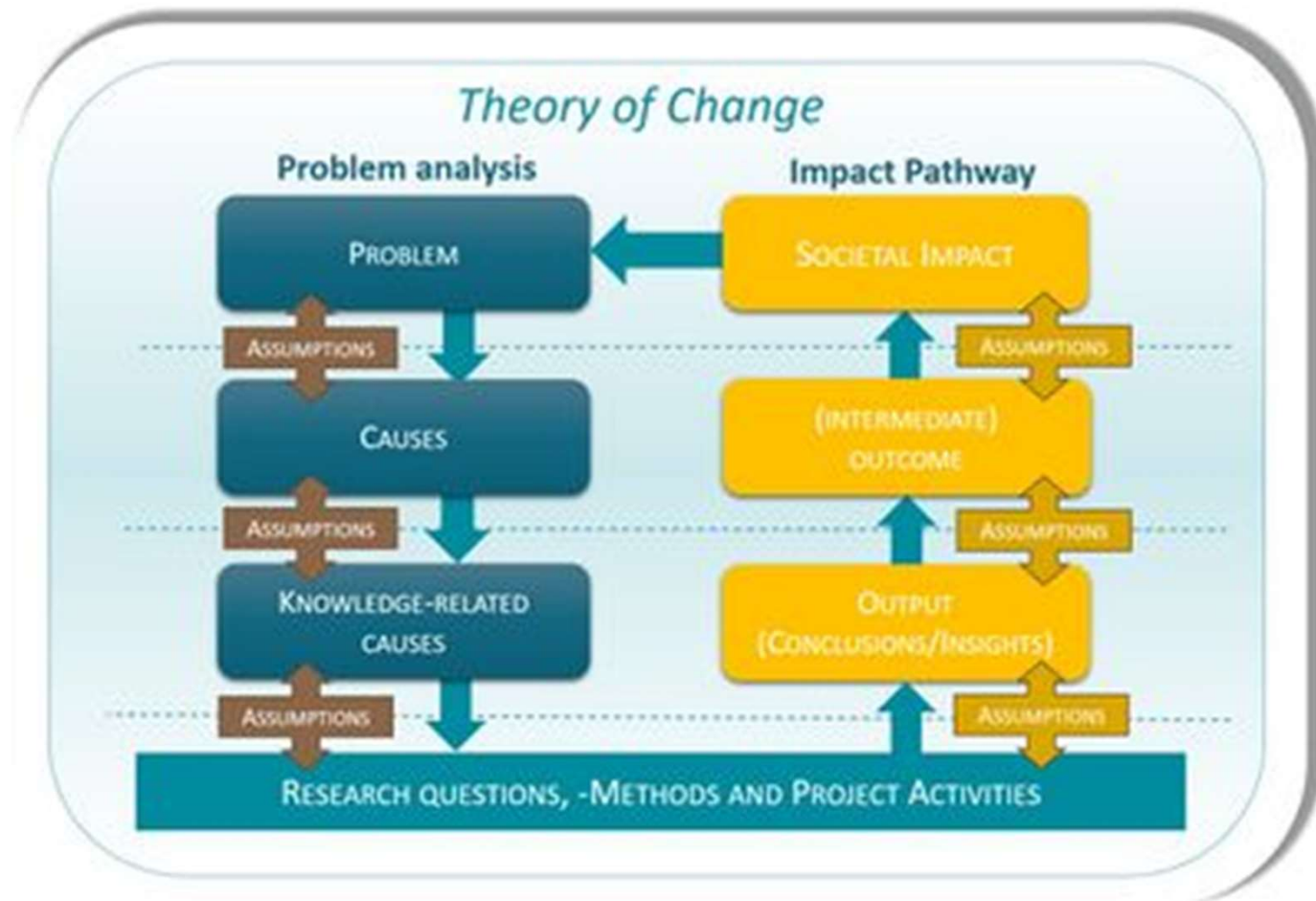


The Impact
Pathway
Session 1



Impact pathway



Impact pathway



“Doctor, what is the minimal activity to stay healthy?”

“Doctor, how much pressure can I put on my knee?”

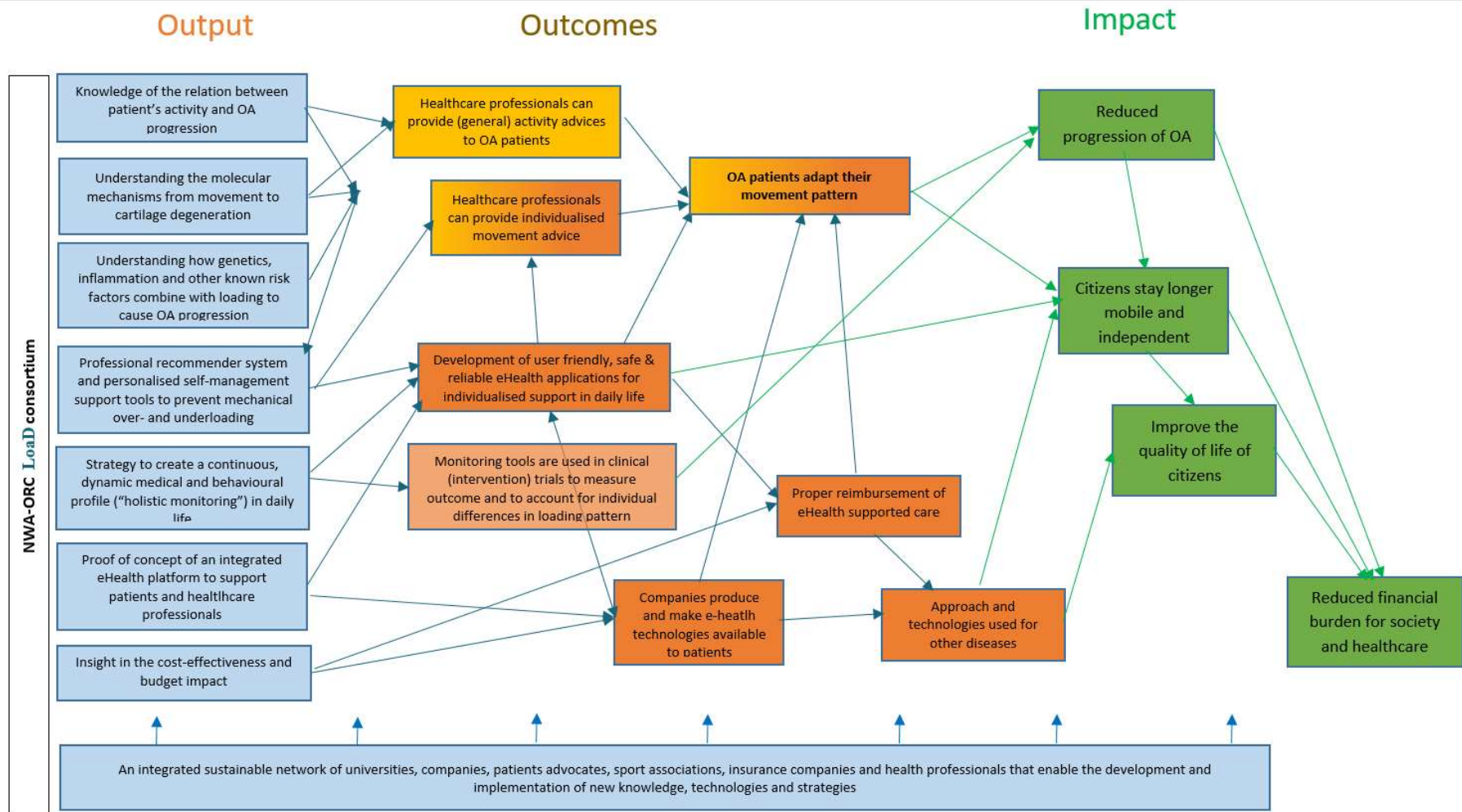
“I feel better when I am more active”

“I had to stop playing football and now I never see my teammates of the past 30 years”

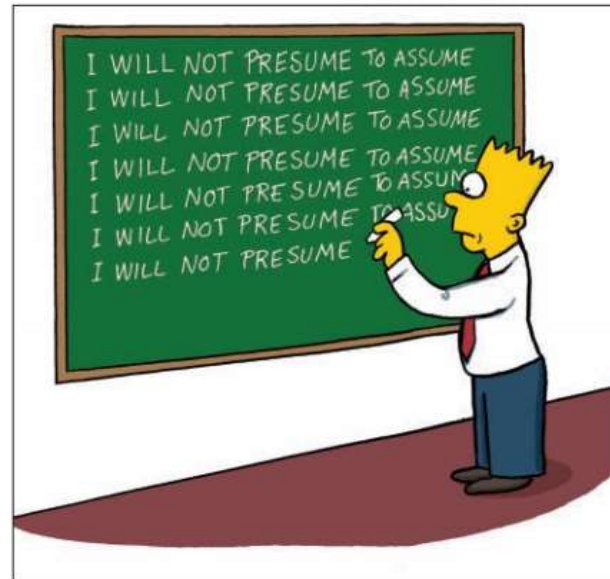
“My physiotherapist recommended me to cycle as much as possible, but I would rather go running”

“I can not play with my grandchild”

Impact pathway



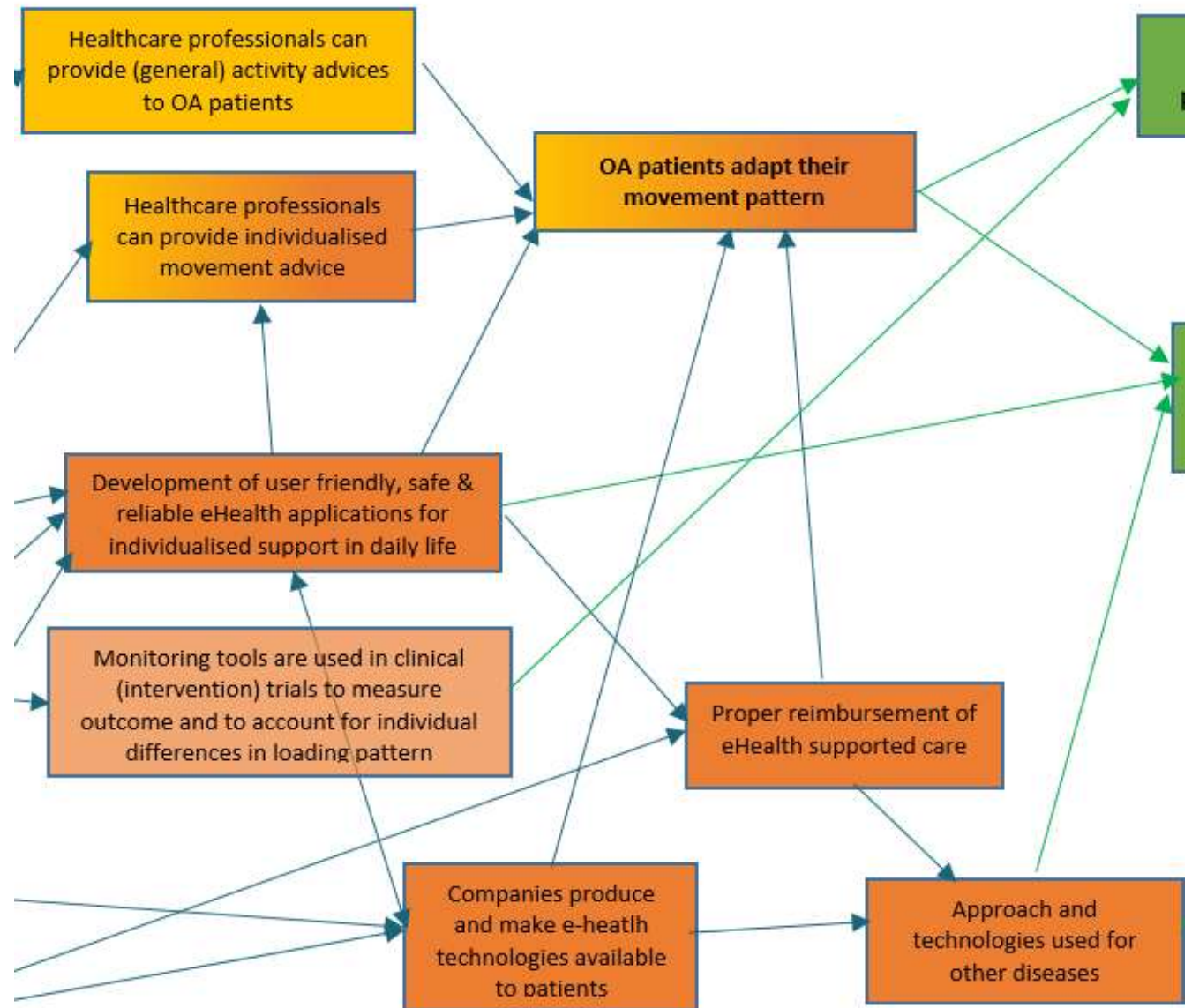
How to make impact?



Impact assumptions

- **Joint loading can be sufficiently influenced by self-management and remote health care to decrease the disease burden**
- **Patients & healthcare professionals trust eHealth technologies and are willing to use it long term**
- eHealth applications will be affordable and sustainable and therefore production and reimbursement are feasible and widespread use will follow

Outcomes



Outcome assumptions

- 1. The majority of patients and healthcare professionals are, or can be, motivated to use advice on activities and motion patterns as part of osteoarthritis disease management**
- 2. Patients and healthcare professionals are capable to use eHealth technologies and (learn) to self-manage**
- 3. Health supported care technologies do comprehensively influence movement and activity pattern of patients in daily environment**

Discussion

- **What do you think of these assumptions?**
- **Do they still stand?**
- **Are there risks that they will be falsified in near future?**

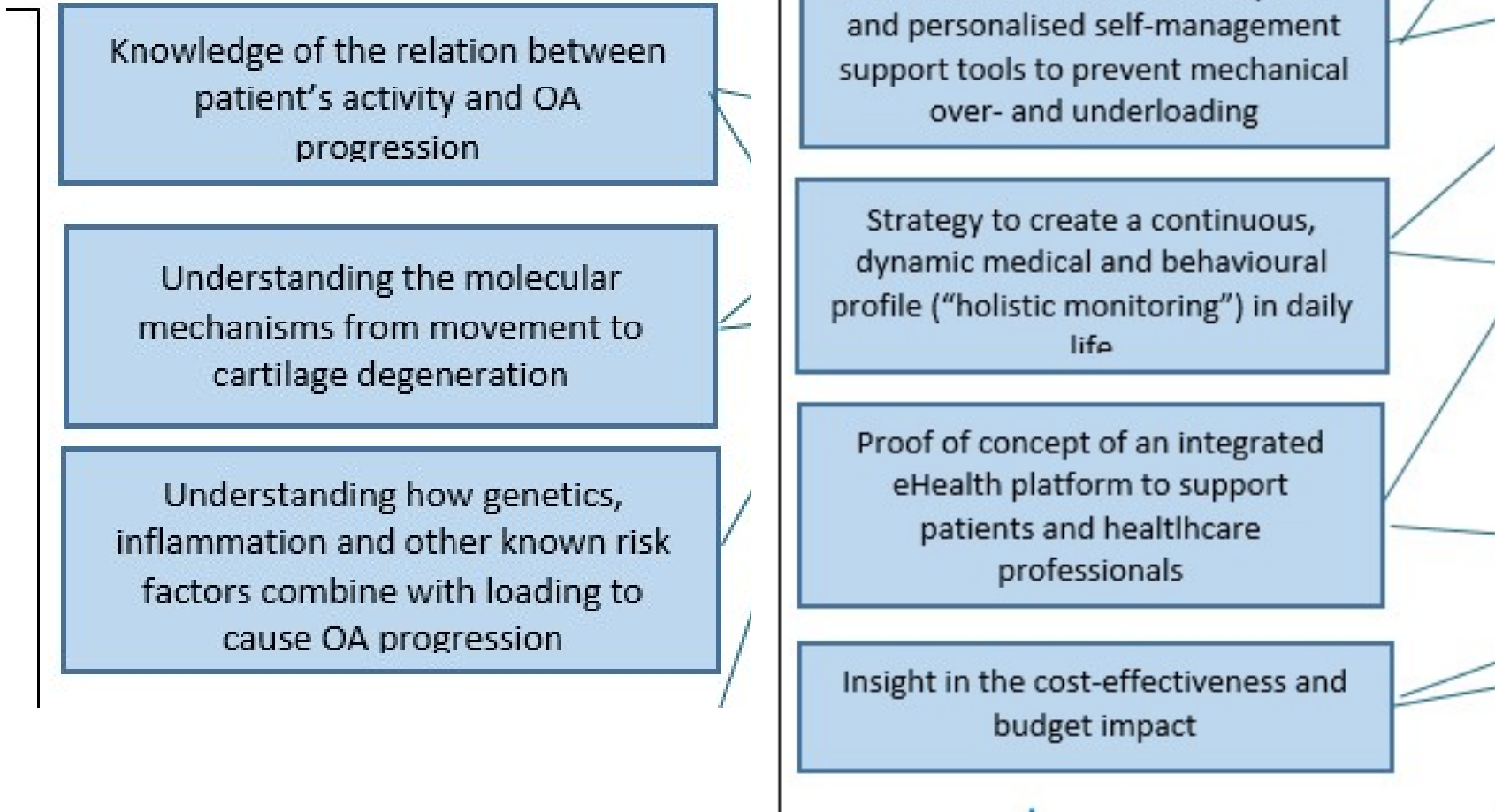


20 minutes discussion in 8 groups
Plenary discussion

The Impact
Pathway
Session 2



Impact Pathway - output



Output assumptions

1. The absence of a clear advice for patients with osteoarthritis is predominantly due to the lack of knowledge on the “healthy window of joint loading”
2. Intensity and type of activity have an effect on progression of OA and adapting activity pattern can delay OA progression
3. We have selected the right parameters to include in the models to make an individualised activity advice for patients that affects OA progression and offers sustainable mobility
4. The required parameters can be obtained from patients in a real-life setting

Discussion

- **What do you think of these assumptions?**
- **Do they still stand?**
- **Are there risks that they will be falsified in near future?**



20 minutes discussion in 6 groups
2 assumptions per group
Keep output in mind
Plenary discussion