

# Wroclaw Medical University (Poland)

<http://www.en.umed.wroc.pl/>

**Prof. Piotr Ponikowski**, MD PhD, FESC, FHFA  
*Past-President of Heart Failure Association  
of European Society of Cardiology*

**Contact:**

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### Faculties:

**Medicine, Dentistry, Pharmacy, Public Health and Postgraduate Education.**

**224 national and international research and educational programs**

**(ERASMUS, EU Framework Programmes EU, Horizon 2020)**

**1215 papers published in peer-reviewed journals in 2016.**

**500 patents for inventions, ISO 9001 certification as the first Medical University in Poland.**

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### Research Center for Healthy Aging

**Prof. Piotr Ponikowski, MD PhD, FESC, FHFA**

*Past-President of Heart Failure Association of European Society of Cardiology*

**Prof. Ewa A. Jankowska, MD PhD, FESC, FHFA**

*Board Member of Heart Failure Association of European Society of Cardiology*

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**Heart failure**, cardiogeriatric syndrome of high incidence and prevalence in the elderly. Affects the vast majority of body organs and systems, deranges metabolism, leads to skeletal muscle weakness and frailty. The most prevalent cause of hospitalizations of elderly subjects.

>2500 outpatient visits in our heart failure clinic; >500 HF hospitalizations in our department.

AIM: To develop and validate **ICT based approach** for empowering and motivating patients suffering from **heart failure (HF)** and their caregivers.

HF management is complex: involves symptom monitoring, dietary restrictions, exercise regimens, multiple medications.

**We need to be more effective in educating HF patients and caregivers**, as patients' behaviors are still **not concordant with medical advice** → We decided to adopt modern techniques for innovative health education, **dedicated for HF patients and caregivers.**

**Validation: Monitoring** of the intervention among 170+ patients from 3 European countries to verify postulated impact on adherence, hospitalization/mortality rates, users' awareness, independence & physical, cognitive, mental and social well-being.

## HEARTland: THE CONSORTIUM

1. COORD./ HOSPITAL	Wroclaw Medical University, POLAND	
2. ICT PARTNER	ROMANIA	
3. ICT PARTNER	FRANCE	
4. ICT PARTNER	GREECE	
5. HOSPITAL	GERMANY	
6. HOSPITAL	ITALY	
<b>7. CRO</b>	<b>STILL NEEDED</b>	



## **FOR THE CALL ON 24th MAY 2017:**

Consortium Partner (CRO) for the HEARTland project

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Looking for!

## **FOR FUTURE:**

### **Major scientific interests:**

1. Telemedicine and telehealth – multi-level integration of comprehensive health care and social services for frail patients with numerous co-morbidities (e.g. smartphone apps, signals obtained from external and implanted devices).
2. Metabolic background of frailty syndrome (e.g. deranged iron metabolism).
3. Autonomic regulation of body integrity in frail subjects (e.g. chemoreflex, baroreflex, ergoreflex).

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