

## EARLY PATIENTS CLUSTERING AND PREVENTIVE DISEASE MANAGEMENT

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Numerous changes in health care systems like late delivery of new services, progressive health strategies also increasing number of stroke patients with reduced functionality and other illnesses impact, elderly people with chronic and other diseases, environmental changes, physical sedentariness, food and substance abuse, unhealthy diets, etc., all they have negative effect on lives and health statute of nation as well as individuals. The negative impact is causing a large increase in number of chronic diseases, including HB pressure, cardiovascular diseases, tobacco addiction, HB cholesterol, diabetes, obesity, etc.[1]

The Global Burden of Disease in 2010 reports that 52% of all deaths could be qualified to chronic diseases and it is assessed that, that percentage is very similar all over the Europe. [2] In the way to guarantee the prevention and management of chronic diseases and taking account of all above cited facts it is necessary to ensure environments that will:

- involve citizens to coproduce and participate in their health management;
- provide personalized management for basic health indicators as gender, age, type of job, previous illness, blood pressure, tobacco and alcohol consume, obesity management, behavior;
- be able to use the societal ability to handle ICT health management systems and to send information.

The introduction of upper mentioned conditions will guarantee the early patients clustering and their prevention in diseases management.

The new proposed development is based on the idea of people empowered health that presents patients as a value that is able to follow basic health indicators. The self-management in proposed development is presented as the high liability and active involvement of people in their own health management by using the information and communication technology. Patients will take more control of their own care, they either collect or provide for themselves and their family members preventive health management. In this model doctors and health professionals become helpers and early disease managers rather than deliverers of severe, urgent health care services and the ICT experts becomes the providers of ICT supported health management services which is also in line with new national e-Health priorities in Republic of Moldova.

The proposed information system, implemented as a portal in its first edition will focus on general data collection about patients, having as one of the objectives stroke group risks management, which will enable target group members to improve and maintain their health status, prevent and self - manage their health state, and to seek medical assistance when it is really important. Doctors will have the opportunity to cluster patients, early determination of risk groups, using the bidirectional communication to announce the patient about necessary additional investigations.

This will solve the problem with late diagnosis on one hand, and on the other hand reduce the number of unnecessary medical treatments and establish effective, cheaper and more patient centred health care systems.

[1] World Health Organization, *WHO Global health estimates: proposals on the way forward*, Geneva, February 2013.

[2] World Health Organization, *The Global Burden of Disease*, ed. 2010.