



Digital Health.

mlCardiAPP.

A research group from the Institute of Research and Innovation of Cádiz (INiBICA) has designed a mobile health application for education, awareness, and self-management aimed at improving health literacy and self-management of polypathological patients with heart failure, compatible with Android and iOS..

Oficina de
**TRANSFERENCIA
DE TECNOLOGÍA**
Sistema Sanitario Público de Andalucía



Description

Aligned with the new paradigm of healthcare and based on the user-centered care model, we have developed a mobile health application designed for education, awareness, and self-management. Its primary goal is to enhance health literacy and support self-management for polypathological patients with heart failure, and it is compatible with both Android and iOS.

The application provides crucial support to patients with heart failure and other chronic conditions that involve complex care needs, empowering them to take control of their health. It promotes behavior change and/or the modification of habits, facilitates disease management, and ultimately improves patient outcomes, potentially reducing healthcare costs.

The content has been carefully validated and tailored to meet the needs of a vulnerable population—specifically, polypathological patients with heart failure. This development stems from the results obtained in the research project "Development and Effectiveness of an mHealth Intervention to Improve Health Literacy and Self-Management in Polypathological Patients with Heart Failure," conducted by the same authors.



Advantages

1. The application allows patients to take an active role in managing their health, promoting self-management and behavior change, which can improve quality of life and health outcomes.
2. By facilitating the control and management of chronic diseases, such as heart failure, the application can help reduce hospitalizations and other costs related to the treatment of complications.



Intellectually/Industry Property

It is protected by an Intellectual Property Registry (RPISC2309265413814).



Aims

Collaboration is sought for the development and exploitation of the technology.



Classification

Category: Digital Health.



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