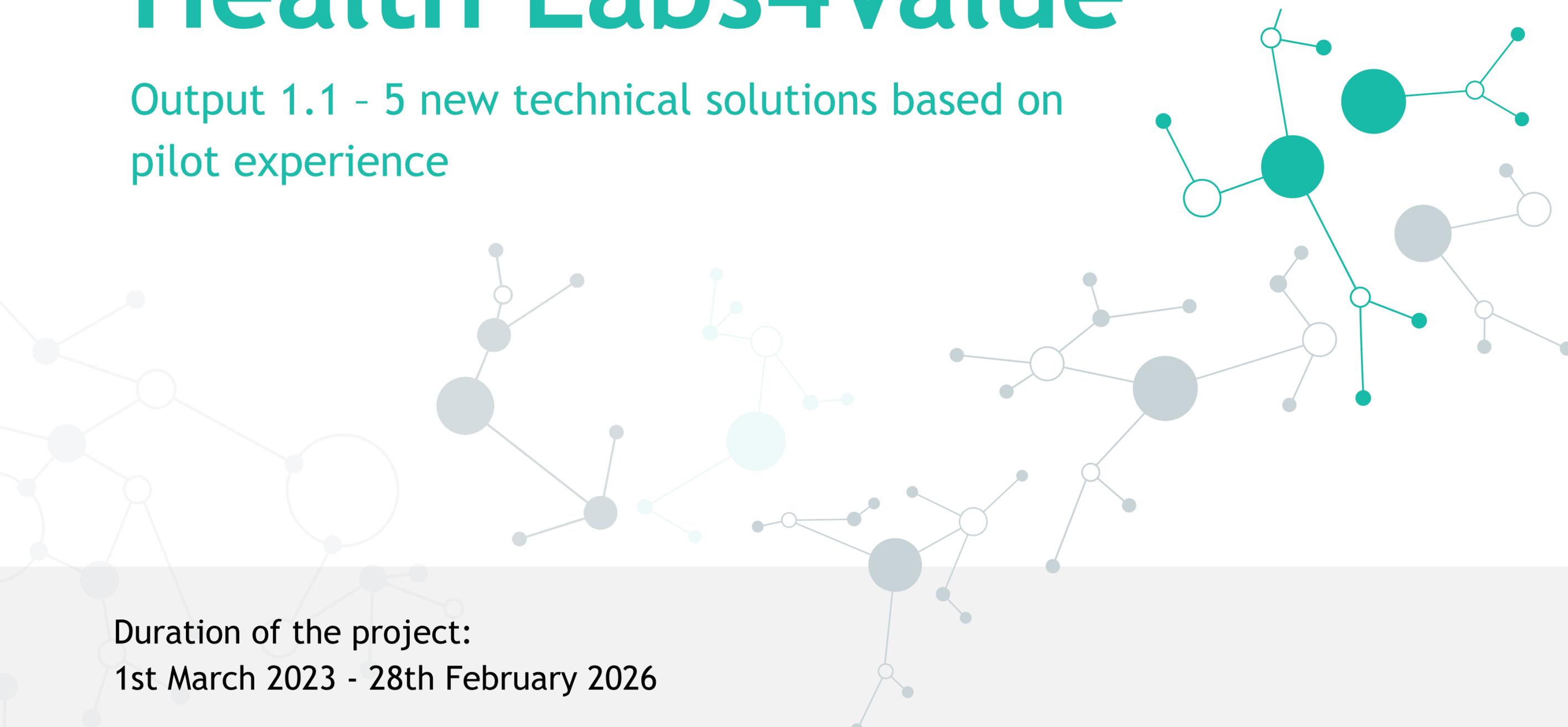


Health Labs4Value

Health Labs4Value

Output 1.1 - 5 new technical solutions based on
pilot experience

Duration of the project:
1st March 2023 - 28th February 2026



1. Technical Solution of HUNGARY

Main Goal	The main goal is to introduce an integrated digital system in the private hospitals of the TritonLife Group in Hungary in the areas of patient care and surgical management, to streamline work processes, minimize manual data entry, improve data accuracy and patient satisfaction.
Identified Needs	In Hungary, the TritonLife Group's private hospitals face challenges such as fragmented healthcare workflows, varied digital readiness. Manual data entry and isolated spreadsheets have hindered efficient patient management and surgery scheduling, leading to administrative delays and a higher risk of errors.
Technical Solution	The developed output is an integrated digital patient and surgical management system tailored for TritonLife Group private hospitals in Hungary. Its scope encompasses the entire surgical workflow, from pre-operative data collection to discharge and billing. The solution centralizes patient information, harmonizes scheduling, and automates financial processes, addressing the current manual, fragmented methods.
Target Group/Users	The primary target groups of the patient management system are: <ul style="list-style-type: none">• Healthcare professionals: This includes doctors, surgeons, nurses, nurse educators, department heads, case managers, and finance personnel.• Patients and their relatives: While patients and their families are not direct users of the core administrative interface, they are key beneficiaries.• Hospital management and IT teams: Responsible for overseeing successful implementation, data security, technical maintenance, and compliance with regulations.• Regulatory and legal advisors: Ensuring compliance with legal, data protection, and documentation standards is crucial.

The Solution in Action

operaciox.tritonlife.hu/admin/reservations/2658/edit

TritonLife Róbert Magánkórház

Beavatkozás részletek

Beavatkozás dátuma* 2024. 05. 22.

Beavatkozás neve* haemorrhoidectomia+colo

Műtét részletek

Műtési típus* Egyszerű aranyér műtét

Időtartam (percben)* 30

BNO kódok* 18460 - Maradvány aranyeres bőrfüggelékek

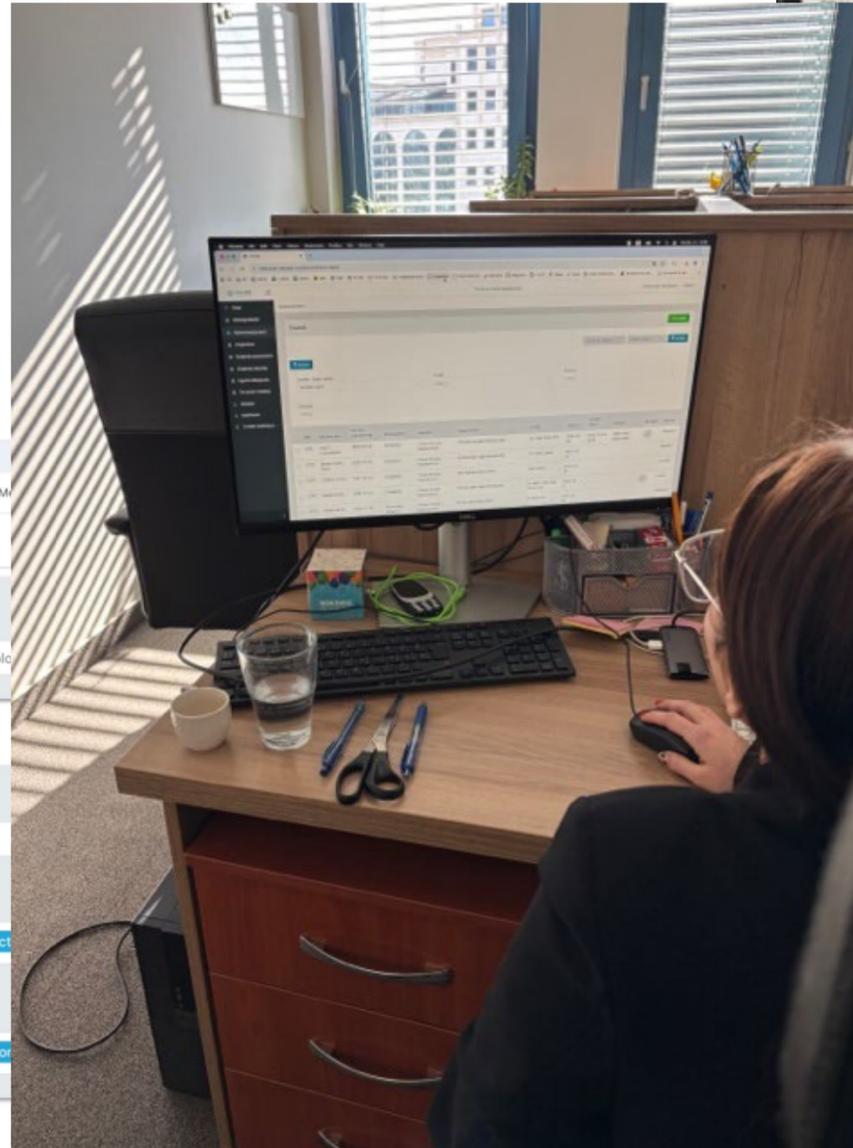
WHO (OENO) kódok* 54930 - Haemorrhoidectomia

Ápolási idő (napok) 1

Extra műtétek Vastagbélükrözés (Colo)

Egyéb műtési költség

Mentés



TritonLife Róbert Magánkórház

Esetek

Minden / Saját esetek Minden eset

Helyszín: Választás

#ID	Páciens név	Páciens születésnap	Spécialitét	Helyszín	Megjegyzés	Orvos	Állapot	Termin	Állapot
#261	TESZT ALEXANDRA	1995. 09. 08.	Ortopédia	TritonLife Róbert Magánkórház	Ortopédia vizsgálat	Dr. Zoltán Ákos PhD	2024. 05. 22.	10:00	10:00
#263	Karócs Zsófia	2008. 12. 03.	Ortopédia	TritonLife Róbert Magánkórház	Ortopédia vizsgálat	Dr. Zoltán Ákos PhD	2024. 05. 22.	10:00	10:00
#262	Sütő Péter	1992. 06. 24.	Ortopédia	TritonLife Róbert Magánkórház	Ortopédia vizsgálat	Dr. Zoltán Ákos PhD	2024. 05. 22.	10:00	10:00
#260	Karócs Zsófia	2008. 01. 07.	Ortopédia	TritonLife Róbert Magánkórház	Ortopédia vizsgálat	Dr. Zoltán Ákos PhD	2024. 05. 22.	10:00	10:00
#258	Karócs Károly	1999. 07. 30.	Haemorrhoidectomia	TritonLife Róbert Magánkórház	Műtét előkészítés	Dr. Zoltán Ákos PhD	2024. 05. 22.	10:00	10:00

2. Technical Solution of SLOVENIA

Main Goal	<p>The main goal and purpose of the new technical solution was to empower patients by providing them with high-quality and continuously accessible information.</p> <p>Access to rehabilitation services after injury is limited, with patients—especially those requiring physiotherapy—often waiting several weeks for treatment. During this period, they are typically on medical leave and may experience emotional distress, as they are unsure whether the rehabilitation information they find outside the healthcare system is reliable.</p> <p>The main goal of the pilot project was to empower patients in their rehabilitation journey by providing them with access to high-quality, evidence-based information verified by healthcare professionals.</p>
Identified Needs	<p>The solution was developed based on patient feedback regarding their needs during the post-treatment or post-discharge period.</p> <p>Key needs were identified, along with gaps in general information and rehabilitation-related guidance, as well as challenges in accessing appropriate and relevant stakeholders who provide support and advice throughout the rehabilitation process.</p> <p>In the first phase, we focused on patients with hand injuries to facilitate the introduction of the new solution and verify its usefulness. In the future, we would like to expand the range of diseases or conditions that could benefit from faster and better rehabilitation with the help of the developed technical solution.</p>
Technical Solution	<p>The outcome of the pilot is a mobile application that enables patients to gain a clear understanding of their rehabilitation process. It provides videos, visual materials, and structured guidance—such as specific exercises, timelines for medical check-ups, and physiotherapy appointments. These resources help patients feel more confident, informed, and actively engaged in their recovery.</p>
Target Group/Users	<ul style="list-style-type: none">• Patients,• family members and caregivers,• healthcare professionals,• patient associations/organizations.

The Solution in Action

S KLIKOM DO HITREJSE REHABILITACIJE

Aplikacija za pomoč pri okrevanju v domačem okolju.

- BREZ STROŠKOV
- STROKOVNE VSEBINE
- PREPROSTA UPORABA



SPLOŠNA BOLNIŠNICA JESENICE

Edina splošna bolnišnica na Gorenjskem, ki nudi kakovostno in varno obravnavo številni populaciji.



MEDTECH SLOVENIJA

MedTECH Slovenija je združenje, ki se osredotoča na spodbujanje in razvoj medicinske tehnologije v Sloveniji.



GOSPODAR ZDRAVJA

Gospodar zdravja posameznikom omogoča vodenje osebnega zdravstvenega kartona, komunikacija z zdravstvenimi strogolet in uporaba drugih orodij za učinkovitejšo spremljanje ter upravljanje lastnega zdravja.

!KAKAJ ?

Čer nam je pomembna **dobra uporabniška izkušnja pacientov**, smo iplošna bolnišnica Jesenice in MedTech Slovenija združili moči in pripravili tovo **digitalno storitev**.

!AKO ?

Preko mobilne aplikacije vam omogočamo dostop do bolj poglobljenih in interaktivnih informacij, ki vam lahko pomagajo pri okrevanju.

Zdravniki, medicinske sestre in fizioterapevti pripravljamo gradiva, zloženke in posnetke, ki so vam po registraciji na voljo brezplačno.

KAJ ?

Prejeli boste odgovore na vaša najpogostejša vprašanja: Kaj lahko pričakujem? Kdaj se lahko vrnem na delo ali v šolo? S katerimi vajami si lahko pomagam? Kateri medicinsko tehnični pripomočki so mi na voljo?.....



Aplikacija je brezplačna. Registrirate se preko QR kode do aplikacije Gospodar zdravja in QR kode do vsebin Splošne bolnišnice Jesenice.

interreg CENTRAL EUROPE Co-funded by the European Union

Health Labs Value

← Nazaj

Kontrolni pregled zapestja
15.01.2025 08:13

Na kontrolnem pregledu zapestja preverimo:

- pregled stanja roke
- gibljivost
- žilni in živčni (nevrolški) status
- občutljivost



Predvajaj YouTube video

Na SMS boste prejeli opomnik za kontrolni pregled.

← Nazaj

Vaje izvajajte počasi, vsak gib v končnem položaju zadržite 20 sekund. Vsak gib ponovite 5-krat ter število ponovitev vsak dan stopnjujte.

Pojav bolečine med gibanjem je normalen, vendar bolečina ne sme postati nevzdržna. Po končanih vajah roko položite nazaj v longeto in jo povijte s povojem.



← Nazaj

*Ali vam je aplikacija pomagala izboljšati vsakodnevno funkcioniranje?

- DA
- NE
- DELNO

*Ste zaradi uporabe aplikacije opazili izboljšanje stanja po poškodbi?

- DA
- NE

← Nazaj

*Je bila aplikacija jasna in razumljiva za uporabo?

- DA
- NE
- DELNO

*Ali ste bili zadovoljni z vsebino, ki jo aplikacija ponuja?

- DA
- NE
- DELNO



Vir vsebine: Splošna bolnišnica Jesenice (www.sb-je.si) ©2025 SB Jesenice. Vse pravice so pridržane.



Login

Register

Scan QR code

Dobrodošli

Veseli smo, da ste se nam pridružili v aplikaciji. V njej boste namreč našli uporabne informacije, nasvete in video posnetke vaj, ki vam bodo pomagali pri hitrejšem in lažjem okrevanju po poškodbi. Vsebine smo pripravili z mislijo na vas - da se boste lažje znašli, ostali motivirani in samozavestno napredovali. Po naših izkušnjah dosledno in redno izvajanje vaj pospeši okrevanje.

Vaše mnenje nam veliko pomeni. Prosimo vas, da si vzamete nekaj minut in izpolnite dva kratka vprašalnika. Z vašimi povratnimi informacijami bomo lahko vsebine še izboljšali in jih še bolj prilagodili vašim potrebam.

Hvala, ker sodelujete in zaupate v proces okrevanja!

Vprašalniki

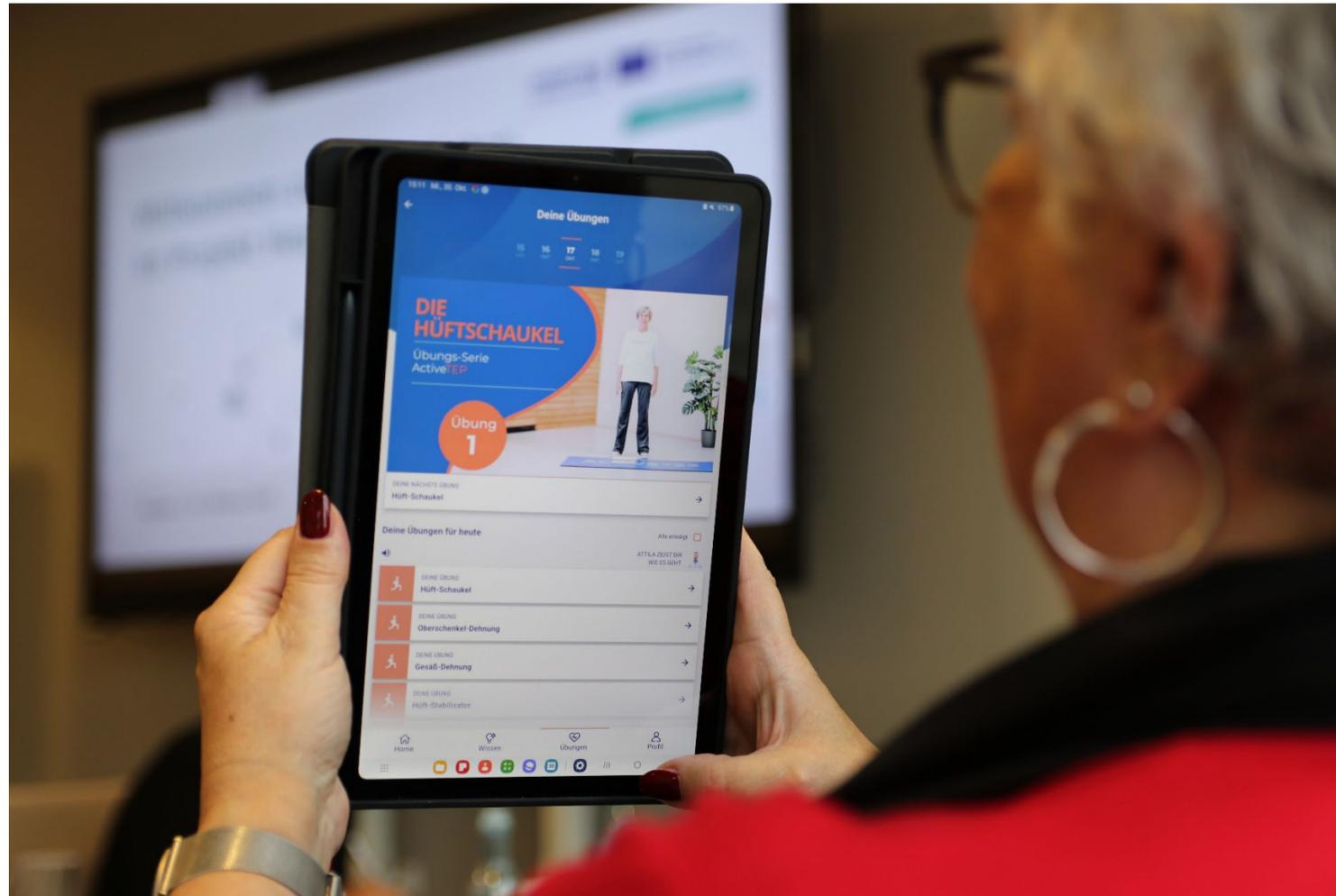
Roka

Medicinski pripomočki

3. Technical Solution of GERMANY

Main Goal	Supporting patients before and after hip replacement surgery to improve recovery, mobility, and long-lasting independence at home.
Identified Needs	<ul style="list-style-type: none">• Lack of structured perioperative support at home• Need for accessible knowledge and training• Desire for personalised recovery tools• Limited digital engagement in tools for older adults
Technical Solution	ActiveTEP App CE-certified Class I medical device: <ul style="list-style-type: none">• Modular knowledge transfer• Evidence-based exercise program• Pain & wellbeing diary• Personalised reminders
Target Group/Users	<ul style="list-style-type: none">• Patients undergoing hip replacement surgery (pre- & post-op)• Older adults• Caregivers• Healthcare providers (for integration and patient monitoring)

The Solution in Action



ActiveTEP can be purchased over the app's website or participating clinics (free of charge):

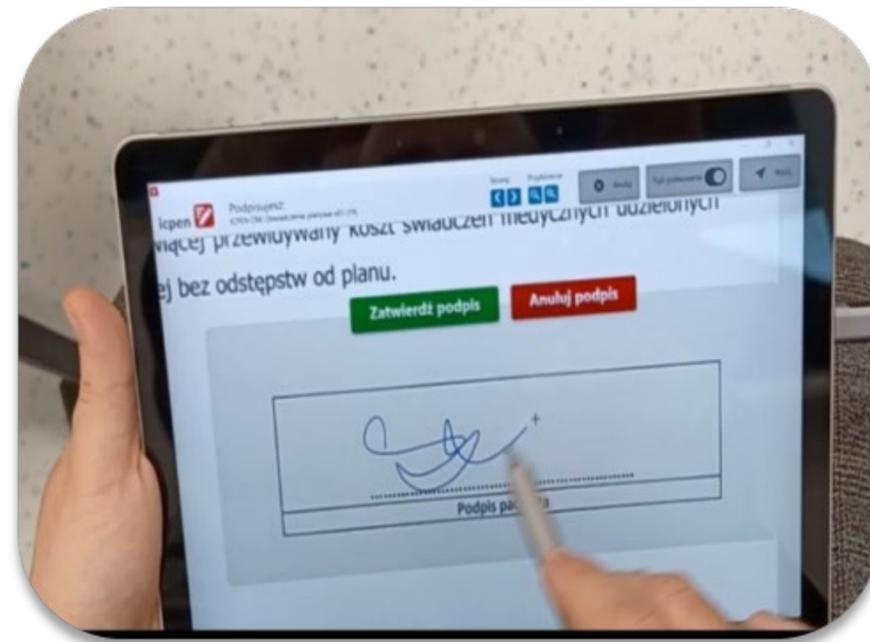
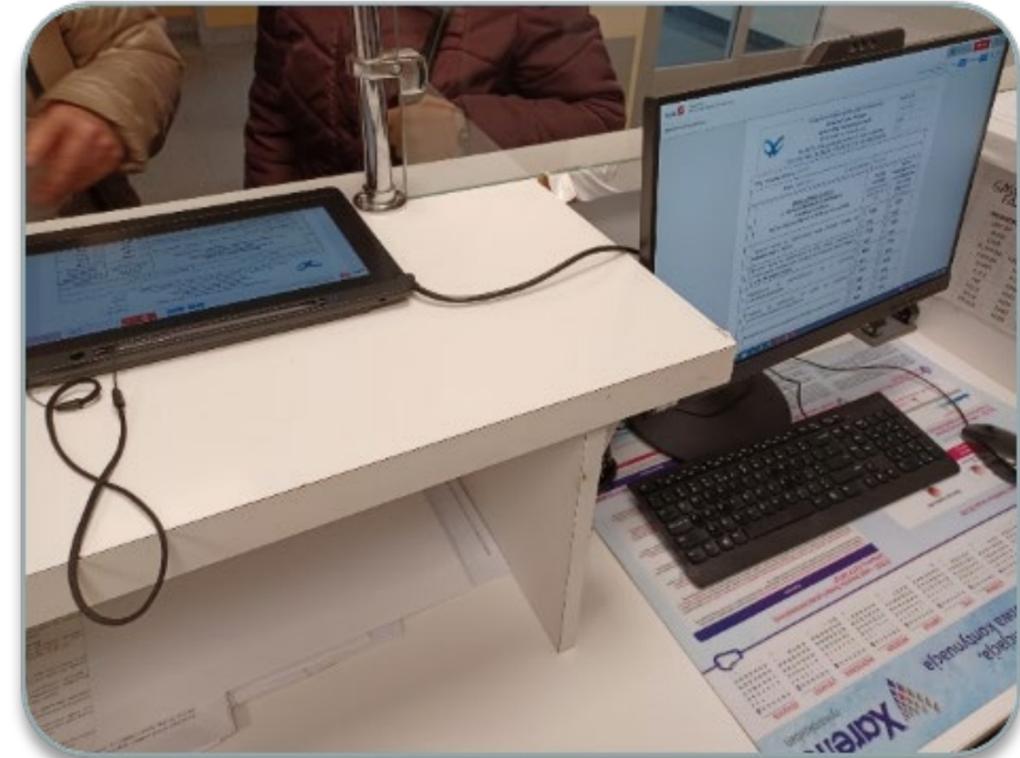
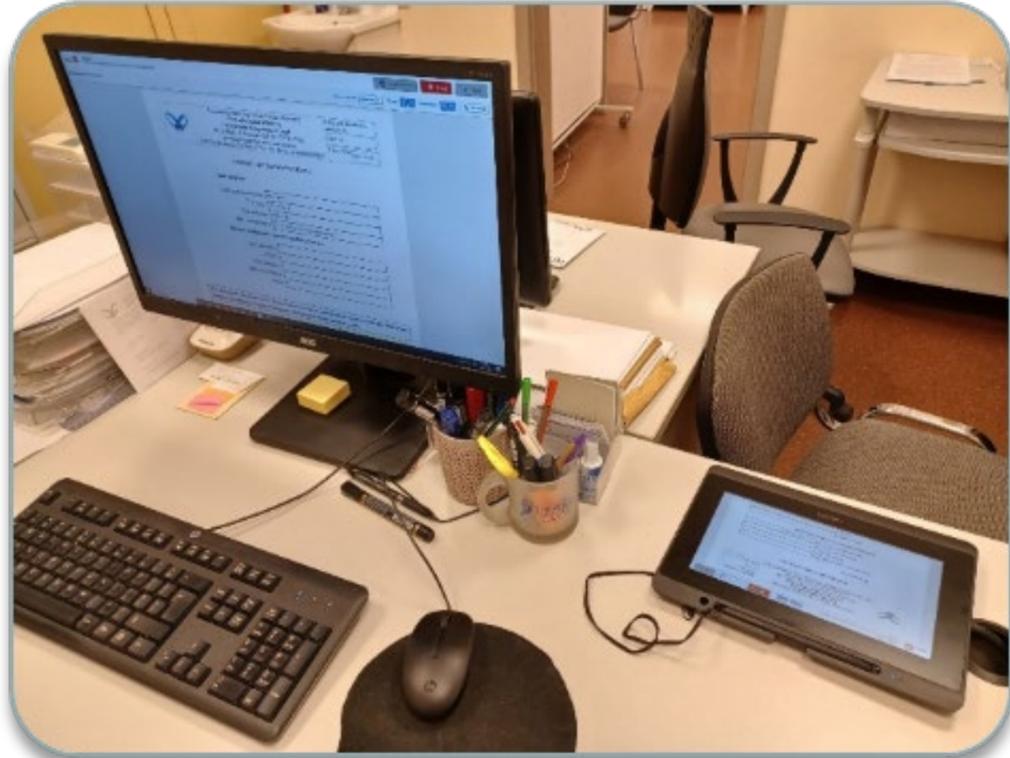
<https://www.activetep.de/>



4. Technical Solution of POLAND

Main Goal	Main goal is to optimize the processes of inpatient, outpatient and primary health care through digitization and innovative digital systems. This is a response to the local challenge related to the shortage of medical staff and long waits for visits to specialists, and at the same time contributes to the broader goal of improving the efficiency of healthcare and patient experience throughout Central Europe.
Identified Needs	<ol style="list-style-type: none">1. Relieving the medical staff by promoting and supporting the implementation of innovative solutions in the field of medicine, including telemedicine;2. Reducing administrative barriers and simplifying procedures, including: by supporting digitization and de-papering;3. Promoting innovative organizational changes based on VHBC, e.g. the inverted pyramid of health services, which can reduce waiting times for visits to specialists.
Technical Solution	In this project, we are digitizing medical records. We use a Mobile Tablet and a Desktop Screen for this purpose. The documents from devices were placed in the Hospital HIS system on the patient's profile in the electronic documentation tab, so that together with the medical records they were available from the level of the hospitalization they concerned. The documentation and data from the HIS system are stored on a local secured resource.
Target Group/Users	Medical Universities and Research Institutes, Clinical Hospitals and Medical Facilities, Government Organizations and Regulatory Institutions, Technology Companies and Medical Startups, Patient Organizations and NGOs, Medical Personnel, Decision-Makers and Politicians, International Organizations and European Partners.

The Solution in Action



5. Technical Solution of CZECHIA

Main Goal	<p>The aim was to co-create a clear, easy-to-understand digital tool to support patients with spinal cord injuries (SCIs) after surgery and during home care. The aim was to co-create a tool for systematic physiotherapy in hospital and at home, to unify discharge education, raise patient autonomy and prevent complications at home, all without increasing staff workload.</p>
Identified Needs	<ul style="list-style-type: none">• Limited access to structured physiotherapy exercises• Fragmented post-discharge support• A lack of digital tools to link ward routines with home-based rehabilitation and exercises for prevention of the pressure ulcers• The significant danger of pressure ulcers
Technical Solution	<p>The comprehensive solution is specifically designed for SCI patients and includes a library of clinically reviewed content, a wiki capturing user stories and design decisions, personalised plans, video guidance and reminder logic. The solution is designed to enable systematic, evidence-based physiotherapy and prevent secondary complications through proactive education and reminders. It also provides a shared dashboard for patients, caregivers and clinicians to monitor progress and provide support.</p>
Target Group/Users	<ul style="list-style-type: none">• Patients with spinal cord injuries (SCI)• Family caregivers and relatives• Healthcare professionals and clinicians• Peer consultants and patient organizations

The Solution in Action

