



# Spinal Cord Solution

## The Czech Republic



**A co-created self-care digital application that helps people with spinal cord injury stay safe and independent at home.**



## **Pilot site: Regional Hospital Liberec (Liberec, The Czech Republic)**

## Hard Facts from the Pilot:

- ✓ The developed and tested solution: \*Spinal Cord Solution\*.
- ✓ Twenty patients and caregivers co-created and tested the prototype.
- ✓ Features include position-change reminders to prevent pressure ulcers, guided rehabilitation exercises, easy-to-understand education and simple progress tracking.
- ✓ The solution is progressing to full product development with an industry partner.

# Benefits — Who gains and how:



**Patients and families:** greater confidence and adherence; fewer preventable complications between visits.



**Healthcare professionals:** less time repeating basic reminders; clearer home routines aligned with clinical advice.



**Hospitals and policy-makers:** prevention-focused tool prepared for wider roll-out across spinal units.

## Co-creation Snapshot

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Focused mini-workshops and rapid testing at Regional Hospital Liberec shaped content, tone and reminders that fit real daily routines.

# Methodology Lens

## (LivingLab and value-based care)

Created in a Health Labs4Value Living Lab with a value-based focus on outcomes that matter most to people living with spinal cord injury.

## Contact — join the Living Lab

Regional Hospital Liberec,  
Husova 357/10, 46001 Liberec,  
Czech Republic  
[nemlib.cz](http://nemlib.cz)

## Implemented in Central Europe:

Germany, Czech Republic, Hungary, Poland, Slovenia, Austria



## **Join the Healthcare Transformation!**

Whether you're a healthcare provider, policymaker, tech innovator, or patient advocate, you can be part of the Living Labs & VBHC movement!



**Follow us for insights, updates, and collaboration opportunities!**

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