



ActiveTEP: Digital App for Pre- and Post-Operative Care in Hip Replacement Surgery

Germany



Co-designed digital support that standardizes self-reliant preparation and aftercare for hip replacement, helping patients prepare and practice daily and recover with confidence.



**Pilot site: University Hospital Carl
Gustav Carus Dresden and Carus
Consilium Sachsen GmbH (Dresden,
Germany)**

Hard Facts from the Pilot:

- ✓ The developed and tested solution: ActiveTEP: Digital App for Pre- and Post-Operative Care in Hip Replacement Surgery
- ✓ Twenty-three patients and eight stakeholders took part in testing and co-creation.
- ✓ 94% found pre-operative preparation helpful; 96% found post-operative support useful.
- ✓ The digital application is available in major mobile application stores and supported by multiple local clinics.

Benefits — Who gains and how:



Patients: evidence-based knowledge modules, daily exercise routines and reminders; stronger empowerment of self-management at home



Healthcare professionals: more efficient patient communication through pre-informed patients, enabling better personalised care; consistent pathway information visible to all providers



Hospitals and policy-makers: scalable digital support for a high-volume pathway; reduction of unnecessary follow-up surgeries

Co-creation Snapshot

University hospital teams, physiotherapists, researchers and a permanent senior test group co-designed and iterated the content through workshops, interviews and real-life testing inside the clinical pathway.

Methodology Lens

(LivingLab and value-based care)

Developed in a Health Labs4Value LivingLab using a value-based approach: maximising the outcomes that matters to patients and enhances the whole healthcare pathway; test in real settings; upscaling what works and benefits all.

Contact — join the Living Lab

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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!



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