

Life after a spinal cord injury is complex. People told us they needed clear guidance at home and tools to prevent complications. Our Living Lab answers that need by designing with patients, families and clinicians from day one.

Who we are (key actors):

- Regional Hospital Liberec — healthcare organisation.
- DEX Innovation Centre — innovation and knowledge partner.
- Ecosystem partners include people living with spinal cord injury, physiotherapists, nurses, technology companies and national health authorities.

What do we do in the LivingLab?

We build and test practical self-care support in real life, align it with clinical advice and keep improving based on feedback and measured outcomes.

Our first tested solution:

Spinal Cord Solution – The Czech Republic — A co-created mobile self-care application with position-change reminders to prevent pressure ulcers, guided rehabilitation exercises, easy-to-understand education and simple progress tracking. The validated prototype is moving into full product development with a technology partner.



What is Value-Based Healthcare (VBHC)?

- Value-based healthcare means maximizing the health outcomes that matter to patients for every euro invested across the whole care pathway.
- In practice, we define and measure outcomes that patients care about (for example, recovery, independence and quality of life).
- We improve the entire pathway from first contact to long-term follow-up, not only single appointments.
- We co-create and test solutions in real settings, then scale what delivers better outcomes for the cost.

HARD FACTS about our LivingLab so far:

- **Developed and tested solution: Spinal Cord Solution**
- **Twenty patients and caregivers co-created and tested the prototype.**
- **The application covers prevention reminders, guided exercises, education and progress tracking; development proceeds with an industry partner.**



BENEFITS – Why this LivingLab matters

- People report greater confidence and improved adherence to prevention routines at home.
- Clinicians spend less time repeating basic reminders.
- The concept is ready for wider roll-out across spinal units.