

Each year, around 200,000 people in Germany undergo hip replacement surgery. Clinicians aim to reduce patient anxiety, standardise preoperative preparation, and support safe recovery at home. Our LivingLab unites patients, hospital teams, and companies to co-create, test, and upscale effective solutions.

Who we are (key actors):

- University Hospital Carl Gustav Carus Dresden — healthcare organisation
- Carus Consilium Sachsen GmbH — knowledge partner
- Ecosystem partners include orthopaedic surgeons, physiotherapists, senior patients, digital companies and public authorities

What do we do in the LivingLab?

We co-create digital support within real clinical pathways, measure results that matter to patients and professionals and embed successful solutions across the region and country.

Our first tested solution:

ActiveTEP: Digital App for Pre- and Post-Operative Care in Hip Replacement Surgery – Germany — A patient-friendly digital application for the twelve weeks before and after surgery, with evidence-based information, daily exercises, personal reminders and a recovery diary. It is available in mobile application stores and is going to be upscaled in clinical use.



What is Value-Based Healthcare (VBHC)?

- Value-based healthcare means maximising 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).
- VBHC improves the entire healthcare pathway from first contact to long-term follow-up, not only single appointments.
- In LivingLabs we co-create and test solutions in real settings, then upscale tools, processes, devices or applications that deliver best outcomes.

HARD FACTS about our LivingLab so far:

- **First developed and tested solution: ActiveTEP — Digital App for Pre- and Post-operative Care in Hip Replacement Surgery**
- **Indicator: Around two hundred thousand hip replacement procedures take place in Germany every year.**
- **Twenty-three patients and eight additional stakeholders participated in testing and co-creating the solution.**
- **Ninety-four per cent found the preparation helpful; ninety-six per cent found the post-surgery support useful.**



BENEFITS — Why this LivingLab matters

- Stakeholders valued the strong collaboration during the pilot and expressed interest in continuing joint development efforts.
- Diverse pilot feedback enabled the development of a market-ready app with clear benefits.