

The measure of you

Digital monitoring platforms are changing the way we understand health

Digital tools, such as smartphones or wearables, can now continually measure and collect health information from patients

Active tests

Patient-reported outcomes



Daily quality of life



EQ-5D-5L quality of life



Symbol digit modalities test



Word reading



Speeded tapping



Draw a shape



Chorea



Balance



U-turn



Walk

Passive monitoring

Activities of daily living



Gait



Chorea



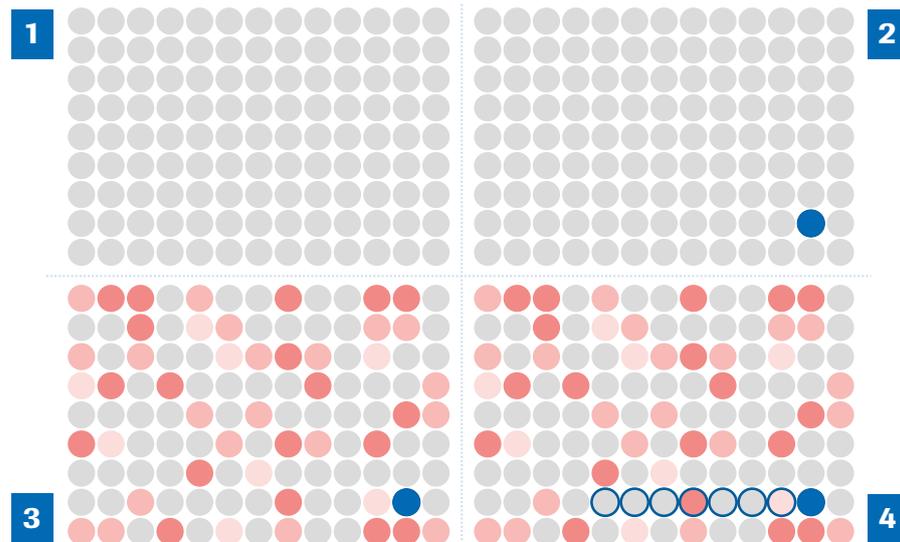
Activity levels

Digital monitoring tools can capture a range of information on symptoms, daily activities and quality of life

365 days living with a disease

Every dot on this graph represents a day in the life of a patient

- Day in the life with weak symptoms
- Day with a visit to the clinic/physician
- Day with stronger symptoms
- Symptom recall period



For illustrative purposes only



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People living with a condition may only see a physician once or twice a year and may not entirely remember how they have felt on a specific day. Digital monitoring platforms help to provide a more comprehensive picture of how patients feel on a day-to-day basis

Patient perspective: Shining light on a hidden condition



Martina Ribera, 49

Diagnosed with multiple sclerosis 20 years ago

“ Every new symptom I notice I write down, and the day I go to my appointment I go with a little piece of paper so I don't forget anything. ”

Many of us find it hard to remember what we had for breakfast yesterday, what we were doing last Monday at 9 am or whether we slept well 2 weeks ago. But what if our health depended on it?

People living with a chronic condition may often not see a doctor for months or years at a time. This means they face the almost impossible task of trying to remember the sometimes subtle daily changes in their symptoms between doctor visits.

The challenge doctors face is trying to see exactly what is happening, hidden away inside the brain and central nervous system of patients. Being able to track and accurately measure any changes could lead to ways to slow, and even prevent, irreversible disease progression for patients.

Physician perspective: Fine-tuning treatment with constant monitoring



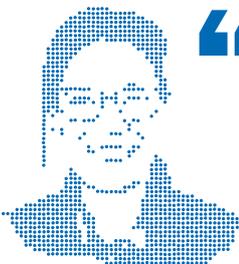
Dr Ron Postuma, Parkinson's disease expert

Associate Professor
Department of Neurology and Neurosurgery,
McGill University in Montreal, Canada

“ As a doctor, it can sometimes be difficult to know if I am on the right track with treatment for patients. A phone in the pocket doing frequent assessments would allow me to start fine tuning. ”

Digital monitoring platforms can build on existing tests that patients and clinicians use, with other day-to-day passive monitoring. By combining this information with what they or their family are noticing, they can get a more complete picture.

Scientist perspective: Today's insights for tomorrow's treatments



Kirsten Taylor, Cognitive neuroscientist

Biomarker and Experimental Medicine Leader, Roche, Basel

“ Sensor technologies give us a much fuller and more precise picture of patients' disease and response to treatment in our trials. ”

Advances in wearable devices, such as phones, watches, textiles or delivery devices, which track a patient's clinically relevant signals and monitor for symptoms, have the potential to vastly accelerate clinical development.

Because the data collected is objective and uses minimal patient involvement, clinical trials can potentially become more precise, faster and smaller.

