

## **INT-2-CARE: Intelligent platform for the integral care of complex patients**

**ADDRESSED PATHOLOGY:** Chronic Diseases/ Diabetes /Obesity/ Mental Health

### **GENERAL OBJECTIVE:**

To improve the individualized treatment and the quality of life of complex chronic patients in a context of endocrine diseases and mental disorders. The project will develop methods for ambulatory monitoring of physiological variables (diet, physical activity, exercise sessions, blood glucose measurement, heart rate variability); mood and other mental status indicators; concurrent diseases; side effects of polypharmacy; and treatment compliance; and will develop those electronic communication channels that are needed for information sharing between patients and clinical staff.

### **PARTICIPANTS:**

**M<sup>a</sup> Elena Hernando Pérez /  
Francisco del Pozo, *GTB-CTB-UPM***  
Cintia González Blanco / Alberto de Leiva  
Hidalgo, *H. Sant Pau*  
Laura Roa, *U. Sevilla*

### **CLINICAL/EXTERNAL GROUPS:**

Iluminada Corripio Collado, *H. San Pau*  
Mar Gomis Pastor, *H. San Pau*