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University Medical Center
Utrecht

TASTE – objectives



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Central aim

....to develop a robust and sustainable (nursing) research program (line) to increase efficiency and (cost)effectiveness of self-management interventions in chronic disease patients.

Scientific objectives

- Unraveling succes of self-management (+eHealth)
- Develop optimum design of tailored self-management interventions (+eHealth)

Other objectives

- Strengthening the research infrastructure for nursing science (through self-management + eHealth)



Unraveling success

TASTE-IPD



1. Meta-regression ✓

2. IPD-protocol ✓

3. Patients COPD ✓

4. Patients HF ✓

5. Programs ✓

6. Reflection ✓

TASTE-DESCRIBE



7. Generic analysis ✓

8. COPD ✓

9. HF ✓

10. DM-II ✓

11. CRD ✓

12. COPD-LINQ ✓

TASTE-TAILORING



13. Qualitative ✓

14. HF-review ✓

15. Survey1 ✓

16. Survey2 ✓

TASTE-INSTRUMENT



17. Development ✓

18. SM exposure ✓

TASTE-ACTIVATE



19. RCT1 ✓

20. RCT1 ✓

21. Fidelity ✓

22. Effect modifiers

✓ Finished
✓ Ongoing
O Awaited

Develop optimum design

eHealth solutions

TASTE-M-ACZIE



30. Qualitative ✓

31. Design + usability ✓

32. Protocol

33. RCT1

34. RCT2

35. Process

TASTE-Applab / THINC.

36. Turbuplus 1 ✓

37. Turbuplus 2 ✓

38. mHealth guidance tool ✓

38. Serious game in Cystic Fibrosis ✓

N = 4 PhD students
N = 24 MSc students

TASTE-CONCEPTUAL

23. Position statement 1 ✓

24. Position statement 2 ✓

25. HU book ✓

26. COPD book ✓

27. Definitions ✓

28. Asthma conceptual ✓

29. Scientific engineering ✓

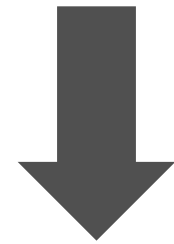
Onderzoekslijn → regionaal innovatie ecosysteem



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 **TASTE**
Tailored Self-management & E-health



U **zelf**
Utrecht modelregio voor zelfmanagement



Dank voor uw aandacht



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