

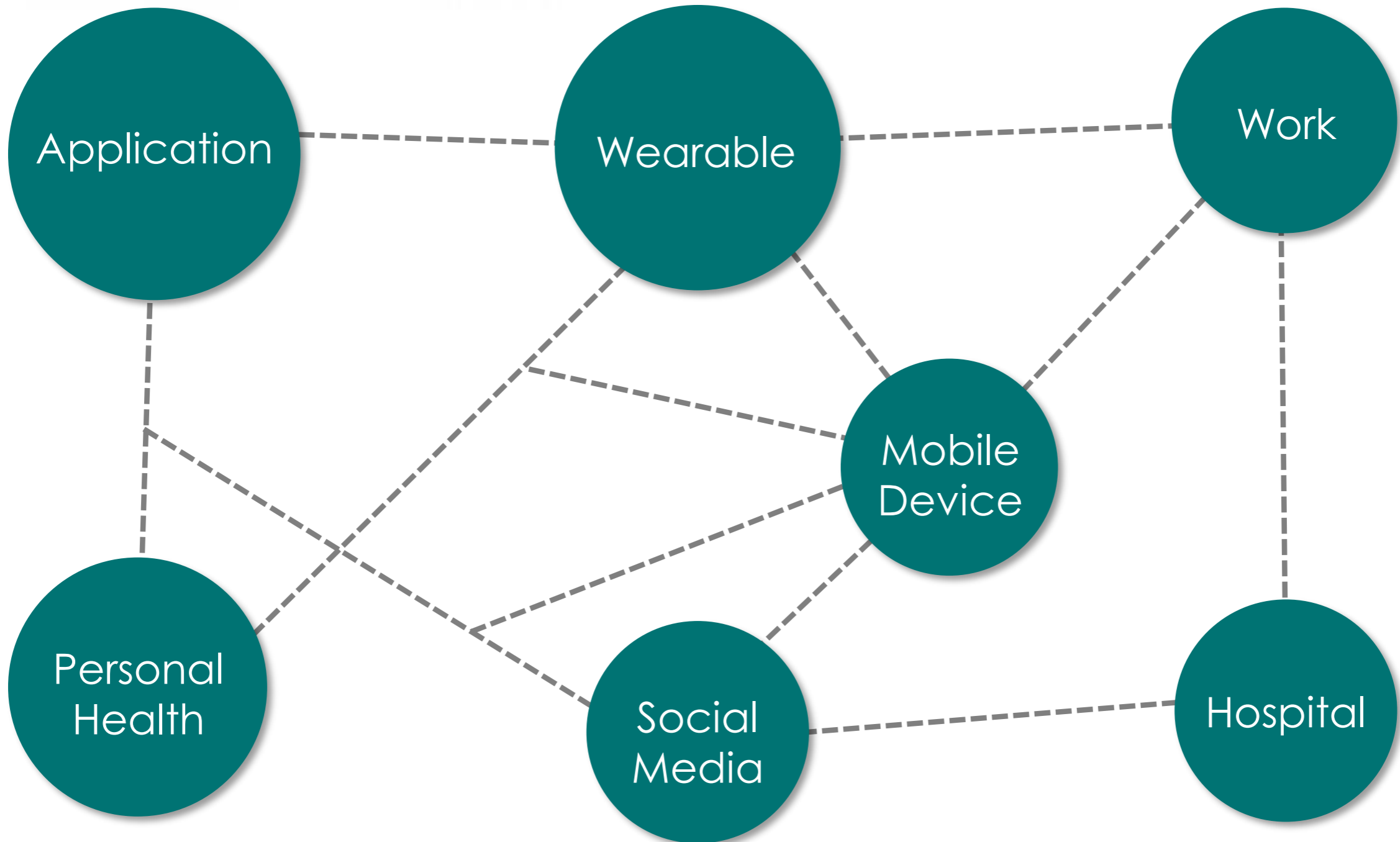
# Digital Health 4.0

นพ. กฤษฎา ศิริชัยสิทธิ์  
นายแพทย์เชี่ยวชาญ รพ. บึงกาฬ  
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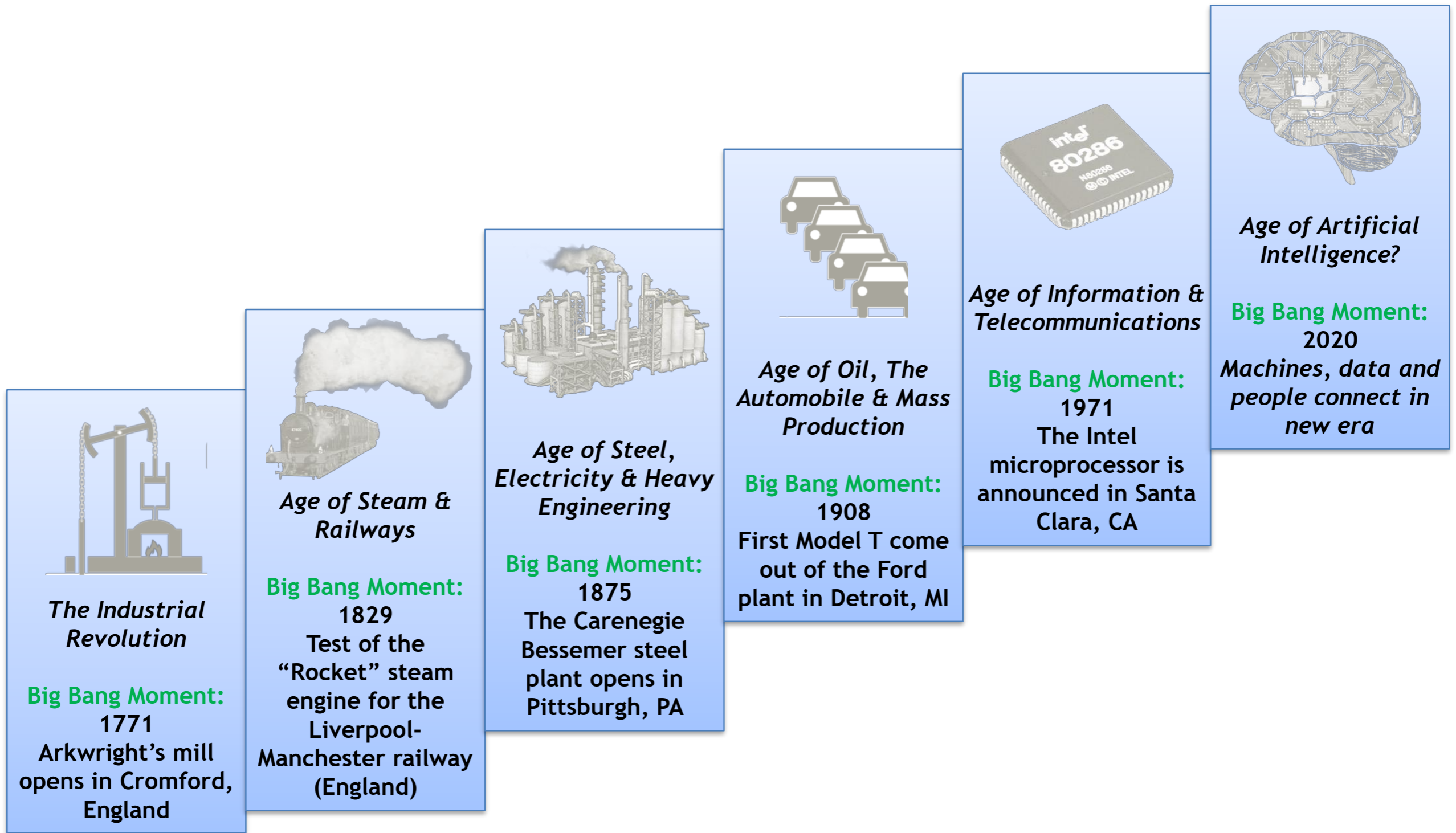
# Scope

- AI IoT Robotics
- Patient-Doctor Smart Consultation
- Digital Health for Prevention
  - Wearable
- The Future of Medicine
- Connected Health

# Healthcare Digital Landscape



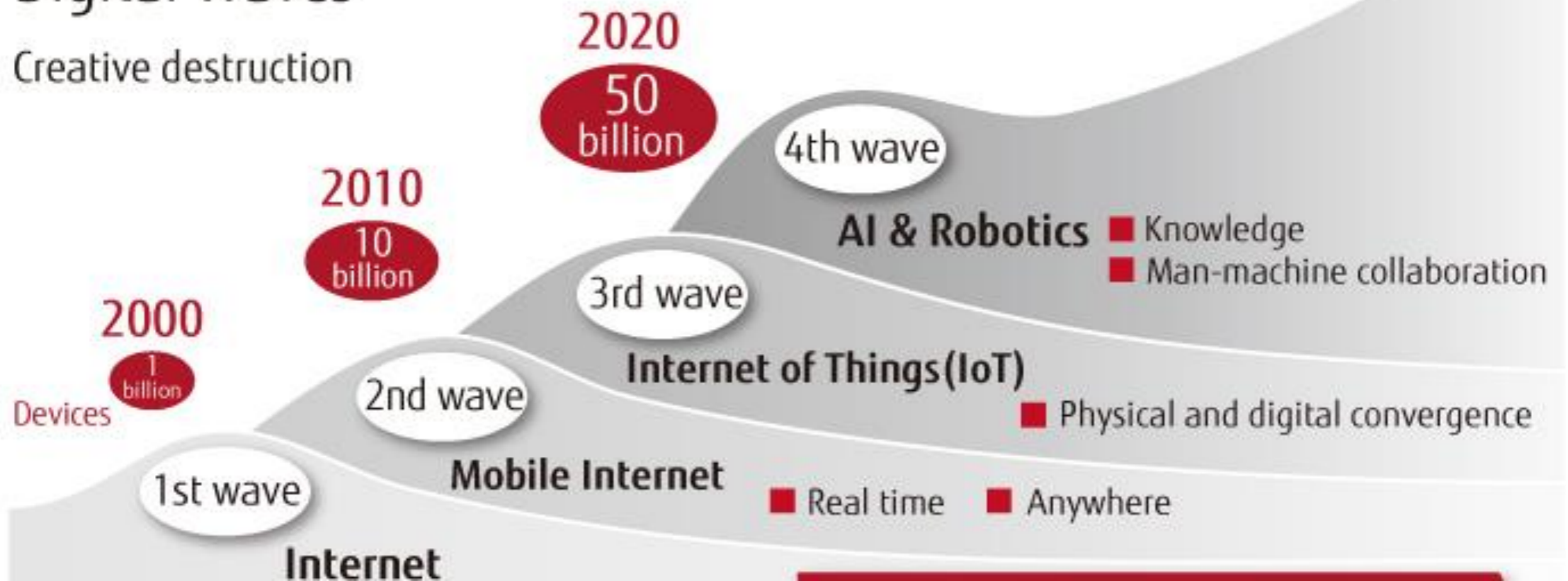
# Technological Revolution Timeline





## Digital Waves

Creative destruction



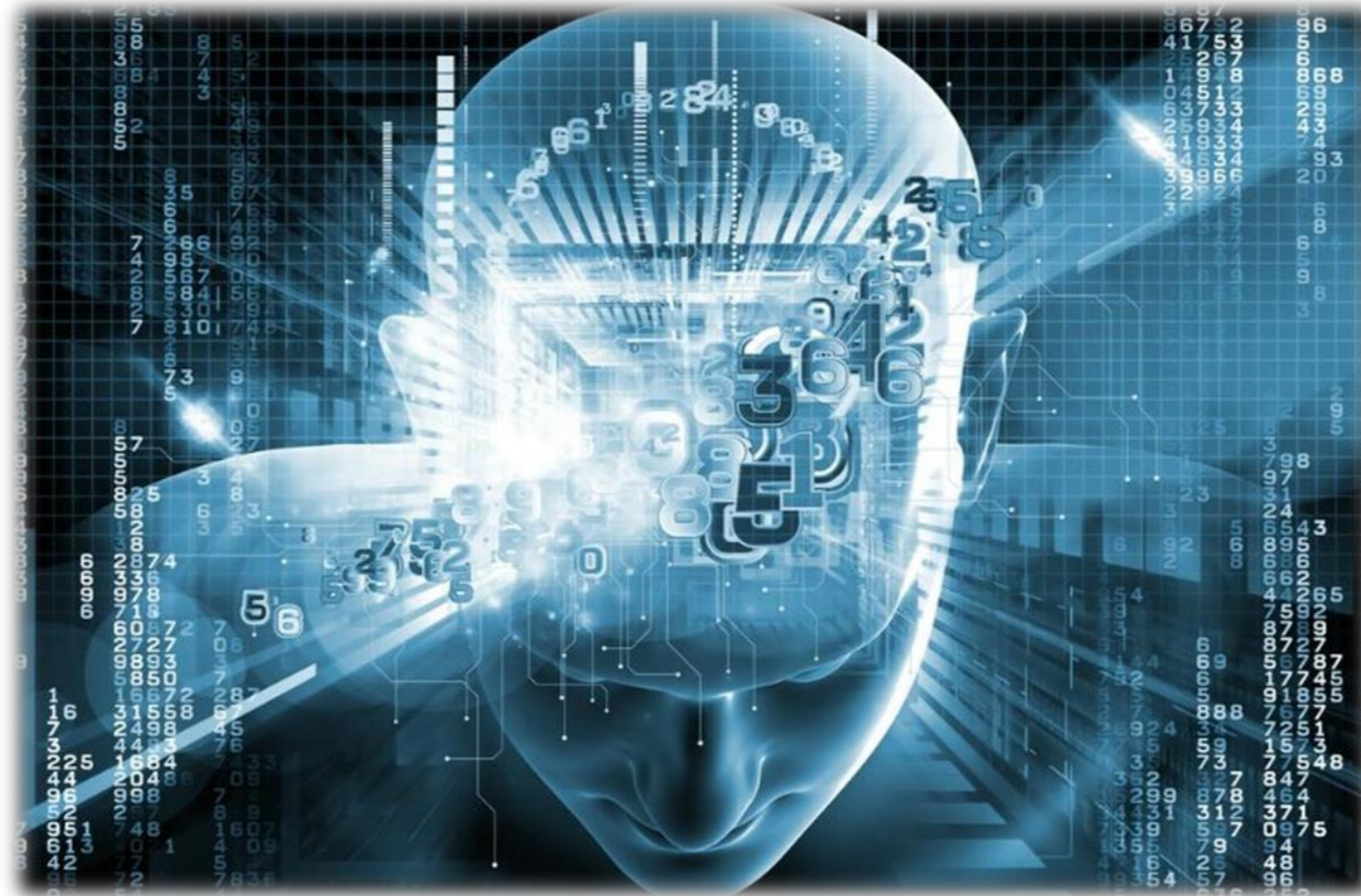
Source: *How Digital Technology Will Transform the World The Digital Transformation has arrived; Fujitsu Journal*

AI . IoT . Robotics

# Artificial Intelligence (AI)



- Artificial Intelligence has an unimaginable potential
- The world of Big Data need Artificial Intelligence



# The Need for AI in Healthcare



- “Too much information, too little time”
- Patients, health professionals and medical devices generate huge amounts of data.





## ➤ Medical Data

- Medical history (Electronic medical record)
- Images (X-ray, MRI, CT, PET, EKG and etc)
- Lab results
- Pathology images and reports
- Genome and family history
- Other omics (Microbiome, Metabolome)

## ➤ Patient's health data

- Health diaries
- Quantified self device reports
- Home diagnostics
- Data from relatives, community care and other 3<sup>rd</sup> party services
- Patient location internet sources

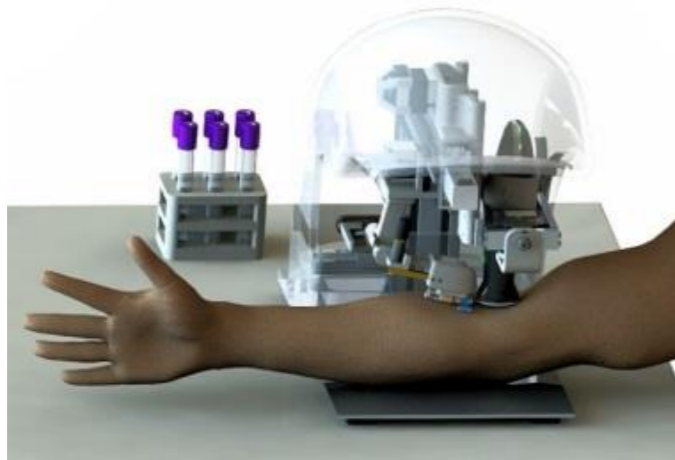


- Guidelines & Research
  - Recommendation, guidelines and best practices
  - Current research
  - Ongoing clinical trials
  - New drug
  - Own experiences and patient similarity matching
  
- Diagnose and plan
  - Diagnosis
  - Treatment Plan

## How AI will Impact Healthcare



- Provide quick and accurate diagnoses (limitation of human intelligence alone)
- Clinical decision support
  - Reduce the mortality rates, and helping doctors to come up with faster treatments for serious illness.
- Limit errors made as a result of human fatigue



# How AI will Impact Healthcare



- Increase productivity, improve transportation and enhance the quality of life for millions.
- Using an understanding of individual human genetics to create truly personalized treatment plans within the healthcare field.
- Improve cancer care
- Avoid wastage of resources



# From Sep 2011 till Aug 2016



- A female patient suffering from leukemia had been baffling medical professionals from Japan after treatment and all previous treatment being prescribed for the condition was proving ineffective.
  - It was a mystery for doctors
  - IBM's Watson detected the rare leukemia in just 10 minutes
  
- August 8, 2016
  - <http://www.ibtimes.co.uk/ibms-watson-cracks-medical-mystery-life-saving-diagnosis-patient-who-baffled-doctors-1574963>

## IBM's Watson cracks medical mystery with life-saving diagnosis for patient who baffled doctors

■ The super-computer powered by artificial intelligence prescribes leukemia treatment within minutes.



By James Billington

August 8, 2016 18:40 BST



# 2017 - 2018 : AI in Radiology



Stanford | News

MENU Search Stanford news...

NOVEMBER 15, 2017

## Stanford algorithm can diagnose pneumonia better than radiologists

*Stanford researchers have developed a deep learning algorithm that evaluates chest X-rays for signs of disease. In just over a month of development, their algorithm outperformed expert radiologists at diagnosing pneumonia.*

BY TAYLOR KUBOTA

Stanford researchers have developed an algorithm that offers diagnoses based off chest X-ray images. It can diagnose up to 14 types of medical conditions and is able to diagnose pneumonia better than expert radiologists working alone. A [paper](#) about the algorithm, called CheXNet, was published Nov. 14 on

## AI Is Continuing Its Assault on Radiologists

A new model can detect abnormalities in x-rays better than radiologists—in some parts of the body, anyway.

**The results:** Stanford researchers trained a convolutional neural network on a data set of 40,895 images from 14,982 studies. [The paper](#) documents how the algorithm detected abnormalities (like fractures, or bone degeneration) better than radiologists in finger and wrist radiographs. However, radiologists were still better at spotting issues in elbows, forearms, hands, upper arms, and shoulders.

**The background:** Radiologists keep getting put up against AI, and they usually don't [fare even as well as this](#). Geoffrey Hinton, a prominent AI researcher, told the [New Yorker](#) that advances in AI mean that medical schools "should stop training radiologists now."

IMAGE CREDIT: HARLIE RAETHEL | UNSPLASH

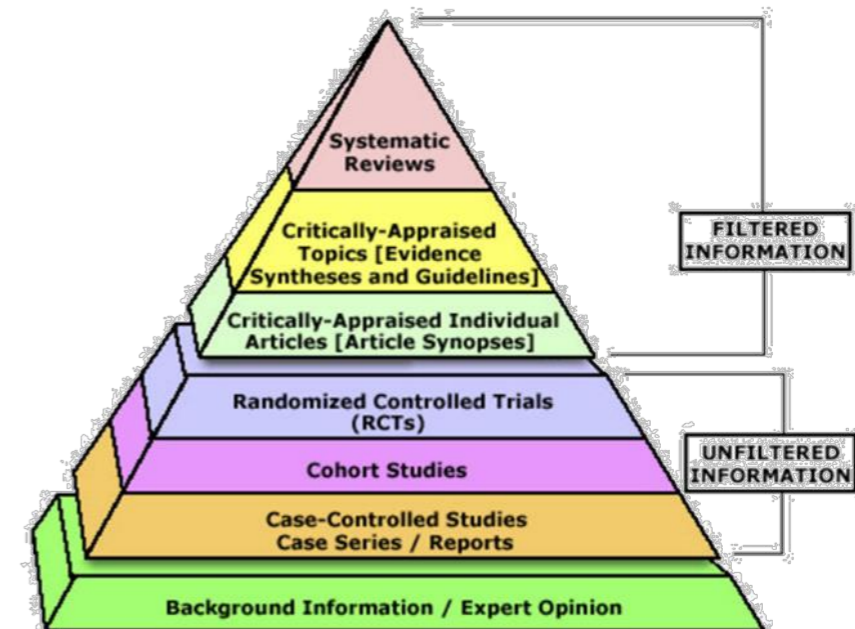


Posted by Jackie Snow  
January 18th, 2018 1:57PM



# How to evaluate AI for 'Adoption'

- Does it make medical decisions on its own?
  - FDA Approval
  
- Does it help improve patient care?
  - Evidence based Pyramid







## ➤ Evolve patient care

- Allow patients to receive care away from hospital, elsewhere around the world.
- With wearable sensors and service solutions, doctors can reduce readmissions and enable proactive care.



## ➤ Monitor medical assets

- Help staff spend less time searching and more time with patients by better tracking and managing supplies and medicine.





- Maintain vital equipment
  - Ensure critical medical devices are ready to use when patients need them most by fixing potential problems before they occur with predictive maintenance
- Track equipment usage.
  - Enhance the overall well-being of patients by tracking how equipment is used, from employing hospital bed sensors to monitoring room temperature and hand washing stations.





- AI as Augmented Intelligence
  - Automates the basic tasks in care giving through workflow.
  - Workflows can be triggered by alarms, other workflows or by the caregivers.
  - Accuvein - using AR technology to make vein puncture easier and less traumatic.
- AI as Automated Intelligence
  - Using wearable technology to improve patient outcome while is also reducing expenses.



- AI in Drug Development
  - Use deep learning technology (AI) and supercomputers to assess the potential efficiency of candidate drugs and predict with a high degree of accuracy, greatly reducing the time necessary for the development, testing and dissemination of new medicines.
- AI help as Cognitive Radiology Assistant
  - A tool with advanced multimodal analytics, superior reasoning capability and powered by a wide range of clinical knowledge offers precise clinical decision making in radiology and cardiology
  - Medical Sieve by IBM



- Top three applications represent the greatest near-term value:-
  - Robot-assisted surgery (\$40 billion)
  - Virtual nursing assistants (\$20 billion)
  - Administrative workflow assistance (\$ 18 billion)
  
- **Robot-Assisted Surgery**
  - Cognitive robotics can integrate information from pre-op medical record with real time operating metrics to physician guide and enhance the physician's instrument precision.
  - The technology incorporates data from actual surgical experiences to inform new, improved techniques and insights.



- **Virtual Nursing Assistants**
  - When AI solutions remotely assess a patient's symptoms and deliver alerts to clinicians only when patient care is needed, it reduces unnecessary hospital visits.
  - Save 20% of registered nurse time through avoided unnecessary visits.
  
- **Patient Expectations**
  - Voice-to-text transcription helps to eliminate non-patient care activities including writing chart notes, prescriptions and ordering tests.
  - Work time saving 17% for doctors and 51% for registered nurses based on Accenture analysis.

# Application of Robotics in Healthcare



- Surgery - reach to difficult areas
- Procedures - with high degree of precision
- Treatment (Pre & Post)
- Robotic Assistance for a better life
- Simulation & Guiding
- Disinfectant Robots in Healthcare
- Transportation Robots

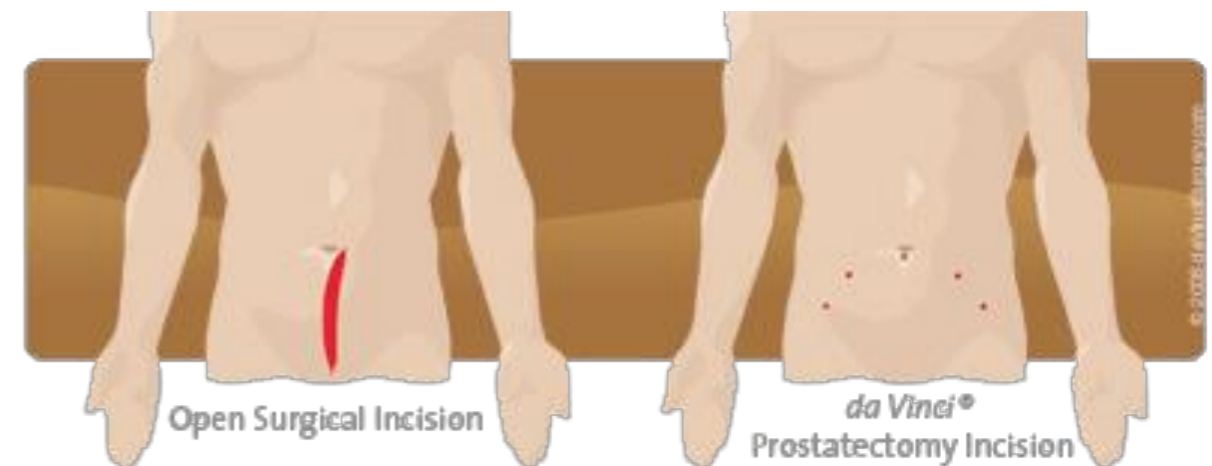
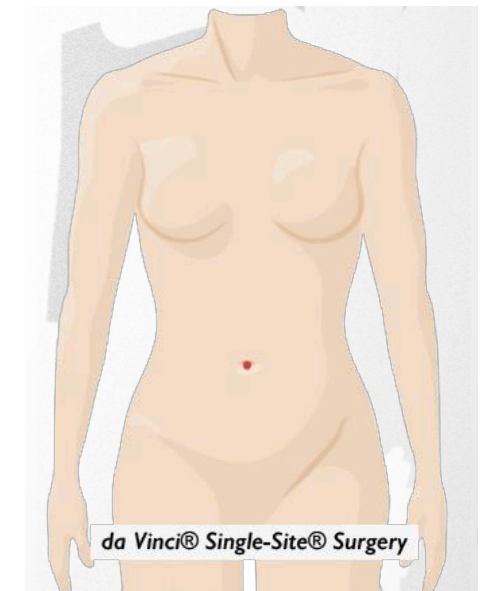
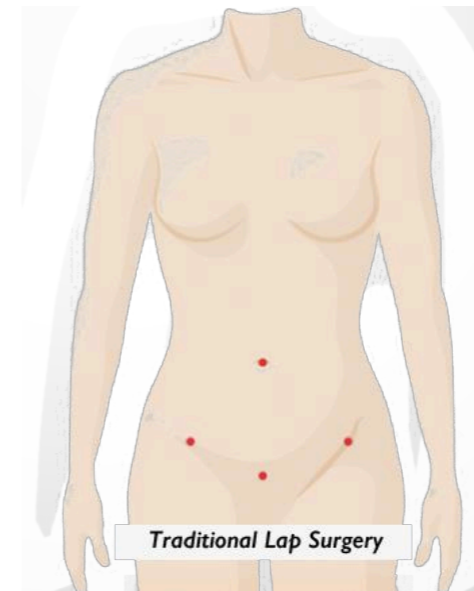
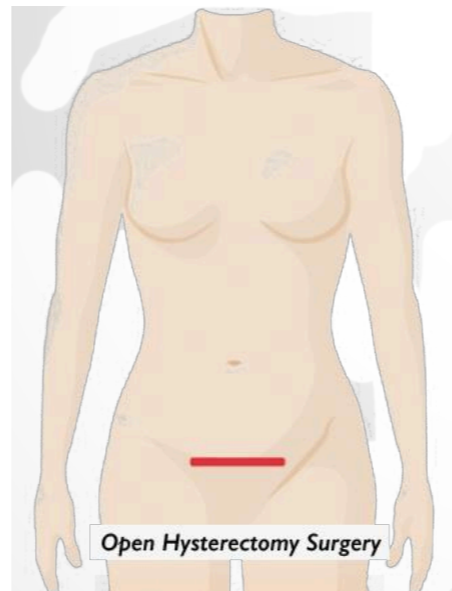


# Robotics Today: Only an aid for delivering quality “care”



Robot is not a machine in the Operating Theatre - it is an information system with arms

- Accuracy
- Smaller Scars
- Less Blood Loss
- Less Pain
- Faster Recovery
- Reach to difficult areas
- Shorter Hospital Stay



## How is Manipal moving with the Robotics Wave?



*Manipal is one of pioneer in getting Robotic Surgery in 2010 at Manipal Hospitals Bangalore, India*

No of surgeries	2015	2016	2017
Robotic Surgery	130	150	200

Total we have done 800+ Robotic surgeries in Manipal Hospitals since 2010. Mainly used in Oncology, Urology, OBG, Ocular Surgeries etc.

Now we have upgraded our robotic system to the Da Vinci X model. (A hybrid version this year)

Also we are investing in Robots for Transportation and Disinfectant Robots in our new hospital in Delhi this year.



 HealthTech.id

# HOW IS THE FACE OF INDONESIAN HEALTH TECH TODAY?

## KEY POINTS :

- ➔ potential in working with health tech start-up across Asia
- ➔ use of integrated app in delivering on-demand healthcare
- ➔ outreach underserved markets using mobile, chat and A.I.
- ➔ improving PX (patient experience) with machine learning



# PROSEHAT

Health App  

A mobile marketplace app to help modern family easily get trusted home services from healthcare professional and original health product



app  
Installed 75K  
MAU 5-7%



Traction in Indonesia 2017

website  
Monthly 30K  
20% Recurring



order  
Growth 10X vs 2016

network  
5K Doctor  
in Medical Community



community  
1M Health Aware  
reached monthly

Represent Indonesia in Swiss 2016

# PROSEHAT

 Health App

GET IT ON  
Google Play

Download on the  
App Store

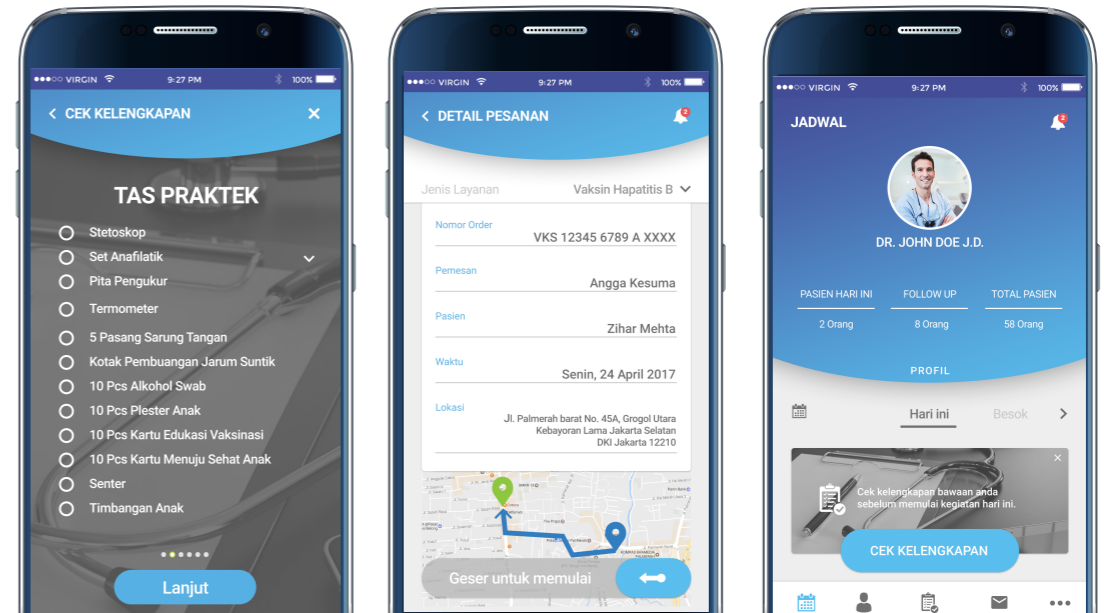
## ON-DEMAND HEALTHCARE

Now the doctor, nurse, lab, and more health services is coming to your home



# HOME HEALTHCARE WITH PROFESSIONAL DOCTOR

All products are provided by official distribution from our clinic partner. Prepared by healthcare professional



## Vaccinator / Doctor App

- ◆ Scheduling
- ◆ Checklist
- ◆ Maps and direction
- ◆ *Coming soon direct chat*
- ◆ Assistance

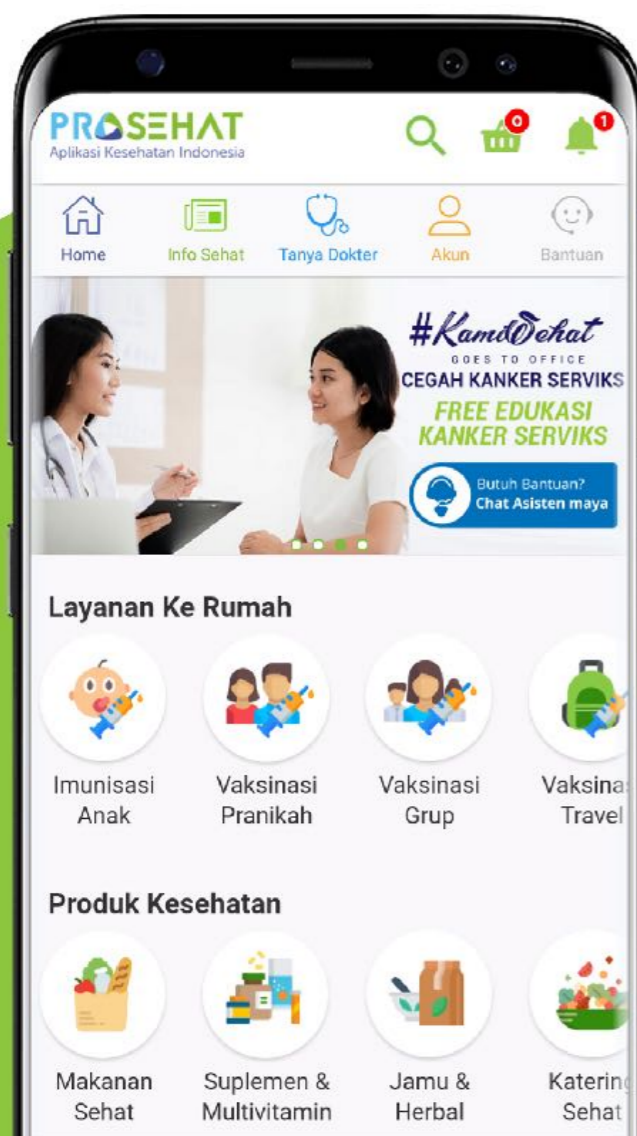


## CERTIFIED AND PROFESSIONAL DOCTOR

- ✓ All doctors are certified, have their license and practice permit (STR & SIP)
- ✓ Special Vaccinator training
- ✓ App & Communication training
- ✓ Compliance to ethics and ProSehat code of conduct

## Tampilan Mudah & Menarik

Tampilan Aplikasi ProSehat Yang Lebih Mudah & Menarik



## #VaccinEasy

Kini Vaksinasi Lebih Mudah Dengan Install App Panggil Dokter  
*Tersedia untuk area Jakarta, Bekasi, Depok, Tangerang, Serpong*



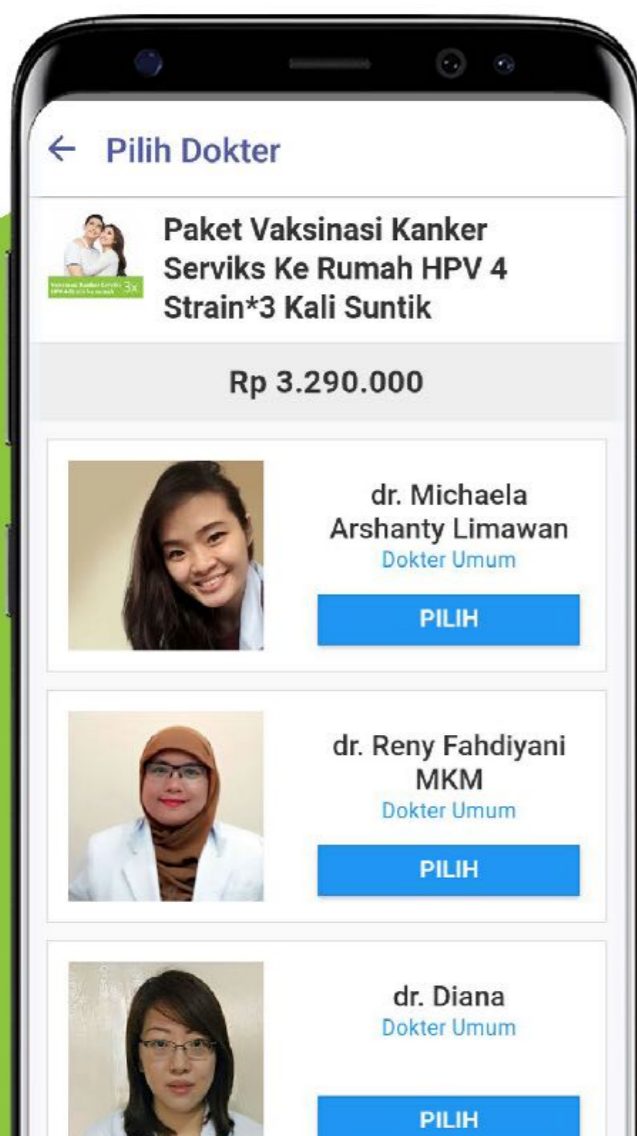
## Produk Vaksinasi Sesuai Kebutuhan

Pilih Layanan Vaksinasi Ke Rumah Yang Sahabat Butuhkan



## Tentukan Dokter Pilihan

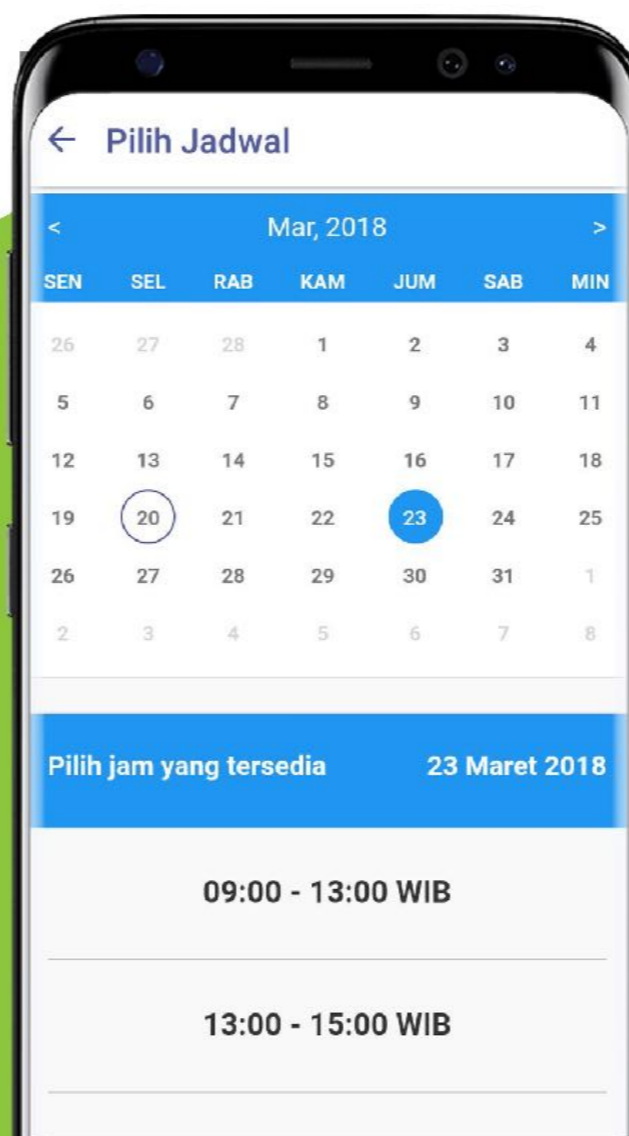
Pilih Langsung Dokter  
Untuk Vaksinasi Ke Rumah



## Jadwal Vaksinasi Fleksibel

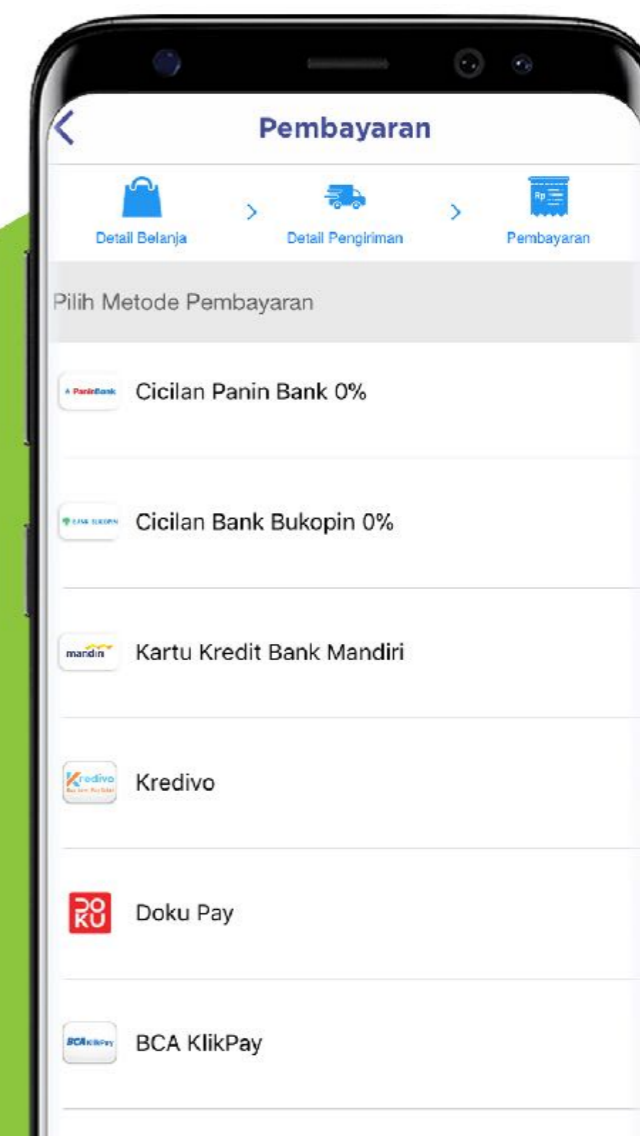
Pilih Sendiri Jadwal  
Vaksinasi Ke Rumah

Tersedia untuk area Jakarta, Bekasi,  
Depok, Tangerang, Serpong



## Kemudahan Pembayaran

Online Dengan Transfer,  
Kartu Kredit, Cicilan 0%, Sampai  
Cicilan Tanpa Kartu

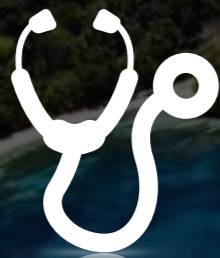




## KEY POINTS :

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# INDONESIA UNDERSERVED HEALTH MARKET



1:2500 doctor to  
population ratio.

Hard to get quality service



Health understanding  
is still low. Misleading  
in self-treatment



Healthcare availability  
& geo-problem with  
infrastructure

**tanyadok.com**

TanyaDok is a community based consumer health education portal with expert Q&A session. We partner with telco company to outreach underserved market in urban and remote area.



**Reliable Content**



**Easy Access**

Readable & credible health article information

To health education, consultation, daily tips & health care network

- 1.2 M
- 600K
- 25K
- 300

Total community

Mobile subscriber

Health content

Medical contributors

**tanyadok.com**

# Community mHealth

NEW MODEL FOR COMMUNITY AND CONTENT CHANNEL



*Now, easier to see  
doctor on mobile*

Providing access to doctor in  
real time chat, specific topic  
group chat and also video call  
on later stage

**Not only 1-on-1 with doctor,  
this is a community**

*\*Doctor can set their own price for  
chat, community and call*



*Better, richer content*

First information on illness  
comes from their family/  
relatives, radio/television, and  
any untrusted broadcast.

Now with community channel  
we share better and richer  
content **to keep user  
engaged in mobile**

tanyadok.com



Nurse-bot to help you with all health needs. From finding health knowledge to symptoms checking

Assisted Intelligence help you with smarter choice



Location based healthcare for clinic, hospital, etc.

Integrating with BPJS Kesehatan to provide easier access and also specific homecare services

tanyadok.com



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## Aplikasi Kesehatan Terlengkap

Cari Produk mulai dari obat bebas, obat resep, suplemen, alat kesehatan sampai kebutuhan bayi.

**PROSEHAT**  
Aplikasi Kesehatan Indonesia



### Cari Produk

Cari produk sesuai merk atau keluhan kesehatan Anda.



### Promo Sehat

Temukan pula promo harga menarik setiap bulannya.



### Langganan Produk

Dapatkan fitur berlangganan untuk obat rutin dan suplemen andalan Anda.

Tebus  
Resep  
Dokter



Foto resep Anda  
menggunakan  
aplikasi ProSehat



CS & Apoteker kami  
akan melakukan validasi  
resep dan cek  
ketersediaan produk



Produk diantar dengan  
ekspedisi atau kurir.  
Khusus area Jakarta untuk  
pembayaran COD.



Produk kesehatan asli  
disediakan oleh mitra dan  
Apotek berijin resmi.

**PROSEHAT**  
Aplikasi Kesehatan Indonesia



# Pesan Produk Kesehatan



Pastikan seluruh produk masuk di keranjang dan lengkapi data yang diperlukan.



CS Apoteker kami akan memverifikasi harga & ketersediaan produk



Produk diantar dengan ekspedisi atau kurir. Khusus area Jakarta untuk pembayaran COD.



Produk kesehatan asli disediakan oleh mitra dan Apotek berijin resmi.

**PROSEHAT**  
Aplikasi Kesehatan Indonesia



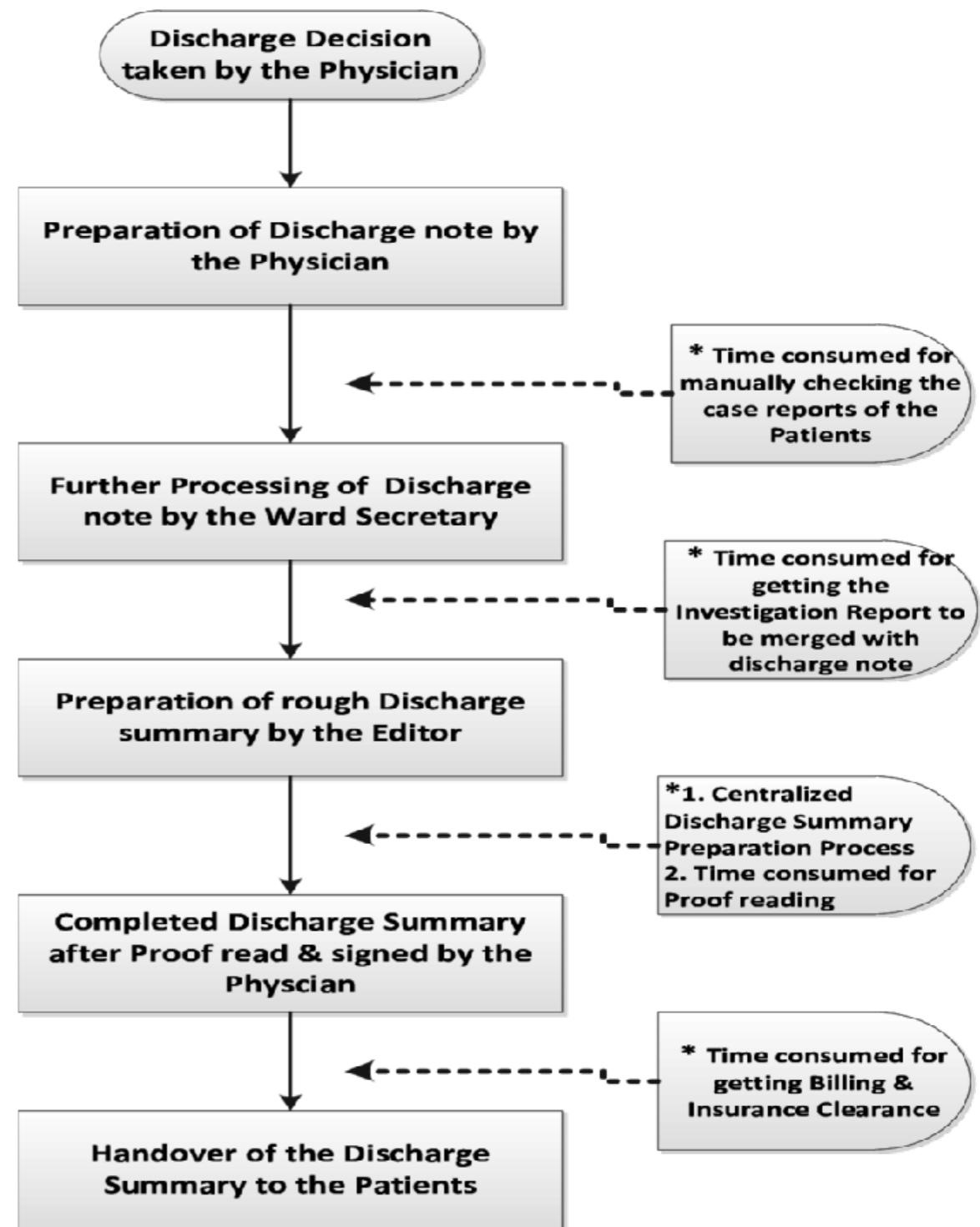
# PROSEHAT

Health App

GET IT ON  
Google Play

Download on the  
App Store

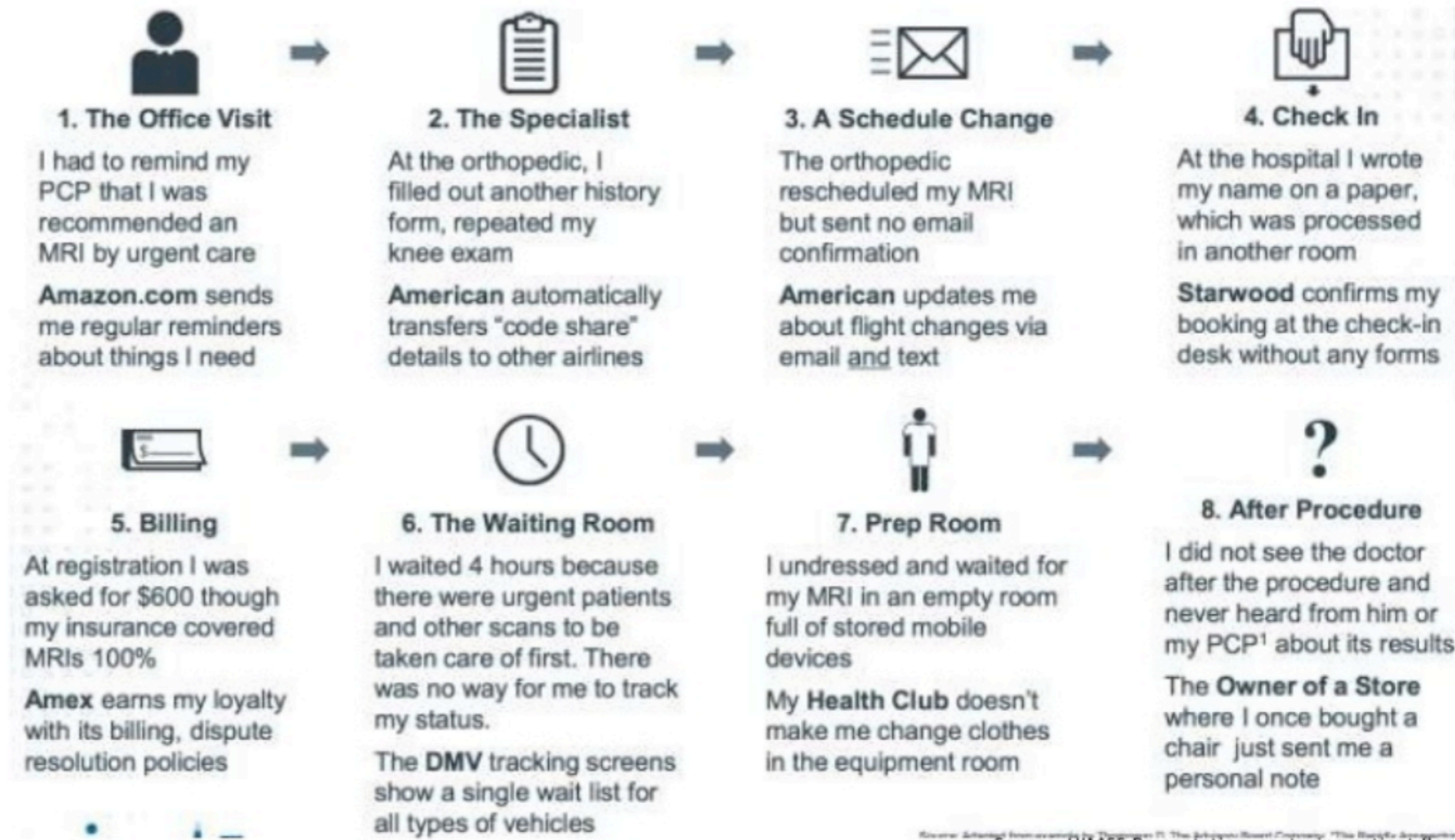
## COMMON DISCHARGE FLOW



*Nothing include patients / family... we are just another diseases need to get rip off*

ALSO  
OUTPATIENT  
IS NOT YET  
PATIENT  
CENTERED..

## Current picture of My Visit



Source: HIMSS Presentation, capturing patient flow

PROSEHAT

Health App

GET IT ON Google Play

Download on the App Store

# HOW IF WE ARE USING MACHINE LEARNING TO IMPROVE PX (PATIENT EXPERIENCE)

**NETFLIX**  
(an online media and video streaming service)

Use AI to provide personalized recommendations to their users

Try not to over-personalize by introducing variants

For example, the algorithm knows person X likes horror movies, so mainly presents them with recommendations for these

But occasionally, it'll suggest a TV drama or a comedy

This shows person X that Netflix has more to offer than horror movies

But if they don't watch these, it'll try another suggestion

Personalize based on what a user has watched and how popular something has been

★ ★ ★ ★ ★  
★ ★ ★ ★ ★





Australian Case Study



Mr Test Patient

1

Upcoming  
Appointments

2

Waiting  
Prescriptions

TUESDAY

27

JANUARY

General Practitioner



BOOK APPOINTMENT

My Appointments

My Prescriptions



Username

Password

Remember Me

Sign In

[Recover username or password](#)

Sign in using:



Not Registered?

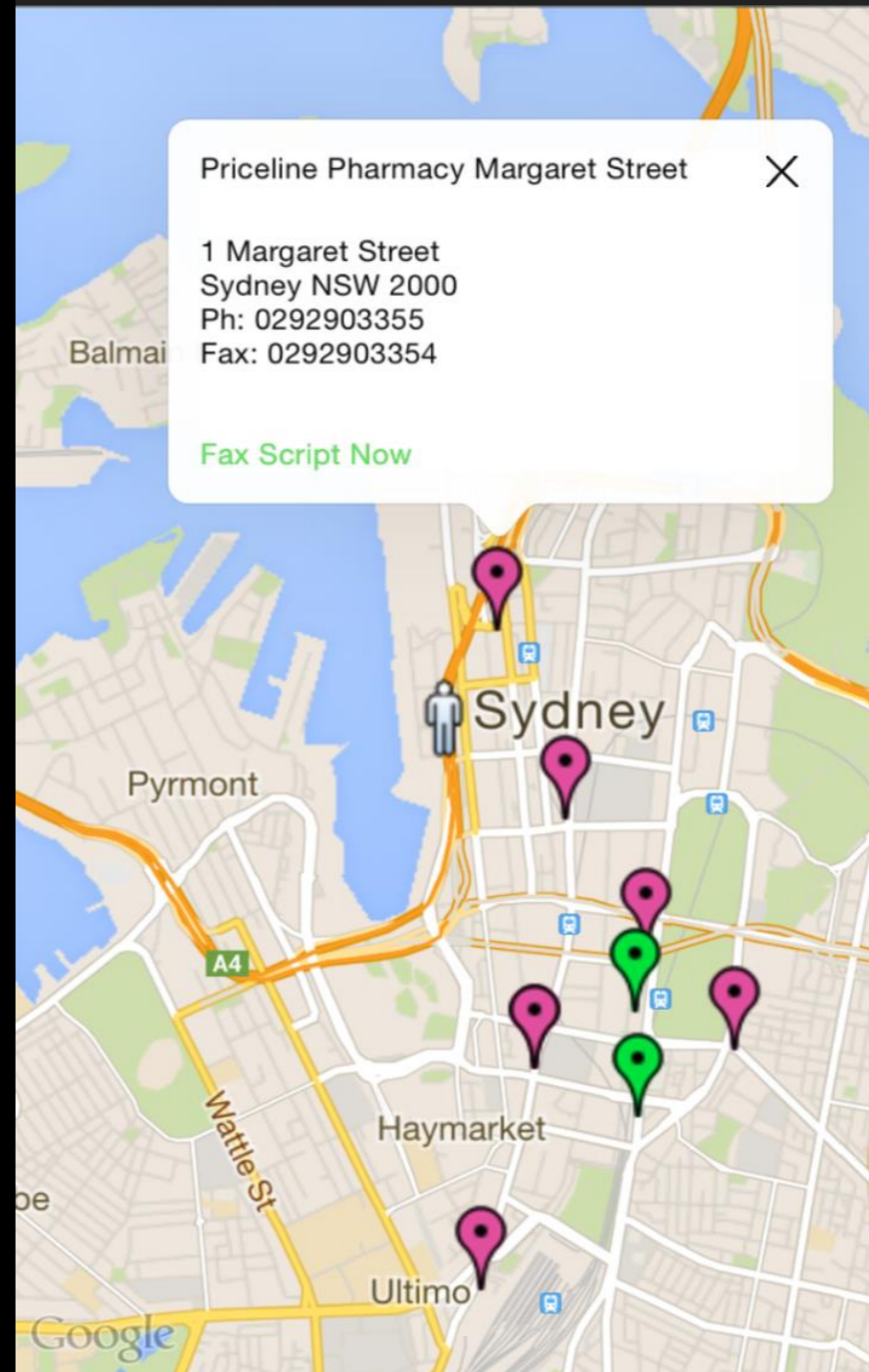
Register For Free Now

Connected to GP2U



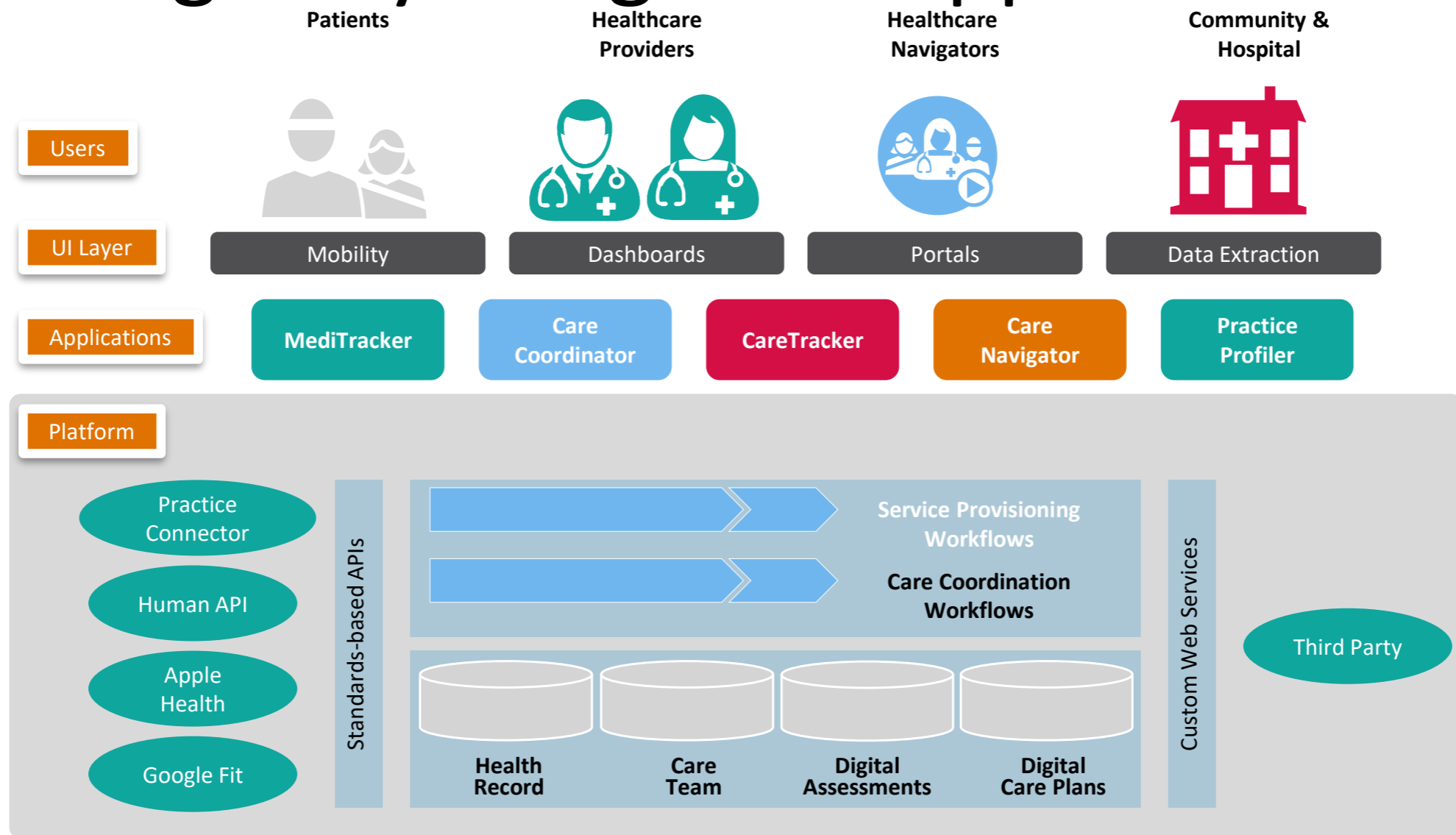
[Back](#)

Pharmacies



# Comprehensive Platform Architecture

## Supporting Fully Integrated Application Services





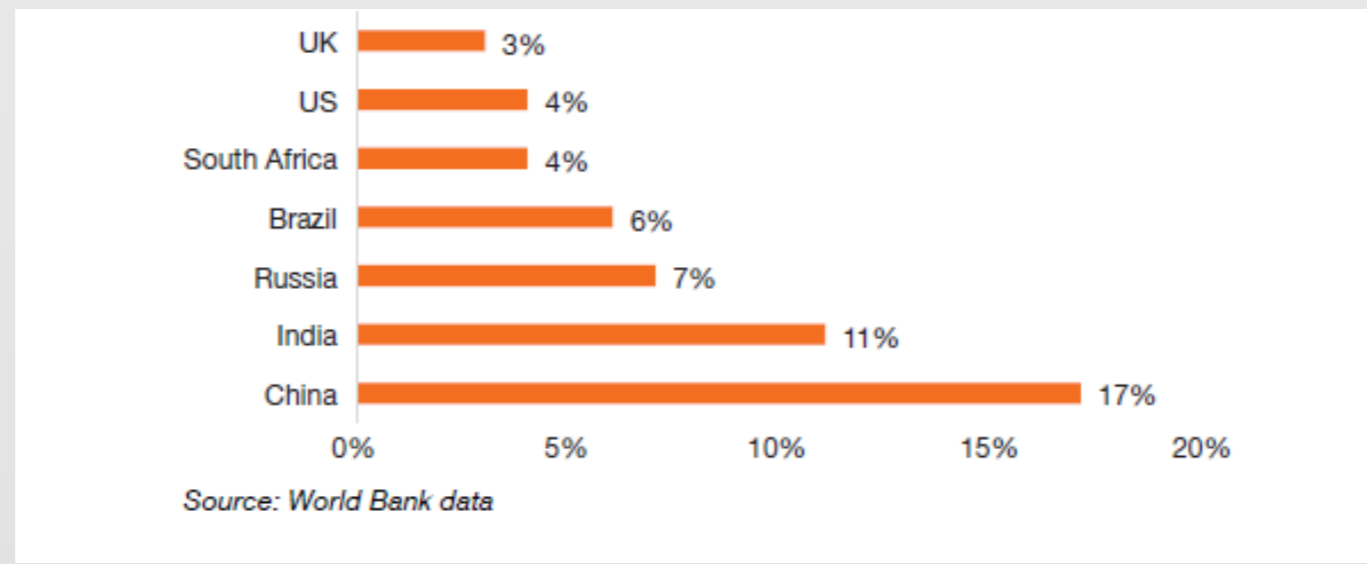
# **DIGITAL HEALTH as a preventive tool**

- Manisha Kumar

10<sup>th</sup> May 2018

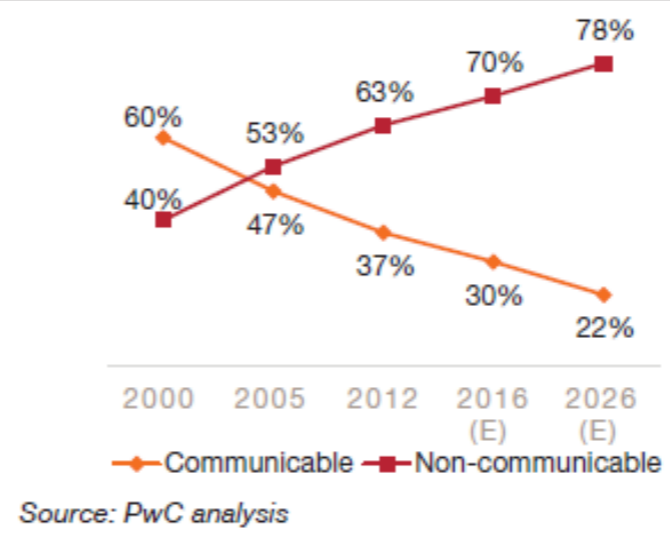
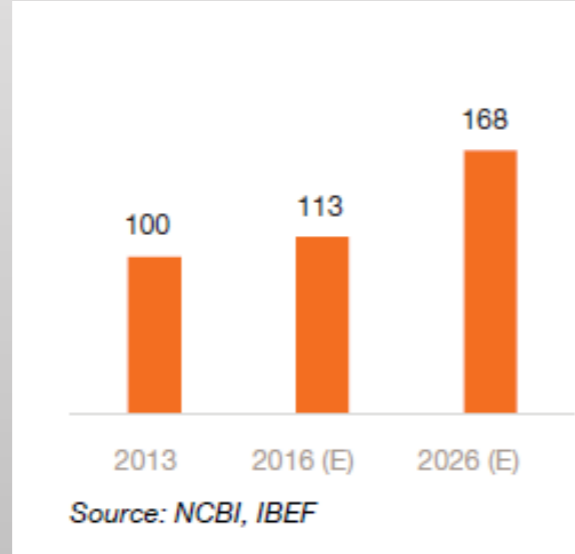
# Statistics : Healthcare Trends

## Healthcare CAGR : World Countries



## Health Profile : Ageing Population, Shift in disease burden

Growing Geriatric Population



Non Communicable disease burden on the rise : Lifestyle and Chronic diseases

# Need of the Hour



38,000,000 people die of NCD every year globally



5,889,600 people die of NCD every year in India : 1 out of 6 globally

## ! WHY !

Lack of Awareness  
And Time

No Holistic Data  
Or Analytics

Lack of Alerts  
and Recommendations

## WAY FORWARD

**Detect and Monitor**



**Predict and Prevent**

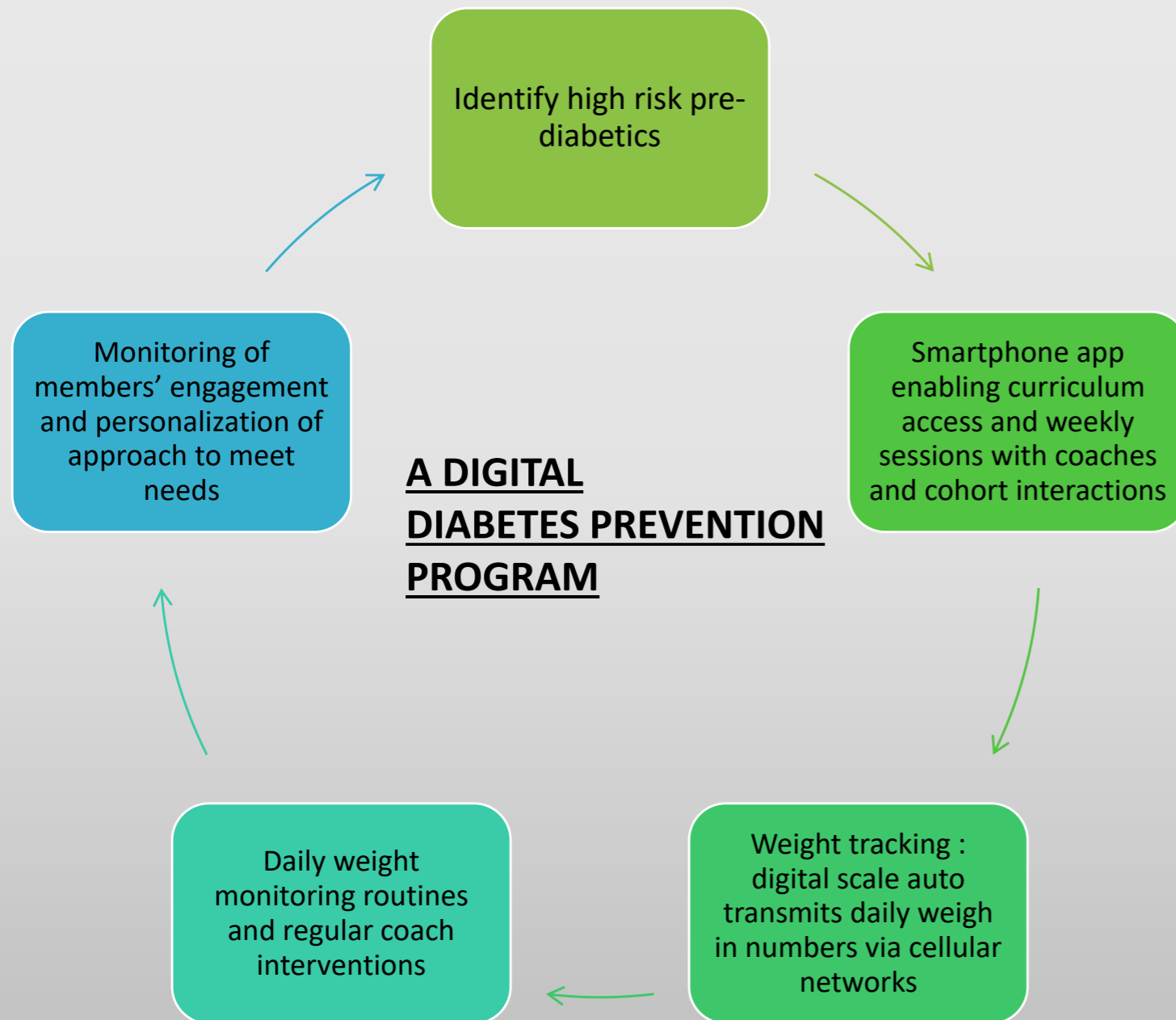
# Digital Health Ecosystem



## What it means to Healthcare :

- Improved Access
- Quality of Care
- Better information
- Preventive tool
- Better patient outcomes
- Reduced cost to patients, payers
- Increased patient engagement

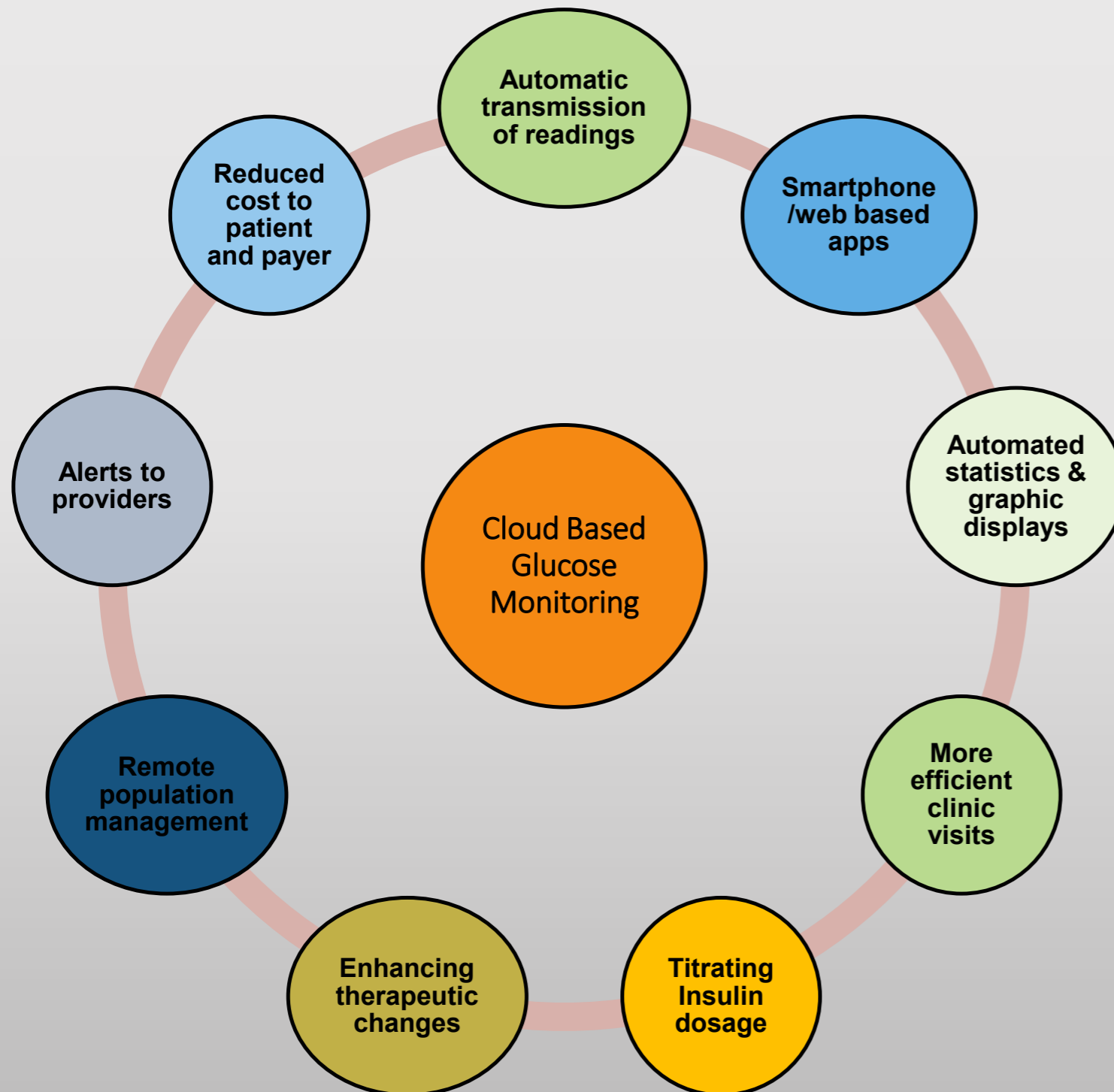
# Digital Health for Prevention of DIABETES



## **KEY HIGHLIGHTS :**

- Digitally delivered clinical interventions
- Interactive journey via social groups that is integrated in participant's everyday life
- Social networks offer real time feedback, support and accountability
- Real time data collection and transmission
- Value based system : App gets paid basis outcomes (ex: number of weigh ins done and weight loss achieved)

# Digital Health for Management of DIABETES



## KEY HIGHLIGHTS :

- Improved clinical outcomes
- Reduced patient and payer costs
- Big data to make decision support algorithms
- Improves patient to provider ratios
- Reduces provider's burden

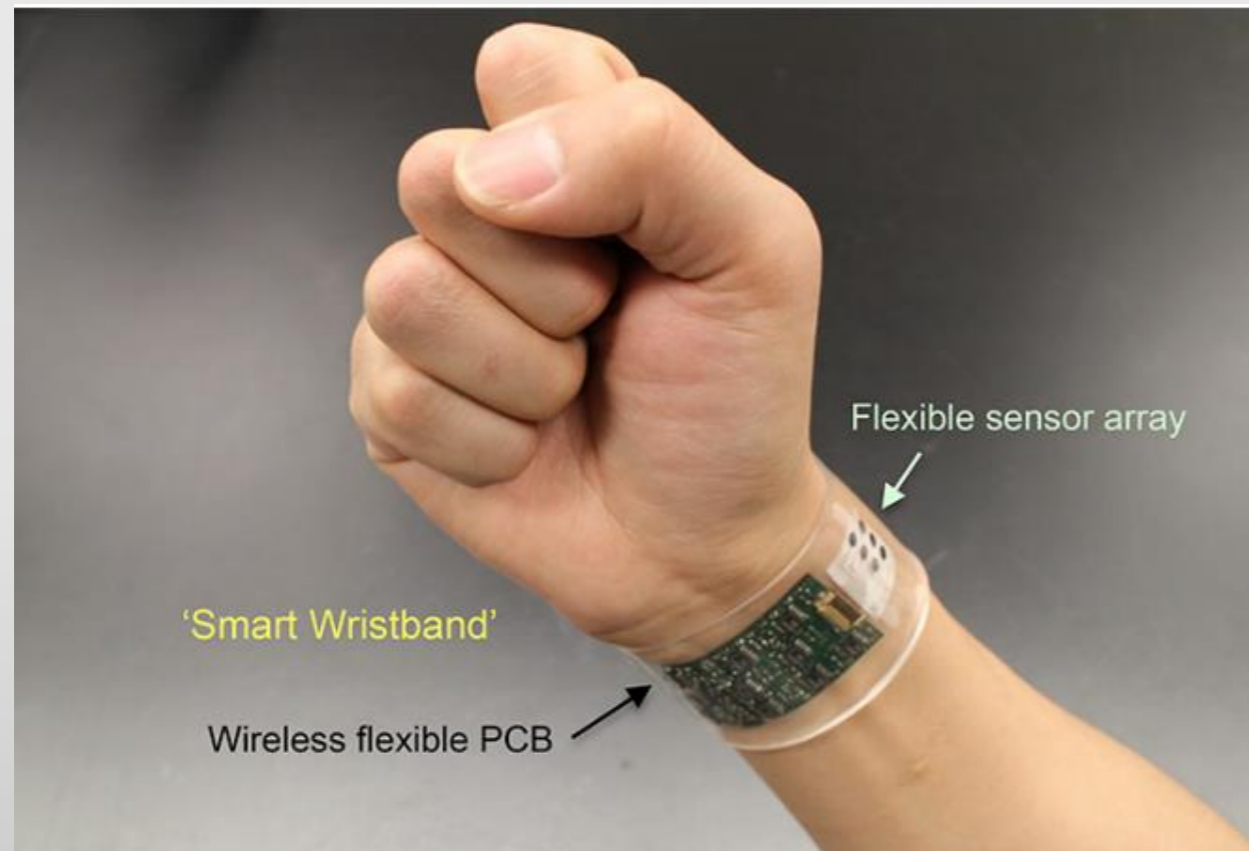
# Technology for Diabetes Prevention

## Diabetes

Associated symptoms	Relevant clinical manifestations	Emerging technologies	Traditional tools
Low blood sugar	<p>Glucose levels in sweat</p> <p>Glucose Levels in beneath-the-skin fluids</p> <p>Glucose levels in tears</p>	<p>Wearable sweat sensors by Eccrine Systems*</p> <p>Smart patches by Abbott</p> <p>Smart lenses by Novartis and Google*</p>	Finger prick test
Obesity	Weight, BMI and fat mass	Smart scale with app by Nokia Health (Withings)	Analog and digital weighing scale
Neuropathy	Insufficient pressure of blood in an area	Smart Socks by Researchers at the Fraunhofer Institute in Germany*	Electromyography (EMG) and nerve conduction velocity (NCV) testing.
Hypertension	Blood pressure	World's smallest and lightest blood pressure monitor H2 by Htwo Care	Traditional BP monitor



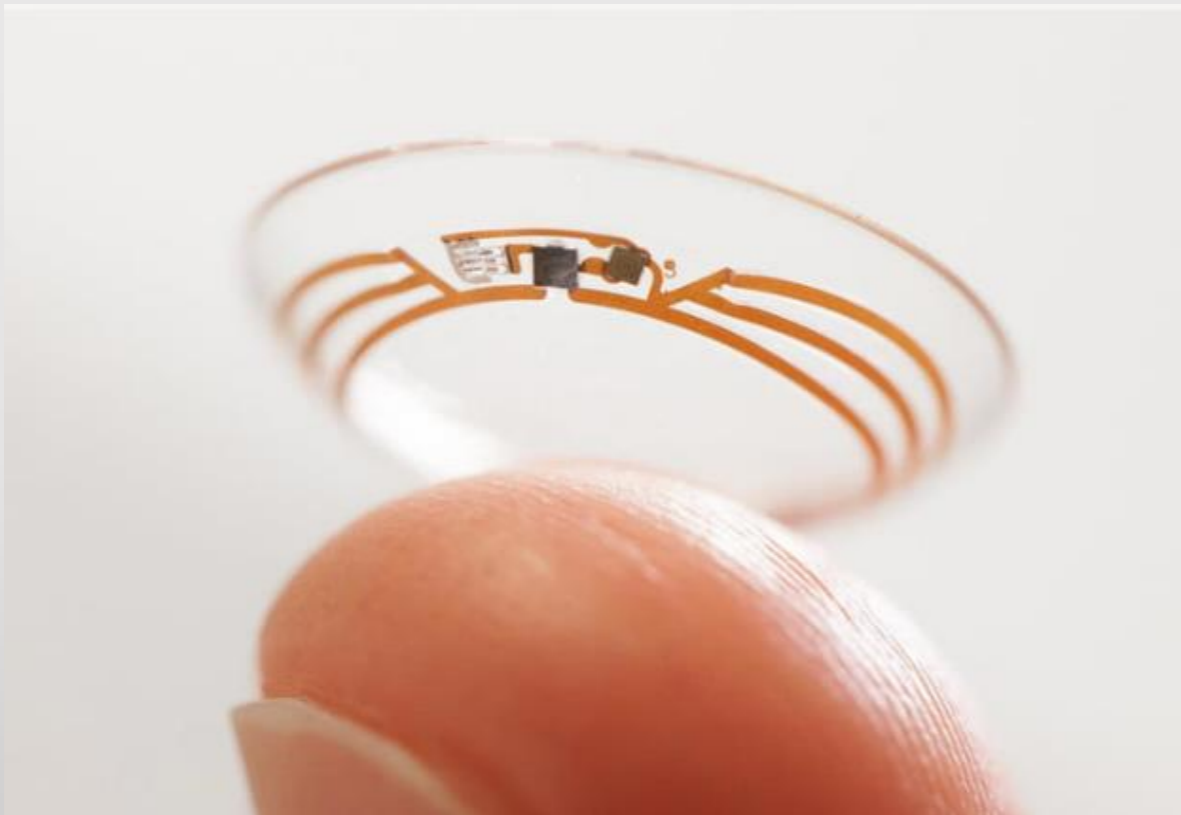
# Wearable Sweat Sensors



## Key Highlights :

- Continuously measure level of chemicals in the sweat
- Bluetooth transmitter in the bracelet transmits data to smartphone
- Measures sodium, glucose, potassium, lactate
- Measures stress levels
- Help in finalizing drug dosing
- Prevent dehydration in runners

# Smart Contact Lenses



## Key Highlights :

- Continuously measure level of sugar using tear fluid of eye
- Continuous data transmitted to smartphone
- No battery needed (static charge)

# Smart Weighing Scale



## Key Highlights :

- Transmits Weight and BMI to smartphone app of choice via Wi-Fi/Bluetooth
- Helps to correlate work out and diet plan outcomes
- Measures heart rate and pulse
- Nokia app presents dashboard and analytical data on weight movement with sleep, exercise schedule

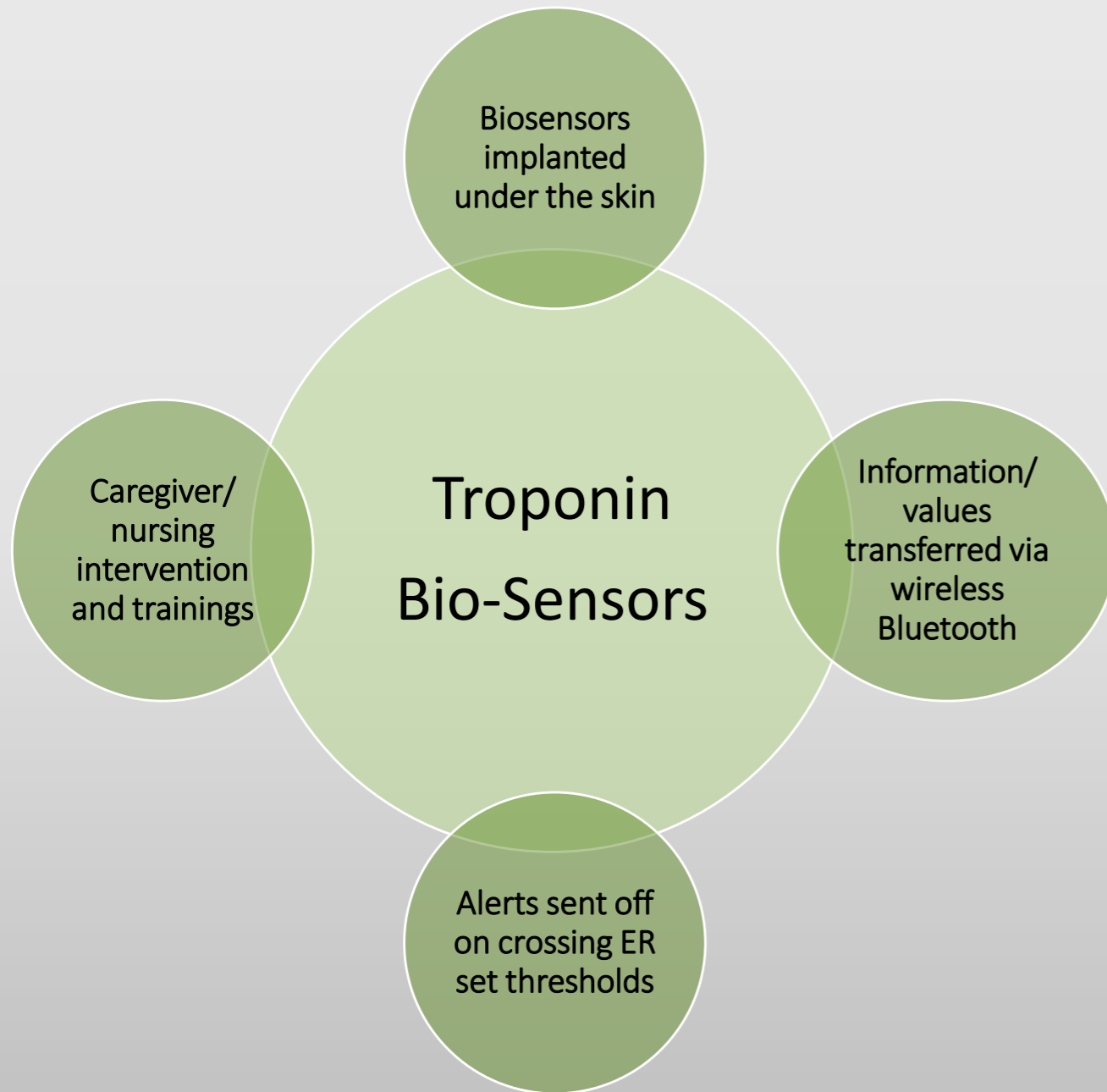
## Smallest wearable BP monitor



### Key Highlights :

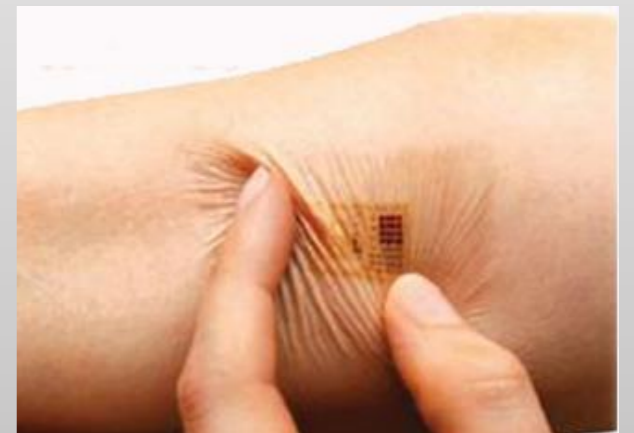
- Lightest wearable BP monitor
- Helps in drug dosing and management
- Syncs with smartphone and maintains dashboard in the app
- Helps prevent Hypertension, CVD and high risk diseases

# Big Data Analytics in Prevention of CVD



## Studies to prove hypothesis :

- Study done on 409 patients
- 1 hr protocol for cardiac troponin assay to triage patients
- Studies show a diagnosis of AMI within 3 hours of the episode
- High speed of triage and prevention of MI



*Source: Department Of Nursing : University of Phoenix  
Source: Department of Engineering Technology : MIT, USA*

# Big Data Analytics in Prevention of CVD

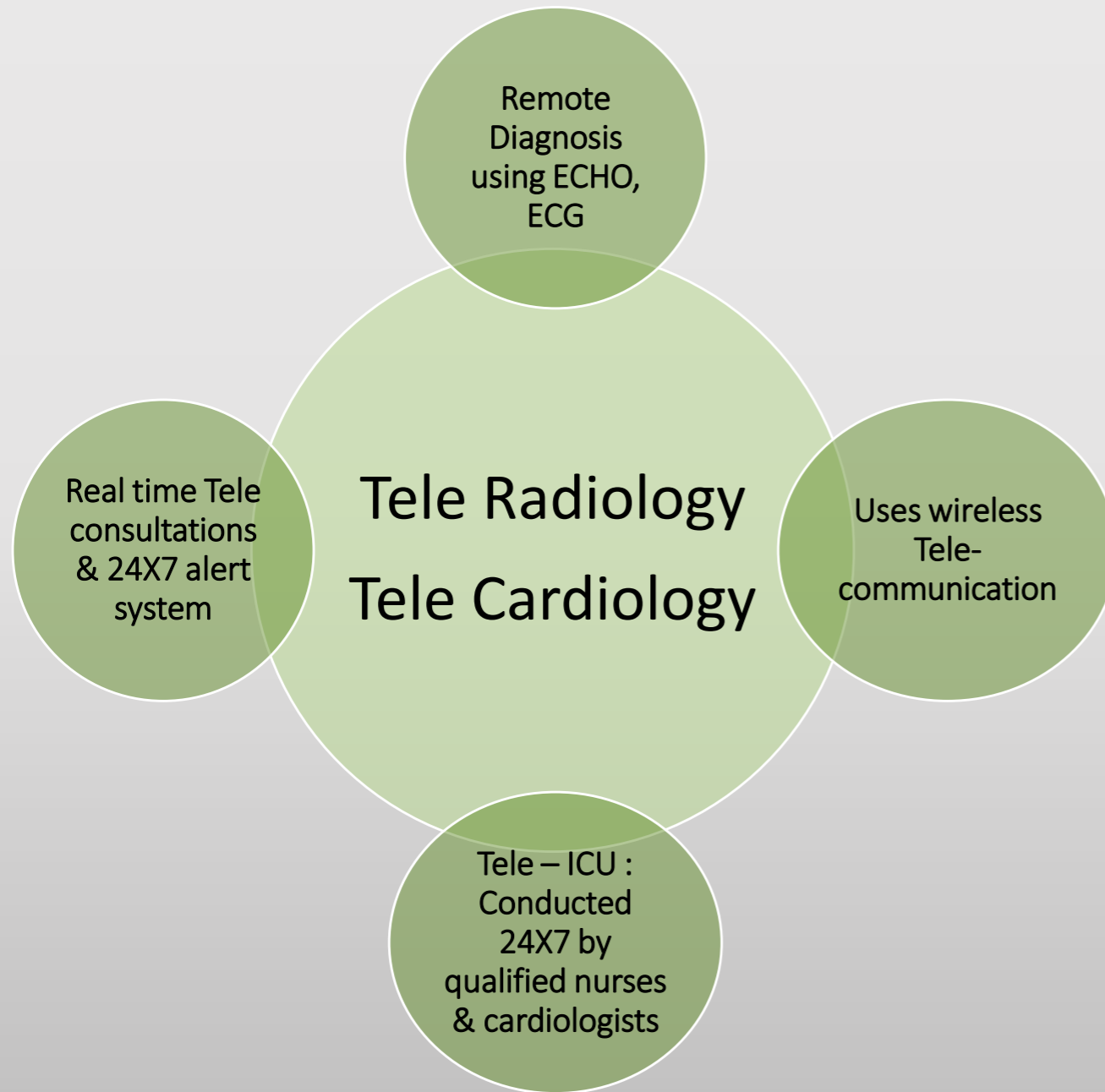


## Key Features :

- Medical sensors constantly monitor pulse and heart activity
- In case of emergency send alerts to next of kin and 911
- Sleek and comfortable to wear

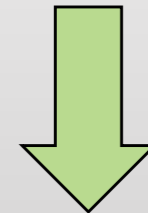


# Tele Diagnosis and consultations

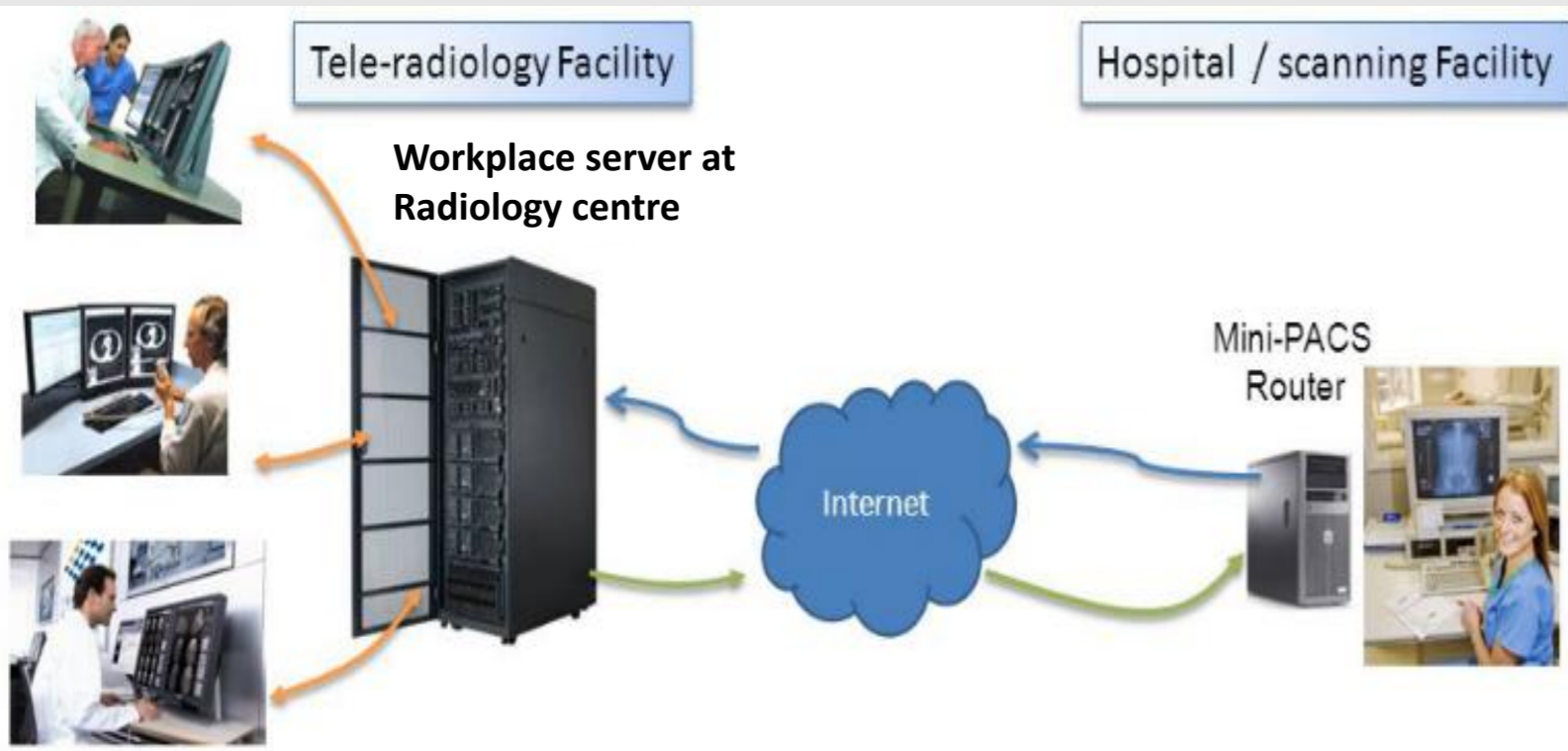


## Tele Radiology in Hospitals

(Hub & Spoke)



# Tele Radiology in Hospital



## Advantages :

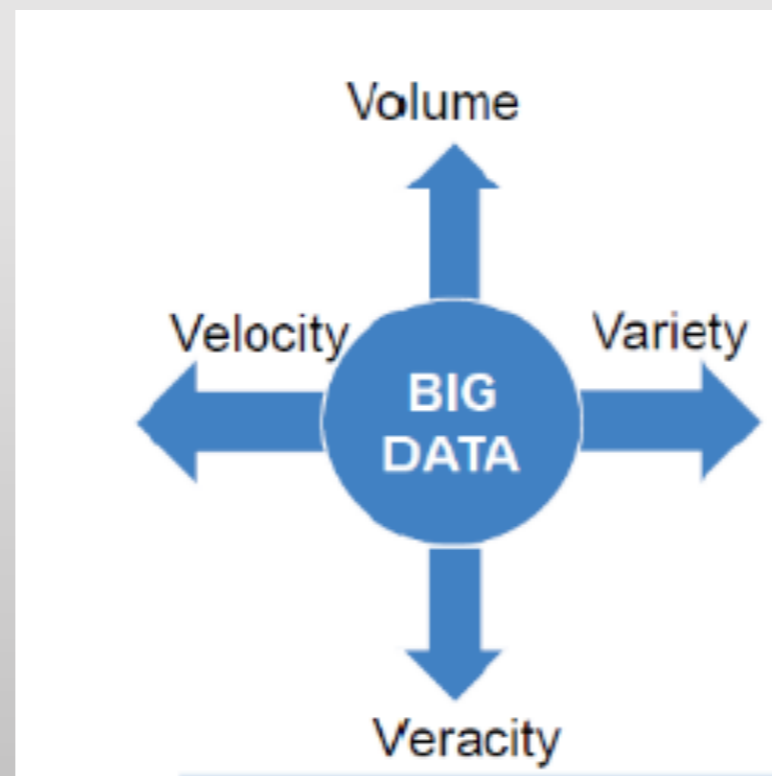
- Caters to all specialists and sub specialists ex: Neuro-radiologists, cardiac radiologists
- Rapid access in remote locations
- Quick TATs in diagnosis and prevention
- Reduced cost to patients
- Reduced capital expenditure cost to the hospital
- Reduced human capital cost to the hospital

- 11 hospitals connected to one centralized Tele Rad center
- 24 X 7 diagnosis and reporting

# Big Data Analytics in Healthcare

## What is BIG DATA :

- Data from EMRs, Medical equipment, medicine refillments, claim systems
- High speed of continuous generation
- 80% of the data rests in variable formats
- Unsure or vague data
- Analytics : systematic discovery of meaningful patterns & correlations

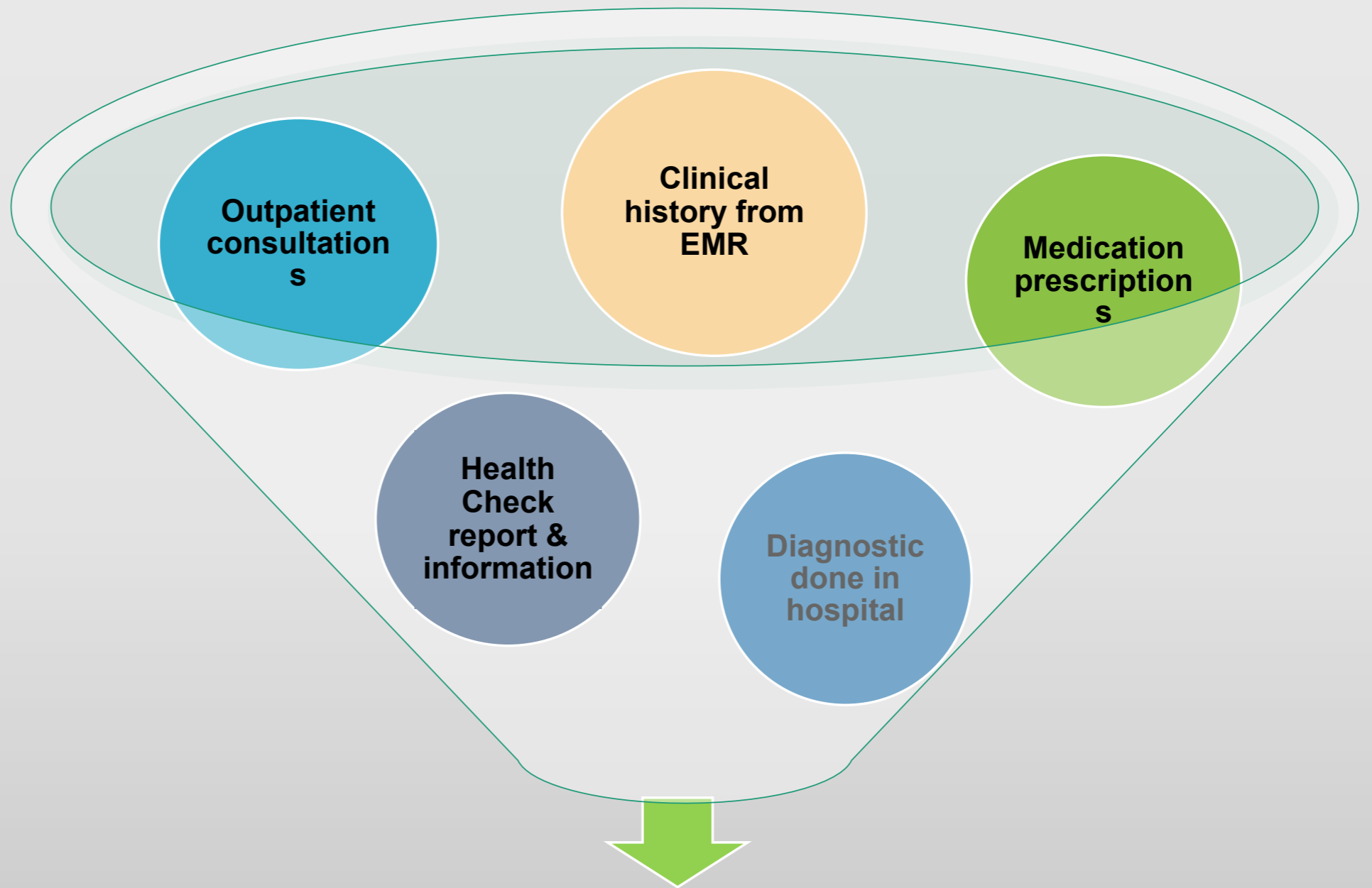


4 V's of Big Data

## What it helps with :

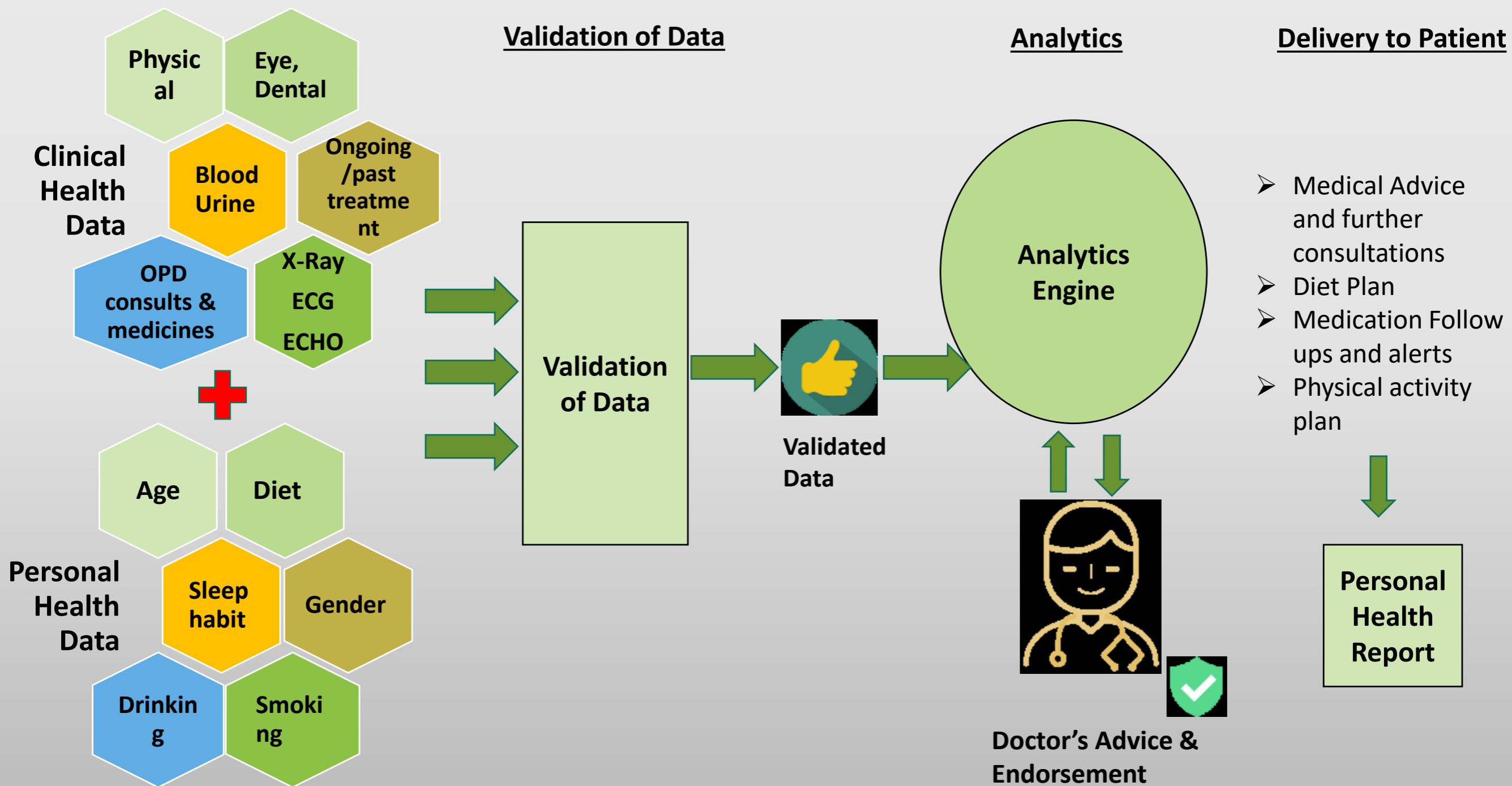
- Clinical Decision support systems
- Preventive Healthcare
- Tele- Medicine
- Personalized Medicine
- Healthcare Fraud Management

# Patient Data for analysis

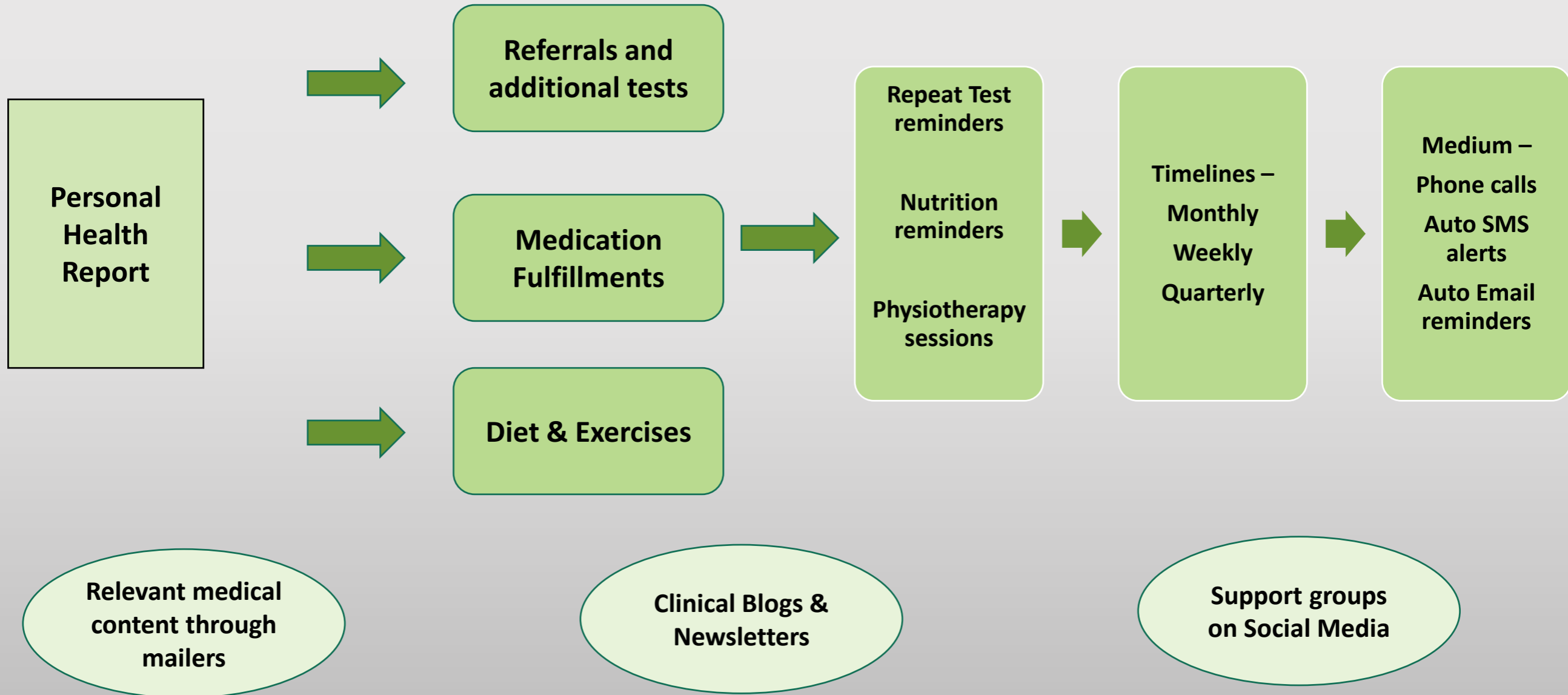


**System data for analysis**

# Analytics in Data Mining and Predictive analytics



# Follow ups and Patient Engagement





# The Future of Medicine

## Traditionally

**Medicine**

focused on **treating disease** AFTER it has occurred

**Reactive medicine**

**VS**

**Preventive medicine**

# The Future of Medicine

## P4 Medicine

Transition into a  
new medical  
paradigm

Predictive

Preventive

Personalised

Participatory

Aim:

*To avoid or postpone disease-onset proactively and shift the focus to earlier-at-risk detection so as to keep the individual healthier longer*

# Precision Health/Precision Wellness

# The Value of Interoperability and Adoption of Connected Health



# SHIFTING FROM SILOED TO CONNECTED MODEL

## SILOED PARADIGM

- **"Sick Care"**...exponential rising costs (aka "humpty-dumpty" care)
- Hospital
- Episodic, clinical transactional systems that handle a service event in a particular care domain
- Transactional (un-integrated clinical systems)
- Diagnosis & Treatment (reflecting importance of the provider, clinician)
- Pharma, Payer, Provider, Patient ("P4"...stand-alone sectors)

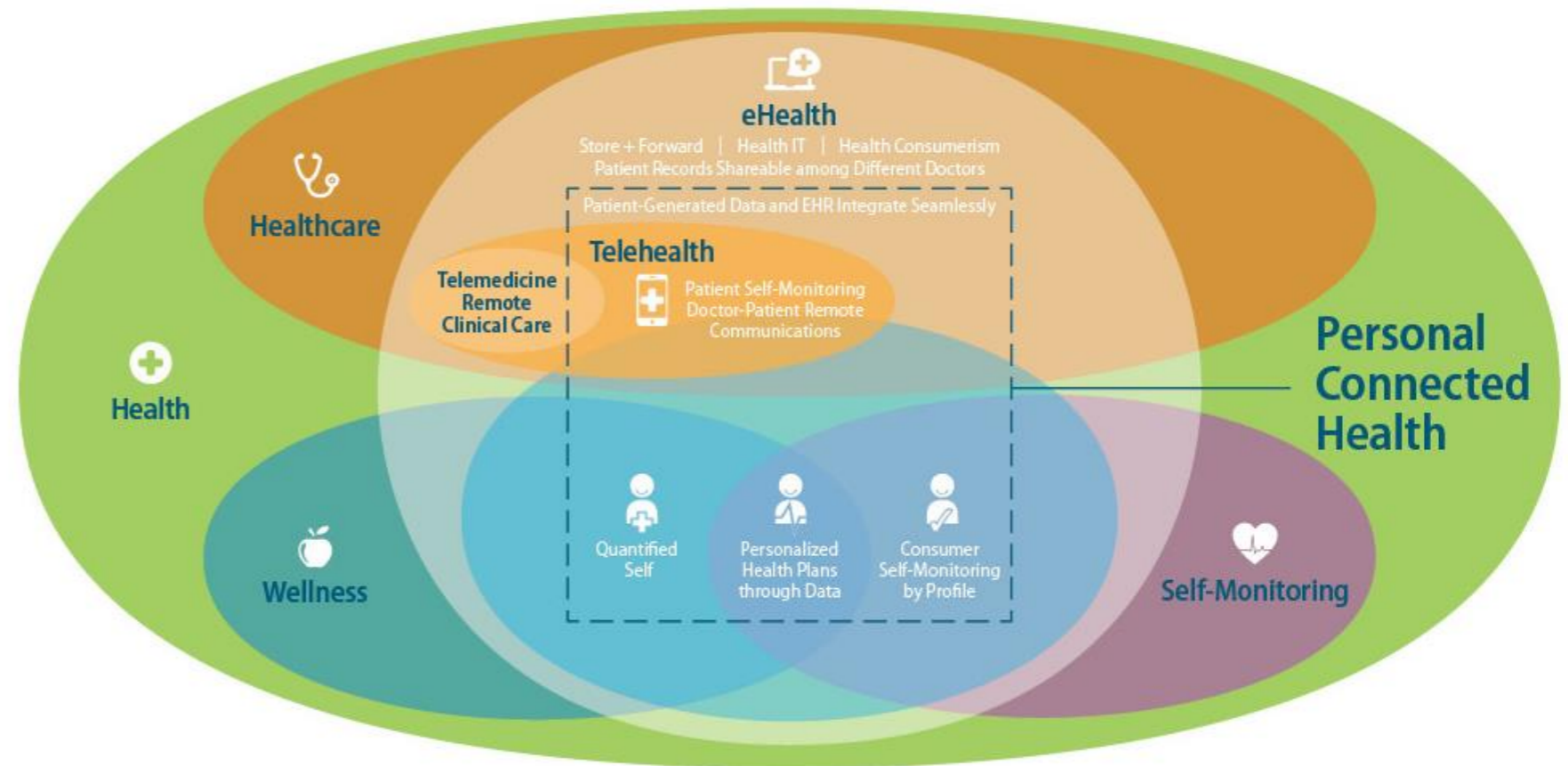


## CONNECTED PARADIGM

- **"Health Care"**...improving quality & lowering costs
- Community and Home (with personal responsibility for one's health)
- *Always-On* (via remote monitoring platforms/devices) plus systems that support life long conditions across care domains e.g.: CD)
- Integrated with Data Analytics (trending, population, segmentation)
- Prediction & Prevention (reflecting importance of the patient/consumer)
- Human-Centric (including multi-sector: Retail, Telco, Insurance, Agriculture...)

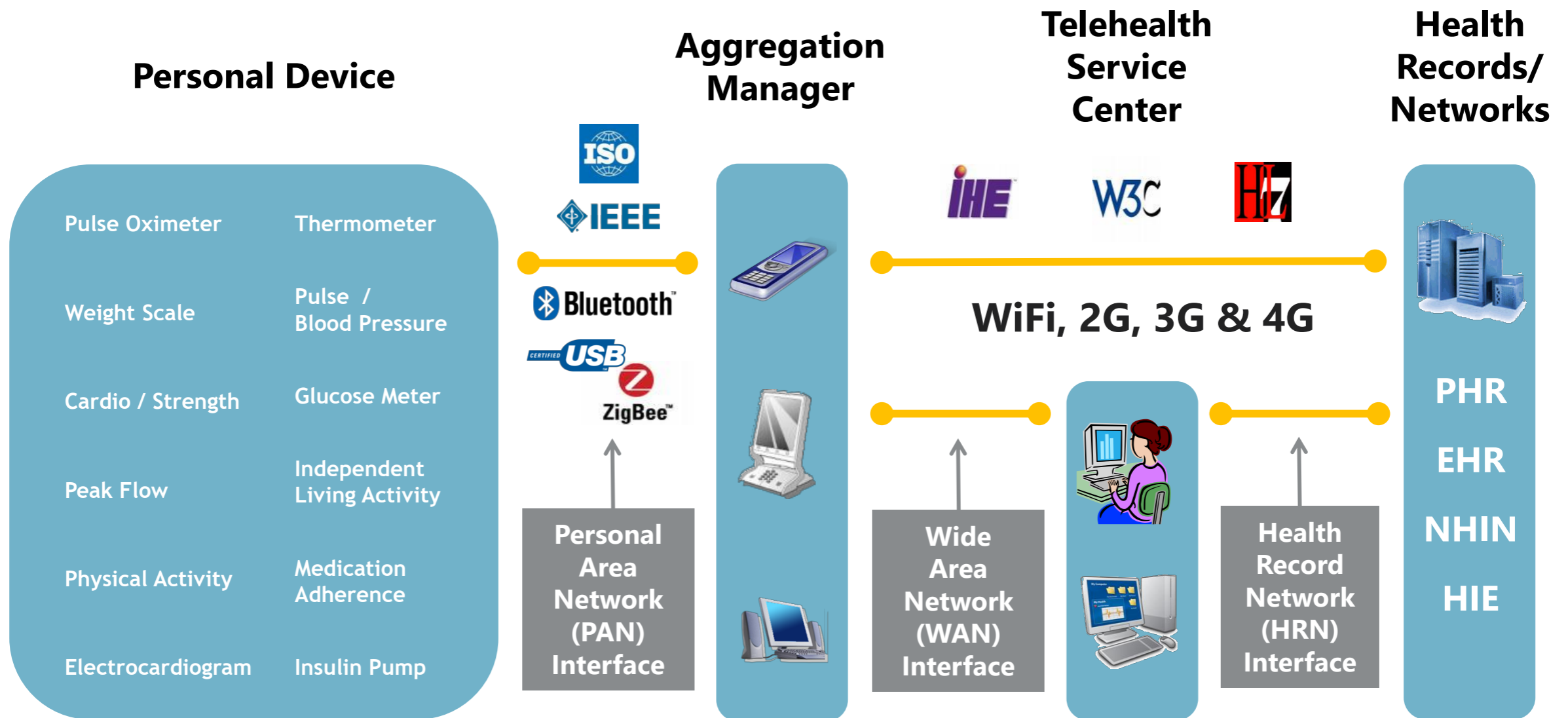
# The Scope of the “Personal Connected Health” Space

After identifying the different terms and conducting market analysis, we arrived at these boundaries for the personal connected health space.



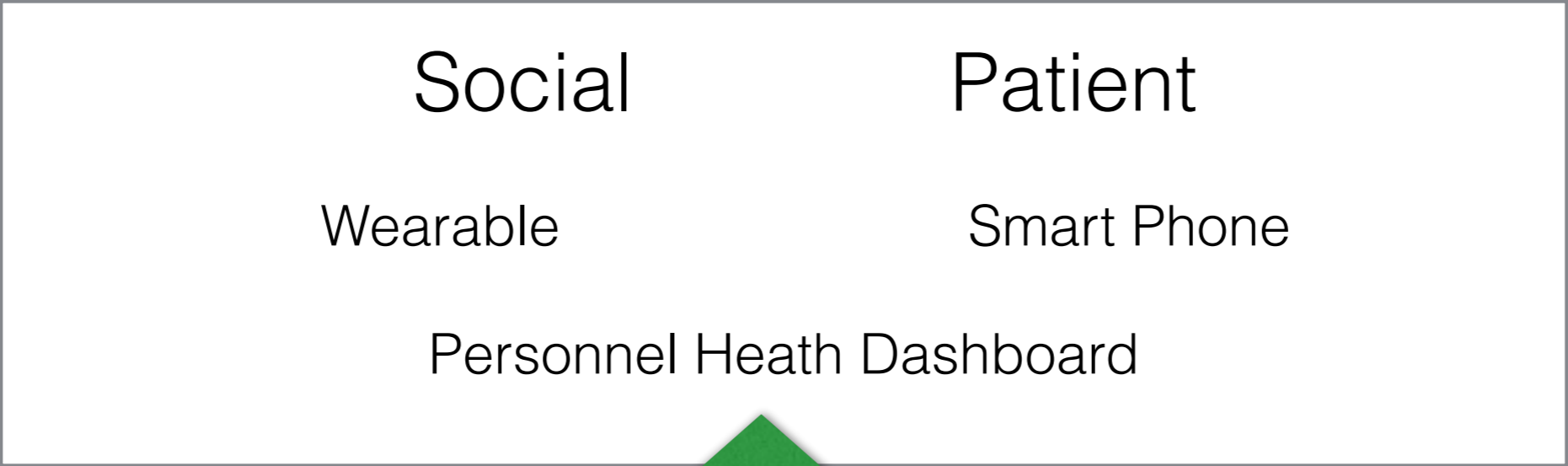
**Personal Connected  
Health Alliance**

# BREAKING DOWN AN INTEROPERABILITY ARCHITECTURE ENABLING PCH AT THE INTERFACE



# Digital Health 4.0

Facility Sharing



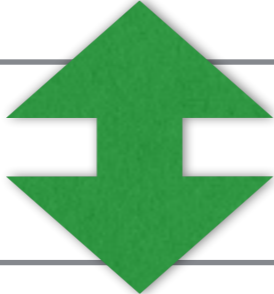
PCC

HHC

DOT

Epidermic

Appointment

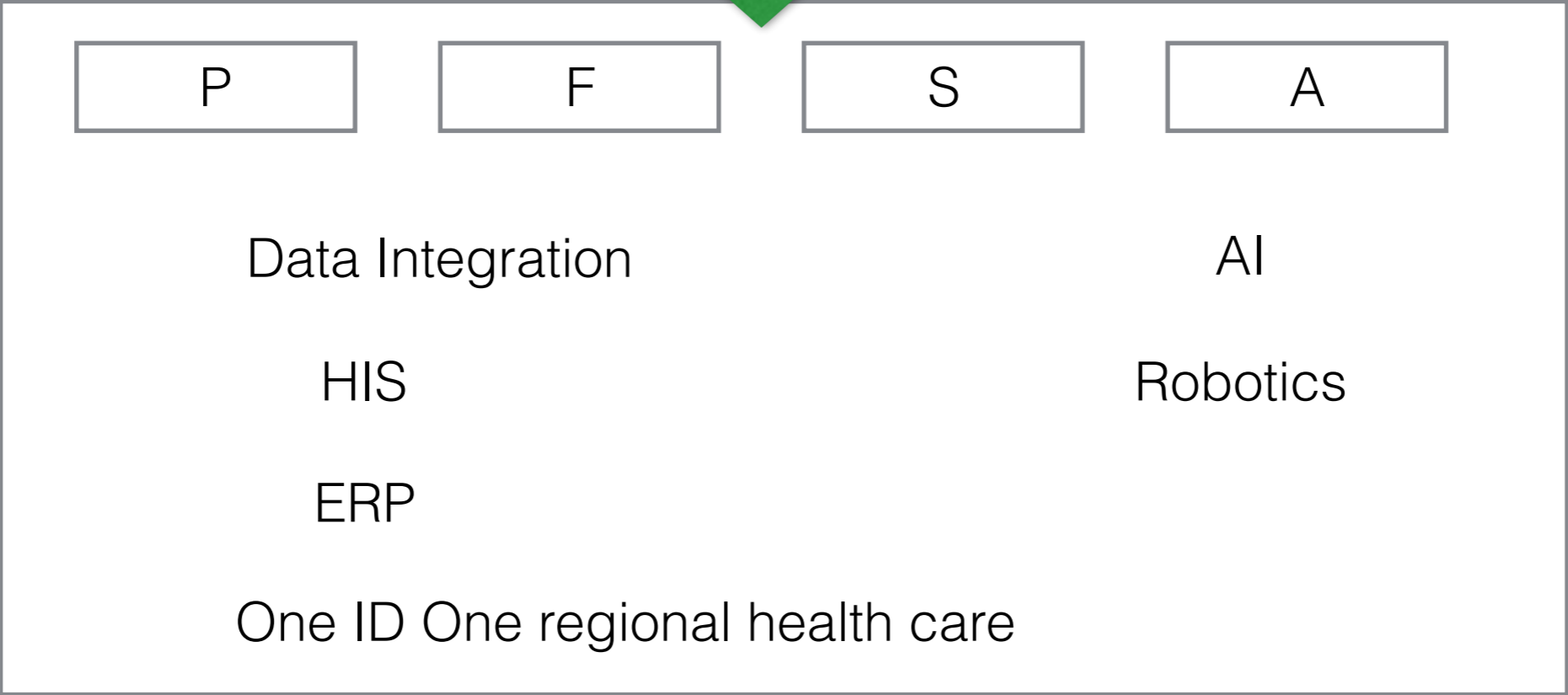


IoT AI Consultation

NCD

CD

Predict to Prevention



TIME

Transport

# Digital Health 4.0

- Vision / Direction
- Value
  - Health Outcome, QoL, Disease Control, etc
- Safety / Low Risk
- Improve treatment quality
- People Focus