ADEMGENOOT

An asthma self-management app

Asthma treatment

The maintenance medication (often a red-coloured inhaler) treats the chronic inflammation of the lungs. For the best outcomes, the maintenance medication should be taken daily, regardless of how a person's daily asthma symptoms are. However, patients seem to rely more on their reliever medication (often a blue-coloured inhaler), since this provides them of quick relief when they are in need. This may result in patients who do not treat the underlying inflammation and their asthma remains uncontrolled.

eHealth-based design solutions, such as a smart inhaler with an accompanying patient support programme, offer the opportunity to deliver tailored self-management interventions and to improve adherence to treatment. However, if the motivation of patients remains low to take their medication as prescribed, such interventions will likely not succeed because patients may ignore the reminders sent.

Meet Ademgenoot!

The maintenance medication reduces the inflammation in the airways

Patients are better protected and experience less symptoms

*Therefore, they are less in need for their reliever medication*

If poor medication adherence works for patients, why would they change?

Ademgenoot is an asthma self-management application connected to a smart inhaler (through Bluetooth and remote sensors). Ademgenoot uses narrative game-elements to motivate asthma patients to adhere to their prescribed medication treatment. In this, Ademgenoot focuses on the positive outcomes of taking the daily maintenance medication. Moreover, the application gives the patients the opportunity to try-out the daily intake of the medication, by offering them a six weeks challenge linked to a personal goal. During this period Ademgenoot visualizes the process of the medication intake in a playful way to make the effect of the medication visible and to prevent disengagement. At the end of the challenge, patients should have gained insights on the effect of the intake of the daily medication and their improved symptom control within their daily lives.
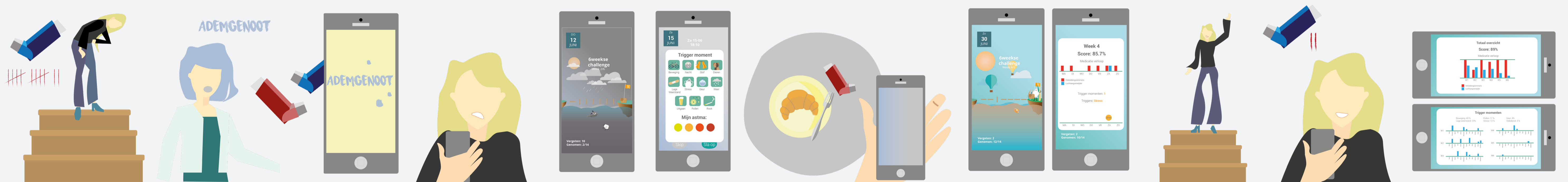
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