# Blending the care at the center and home

## Tailored and adaptive coaching for Cardiac Rehabilitation

## Context

Cardiac Rehabilitation is a program for patients suffering from heart problems who need to rehabilitate their hearts in order to learn about their bodies. It is beneficial that the patients start the transition to managing their daily life gradually while in this program. However, this transition poses challenges for both the patients by not receiving personalisation and the health professionals by not having insight into the patients' home context.

## Solution

Intelligent solutions are systems that learn about the user through different feedback loops in order to first understand them and, secondly, adapt to their needs. This can bring personalisation to care as it detects the nuances of the patients. Moreover, it understands the behavior of the patients using their data and identifies irregularities, which can help the professionals get insight into the home.
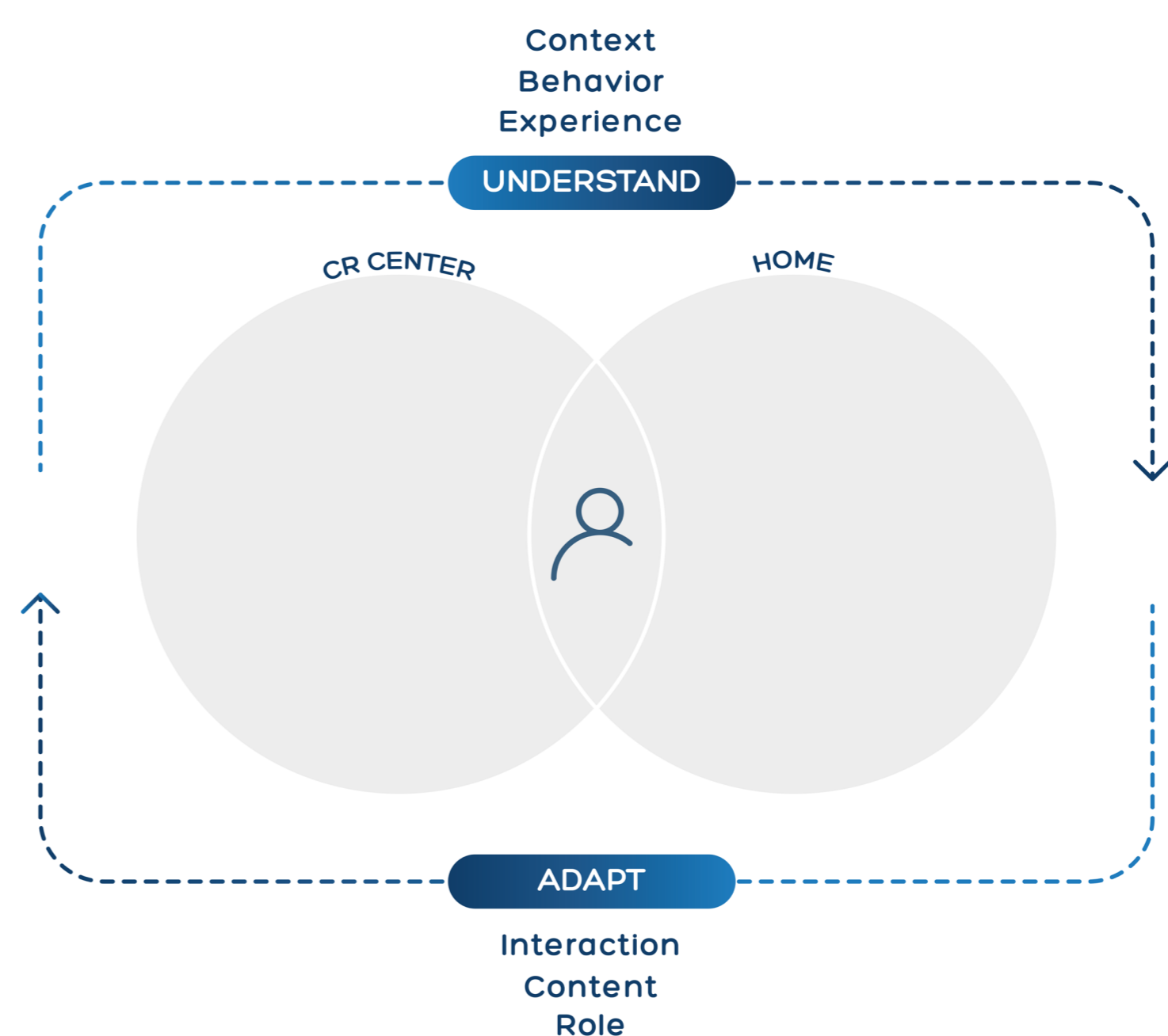


## Design

The proposed design aims to support blended CR care for the patient and physiotherapist by homogenizing it while centralizing the patients by making them active in their care. Moreover, it personalizes the CR care path in a way that makes sense to the patient following their CR interests. This level of personalization works well in cardiac rehabilitation as it is a subjective care in which patients need to reflect on their performance and develop trust in their body.

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