



# MYiHealth program

## 20-21 September, 2017

### CONFERENCE PROGRAM, day 1

Aula Medica, Karolinska Institutet

#### 09.00 Coffee and registration

#### 10.00 The patient – what is important for me and MYiHealth?

**Speaker:** [Cristin Lind](#), Quality Register Centrum Stockholm  
Despite the intense technological development in general and regarding digitalisation in particular there is a paradoxical lack of asking the patient what is needed and what would make a difference. Cristin Lind will kick off the 2 day conference setting the right focus from start – the patients' perspective.

#### 10.15 Welcome opening speech

**Speakers:** Karin Dahlman-Wright, Acting Vice-Chancellor, Karolinska Institutet. Astrid Söderbergh Widding, Vice-Chancellor, Stockholm University. Daniel Forslund, Innovation Commissioner, Stockholm County Council & Karin Wanngård, Mayor, City of Stockholm

#### 10.30 Combining Social Networking Sites and Biochemistry for better health

**Speaker:** [Jamie Heywood](#), CEO PatientsLikeMe  
PatientsLikeMe is a free website where people can share their health data to track their progress and help others. Over 500,000+ patients living with 2700+ conditions get together and share their experiences living with disease. This way newly diagnosed patients can improve their outcomes by connecting with and learning from others who've gone before them and researchers learn more about what's working, what's not, and where the gaps are, so that they can develop new and better treatments. Jamie will explain how this patient community will benefit from being connected with the latest data in genomics and proteomics.

#### 11.00 Troo Life Coach: Motivating Teens to Take Healthier Decisions for Life?

**Speaker:** [Jen Hyatt](#), Entrepreneur  
Troo Life Coach: Turning the Tide on Teen Health  
Our future continues to be defined by growing ill health and it starts young with teens exhibiting unprecedented levels of physical and mental health problems. Based on neuroscience, behavioural economics and positive psychology, Troo Life Coach is a chatbot driven by augmented intelligence that wishes to turn the tide on this growing public health crisis.

#### 11.30 Whole genome sequencing in clinical medicine in the era of Big Data

**Speaker:** [Professor Anna Wedell](#), Karolinska Institutet  
Professor Wedell and her team provide nationwide diagnostics and expert advice on all aspects of inherited metabolic diseases. She will present how they have implemented whole genome sequencing for clinical diagnosis of monogenic disorders, with dramatic consequences as large numbers of patients now receive specific molecular diagnoses and treatment in early disease stages, improving outcome. Utilising their approach Professor Wedell and her team have discovered a number of novel monogenic diseases affecting brain metabolism, opening novel avenues for treatment.

#### 12.00 Inspiring lunch and creative networking

#### 13.00 Fully integrated health care solutions to prevent disease and improve patient outcome – the patient centric university

**Speaker:** [Professor Melvin Samsom](#), CEO, Karolinska University Hospital  
Professor Samsom will provide his version on how you go from vision to reality on the fully integrated patient centric university hospital. He will touch upon the importance of leadership, technology and outcomes with the patient in focus

#### 13.30 How machine learning and AI help our 100 000 doctors deliver better care to patients

**Speaker:** [Ron Gutman](#), CEO, HealthTap  
Healthtap's mission is to measurably improve health by providing immediate access to top medical experts and their trusted health advice anytime, anywhere. HealthTap+, is the world's first Global Health Practice and offers 24/7 immediate access to over 100000 top doctors via video, text or voice. It helps people make decisions that affect health and the health of their loved ones, providing information and access to care that meets the highest standards of privacy, safety, and validity, and helps people take actions to Feel Good every day.

See next page for more program

# CONFERENCE PROGRAM, day 1

## Aula Medica, Karolinska Institutet

### 14.00 Panel

**Speakers:** [Henrik Rindel Gudbergesen](#), Chief Medical Officer, IBM Nordic.  
[Mathias Ekman](#), Chief Digital Officer (CDO) Public Sector Sweden  
Microsoft

Watson Health's value-based care delivers innovation designed to help drive value for providers and health care organizations as those providers and organizations work to manage population health, deliver more efficient care, engage patients and consumers, and optimize business performance - through the power of data-driven insights. It offers doctors access to medical data and data from each patient—equivalent to about 300 million books to personalize care. On the patient side it proactively identifies patients who need recommended care and initiate customizable notifications regarding visits, tests, procedures or other follow-up care.

Microsoft eHealth solutions include cloud-based health information management systems to enable health care organizations' digital transformation. Powerful and intelligent cloud platforms and eHealth solutions from Microsoft can help to better engage patients, empower care teams, optimize clinical and operational effectiveness, and transform the care continuum for the organization.

In this panel discussion Henrik and Mathias will discuss how these different starting points can be connect to patient-central health care.

### 14.30 Stimulating coffee and networking

### 15.15 Virtual Reality goes to war: Applications for the prevention, assessment and treatment of PTSD

**Speaker:** [Professor Albert “Skip” Rizzo](#), PhD, Director for Medical Virtual Reality, University of Southern California

In this keynote address Skip Rizzo discuss how new Virtual Reality based applications can be used for prevention and rehabilitation in psychiatry. Rizzo will give examples of ground-breaking R & D at the Institute for Creative Technologies where he is leading several projects on VR and psychiatry. See more here.

### 15.45 How can I be sure about integrity of my data?

**Speaker:** [Professor Cecilia Magnusson Sjöberg](#), Stockholm University  
Professor Magnusson Sjöberg leads a number of Swedish governmental inquiries on personal data processing for research purposes, which also have interesting links to data use in digital health applications. In this keynote Cecilia will discuss integrity aspects of personal data in clinical and research applications in the healthcare sector and what the new upcoming EU regulations might imply.

### 16.05 Go FAIR, go Anywhere - The Personal Health Train on track

**Speaker:** [Professor Barend Mons](#), Dutch Techcentre for Life Science  
The Personal Health Train (PHT) aims to increase the use of existing healthcare and lifesciences data for research into personalised health and medicine as well as to shorten the research-to-bedside cycle and provide personalised life style advice to patients. Barend will discuss how PHT can reduce the need to transfer sensitive patient data stored in distributed databases. Sophisticated algorithms secure interoperability and analysis of multiple distributed datasets while patients and patient organisations can be the main guards/stewards of the PHT and remain in control supported by national ethical/legal review board for data research.

### 16.30 How do we put it all together? A lifelong learning health system

**Speaker:** [Cristin Lind](#), Quality Register Centrum Stockholm

### 18.00 Reception at Stockholm City Hall

## WORKSHOPS PROGRAM, day 2

Aula Magna, Stockholm University

### 09.30 Meet up

### 09.30 Parallel sessions

#### Workshop 1: Making Patient outcomes come alive in reality

Why is it so hard to have real-time analysis on how health care providers are doing for their patients? This workshop will provide three examples of how it can be done and what it takes to measure and create new patient care pathways.

**Speakers Karolinska example:** [Anna Göjeryd Ulander](#), Head of Healthcare & [Andreas Ringman Uggla](#), MD PhD, COO, Karolinska University Hospital.

**Speaker Sahlgrenska Academy example:** [Maziar Mohaddes](#), MD PhD, Sahlgrenska University Hospital

**Speakers Hackensack Meridian Health example:** [Andre Goy](#), chief of John Theurer Cancer Center's Division of Lymphoma, New Jersey

#### Workshop 2: From mobility device to health coach

The days a wheelchair is merely a tool to get from A to B are numbered – using sensors and user-adapted software the wheelchair becomes a seating coach enhancing health and diminishing injuries and pain.

**Speakers:** Professor [Helene Svahn](#), VP Research and Innovation Permobil & [Jamie Heywood](#), CEO PatientsLikeMe

#### Workshop 3: Legal constraints and solutions on using patient data

Are you struggling to understand what is allowed and not when it comes do data privacy and data protection? This workshop will give you an insight to issues related to patient integrity and legal regulations that may impact the development and implementation of new digital health systems. Cecilia will together with Magnus bring up current challenges and discuss issues that the participants suggest.

**Speakers:** Professor [Cecilia Magnusson Sjöberg](#), Faculty of Law, Stockholm University & Docent [Magnus Stenbeck](#), Karolinska Institute

#### Workshop 4: Digital tools for behavioral change

##### Troo Life Coach: Turning the Tide on Teen Health

Our future continues to be defined by growing ill health and it starts young with teens exhibiting unprecedented levels of physical and mental health problems. Based on neuroscience, behavioural economics and positive psychology, Troo Life Coach is a chatbot driven by augmented intelligence that wishes to turn the tide on this growing public health crisis.

**Speaker:** [Jen Hyatt](#), Entrepreneur

#### Digital diabetes control beats drugs

For the first time in human history, more people die from chronic disease than infectious disease. To solve this macro-economic problem, we at Holmusk believe that "early detection & early intervention" is the only feasible solution. Holmusk mission is to build full-stack chronic disease platform- scalable, clinically effective, patient centric digital health solutions - using technology and data sciences.

**Speaker:** [Nawal Roy](#), CEO Holmusk

### 10.30 – 11.00 Stimulating coffee and networking

### 11.00 – 12.00 Debate

#### Combining social media and molecular medicine. What's next?

Today knowledge is extracted from isles of data to serve patients and society. The aim is for people trying to prevent disease as well as for patients control and access to data about themselves and compare to similar patients with a focus on patient outcomes. But is it just about collecting tons of data and having the largest social network? What's next to deliver true prevention and health? Who is to benefit?

**Speakers:** [Jamie Heywood](#), CEO PatientLikeMe & Professor [Mathias Uhlén](#), KTH

### 12.00 Inspiring lunch and creative networking

### 13.00 Parallel sessions

#### Workshop 5: Digital patients leading development of healthcare

In this workshop Sara Riggare starts from her background as a Parkinson patient and discusses models and methods for digital self-care in chronic disease, self-tracking, patient engagement/participation/empowerment. Eskil Degsell works with how we can engage the broader society in improving patient health. With a wife severely ill in cancer, Eskil has committed himself to innovative ways to improve patient outcomes.

**Speakers:** Docent [Maria Hägglund](#), Karolinska Institute, [Sara Riggare](#), PhD student, Karolinska Institute & Eskil Degsell, Innovator & Entrepreneur

#### Workshop 6: Generating insights from distributed patient datasets

IT systems in healthcare encompass many legacy systems, hindering data exchange and large-scale data merging and analysis. Especially for rare diseases this hinders research and healthcare progress. Martin and Barend introduce the latest developments in data integration and interoperability and the challenges ahead of us.

**Speakers:** Professor [Martin Ingvar](#), Karolinska Institute, Professor [Barend Mons](#), Dutch Techcentre for Life Science & [Charlotte Roberts](#), Vice-President for Standardisation, International Consortium for Health Outcomes Measurement

#### Workshop 7: Dr Watson is ready to see you!

Ranging from supporting integrated care management and evidence-based and patient-centric treatment options to value-based care and improved health imaging, a whole range of healthcare services are offered based on the Watson framework. This workshop will walk you through the options and possibilities. Will Dr Watson take over from today's doctors?

**Speaker:** [Julian Selz](#), European Lead for Commercial Partnerships, IBM Watson Health

#### Workshop 8: Virtual reality will cure you

This workshop will focus on new means to prevent and rehabilitate patients with PTSD, TBI, Autism, ADHD, Alzheimer's disease, stroke and other clinical conditions. Focus will be of discussions and demonstrations of interactive and immersive Virtual Reality simulations for patient-focused interventions.

**Speaker:** [Professor Albert "Skip" Rizzo](#), Director for Medical Virtual Reality, University of Southern California

### 14.45 Stimulating coffee and networking