



## Strack: Pioneering project in Europe for the chronic poststroke phase

### Propósito

#### Comprehensive patient care in the first year after stroke

Strack enables intensive monitoring of patients with multiple pathologies during the chronic poststroke phase by utilising remote monitoring and networking between hospitals and primary care, employing a range of ICT tools and devices. This comprehensive approach allows for better control of clinical, analytical, and biometric parameters, leading to reduced readmissions and visits, improved treatment adherence, enhanced physical and cognitive rehabilitation, and facilitating decision-making and coordination among care providers.



**540 telemonitored patients**  
expected by 2023



**17 GTMS Primary Care Centres**  
work with 2 hospitals



**90% of eligible patients**  
have entered the Strack programme



**2+1 nurses**  
accompany patients



### Solution

- At the time of discharge, nurses explain the Personalised Care Plan to the stroke patient, with access to an app, multimedia content and technological devices, according to severity, age and recovery capacity.
- Remote monitoring allows a team of multidisciplinary professionals from the hospital and Primary Care to analyse the data and prescribe new content for the patient: physical activity guidelines, rehabilitation and cognitive stimulation exercises, etc.



### Value proposition

- Re-engineering care processes with digital solutions:
  - Mobile App for patients
  - Mobile App for the medical team and Orion platform
  - Holter for rehabilitation
  - Other technological devices
- Personalised health and care plan for patients
- Hospital-Primary Care networking:
  - Empowering the family and community nurse
  - Standardising visits to Primary Care and patient accompaniment



**2019**  
planning and strategy

**March 2022**  
training days for professionals

**May 2022**  
start-up of the  
pilot project  
with 50 patients



 **Unió Europea**  
Fons Europeu  
de Desenvolupament Regional

 **Generalitat  
de Catalunya**

Strack is part of the Public Procurement of Innovation Projects in the Integral Public Health System of Catalonia (SISCAT), subsidised by the European Regional Development Fund Operational Programme (FEDER).



#### Participating entities:

- Bellvitge University Hospital
- Viladecans Hospital
- South Metropolitan Primary Care (Catalan Health Institute, ICS)

#### Collaborating company:





### GTMS team

#### Dr Pere Cardona

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Neurologist, and coordinator  
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#### Dr Silvia Copetti

Project co-leader,  
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#### Daniel Revilla

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Strack Nurse  
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