

# EPICO → Digital patient-doctor communication channel for epilepsy management

## The need

Epilepsy affects 0.7 - 1% of the general population. At least half of the patients with epilepsy are young and active. These patients need regular follow-ups with hospital Neurology services or Epilepsy Units. The waiting list for appointments with the doctor has an average of 6-9 months. Consultations related to epilepsy account for 2% of total visits to the Emergency Department. Most of these consultations are due to the decompensation of known epileptic patients or precipitated seizures. On the other hand, neurologists have little time in consultation to train and inform patients and their families.

## Impact

- ↑50%** • Patients satisfaction: ↑ 50% (before-after pilot).
- ↑2.5** • Quality of life: ↑ 2.5 points
- 3,72** • Average response rate of neurologist: 3,72 min

(\*) These results come from a 2 months trial period

## The solution

Epico is a communication platform for epileptic patients and their doctors. EPICO consists of an end-user app (EPICO App), a dashboard for the doctor for the management of patients (EPICO Doc) and EPICO Cloud for data communication with the systems of Servicio Murciano de Salud (SMS). EPICO App allows patients to log their seizures and to keep records of the seizure length, type, potential triggers, a description of associated symptoms and it also integrates with sleep xtracker bands. As a new event is recorded by EPICO App, a notification is sent to EPICO Doc, so that doctors are aware of the progress of the disorder and can prescript patients better treatment.






#PatientEmpowerment

#SelfManagement

#Telemedicine

## Co-creation and Business Support

Pilot region: Murcia (Spain) | Period: May-Dec 2018

 Challenger	 Solver	 Users	 Supporter	 Funder
SMS	Oxiframe	Epilepsy patient	Ticbiomed	INFO
2 neurologists	1 Product Manager 1 Front-end developer 2 Back-end developer	25 male patients 29 female patients	2 business supporters	2 experts

## Hear the stories!



*InDemand has allowed us to start from our needs, from what we live on a daily basis and how we work with patients. We see the flaws and improvements that could be applied.*

**Irene Villegas,  
Neurologist at SMS**



*Thanks to co-creation, the app development has been fully guided by the users - both patients and doctors. This a winning approach.*

**Raquel Yuste,  
Front-end developer at Oxiframe**



*My epilepsy is somewhat resistant to medication. I once had kidney problems and weight loss. It wasn't until a few months after that my neurologist discovered it was because of the medication. With EPICO those months of pain would have been shortened into days. I could have recorded those pains on the calendar and contacted my neurologist directly through the internal doctor-patient communication channel.*

**Patient,  
30 years old, male**

### About inDemand

**inDemand boosts digital health solutions proposed and co-created with healthcare professionals**

Contact inDemand team:  
[www.indemandhealth.eu](http://www.indemandhealth.eu)  
[hello@indemandhealth.eu](mailto:hello@indemandhealth.eu)

Contact the developers:  
[www.oxiframe.com](http://www.oxiframe.com)  
[tvelin@oxiframe.com](mailto:tvelin@oxiframe.com)



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