

# 스마트 헬스케어

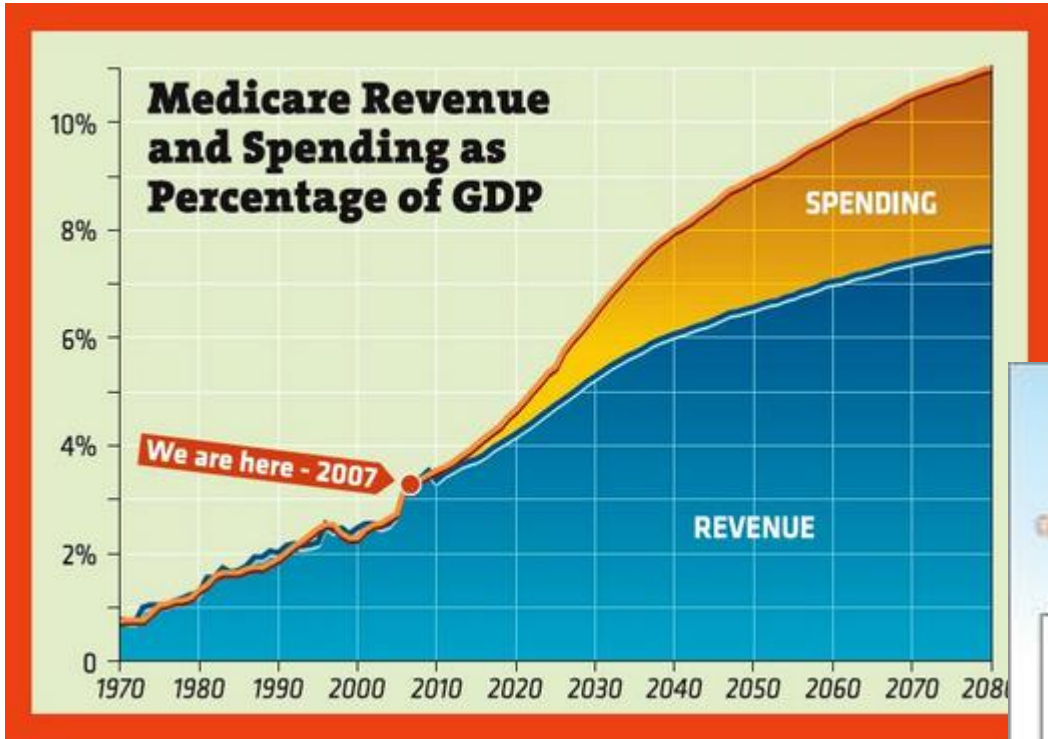
성균관대의대 삼성서울병원  
박승우

# 우리나라 인구고령화 추이 및 전망

\*자료 : 통계청

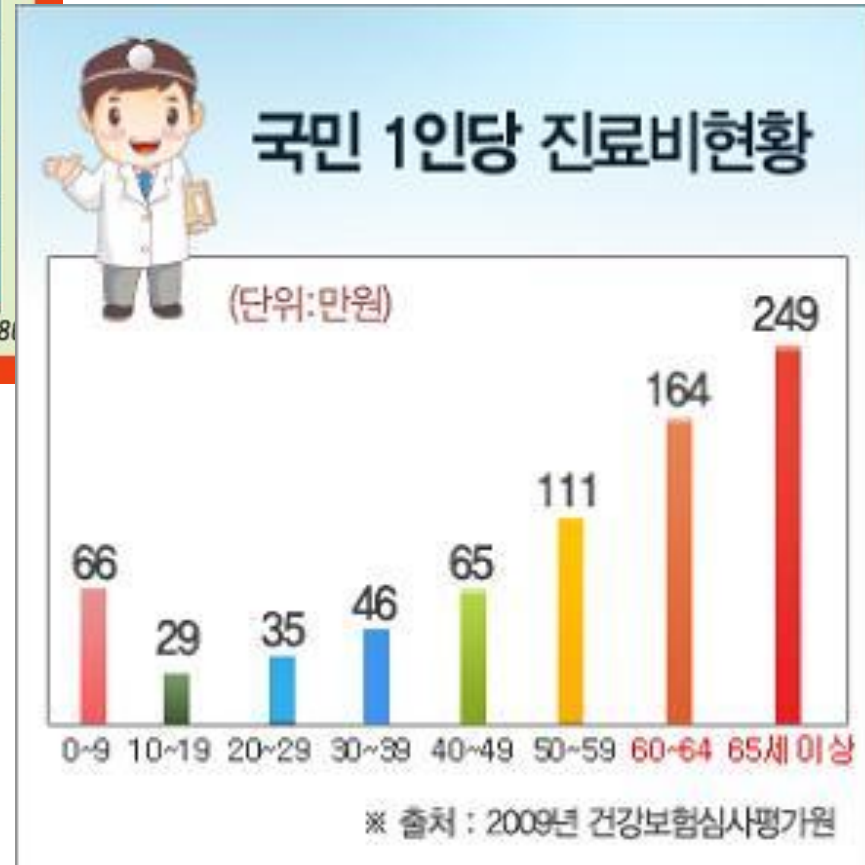


# Cost Reduction

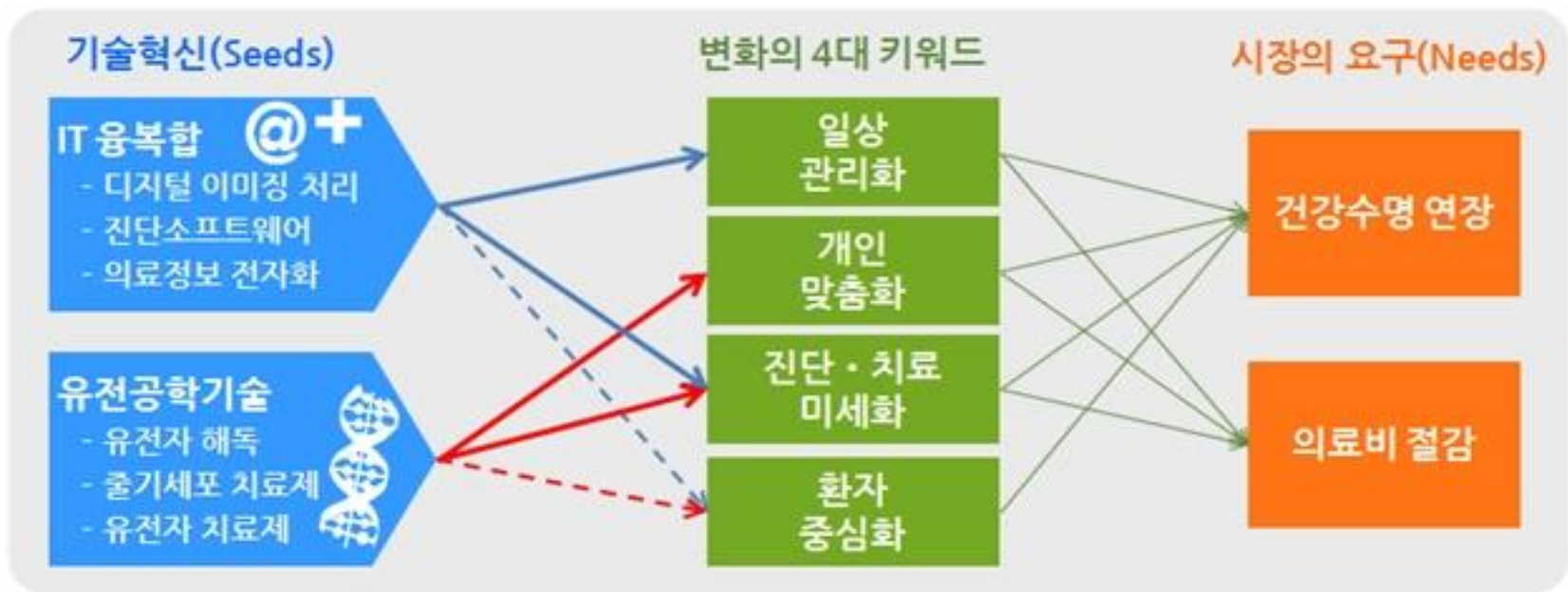


미국

Medicare 소비 예측






# Healthcare 3.0



# Development of IT Technology

- 손바닥 위의 강력한 컴퓨터
- 스마트폰에 탑재 가능해진 강력한 인공지능 (연산속도 - 딥블루 11.4 Gflops, 갤럭시 S6 34.8 Gflops)
- 스마트폰의 확산 - 전 세계 인구의 60% 사용

# Teleservices targeting 3 levels of CVD prevention and management

	IVR 	SMS/Text 	Smartphone 
Secondary Prevention	Monitoring of health and self-care using validated scales. Tailored behavior change messages using recorded voice to present complex messages.	SMS requests for reporting blood pressures. Adherence reminders and encouragement reinforcing behavior change.	Dashboards for tracking adherence, blood pressures and other indicators of CVD risk. Social media for peer support. Online information about self-care.
Primary Prevention	Monitoring and goal setting for diet, physical activity, and weight management with tailored reminders and reinforcement related to behavioral goals.	Frequent reminders, encouragement, and advice for how to prevent CVD, e.g., smoking cessation and activity promotion.	Risk calculators and apps to track efforts toward behavior change goals. Feedback on dietary choices and weight changes.
Primordial Prevention	Banks of information about accessing resources to promote CVD health. Testimonials from others about using these services.	Messages promoting knowledge and demand for community-based programs promoting healthy lifestyles, e.g., public fitness centers.	GPS for locating sources of healthy food, bike/walking paths, and places to exercise nearby.

# Mobile healthcare의 확산 이유

- smartphone-linked wearable sensors
- point-of-need diagnostic devices
- medical-grade imaging
- real-time data streams
- automated clinical decision–support tools

### Eye

Glucose-sensing lens  
Digital fundoscope  
Smartphone visual-acuity tracking  
Automated refractive error  
Noninvasive intraocular pressure

### Ear

Smart hearing aids  
Digital otoscope

### Lung

Home spirometry  
Pulse oximetry  
Inhaler use  
Breath-based diagnostics  
Breathing sounds  
Environmental exposure

### Blood

Continuous glucose  
Transdermal Hb  
Pathogens (genomics-based)  
PoC blood tests

### Skin

Temperature  
Gross lesions  
Pressure sensor (wound care)  
Sweat chemistry  
Cutaneous blood flow

### Other sensors and monitors

Pill-box and -bottle  
Posture  
Body position  
Activity  
Sleep

### Bladder and urine

Comprehensive urinalysis  
STDs (genomic detection)  
Diaper-based sensors

### Brain and emotion

Wireless mobile EEG  
Seizure  
Autonomic nervous activity  
Head-impact sensor  
Intracranial pressure (noninvasive)  
Stress recognition (voice, respiration)

### Heart and vascular

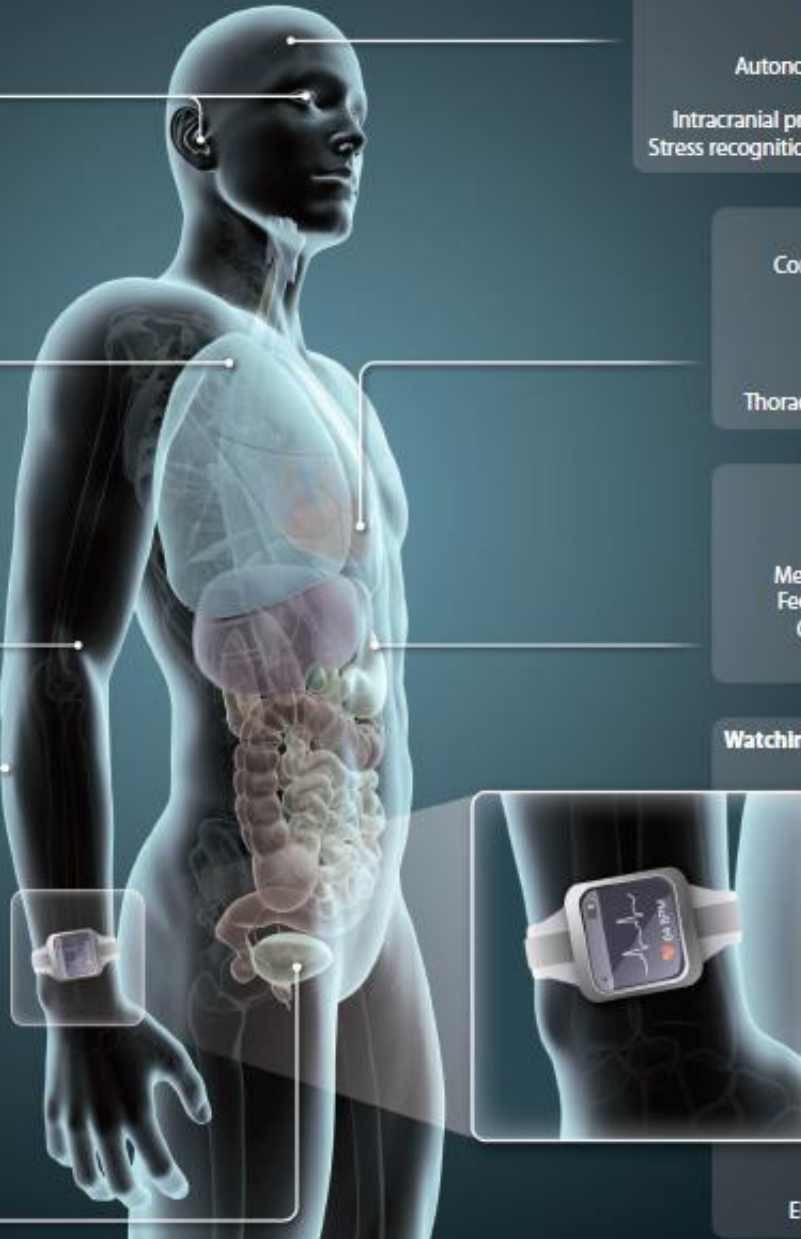
Continuous BP tracking  
Handheld ECG  
Heart rhythm  
Cardiac output  
Stroke volume  
Thoracic impedance (fluid)

### Gastrointestinal

Endoscopic imaging  
Esophageal pH  
Medication compliance  
Fecal blood or bilirubin  
Gut electrical activity  
Chewing

### Watching over one's health

Pulse  
BP  
Temperature  
Activity  
Hydration  
Sleep stages  
Seizure  
Respiration rate  
O<sub>2</sub> saturation  
Blood CO<sub>2</sub>  
Blood glucose  
ECG (single-lead)  
Cardiac output  
Stroke volume  
Stress:  
Heart-rate variability  
Electrodermal activity





# Wearable Sensors

- Bracelets
- Watches
- skin patches
- headbands
- Earphones
- clothing

# Ideal Wearable Sensors

- unobtrusive
- passive
- continuous monitoring if necessary
- ability to seamlessly track and transfer all biometric data



Hobby King

MODEL 500

0.3

MAX=500g  
d=0.1g

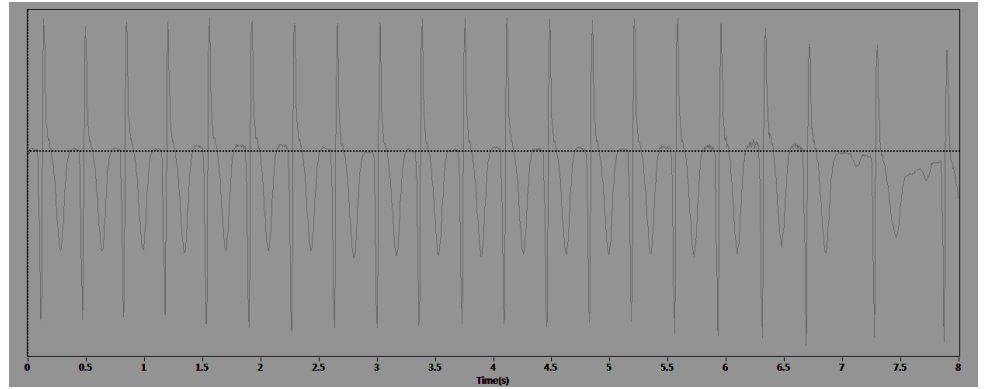
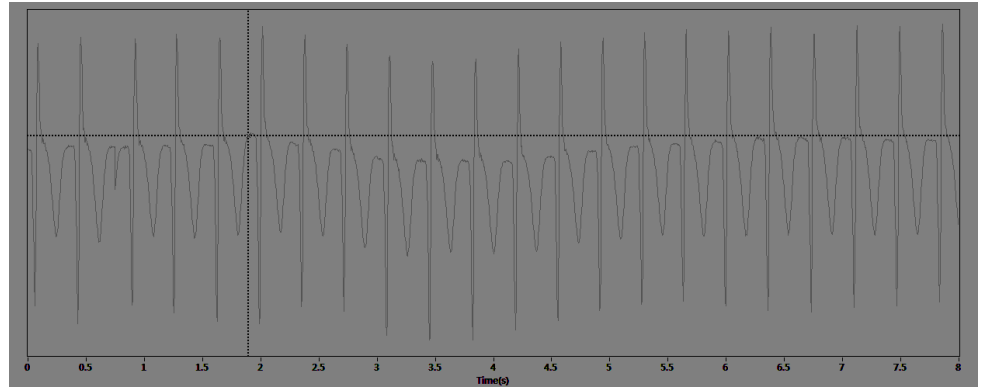
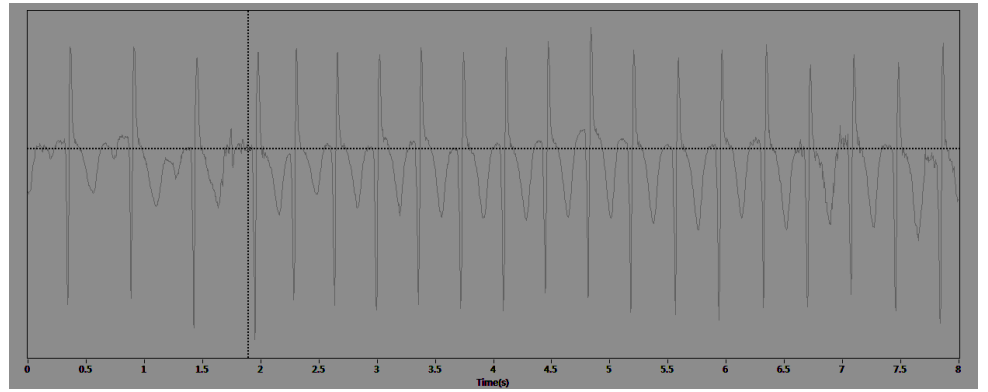
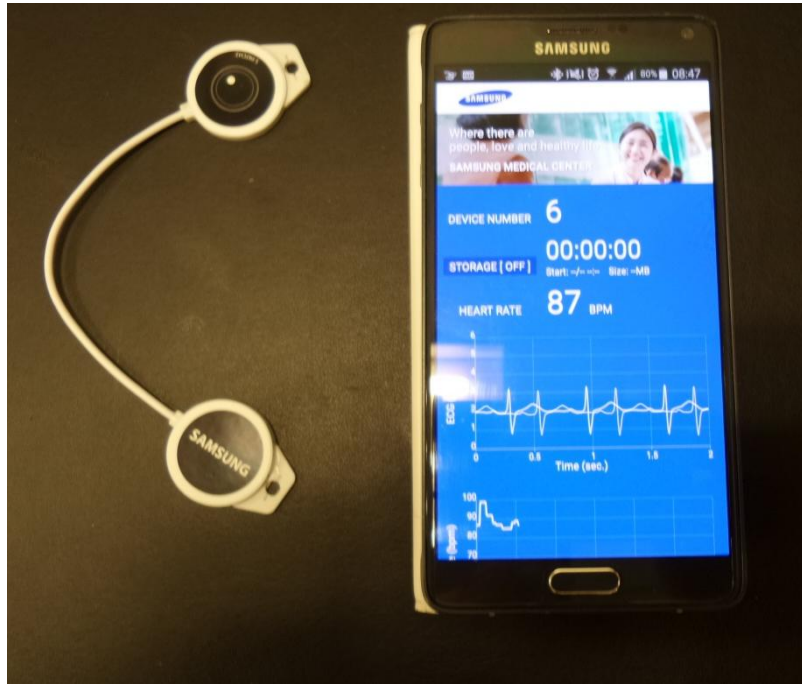
ON/OFF

MODE

TARE

SAMSUNG

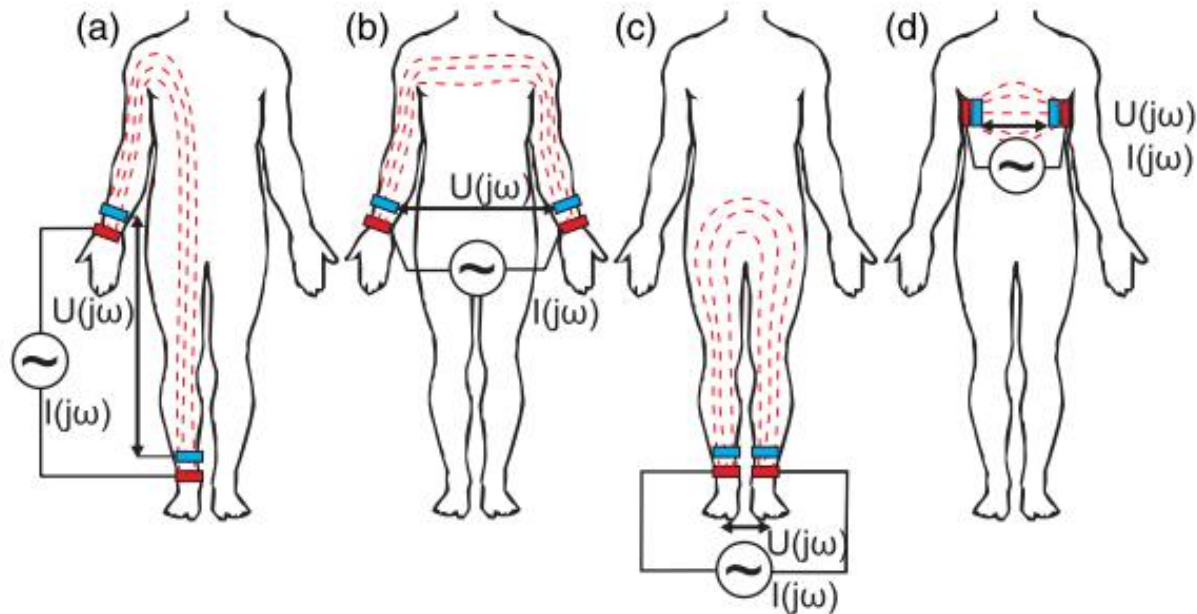
S-PATCH2



# German group data of bioimpedance

25 patients of decompensation heart failure

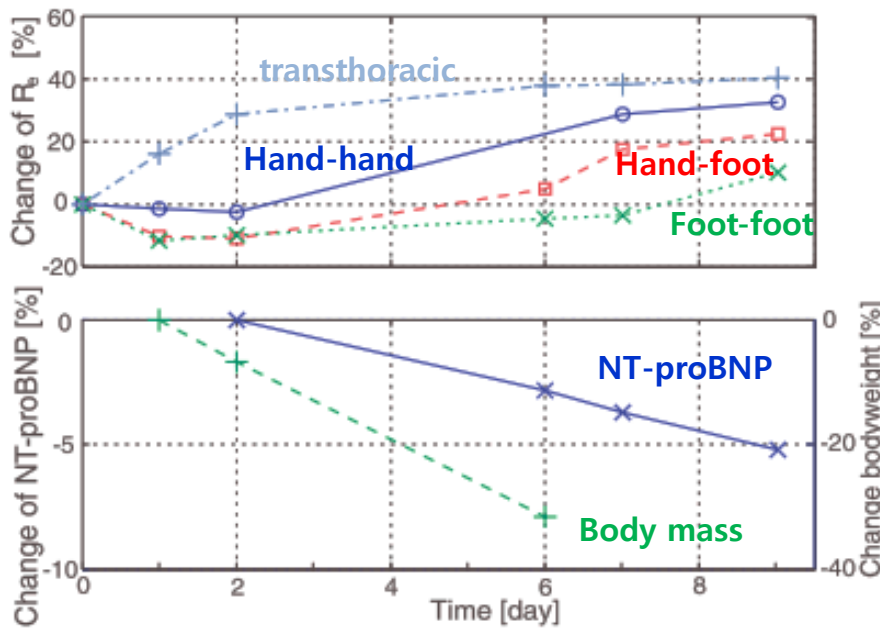
- Mean age of 73.8 years
- Mean body mass index 28.6



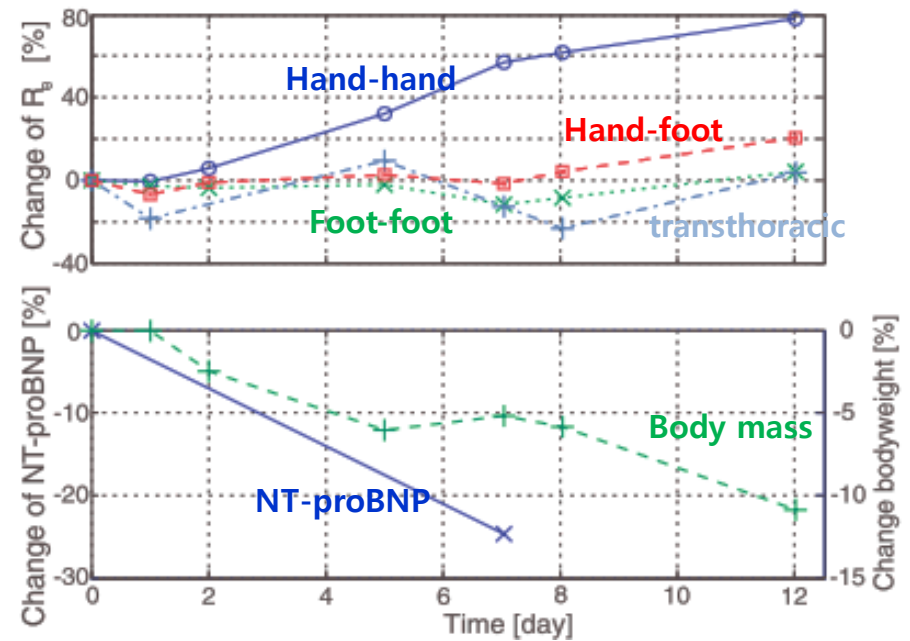
**Figure 1.** Placement of the current- and voltage measurement electrodes: (a) hand to foot, (b) hand to hand, (c) foot to foot and (d) thorax.

# Change in bioimpedance and NT-proBNP - Typical cases -

A case of left heart failure



A case of right heart failure



Re: Extracellular resistance

# SMC Experiences

- Measuring bioimpedance in acute decompensated heart failure patients who need hospitalization
- hand-to-hand



# Case

M/77,  
*HTN/DM (-/-),  
COPD, Bronchiectasis on mucolytics and  
inhaler*  
2WA pitting edema developed  
1DA dyspnea and orthopnea aggravated  
sputum  
SMC ER visited

V/S: 109/61-104-36.9-19

SpO2 95% at RA

Lab: CBC **11950**-13.6-421K, CRP **9.7**

T-B 0.6, AST/ALT 19/9,  
BUN/Cr 10.9/1.09, e- 137-4.0-98  
NT-proBNP **11035**, BNP **3170**

**Impedance 381.7  $\Omega$  at HD2**





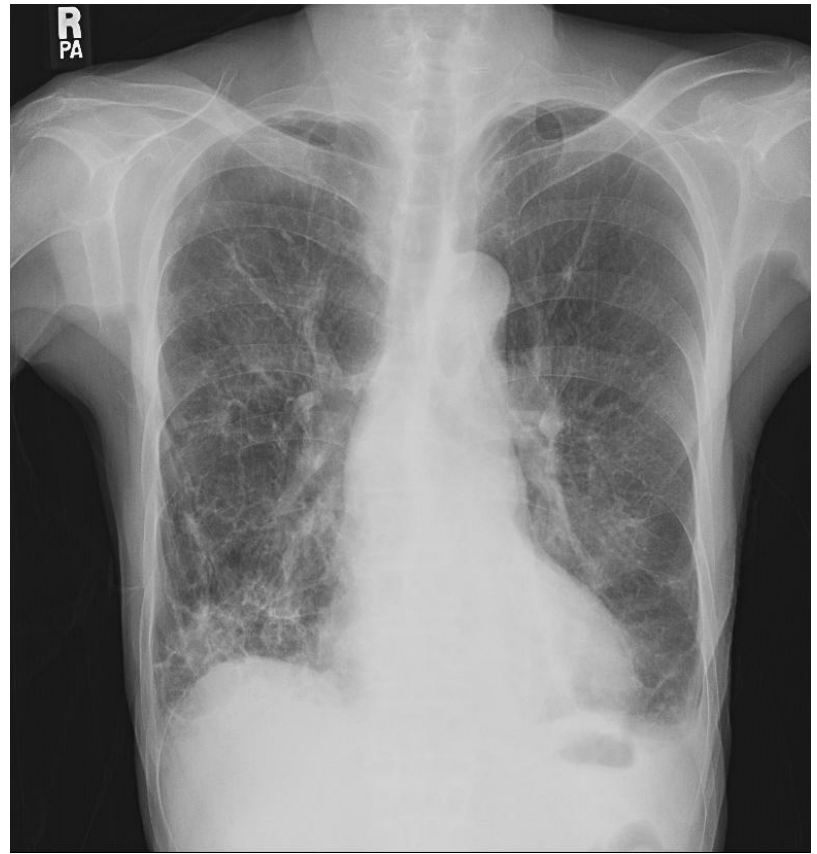
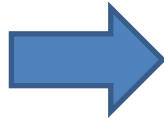
# Case

- Echocardiography
  - HR 78
  - Severe LV systolic dysfunction (LVEF 27.3% by Simpson's method)
  - LV dilatation (LVIDd/s 64/55mm)
  - Dilated ascending aorta (42.7mm)
  - Mild AR

# Case

- Hospital day 14
  - No orthopnea, pitting (-)
  - Bwt 44.5kg at HD2 → 41.5kg
  - Impedance 653.4  $\Omega$
  - Amiodarone 200mg qd, furo 20mg qd, spiro 25mg qd, meropenem for pneumonia
  - V/S: 101/62-77-18-36.3





# Sensor technologies

- 심전도 – one lead, 3 leads, 12 leads
- 혈압 – photoplethysmography (광학적으로 조직내 미세혈관의 혈액변화량의 측정)와 pulse transition time
- 자율신경계 – HRV, eletrodermal metrics
- 기타 – 수면 감시, 콘택트 렌즈를 이용한 눈물 glucose 측정

# **New Drugs and Technologies**

## **Novel Wireless Devices for Cardiac Monitoring**

Joseph A. Walsh III, MD, MS; Eric J. Topol, MD; Steven R. Steinhubl, MD

***Circulation.* 2014;130:573-581**

Name	Company	Link	Brief Description
<b>Comprehensive vital sign monitoring</b>			Skin microblush change in capillary filling to measure heart rate and chest movement to measure respiratory rate
VitalSigns Camera	Phillips	<a href="http://www.vitalsignscamera.com/index.html">http://www.vitalsignscamera.com/index.html</a>	
Scout	Scanadu	<a href="http://www.scanadu.com/">http://www.scanadu.com/</a>	Measures temperature, pulse, oximetry, ECG, heart rate variability, and pulse wave transit time
BioPatch	Zephyr	<a href="http://www.zephyranywhere.com/healthcare/biopatch/">http://www.zephyranywhere.com/healthcare/biopatch/</a>	Adhesive patch transmits wirelessly pulse, R-R interval, respiratory rate, activity, respirations, ECG, position, and posture
Hexoskin	Hexoskin Wearable Body Metrics	<a href="http://www.hexoskin.com/en?utm_campaign=Listly&amp;utm_medium=list&amp;utm_source=listly">http://www.hexoskin.com/en?utm_campaign=Listly&amp;utm_medium=list&amp;utm_source=listly</a>	Shirt measures heart rate, heart rate variability, respiratory rate and volume, and activity; also estimates $\dot{V}O_2\max$
OMSignal	OMSignal	<a href="http://www.omsignal.com/">http://www.omsignal.com/</a>	Washable shirt that monitors 3-lead ECG, respirations, stress, and temperature
Sensor Bra	Microsoft	<a href="http://www.cs.rochester.edu/hci/pubs/pdfs/FoodMood.pdf">http://www.cs.rochester.edu/hci/pubs/pdfs/FoodMood.pdf</a>	Sensors built into bra: heart rate, respiration, Electrodermal activity; 3-axis accelerometer; 2-axis gyroscope; designed to track emotions and study emotional eating
<b>Intermittent ECG</b>			
Alivecor System	Alivecor	<a href="http://www.alivecor.com/">http://www.alivecor.com/</a>	With application able to analyze and print ECGs as PDFs; ECG data sync between the application and online ECG hub; prescription only
ECG Check	CardiacDesigns	<a href="http://cardiacdesigns.com/">http://cardiacdesigns.com/</a>	With application able to analyze and print ECGs as PDFs; ECG data sync between the application and online ECG hub
EPI Mini (also EPI Life)	EPI Mobile Health Solutions	<a href="http://epimhealth.com.sg/">http://epimhealth.com.sg/</a>	Separate device that transmits ECG to smartphone, which can forward it to a "health concierge" service that can send back a reading; cleared by the US Food and Drug Administration for consumer use
12-Lead ECG	MobilECG	<a href="http://mobilecg.hu/">http://mobilecg.hu/</a>	USB-based open-source 12-lead clinical ECG

## Prolonged ECG monitoring

Name	Company	Link	Brief Description
eMotion ECG Mobile	Mega Electronics	<a href="http://www.megaemg.com/">http://www.megaemg.com/</a>	3-Lead ECG data are transmitted from the wearable etooth; the phone forwards the data over mobile network to a server, which stores the data; the data can be monitored in real time or a specialist can investigate and analyze the stored ECG data
BodyGuardian	Preventice	<a href="http://www.preventice.com/">http://www.preventice.com/</a>	Patch monitor of ECG, activity, respirations, and body position
Zio XT Patch	iRhythm	<a href="http://www.irhythmtech.com/?utm_campaign=Listly&amp;utm_medium=list&amp;utm_source=listly">http://www.irhythmtech.com/?utm_campaign=Listly&amp;utm_medium=list&amp;utm_source=listly</a>	14-d continuous cardiac rhythm monitoring with a single adhesive chest wall device; once completed, it is mailed for analysis
NUVANT Mobile Cardiac Telemetry System	Corventis	<a href="http://www.corventis.com/">http://www.corventis.com/</a>	Automatic and patient-triggered 30-d cardiac rhythm monitoring; arrhythmia detection: the device transmits information via a wireless data transmission device, zLink, to the Corventis Monitoring Center
Ambulatory ECG	iHealth	<a href="http://ces.cnet.com/8301-35284_1-57616620/at-ces-2014-health-monitors-join-the-wearables-parade/">http://ces.cnet.com/8301-35284_1-57616620/at-ces-2014-health-monitors-join-the-wearables-parade/</a>	Sensor attaches to chest and transmits ECG to smartphone

## Heart failure

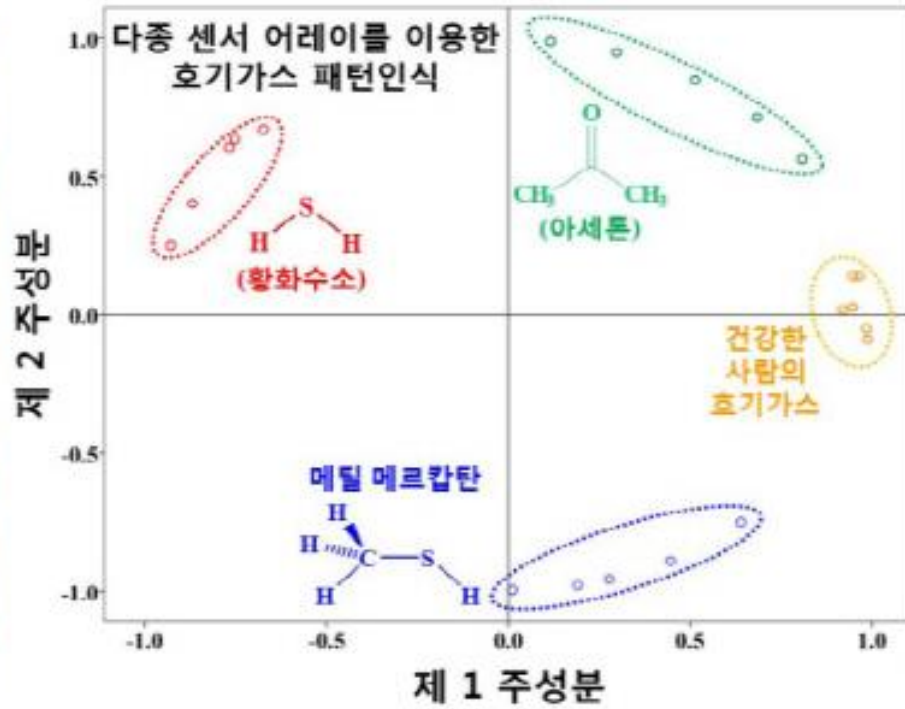
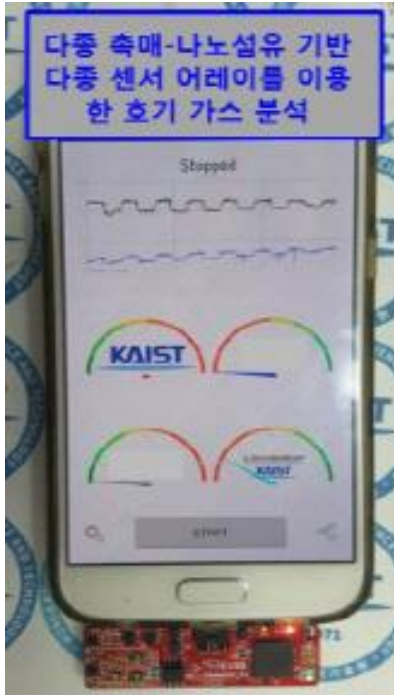
CoVa necklace	Perminova	<a href="http://www.perminova.com/sensor/">http://www.perminova.com/sensor/</a>	Measures heart rate, respiratory rate, fluid levels
VitaLink	vg-bio	<a href="http://www.vgbio.com/vitalink-remote-patient-monitoring/">http://www.vgbio.com/vitalink-remote-patient-monitoring/</a>	Measures pulse, heart rate variability, transthoracic impedance, and activity via head band and chest strap
AVIVO Mobile Patient Monitoring System	Corventis	<a href="http://corventis.com/us/avivo.asp">http://corventis.com/us/avivo.asp</a>	Monitors thoracic impedance, heart rate, heart rate variability, respiration rate, posture, and heart rhythm with wireless transmission to the Corventis Monitoring Center
Telescale	Cardiocom	<a href="http://www.cardiocom.com/telescale.asp">http://www.cardiocom.com/telescale.asp</a>	For daily weights with automated verbal/feedback and communication to the patient and provider

Name	Company	Link	Brief Description
<b>Blood pressure</b>			
ViSi Mobile	Sotera Wireless	<a href="http://www.visimobile.com">http://www.visimobile.com</a>	Wireless vital sign monitoring with noninvasive continuous blood pressure monitor
Wireless wrist blood pressure monitor	iHealth	<a href="http://www.ihealthlabs.com/wireless-blood-pressure-wrist-monitor-feature_33.htm">http://www.ihealthlabs.com/wireless-blood-pressure-wrist-monitor-feature_33.htm</a>	Wireless wrist blood pressure measurement and heart rate transmitted to a mobile application
iPhone-connected blood pressure cuff	Withings	<a href="http://www.withings.com/bloodpressuremonitor">http://www.withings.com/bloodpressuremonitor</a>	Plugs into iPhone or iPad and tracks and displays all results; also available in 2014 with Bluetooth connection between the cuff and smartphone
Continuous blood pressure watch	Quanttus	<a href="http://www.technologyreview.com/news/524376/this-fitness-wristband-wants-to-play-doctor/">http://www.technologyreview.com/news/524376/this-fitness-wristband-wants-to-play-doctor/</a>	Continuous monitoring of blood pressure, heart rate, and respirations.
BPro radial artery pressure monitor	HealthStats	<a href="http://www.healthstats.com">http://www.healthstats.com</a>	Watch-like device that samples radial artery waveforms via tonometry at regular time intervals over a 24-h period; for assessment of ambulatory blood pressure
Wearable, wireless ambulatory blood pressure monitor	iHealth	<a href="http://ces.cnet.com/8301-35284_1-57616620/at-ces-2014-health-monitors-join-the-wearables-parade/">http://ces.cnet.com/8301-35284_1-57616620/at-ces-2014-health-monitors-join-the-wearables-parade/</a>	Vest-like device that allows blood pressure to be measured as frequently as every 15 min throughout the day
<b>Ultrasound</b>			
VScan	GE	<a href="http://www3.gehealthcare.com/en/Products/Categories/Ultrasound/Vscan">http://www3.gehealthcare.com/en/Products/Categories/Ultrasound/Vscan</a>	Standalone ultrasound imaging device that can download and transmit images
MobiUS SPI	Mobisante	<a href="http://www.mobisante.com/product-overview/">http://www.mobisante.com/product-overview/</a>	Smartphone-based ultrasound
Terason USmart 3200T	Terason	<a href="http://www.terason.com/index.asp">http://www.terason.com/index.asp</a>	Comprehensive ultrasound
Nanomaxx	Sonosite	<a href="http://www.sonosite.com/products/nanomaxx">http://www.sonosite.com/products/nanomaxx</a>	Standalone ultrasound imaging device that can download and transmit images.



# Lab on a Chip

- Power and connectivity by smartphones
- A combination of microfluidics (requiring just nano or picoliter volumes of fluid) and microelectronics allows for the “digitization” of sweat, blood, saliva, urine, tears, and breath
- Accessible virtually anywhere, anytime
- E-nose for VOC (volatile organic compounds) from cancer, infection, pharmacogenetics



Volume 12 · No. 7 – February 17 2016

NANO MICRO

small

www.small-journal.com

7/2016

WILEY-VCH

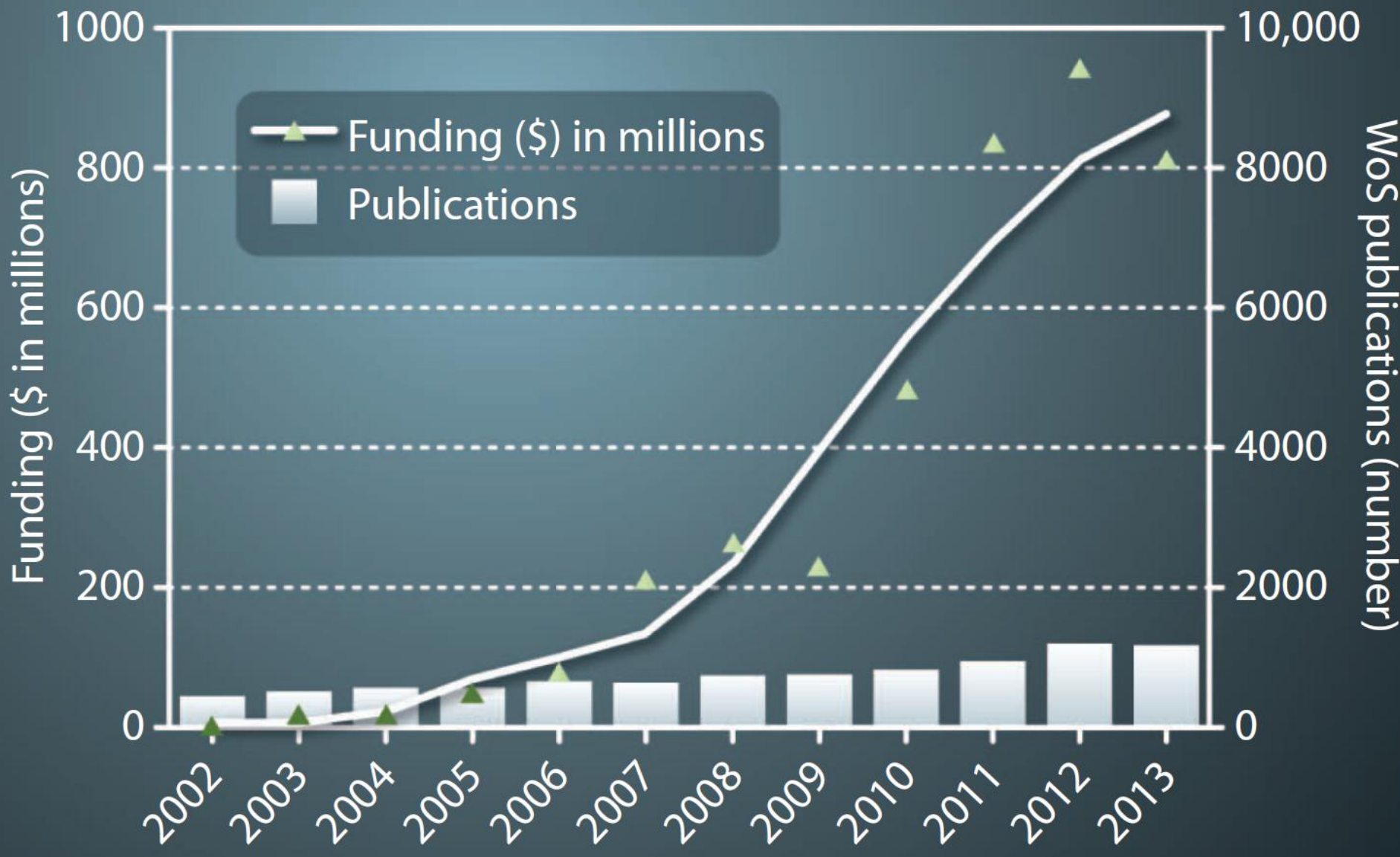
**WO<sub>3</sub> Nanofiber-Based Biomarker Detectors Enabled by Protein-Encapsulated Catalyst Self-Assembled on Polystyrene Colloid Templates**

I.-D. Kim and co-workers

# Imaging from Afar

- High quality of the camera lenses and screen resolution of smartphones for medical apps, from photometric diagnostics to medical-grade imaging
- Transportable imaging capability involves the enabling of remote diagnosis – ex) teledermatology, ophthalmoscope, otoscope, colposcope, etc.





# A prospective randomized trial examining health care utilization in individuals using multiple smartphone-enabled biosensors

Cinnamon S. Bloss<sup>1,\*</sup>, Nathan E. Wineinger<sup>1,\*</sup>, Melissa Peters<sup>1</sup>, Debra L. Boeldt<sup>1</sup>, Lauren Ariniello<sup>1</sup>, Ju Young Kim<sup>2</sup>, Judith Sheard<sup>1</sup>, Ravi Komatireddy<sup>1</sup>, Paddy Barrett<sup>1</sup> and Eric J. Topol<sup>1,3,4</sup>

<sup>1</sup> Scripps Translational Science Institute, La Jolla, California, United States

<sup>2</sup> Department of Family Medicine, Seoul National University Bundang Hospital, Seoul, South Korea

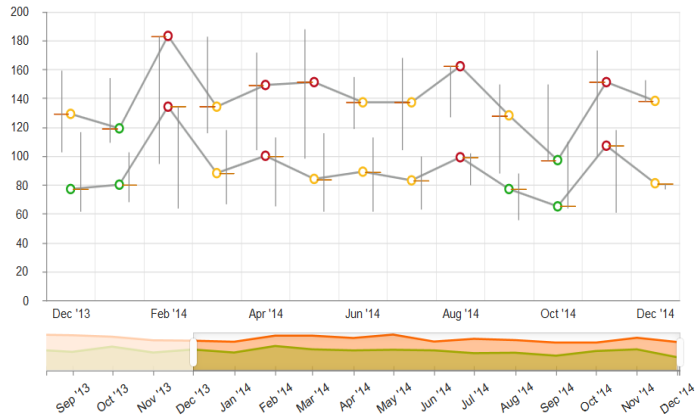
<sup>3</sup> Department of Molecular and Experimental Medicine, The Scripps Research Institute, La Jolla, United States

<sup>4</sup> Division of Cardiovascular Diseases, Scripps Health, San Diego

\* These authors contributed equally to this work.

Blood Glucose **Blood Pressure** Pulse More

**Normal** (90-120, 30-80) **Caution** (121-140, 81-90) **Alert** (50-89/141-400, 0-29/91-200)



**Patient: CONTROL GROUP**  
 Patient ID: 01124504324 | Gender: Male | Date of Birth: 01/01/1990 (24 years) | Phone: 555-555-5555 | Monitor: AliveCor Heart Monitor  
 Physician: W. HEALTH STUDY | Practice: SCRIPPS HEALTH  
 Diagnosis (indication for Monitoring): Atrial Fibrillation

**Enrollment Info**  
 08/09/2013 - 05/03/2016  
 Day 440 of 999

**Baseline Reference** | Recorded: 08/09/2013 03:11 PM (CT) | Sinus Rhythm w/VCD  
 Symptoms: no symptoms  
 Activity: Wireless Event  
 Trans: 08/09/2013 03:12 PM  
 Type: Auto-Detected  
 HR: 71.2-72.8 BPM

**Current Event** | Recorded: 10/22/2014 05:04:41 PM (CT) | 25 mm/sec, 5 mm/mV | **Stable**  
 Sinus Rhythm  
 Measurements:  
 Rate (bpm): 62.5  
 PR (s): 0.15  
 QRS (s): 0.08  
 QT (s): 0.37  
 QTc (s): 0.38

**Current Transmission** | Received 10/22/2014 @ 05:05 PM (CT)  
 Patient Symptom: No Symptoms | Patient Activity: Unavailable | Location: Unavailable  
 Report Analysis: Sinus Rhythm  
 Comments: Tech: Susan Lopez, CCT

AT&T 3G 1:14 PM

Dashboard **HealthComp** Third Party Administrator

Clipboard Trackers Medications Settings

AT&T 3G 1:14 PM

Back **Blood Pressure** Add New

Last 30 days

Details

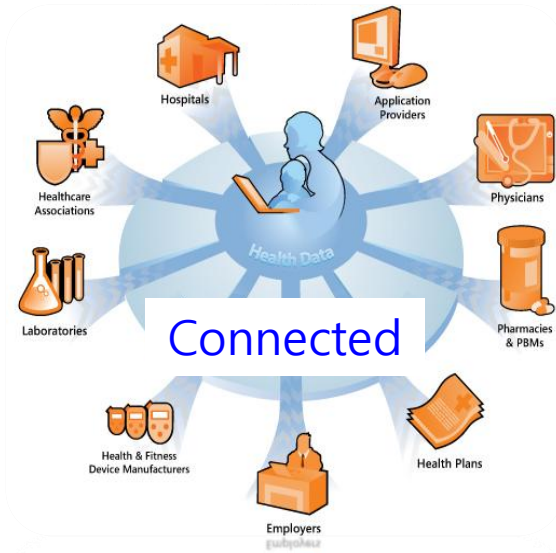


# Results & Conclusions.

There was little evidence of differences in health care costs or utilization as a result of the intervention.

Furthermore, we found evidence that the control and intervention groups were equivalent with respect to most health care utilization outcomes.

# Big Data + Connected Health

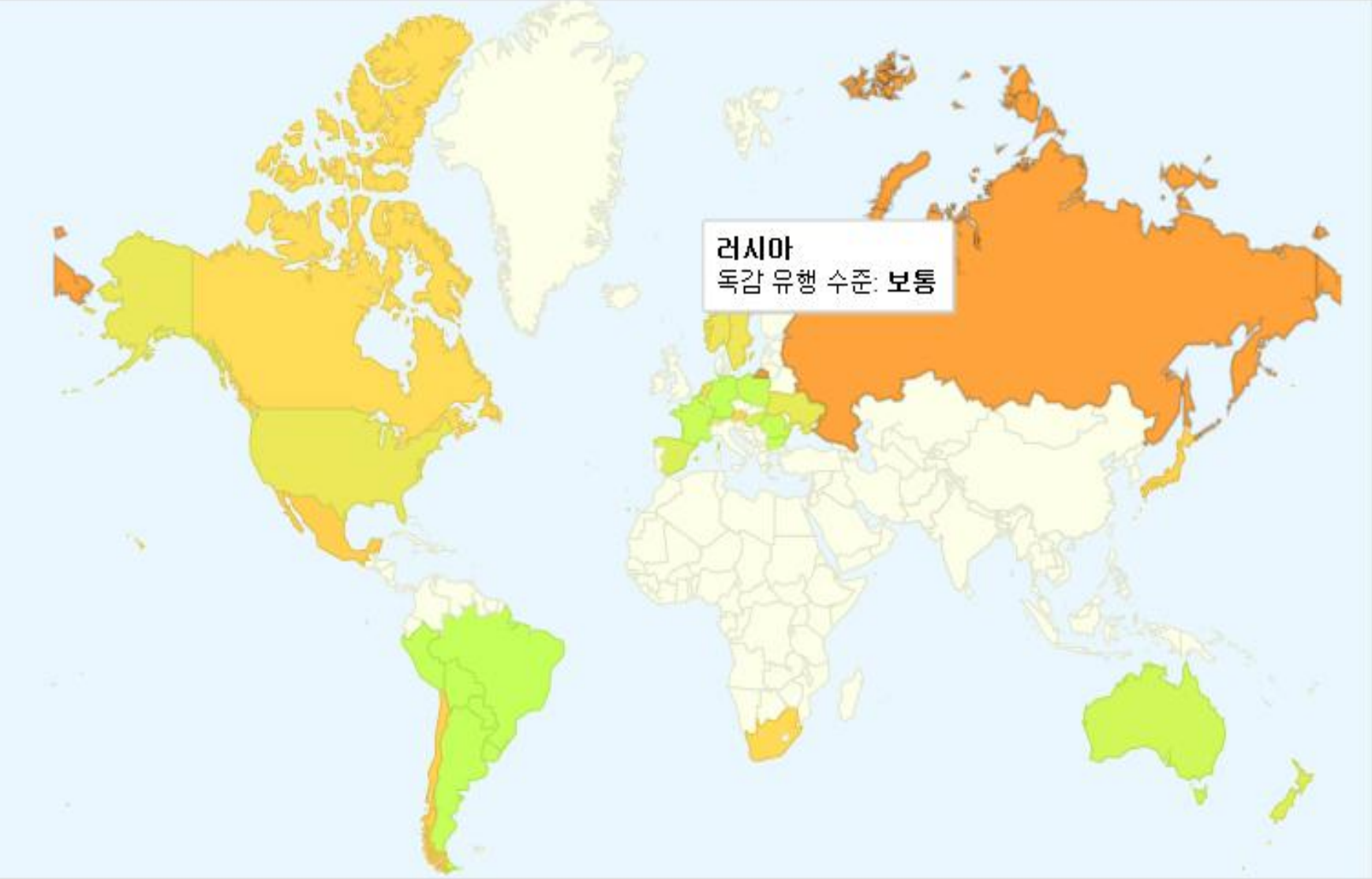


## Solution

- Insight
- Intervention



# Google 독감 트렌드 (1)



# Google 독감 트렌드 (2)

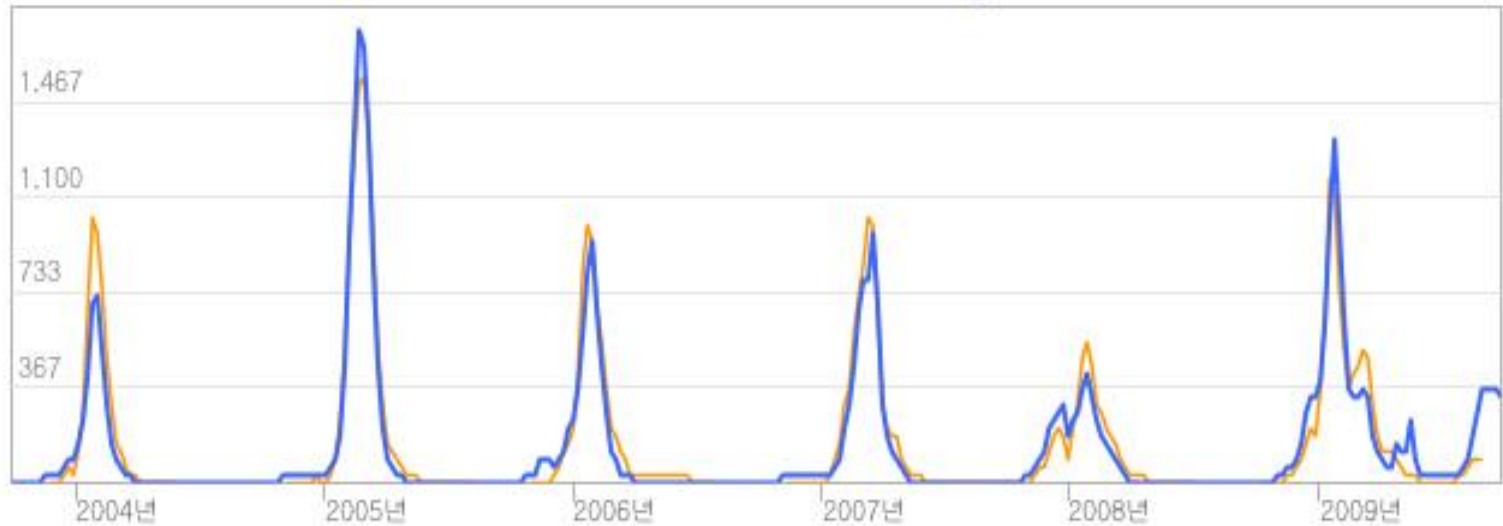
연도별 독감 유행

데이터 보기: 일본 ▼

## 일본 독감 유행 수준

독감 예상치

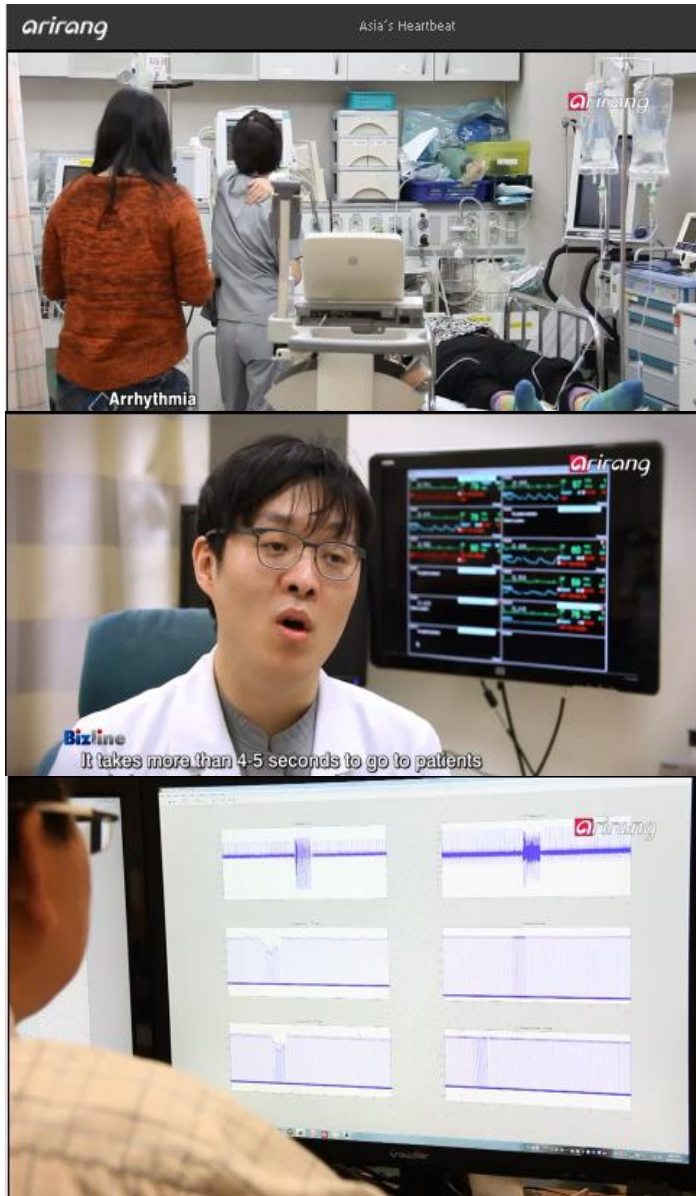
● Google 독감 트렌드 예상치 ● 일본 데이터



일본: [국립감염병연구소](#)에서 공개 제공한 인플루엔자 의사환자(ILI) 데이터



# 심정지 전조 현상 : 10초 앞당긴다.



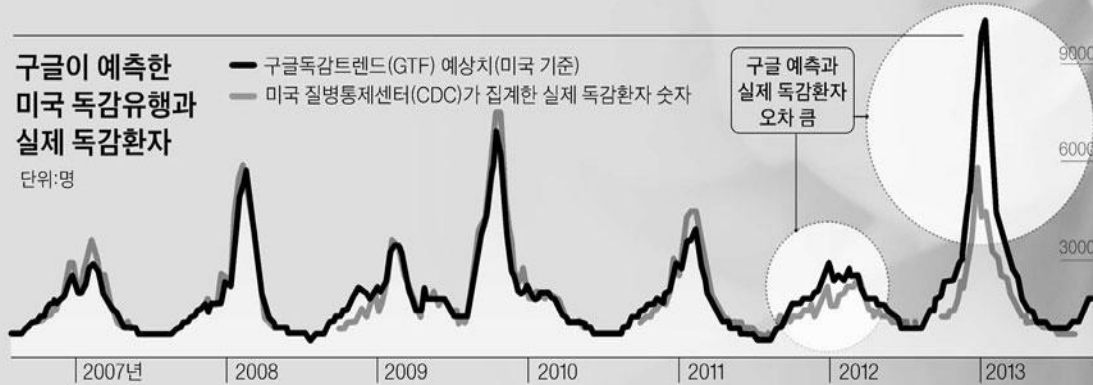
- ✓ 중환자실 환자 모니터 장비의 데이터 분석으로 미세한 심장의 변화를 찾아내 갑작스러운 돌연사를 일으키는 부정맥을 미리 감지한다면
- ✓ 심실 부정맥 예측 서비스를 담당한 신수용 서울아산병원 교수는 "심전도, 심박수 등을 활용하여 심실부정맥 징후를 예측해 위급상황을 사전에 대처하고
- ✓ 2013. 9. 5 Arirang TV 방송  
[http://www.arirang.co.kr/Tv2/TVCommon\\_NoStaff\\_Archive.asp?Prog\\_Code=TVCR0685&MENU\\_CODE=101709&view\\_seq=6648&sys\\_lang=Kor](http://www.arirang.co.kr/Tv2/TVCommon_NoStaff_Archive.asp?Prog_Code=TVCR0685&MENU_CODE=101709&view_seq=6648&sys_lang=Kor) (29분 30초 ~ 34분 15초 사이)

# Google 독감 트렌드 (4)

## 빅데이터의 배신?

[중앙일보] 입력 2014.03.14 03:00 / 수정 2014.03.14 03:00

정확도 소문났던 구글 독감 예측 최근 2년간 틀려 ...  
전문가 "빅데이터 분석법 진화 중"



구글의 독감유행 예측방법은

전 세계 구글 사용자들이 입력하는 검색어 중 독감과 관련된 입력어 집계

구글 서버 접속 IP주소로 검색 위치 추측

구글독감트렌드(GTF, [www.google.org/flutrends](http://www.google.org/flutrends)) 통해 세계 지역별 독감유행 예상치 제공

하루 한 번씩 업데이트 (보건당국 조사는 일주일 이상 시차)

자료:구글



NEWSROOM HOME

SEARCH NEWS RELEASES

EMBARGO POLICIES

VIDEO/PHOTOS & MORE

NEWS MEDIA / ACCESS

RESOURCES

OTHER AHA/ASA SITES

## American Heart Association, IBM Watson Health and Welltok Team Up to Transform Heart Health

### AHA to Infuse Cognitive Computing, Personalization and Science-Based Standards into New Workplace Health Offering

February 01, 2016 | Categories: Program News

**NEW YORK CITY** (February 1, 2016) – Today, the first day of American Heart Month, the American Heart Association (AHA) announced plans to develop a first of its kind workplace health solution that leverages the cognitive computing power of IBM Watson. In the first application of Watson to cardiovascular disease, AHA, IBM, and Welltok will create a new offering that combines AHA's science-based metrics and health assessments with cognitive analytics, delivered on Welltok's health optimization platform. The effort is intended to help alleviate the burden of cardiovascular diseases, which affect more than 85 million Americans today.

#### RELATED IMAGES

##### The Benefits Of Workplace Health Programs

When a business provides a workplace health program, the health of workers and the business are both improved. Workplace health programs can help reduce the risk of chronic disease, improve productivity, and reduce absenteeism.



##### Employees Overestimate Their Health Status

Of the 74% who say they are in very good or good health, 42% have been diagnosed with a chronic illness.



##### CEO Participation Matters

55% of employees believe it's extremely important, and 14% of employees are interested in seeing a CEO address a global issue or taking an action in the workplace.

##### Impact of Participation

• Total Participation

• CEO Participation

• High Participation

• Low Participation

• No Participation

• Limited Participation

• No Participation

• Limited Participation

• No Participation

• Limited Participation

• No Participation

• Limited Participation

• No Participation

• Limited Participation

• No Participation

• Limited Participation

• No Participation

• Limited Participation

• No Participation

• Limited Participation

• No Participation

• Limited Participation

• No Participation

• Limited Participation

• No Participation

##### Workplace Health Programs Are a Win-Win

• Increase in productivity

• Decrease in absenteeism

• Increase in employee engagement

• Decrease in healthcare costs

• Increase in employee retention

• Decrease in employee turnover

• Increase in employee satisfaction

• Decrease in employee stress

• Increase in employee well-being

• Decrease in employee burnout

• Increase in employee productivity

• Decrease in employee absenteeism

• Increase in employee engagement

• Decrease in employee healthcare costs

• Increase in employee retention

• Decrease in employee turnover

• Increase in employee satisfaction

• Decrease in employee stress

• Increase in employee well-being

• Decrease in employee burnout

• Increase in employee productivity

• Decrease in employee absenteeism

• Increase in employee engagement

• Decrease in employee healthcare costs

• Increase in employee retention

• Decrease in employee turnover

• Increase in employee satisfaction

• Decrease in employee stress

#### CEORT Employee Health Infographic





# Challenges to translation

- Lack of solid clinical evidence
- Financial obstacles
- Security and Privacy
- Overloaded data

# Summary

- Beyond mere convenience, Smart Health has potential to improve healthcare
- Its ecosystem is still in its early formative stages.
- Potential to decrease the cost of both clinical research and health care.

경청해주셔서 감사합니다.