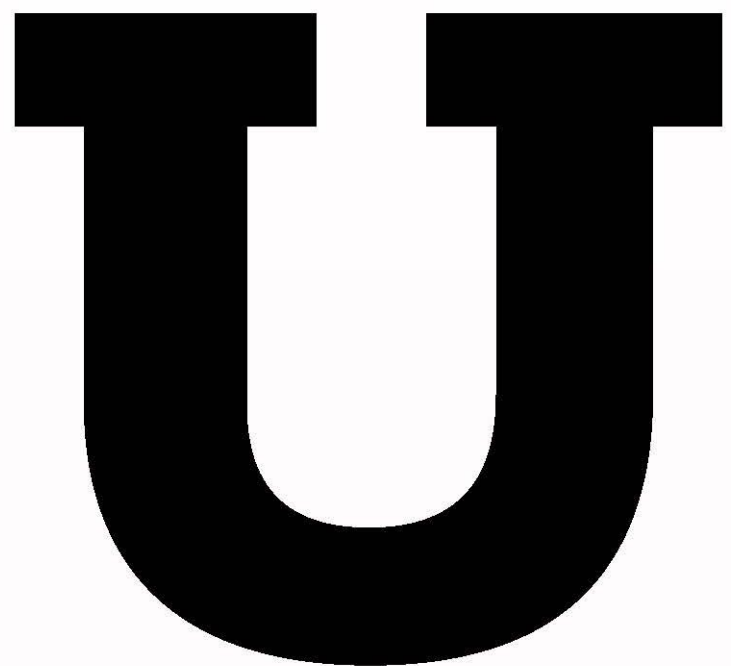




App til unge voksne med kræft – en implementeringshistorie

Maria Aagesen, fysioterapeut,
cand.scient.fys., ph.d., adjunkt

Afdeling for Kræftbehandling, Rigshospitalet
og Brugerperspektiver og Borgernære
Indsatser, Syddansk Universitet



En national
app til unge
voksne mellem
15-39 år,
der har, eller
har haft, kræft

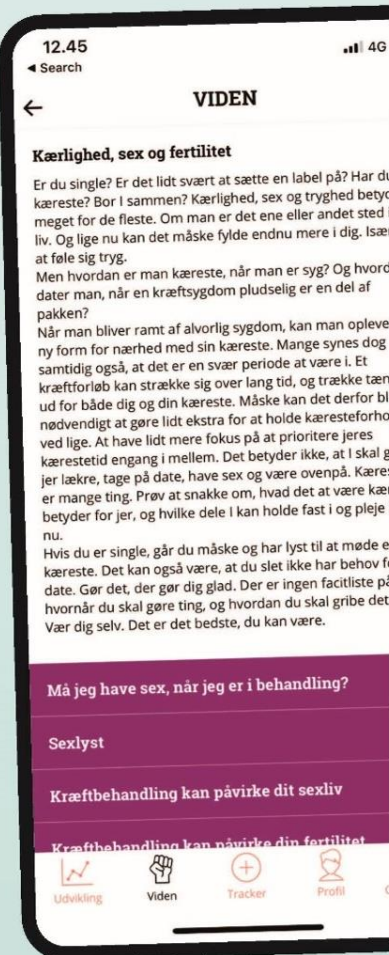


En brugerinitieret app

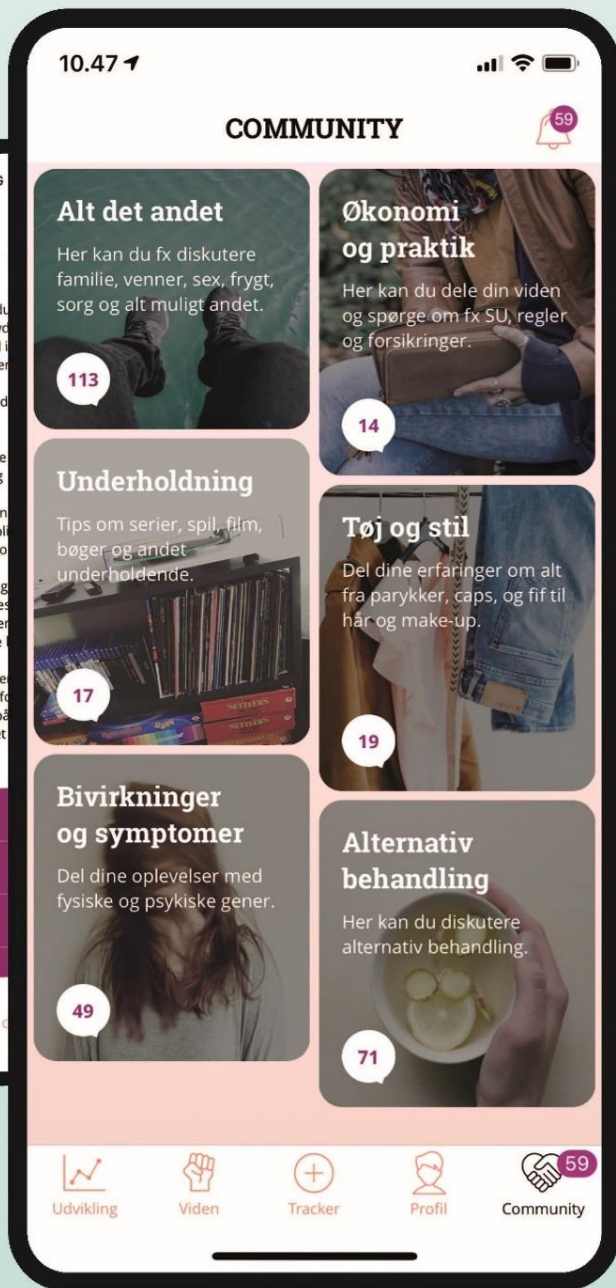




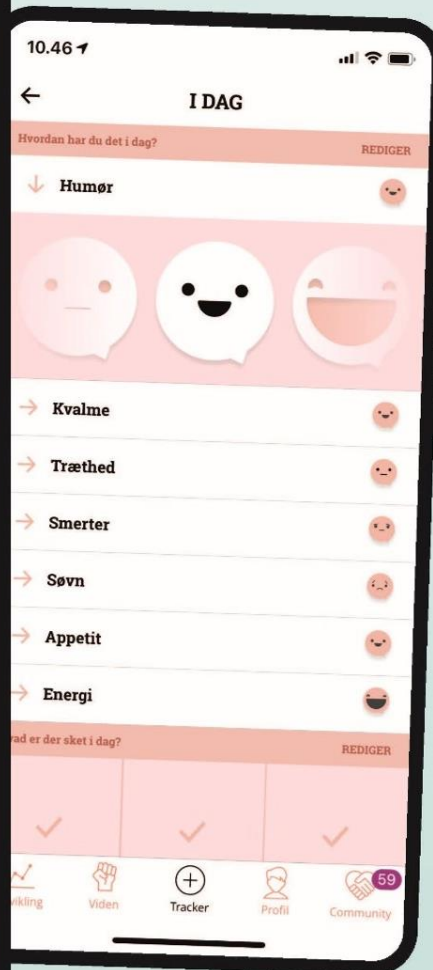
Et støtteredskab til
self-empowerment
med henblik på at
vedligeholde og øge
livskvalitet



VIDEN



COMMUNITY



TRACKER

Appens funktioner

[JMIR Mhealth Uhealth](#). 2019 Sep; 7(10): e13829.

PMCID: PMC6797966

Published online 2019 Oct 3. doi: [10.2196/13829](#)

PMID: [31584008](#)

Health-Related Quality of Life Before and After Use of a Smartphone App for Adolescents and Young Adults With Cancer: Pre-Post Interventional Study

Monitoring Editor: Gunther Eysenbach

Reviewed by Xiomara Skrabal Ross, Kate Absalom, and Jackie Bender

[Helle Pappot](#), MD, DMSc,^{#1} [Gry Assam Taarnhøj](#), MD,^{#1} [Abbey Elsbernd](#), BSc,² [Maiken Hjerding](#), RN,³ [Signe Hanghøj](#), MA, MPH, PhD,⁴ [Marc Jensen](#), and [Kirsten Amtz Boisen](#), MD, PhD⁴

Seminars in Oncology Nursing 39 (2023) 151408



Contents lists available at ScienceDirect

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Experiences of Peer Communities in a Cancer Smartphone App Among Adolescents and Young Adults With Cancer

[Signe Hanghøj](#)^{a,*}, [Line Bentsen](#)^a, [Maiken Hjerding](#)^b, [Anette Borup Simonsen](#)^c, [Marianne Thygesen](#)^d, [Mette Buur Bergmann](#)^e, [Dorthe Østergaard Godiksen](#)^f, [Helle Pappot](#)^a

Seminars in Oncology Nursing 39 (2023) 151476



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Symptom Patterns in Young Adults with Cancer: An App-Based Study

[Giulia Locatelli](#)^{a,*}, [Alessandro Pasta](#)^b, [Line Bentsen](#)^c, [Signe Hanghøj](#)^c, [Karin Piil](#)^d, [Helle Pappot](#)^e

- ↑ Self-empowerment ift. symptomhåndtering
- Peer-to-peer support
- ↓ Ensomhed
- ↑ → Livskvalitet



Femårig finansiering 2024-2028

Hvordan undgår vi “the graveyard of apps”?



Rammeværk til at udvælge implementeringsstrategier

Powell et al. *Implementation Science* (2015) 10:21
DOI 10.1186/s13012-015-0209-1



RESEARCH

Open Access

A refined compilation of implementation strategies: results from the Expert Recommendations for Implementing Change (ERIC) project

Byron J Powell^{1*}, Thomas J Waltz², Matthew J Chinman^{3,4}, Laura J Damschroder⁵, Jeffrey A. Kerner⁶, Monica M Matthieu^{6,7}, Enola K Proctor⁸ and JoAnn E Kirchner^{6,9}

Leeman et al.
Implementation Science Communications (2024) 5:65
<https://doi.org/10.1186/s43058-024-00606-8>

Implementation Science
Communications

DEBATE

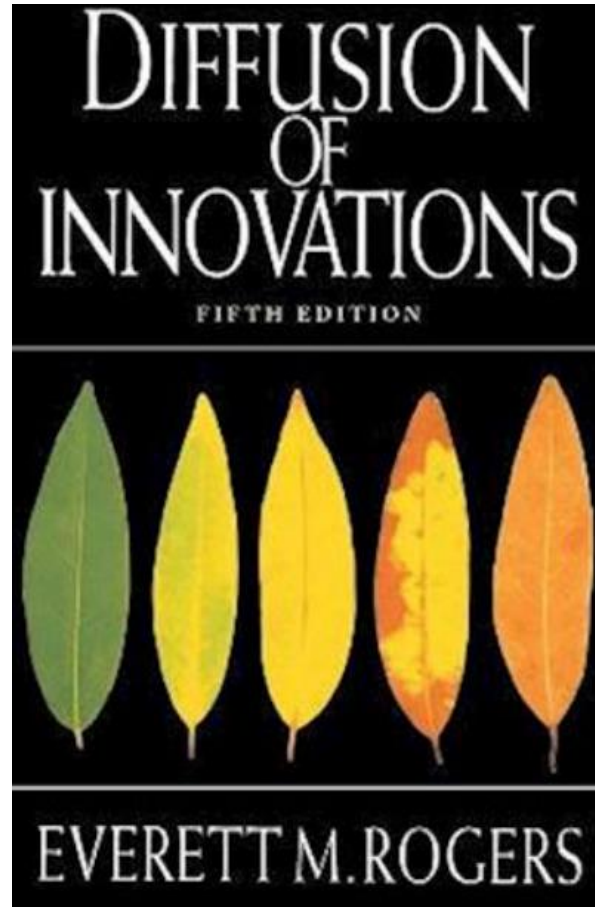
Open Access

A streamlined approach to classifying and tailoring implementation strategies: recommendations to speed the translation of research to practice

Jennifer Leeman^{1,2,3*}, Catherine Rohweder⁴, Jennifer Elston Lafata^{2,5}, Mary Wangen³, Renee Ferrari², Christopher M. Shea⁶, Alison Brenner^{2,3,7}, Isabel Roth⁷, Oscar Fleming⁶ and Mark Toles^{1,2}



Litteratur om implementering af innovationer og mHealth



Review article

The facilitators and barriers of mHealth adoption and use among people with a low socio-economic position: A scoping review

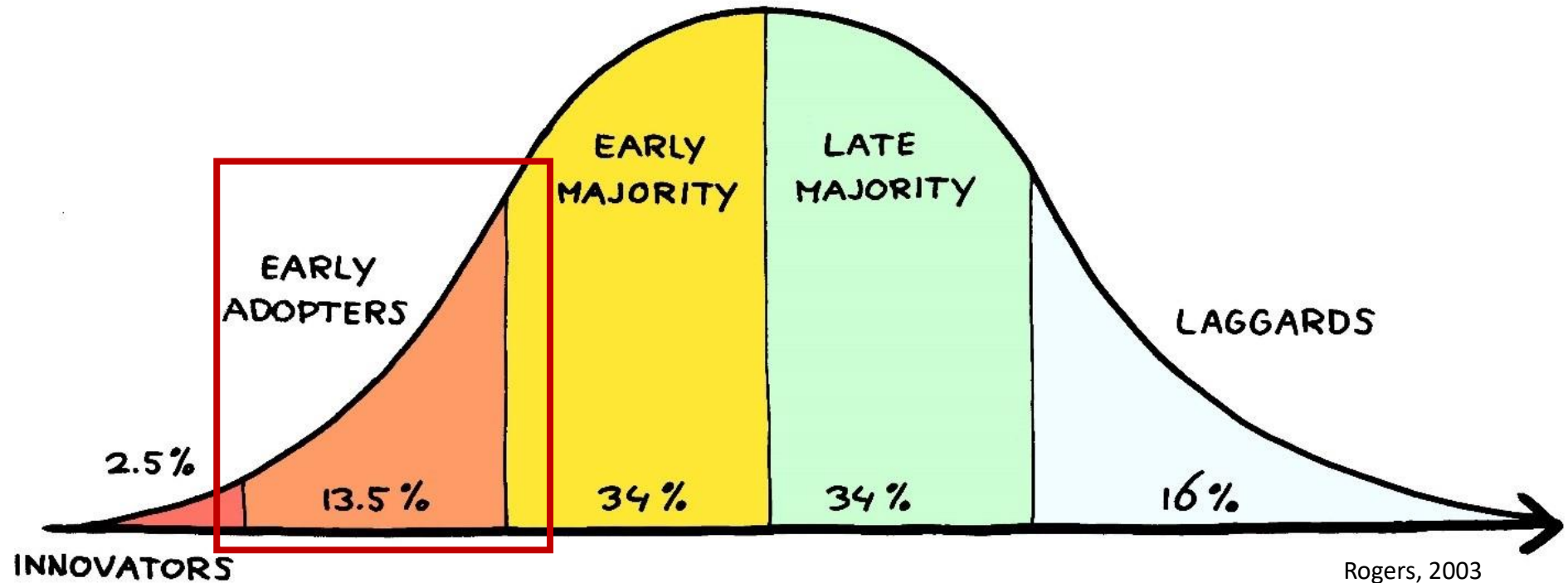
Tessi M Hengst¹ , Lilian Lechner¹, Daan Dohmen² and Catherine AW Bolman¹

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DOI: 10.1177/20552076231198702
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Sage

Identificere "early adaptors"



De unge



Rasmus



Thea



Laura



Josephine



Janne

Ungeamtdassadørene



Anette Borup



Mette Møller

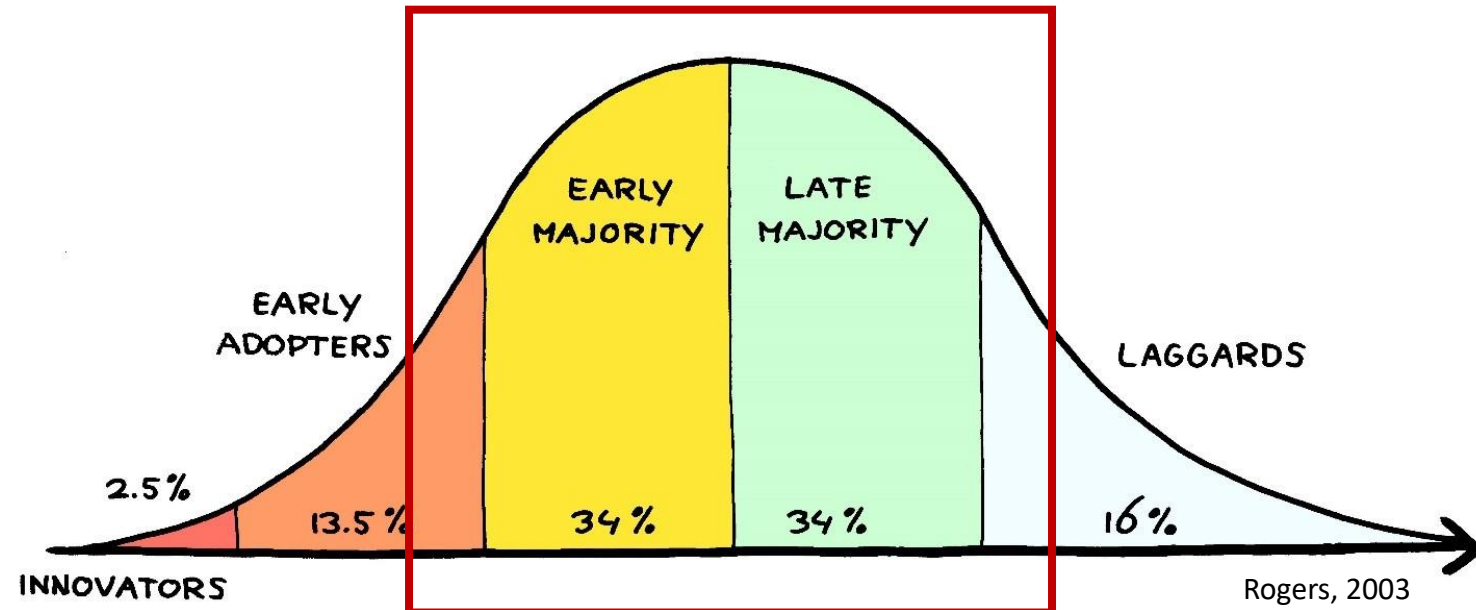


Mette Bergmann



Maiken Hjerding

Kommuner og hospitaler



Ung Kræft



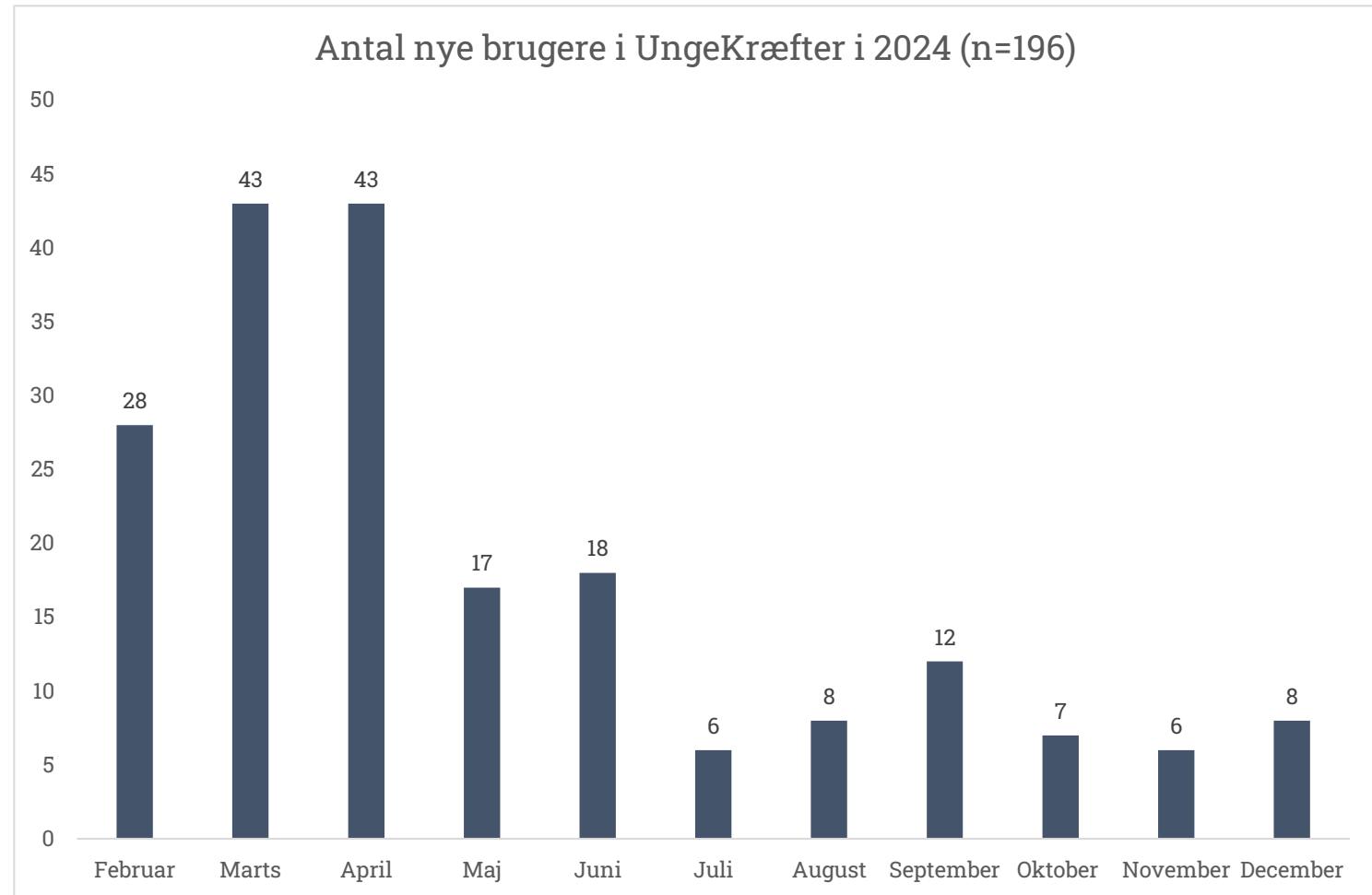
Sofie Munk Gauger



Ledelsesopbakning

- **Økonomiforvalter** – cheflæge, professor, Ulrik Lassen, Afdeling for Kræftbehandling, Rigshospitalet
- **Region Hovedstaden:** Hanne M. Pedersen, Chefsygeplejerske, Afdeling for Blodsygdomme, Rigshospitalet
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Løbende monitorering og tilpasning



Gør brug af media



Dagens Medicin



Danske
Fysiotera-
peuters
nyhedsbrev



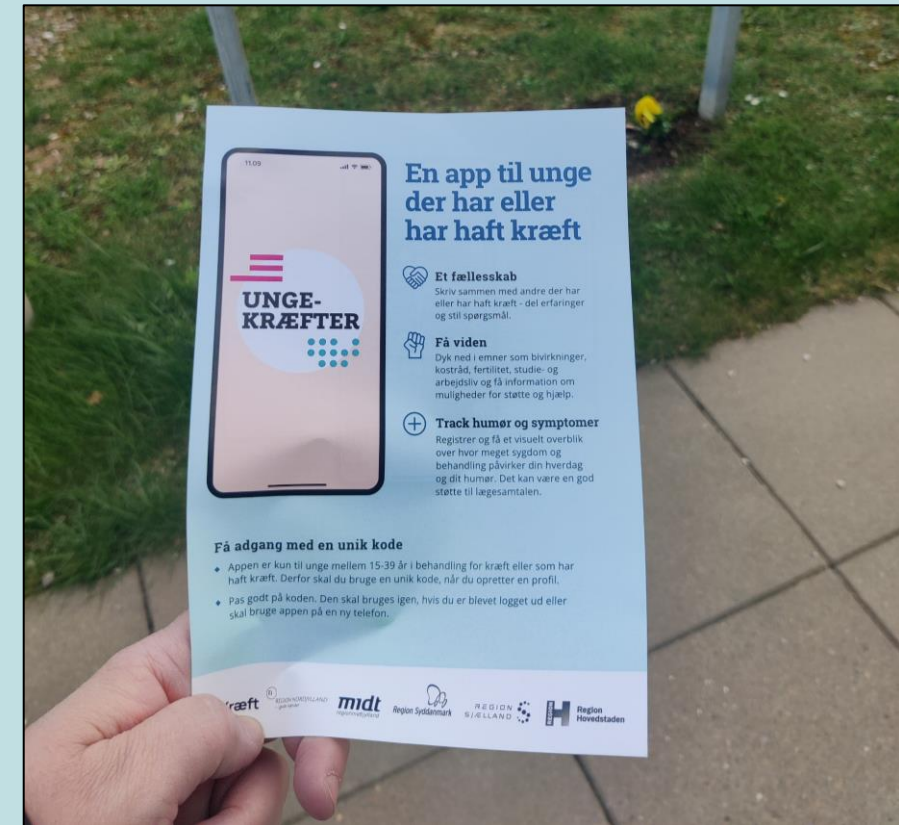
Go' morgen Danmark (TV2)

Afsat midler til implementering



Hvordan har vi forsøgt at undgå “the graveyard of apps”?

- Brugerinitieret app
- Involveret slutbrugerne kontinuerligt
- Tænkt implementering fra start
- Identificeret og aktiveret “early adopters”
- Fået ledelsen med
- Løbende monitoreret
- Brugt medier og alternative formidlingsformer
- Afsat ressourcer til implementering



I hvilken grad lykkedes
vi med at undgå
“the graveyard of apps”?



Tak for opmærksomheden!



Rasmus



Thea



Laura



Josephine



Janne



Sofie Munk Gauger



Anette Borup



Mette Sabro Møller



Mette Bergmann



Maiken Hjermin

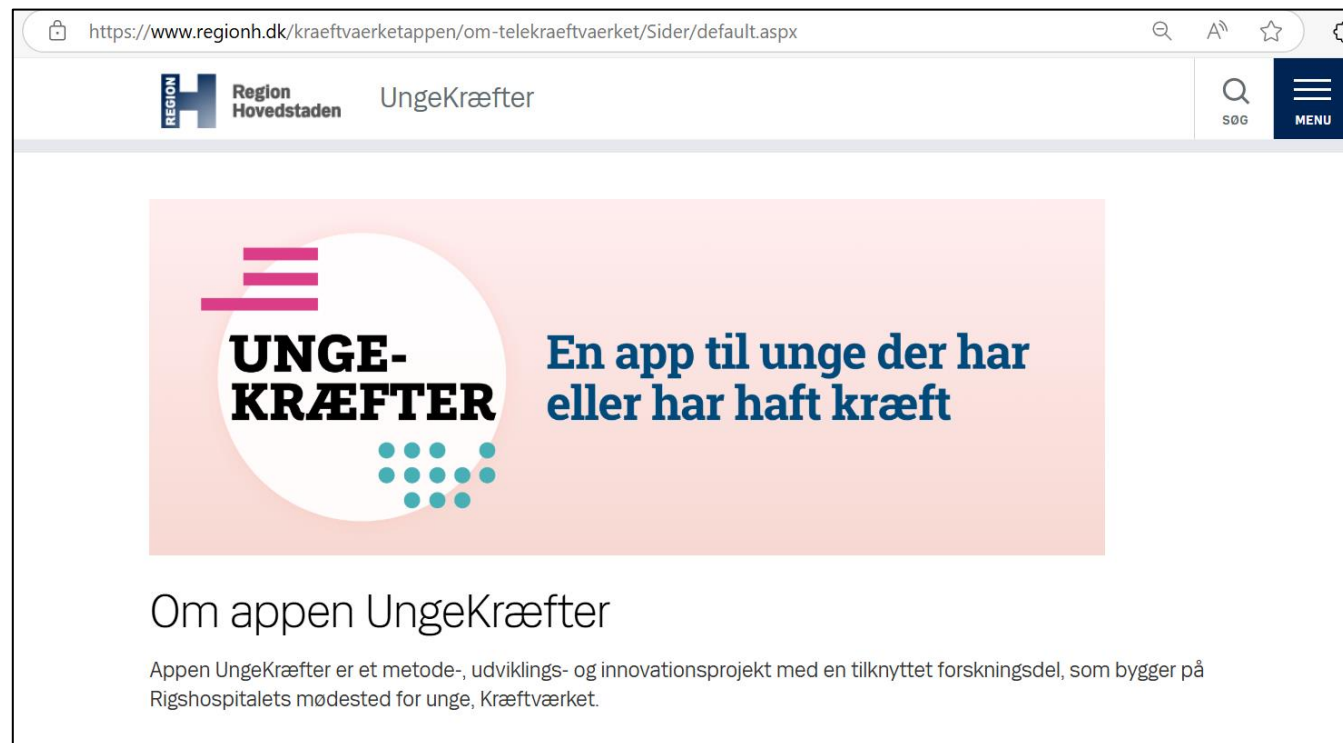


Line Bentsen



Helle Pappot

Vil du vide mere?



<https://www.regionh.dk/kraeftvaerketappen/om-telekraeftvaerket/Sider/default.aspx>



Projektleder Maria Aagesen: maagesen@health.sdu.dk

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