

forumclínic

forumclínic

an interactive website for
patients with chronic illnesses

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forumclínic

Objective of this presentation: To introduce the project and report its current impact in Spanish and Catalan speaking world.

introduction



introduction

forumclínic
Programa interactivo para pacientes

Fundación **BBVA**
CLÍNIC
BARCELONA
Hospital Universitari

Sobre forumclínic | Mapa Web | Buscar | Login

Programa **forumclínic**

Temas actualidad
Noticias
Notas de Prensa
Trucos y consejos
Conviviendo con
Ámbitos
Foros
Descargas
Vídeos
Blog del editor
NUEVO
Enlaces

FOROS
Los foros ofrecen una oportunidad para aprender más sobre una enfermedad y de las experiencias de otra gente que convive con ella. Los foros serán moderados por un profesional sanitario que sólo pueden responder a preguntas cuya temática sea general.

VIDEOS
Espacio multimedia dónde podrás encontrar información y

Ámbitos

Esquizofrenia »
Diabetes »
EPOC »
Cardiopatía isquémica »
Cáncer de mama »
Depresión »
Factores de riesgo cardiovascular »

Utilización de antidepresivos durante el embarazo

Noticias

Litio y depresión
27-05-2008 | Victor Navarro
El litio es un elemento que se descubrió en 1817. A partir del año 1840, las sales de litio empezaron a ser utilizadas en medicina para tratar ...
[Leer más...](#)

¿Vacuna contra la hipertensión?
19-05-2008 | A. Pérez Jiménez
Es de todos conocida la eficacia de las vacunas en la prevención de enfermedades infecciosas, sobre todo en las causadas por virus. Menos conocida ...
[Leer más...](#)

La música agradable disminuye la sensación de ahogo durante el ejercicio en pacientes con enfermedad pulmonar obstructiva crónica (EPOC)
19-05-2008 | Federico Gómez
Una reciente investigación en la cual se evaluaban los efectos de la aplicación de un estímulo auditivo placentero durante el ejercicio físico en ...
[Leer más...](#)

Intervenciones psicosociales en familias de

Trucos y consejos

Recomendaciones para la realización de actividad física según el estado de salud

Actividad física: cómo, dónde y cuándo

Beneficios de la actividad física

Viajar en avión. Recomendaciones específicas en algunas enfermedades respiratorias. (Parte 2)

[Ver más Trucos y consejos](#)

muévete

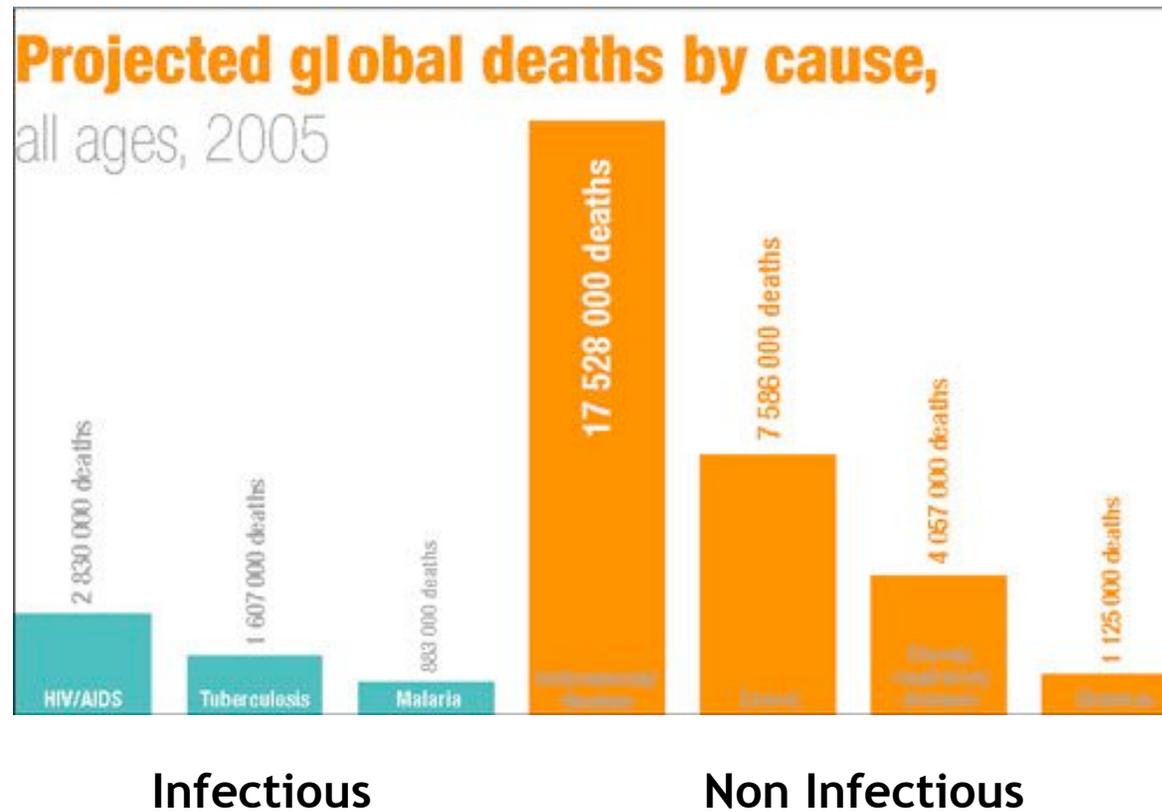
introduction

The screenshot shows a Microsoft Internet Explorer browser window displaying the website <http://www.forumclínic.org/enfermedades/esquizofrenia>. The page features a blue header with the 'forumclínic' logo and the text 'Programa interactivo para pacientes'. Below the header, there is a yellow banner with the word 'Esquizofrenia' and navigation links: 'Sobre esquizofrenia | Mapa Web | Buscar | Logín'. The main content area is divided into several sections:

- Información:** A sidebar menu with links to 'Qué es la esquizofrenia', 'Bases del tratamiento', 'Complicaciones', 'Respuestas a preguntas frecuentes', and 'Enlaces de interés'. Below this are links for 'Noticias', 'Vídeos', 'Foro', and 'Guía práctica'.
- Noticias:** A section titled 'Noticias' with a sub-section 'Antipsicóticos'. It features a news item dated 26-06-2008 by Enric Buisán, discussing the normalization of quality of life for patients with schizophrenia. A logo for 'Agencia Española de Medicamentos y Productos Sanitarios' is visible.
- Destacamos...:** A section titled 'Destacamos...' with a sub-section '¿Cómo se debe hacer frente a la enfermedad? - Fármacos'. It features a news item dated 20-03-2007 discussing pharmacological and psychological measures for schizophrenia treatment.
- Contenido relacionado con Esquizofrenia:** A section titled 'Contenido relacionado con Esquizofrenia' with a link to 'Esquizofrenia'.
- Guía práctica:** A section titled 'Guía práctica' with a link to 'Guía práctica'.

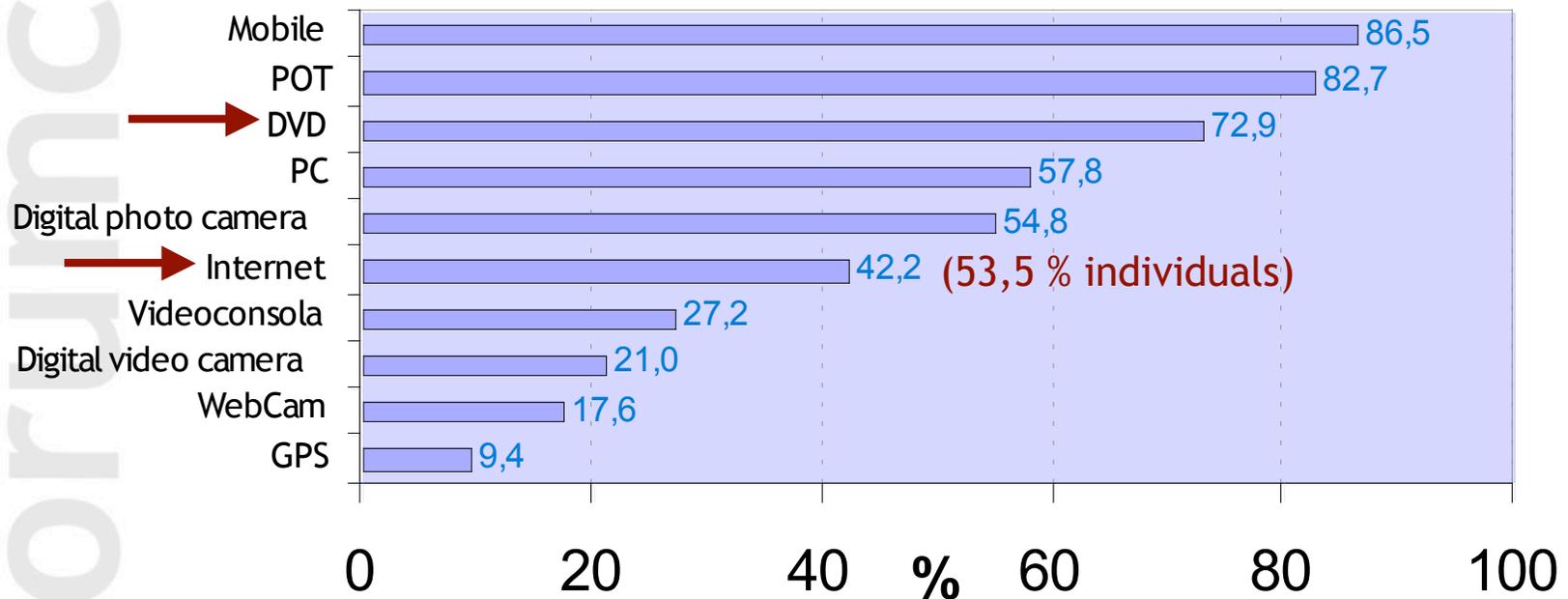
The browser window also shows the 'Fundación BBVA' and 'CLÍNIC BARCELONA Hospital Universitari' logos in the top right corner. The browser's address bar and menu bar are visible at the top.

forumclínic: Premise 1



forumclínic: Premise 2

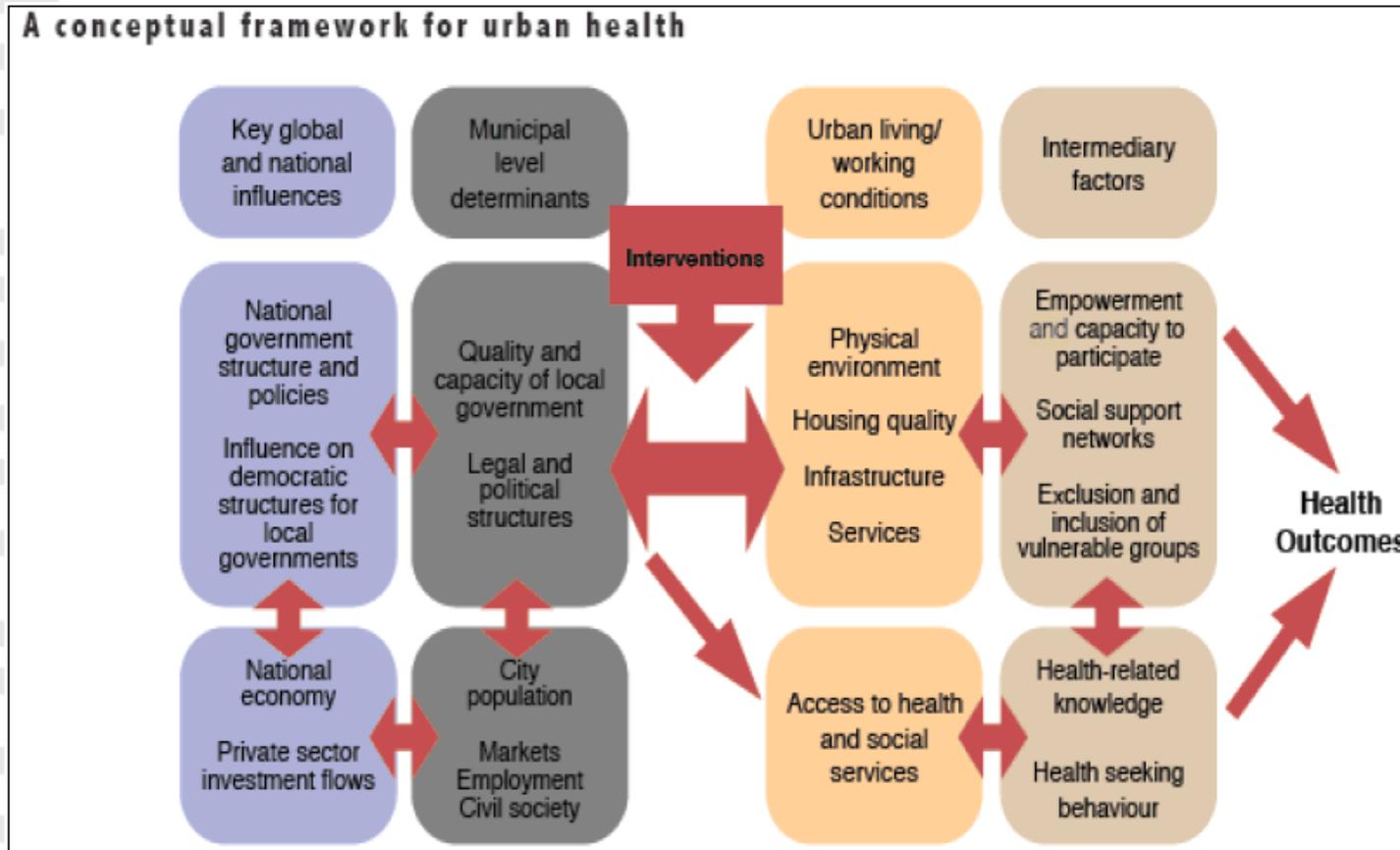
Spain Home Equipment October - December 2007



42,6 % internet users seek health information

<http://observatorio.red.es/estudios/consumo/index.html>

forumclínic: Premise 3



WHO Comisión on Social Determinants of Health. 2008

forumclínic: Premise 4

Analyzing 10 years of e-Health Communication

“Six factors may account for poor performance of centralized web sources:

1. Non-profit, centralized sources may not be widely **promoted** to the relevant audiences- online or offline.
2. For users of centralized sources, **training** is often required. Even if users of systems do not require training, they invariably do have to face a learning curve.
3. **Old habits** are difficult to change.

forumclínic: Premise 5

Analyzing 10 years of e-Health Communication

4. While centralized sources use peer reviewed literature, which tends to have the highest quality, this literature also is the most difficult in terms of **readability**.
5. Centralized sources **lack local representation**.
6. Centralized sources often **lack emotional**, personalized and subjective aspects. Many potential users want this quality.”

Castells, Manuel (ed.) (2005), *The Network Society: a cross-cultural perspective*, Edward Elgar, Londres *E-health networks and social transformations: expectations of centralization, experiences of decentralization*. Katz, Rice &. Acord

forumclínic: Premise 6

- Barry Wellman defines **Virtual Community** (2001) as networks of interpersonal ties that provide sociability, support, information, a sense of belonging, and social identity.
- A Virtual Community could give a centralized web the “local” and “emotional” representation

forumclínic: Objectives

- Provides Health related information on Chronic illnesses
- Responds to Health seeking behavior.
- Empowers participation
- Moderates Virtual Communities

forumclínic: method

- I. Selection Criteria of related topics
- II. Involvement of professionals
- III. Quality Criteria.
- IV. Regarding results of studies of the matter:
 - Internet sociology (Castells),
 - e-Health communication (Katz Rice)
 - Virtual Community (Rheingold, Wellman),
 - Web and Health 2.0 (Eysenbach)

I. selection criteria

Selection and prioritising of sections:

- The degree of prevalence of the illness.
- The existence and size of an existing network of patients.
- Degree of relevance and current interest of the material produced.
- Quality and experience of the specialist medical team that will prepare the material.
- Level of interest in the chosen subject by Health Administration bodies.
- Effectiveness of therapeutic education in improving patient's quality of life.

I. selection criteria

Topics already in use:

Ischemic cardiopathy
Diabetes
Chronic Obstructive Lung illness.
Schizophrenia
Breast Cancer
Depression
Factors of cardiovascular risk
Obesity
Arthritis and Osteoarthritis

In production:

Bipolar Disorder

forumclínic

Demo

II. Moderators





CPDO Carme Hernández, Federico Gomez, Jordi Vilaró, Josep Roca. **Diabetes** : Isaac Levy, Mercè Vidal, Margarida Jansà, Enric Esmatjes, Ignasi Conget, Isaac Levy, Ramón Gomis. **Schizophrenia** Enric Buisán Miquel Bernardo **Ischemic cardiopathy** Moderador: Maria Matiello Autor/es: Antoni Francino, Valentí Valls **Breast Cancer** M. Muñoz, et all **Depression**: C.Gastó , V.Navarro, **Factors of CV Risk** J.Ortiz, T.Sisó, A. Pérez **In production** J.I.Sierra, J.Vidal, R.Sanmartí, J. Cañete, A Benabarre

III. Accreditation

HONcode certificate: proof of quality and trustworthy of health information - Microsoft Internet Explorer

Archivo Edición Ver Favoritos Herramientas Ayuda

Atrás Búsqueda Favoritos Ir Vínculos

Dirección <http://www.hon.ch/HONcode/Conduct.html?HONConduct311745>

HONcode Health On the Net Foundation

HONcode application status:

 **Forumclinic**
is in compliance with the HONcode

Title of the site:	Forumclinic
Web address:	http://www.forumclinic.org/
HONcode PIN number :	HONConduct311745
Date of initial review:	11 Feb 2007
Date of last subsequent review:	23 Mar 2008
Duration of validity of certificate	1 year with regular evaluation

This certificate confirms the revision of the site by the HONcode Team at the above date. It respects and pledges to honor the 8 principles * of the HON Code of Conduct (HONcode).

* 1. Authoritative 2. Complementarity 3. Privacy 4. Attribution 5. Justifiability 6. Transparency
7. Financial disclosure 8. Advertising policy

Listo Internet

III. *quality criteria*

We are enrolled as members and have received the seal of approval Health On the Net Foundation, ([http//www.hon.ch](http://www.hon.ch)), and by the Barcelona Institute of Doctors official web site. These accreditations require adherence to the following standards

- **Transparency and honesty:** from the site provider, from the aim and objective of the site, from the target group and from the site's source of finance.
- **Authority:** Declaration of sources of all information provided together with dates of publication of the source.
- **Privacy and data protection**
- That all information be **up-to-date**.
- **Responsibility**
- **Accessibility**

III. quality criteria

Jordi Vilaró
Fisioterapeuta, especialista en enfermedades respiratorias

Victor Navarro
Se licenció en Medicina y Cirugía por la Universidad de Barcelona en 1994, obteniendo el título de especialista en Psiquiatría en 1998.

Realizó su tesis doctoral sobre neuroimagen funcional de la depresión, obteniendo el grado de Doctor en 2004. Desde 2002 forma parte de la plantilla del Servicio de Psiquiatría y Psicología del Hospital Clínic de Barcelona, ejerciendo su labor asistencial en el contexto del Programa de Trastornos Depresivos Unipolares.

En el curso de los últimos años ha centrado su actividad investigadora en los trastornos afectivos unipolares, y de forma muy especial, en la depresión mayor de inicio tardío. Uno de los principales focos de atención de su investigación es la determinación de los principales factores pronósticos de la depresión mayor unipolar. Fruto de su trabajo de investigación se han derivado diversas publicaciones internacionales y premios, entre los que cabe destacar el II Journal of ECT Best Paper Award, otorgado por la International Society for Transcranial Stimulation.

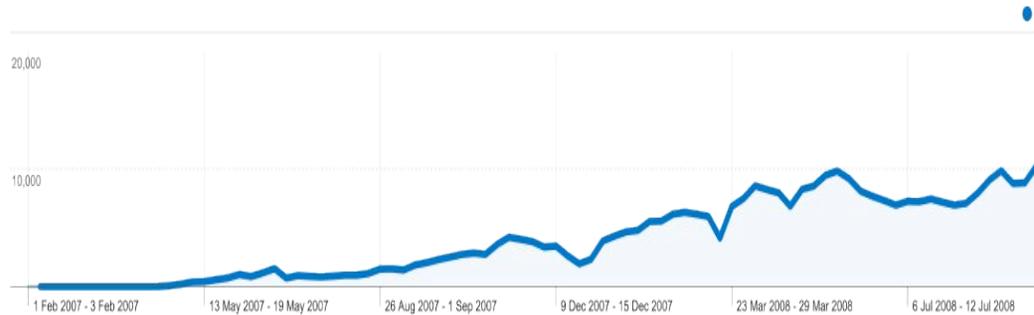
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Ver más Trucos y consejos

26-06-2008 | Jordi Vilaró
Si bien es todavía muy frecuente oír debates sobre este

forumclinic results

www.forumclinic.org
Dashboard

1 Feb 2007 - 15 Oct 2008
Comparing to:



Site Usage

 373,223 Visits

 57.10% Bounce Rate

 1,717,571 Page Views

 00:03:16 Avg. Time on Site

 4.60 Pages/Visit

 79.70% % New Visits

forumclinic results

All traffic sources sent a total of 202,176 visits



Top Traffic Sources

Sources	Visits	% visits
google (organic)	158,268	78.28%
(direct) ((none))	12,763	6.31%
es.wikipedia.org (referral)	6,681	3.30%
yahoo (organic)	4,651	2.30%
psiquiatria.com (referral)	1,875	0.93%

Keywords	Visits	% visits
piramide de la alimentacion	8,475	5.06%
epoc	5,840	3.49%
cardiopatia isquemica	4,195	2.51%
forumclinic	4,002	2.39%
piramide de alimentacion	3,561	2.13%

forumclinic results

4,125 page titles were viewed a total of 964,116 times

Content Performance

Page Title	Pageviews	Unique Pageviews	Time on Page	Bounce Rate	% Exit	\$ Index
forumclínic - Programa Interactivo para pacientes - Hospital Clínic y Fundación BBVA	65,233	39,076	00:00:41	24.21%	12.20%	\$0.00
Foro Cancer de mama	56,084	34,170	00:01:13	54.00%	19.21%	\$0.00
Foro Esquizofrenia	28,001	16,499	00:00:58	40.44%	12.21%	\$0.00
La pirámide de la alimentación	25,952	20,306	00:03:06	77.48%	72.33%	\$0.00
Foro EPOC	14,836	8,934	00:01:05	46.66%	12.72%	\$0.00
Forumclinic — Forumclinic	13,091	6,303	00:01:02	25.68%	13.71%	\$0.00
EPOC	12,524	8,446	00:01:23	46.92%	44.85%	\$0.00
¿Qué es la esquizofrenia? - Esquizofrenia	11,814	6,721	00:00:52	65.01%	14.02%	\$0.00
Esquizofrenia	10,580	6,678	00:00:58	34.30%	28.29%	\$0.00
¿Qué es la EPOC? - EPOC	10,128	4,266	00:00:14	13.88%	5.07%	\$0.00

1 - 10 of 4,125

forumclinic results

www.forumclinic.org
Map Overlay

Jun 1, 2007 - May 31, 2008
Comparing to: Site



202,176 visits came from 111 countries/territories

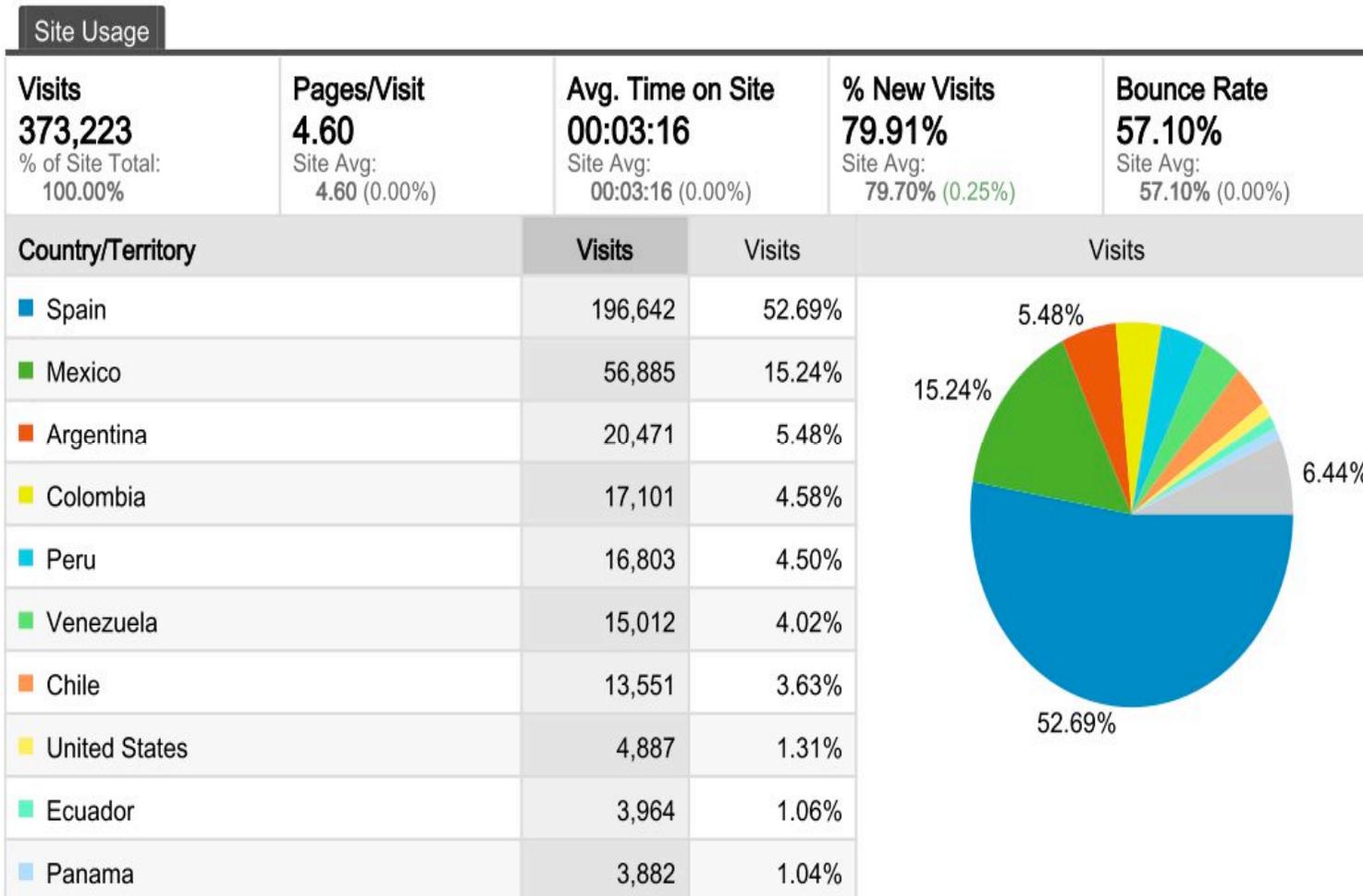
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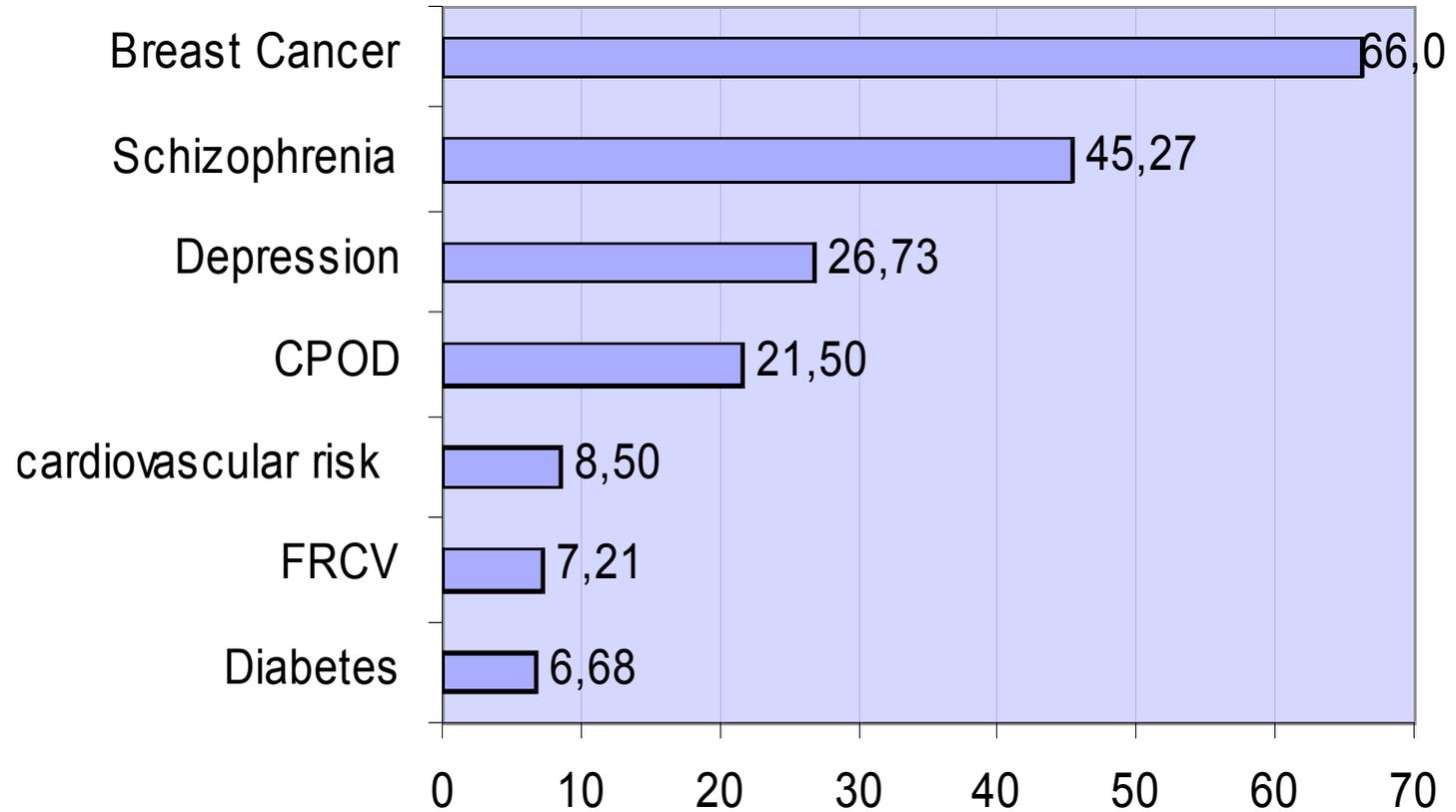
Site Usage

Country/Territory	Visits	Pages/Visit	Avg. Time on Site	% New Visits	Bounce Rate						
<table border="1"> <tr> <td> Visits 202,176 % of Site Total: 100.00% </td> <td> Pages/Visit 4.77 Site Avg: 4.77 (0.00%) </td> <td> Avg. Time on Site 00:03:15 Site Avg: 00:03:15 (0.00%) </td> <td> % New Visits 81.03% Site Avg: 80.82% (0.26%) </td> <td> Bounce Rate 56.63% Site Avg: 56.63% (0.00%) </td> <td></td> </tr> </table>						Visits 202,176 % of Site Total: 100.00%	Pages/Visit 4.77 Site Avg: 4.77 (0.00%)	Avg. Time on Site 00:03:15 Site Avg: 00:03:15 (0.00%)	% New Visits 81.03% Site Avg: 80.82% (0.26%)	Bounce Rate 56.63% Site Avg: 56.63% (0.00%)	
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Country/Territory	Visits	Pages/Visit	Avg. Time on Site	% New Visits	Bounce Rate						
Spain	112,883	5.83	00:03:46	74.06%	50.90%						
Mexico	31,702	3.14	00:02:29	89.70%	65.57%						
Argentina	8,784	4.60	00:03:12	87.55%	57.62%						
Venezuela	8,604	3.31	00:02:26	89.88%	65.03%						
Colombia	8,350	3.14	00:02:19	91.52%	63.95%						
Peru	7,781	3.22	00:02:26	91.06%	66.86%						
Chile	5,832	3.35	00:02:24	90.78%	63.84%						
United States	2,639	4.00	00:02:43	92.04%	62.07%						
Ecuador	1,964	3.34	00:02:31	93.02%	62.53%						
Panama	1,823	2.35	00:01:46	91.22%	72.35%						

forumclínic results

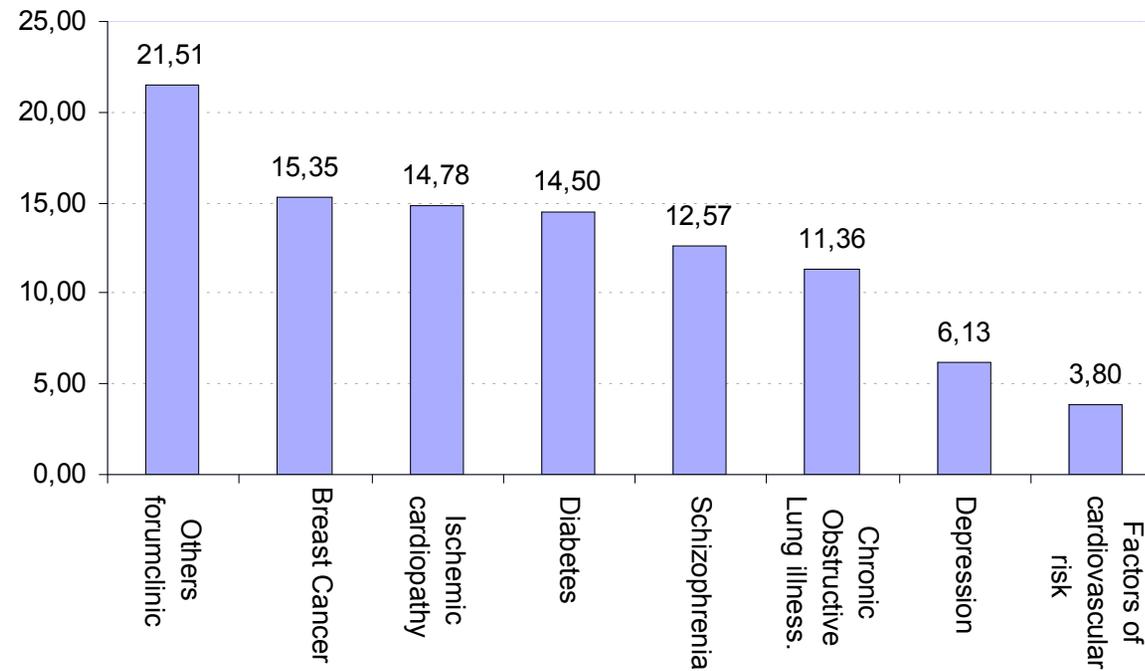


forumclínic results



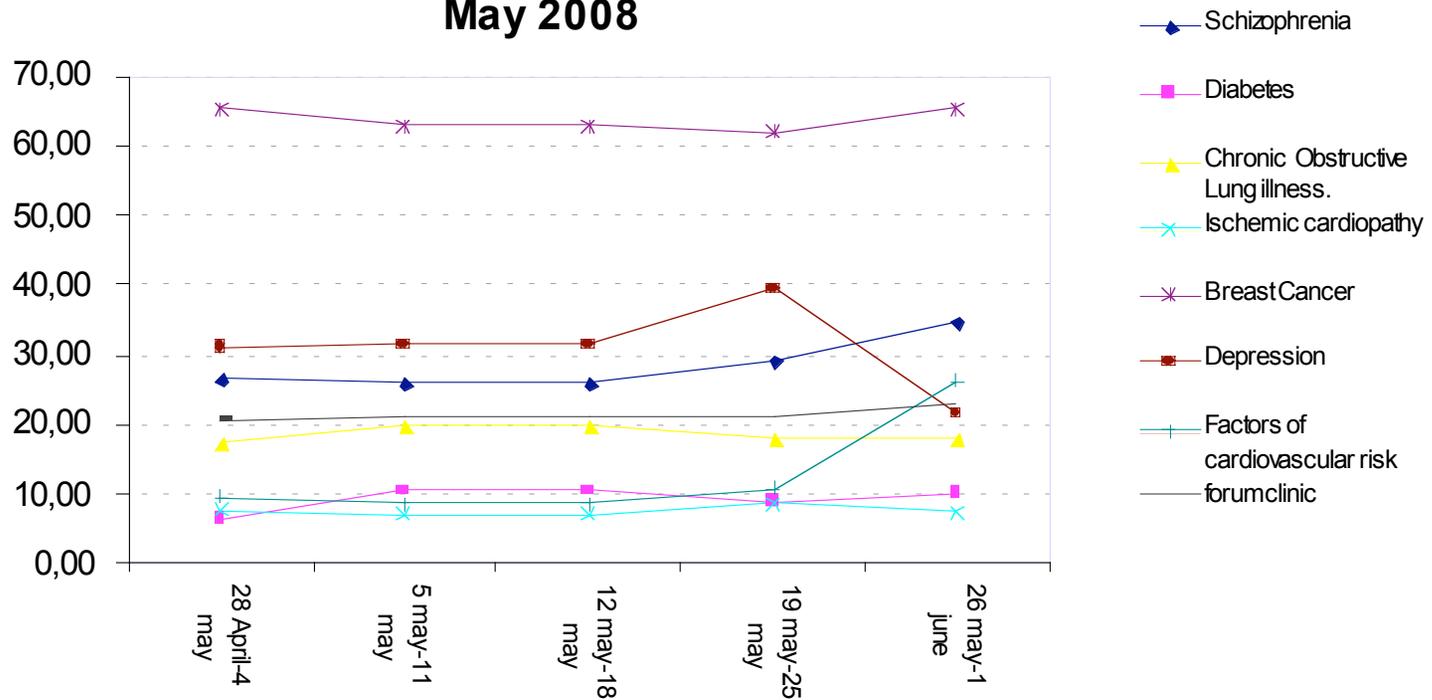
forumclinic results

% Visits per Topic May 2008



forumclinic results

**% Forum Visits
May 2008**



forumclínic conclusion

The growth rate that can be seen in visits to the web, as well as in posts to the forums and the high acceptance of the DVD show how appropriate the produced materials are.

forumclínic is a useful tool for bidirectional communication between health professionals and patients as well as for disseminating scientific knowledge to the public in general, dealing with both scientific findings as well as the emotional aspects of health care.

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