Interreg Danube Region

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DIGI4Care

Strengthening cardiac rehabilitation through digital Innovation

Policy Factsheet

Recommendations to support national decision making in taking up digital medical technologies
prepared by GOKVI (Hungary)

Key messages

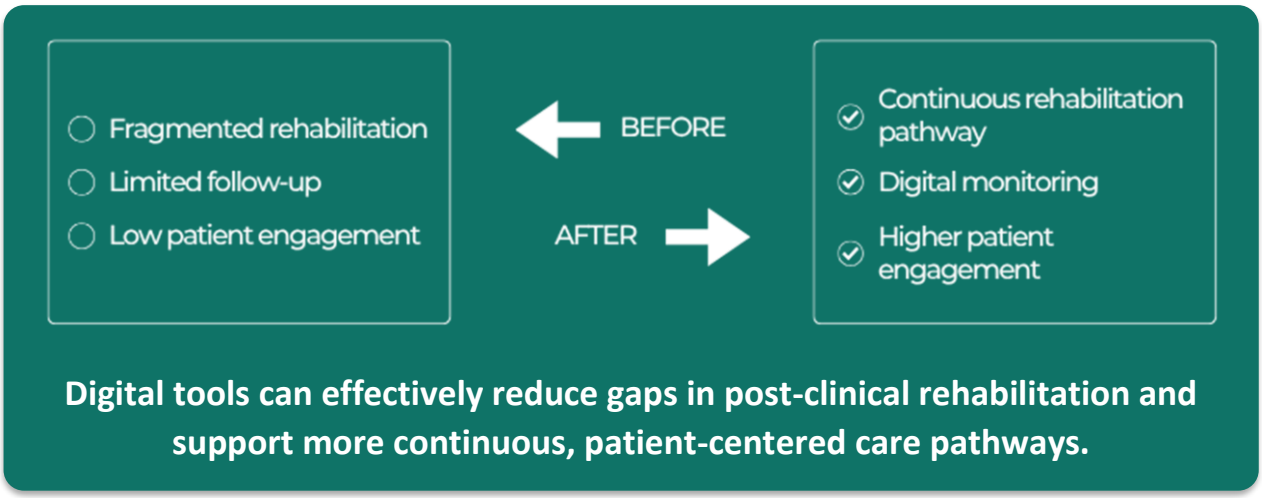
1. **Digital support initiated already during hospital stay significantly increases patient engagement and the likelihood of sustained lifestyle change during cardiac rehabilitation.**
2. **Combining wearable-based monitoring with structured clinical follow-up improves patient awareness, adherence, and perceived safety during recovery.**
3. **Digital solutions in rehabilitation must remain flexible and inclusive, as patient readiness and acceptance of technology vary significantly.**

Learnings & Results

In Hungary, within Pilot 3 (Digital Health for Post-Clinical Rehabilitation), the DIGI4Care pilot clearly demonstrated that while acute cardiac care is highly effective, **post-clinical rehabilitation remains a critical gap in the patient pathway**. The project confirmed that **early patient engagement**—starting during hospitalization—**combined with digital tools can significantly improve continuity of care**. Patients who received structured support alongside digital monitoring showed higher levels of engagement, better understanding of their condition, and improved adherence to recommended lifestyle changes. At the same time, the pilot highlighted the importance of tailoring digital solutions to different levels of patient digital literacy.

Main results achieved through the participation in the project include:

- **Increase of institutional capacity:** The project strengthened institutional capacity by introducing digital tools into rehabilitation practice and improving healthcare professionals' skills in patient education and the use of patient-generated health data.
- **Use of Digi4Care strategies and action plans:** Digi4Care strategies and action plans support the integration of digital solutions into rehabilitation pathways and guide the scaling and alignment of pilot results with national healthcare priorities.
- **Uptake and use of Digi4Care solutions:** Mobile applications and wearable devices were successfully implemented in the pilot, supporting patient monitoring, increasing health awareness, and improving engagement in rehabilitation.



Digital tools can effectively reduce gaps in post-clinical rehabilitation and support more continuous, patient-centered care pathways.

Benefits for policymakers

- **Improved Continuity of Care:**
  The DIGI4Care pilot demonstrates how digital tools can support a more continuous rehabilitation pathway by connecting hospital care with follow-up phases across different care settings. This helps reduce gaps in patient support and contributes to better long-term outcomes.
- **More Effective Patient Engagement:**
  The use of wearable devices and mobile applications enables patients to better understand and monitor their own health status. This increased awareness supports adherence to rehabilitation programmes and reduces the risk of recurrent events.
- **Data-Driven Decision Making:**
  The integration of patient-generated health data provides valuable insights into patient behavior, activity levels, and rehabilitation progress. This supports more informed policy decisions and the development of targeted interventions.
- **Support for Integrated Digital Health Policies:**
  The DIGI4Care results provide practical examples of how digital health solutions can be embedded into care pathways, supporting the development of coherent, long-term digital health strategies.

Recommendations for policymakers

Incorporate digitally supported rehabilitation into national cardiovascular care guidelines and rehabilitation programmes.

Promote structured patient education and digital monitoring as standard elements of post-acute cardiac rehabilitation.

Support the wider adoption of interoperable digital rehabilitation solutions through appropriate regulatory and financing frameworks.

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