Interreg Danube Region

Co-funded by the European Union

DIGI4Care

Connected Care, Better Recovery

Policy Factsheet

Recommendations to support national decision making in taking up digital rehabilitation for cardiovascular patients prepared by University of Oradea, Romania

Key messages

1. **Digital rehabilitation can strengthen patient engagement and support healthier lifestyles.**
2. **The combination of digital tools and continuous medical support leads to better patient adherence.**
3. **Investments in digital infrastructure, workforce skills, and integrated care pathways are essential for scaling digital health solutions.**

Learnings & Results

The DTP INTERREG project DIGI4Care (Digital Medical technologies reshaping the Danube Region Healthcare systems throughout the patient journeys from prevention to rehabilitation) aimed at redefining patient pathways by testing, validating and strategically integrating digital and AI solutions.

Four pilots were performed in the project:

- **Pilot 1**: Digital Health Technologies for Prevention and Screening
- **Pilot 2**: Tele-ultrasound Training for Emergency Medical Services
- **Pilot 3**: Digital Health for Post-Clinical Rehabilitation
- **Pilot 4**: Digital Solutions for Dementia and Cognitive Disorders

Romania participated in Pilot 3: Digital Health for Post-Clinical Rehabilitation, focusing on cardiovascular patients (60 patients) and the use of wearable technologies within rehabilitation and lifestyle management processes.
The pilot explored the feasibility of wearable technologies in cardiovascular rehabilitation. Results showed improvements in BMI and body fat percentage, while patients reported high acceptance of digital tools across all age groups.

The study also found that continuous medical support increased patient engagement, motivation, and adherence to lifestyle recommendations.

- **Increase of institutional capacity:**
  The project strengthened the capacity of healthcare and academic institutions to assess the feasibility and integration potential of wearable technologies and digital monitoring approaches within rehabilitation pathways.
- **Use of Digi4Care strategies and action plans:**
  The project supported discussions on prevention-oriented healthcare approaches and the role of continuous monitoring and patient engagement in chronic disease management.
- **Uptake and use of Digi4Care solutions:**
  The pilot enabled practical experience with wearable technologies and digital monitoring tools within cardiovascular rehabilitation and long-term patient follow-up.

The results provided by the DIGI4Care project are intended to provide country-related information and support evidence-based decision taking by policy makers beyond the project implementation.

Human interaction and continuous medical support remain essential for successful digital healthcare implementation.

Benefits for policymakers

- The DIGI4Care Pilot 3 provides valuable insights into how patients perceive and engage with wearable technologies and digital monitoring solutions within cardiovascular rehabilitation and lifestyle management.
- The pilot demonstrated that digital health tools can support prevention-oriented and patient-centered healthcare approaches, particularly when combined with continuous medical support. Patients who received ongoing interaction with healthcare professionals showed higher engagement, stronger adherence to lifestyle recommendations, and more consistent use of digital devices
- The feasibility study also showed strong patient acceptance of wearable technologies across different age groups, highlighting the potential for broader integration of digital monitoring solutions into rehabilitation and chronic disease management pathways in Romania.
- The results generated through the project can support policymakers in designing evidence-based strategies for digital health integration, prevention, and long-term patient follow-up.

Recommendations for policymakers



Invest in digital training and workforce upskilling
Provide healthcare professionals with practical digital training to strengthen competencies and support the integration of wearable technologies and digital care pathways into daily clinical practice



Develop integrated digital patient pathways and interoperable health systems
Support the creation of digital systems that allow healthcare professionals to securely access and follow the patient journey across different healthcare services and providers, improving continuity of care and coordination.



Support prevention-oriented digital healthcare models
Encourage initiatives focused on lifestyle management, continuous monitoring, and early intervention for patients with cardiovascular and chronic conditions