

Get moving! Self-management support using mobile technology : a monitoring and feedback tool embedded in a counselling protocol to increase physical activity of patients with COPD or type 2 diabetes in primary care: the It's LiFe! study

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Get moving!

Self-management support using mobile technology

A monitoring and feedback tool embedded in a counselling protocol to increase physical activity of patients with COPD or type 2 diabetes in primary care: the *It's LiFe!* study

Sanne van der Weegen, 16 september 2015

1. Door de *It's LiFe!* interventie gaan mensen met COPD of diabetes type 2 meer bewegen. *(dit proefschrift)*
2. Voor het stimuleren van meer bewegen zijn extra consulten met de praktijkondersteuner niet toereikend. *(dit proefschrift)*
3. Voor een volledige bruikbaarheidstest is het essentieel om in een laboratoriumsetting én in het dagelijks leven te testen. *(dit proefschrift)*
4. Het betrekken van eindgebruikers bij de ontwikkeling van zorgtechnologie vergroot het gebruiksgemak en voorkomt dat onnodige functionaliteiten worden toegevoegd. *(dit proefschrift)*
5. Supporting people in their self-management is more than giving advice, it is building on what they are already doing. *(A. de longh)*
6. Forget big change, start with a tiny habit. *(B.J. Fogg)*
7. Veel artsen zijn terughoudend met het delen van medische gegevens met patiënten. *(Robert Pearl)*
8. Om optimaal te kunnen profiteren van technologische ontwikkelingen binnen de zorg, moeten eerst een aantal privacy en interoperabiliteitissues worden opgelost. *(dit proefschrift)*
9. De communicatie tussen apparaten is net zo gecompliceerd als de communicatie tussen mensen. *(C. van der Weegen)*
10. Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed. *(B. T. Washington)*
11. If you want to go fast, go alone. If you want to go far, go together. *(Afrikaans spreekwoord)*

